



GRIFFO
BOTANICALS

PRODUCT CATALOG
2018

HANDCRAFTED HERBAL EXTRACTS

GRIFFO

BOTANICALS





Price List

Name	Base Formula	Wholesale	Retail
Aller free	Yu Ping Feng Cang Er Zi San +/-	\$12.45	\$22.95
Base camp	Yu Ping Feng San Mushroom Complex +/-	\$13.45	\$23.95
Cerventi	Ge Gen Tang	\$12.45	\$22.95
Derma leaf	Wu Wei Xiao Du Yin +/-	\$12.95	\$22.95
Detensio	Chai Hu Shu Gan + Yue Ju Wan +/-	\$12.45	\$22.95
Draconis	Chai Hu Long Gu Mu Li Tang	\$11.95	\$21.95
Equinox	Er Xian + Er Zhi Wan +/-	\$12.45	\$22.95
Evotus	Yue Ju Wan	\$12.45	\$22.95
Febris	Yin Qiao San	\$12.45	\$22.95
Fortifend	Yu Ping Feng San	\$11.95	\$21.95
Free and Easy Plus	Jia Wei Xiao Yao San	\$12.45	\$22.95
Gan Mao	Gan Mao + Yin Qiao San +/-	\$12.45	\$22.95
Gastro rest	Huo Xiang Zheng Qi San	\$12.45	\$22.95
Grace and ease	Jia Wei Xiao Yao San +/-	\$12.45	\$22.95
Harmonia	Tong Xie Yao Fan +/-	\$12.45	\$22.95
Heplene	Chai Hu Shu Gan San	\$12.45	\$22.95
Lunalux	Chai Hu Long Gu Mu Li + Suan Zao Ren Tang +/-	\$11.95	\$21.95
No 4	Si Jun Zi Tang	\$11.95	\$21.95
No 6	Liu Wei Di Huang Wan	\$11.95	\$21.95
No 8	Ba Zhen Tang	\$12.45	\$22.95
Pneuma	Gua Lou Zhi Shi Tang	\$11.95	\$21.95
Restore	Gui Pi Tang +/-	\$12.45	\$22.95
Tussis	Qing Qi Hua Tan Wan +/-	\$12.45	\$22.95
Vim vita	Bu Zhong Yi Qi Tang	\$12.45	\$22.95
Xanthii	Cang Er Zi San	\$11.95	\$21.95
Zizyphus	Suan Zao Ren Tang	\$11.95	\$21.95



Color Coding System

Yellow

The yellow group of formulas largely address digestive complaints and/or Spleen diagnoses.

These formulas are largely modified formulas designed to treat a specific complaint although some are traditional unmodified formulas such as Si Jun Zi Tang and Bu Zhong Yi Qi Tang.

Red

The red group of formulas are largely designed to address skin related complaints

Blue

The blue group is comprised of formulas that largely address Liver related complaints and diagnoses.

These formulas are largely modified formulas designed to treat a specific complaint or pattern.

Black

The black group is comprised of formulas that address Kidney patterns.

These formulas are largely modified formulas designed to treat a specific complaint although some are traditional unmodified formulas such as Liu Wei Di Huang Wan.

Green

The green group is comprised of formulas that largely address exterior patterns and complaints.

These formulas are largely modified formulas designed to treat a specific complaint although some are traditional unmodified formulas such as Yin Qiao San.

Teal

The teal group is comprised of formulas that are solely traditional unmodified formulas.

These formulas may fall into any of the other color groups but are included here because they are commonly used unmodified formulas.



Dosage

Administration

- Formulas can be taken directly. They can also be taken with a small amount of water.
- Non-acidic fruit juices such as apple or pear may be taken with the dose.
- For taste sensitive patients, black cherry juice masks bitterness, honey adds sweetness.
- Formulas should not be taken with food. They can otherwise be taken at any time.

