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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **品号** | **品名** | **功效** |  | | | |  | 杞菊地黄丸 | 滋肾养肝，清头明目。主治肝肾阴亏之眩晕耳鸣、羞明畏光、迎风流泪、视物昏花等证。 | | | | | 枸杞菊花+六味地黄（熟地黄、制山茱萸、山药、泽泻、茯苓、牡丹皮）  YinVive Eyes™, 杞菊地黄片) is a renowned ancient Chinese herbal formula used for improving vision. It is derived from the well known Liu Wei Di Huang Wan, which nourishes the body's Yin. Qi Ju Di Huang Wan is formed by the inclusion of vision-helping Goji Berry and Chrysanthemum to Liu Wei Di Huang Wan.  May Improve Vision and Reduce Eye Discomfort†  Of the five senses, perhaps none is taken for granted as much as eyesight. We appreciate the taste of food every day; a symphony or other pleasing music; the caress of a loved one; a whiff of a bouquet of flowers. But at night, when watching TV, few people stare at their screens expressing gratitude for faultless vision. It's only when we witness a blind person wearing sunglasses and walking with a cane that for a brief moment we realize how lucky we are to be able to see. And perhaps the only other times we have an epiphany about the joy of vision is when our own eyesight starts to diminish. Or when our eyes experience sharp pain or phantom spots and visions.  When your eyes start going out of focus, expressing gratitude for normal vision won't resolve the problem. So what can be done about dry eyes, problematic vision and eye pain?  An alternative remedy is our Traditional Chinese Medicine (TCM) formula, YinVive Eyes.  YinVive Eyes may improve your vision and mitigate eye discomfort. This formula is applicable for the syndrome associated with flaccidity of the knees and loin and feverish sensation and soreness of the bones; blurred vision or dryness of the eyes or excessive moisture with wind and pain around the eye.  Time-Tested Remedy for Vision Health Nourishes Yin Energy  There's a famous TCM theory maxim that says, "The liver opens into the eyes." Thus, when there's a problem with the eyes, there's often a problem with the liver. This concept isn't unique to TCM, of course. After all, in western medicine, when someone presents with jaundice in the eyes, doctors may suspect bilirubin is not moving from the liver to the bile ducts. Here, the liver in western medicine is regarded as an organ, whereas in TCM, liver opening into the eyes refers to the liver meridian energy channels.  According to TCM theory, poor vision and eye pain may be caused by Yin deficiency, especially of the Liver and Kidneys. YinVive Eyes works because it nourishes both Liver and Kidney Yin energy.  If Yin is deficient in the Liver, then Liver Blood, consequently, will be deficient. With sufficient Liver Yin, Liver blood nourishes and moistens the eyes. However, chronically red or dry eyes or blurred or spotty vision is an indication of Liver Blood deficiency or excess heat (Liver Fire).  How Does YinVive Eyes Work?  YinVive Eyes is based on the formula, Liu Wei Di Huang Tang, which dates to the 18th century. Liu Wei Di Huang contains six herbs. These six herbs focus on increasing Kidney Yin. However, the additional two herbs in YinVive Eyes especially nourish Liver Yin. Consequently, the herbs collectively act more directly on the eyes than the original Liu Wei Di Huang formula.  The chief herb in the formula is Shu Di Huang (Prepared Rehmannia), which tonifies Yin, Blood and Jing, and supplements bone marrow. Shan Zhu Yu (Cornus Fruit) and Shan YaoShan Yao (Chinese Yam) are the two other primary tonifying herbs in the formula. The former tonifies the Spleen and Kidneys, nourishes the Stomach and Lungs, as well as generates fluids; the latter augments the Liver and Kidneys. Both Shan Zhu Yu and Shan Yao retains Jing, which is the life essence stored in the Kidneys.  The next three herbs in the formula prevent stagnant fluids from accumulating. Ze Xie (Water Plantain Rhizome) drains damp heat from the Kidneys and leeches fluids from the tissues. Fu Ling (Poria) leaches out dampness and strengthens the Spleen. Mu Dan Pi (Tree Peony Bark) clears heat and cools the blood and neutralizes heat from Shan Zhu Yu.  The two additional herbs for eye support are Gou Qi Zi (Goji berry, aka Lycium or Wolfberry) and Ju Hua (Chrysanthemum flower). Gou Qi Zi has become a popular anti-aging fruit owing to its high antioxidant properties. Its TCM actions are nourishing and tonifying the Liver and Kidneys, and benefitting Jing. Ju Hua disperses wind and clears heat and calms the Liver.  Does Research Support YinVive Eyes?  Qi Ju Di Huang Wan is one of the most common herbal formulas prescribed by TCM doctors for the support of type 2 diabetes in Taiwan.1 Type 2 diabetes can result in compromised vision due to compromised nerves and capillaries supplying the eyes. This formula has also been shown in a study to be a reliable alternative choice for dry eye care, owing to its ability to stabilize tear film and decrease the abnormality of corneal epithelium. 2  The formula for YinVive Eyes may have positive effects for dry eye symptoms of Sjogren's syndrome, a disease in which the mucous membranes and moisture-secreting glands of the eyes are usually affected first, resulting in decreased tears. | | | | | | | AH003P | **六味地黃片**, 200 mg 200 Tablets | 滋阴补肾，腰膝酸软，遗精盗汗。 | $9.99 |  |  | | In Traditional Chinese Medicine (TCM), Liu Wei Di Huang Wan can replenish Yin due to the Yin insufficiency of the kidney. The kidney is the innate foundation of all organs with respect to the Yin-Yang principles, Qi essence etc. When the kidney is diminished functionally, many other organs show malfunctions. It is thus vitally important to maintain the kidney in a good state. This explains why many symptoms seemingly unrelated to the kidney may be relieved by restoring the kidney Yin-Yang.  While modern biomedical studies have yet to reveal the basis of the kidney Yin-Yang and how Liu Wei Di Huang Wan works, some researches have found that Liu Wei Di Huang Wan can increase the number of T lymphocytes and regulate the production of cytokines1, 2 and thus Liu Wei Di Huang Wan may adjust the immune function of our body. Liu Wei Di Huang Wan can also increase the production of sex hormones and of adrenal cortical hormones that have anti-inflammatory function in animal studies3. Moreover, Liu Wei Di Huang Wan can reduce blood sugar levels and increase the activity of superoxide dismutase (SOD) in the diabetes rat model4. SOD is a key enzyme for eliminating free radicals in the body and its enhanced function prolongs lifespan in animal studies.  Liu Wei Di Huang Wan is indicated in China Pharmacopoeia5 for Yin insufficiency of kidney; dizziness; tinnitus; weakness and soreness of the loins and the limbs; emission and sweating. Many published and unpublished human clinical studies have supported the use of Liu Wei Di Huang Wan in numerous conditions, some of which are highlighted below.  • Back pain due to the kidney Yin insufficency. Typically, you feel weakness and then soreness of the waist and legs. You may also feel dizziness, faint vision, tinnitus, tiredness, sweat or low fever. You start to forget things and do not sleep well. You feel you are sick but doctors cannot find any underlying cause. You are not alone and these are common problems for people especially professionals who spend hours daily in front of computers and who are getting older (e.g., over 40). (see low back pain for more info)  • Sexual performance. You feel you are not as hard as before and do not last as long as before. You feel sore waist the next day and it takes longer time for you to reinvigorate. (see sexual wellness for more info)  • Type II diabetes disease4. In recent years, Chinese doctors have found that Liu Wei Di Huang Wan is very effective in treating diabetes type II disease. In multiple controlled human clinical trials, Liu Wei Di Huang Wan is reported consistently effective in over 90% patients, of which most have their blood sugar levels returned to the normal. The treatment is at least as good as the standard treatment with western medicines. When Liu Wei Di Huang Wan is used together with western medicines, it further enhances the efficacy of the western medicines.  • Menopausal syndrome. In a human clinical trial, 23 women were treated with Liu Wei Di Huang Wan for 3 months, the symptoms of hectic fever, hot flash, sweating, palpitation, and insomnia were significantly improved in 39.1% patients. Additional 60.9% showed some improvement. | | | | | | | AH004P | **金匱腎气片**, 200 mg 200 Tablets | 温补肾阳，腰膝酸软，肢冷尿频。 | $9.99 |  |  | | 本品中有肉桂属温热药，不适用于具有口干舌燥，烦燥气急，便干尿黄症状的糖尿病，  In Traditional Chinese Medicine (TCM), YanVive can replenish Yang due to the Yang insufficiency of the kidney. The kidney is the innate foundation of all organs with respect to the Yin-Yang principles, Qi essence etc. When the kidney is diminished functionally, other organs suffer as a result. Thus it is vitally important to maintain the Kidney in a good state. This explains why many symptoms seemingly unrelated to the Kidney may be relieved by restoring the Kidney Yin-Yang.  YanVive is composed of Yin-promoting YinVive and additional herbs that promote Yang. While modern biomedical studies have yet to reveal the basis of the Kidney Yin-Yang, research of YinVive found that it can adjust the body' immune function, increase production of sexual and adrenal cortical hormones, reduce blood glucose levels, and increase the activity of superoxide dismutase (SOD) (see YinVive).  YanVive is designated in China Pharmacopoeia1 for Yang insufficiency of Kidney, weakness and soreness of the loins and the knees, cold feeling in the limbs, and frequent urination. Published and unpublished human clinical studies have supported the use of YanVive in numerous applications. In many cases, YanVive can be applied to the same symptoms as YinVive. Whether YanVive or YinVive is used depends on whether the signs of Yin or Yang deficiency is present. Highlighted below are some instances in which YanVive should be used.  • **Lower Back pain due to the Kidney Yang deficiency.