



# PRODUCT MANUAL

Moshe Heller LAc. MSTOM

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***Welcome to Moshen Herbs, a family-owned, father-daughter herbal company dedicated to making traditional Chinese medicine accessible to modern practitioners and patients alike. Our mission is to provide high-quality herbal formulas that bridge the gap between ancient wisdom and contemporary healthcare needs.***

*We understand that many medical professionals may not have extensive training in Chinese herbal medicine. Moshen Herbs makes it simple for practitioners across disciplines to confidently incorporate herbal therapy into their treatment plans. Our proprietary formulas are based on time-honored Chinese recipes, thoughtfully adapted by Moshe Heller, a licensed Chinese medicine practitioner with over 30 years of clinical experience.*

## **About Our Formulas**

Moshen formulas honor the rich, ancient tradition of Chinese herbal medicine while meeting the demands of modern life. Traditional formulas, though proven over centuries, were developed for different environmental conditions, dietary patterns, and lifestyles. Moshe Heller has devoted his career to carefully modernizing these classical recipes to address the unique health challenges of today's patients.

### **Our Extraction Process**

Our formulas are prepared using traditional water extraction, the same method used for centuries to brew medicinal teas. This water-based approach preserves the authentic taste, aroma, and therapeutic properties of the herbs more effectively than alcohol-based tinctures. Each formula is then concentrated at an 8:1 ratio (8 pounds of herbs to 1 gallon of water), resulting in a potent extract where one teaspoon equals approximately one cup of traditionally brewed herbal tea. A small amount of alcohol is added after extraction solely as a natural preservative.

### **Moshen Kids Formulas**

Our pediatric line requires special attention to safety and palatability. Kids formulas use vegetable glycerin instead of alcohol as a preservative and include natural orange flavoring to improve taste acceptance. These formulas have been carefully formulated to exclude herbs with known allergenic potential, ensuring gentler, safer options for children.

## Company Background

Moshen Herbs was founded in 2019 as a family collaboration between Moshe Heller and his daughter, Noa. What began as formulas created for Noa and her brother during their childhood has evolved into a comprehensive line of herbal medicines designed to serve patients and practitioners nationwide.

### **About Moshe Heller, L.Ac., MTOM**

Moshe Heller is a graduate of the Pacific College of Oriental Medicine in San Diego, California, and has been practicing and teaching Traditional Chinese Medicine since 1994. His distinguished career includes serving as the former Academic Dean at Pacific College, New York, and former Chair of the Department of Oriental Medicine.

Moshe's teaching experience spans prestigious institutions including the Hebrew University, Medicine College, the Israeli College of Complementary Medicine, and Pacific College, NY. His postgraduate training was completed at the Guan An Men Hospital in Beijing, China, with a focus on Internal Medicine and TCM Gynecology. Additional postgraduate studies include Pediatrics, Japanese acupuncture, and participation in the Lutheran Medical Center research study on the use of acupuncture during labor and delivery.

A former board member of the Acupuncture Society of New York, Moshe currently maintains a thriving practice in New York City, where he continues to refine and expand the Moshen Herbs formula line.

### **Our Location**

Moshen Herbs is based in New York City, with manufacturing facilities located in the San Francisco Bay Area, ensuring the highest standards of production quality and consistency.

## Product Quality & Sourcing

At Moshen Herbs, quality is our cornerstone. We are committed to providing herbal formulas that meet the highest standards of safety and efficacy.

### **Herb Sourcing**

We carefully select herbs from trusted suppliers who share our commitment to quality and sustainability. While many herbs are not available with certified organic designation, we prioritize organic sources whenever possible and consistently choose the highest quality herbs available, regardless of certification status.

### **Quality Control**

Every batch of raw herbs undergoes rigorous testing for heavy metals before being accepted into our manufacturing process. This essential safety measure ensures that our formulas meet strict purity standards and are free from harmful contaminants.

## Safety and Cautions

Moshen formulas prioritize adaptogenic herbs, those with balancing, regulating properties that support the body's natural equilibrium. This approach minimizes the risk of adverse effects. However, individual responses can vary.

### Important Guidelines:

- **Initial Monitoring:** When starting a patient on any new formula, follow up within 3-5 days to assess tolerance and response.
- **Medication Interactions:** Always review a patient's current medications before prescribing herbal formulas. Herb-drug interactions are possible, and consultation with the patient's primary care physician is recommended when appropriate, particularly for patients on anticoagulants, immunosuppressants, or medications with narrow therapeutic windows.
- **Contraindications:** Discontinue use if adverse reactions occur. Most formulas can be safely used during pregnancy and lactation; however, formulas should always be appropriate for the diagnostic criteria that the patient presents with. Please consult individual product pages for specific guidance.