Course of Treatment

- **Acute** conditions (e.g. Cold/Flu, Food Poisoning, Sinusitis) generally require a treatment course of 1 to 3 weeks in duration. We prefer to administer these doses 3-4x/day for several days in the beginning and then lower the dose as the symptoms improve. Most patients experience improvement after compliant use of one to two bottles. If symptoms and TCM diagnosis of the disharmony do not improve, a dosage adjustment may be required.
- **Chronic** conditions typically require a treatment course varying from 2 to 6 months or longer. Symptoms of chronic conditions usually improve significantly during the first month of treatment. Dosage during this first month can start high (e.g. 2 tsp 2x/day) and then can be lowered (e.g. 1 tsp 1x/day) as the symptoms and condition improves. Most patients experience improvement in their condition after compliant use of three bottles. If symptoms and TCM diagnosis of the disharmony do not improve, a dosage adjustment may be required.

Modification of Formulas

- When a standard formula does not meet the needs of a patient, two or more formulas can be combined to create a more targeted treatment for the patient. We offer empty bottles, caps and funnels for such an occasion.



Allerfree

Yu Ping Feng Cang Er Zi San

Jade Screen and Xanthium

Ingredients, Pinyin	Huang Qi, Bai Zhi, Bai Zhu, Cang Er Zi, Chi Shao, Fang Feng, Huang Qin, Huo Xiang, Lian Qiao, Xin Yin Hua, Jing Jie
Ingredients, English	Astragalus root, Angelica root, Atractylodes rhizome, Xanthium fruit, Red Peony Root, Siler root, Skullcap Root, Agastache leaf, Forsythia, Magnolia Flower, Schizonepta
Product Description	This is a combination of two traditional chinese herbal formulas, Yu Ping Feng San and Cang Er Zi San, to dispel wind, tonify wei qi, benefit the nose and stabilize the exterior.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day for mild symptoms. In acute cases, dosage may be increased up to 2 tsp 4x/day, then reduced as the formula takes effect.

BaseCamp

Yu Ping Feng San plus Mushroom Complex

Jade Screen Powder with Mushrooms

Ingredients, Pinyin	Huang qi, Bai Zhu, Fang feng, Fu Ling, Ling Zhi, Yun Zhi, Wu Rong, Xiang Gu, Elderberry, Wu Wei Zi, Gan cao
Ingredients, English	Astragalus root, Atractylodes root, Siler root, Poria, Reishi, Turkey tail, Maitake, Shiitake, Elderberry fruit, Shizandra fruit, Licorice root
Product Description	This is a modified version of the classic Yu Ping Feng San. To modernize and strengthen the immune regulating functions of the formula a complex of mushrooms known for immune properties were added along with elderberry and wu wei zi.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 1x/day.



Cerventi

Ge Gen Tang

Kudzu Decoction

Ingredients, Pinyin	Ge Gen, Ma Huang, Bai Shao, Gui Zhi, Gan Cao
Ingredients, English	Pueria, Ephedra, Peony root, Cinnamon twig, Licorice root
Product Description	The classic Ge Gen Tang. We find there is no reason to modify this effective and versatile formula. To honor this formula's approach to treatment, we adopted an evocative latin name. Cerventi is a conjunction of Cervix (neck) and Venti (wind) that means "neck wind".
Dosage	If the provider would like to increase the warming effect of this formula, the patient can be instructed to make a cup of fresh ginger tea and add the dose to the tea. This tincture can be administered at any time. A standard dose is 1 tsp 2x/day.

DermaLeaf

Wu Wei Xiao Du Yin

Five Ingredient to Eliminate Toxins

Ingredients, Pinyin	Jin Yin Hua, Lian Qiao, Pu Gong Yin, Ye Ju Hua, Fang Feng, Chan Tui, Chi Shao, Zhi Zi, Sheng Di Huang, Huang Lian, Mu Tong, Da Huang
Ingredients, English	Honeysuckle Flower, Forsythia Fruit, Dandelion, Chrysanthemum Flower, Siler root, Cicada molting, Red Peony root, Gardenia fruit, Fresh Rehmannia Root, Coptis Rhizome, Akebia Vine, Rhubarb Rhizome
Product Description	This modification of Wu Wei Xiao Du Yin clears heat toxin, drains damp, cools the blood and stops itching.
Dosage	This tincture can be administered at any time. A standard dose is 2 tsp 2x/day.