** Symptoms may include weakness and soreness of the waist and legs. You may feel cold in the limbs or even the whole body. You may have a pale complexion and feel tired. You feel you are sick but doctors cannot find any underlying cause. These are common problems for people, especially professionals who spend hours in front of a computer each day and who are middle-aged  • **Sexual performance.** You experience reduced firmness in erections, and/or sexual performance is not as long as before. Your groin feels sore the day after sex, and achieving a follow-up erection takes longer. (see sexual wellness for more info) | | | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | AH013P | 耳聾左慈片, 200 mg 200 Tablets | 滋肾平肝，耳鸣耳聋，头晕目眩。 | $9.99 |  |  | |  | | | | | | | AH057P | 知柏地黃片, 200 mg 200 Tablets | 滋阴清热，潮热盗汗，口干咽燥。 | $9.99 |  |  | |  | | | | | | |  | **还少壮阳片** | 温补肾阳。用于肾阳不足，阳萎早泄。 |  |  |  | | 组成：八戟天，淫羊藿，锁阳，补骨脂，菟丝子，杜仲，熟地黄，山茱萸，山药  **Youngain**™ (Huan Shao Zhuang Yang Pian, formerly Zhuang Yang Pian/Wan, 还少壮阳片) is a Chinese herbal supplement specially formulated to tonify Yang energy and help maintain the body's sexual vitality.†  Overcome Impotence & Rediscover Your Masculinity†  Millions of men are impotent or have very little or no sex drive. "Low-T," marketing-speak for "low testosterone," is often blamed for a precipitous decrease in male virility and strength. It's no wonder that 'low-T' treatments are very popular. Anti-aging male wellness clinics have sprouted all over the country, promising to cure their patients' lack of sex drive and energy.  But with low-testosterone treatments comes the risk of side effects. Further complicating matters, there are no universal, standardized guidelines for acceptable levels of testosterone.  If you want to feel young again, at least in the bedroom, Youngain™ is a safe, all-natural herbal dietary supplement. But if you're used to taking a 'little blue pill' to give you an edge, take heed: Youngain™ is not a 'little blue pill' and does not act as quickly as pharmaceutical erectile dysfunction (ED) pills. However, Youngain™ revives your sexual potency by building the whole body from within, and the positive effects may be noticed within just a couple of weeks. Youngain™ is a safe, sustainable solution for boosting your sex drive.  Time-Tested Ancient Wisdom Supports Both Kidney Yin & Yang Energy  Youngain™ (Huan Shao Zhuang Yang Pian) is one of our signature formulas that's based on Traditional Chinese Medicine (TCM). There are "ine all-natural herbs in Youngain™, six of which promote sexual health by nourishing Kidney Yang. Low sex drive or the inability to develop or maintain an erection is attributed, according to TCM theory, to weakened Kidney Yang.  Other benefits besides sexual health occur when Kidney Yang energy is supported, most notably mitigation or elimination of low-back discomfort or lumbago. In addition, these other symptoms of deficient Kidney Yang energy may be improved after regular use of Youngain™: soreness and cold feeling in the loins, knees, and limbs, pale complexion, and general, overall state of lethargy.  Three other herbs in Youngain™ are Yin-enhancing herbs. Why the need for Yin herbs, when Yang, particularly Kidney Yang boosts sex drive? Think of Yang energy as the firing gun and Yin as the ammunition. You can't fire a gun effectively if it's not loaded. The Yin herbs help "reload the ammunition."  Youngain™ is safer and more sustainable than most TCM-based male-performance products. This is because they support only Yang energy, which, over time, if Yin energy is not balanced as well, can be potentially dangerous. Youngain™ is itself a potent Yang tonic but also effectively supports Yin energy.  How Does Youngain Work?  Six of the nine all-natural herbs in Youngain are powerful Kidney tonics. These include Ba Ji Tian (Morinda root), Yin Yang Huo (Horny goat weed), Suo Yang (Cynomorium), Bu Gu Zhi (Psoralea fruit), Tu Si Zi (Dodder seed), Du Zhong (Eucommia bark). They are warm in nature and well known in Chinese medicine to tonify the Kidney and invigorate Yang energy. Many of them also strengthen the tendons and bones, and solidify the Jing essence. They are all of botanical origin and do not contain any animal parts. Together, these Chinese herbs represent perhaps one of the strongest combinations of yang-promoting (male performance) herbs.  The three Yin tonics in Youngain™ are Shu Di Huang (Prepared rehmannia), Shan Zhu Yu (Dogwood fruit), which is a tonic for both Kidney and the Liver; and Shan Yao (Chinese yam), which also nourishes the Spleen. Together they help balance and provide support for the Yang-boosting herbs.  Does Research Support Youngain™?  Icariin (ICA), the active molecule component of Yin Yang Huo (Epimedium or horny goat weed), is shown to increase penile nNOS and smooth muscle content, and have beneficial effects on penile erectile function in a rat model of ED.1  Similarly, Bajijiasu, a component of Ba Ji Tian (Morinda root), was shown to enhance the sexual behavior of both normal and kidney-yang-deficient mice. It also markedly increased the testosterone concentrations, reduced the levels of cortisol, and improved the quality of the sperm. Bajijiasu also protects the DNA of sperm from damage by hydrogen peroxide.2  In another study, the total flavones from Tu Si Zi (Semen cuscutae) were shown to restore the levels of testosterone and androgen receptor in the kidney and testicle after 14 days of adminstration on the kidney-yang deficiency male mouse.3 | | | | | | | AH005P | **補中益气片**, 200 mg 200 Tablets | 补中益气，体倦乏力。 内脏下垂。 | $9.99 |  |  | | In Traditional Chinese Medicine (TCM), Bu Zhong Yi Qi Wan can nourish the spleen and promote Qi due to the Qi deficiency. The central Qi provides the vital energy of the body including the internal organs and physical activities. When Qi is weak, the organs like stomach, uterus, and rectum fail to support themselves and thus droop; the body loses the physical strength and shows fatigue, tiredness, weakness, laziness of speech.  Bu Zhong Yi Qi Wan is indicated in China Pharmacopoeia1 for replenishing Qi, elevating the spleen Yang to cure drooping; for fatigue and lack of physical strength; for prolapse of internal organs such as rectum prolapse, uterus prolapse, and stomach prolapse.  Modern biomedical studies have found many beneficial actions of Bu Zhong Yi Qi Wan that support its traditional use. Bu Zhong Yi Qi Wan can increase the activity of natural killer cells in the blood and increase the serum level of interferon-gamma (IFN-g), which are crucial in our body's defense against pathogens, and thus Bu Zhong Yi Qi Wan enhances the immune function and protects the body from infections of bacteria and virus and from immmunosuppression due to radiotherapy, chemotherapy, or stress in animal and human2-5. In controlled human trials, Bu Zhong Yi Qi Wan can significantly improve the symptoms of chronic fatigue syndrome after 8 to 12 weeks of administration, including the intensity and frequency of fatigue occurrence. When Bu Zhong Yi Qi Wan is applied as adjuvant therapy of cancer patients before and after chemotherapy and surgery, the patients showed improved fatigue and tiredness, improved appetite and diarrhea, better spirit and recovery compared to the controls. | | | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | AH006W | **銀翹解毒丸,** 200 mg 200 Pills | 辛凉解表，清热解毒。 | $10.99 |  |  | | In Traditional Chinese Medicine (TCM), our body is vulnerable to attacks of pathogenic influences. The attacks first invade the body's surface and the body reacts with symptoms like fever, cough, and headache. If not halted they further invade the interior of the body and cause severe illness. Pathogenic influences are defined in modern medical terms as bacteria and viruses.  Cold Signoff™ works to halt the invasion of pathogenic influences and relieves the associated symptoms. It is mainly used for the common cold and flu (influenza). Cold Signoff™ is most effective when taken at the first signs of cold or flu such as sore throat, runny nose, cough, nasal congestion, and headache.  Modern studies suggested a pharmacological action of Cold Signoff™ that is consistent with its use for cold and flu relief1. For example, it inhibits the growth of many strains of bacteria and viruses including influenza A virus; it reduces fever in animal models; it inhibits inflammation.  Cold Signoff™ is indicated in China Pharmacopoeia2 for relieving the exterior symptoms and clearing away toxins. The symptoms may include wind-heat type common cold, fever with headache, cough with dry mouth and sore throat.  Cold Signoff™ is also used to prevent cold and flu. In a clinical study involving 1480 people, only 2.6% of people who took Yin Qiao Jie Du Wan for 6 weeks developed flu whereas 17.55% people in the control group developed flu 1. We recommend to use Cold Signoff™ for prevention of colds or flu when an outbreak occurs in the workplace or loved ones.  (For discussion on Cold, Flu, and Prevention, click here)  You may have heard of or used Airborne®, a popular cold supplement in the US. You may be surprised to learn Airborne® is based on Yin Qiao Jie Du Pian and contains the same key ingredients as Cold Signoff™. | | | | | | | AH007P | **逍遙片,** 200 mg 200 Tablets | 疏肝解郁，健脾养血调经。 | $9.99 |  |  | | Xiao Yao San is applied in cases of Liver Qi stagnation with Blood deficiency, marked by distending pain along the chest sides of the body; irritability; depression; moodiness; bitter taste in the mouth; irregular and painful menstruation; swollen breasts in woman.  Enjoy a Better, More Stable Mood†  You've tried eating better. And exercising more. You've even paid more attention to how you breath. And you're more conscious of not always acting on your emotions. You may feel better but you know you have a long way to go until you'd consider yourself "happy."  Being happy takes daily work. Once you get there, it's not like you cross the finish line and then that's it. You still have to eat right, exercise, manage stress and take the right supplements. You need something more to get you over the hump so you can begin to feel even better.  