## Storage and Shelf Life

### Proper Storage

Store Moshen Herbs formulas in a cool, dry place away from direct sunlight. While refrigeration is not strictly necessary, it can be beneficial for preservation, particularly in hot or humid climates. Ensure caps are tightly sealed after each use.

### Shelf Life

All Moshen Herbs formulas have a shelf life of two years from the date of manufacture. The expiration date is printed on each bottle label.

### Signs of Spoilage

While rare when stored properly, discontinue use if you notice an unusually foul or off-putting smell that differs from the formula's normal herbal aroma.

If you have concerns about product integrity, please contact us at [moshenherbs@gmail.com](mailto:moshenherbs@gmail.com) or 212-753-2442.

## General Dosage Guidelines

### Adult Formulas:

5 mL (1 tsp), 2-4 times daily

### Pediatric Formulas:

**0-6 months:** 2.5 mL (½ tsp), twice daily

**6 months - 2 years:** 5 mL (1 tsp), 1-2 times daily

**2+ years:** 5 mL (1 tsp), 2-4 times daily

*Note: Dosage may be adjusted based on individual patient needs, severity of condition, and practitioner assessment.*

## Administration Guidelines

### Methods of Administration

Moshen Herbs formulas can be taken directly or mixed with water, juice, or food; many patients prefer dilution to improve palatability. We recommend using a small amount of liquid or food to "chase" the formula rather than diluting it in a large volume. This approach minimizes the total volume of bitter taste while preserving the pure herbal flavor, which is considered part of the medicine's therapeutic action in Traditional Chinese Medicine.

**Important:** *Formulas should not be mixed with or followed by any citrus fruits or citrus juices, as these can interfere with the herbs' effectiveness.*

### Timing

Formulas can be taken at any time of day, with or without food. The most important factor is ensuring patients receive their prescribed dosage within a 24-hour period. Consistency matters more than specific timing.

### Missed Doses

If a dose is missed, simply skip it and resume with the next scheduled dose. Alternatively, patients may:

- Take the missed dose when remembered, even if late
- Take a double dose at the next scheduled time if preferred

Flexibility is acceptable as long as the total daily dosage is achieved.

### Taking Multiple Formulas

While generally not recommended, there are cases where taking multiple formulas concurrently may be therapeutically appropriate. If considering combining formulas, consult the individual product pages for compatibility information or contact our practitioner support line for guidance.

## Expected Timeline for Results

The timeline for noticeable improvement varies depending on the specific formula, the condition being addressed, and individual patient factors. Some patients experience relief within days, while others may require several weeks of consistent use.

Please refer to individual product pages for condition-specific timelines and recommended duration of use.

## Contraindications and Special Populations

### **Age Restrictions**

Moshen Herbs formulas have no age restrictions. Our pediatric line is specially formulated for safe use in infants as young as a few days old when clinically necessary.

### **Pregnancy and Breastfeeding**

Most formulas can be safely used during pregnancy and lactation. Please consult individual product pages for specific recommendations, and always ensure that formulas are appropriate for the diagnostic criteria that the patient presents with.

### **Medical Conditions**

Contraindications for specific medical conditions vary by formula composition. Review individual product pages for detailed information on conditions where use should be avoided or modified.

## Contact Information and Adverse Event Reporting

### **Customer Service and Practitioner Support**

**Email:** [moshenherbs@gmail.com](mailto:moshenherbs@gmail.com)

**Phone:** 212-753-2442

### **Reporting Adverse Events**

Patient safety is our highest priority. If you or your patient experiences an adverse reaction to any Moshen Herbs formula, please contact us immediately at [moshenherbs@gmail.com](mailto:moshenherbs@gmail.com) or 212-753-2442. We carefully document and review all reported reactions to ensure ongoing product safety.

## BONUS ARTICLE

# *The Medicinal Power of Taste: Understanding Flavor as Medicine*

by Moshe Heller

In Traditional Chinese Medicine, taste is not merely a sensory experience; it is an integral part of the therapeutic action. Each of the five flavors (bitter, sweet, sour, pungent, and salty) corresponds to specific organ systems and produces distinct physiological effects in the body. The often-challenging bitter and earthy flavors found in many herbal formulas are not incidental; they are essential to the medicine's effectiveness.