Detensio Yue Ju Wan + Chai Hu Shu Gan San Escape Restraint Pill plus Bupleurum Liver

Ingredients, Pinyin	Chai Hu, Bai Shao, Zhi Shi, Cang Zhu, Chuan Xiong, Xiang Fu, He Huan Pi, Shen Qu, Chen Pi, Zhi Zi, Gan Cao
Ingredients, English	Bupleurum root, Peony root, Unripe bitter orange, Atractylodes Rhizome, Ligusticum root, Cyperus rhizome, Mimosa bark, Medicated leaven, Tangerine peel, Gardenia fruit, Licorice
Product Description	Detensio, a latin conjunction meaning "to remove tension", is a combination of two classic liver stagnation formulas: Chai Hu Shu Gan San and Yue Ju Wan. Together these formulas effectively break stagnant qi, invigorate blood, drain damp, clear heat, resolve food stagnation and release constraint.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day.
Contraindications	Contains tree nuts & wheat. The ingredient Shen Qu is processed with wheat and may contain trace amounts of gluten. Use with caution for stagnation due to deficiency.

Draconis Chai Hu Long Gu Mu Li Tang Dragon Bone and Oyster Shell

Ingredients, Pinyin	Ban Xia, Chai Hu, Dang Shen, Dai Zhe Shi, Fu Ling, Gui Zhi, Huang Qin, Long Gu, Mu Li, Yuan Zhi, Da huang, Sheng Jiang
Ingredients, English	Pinellia rhizome, Bupleurum root, Codonopsis root, Hematite, Poria, Cinnamon twig, Skullcap root, Os draconis, Ostrea gigas, Poygala Root, Rhubarb Rhizome, Ginger rhizome
Product Description	This is the classical, unmodified version of Chai Hu Long Gu Mu Li Tang. This classical formula Calms the spirit, and harmonizes the shao yang.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. Once acute symptoms are resolved this formula should be discontinued, or combined with an appropriate constitutional formula.



Equinox

Er Xian Tang

Two Immortals Teapills

Ingredients, Pinyin	Xuan Shen, Zhi mu, Ba ji tian, Chuan Lian Zi, Dang Gui, Han lian cao, He Huan Pi, Huang bai, Nu zhen zi, Xian mao, Yin yang huo, Mu Li, Long Gu
Ingredients, English	Scrophularia Root, Anemarrhenae Rhizome, Morinda officinalis root, Szechuan pagoda tree fruit, Angelica Root, EcliptaLeaf, Mimosa Tree Bark, Phellodendron Bark, Ligustrum Privet Fruit, Curculigo Rhizome, Epimedium leaf, Oyster Shell, Fossilized bone
Product Description	This modified Er Xian Tang is designed to address the symptoms associated with the changing seasons, tonify kidney, clear deficiency heat and restrain sweating.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day.

Evotus

Yue Ju Wan

Escape Restraint Pill

Ingredients, Pinyin	Cang Zhu, Chuan Xiong, Shen Qu, Xiang Fu, Zhi Zi
Ingredients, English	Atractylodes Rhizome, Ligusticum root, Medicated Leaven, Cyperus Rhizome, Gardenia fruit
Product Description	This classical version of Yue Ju Wan regulates qi, invigorates blood, clears heat, drains damp, resolves food stagnation and releases constraint. It effectively treats the five stagnations. To demonstrate this we have named it Evotus - a conjunction of the latin words for evoking movement.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. Once acute symptoms are resolved this formula should be discontinued, or combined with an appropriate constitutional formula.
Contraindications	Contains tree nuts & wheat. The ingredient Shen Qu is processed with wheat and may contain trace amounts of gluten. Use with caution for stagnation due to deficiency.