Xiao Yao Wan is one of the most popular traditional Chinese medicine (TCM) herbal formulas. This all-natural botanically-sourced remedy may help improve your mood. Because of the way Xiao Yao Wan works, it can also result in other positive health outcomes.  Powerful Ancient Formula For Modern-Day Stress Management & Mood Enhancement†  Though it may seem like depression or moodiness arise from external factors, from a Traditional Chinese Medicine (TCM) perspective, psychological disharmony has a core physiological root cause.  One of the most prescribed all-natural TCM herbal formulas, Xiao Yao Pian is used in modern times as a natural supplement for depression, anxiety and irritability. Taken over a sustained period of time, Xiao Yao Pian tablets (or Xiao Yao Wan pills, if you prefer) may negate the effects of modern-day stress and help regulate your mood by addressing the root cause of internal disharmony in your body.  How Does Xiao Yao Pian Work?  Xiao Yao Pian works by clearing Liver stagnation.  Sure, anxiety about your bills and financial future, spiritual disconnectedness, relationship troubles and lack of fulfilling career may all affect how you view the world. And these stressors may seem impossible to overcome. But even external stressors can be managed when the Liver meridians are flowing unimpeded.  When Liver Qi (internal life force) is impeded, both physical and psychological imbalances may occur. But given enough time - a minimum of four weeks is recommended; noticeable results may occur in less time - Xiao Yao Pian (Wan) effectively breaks upLiver Qi stagnation.  Life stressors may become easier to deal with and your perspective about how serious these stressors really are may change for the better.  Individual Herbal Spotlight  Collectively, the all-natural herbs in Xiao Yao San sooth the Liver to disperse depressed qi, strengthen the Spleen to nourish the Blood, and regulate menstruation.  Chai Hu (Bupleurum root) soothes the Liver to disperse the depressed Qi. Dang Gui (Chinese Angelica root) and Bai Shao (White peony root) nourish the Blood and the Liver. These first three herbs interact together to resolve the root cause of Liver Qi stagnation, as well as Blood deficiency.  Bai Zhu (Atractylodis Rhizome) and Fu Ling (Poria) strengthen the middle warmer and reinforce the Spleen, thereby enriching the generation of Qi and Blood. Gan Jiang (Dried Ginger rhizome) regulates the stomach and warms the middle warmer. Bo He (Peppermint) assists Chai Hu in soothing the Liver to disperse depressed Qi. Gan Cao (Licorice root) assists Bai Zhu and Fu Ling in replenishing Qi and invigorating the middle warmer; it also coordinates the synergistic effects of all the herbs in this formula.  Together, these herbs work together to powerfully, but safely, improve the life force (Qi) of the Liver. Xiao Yao Pian may make you feel happier without having to rely on taking a 'little blue pill' that may potentially cause side effects. If you feel stressed out, depressed, or are prone to mood swings, Xiao Yao Pian may help. There's probably a lot of beauty in your life that currently may be hard to see. Given time, Xiao Yao Pian may help you to see more of that beauty.  Does Research Support Xiao Yao Pian?  Because Xiao Yao Wan is widely dispensed by TCM practitioners, many clinical studies have been conducted to verify its traditional use in Chinese medicine. There were 26 randomized trials published by 2009, involving 1837 patients. In these trials, Xiao Yao San was used against placebo, antidepressants, or in combination with antidepressants. The collective results show Xiao Yao San has beneficial effects on patients with depression, either using the formula alone, or combining with antidepressants by measuring the scores of HAMD and SDS. Xiao Yao San may have the same effectiveness as antidepressants at the end point of the treatment with fewer side effects.1  In rat models that were induced with chronic stress, Xiao Yao San was shown to mitigate depression-like behaviors.2  Xiao Yao Wan may regulate menstruation by affecting the secretion of hormones. In a study in which 51 patients were involved, levels of estrogen (E2) and prolactin were significantly reduced after use of Xiao Yao Wan whereas no change was observed in the level of testosterone.3 | | | | | | | AH008W | 烏雞白鳳丸, 200 mg 200 Pills | 补气养血，调经止带。 | $12.99 |  |  | |  | | | | | | | AH009P | **降膽固醇片**, 200 mg 200 Tablets | 祛瘀通络，化浊降脂。 | $9.99 |  |  | | 组成： | | | | | | | **Maintain Healthy Cholesterol Levels†**  The amount of people taking statin drugs to lower cholesterol levels is in the millions. The potential side effects of statins are a cause for concern, which includes muscle pain and liver damage, among other negative outcomes of statins.  Though you need some cholesterol to have efficient cell membrane structure, to produce steroidal hormones, and other critical functions, an excess of serum cholesterol may contribute to heart disease.  In addition to exercising and eating a primarily plant-based diet, natural herbal supplements such as CholestAssure™ may help keep serum cholesterol and triglycerides at healthy, normal levels.  Signature Formula Contains Clinically-Proven Herbs  CholestAssure™ is not a classic traditional Chinese medicine (TCM). This botanically-sourced natural remedy for maintaining healthy cholesterol and triglycerides is our signature formula. The reason why ActiveHerb does not use a classic TCM formula to help lower cholesterol is quite simple. In TCM, there is no focus on cholesterol. Cholesterol is not mentioned in classical TCM texts.  After all, abnormally high cholesterol levels are a modern medical phenomenon.  Beyond getting a blood test for cholesterol levels, many people do not realize that they even have excess serum cholesterol or triglycerides as it may not manifest any symptom.  Excess cholesterol is attributed, from a TCM perspective, to "internal phlegm," and its buildup in the blood vessels contributes to "blood stasis." Thus, Chinese herbs that remove phlegm and blood stasis have the potential to clear excess cholesterol from the blood. Indeed, studies have found that many Chinese herbs possess cholesterol-lowering properties, including each of the herbs in CholestAssure™.  If you want to harness the power from nature to manage your cholesterol, look no further than CholestAssure™.  Does Research Support CholestAssure™?  Hawthorn fruit (Fructus Crataegi, Sheng Shan Zha) is used in TCM to improve digestion and remove food retention in the stomach, as well as promote blood circulation to disperse blood stasis. Because it unblocks stagnation, it is particularly beneficial for those who eat fatty, greasy foods. A Hawthorn extract was used to treat hyperlipidemia in 89 middle-aged and elderly patients, and helped to lower cholesterol and triglycerides levels in most cases.1 In another study, Hawthorn extracts were found to reduce serum cholesterol levels in animals fed with a high cholesterol diet.2,3  Fleeceflower root (Radix Polygoni Multiflori, He Shou Wu) is a Liver and Kidney tonic and nourishes the Blood and Jing. This famous TCM herb also moistens the Intestines and unblocks the bowels. He Shou Wu was one of the herbs used in a formula that had beneficial effects on plasma LDL cholesterol after 12 weeks of treatment in subjects with dyslipidemia, without any noticeable adverse effects.4  Goji berry (Fructus Lycii, Gou Qi Zi) is a tonic for Liver and Kidney Blood. The polysaccharides in Gou Qi Zi was shown to reduce blood glucose and serum lipids in rabbit models.5  King Solomon's Seal (Rhizoma Polygonati, Huang Jing) is a tonic for Spleen Qi and nurtures Stomach Yin. In a study, hamsters were fed a diet that induced atherosclerosis. Treatment with rhizoma polygonati polysaccharide resulted in significant improvement in serum lipid profile, apolipoproteins, and endothelial dysfunction parameters. The results showed that rhizoma polygonati polysaccharide has a protective effect against hyperlipidemia-induced atherosclerosis.6  Reishi (Ganoderma, Ling Zhi), a medicinal mushroom, tonifies Heart Qi, nourishes Heart Blood and calms the Spirit. Ganoderma lucidum polysaccharides could significantly decrease the serum contents of TC, TG, LDL-c in the experimental hyperlipidemic rats.7  Alisma rhizome (Rhizoma Alismatis Orientalis, Ze Xie) leaches out dampness, and drains Kidney Fire. Alismatis rhizome treatment resulted in a clear decrease in serum and liver cholesterol, triglyceride along with an elevation of serum high-density lipoprotein cholesterol in hyperlipidemic mice. Alismatis rhizome may act by decreasing the liver synthesis of cholesterol.8  Turmeric (Rhizoma Curcumae Longae, Jiang Huang) invigorates Blood and promotes the movement of Qi. It may be considered a functional food for regulating plasma cholesterol levels and preventing the development of fatty liver in people who frequently consume a high-cholesterol diet.9  Safflower (Flos Carthami Tinctorii, Hong Hua) invigorates the Blood and dispels Blood Stasis. A study examined if Flos Carthami, as part of an injection (Danhong), is effective against hyperlipidemia in rats. Treatment with the injection led to significantly reduced triglycerides, total cholesterol, LDL cholesterol, and arteriosclerosis index. 10  Chinese Angelica root (Radix Angelicae Sinensis, Dang Gui) both tonifies and invigorates the Blood. A study involving mice models concluded Angelica sinensis polysaccharides improves fatty liver and glucose homeostasis in high-fat diet-fed mice. The researchers concluded Dang Gui might be used as an alternative dietary supplement to reduce metabolic syndrome in people consuming high-fat diets.11  Szechwan Lovage Rhizome (Rhizoma Ligustici Chuanxiong, Chuan Xiong) invigorates the Blood and moves Qi. Chuan Xiong contains a compound 'ligustrazine,' which plays an important role in contributing to hypolipidemic effects. Ligustrazine significantly decreased triglyceride levels, total cholesterol and LDL cholesterol levels in atherosclerosis rats.12 | | | | | | | AH010P | 肩周痛片, 200 mg 200 Tablets | 除湿通络，祛风散寒。 | $10.99 |  |  | |  | | | | | | | AH011P | **安神補心片**, 200 mg 200 Tablets | 养心安神，心悸失眠，头晕耳鸣。 | $9.99 |  |  | | 组成：丹参五味子石菖蒲珍珠母首乌藤合欢皮菟丝子墨旱莲女贞子地黄  Palpitations are often described as an unpleasant awareness of the heartbeat or the feeling that the heart is pounding, racing or skipping beats. Normally the heart beats 60 - 100 times per minute. In people who exercise routinely or take medications that slow the heart, the rate may drop below 55 beats per minute. Palpitations are often accompanied by nervousness and anxiety. An Shen Bu Xin Wan is a very common Chinese herbal remedy used to **manage insomnia1 (difficulty falling or staying asleep).†**  From the perspective of Traditional Chinese Medicine (TCM), An Shen Bu Xin Wan calms the Heart and spirit and restores normal sleep rhythm by nourishing Heart Yin and blood while anchoring hyperactive Liver Yang (caused by deficient Heart blood). When blood is insufficient and therefore fails to nourish the Shen (spirit) which is said to be housed in the heart, palpitations and insomnia are common symptoms. An Shen Bu Xin Wan may also be used for depression, dizziness, hearing loss, and tinnitus (ringing in the ears).†  Palpitations may or may not represent a true cardiac arrhythmia (abnormal heart beat). An abnormal heart beat can be the sign of a serious and potentially life threatening condition. Consult your physician before taking this or any other supplement for palpitations.  An Shen Bu Xin Wan is composed of 10 medicinal Chinese herbs that nourish Yin and blood, calm the Shen (spirit), clear heat and anchor Yang.  Dan Shen (Salvia root) regulates blood circulation, calms the Shen and dispels heat from the Heart. Dan Shen also nourishes blood to treat palpitations and insomnia. Studies have shown Dan Shen to have a marked sedative effect.2 Shou Wu Teng (Polygonum vine), also known as Ye Jiao Teng, nourishes the Heart and calms the Shen due to general blood deficiency while also clearing the meridian pathways.  Di Huang (Rehmannia root) is a powerful Yin tonic used to nourish the blood of the Heart and also treats insomnia and palpitations.  Wu Wei Zi (Schisandra fruit) calms the heart and Shen, treats anxiety and insomnia with dream disturbed sleep (which are signs of Yin and blood failing to nourish the heart). Tu Si Zi (Cuscuta seed) tonifies Kidney Yin and Yang and is combined with Wu Wei Zi to reduce the occurrence of frequent dreaming. Nu Zhen Zi (Glossy Privet fruit) clears heat caused by Yin deficiency and is a relatively mild tonic useful for dizziness and tinnitus. When combined with Wu Wei Zi, it is very useful for night sweats. Mo Han Lian, also known as Han Lian Cao (Eclipta) nourishes Yin and clears heat from the blood. It is often paired with Nu Zhen Zi for Liver and Kidney Yin deficiency.  Shi Chang Pu (Acorus) opens the orifices and calms the Shen. Shi Chang Pu is often used for tinnitus, deafness and dizziness. Zhen Zhu Mu (Pearl shell) calms the Liver and anchors Yang, which can become hyper-ascendant due to Liver blood deficiency. Zhen Zhu Mu is used for tinnitus, deafness, dizziness, irritability, insomnia, palpitations and mania. Zhen Zhu Mu also clears Heart fire when combined with Shi Chang Pu.  He Huan Pi (Albizia Bark) calms the Shen and relieves Liver Qi stagnation (constraint). | | | | | | | AH011W | 安神補心丸, 200 mg 200 Pills | 养心安神，心悸失眠，头晕耳鸣。 | $9.99 |  |  | | AH012P | 十全大補片, 200 mg 200 Tablets | 温补气血。 | $10.99 |  |  | | 用于气血两虚，面色苍白，气短心悸，头晕自汗，四肢不温。  组成：党参、白术(炒)、茯苓、炙甘草、当归、川芎、白芍(酒炒)、熟地黄、炙黄芪、肉桂。  Shi Quan Da Bu Pian (Shi Quan Da Bu Wan, Shi Quan Da Bu Tang, TotalTonic™, 十全大补片) is an all natural Chinese herbal supplement used for tonification in cases of profound energy deficiencies. Shi Quan Da Bu Pian benefits Qi and Blood deficiency, sometimes with a tendency towards Cold.†  The Chinese name Shi Quan Da Bu Tang literally means "all-inclusive great tonifying decoction" or "ten complete tonic decoction." This classical formula powerfully tonifies Qi and blood and also warms the Yang. It is traditionally used for fatigue or lassitude, shortness of breath, dizziness, pallor, low appetite, palpitations, insomnia, intolerance to cold, spontaneous perspiration, weakness of the lower extremities, persistent sores, or continuous spotting from uterine bleeding. †  The original source of the formula Shi Quan Da Bu Pian can be traced back to the Imperial Grace Formulary of the Tai Ping Era (Tai Ping Hui Min He Ji Ju Fang). Today it remains an important tool used in contemporary Chinese Medicine for the treatment of modern diseases which arise from patterns of predominant Qi and blood deficiency with moderate Yang deficiency or cold. Studies have shown Shi Quan Da Bu Tang may be beneficial in reducing hematotoxicity in breast cancer patients receiving chemotherapy.1 Recent studies of this formula have also shown promise in the TCM treatment of anemia, chronic atrophic gastritis, gastric prolapse, Meniere' Syndrome and in post-surgical recovery. †  Patients may present with a pale tongue with a white coating. The pulse may be thin, weak and slow.  Shi Quan Da Bu Pian is based on the classical formula Ba Zhen Tang (Eight Treasure Decoction) with the addition of Huang Qi (Astragalus) and Rou Gui (Cinnamon bark). Ba Zhen Tang itself is a combination of the classical formulas Si Jun Zi Tang (Four Gentleman Decoction) and Si Wu Tang (Four Substance Decoction) which are the flagship Traditional Chinese Medicine formulas used to tonify Qi and blood, respectively.  Ren Shen (Ginseng) is traditionally the chief herb of both Ba Zhen Tang and Shi Quan Da Bu Tang, however today Dang Shen (Codonopsis root) is usually substituted at around 2-3 times the dose. While Dang Shen, Bai Zhu (Atractylodes rhizome), Fu Ling (Poria) and Gan Cao (Licorice) tonify the Qi, Shu Di Huang (processed Rehmannia root), Dang Gui (Chinese Angelica root), Bai Shao (white Peony root) and Chuan Xiong (Szechuan Lovage rhizome) nourish and gently move the blood.  Because chronic or profound Qi deficiency often presents with concurrent Yang deficiency cold, Shi Quan Da Bu Pian is modified with the addition of Huang Qi and Rou Gui. Huang Qi is a highly prized medicinal herb for its ability to powerfully enhance immune function by tonifying Lung and Spleen Qi, consolidating the exterior and raising Yang. Huang Qi is known to aid the body in healing wounds by promoting the discharge of pus and generating flesh.2 Recent studies have also shown that Huang Qi may help decrease the adverse side effects associated with chemotherapy and radiation used in modern cancer treatments.3  Rou Gui is extremely effective at warming Yang and dispelling cold. These modifications make Shi Quan Da Bu Pian an indispensable supplement in the TCM treatment of patients with cold deficiency patterns to restore vitality and optimum health.† | | | | | | | AH014W | 歸脾丸, 200 mg 200 Pills | 益气健脾，养血安神。 | $9.99 |  |  | | AH015P | 木香順气片, 200 mg 200 Tablets | 行气化湿，健脾和胃。 | $9.99 |  |  | | AH016P | 香砂養胃片, 200 mg 200 Tablets | 温中和胃，不思饮食，胃脘满闷。 | $9.99 |  |  | | AH017P | 暖宮孕子片, 200 mg 200 Tablets | 补益肝肾，温经散寒。 | $9.99 |  |  | | AH018P | 百合固金片, 200 mg 200 Tablets | 养阴润肺，化痰止咳。 | $9.99 |  |  | | 组成：百合、地黄、熟地黄、麦冬、玄参、贝母、当归、白芍、桔梗、甘草。  百合固金丸(片)是滋养肺阴，润肺的著名中成药，应用于肺阴虚所致的肺部不适如干咳少痰、口燥咽干等。  一个强壮的肺功能可以保证有充足的氧气被运输到血流里，同时有尽量多的二氧化碳从血流释放出来。作为衡量呼吸功能强弱的肺活量从三十岁左右就开始下降。  当肺功能变弱时，可能出现呼吸气短、倦口少言、神疲乏力、面色无华等症，在中医看来，这些是肺气虚的表现。中医里肺虚常见的另一类型是肺阴虚，表现为干咳少痰、口燥咽干、潮热盗汗、甚则痰中带血等。吸烟可以伤及肺阴。  百合固金汤是滋养肺阴以弥补肺阴虚的首选中药方剂。因为在中医里肺属金，本方用于增强肺的功能，百合又是方中主药，因此药方被命名为百合固金。  在中国药典里[1]，百合固金丸(片)养阴润肺，化痰止咳。用于肺肾阴虚，燥咳少痰，痰中带血，咽干喉痛。  百合固金汤据报道对自发性气胸有效。有研究在传统西医疗法的基础上加用百合固金汤治疗自发性气胸15例，每日1剂，连用30～40天，结果平均住院天数从27.85天减少到18.93天，差异显著。  Healthy lungs ensure that abundant oxygen is transported from the air into the bloodstream while as much as carbon dioxide is released from the blood and expelled from the body. The lung capacity or vital capacity is a measurement of the lung' ability to resperate, and starts to decline around the age of 30.  When the lungs are weakened, one may experience shortness of breath, lack of physical strength, reluctance to talk, and a pale complexion. All of these are indications of Lung Qi deficiency in traditional Chinese medicine (TCM). Another common type of Lung weakness is Lung Yin deficiency, which is shown as dry cough, dry and sore throat, hot palms and soles, and night sweat etc. Smoking cigarettes is a common cause of Lung Yin deficiency.  Bai He Gu Jin Tang is a popular Chinese herbal medicine used to replenish the Lung' Yin energy. As the lungs are characterized as "Metal" in TCM and Bai He or lily is the chief Chinese herb in the herbal formula, it comes the name of "Lily Strengthen Metal".  Bai He Gu Jin Wan/Pian is indicated in China Pharmacopoeia1 for nourishing Yin energy, moistening the lungs, transforming phlegm, and stopping cough.† The Chinese medicine is used for Yin deficiency of both the lungs and the kidneys, dry cough with little phlegm, sputum with blood, and cough with dryness due to deficiency of yin fluid of both the lung and throat.†  • Bai He (Lily bulb) is the chief Chinese herb in the formula that nourishes the lung Yin energy and moistens the lungs. Lily also has an effect on clearing lung heat and reducing cough.  • Di Huang (Rehmannia root), used in both raw and prepared forms, is also a chief herb in the formula. The Chinese herb nourishes Yin and tonifies the kidneys. In addition, the raw Rehmannia root clears heat and generates fluids to relieve thirst. The combination of Rehmannia and Lily serves to enforce each other's function in replenishing lung (metal) and kidney (water).  • Mai Men Dong (Ophiopogon tuber) may nourish the Lung' Yin energy, moisten the Lungs, and clear Lung heat, thus enhancing the Lily' effectiveness.  • Xuan Shen (Scrophularia root) nourishes Yin and reduces Fire and assists the action of Rehmannia.  • Bei Mu (Fritillaria bulb) stops coughing, transforms phlegm, and moistens the lungs.  • Jie Geng (Platycodon root) ventilates the lung and clears phlegm. The Chinese herb can be used for coughs with various causes.  • Gan Cao (Licorice root) The Chinese herb moistens the lung, relieves cough and transforms phlegm. It is often combined with platycodon root to clear phlegm and relieve a sore throat.  • Dang Gui (Angelica root) and Bai Shao (Peony root) nourishes the blood to benefit the Yin energy.  Bai He Gu Jin Tang is reportedly beneficial to collapsed lung (spontaneous pneumothorax). In a study of 15 cases of collapsed lungs, patients treated with Bai He Gu Jin Tang for 30 to 40 days in addition to the standard Western medication regimen shortened their hospital stay from 27.85 days to 18.93 days (P<0.05) | | | | | | | AH019P | 舒肝片, 200 mg 200 Tablets | 舒肝和胃，解郁止痛。 | $10.99 |  |  | |  | | | | | | | AH020W | 降壓丸, 200 mg 200 Pills | 镇肝熄风，滋阴潜阳。 | $9.99 |  |  | |  | | | | | | | AH021P | 附子理中片, 200 mg 200 Tablets | 温中健脾，脘腹冷痛，肢冷便溏。 | $10.99 |  |  | |  | | | | | | | AH023P | 天王補心片, 200 mg 200 Tablets | 滋阴养血，补心安神。 | $10.99 |  |  | |  | | | | | | | AH024P | 保和片, 200 mg 200 Tablets | 消食和胃，食积停滞。 | $9.99 |  |  | |  | | | | | | | AH025P | 健脾片, 200 mg 200 Tablets | 健脾开胃，食少便溏。 | $10.99 |  |  | |  | | | | | | | AH026P | 清气化痰片, 200 mg 200 Tablets | 清肺化痰，止咳止喘。 | $9.99 |  |  | |  | | | | | | | AH028P | 藿香正气片, 200 mg 200 Tablets | 解表化湿，理气和中，胃肠不适。 | $9.99 |  |  | |  | | | | | | | AH030P | 首烏片, 200 mg 200 Tablets | 补肝肾，强筋骨，乌须发。 | $9.99 |  |  | |  | | | | | | | AH032P | **前列舒片**, 200 mg 200 Tablets | 扶正固本，滋阴益肾，尿频尿急。 | $10.99 |  |  | | 组成：熟地黄、薏苡仁、山茱萸、山药、桃仁、苍术、冬瓜子、桂枝、牡丹皮、甘草、泽泻、茯苓、韭菜籽、淫羊藿  The pattern of conditions ProstateSure™ deals with falls under the category of Lin Zheng or Lin Syndrome (淋证) from the perspective of Traditional Chinese Medicine (TCM). Lin means to dribble or drip, and is associated with frequent short voidings of urine. When the prostate gland is enlarged, Chinese medicine often views the condition as one of frequent, short voidings of urine with associated Kidney Qi deficiency. Qian Lie Shu Pian is appropriate for most presentations of prostate enlargement with frequent urination, as well as chronic prostatitis.  Qian Lie Shu Pian powerfully tonifies and enriches the Kidneys, clears deficiency heat, drains dampness and promotes urination. Qian Lie Shu Wan is an essential formula for the treatment of many urinary and prostatic disorders with Traditional Chinese Medicine.  Clinical researches have been conducted to show the effect of Qian Lie Shu Wan in relieving the symptoms of chronic prostatitis. In one study, 344 patients took the formula over a course of 1-2 months, and were compared to a control group that did not take the formula. The treatment group had dramatic improvements in chronic prostatitis, with symptoms reduced in 90% of the cases and clinical resolution in approximately 58% of the cases. Another study of 480 patients used TCM pattern differentiation, and noted improvement in 89% of the cases that were ascribed to Kidney Yang deficiency, and 82% improvement in cases ascribed to Kidney Yin deficiency patterns. A follow-up study on patients that used the formula long-term found no damage to the liver, kidneys, heart, or circulatory system.1,2  Qian Lie Shu Wan is based on the classical formula Jin Gui Shen Qi Wan, which is composed of 8 herbs that can be divided into two classes of action. The first group of herbs is composed of Shu Di Huang (Rehmannia root), Shan Zhu Yu (Cornus fruit) and Shan Yao (Chinese Yam). Together these herbs tonify the Kidney Yin, enrich and stabilize essence and improve the function of the Spleen. The second group of herbs is composed of Ze Xie (Oriental water plantain), Mu Dan Pi (Peony bark) and Fu Ling (poria). These are draining herbs which clear deficiency heat and drain dampness. This action is assisted by Gui Zhi (Cinnamon twig) and Fu Zi (processed Aconite root), which help promote the transformation of water to eliminate dampness and to restore Kidney Yang's function of governing water and urination.  Qian Lie Shu Wan has the addition of Yi Yi Ren (Job' Tears), Dong Gua Zi (Winter melon seed), Tao Ren (Peach seed) and Cang Zhu (Atractylodes). The addition of this group of herbs to the base formula powerfully increases this formula' emphasis on draining heat and dampness, which encumber the Urinary Bladder and/or prostate resulting in urinary difficulty, prostatic enlargement and pain. Yi Yi Ren and Dong Gua Zi strongly promote urination, clear heat and expel phlegm and pus. Tao Ren and Yi Yi Ren are both useful herbs for conditions involving pelvic pain. Cang Zhu has a warm nature and a damp-drying effect, which supports the Spleen and balances the cold nature of the other herbs in the formula.  Finally, the formula has the additional herbs Yin Yang Huo (Horny goat weed) and Jiu Cai Zi (Chinese chive seed), which powerfully supplement Yang and strengthen the Kidney. This helps treat the root problem of insufficient Kidney Yang which fails to promote the proper transformation of water and the normal urination. Treating the root problem by supplementing the body' Yang helps to stem frequent urination and troublesome symptoms such as nighttime urination (nocturia).  These modifications result in a formula which is well balanced and highly effective for a wide variety of urinary disorders. | | | | | | | AH033P | 降糖片, 200 mg 200 Tablets | 益气养阴，生津止渴，糖尿病症。 | $10.99 |  |  | |  | | | | | | | AH034P | 山楂降脂片, 200 mg 200 Tablets | 降低血脂，软化血管。 | $9.99 |  |  | |  | | | | | | | AH035P | 痛經片, 200 mg 200 Tablets | 活血散寒，温经止痛。 | $6.99 |  |  | |  | | | | | | | AH036P | 活血通脈片, 200 mg 200 Tablets | 活血化瘀，通络止痛。 | $10.99 |  |  | |  | | | | | | | AH037P | 偏頭痛片, 200 mg 200 Tablets | 祛风止痛，偏头痛。 | $9.99 |  |  | |  | | | | | | | AH038P | **复方丹參片**, 200 mg 100 Tablets | 活血化瘀，胸中憋闷，心绞痛。 | $10.99 |  |  | | 组成：丹参，三七，苏合香  Heart disease is the number one cause of death in the world. The importance of maintaining cardiovascular health cannot be overemphasized.  Traditional Chinese Medicine refers to the pattern Fu Fang Dan Shen Pian deals with as "Xiong Bi" or "Chest impediment." It' frequently caused by Phlegm obstruction or Blood stasis preventing proper movement of Yang Qi (energy) in the chest. Fu Fang Dan Shen Pian optimizes Blood flow through the Heart and relieves pain by dissolving Blood stasis, opening the orifices, cooling the Blood, dispersing Phlegm, and restoring vital energy.  Fu Fang Dan Shen Pian is composed of three herbs. [Dan Shen](https://www.activeherbwholesale.com/Single-Herb-Extracts/Dan-Shen-Salvia-Root-Extract-Granules) (Salvia root) is paired with [San Qi](https://www.activeherbwholesale.com/Single-Herb-Extracts/San-Qi-Notoginseng-Granules) (Notoginseng) to specifically address Xiong Bi or chest impediment. Both herbs invigorate the blood and dispel stasis, thus alleviating pain in the chest. San Qi in particular has powerful anticoagulant and hemostatic properties and has been studied for its application in the treatment of coronary artery disease and cardiac arrhythmia1. Modern research clearly demonstrates that these herbs have a supportive effect on the cardiovascular system.  Dan Shen is highly prized for its ability to dispel blood stasis while also nourishing the blood. Dan Shen additionally cools the blood and calms the spirit or Shen, thought to be housed in the heart. Dan Shen has been shown to potentially reduce the damage of cardiac ischemia (tissue death) in cases of heart attack.2  The final herb in this formula is Shu He Xiang (Styrax). Shu He Xiang powerfully opens the orifices, disperses phlegm turbidity and relieves pain. Shu He Xiang also has antiplatelet action and benefits the heart muscle by increasing blood flow. It is frequently used in cases of coronary artery disease.  Fu Fang Dan Shen Pian has a remarkably beneficial effect on the heart and cardiovascular system in cases of Xiong Bi or chest impediment. Modern research suggests that this Chinese herbal supplement may be beneficial for biomedically defined conditions such as hyperlipidemia (high cholesterol), myocardial ischemia (heart attack)3 and coronary artery disease4. | | | | | | | AH041P | 利水排石片, 200 mg 200 Tablets | 疏肝理气，清热利湿排石。 | $9.99 |  |  | |  | | | | | | | AH042W | **更年安丸**, 200 mg 200 Pills | 滋阴清热，除烦安神，潮热汗出。 | $9.99 |  |  | | 组成：熟地黄，泽泻买的西安市牡丹皮茯苓珍珠母仙茅五味子磁石首乌藤钩藤浮小麦何首乌  **Geng Nian An Pian** (Geng Nian An Wan, Menoplease™, 更年安片) is an all natural Chinese herbal supplement used for menopause symptoms like hot flashes, restlessness, and insomnia.†  Menopause is a normal physiological change that occurs in women between the ages of 45-55 when their menstrual cycle stops. Menopause is considered complete when a year has elapsed without menstruation. This change is usually gradual and is caused when a woman' ovaries stop producing eggs. Menopause disrupts the balance of the body' hormones: estrogen and progesterone. This imbalance may cause symptoms such as hot flashes, night sweats, insomnia, mood swings, and restlessness.  Estrogen is considered a Yin type hormone in traditional Chinese medicine (TCM). When the body stops producing estrogen, it results in a relative deficiency of Yin, often causing bothersome Heat signs. Geng Nian An Pian helps to minimize hot flashes, restlessness, and insomnia by clearing Heat caused by Yin deficiency, nourishing Yin (especially Kidney Yin which is closely associated with aging) and calming the mind. Geng Nian An Pian is also useful in addressing other signs of Yin deficiency such as tinnitus, dizziness, dryness and unstable blood pressure.  Geng Nian An Pian is composed of 15 Chinese herbs which effectively clear heat and tonify the Yin to balance the body and relieve the symptoms associated with menopause.  