### **Why Bitter Matters**

Bitter flavor has profound medicinal properties that are especially relevant to modern health challenges:

- **Digestive Stimulation:** Bitter taste triggers the release of digestive enzymes and bile, enhancing nutrient absorption and supporting liver function
- **Cooling and Drying:** Bitter herbs clear heat and dry dampness, addressing inflammation, infections, and metabolic imbalances
- **Downward Movement:** In Chinese medicine theory, bitter taste directs qi downward, relieving symptoms like nausea, acid reflux, and rebellious qi
- **Parasympathetic Activation:** The bitter taste response engages the vagus nerve, promoting a "rest and digest" state that counters chronic stress

### **The Modern Flavor Crisis**

We live in an era where food manufacturers have engineered hyper-palatable products that hijack our natural taste preferences. Everything is optimized for maximum sweetness, saltiness, and umami, the flavors we're evolutionarily programmed to seek. This constant flavor stimulation has dulled our palates and deprived us of the medicinal benefits of bitter foods and herbs that were once staples of the human diet.

By reintroducing bitter and complex herbal flavors, we're not just treating symptoms; we're recalibrating the body's relationship with food and medicine, restoring sensitivity to natural tastes, and reconnecting with ancestral dietary patterns that supported health for millennia.

### **The Taste-Body Connection**

The therapeutic process begins the moment the formula touches the tongue. Taste receptors send immediate signals throughout the digestive system, preparing the body to receive and process the medicine. When we mask or dilute these flavors excessively, we diminish this important preparatory response. The slightly unpleasant sensation is actually your body recognizing and responding to medicinal compounds.

## *Communicating with Patients: Supporting Compliance*

We understand that the taste of herbal medicine can be a hard sell, especially for patients accustomed to pleasant-tasting supplements and medications. However, with the right framing, many patients come to appreciate and even value the authentic herbal experience. Here are strategies for supporting patient compliance:

### **1. Set Realistic Expectations**

Be honest from the start: "This formula has a strong, earthy taste that many people find challenging at first. That taste is actually part of how the medicine works. Let's talk about strategies to make it manageable."

### **2. Reframe the Experience**

Help patients understand that the taste is medicine, not a flaw: "In Chinese medicine, we say 'good medicine tastes bitter.' The flavor you're experiencing is triggering healing responses throughout your digestive system before the herbs even reach your stomach."

### **3. Acknowledge the Cultural Shift**

Validate the difficulty while providing context: "I know this is very different from what you're used to. We've become so accustomed to everything tasting sweet or pleasant that we've lost our tolerance for medicinal flavors. Your body will adjust, and many patients find that foods taste more vibrant after a few weeks of taking herbal formulas."

### **4. Offer Practical Solutions**

Provide concrete strategies without completely masking the flavor:

- "Take the formula with a small amount of non-citrus juice or honey water, just enough to make it tolerable"
- "Have a piece of apple or a mint ready to cleanse your palate immediately after"
- "Use the 'toss and wash' method: take the herbs quickly, then chase with your preferred beverage"
- "Some patients find it easier to take herbs right before or after meals"

### **5. Create a Ritual**

Help patients view their herbal medicine as a mindful practice: "Think of this as a moment of self-care. Take a breath, acknowledge that you're doing something powerful for your health, take your herbs, and notice how your body responds. Some patients find that they actually start to crave that bitter taste as their body associates it with feeling better."

### **6. Share Success Stories**

"Many of my patients who were initially skeptical about the taste tell me after a few weeks that they barely notice it anymore, and several have told me they actually miss it when they finish their treatment. Your palate adapts quickly." way, most find it's a worthwhile trade-off."

### **7. For Children**

With pediatric formulas, be creative: "The Kids formulas have orange flavoring, but they still taste 'herby.' Mix it with a small amount of juice or applesauce, and have a favorite treat ready as a reward. Many children do better than adults because they haven't been as conditioned to expect everything to taste like candy."

### **8. The Honesty Approach**

Sometimes directness works best: "I'm not going to lie to you, this doesn't taste great. But it works, and it works in ways that often go beyond what pleasant-tasting supplements can achieve. Most patients find that the results make it worth pushing through the first few days of adjustment."

### **9. Offer Perspective**

"You're taking a teaspoon, two to four times a day. That's maybe ten seconds of unpleasant taste in exchange for the potential to feel significantly better. When patients think about it that way, most find it's a worthwhile trade-off."

### **10. Follow Up Early**

"I'm going to check in with you in a few days. Taste is one of the most common reasons people stop taking herbs, so I want to make sure we troubleshoot early if you're struggling."