Febris Yin Qiao San Lonicera and Forsythia Formula

Ingredients, Pinyin	Jin Yin Hua, Lian Qiao, Lu Gen, Dan Zhu Ye, Jie Geng, Jing Jie, Niu Bang Zi, Bo He
Ingredients, English	Honeysuckle Flower, Forsythia Fruit, Phragmites Rhizome, Lophatherum Leaf, Burdock Fruit, Platycodon Root, Burdock fruit, Schizonepeta, Mentha
Product Description	This is the classic, unmodified Yin Qiao San used to clear wind heat and release the exterior.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. Once acute symptoms are resolved this formula should be discontinued, or combined with an appropriate constitutional formula.

Fortifend Yu Ping Feng San Jade Screen Powder

Ingredients, Pinyin	Huang Qi, Bai Zhu, Fang Feng
Ingredients, English	Astragalus root, Atractylodes rhizome, Siler root
Product Description	Tonifies Qi, Stabilizes the Exterior, Stops Sweating, Strengthens the Immune System.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 1x/day.

Free & Easy Jia Wei Xiao Yao San Free and Easy Powder

Ingredients, Pinyin	Chai Hu, Bai Shao, Bai Zhu, Bo He, Dang Gui, Fu Ling, Mu Dan Pi, Zhi Zi, Gan Cao
Ingredients, English	Bupleurum root, Peony root, Atractylodes rhizome, Mentha, Angelica root, Poria, Moutan root bark, Gardenia fruit, Licorice root
Product Description	This is the classical, unmodified version of Jia Wei Xiao Yao San. Spreads Liver qi, strengthens the spleen, nourishes blood, clears heat.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.



Gan Mao Gan Mao Ling plus Yin Qiao San Common Cold Forsythia and Lonicera

Ingredients, Pinyin	Ban Lan Gen, Gang Mei Gen, Jin Yin Hua, Lian Qiao, San Cha Ku, Ye Ju Hua, Huang Qin, Jie Geng, Jing Jie, Niu Bang Zi, Bo He
Ingredients, English	Isatis root, Ilex root, Honeysuckle flower, Forsythia fruit, Evodia leaf, Chrysanthemum flower, Skullcap root, Platycodon root, Schizonepeta, Burdock Fruit, Mentha
Product Description	This is a combination of the two best wind-heat formulas: Yin Qiao San and Gan Mao Ling. Yin Qiao San releases wind-heat from the exterior while Gan Mao ling clears heat toxins from the qi level as well as utilizes the anti-viral properties of several herbs.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. Once acute symptoms are resolved this formula should be discontinued, or combined with an appropriate constitutional formula.

GastroRest Huo Xiang Zheng Qi Tang Agastache Formula

Ingredients, Pinyin	Huo xiang, Bai zhu, Hou po, Chen pi, Fu ling, Ban xia, Jie geng, Da Fu Pi, Zi su ye, Bai Bian Dou, Yi Yi Ren, Bai zhi, Sheng Jiang, Gan cao
Ingredients, English	Agastache, Atractylodes rhizome, Magnolia bark, Tangerine peel, Poria, Pinellia rhizome, Platycodon Root, Perilla leaf, Hyacinth Bean, Job's Tears Seeds, Angelica Root, Ginger, Licorice root
Product Description	This is the classical unmodified version of Huo Xiao Zheng Qi San. We use this to address the symptoms associated with stomach flu and food poisoning with the appropriate presentation.
Dosage	This tincture can be administered at any time. A standard dose is 2 tsp PRN. In acute cases, dosage may be increased up to 3 tsp PRN.



