

Phase 4: Maximum Regeneration Potency Matrix



Phase 4: Maximum Potency Selection - AM/PM with Senior Compatibility (Top 40 Herbs)

Timing	Herb	Repair Index	Senior Compatible	Senior-Safe Alternative	Alternative Repair Index	Alternative Potency Score	Potency Score
AM	Isatis leaf	-0.3724	NO (Caution with Blood Thinners / Cardio Meds)	Cornu Saigae Tataricae	-0.0783	5.0000	9.9938
AM	Desertliving Cistanche	-0.0343	YES	N/A	N/A	N/A	9.117

Timing	Herb	Repair Index	Senior Compatible	Senior-Safe Alternative	Alternative Repair Index	Alternative Potency Score	Potency Score
AM	Common Yam Rhizome	-0.0536	YES	N/A	N/A	N/A	8.8934
AM	Semen Sojae Nigrum	-0.5302	YES	N/A	N/A	N/A	8.156
AM	Semen Sojae Praeparatum	-0.0836	YES	N/A	N/A	N/A	8.0911
AM	Honeysuckle Flower	-0.1844	NO (Caution with Blood Thinners / Cardio Meds)	Flos Chrysanthemi	0.0117	5.0000	7.885
AM	root of Ligulilobe sage	-0.4723	YES	N/A	N/A	N/A	7.61
AM	mung bean	-0.3462	YES	N/A	N/A	N/A	7.5502
AM	root of Baikal skullcap	-0.0862	NO (Caution with Blood Thinners / Cardio Meds)	root of Ligulilobe sage	-0.4723	5.0000	7.493
AM	Ginseng	-0.0401	YES	N/A	N/A	N/A	7.1808
AM	Hippocampus kuda	-0.3462	YES	N/A	N/A	N/A	6.6477
AM	Arctium lappa	-0.3462	NO (Caution with Blood Thinners / Cardio Meds)	Flos Chrysanthemi	0.0117	5.0000	6.3779
AM	Safflower	-0.1203	NO (Caution with Blood Thinners / Cardio Meds)	rhizome of Heartleaf Dryria	-0.3462	4.0000	6.3413
AM	Ramulus Mori	-0.3462	NO (Caution with Blood Thinners / Cardio Meds)	rhizome of Heartleaf Dryria	-0.3462	4.0000	5.9676
AM	Ginkgo	-0.3462	NO (Caution with Blood Thinners / Cardio Meds)	Lygodium japonicum	-0.2263	4.0000	5.9376
AM	Semen Juglandis	-0.3724	NO (Caution with Blood Thinners / Cardio Meds)	Human Placenta	-0.0212	5.0000	5.7576
AM	Fructus Mori	-0.1822	YES	N/A	N/A	N/A	5.7554
AM	Chinese Caterpillar Fungus	-0.3462	YES	N/A	N/A	N/A	5.494

Timing	Herb	Repair Index	Senior Compatible	Senior-Safe Alternative	Alternative Repair Index	Alternative Potency Score	Potency Score
AM	Aloe	0.0085	YES	N/A	N/A	N/A	5.3466
AM	Human urine sediment	-0.2112	YES	N/A	N/A	N/A	5.2508
AM	Fructus Hippophae	-0.1763	NO (Caution with Blood Thinners / Cardio Meds)	Faeces Vespertilionis	-0.6508	2.0000	5.1077
AM	Mel	-0.0591	NO (Caution with Blood Thinners / Cardio Meds)	Cornu Cervi	-0.0158	3.0000	4.8943
AM	Human Placenta	-0.0212	YES	N/A	N/A	N/A	4.4011
AM	Propolis	-0.1913	NO (Caution with Blood Thinners / Cardio Meds)	Flos Chrysanthemi	0.0117	5.0000	4.1754
AM	Bulbus Allii	-0.1644	NO (Caution with Blood Thinners / Cardio Meds)	Chinese schinzostachyum Tabasheer	-1.0524	4.0000	3.6998
PM	Fructus Corni	-0.3462	YES	N/A	N/A	N/A	9.9901
PM	huang qi	-0.0815	YES	N/A	N/A	N/A	9.5192
PM	Fructus Chaenomelis	-0.3462	NO (Caution with Blood Thinners / Cardio Meds)	rhizome of Heartleaf Dryria	-0.3462	4.0000	9.2504
PM	Fructus Amomi	0.0132	NO (Caution with Blood Thinners / Cardio Meds)	Germited Barley	-0.3462	5.0000	8.286
PM	Lignum Santali Albi	-0.2254	NO (Caution with Blood Thinners / Cardio Meds)	Moschus	-0.2063	5.0000	8.2579
PM	Pinellia ternata	-0.269	YES	N/A	N/A	N/A	8.0194
PM	Mulberry Leaf	-0.1582	NO (Caution with Blood Thinners / Cardio Meds)	Flos Chrysanthemi	0.0117	5.0000	7.2374
PM	Common Buckwheat	2.1029	NO (Caution with Blood Thinners / Cardio Meds)	Lygodium japonicum	-0.2263	4.0000	7.085

Timing	Herb	Repair Index	Senior Compatible	Senior-Safe Alternative	Alternative Repair Index	Alternative Potency Score	Potency Score
PM	Flos Mume	-0.2446	NO (Caution with Blood Thinners / Cardio Meds)	Germited Barley	-0.3462	5.0000	6.9328
PM	Sulfur	-0.3462	NO (Caution with Blood Thinners / Cardio Meds)	Moschus	-0.2063	5.0000	6.0956
PM	Lucid Ganoderma	0.0078	YES	N/A	N/A	N/A	6.0054
PM	Heterophylly Falsestarwort Root	-0.3462	YES	N/A	N/A	N/A	5.8262
PM	Sargassum	-0.245	YES	N/A	N/A	N/A	5.2019
PM	Semen Coicis	-0.1594	YES	N/A	N/A	N/A	5.1795
PM	Hot pepper	-0.2624	NO (Caution with Blood Thinners / Cardio Meds)	Hematite	-0.2119	N/A (Potency Not Found)	4.3684