## *The Bottom Line*

While we recognize that flavor compliance is a real challenge, we believe strongly in preserving the authentic taste profile of our formulas. The bitter, earthy, sometimes challenging flavors are not a drawback to be apologized for; they are a feature of genuine herbal medicine. With proper patient education and support, most patients successfully adapt and appreciate that they're taking real medicine with authentic therapeutic properties.

# Practitioner Support and Wholesale Information

## One-on-One Mentoring with Moshe Heller

Moshe Heller offers individual mentoring sessions for practitioners seeking to deepen their understanding of Chinese herbal medicine and formula selection. These consultations provide valuable insights drawn from over 30 years of clinical experience. To schedule a mentoring session, please contact [moshenherbs@gmail.com](mailto:moshenherbs@gmail.com) or call 212-753-2442.

## Practitioner and Wholesale Accounts

We support healthcare practitioners with dedicated account services:

- **Practitioner Accounts:** Set up your account directly through our website at [moshenherbs.com](http://moshenherbs.com) to access practitioner resources and pricing
- **Dosage Suggestions:** Recommended dosing for various patient populations
- **Acupuncture + Additional Support:** Complementary therapies and lifestyle recommendations
- **Ingredient List:** Complete list of herbs in the formula

We recommend reviewing the complete product page before prescribing any formula to ensure appropriate selection and safe, effective use.

## How to Use This Manual

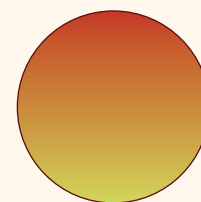
This manual is organized to provide comprehensive information for each Moshen Herbs formula. Each product page includes:

- **Treatment Principles:** The Traditional Chinese Medicine framework and therapeutic strategy
- **Secondary Actions:** Additional benefits and complementary effects
- **Formula Description:** Background and composition rationale
- **Indications:** Specific conditions and symptom presentations appropriate for the formula
- **Cautions:** Contraindications, warnings, and special considerations
- **Dosage Suggestions:** Recommended dosing for various patient populations
- **Acupuncture + Additional Support:** Complementary therapies and lifestyle recommendations
- **Ingredient List:** Complete list of herbs in the formula

We recommend reviewing the complete product page before prescribing any formula to ensure appropriate selection and safe, effective use.

# BALANCE

## Metabolic Support



**Treatment Principles:** : Strengthen Spleen, drain Damp, regulate Qi and Blood, support metabolic health

**Secondary Actions:** Appetite Regulation

Created to support weight management for those facing challenges with metabolism and diet, BALANCE combines herbs to strengthen the Spleen, resolve Dampness, and improve metabolic efficiency. This formula addresses the root causes of weight gain by supporting healthy digestion and transformation of nutrients while eliminating excess Dampness that can lead to weight retention.

Notably, it includes Ji Xue Cao (Gotu Kola), an adaptogenic herb shown to reduce visceral fat, improve lipid metabolism, and provide stress relief, addressing some of the underlying factors that contribute to weight gain. Regular use may help with weight balance and support healthier digestion over time, creating a foundation for sustained metabolic wellness.

### Indications:

- Difficulty losing weight
- Slow metabolism
- Food cravings
- Delayed satiety
- Excessive appetite
- Low energy levels

### Cautions:

- Use caution in cases of Yin deficiency or eating disorders

### Dosage Suggestion:

- Take 1 teaspoon three times daily with meals
- For optimal results, use consistently for at least 6 weeks

### Acupuncture + Additional Support:

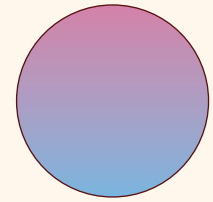
- PC 6, CV 12, SP 9, LV 3
- Important to discuss dietary habits and

### Herbs:

Chai Hu (Rx. Bupleuri)  
Ji Xue Cao (Hb. Centellae)  
Huang Qi (Rx. Astragali)  
Ci Wu Jia (Rx. Acanthopanax)  
He Ye (Fol. Nelumbinis)  
Sheng Jiang (Rz. Zingiberis Recens)  
Zao Jiao (Fr. Gleditsiae)  
Bai Shao (Rx. Paeoniae Alba)  
Da Zao (Fr. Jujubae)  
Huang Qin (Rx. Scutellariae)  
Zhi Shi (Fr. Aurantii)  
Hai Zao (Thallus Sargassi)  
Kun Bu (Thallus Eckloniae)  
Rou Gui (Cortex Cinnamomi)

# CALM

## Emotional Support



**Treatment Principles:** Calm Heart and Shen, regulate Liver qi, clear Heat from Heart, tonify qi

**Secondary Actions:** Restores balance between Heart and Kidney

CALM is based on Hu Po Yang Xin Dan, a traditional formula used in Chinese medicine to clear a muddled mind and restore the ability to concentrate. This classical remedy addresses difficulty maintaining focus or finding mental stillness, and has been valued for helping individuals develop clarity, compassion, and a sense of connectedness. We've modified it with additional herbs that calm the Spirit, regulate the Liver, and strengthen the qi.