Grace & Ease

Jia Wei XiaoYao

Free and Easy

Ingredients, Pinyin	Chai Hu, Bai Shao, Bai Zhu, Fu Ling, Dang Gui, Mu Dan Pi, Zhi Zi, Dan Shen, Xiang Fu, Yi Mu Cao, Sheng Di Huang, Gan Cao
Ingredients, English	Bupleurum root, Peony root, Atractylodes rhizome, Poria, Angelica root, Moutan root bark, Gardenia fruit, Salvia root, Cyperus rhizome, Motherwort herb, Rehmannia root, Mentha, Licorice root
Product Description	Our modification of Jia Wei Xiao Yao San has added herbs to help spread Liver qi, move blood, and clear heat from the blood level.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.

Harmonia

Tong Xie Yao Fang

Formula for Painful Diarrhea

Ingredients, Pinyin	Bai Shao, Bai Zhu, Chen Pi, Fang Feng, Fu Ling, Mu Xiang, Shan Zha, Shen Qu, Xiang Fu, Zhi Ke, Gan Cao
Ingredients, English	Peony root, Atractylodes rhizome, Tangerine peel, Siler root, Poria, Aucklandia root, Hawthorn Fruit, Medicated Leaven, Cyperus rhizome, Bitter orange fruit, Licorice root
Product Description	This is a modified version of Tong Xie Yao Fang to release Liver qi, strengthen the spleen, expel dampness, and stop diarrhea.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.



Heplene Chai Hu Shu Gan San Bupleurum Powder to Spread Liver Qi

Ingredients, Pinyin	Chai Hu, Bai Shao, Zhi Shi, Chuan Xiong, Xiang Fu, Chen Pi, Gan Cao
Ingredients, English	Bupleurum root, Peony root, Unripe Bitter Orange, Ligusticum root, Cyperus rhizome, Tangerine peel, Licorice fruit
Product Description	This is the classic Chai Hu Shu Gan San that Spreads liver qi, promotes circulation, and relieves pain. The name Heplene is derived from the latin word "Hepatis", meaning "liver" the middle latine word "lene" meaning "to soften, smooth, or calm".
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.

Lunalux Chai Hu Long Gu Mu Li Tang plus Bupleurum Dragon Bone and Oyster Shell
Zuan Zao Ren Tang Combination plus Zizyphus Formula

Ingredients, Pinyin	Suan Zao Ren, Fu ling, Chuan Xiong, Zhi Mu, Chai hu, Ban xia, Long gu, Mu li, Dai Zhe Shi, Gui zhi, Huang qin, Da huang, Dang shen, Gan Cao
Ingredients, English	Jujube seed, Poria, Ligusticum root, Anemarrhena rhizome, Bupleurum root, Pinellia rhizome, Hematite, fossilized bone, Oyster shell, Cinnamon twig, Skullcap root, Codonopsis root, Rhubarb Rhizome, Licorice root
Product Description	A combination of Chai Hu Long Gu Mu Li Tang and Suan Zao Ren Tang. This formula Calms the spirit, harmonizes the shao yang, clears heat, nourishes blood, nourishes the heart. Its name is derived from the latin word "luna" meaning "moon" and the latin word "lux" meaning "light". "Moonlight" is an apt name for this formula's ability to help promote sleep and rest.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp nightly. In acute cases, dosage may be increased up to 3 tsp nightly.



No 4 Si Jun Zi Tang Four Gentlemen

Ingredients, Pinyin	Dang Shen, Bai Zhu, Fu Ling, Gan Cao
Ingredients, English	Codonopsis Root, Atractylodes Rhizome, Poria, Licorice root
Product Description	Four Gentleman Decoction to tonify the spleen, nourish the stomach, drain and dry damp.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.

No 6 Liu Wei Di Huang Wan Six Ingredient Pill

Ingredients, Pinyin	Shu Di Huang, Shan Yao, Shan Zhu Yu, Fu Ling, Mu Dan Pi, Ze Xie
Ingredients, English	Rehmannia root, Chinese Yam, Cornelian Cherry, Poria, Moutan root bark, Alisma rhizome
Product Description	Six Ingredient Pill to tonify kidney and nourish fluids.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day.