Geng Nian An Pian contains four of the primary herbs found in Liu Hui Di Huang Wan, which is among the most regarded formulas in TCM used to tonify Yin and address symptoms often associated with the aging process. The chief herb of both formulas is Shu Di Huang (prepared Rehmannia root), a powerful Yin and blood tonic that especially benefits the Kidneys and Jing (essence). Fu Ling (Poria) is used to calm the spirit (Shen) and strengthen the Spleen to help digest the other Yin nourishing ingredients in the formulas. Ze Xie (Plantain rhizome) clears deficiency fire from the Kidneys. Studies have shown Ze Xie to be effective in resolving dizzieness and vertigo.1 Mu Dan Pi (Tree Peony bark) clears heat due to Yin deficiency or heat in the blood.  Sheng Di Huang (Rehmannia root) is the unprocessed Rehmannia root. Compared to the prepared root, it has a strong property of clearing heat, cooling the Blood, and generating fluids. Mai Dong (Ophiopogon tuber) nourishes Yin and generates fluids. The important Yin tonic clears heat from the Heart, reduces irritability, and helps sleep. Together, these herbs act to help with hot flashes.  Zhen Zhu Mu (Pearl shell) calms the Liver and anchors Yang, which can become ascendant as a result of Yin deficiency. Zhen Zhu Mu also clears fire from the Heart which can cause irritability, insomnia, palpitations, and mood swings or mania. Shou Wu Teng (Polygonum vine), nourishes the Heart and calms the spirit. Gou Teng (Uncaria hook) extinguishes Liver wind, relieves spasms, has a suppressive effect on the central nervous system and calms the spirit. Ci Shi (Magnetitum) is an important mineral in Chinese medicines that tranquilizes the mind. It also nourishes the Kidneys to reduce dizziness and tinnitus.  Wu Wei Zi (Schisandra fruit) is an astringent medicinal herb used to inhibit sweating, secure Jing (essence) and calm the Heart and spirit (Shen). Wu Wei Zi is particularly effective at reducing night sweating when combined with Xuan Shen (Figwort root) and Fu Xiao Mai (Blighted wheat). Xuan Shen also clears heat and nourishes Yin while Fu Xiao Mai specifically addresses night sweating from Yin deficiency and benefits the Qi.  He Shou Wu (Polygonum root) is a particularly prized medicinal herb used for anti-aging purposes.2 He Shou Wu tonifies Jing (essence) and nourishes the blood of the Liver and Kidneys. He Shou Wu is warm but not drying and is tonifying but not cloying. He Shou Wu has been studied and found to be effective in the treatment of insomnia.3  Xian Mao (Curculigo rhizome) tonifies the Kidney Yang and strengthens tendons and bones. It is used to balance the action of other Kidney Yin tonic herbs in the formula. Besides Yin deficiency, Yang deficiency is also frequently observed during menopaus. | | | | | | | AH043W | **特效棗仁安眠丸**, 200 mg 200 Pills | 养血安神，失眠心悸，健忘。 | $10.99 |  |  | | 组成：钩藤酸枣仁远志首乌藤五味子乌梅子之母但是柏子仁琥珀粉  Te Xiao Zao Ren An Mian Pian (Te Xiao Zao Ren An Mian Wan, Sleepeace™, 特效枣仁安眠片) is an all natural herbal supplement that acts as a sleep aid. Sleepeace?nourishes the blood to calm the mind, prevent insomnia, and promote quality sleep.†  According to Traditional Chinese Medicine (TCM), the blood must nourish the Heart in order for the Shen (spirit) to remain calm. When there is insufficient blood (most often of the Heart and/or Liver), the Spirit may become distressed or restless, resulting in insomnia or emotional instability.  Te Xiao Zao Ren An Mian Wan nourishes blood to calm the mind, and relaxes the body. Te Xiao Zao Ren An Mian Wan is also helpful for depression, anxiety, convulsion, frequent dreaming and tachycardia (rapid heart beat).†  Te Xiao Zao Ren An Mian Pian contains medicinal herbs that calm the Shen (spirit), nourish Yin and blood and stop tremors. Many of these herbs have marked sedative effects, but are not tranquilizing. This is a very calming formula used most frequently for the management of insomnia.  Gou Teng (Uncaria hook) extinguishes Liver wind, relieves spasms, has a suppressive effect on the central nervous system and calms the spirit. Gou Teng is also an anti-hypertensive (lowers blood pressure).1 Yuan Zhi (Polygala root) calms the Heart and spirit but also strengthens Heart Qi, disperses stagnation from the Heart and clears the orifices. Yuan Zhi has sedative and anti-seizure effects. Hu Po Fen (Amber) stops tremors and calms the spirit.  Suan Zao Ren (Sour Jujube seed) is one of the most commonly used herbs for the treatment of insomnia. Suan Zao Ren nourishes the Heart and calms the spirit and also stops sweating when combined with Wu Wei Zi (Schisandra seed). Wu Wei Zi calms the heart and spirit and treats anxiety and insomnia with dream-disturbed sleep (which are signs of Yin and blood failing to nourish the heart). Wu Wei Zi and Suan Zao Ren are combined with Bai Zi Ren (Platycladus seed) for insomnia and palpitations. Bai Zi Ren also nourishes heart and calms the spirit to treat insomnia due to Heart blood deficiency. Shou Wu Teng (Polygonum vine), also known as Ye Jiao Teng nourishes the Heart and calms the spirit due to general blood deficiency while also clearing the meridian pathways. Shou Wu Teng is often used together with Suan Zao Ren and Bai Zi Ren.  Dan Shen (Salvia root) regulates blood circulation, calms the spirit and dispels heat from the Heart. Dan Shen also nourishes blood to treat palpitations and insomnia. Studies have shown Dan Shen to have a marked sedative effect.2  Zhi Mu (Anemarrhena) clears heat, nourishes Liver and Kidney Yin and moistens dryness. | | | | | | | AH045P | 小活絡片, 200 mg 100 Tablets | 祛风除湿，活络通痹。 | $9.99 |  |  | | AH046P | 清膽化石片, 200 mg 200 Tablets | 疏肝理气，利胆排石。 | $9.99 |  |  | | AH048P | 加味防風通圣片, 200 mg 200 Tablets | 解表通里，清热解毒，减肥美容。 | $9.99 |  |  | | AH049P | 坐骨神經痛片, 200 mg 200 Tablets | 活血祛瘀，祛风通络。 | $10.99 |  |  | |  | | | | | | | AH050P | 特效頸椎痛片, 200 mg 200 Tablets | 养血活血，祛风通络。 | $10.99 |  |  | | AH051P | 大補陰片, 200 mg 200 Tablets | 滋阴降火，阴虚火旺，潮热盗汗。 | $15.99 |  |  | | 滋阴降火。用于阴虚火旺，潮热盗汗，咳嗽咯血，耳鸣遗精。  组成：熟地黄、龟甲（制）、知母（盐炒）、黄柏（盐炒）、猪脊髓。 | | | | | | | AH055P | 壯骨消刺片, 200 mg 200 Tablets | 益精补肾，强身壮骨。 | $9.99 |  |  | |  | | | | | | |  |  |  |  |  |  | | AH058P | 明目地黃片, 200 mg 200 Tablets | 滋肾，养肝，明目。 | $9.99 |  |  | | AH059P | 八珍片, 200 mg 200 Tablets | 补气益血，面色萎黄，四肢乏力。 | $10.99 |  |  | | 组成：党参白术茯苓甘草，熟地黄川芎当归白芍。  Regain strength and stamina†  Ever notice how sometimes after an illness, you just can't seem to fully regain your strength? You're so listless you can barely sustain a conversation, much less climb a flight of stairs. Moreover, when you look in the mirror, you barely recognize the pale face devoid of vibrancy staring back at you. But your doctor doesn't provide a clear, concise diagnosis that satisfies; you're merely urged to rest and drink plenty of liquids. However, you've done plenty of sleeping and your condition has not improved.  Tonics8™ is an herbal traditional Chinese medicine (TCM) remedy that may help you feel normal again. In fact, in China, this formula is often used to help patients regain energy after invasive surgeries and procedures.  The reason why it's sometimes difficult to bounce back after being sick or having a prolonged illness is because of both Blood and Qi deficiency. Tonics8 helps tonify both Blood and Qi, thus normalizing bodily functions.  Signature Remedy Combines Classic Blood and Qi Tonic Formulas†  Both men and women can benefit from Tonics8, especially in the case of the TCM syndrome associated with sallow complexion, shortness of breath, blood deficiency and irregular, heavy or painful menstruation. (Women are more often prone to blood deficiency, especially when heavy menstruation occurs.)  Qi and Blood are fundamental concepts in TCM, required for homeostasis and a long, healthy life. First, Qi is the vital force that controls your body. Qi is nourished by the air you breath and the food you eat (including Chinese herbs). As for blood, which is interconnected with Qi, one of its primary roles is to nourish the body's tissues. However, your body can become deficient in healthy blood production if your Qi is deficient, and thus, your tissues become dry, resulting in not only fatigue, but a pale complexion.  The reason Tonics8 may help is, it's actually two classic, basic formulas rolled into one: Si Wu Tang Pian, a well regarded ancient Chinese medicine used to enrich the Blood and regulate menstruation, and Si Jun Zi Tang Wan, an equally-revered, centuries-old formula for supplementing Spleen Qi energy and promoting digestion.  How does Tonics8 work?  In the formula, Dang Shen (Codonopsis Root) tonifies the middle burner, augments Qi, and strengthens the Spleen. Bai Zhu (Atractylodes Rhizome) tonifies the Spleen and augments Qi and dries dampness. Another herb in the formula that leaches out dampness is Fu Ling (Poria), which also strengthens the Spleen.  Another Qi-augmenting and Spleen tonifier is Gan Cao (Licorice Root), which also expels phlegm. The above 4 herbs comprise the the famous Spleen Qi supplementing formula fundamental Blood tonic, Si Jun Zi Tang.  The next four herbs makes Si Wu Tang , the fundamental Blood tonic. Dang Gui (Chinese Angelica Root) is used to nourish and invigorate the Blood, while Bai Shao (White Peony Root) nourishes the blood and regulates menses.  Chuan Xiong (Szechuan Lovage Rhizome) invigorates the Blood and moves Qi. The last herb in the formula is Shu Di Huang (Processed Rehmannia Root), which tonifies Yin and Jing as well as nourishes the Blood.  Does Research Support Tonics8?  In a study of mice with anemia, a daily oral administration of Ba Zhen Tang for 10 days significantly increased the number of red blood cells, hemoglobin concentration, and serum EPO (erythropoietin) expression.It also promoted bone marrow cells to enter the cell cycle, proliferate and differentiate, significantly increased IL(interleukin)-3 secretion, and inhibited IFN(interferon)-γ secretion. A similar effect was also observedfor Si Wu Tang but not for Si Jun Zi Tang. | | | | | | | AH060P | 川芎茶調片, 200 mg 200 Tablets | 疏风止痛，风邪头痛，恶寒发热。 | $9.99 |  |  | | AH061P | 小柴胡片, 200 mg 200 Tablets | 解表散热，疏肝和胃。 | $10.99 |  |  | | AH061W | 小柴胡丸, 200 mg 200 Pills | 解表散热，疏肝和胃。 | $10.99 |  |  | | AH063P | 加味逍遙片, 200 mg 200 Tablets | 疏肝清热解郁，健脾养血调经。 | $9.99 |  |  | | AH063W | 加味逍遙丸, 200 mg 200 Pills | 疏肝清热解郁，健脾养血调经。 | $9.99 |  |  | | AH068P | 特效鼻敏感片, 200 mg 200 Tablets | 疏散风邪，清热解毒，花粉敏感。 | $10.99 |  |  | | AH068W | 特效鼻敏感丸, 200 mg 200 Pills | 疏散风邪，清热解毒，花粉敏感。 | $10.99 |  |  | | AH069P | 獨活寄生片, 200 mg 200 Tablets | 养血舒筋，祛风除湿。 | $10.99 |  |  | | 组成：独活，桑寄生，杜仲，牛膝，秦艽，茯苓，肉桂，防风。党参，川芎，当归，白芍，熟地黄，甘草  In Traditional Chinese Medicine (TCM), wind, cold, and dampness are invasive to the body if one lives or works long in such an environment. They hamper the flow of Qi (vital energy) and blood and slowly weaken the function of the liver and kidney, which are fundamental to the generation of Qi, blood and Yin-Yang. Du Huo Ji Sheng Wan acts to expel wind and remove dampness, removes obstruction in Qi and blood circulation to relieve pain, invigorates Qi and nourishes the blood. †  Modern biomedical studies relate the applications of Du Huo Ji Sheng Wan to arthritis. Du Huo Ji Sheng Tang is shown to inhibit inflammation reactions, to inhibit pain in several animal studies. It may also enhance the function of microphages to clear inflammatory tissues and increase the blood circulation1.  Du Huo Ji Sheng Wan is indicated in China Pharmacopoeia2 for blood nourishment, Qi invigoration, wind expelling, and dampness removal. The symptoms include cold pain, stiffness, and numbness of the low back and knees due to wind, cold, and dampness.  Below are highlights of some published human clinical studies on Du Huo Ji Sheng Wan1.  • Arthritis (rheumatic or rheumatoid). In one study 41 patients with the condition for 3 months to 21 years were treated, 7 were recovered, 21 showed significant improvement, 10 showed some improvement, and 3 no improvement. In another trial of 2 to 3 months treatment of 52 patients, 35 showed significant improvement.  • Sciatica and Rheumatic Back Pain. In a trial of 80 sciatica patients, 65 were recovered and 10 improved.  • Osteoarthritis. 14 of 24 patients were recovered after treatment of 1 week to 3 months. | | | | | | | AH070P | 四物湯片, 200 mg 200 Tablets | 养血调经，头晕乏力，经少色淡。 | $9.99 |  |  | | AH071P | 生脈片, 200 mg 200 Tablets | 益气，养阴生津，心悸气短自汗。 | $10.99 |  |  | | 组成：党参麦冬五味子。  Sheng Mai Yin (Sheng Mai San) is a powerful tonic formula that addresses profound deficiency of Lung Qi (vital energy) and Yin (fluids). Shortness of breath, a weak pulse, sweating without exertion, and a dry or possibly red tongue are the typical signs. The presentation may be either chronic or acute. Profuse sweating caused by heat stroke in the hot weather, sports, for example, could lead to depletion of the Yin fluids in a short period of time. Conversely, spontaneous sweating or night sweating due to Qi deficiency may gradually deplete the fluids and further diminish to the Lung Qi, resulting in chronic fatigue, weakness, and dry cough.  Due to the depletion of Yin fluids, a relative excess of Yang may result in heat signs. Irritability, palpitations and insomnia are commonly seen in such cases. Since this pattern involves primarily the upper burner (thoracic cavity), it is not surprising that this formula is also used for certain conditions involving the Heart such as palpitations and coronary artery disease. Sheng Mai Yin is also one of the only TCM formulas indicated for acute collapse.  Sheng Mai Pian is an elegantly balanced formula consisting of just 3 medicinal herbs. The chief herb is Dang Shen (Codonopsis) or Ren Shen (Ginseng) which both are famous and powerful Qi tonic herbs. Dang Shen is often used as a Ginseng substitute for its similar action, but is also milder and more affordable. Dang Shen tonifies the Qi of the Spleen and Lungs, restoring vital energy and also tonifies Blood. It also promotes the generation of fluids and stops sweating. Its applications include fatigue, tiredness, short of breath, and loss of appetite etc.† Modern studies have found that Codonopsis extracts have a protective effect on the formation of peptic ulcers induced by stress and inhibit the secretion of pepsin in the stomach.1 Codonopsis is also reported to strengthen the immune function and increase the count of red blood cells and the level of hemoglobin.  Mai Dong or Mai Men Dong (Ophiopogon) is a deputy herb in this formula which has several functions. Mai Dong nourishes Yin and moistens the Lungs while clearing heat from the Heart and reducing irritability. Pairing Mai Dong with Ren Shen gives Sheng Mai Yin a very strong ability to generate fluids. Mai Dong has been studied for use in cases of coronary artery disease.2  Wu Wei Zi (Schisandra) is an astringent herb that is used to stop sweating by containing Lung Qi. When the Lung Qi is weak, it is often unable to control the pores, allowing spontaneous sweating at any time of day or night, with or without exertion. Wu Wei Zi also stops cough and generated body fluids, in harmony with Ren Shen and Mai Dong. | | | | | | | AH072P | 左歸片, 200 mg 200 Tablets | 滋肾补阴，真阴不足，腰酸膝软。 | $15.99 |  |  | | AH073W | 右歸丸, 200 mg 200 Pills | 补肾助阳，填充精血，阳痿。 | $12.99 |  |  | | AH075P | 珍珠暗瘡片, 200 mg 200 Tablets | 清热解毒，凉血通脉，暗疮湿疹。 | $10.99 |  |  | | AH076P | 補腦養神片, 200 mg 200 Tablets | 补肾添精，益智安神，头晕失眠。 | $9.99 |  |  | | AH077P | 內消瘰癘片, 200 mg 200 Tablets | 软坚散结，瘰历痰核或肿或痛。 | $9.99 |  |  | |  | | | | | | | AH079P | 參苓白術片, 200 mg 200 Tablets | 健脾益气，体倦乏力，食少便溏。 | $9.99 |  |  | |  | | | | | | | AH080W | 玉屏風丸, 200 mg 200 Pills | 益气，固表止汗，体虚易感风邪。 | $9.99 |  |  | |  | | | | | | | AH081P | 黃連上清片, 200 mg 200 Tablets | 清热通便散风，牙痛口疮咽肿。 | $9.99 |  |  | |  | | | | | | | AH082P | 穿心蓮抗炎片, 200 mg 200 Tablets | 清热解毒，咽喉肿痛，口舌生疮。 | $9.99 |  |  | |  | | | | | | | AH083W | **桂枝茯苓丸,** 200 mg 200 Pills | 活血化瘀，缓消瘀块，经闭腹痛。 | $9.99 |  |  | | 组成：桂枝、茯苓、牡丹皮、桃仁、白芍  Gui Zhi Fu Ling Wan (Gui Zhi Fu Ling Pian, GyneAssure™, Gui Zhi Fu Ling Tang, 桂枝茯苓片) is an ancient Chinese medicine that promotes blood circulation to remove Blood stasis and may help disintegrate masses in the lower abdomen.†  Have an Easier Menstrual Flow or Menopause, Ease Cramping & Pelvic Pain†  For many women, there seems to be little effective natural relief for heavy menstrual flows, lower abdominal pain associated with PMS, or during the menstrual cycle, and more serious gynecological concerns such as endometriosis and fibroids.  Some women undergo unnecessary surgery to resolve common gynecological issues. Many women also take over-the-counter allopathic drugs.  For those looking for an all-natural supplement for female health, GyneAssure™ is a Traditional Chinese Medicine (TCM) comprised of five all-natural herbs.  Time-Tested Ancient Formula Improves Blood Circulation†  Gui Zhi Fu Ling Tang has been used for centuries to help alleviate discomfort from uterine or menstruation problems. Over time, Gui Zhi Fu Ling Tang can internally correct conditions which are the root cause for heavy menstrual flow and other disorders.  This TCM remedy for women's health is safe. It won't work immediately; it's recommended that you take Gui Zhi Fu Ling Pian for a minimum of four weeks before assessing if your condition has improved. Some people experience a noticeable positive outcome(s) within a short time of taking Gui Zhi Fu Ling Pian (see reviews below).  Although this Chinese medicine has been used mostly for women, it can be used for men as well, to promote blood circulation. In fact, some Chinese herbal doctors regard Gui Zhi Fu Ling Tang as the most powerful herbal formula that removes Blood stasis.  How Does Gui Zhi Fu Ling Pian Work?  The five all-natural herbs in Gui Zhi Fu Ling Pian work synergistically to promote blood circulation, and to remove Blood stasis.  The first herb in this formula (the formula's namesake), Gui Zhi (Cinnamon twig), is warm in nature. It warms Yang energy, warms and unblocks the channels. It also promotes sweating and relaxes muscles.  Fu Ling (Poria) is the second major herb appearing in the formula name. It strengthens the Spleen and leaches out dampness. Together the two herbs set the foundation to move Blood and remove stasis.  Tao Ren (Peach kernel) strongly invigorates the blood and dispels blood stasis. It also moistens the intestines and moves the bowels.  Mu Dan Pi (Tree Peony bark) clears heat and cools the blood. It also invigorates the blood and dispels blood stasis.  Bai Shao (Peony root) harmonizes the Liver, regulates menstruation, and relieves pain.  Does Research Support Gui Zhi Fu Ling Pian?  Gui Zhi Fu Ling Wan is the most commonly prescribed Chinese herbal formula for the treatment of endometriosis-related symptomatic discomfort in Taiwan.1A meta analysis of 38 random controlled trials involving 3816 participants concluded that Gui Zhi Fu Ling formula, given in combination with a pharmaceutical drug, significantly reduced the volume of fibroids, compared to administration of only the allopathic drug.2 | | | | | | | AH084P | 天麻鉤藤片, 200 mg 200 Tablets | 平肝熄风，清热活血，头痛晕眩。 | $10.99 |  |  | |  | | | | | | | AH085P | 消風片, 200 mg 200 Tablets | 散风除湿，湿疹麻疹痱子瘙痒。 | $9.99 |  |  | | AH086P | 柴胡龍骨牡蠣片, 200 mg 200 Tablets | 益气安神，镇惊固精，烦乱惊悸。 | $10.99 |  |  | | AH086W | 柴胡龍骨牡蠣丸, 200 mg 200 Pills | 益气安神，镇惊固精，烦乱惊悸。 | $10.99 |  |  | | **组成：**柴胡、龙骨、牡蛎、人参、茯苓、黄芩、桂枝、制半夏、大枣、大黄、生姜  **柴胡加龙骨牡蛎**汤出自一千八百年前张仲景的《伤寒论》第107条，该方可以和解少阳，重镇安神。原文主治伤寒误下，损伤正气，导致邪热内陷，弥漫全身，形成表里俱病，虚实互见的病证。常见症状表现为胸满，烦躁，心悸，小便困难，便秘，谵语，身重难以转侧等。广慈堂的柴胡龙骨牡蛎片/丸使用的就是伤寒论里的柴胡加龙骨牡蛎汤方剂。  如今，这个方子的应用范围已经扩大到因惊吓或痰扰乱肝胆系统的许多疾病。现代临床多将本方运用于癫痫、精神分裂症、神经官能症、失眠、癔病、抑郁症、焦虑症、躁狂症、高血压病、脑震荡后遗症、脑出血后遗症、慢性疲劳综合征、更年期综合征、戒毒等。使用本方的关键指征为胸满烦惊，小便不利，谵语，一身尽重，不可转侧，其中以胸满烦惊为辨证核点。从中医来说心主血脉，藏神志。心脏功能正常，则心脏搏动如常，脉象和缓有力，节律调匀。若心脏发生病变，心前区憋闷和刺痛，脉象结、代、促、涩等。心所主之神志，是指人们的精神、意识、思维活动。心主神志的生理功能异常，不仅可以出现精神意识思维活动的异常，如失眠、多梦、神志不宁，甚至谵狂。通常情况下，适合柴胡加龙骨牡蛎汤的患者的脉快速而弦细，舌红苔厚腻。  柴胡加龙骨牡蛎汤是由小柴胡汤衍变而来的，由小柴胡汤去甘草，加桂枝、茯苓、大黄、龙骨、牡蛎而成，治少阳不和，气火交郁，心神被扰的胸满、烦惊、谵语、身重难以转侧等证。  方中用柴胡疏肝解郁；桂枝温通阳气；黄芩清肝胆之热；柴胡、桂枝、黄芩合用能和里解外，以治寒热往来、身重。龙骨、牡蛎重镇安神，平肝息风，以治烦躁惊狂。人参宁心益智，健脾补气；大枣养血安神，两者合用益气养营，扶正祛邪。大黄清热泻火，使痰热从大便而泻；半夏化痰，有镇静之功；茯苓安心神，利小便； 生姜和胃降逆；诸药合用，能疏肝解郁，清热化痰，宁心安神。 | | | | | | | AH087P | 血府逐瘀片, 200 mg 200 Tablets | 活血化瘀，行气止痛。 | $10.99 |  |  | | AH088W | 甘麥大棗丸, 200 mg 200 Pills | 养心安神，精神恍惚，悲伤欲哭。 | $9.99 |  |  | | 组成：甘草小麦大枣郁金苑子石菖蒲  Gan Mai Da Zao Pian (Gan Mai Da Zao Wan, Gan Mai Da Zao Tang, MooDelight™ , 甘麦大枣片) is an all natural herbal supplement traditionally used for a wide range of emotional disorders like mild depression, anxiety, and sadness.