To complement these Chinese herbs, we added Bacopa (Water Hyssop). In Ayurvedic medicine, Bacopa is traditionally given to students to enhance learning, concentration, and memory. Sometimes called "Brain Food," it soothes the nervous system and helps maintain both alertness and tranquility.

### Indications:

- Restlessness
- Hyperactivity
- Inability to focus
- Sleep disturbances
- Anxiety
- Overall stress

### Cautions:

- Use with caution if patient is taking prescription anti-depressants or stimulants

### Dosage Suggestion:

- CALM should be used consistently for a minimum of 3 weeks before assessing effect

### Acupuncture + Additional Support:

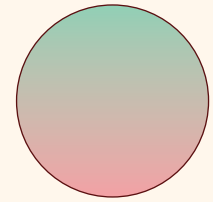
- HT 7, PC 6, LV 3, KD 3
- If used to support sleep disturbances, address sleep hygiene with patient
- Adding both an Omega-3 and Vitamin B complex supplement can enhance the effects of this formula

### Herbs:

Tai Zi Shen (Radix Pseudostellariae)  
Huang Jing (Rhizoma Polygonati)  
He Huan Pi (Cortex Albizziae)  
He Huan Hua (Flos Albizziae)  
Bai Zi Ren (Semen Biota)  
Dang Gui (Radix Angelica Sinensis)  
Huang Qi (Radix Astragalus)  
Zhi Yuan Zhi (Honey Fried Radix Polygala)  
Bai Shao (Radix Paeoniae Alba)  
Fu Shen Mu (Poria with wood root)  
Gou Teng (Ramulus cum Uncis Uncariae)  
Chao Suan Zao Ren (Dry fried Semen Zizyphi Spinosae)  
Ye Jiao Teng (Caulis Polygoni Multiflori)  
Bai he (Bulbus Lillii)  
Wu Wei Zi (Fructus Schisandrae)  
Zhi Mu (Rhizoma Anemarrhenae)  
Jiu Jie Chang Pu (Rhizoma Anemone Altaicae)  
Lian Zi (Semen Nelumbinis)  
Tian Ma (Rhizoma Gastrodiae)  
Hu po (Succinum, Amber resin)  
Zhi Zi (Fructus Gardeniae)  
Ju Hong (Exocarpium Citri Rubrum)  
Gan Cao (Radix Glycyrrhizae)  
Waterhyssop (Bacopa Monnieri)

# CLEAR

## Acne Support



**Treatment Principles:** Clear Heat, Drain Damp, Detoxify, Move Blood

**Secondary Actions:** Promote Skin Health

Formulated to address acne, CLEAR combines herbs that support skin health, clear Damp-Heat, and improve Blood circulation. This formula tackles multiple underlying causes of acne by addressing inflammation, detoxifying the body, and promoting healthier skin over time. Regular use may help improve skin clarity and reduce breakouts associated with Heat and Damp conditions.

One of the main ingredients is Yi Yi Ren (Semen Coicis), traditionally used to brighten the skin and address issues like acne and irritation. Combined with herbs that clear Heat and toxicity, such as Zi Hua Di Ding (Viola) and Bai Hua She She Cao (Oldenlandia), this formula clears Heat from the skin and promotes lasting clarity.