No 8 Ba Zhen Tang Eight Treasures

Ingredients, Pinyin	Dang Shen, Shu di huang, Bai Zhu, Fu ling, Bai Shao, Dang gui, Chuan xiong, Gan cao
Ingredients, English	Codonopsis root, Rehmannia root, Atractylodes rhizome, Poria, Peony root, Angelica root, Ligusticum rhizome, Licorice root
Product Description	Eight Treasure Decoction to nourish the blood and tonify qi
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day



Pneuma		Gua Lou Zhi Shi Tang	Trichosanthis Fruit and Bitter Orange
Ingredients, Pinyin		Gua Lou, Fu Ling, Huang Qin, Jie Geng, Sang Bai Pi, Zi Su Zi, Zhe Bei Mu, Zhi Shi, Zhi Zi, Chen Pi, Mu Xiang, Sha Ren	
Ingredients, English		Trichosanthes Fruit, Poria, Skullcap Root, Platycodon Root, Mulberry Root Bark, Perilla Seed, Fritillaria Bulb, Unripe Bitter Orange, Gardenia fruit, Tangerine Peel, Aucklandia Root, Cardamon fruit	
Product Description		To Gua Lou Zhi Shi Tang we added Sang Bai Pi and Zi Su Zi to further help resolve wheezing and shortness of breath.	
Dosage		This tincture can be administered at any time. A standard dose is 1 tsp 2x/day	

Restore		Gui Pi Tang	Restore the Spleen
Ingredients, Pinyin		Bai zhu, Dang shen, Fu ling, Huang qi, Suan zao ren, Yuan zhi, Dang gui, Long yan rou, Zhi Gan Cao, Mu xiang, Sheng Di, Mai Men Dong, Gui Zhi	
Ingredients, English		Atractylodes Rhizome, Codonopsis Root, Poria, Astragalus Root, Jujube Seed, Poygala Root, Angelica Root, Longan Fruit, Licorice root, Aucklandia Root, Rehmannia Root, Ophiopogoms Tuber, Cinnamon Twig	
Product Description		Much more than just Gui Pi Tang, this formula contains elements of Zhi Gan Cao Tang and Xiao Jian Zhong Tang to truly restore the vital energy of the spleen, stomach, heart and lungs.	
Dosage		This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.	



Sweat it Out

Jing Fang Bai Du Ma Huang Jiu

Cold & Flu Formula

Ingredients, Pinyin	Fang Feng, Jing Jie, Chai Hu, Du Huo, Fu Ling, Gui Zhi, Bai Shao, Jie Geng, Ma Huang, Qian Hu, Qiang Huo, Xing Ren, Zhi Ke, Bo He, Chuan Xiong, Gan Cao
Ingredients, English	Siler root, Schizonepta, Bupleurum root, Angelica root, Poria, Cinnamon Twig, Peony root, Platycodon root, Ephedra herb, Hogfennel root, Notopterygium root, Apricot kernel, Bitter orange fruit, Mentha, Ligusticum root, Licorice root
Product Description	This combination of Ma Huang Tang and Jing Fang Bai Du San effectively releases the exterior, induces sweating, and dries damp. We use this formula for colds and flus characterized by chills, no sweating, stiff neck, runny nose.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. Once acute symptoms are resolved this formula should be discontinued, or combined with an appropriate constitutional formula.

Tussis

Qing Qi Hua Tan Wan

Clear Qi and Resolve Phlegm

Ingredients, Pinyin	Ban Xia, Yu Xing Cao, Dan Nan Xing, Gua Lou Ren, Xing Ren, Huang Qin, Fu Ling, Zhe Bei Mu, Chen Pi, Zhi Shi, Jie Geng, Gan Cao
Ingredients, English	Pinellia Rhizome, Houtuynia, Jack-in-the-Pulpit Rhizome & Bile, Trichosanthes Seeds, Apricot Kernal, Skullcap Root , Poria, Fritillaria Bulb, Tangerine Peel, Unripe Bitter Orange, Platycodon Root, Licorice root
Product Description	This is a modified version of the classic Qing Qi Hua Tan Wan. To strengthen its ability to resolve phlegm we have added Yu Xing Cao.
Dosage	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 3 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.