† This Chinese medicine is also recommended by TCM doctors for the emotional effects of menopause and postpartum depression.† | | | | | | | AH089P | 半夏白術天麻片, 200 mg 200 Tablets | 化痰熄风，燥湿健脾，眩晕头痛。 | $10.99 |  |  | |  | | | | | | | AH090W | 身痛逐瘀丸, 200 mg 200 Pills | 祛瘀通络，活血止痛。 | $10.99 |  |  | |  | | | | | | | AH091P | 少腹逐瘀片, 200 mg 200 Tablets | 活血逐瘀，祛寒止痛，月经不调。 | $10.99 |  |  | | AH092P | 香砂六君子片, 200 mg 200 Tablets | 益气健脾，和胃。 | $10.99 |  |  | |  | | | | | | | AH101P | 鼻炎片, 200 mg 200 Tablets | 祛风宣肺清热解毒，用于鼻窦炎。 | $9.99 |  |  | | AH102P | 五子衍宗片, 200 mg 200 Tablets | 补肾益精，遗精早泄，阳痿不育。 | $10.99 |  |  | |  | | | | | | | AH103P | 杞菊地黃片, 200 mg 200 Tablets | 滋肾养肝，清头明目。 | $9.99 |  |  | |  | | | | | | | AH106P | 二陳合三子養親片, 200 mg 200 Tablets | 健脾化痰，理气和中。 | $9.99 |  |  | | 组成：陈皮、制半夏、茯苓、甘草、莱菔子、紫苏子、白芥子、生姜。  二陈合三子养亲片：is a Chinese herbal medicine that strengthens the Spleen to transform Phlegm and regulates Qi flow to harmonize the Middle Energizer.† The Chinese formula is a combination of two ancient formulas: Er Chen Tang and San Zi Yang Qin Tang. This formula is used for the TCM syndrome that includes chronic cough with heavy voice, and profuse whitish or grayish mucus, fullness in the chest, nausea, and general fatigue.†  Youngain™ (Huan Shao Zhuang Yang Pian, formerly Zhuang Yang Pian/Wan, 还少壮阳片) is a Chinese herbal supplement specially formulated to tonify Yang energy and help maintain the body's sexual vitality.† | | | | | | | AH109P | 咳喘片, 200 mg 200 Tablets | 止咳平喘。 | $9.99 |  |  | | AH114P | 通暢片, 200 mg 200 Tablets | 润肠通便。 | $9.99 |  |  | | AH116P | 溫經片, 200 mg 200 Tablets | 温经散寒，养血祛瘀。 | $10.99 |  |  | | AH117P | 龍膽瀉肝片, 200 mg 200 Tablets | 清肝胆，利湿热。 | $9.99 |  |  | | AH117W | 龍膽瀉肝丸, 200 mg 200 Pills | 清肝胆，利湿热。 | $9.99 |  |  | | AH119P | 風濕消痛片, 200 mg 200 Tablets | 怯风散寒，活血止痛。 | $10.99 |  |  | | AH121P | 化痔片, 200 mg 200 Tablets | 清热，润肠，痔疮出血。 | $9.99 |  |  | | AH125P | 筋骨跌打片, 200 mg 200 Tablets | 活血散瘀、消肿止痛、续筋接骨。 | $10.99 |  |  | | AH126P | 平胃片, 200 mg 200 Tablets | 燥湿健脾，宽胸消胀。 | $9.99 |  |  | | AH127P | 五苓片, 200 mg 200 Tablets | 利水渗湿，温阳化气。 | $10.99 |  |  | | AH130P | 半夏厚朴片, 200 mg 200 Tablets | 行气散结，降逆化痰。 | $10.99 |  |  | | 组成：半夏厚朴茯苓升级紫苏叶  The sensation of localized obstruction and blockage of the throat is called in Chinese medicine as "Plum-Pit Qi." In modern biomedicine, this is known as globus hystericus. Most people that suffer with this condition have no actual physical obstruction of the throat, yet they experience an uncomfortable sensation of blockage that is often exacerbated with stress or emotional tension, and may experience persistent phlegm or a sensation of phlegm that cannot be easily expectorated or swallowed.  While Ban Xia Hou Po Tang, created in the second century A.D. by one of the great pioneers of Chinese medicine, Zhang Zhong-Jing, was originally indicated primarily for a problem affecting the throat, its use has expanded in the modern day to encompass a variety of conditions that are associated with discomfort in the abdomen and chest, as well as emotional disorders. It is an extremely useful formula for a sensation of fullness in the chest, and can also be used for cough, vomiting, or distention affecting the abdomen or hypochondriac region. It can be used in cases where there are notable symptoms such as phlegm or nausea, as well as cases where the cause of discomfort is psychological rather than physical.  According to traditional Chinese medicine (TCM), the principle pattern treated by Ban Xia Hou Po Tang is one of phlegm and Qi binding in the throat, manifesting in Plum-Pit Qi syndrome. There is a sensation of obstruction in the throat that cannot be relieved by expectorating or swallowing. There may also be fullness or oppression in the chest and diaphragm, and there may be cough or vomiting. The tongue is white and moist and the pulse is wiry and moderate or wiry and slippery.  When there are irregularities in emotion, binding of liver Qi causes the lung and stomach to lose their ability to diffuse and conduct Qi downward; the body fluids are then not dispersed so they accumulate to form phlegm. Phlegm and Qi bind together in the throat to cause the principle symptoms of obstruction in the throat that cannot be expectorated or swallowed, while poor movement of Qi causes discomfort in the chest. This produces fullness or oppression in the chest and hypochondriac region, and may also cause cough, nausea, vomiting, or rapid breathing.  As a whole, Ban Xia Hou Po Pian moves Qi and disperses binds while transforming phlegm. Ban Xia (Pinellia rhizome) enters the lung and stomach and transforms phlegm while dispersing binds; it is considered to be the chief herb here. Hou Po (Magnolia cortex) is acrid and moves Qi downward while eliminating fullness, thus helping Ban Xia. Fu Ling (Poria) strengthens the spleen while helping Ban Xia to transform phlegm, while Sheng Jiang (Fresh ginger) disperses binds and harmonizes the stomach to relieve vomiting. Zi Su Ye (Perilla leaf) is aromatic and moves Qi to rectify the lung and soothe the liver, and it assists in moving Qi and opening the chest. This combination naturally resolves all the symptoms seen in this pattern.  Modern biomedical research has indicated that Ban Xia Hou Po Tang has anti-depressant effects that come close to matching the anti-depressant effects of Prozac.1,2 † Ban Xia Hou Po Tang has also been shown to improve anxiety and depression while improving the outcome for patients with globus hystericus in modern human clinical trials.3 †  References | | | | | | | AH131P | 葛根湯片, 200 mg 200 Tablets | 发汗解表，解肌止痛。 | $9.99 |  |  | | AH135P | 四妙片, 200 mg 200 Tablets | 清热利湿。 | $9.99 |  |  | | AH137P | 响音片, 200 mg 200 Tablets | 清热化痰，消肿止痛。 | $9.99 |  |  | | AH142P | 膝關節消痛片, 200 mg 200 Tablets | 益肝肾补气血，祛风湿，止□痛。 | $10.99 |  |  | | AH143P | 補陽還五片, 200 mg 200 Tablets | 益气，活血，通络。中风后半身不遂。 | $10.99 |  |  | | AH147P | 除口味片, 200 mg 200 Tablets | 清胃，消积。 | $10.99 |  |  | | AH149P | 半夏瀉心片, 200 mg 200 Tablets | 和胃降逆，开结散痞。胃肠炎溃疡。 | $10.99 |  |  | | AH151P | 延胡索止痛片, 200 mg 200 Tablets | 行气止痛，活血化瘀。 | $10.99 |  |  | | AH152P | 愈帶片, 200 mg 200 Tablets | 益气调经，散寒止带。 | $9.99 |  |  | | AH153P | 防風通圣片, 200 mg 200 Tablets | 解表通里，清热解毒。减肥美容，风疹湿疮。 | $9.99 |  |  | | AH157P | 抗腫片, 200 mg 200 Tablets | 消热解毒，抗癌消肿。 | $19.99 |  |  | | AH164P | 溫膽片, 200 mg 200 Tablets | 祛痰清热，胆怯易惊，失眠多梦。 | $9.99 |  |  | | AH166P | 二仙片, 200 mg 200 Tablets | 温肾阳，补肾精，泻肾火。潮热肢寒。 | $10.99 |  |  | | AH167P | 柴胡疏肝片, 200 mg 200 Tablets | 疏肝理气解郁，胁肋疼痛。 | $10.99 |  |  | | 柴胡疏肝片--是疏肝理气的经典名方，用于肝气郁结，表现为时常唉声叹气，胁肋疼痛等  人生不易。无论富贵或贫穷，有名或平凡，年长或年轻，我们都有过生气，焦虑，压抑，悲痛，挫折，冲突的时候。在多数情况下，我们都能把精神压力应对过去。有些时候，我们自己以为事情已经过去，但却发现在多年后仍然不能释怀。我们可能会不由自主地叹一口气，深呼吸一下。时而感到胁肋两侧疼痛，胸腹部胀满，呼出一口长气后，才觉得胸中舒服一些。这些在中医看来正是肝气郁结的表现。  中医认为气是维持人体生命活动的最基本能量，气在体内的畅通运行保证各个器官的正常功能。俗话说，怒伤肝，情志不遂引起气在肝经运行受阻，不得疏泄，导致血滞，出现胁肋疼痛，但X光检查看不出任何异常。人有肝气郁结时，还常唉声叹气，心事重重，容易生气，腹胀，暖气，泛酸，脉弦等。  肝气郁结还常见于女性的经前期综合征、痛经、月经不规则、以及各种消化道疾病如胃炎、胃溃疡，肝炎、胆囊炎等。  柴胡疏肝片疏肝理气解郁，消胀止痛。由七味中药精确组方而成。 | | | | | | | AH168P | 重感清片, 200 mg 200 Tablets | 辛凉解表，清热解毒。 | $10.99 |  |  | | AH170P | **八正片**, 200 mg 200 Tablets | 清热泻火，利水通淋 | $9.99 |  |  | | 组成：瞿麦车前子大黄滑石三叶木通栀子炙甘草灯芯草。  Urination is the voiding of urine from the urinary bladder through the urethra to the outside of the body. This is normally a smooth process unless it is disturbed by conditions such as urinary track infections (UTIs), prostate enlargement, etc. In cases of UTIs, for example, bacterial infections at urinary track locations like bladder, urethra, or kidneys can cause painful urination. UTIs happen more often in younger and sexually active women. Ba Zheng San is an excellent herbal remedy used to maintain the urinary track health and keep urine flows.  The condition Ba Zheng San deals with is called "Lin Syndrome" (淋证) from the perspective of Traditional Chinese Medicine (TCM). Lin Syndrome is characterized with painful and dribbling urination and is classified into multiple types depending on whether the urine has blood, stones, or murky appearance etc. The most common cause of Lin Syndrome is the damp heat of the bladder. Accordingly, the main treatment principle is to clear Heat, remove Dampness and promote urination.  Ba Zheng San has successfully implemented the principle since its invention 900 years ago. Many clinical studies have established its value in UTIs. For example, Ba Zheng San was used to treat 67 cases of pyelonephritis, of which 54 were recovered with no display of symptoms and a clean urine lab result. In another study of 105 acute Lin syndrome cases, 67 showed a complete recovery and 28 significant improvement after a personalized application of Ba Zheng San. The time to see the results varies from 3 to 10 days in yet another study.1  Ba Zheng San is most suitable for the Lin syndrome presenting with urgent and burning urination, little volume of urine that is dark and turbid, heavy feeling in the lower abdomen, thirsty mouth, red tongue with yellow fur, and slippery forceful pulse.  UTflow™ is composed of 9 Chinese herbs. In the formula, Qu Mai (Herb Dianthi), Bian Xu (Knotweed), Mu Tong (Caulis Akebiae), Hua Shi (Talcum), Che Qian Zi (Plantain Seed), and Deng Xin Cao (Medulla Junci) clear Heat and Dampness, promote urination, and unblock painful urinary dysfunction. They work synergistically to achieve the maximal strength. Zhi Zi (Gardenia Fruit) drains Damp Heat from Triple Burner through the urine and Da Huang (Rhubarb) drains Damp-Heat through the stool. Zhi Gan Zao (Licorice) harmonizes the action of other cooling and purging herbs and protects the stomach. | | | | | | | AH175C | 云南白藥膠囊, 4 g (250 mg x 16 cap) | 化瘀止血、活血止痛、解毒消肿。 | $12.98 |  |  | | AH177L | 正骨水, 3.4 Fl Oz (100 ml) | 活血祛瘀，舒筋活络，消肿止痛。 | $12.98 |  |  | | AH177S | 正骨水, 2 Fl Oz (60 ml) Spray | 活血祛瘀，舒筋活络，消肿止痛。 | $10.98 |  |  | | **运费**  如上述复价合计超过$45, 填写$0到右栏  如上述复价合计低于$45, 填写$5.95到右栏 | | | | |  | | **销售税** | | | | | $0 | | **总价** | | | | |  | |
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| 我们收款后,一般在一工作日内用美国邮局快件邮寄您的订单。您应在2-5工作日内收到。谢谢。 |

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