### Indications:

- For acne presenting as hot, damp, or blood stasis type

### Cautions:

- Avoid in cases of cold-type acne

### Dosage Suggestion:

- Take 1 teaspoon 2-4 times daily, depending on severity

### Acupuncture + Additional Support:

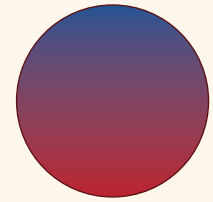
- LI 11, LU 7, SP 10, LV 2, GB 20
- Dietary adjustments, Omega-3s, and regular skin care may enhance results

### Herbs:

Yi Yi Ren (Sm. Coicis)  
Dan Shen (Rx. Salviae Miltiorrhizae)  
Bai Hua She She Cao (Hb. Hedyotis Diffusa)  
Zi Hua Di Ding (Hb. Viola)  
Sheng Di Huang (Rx. Rehmanniae)  
Ku Shen (Rx. Sophorae)  
Xue Jie (Resin. Daemonoropis)  
Chi Shao (Rx. Paeoniae Rubra)  
Bai Shao (Rx. Paeoniae Alba)  
Zhi Ke (Fr. Aurantii)  
Yu Jin (Rx. Curcumae)  
Zhe Bei Mu (Bulb. Fritillariae Thunbergii)  
Lian Qiao (Fr. Forsythiae)  
Jin Yin Hua (Fl. Lonicerae)  
Huang Qin (Rx. Scutellariae)  
Dang Gui (Rx. Angelicae Sinensis)  
Bai Zhi (Rx. Angelicae Dahuricae)  
Zao Jiao Ci (Spina Gleditsiae)  
Pu Gong Ying (Hb. Taraxaci)

# DEFEND

## Cold & Flu Support



**Treatment Principles:** Clear Wind-Heat, Resolve Dampness

**Secondary Actions:** Relieve Cough, Clear Nasal Passages

Modeled on the classical formula Yin Qiao San (Honeysuckle and Forsythia Powder), DEFEND has been modified to counter early-stage Wind-Heat invasion with symptoms such as nasal congestion, cough, and upper respiratory discomfort. It includes herbs that address both Wind-Heat and Damp, making it a versatile choice for common cold and flu symptoms.

DEFEND supports the body's natural immune response, helping to alleviate symptoms at the onset of illness. We added herbs that resolve Dampness and Phlegm and address cough, as well as the combination of Bai Shao (White Peony) and Gui Zhi (Cinnamon Twig) to harmonize between the Ying and Wei levels. This comprehensive approach helps the body fight off pathogens while managing the uncomfortable symptoms that accompany respiratory infections.

### Indications:

- For initial cold or flu symptoms presenting as Wind-Heat

### Cautions:

- Avoid if symptoms indicate Wind-Cold

### Specific Dosage Suggestion:

Start with a high dosage of up to 3-4 teaspoons daily based on symptom severity; as symptoms improve, reduce to 2 teaspoons per day

### Acupuncture + Additional Support:

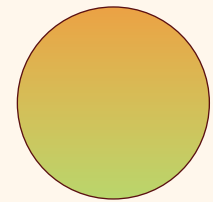
- LI 4, LU 7, LV 5, GB 40, DU 14
- Pair with Echinacea, Vitamin C, and Zinc for additional immune support

### Herbs:

Lian Qiao (Fr. Forsythiae)  
Jin Yin Hua (Fl. Lonicerae)  
Sang Ye (Fol. Mori)  
Jie Geng (Rx. Platycodi)  
Pi Pa Ye (Fol. Eriobotryae)  
Gua Lou Pi (Per. Trichosanthis)  
Ju Hua (Fl. Chrysanthemi)  
Qian Hu (Rx. Peucedani)  
Zhi Zi (Fr. Gardeniae)  
Pei Lan (Hb. Eupatorii)  
Zi Su Ye (Fol. Perillae)  
Xin Yi Hua (Fl. Magnoliae)  
Gu Ya (Fr. Setariae Oryzae)  
Zhe Bei Mu (Bulb. Fritillariae Thunbergii)  
Chuan Xiong (Rz. Ligustici Wallichii)  
Ban Xia (Rz. Pinelliae)  
Bo He (Hb. Menthae)  
Zhi Shi (Fr. Aurantii)  
Gui Zhi (Rz. Cinnamomi)  
Bai Shao (Rx. Paeoniae Alba)  
Gan Cao (Rx. Glycyrrhizae)

# DIGEST

## Digestive Support



**Treatment Principles:** Harmonize Spleen and Stomach, Resolve Damp, Regulate Liver Qi, Resolve Accumulation Disorders

**Secondary Actions:** Clear Wind, Damp, and Heat

Formulated to address a range of digestive complaints, DIGEST offers fast-acting relief for issues from indigestion to intestinal disorders like nausea and diarrhea. This versatile formula works to restore digestive harmony and resolve acute discomfort.

DIGEST is based on Bao He Wan (Preserve Harmony Pill) from the Yin Nourishing School of Zhu Dan Xi. This classical formula reduces food stagnation and preserves proper function of the digestive organs. We've enhanced this foundation by adding herbs that support digestion, strengthen the Spleen, clear Wind-Heat, and regulate qi, creating a more comprehensive approach to digestive wellness.