Vim Vita

Bu Zhong Yi Qi Tang

Tonify the Middle and Augment the Qi

Ingredients, Pinyin	Huang qi, Dang shen, Bai zhu, Dang gui, Chai hu, Sheng ma, Chen pi, Da zao, Gan Cao
Ingredients, English	Astragalus Root, Codonopsis Root, Atractylodes Rhizome, Angelica Root, Bupleurum root , Cimicifuga rhizome, Tangerine Peel, Jujube fruit, Licorice root



Product Description

tonifies Spleen qi and raises the qi.

Dosage

Astragalus Root, Codonopsis Root, Atractylodes Rhizome, Angelica Root, Bupleurum root, Cimicifuga rhizome, Tangerine Peel, Jujube fruit, Licorice root

Xanthii

Cang Er Zi San

Xanthium Powder

Ingredients, Pinyin

Cang er zi, Bai zhi, Xin yi hua, Bo he

Ingredients, English

Xanthium fruit, Angelica root, Magnolia flower, Mentha herb

Product Description

An unmodified Cang Er Zi San to clear the nose, open the nasal passages and resolve mucous

Dosage

This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.

Zizyphus

Suan Zao Ren Tang

Sour Jujube Decoction

Ingredients, Pinyin

Suan zao ren, Chuan xiong, Fu ling, Zhi mu, Gan cao

Ingredients, English

Jujube seed, Ligusticum root, Poria, Anemarrhena rhizome, Licorice root

Product Description

This is the classical, unmodified version of Suan Zao Ren Tang to tonify liver blood and clear blood heat.

Dosage

This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.



How to Prepare Alcohol Free Herbal Medicines

All of our extracts contain alcohol (see Our Sources to learn why). However, Some patients will prefer to have an alcohol free solution. We provide instructions, equipment and this guide to help you or your patient prepare our extracts to be alcohol free.

Alcohol boils at 180°F, 32°F lower than the boiling point of water, and will evaporate first. Placing boiling water over the dose will evaporate about 70% of the alcohol. Simmering the dose in a small amount of water can remove up to 95% of the alcohol.

Method 1

- Pour a small amount of boiling water over the herbs
- Let stand 5 minutes
- Drink

Method 2

- Place dose in small saucepan with ½ cup water
- Simmer on very low for 5-10 minutes
- Let cool
- Drink

Preparing more than one dose at once

You may simmer off the alcohol for 1 to 2 day's administration. The simmered herbs will be stable for 2 days at room temperature. Refrigerated, the simmered herbs will remain viable for up to 5 days.

- Add the appropriate number of doses to the saucepan.
- Add ¼ cup water for each dose you will be simmering.
(our mini saucepan will accommodate up to 6 doses at once)

- Bring



to a low
simmer and
simmer for 15
minutes.

- Refrigerate the solution.
- Take ¼ cup liquid for each dose.

How to Prepare Formulas with Fresh Ginger

Some of our products are based on formulas that originally contained fresh ginger. However, due to the limitations of extraction and the benefits of preparing it fresh, we have eliminated this ingredient from our formulas and have patients prepare it themselves.

Fresh ginger tea may be indicated for certain formulas and conditions. Some of our products that may benefit from adding fresh ginger tea may be: Cerventi (ge gen tang), Sweat it Out (ma huang tang), Harmonia (tong xie yao fang), Draconis (Chai Hu Long Gu Mu Li Tang), and more. Generally fresh ginger may be indicated when warming and releasing the exterior is beneficial, when warming the digestion, or when harmonizing is desired.

FRESH GINGER TEA

Tea

- Slice 6-10 slices of ginger
- Simmer in 1 cup water for 10 minutes
- Strain off ginger
- Drink

With Extract

- Tea may be taken in conjunction with extract



or

- Extract can be added to tea and drunk as a single drink