

## Tao Hong Si Wu Tang

- TONIFIES AND INVIGORATES THE BLOOD
- REGULATES BLOOD CIRCULATION
- BREAKS UP BLOOD STAGNATION
- REGULATES MENSTRUATION
- ALLEVIATES PAIN



## Shen Qi Wan - Gui Zhi Fu Ling Wan

- WARMS AND TONIFIES KIDNEY YANG
- INVIGORATES THE BLOOD
- TRANSFORMS BLOOD STASIS
- SOFTENS LUMPS
- REDUCES FIXED ABDOMINAL PAIN



## Long Dan Xie Gan Tang

- DRAINS EXCESS FIRE FROM THE LIVER AND GALLBLADDER
- CLEARS AND DRAINS DAMP-HEAT FROM THE LOWER JIAO
- CLEARS DAMP-HEAT FROM THE SAN JIAO



## Bu Zhong Yi Qi Tang



- TONIFIES MIDDLE JIAO QI
- BENEFITS QI
- REGULATES QI
- RAISES SUNKEN YANG
- LIFTS PROLAPSED ORGANS

## Xue Fu Zhu Yu Tang



- INVIGORATES THE BLOOD
- DISPELS BLOOD STASIS
- SPREADS LIVER QI
- UNBLOCKS THE CHANNELS
- STOPS PAIN

## Tian Wang Bu Xin Dan



- ENRICHES THE YIN
- NOURISHES THE HEART BLOOD
- TONIFIES THE HEART AND KIDNEYS
- CALMS THE SHEN
- CLEARS HEAT

## Jia Wei Xiao Yao San

- PACIFIES THE LIVER
- SPREADS LIVER QI
- STRENGTHENS THE SPLEEN
- NOURISHES THE BLOOD AND YIN
- REGULATES MENSTRUATION
- SEDATES THE HEART
- CLEARS HEAT



## Ban Xia Xie Xin Tang

- HARMONISES THE STOMACH
- DESCENDS REBELLIOUS QI
- DISPERSES CLUMPING
- ELIMINATES ABDOMINAL DISTENTION DUE TO COLD AND HEAT FACTORS



## Xiao Yao San

- PACIFIES THE LIVER
- SPREADS LIVER QI
- STRENGTHENS THE SPLEEN
- NOURISHES THE BLOOD
- HARMONISES THE LIVER AND SPLEEN



## Xiao Chai Hu Tang



- HARMONISES AND RELEASES SHAO YANG STAGE DISORDERS
- RELIEVES THE LIVER
- HARMONISES THE LIVER AND SPLEEN

## Gui Pi Tang



- NOURISHES THE BLOOD
- STRENGTHENS THE SPLEEN
- NOURISHES THE HEART

## Zhi Bai Di Huang Wan



- ENRICHES YIN
- NOURISHES THE ESSENCE
- NOURISHES LIVER AND KIDNEYS
- REDUCES DEFICIENCY FIRE