### Indications:

- Addresses a wide variety of digestive disorders, from simple discomfort after overeating, to stomach flu symptoms, including vomiting, diarrhea, constipation, bloating, indigestion, nausea, slight fever and headache

### Cautions:

- Fast-acting formula; if symptoms persist past 3 days, discontinue and re-assess course of action

### Specific Dosage Suggestion:

- Take 1 teaspoon to help digestion after meals or 1 teaspoon up to 4 times daily to address more persistent or complex cases

### Acupuncture + Additional Support:

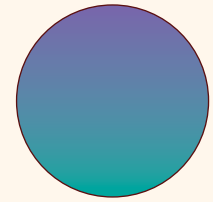
- Ease nausea: PC 6
- Course and tonify intestinal qi: ST 36
- Release wind and heat: LI 4
- When using to treat stomach flu, move patient to bland diet with easy-to-digest foods like steamed vegetables and hot soup

### Herbs:

Shan Zha (Fructus Crataegi)  
Lai Fu Zi (Semen Raphani/Radish Seed)  
Chen Pi (Pericarpium Citri Reticulatae (Aged) Tangerine Peel)  
Ban Xia (Rhizoma Pinelliae Preparatum)  
Fu Ling (Poria cocos fungus)  
Lian Qiao (Fructus Forsythiae)  
Sha Ren (Fructus Amomi / Cardamom)  
Gu Ya (Fructus Oryzae Germinatus)  
Tai Zi Shen (Radix Pseudostellariae)  
Bai Zhi (Radix Angelicae Dahuricae)  
Yi Yi Ren (Semen Coicis)  
Hou Po (Cortex Magnoliae Officinalis)  
Huo Xiang (Herba Agastaches sue Pogostemonis)  
Ge Gen (Radix Puerariae)  
Mu Xiang (Radix Aucklandiae/Saussurea )  
Tian Hua Fen (Radix Trichosanthis)  
Wu Mei (Fructus Mume)  
Jin Yin Hua (Flos Lonicerae)  
Ju Hua (Flos Chrysanthemi)  
Jiang Huang (Rhizoma Curcumae Longae)  
Sheng Jiang (Rhizoma Zingiberis Recens)  
Bo He (Herba Menthae Haplocalycis)  
Zhi Gan Cao (Radix Glycyrrhizae Preparata)

# EASE

## Pain Relief



**Treatment Principles:** Move Qi and Blood, Resolve Pain, Tonify Blood

**Secondary Actions:** Clear Heat, Resolve Inflammation

EASE addresses pain throughout the body, providing relief for conditions ranging from headaches to menstrual cramps and musculoskeletal discomfort. This formula combines powerful pain-relieving herbs with Blood-nourishing properties for comprehensive support.

The formula's main Chinese herb is Yan Hu Suo (Corydalis), known for its pain-relieving properties and ability to move qi and Blood. Ru Xiang (Frankincense) is added as an anti-inflammatory, along with Chuan Xiong (Chuanxiong Root) to move Blood and relieve headaches. Two parts of the Curcumin plant are included, Yu Jin (Curcuma) and Jiang Huang (Turmeric), to address Blood vacuity and stasis. Bai Shao (White Peony Root), Dang Gui (Angelica Root), and Shu Di (Rehmannia Root) strengthen Blood, creating a formula that both moves and nourishes.

### Indications:

- Pain anywhere in the body, such as menstrual cramps, headaches, back pain

### Cautions:

- The herbs in this formula are strongly moving - take special caution with Spleen qi vacuity

### Dosage Suggestion:

- 1 teaspoon between 2 and 4 times a day, depending on the severity of pain
- patient can take extra doses as needed, not exceeding 6 teaspoons per day.

### Acupuncture + Additional Support:

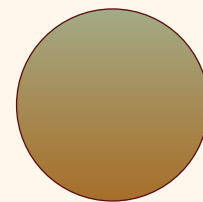
- Move qi and blood
- Nourish blood: SP 6, LI 4, LV 3
- Combine a dose of CBD with each dose of EASE to enhance the function of the formula

### Herbs:

Yan Hu Suo (Rhizoma Corydalis)  
Chuan Xiong (Rhizoma Ligustici Wallichii)  
Hong Hua (Flos Carthami)  
Jian Huang (Rhizoma Curcumae Longae)  
Yu Jin (Radix Curcumae)  
Shu Di Huang (Radix Rehmanniae Preparata)  
Dang Gui Wei (Radix Angelicae Sinensis)  
Bai Shao (Radix Paeoniae Alba)  
Dan Shen (Radix Salviae Miltiorrhizae)  
Ji Xue Teng (Caulis Spatholobi, Millettia Root and Vine)  
Gui Zhi (Ramulus Cinnamomi)  
Ru Xiang (Gummi Olibanum)  
Zhi Gan Cao (Radix Glycyrrhizae Preparata)  
Zhi Hong Jin Tian (Radix Rhodiolae Crenulate)

# FLOW

## Mental Flexibility Support



**Treatment Principles:** Transform Phlegm, Harmonize Gallbladder, Regulate Qi, Harmonize Stomach

**Secondary actions:** Course Liver Qi, Strengthen Spleen, Calm Shen

FLOW is inspired by Wen Dan Tang (Warm the Gallbladder Decoction). This classical Chinese herbal formula addresses stagnation of Gallbladder qi and Damp-Phlegm that clouds the mind. When this internal disharmony persists, the center (Spleen and Stomach) can weaken, giving rise to repetitive, rigid, or unsettled thought patterns and behaviors.

To make FLOW more encompassing, we included herbs from Xiao Yao San (Free and Easy Wanderer) to regulate the Liver and support free flow of qi and the emotions. In addition, herbs that settle the emotions and calm the Shen were added, creating a comprehensive formula for mental and emotional flexibility.

### Indications:

- Obsessive thoughts, compulsive behavior, anxiety, timidity, worry, irritability, plus insomnia, dizziness, vertigo, phlegm congestion, plum pit qi

### Cautions:

- FLOW is a drying formula - as much as we aimed to balance it with herbs that moisten, be careful with Yin and Blood deficient patients

### Dosage Suggestion:

- FLOW takes time to settle in and should be used consistently for a minimum of 3 weeks before assessing

### Acupuncture + Additional Support:

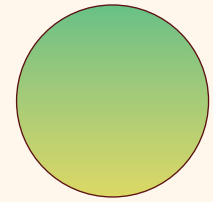
- HT 7, GB 40, PC 6, ST 40, ST 36, CV 17, CV 12
- Make sure patient is not eating a diet that increases phlegm and dampness

### Herbs:

Ban Xia (Pinellia ternata)  
Zhu Ru (Bambusa tuldoidea and vulgaris)  
Zhi Shi (Citrus aurantium)  
Chen Pi (Citrus reticulata)  
Sheng Jiang (Zingiber officinale)  
Gan Cao (Glycyrrhiza uralensis)  
Jie Geng (Platycodon grandiflorus)  
Fu Shen (Poria cocos)  
Mai Men Dong (Ophiopogon japonicus)  
Yuan Zhi (Polygala tenuifolia)  
Long Chi (Fossilized minerals)  
Shi Chang Pu (Acorus tatarinowii)  
Hu Po (Amber)  
He Huan Pi (Albizia julibrissin)  
Ye Jiao Teng (Polygonum multiflorum)  
Chai Hu (Bupleurum chinense)  
Chao Dang Gui (Angelica sinensis)  
Bai Shao (Paeonia lactiflora)  
Bai Zhu (Atractylodes macrocephala)  
Mu Xiang (Aucklandia lappa)  
Dan Shen (Salvia miltiorrhiza)

# GUARD

## Vaccination Support



**Treatment Principles:** Clear Heat and Toxins from Ying Level

**Secondary actions:** Soothe Liver Qi, Support Spleen Qi, Clear Phlegm

GUARD is to be used one week before and after immunization to support the body in generating a healthy immune response while mitigating potential adverse reactions. This formula dispels Wind, transforms Dampness, regulates Liver qi, clears Heat, resolves toxicity, and reduces the chance of developing a lingering pathogenic factor. It can also be used to treat suspected lingering pathogenic factors.

Inspired by Shi Wei Bai Du San (Ten Herbs to Overcome Toxicity), we enhanced the formula by adding herbs that support digestion and transform Phlegm. We further evolved this base by incorporating herbs that specifically vent Heat from the Ying (Nutritive) Level, borrowed from the formula Qing Ying Tang (Clear the Nutritive Level Decoction) with Xuan Shen (Scrophularia), Sheng Di Huang (Rehmannia), Mai Men Dong (Ophiopogon), Jin Yin Hua (Honeysuckle), Lian Qiao (Forsythia), and Huang Lian (Coptis).

### Indications:

- Patient is about to receive vaccination
- Lingering Pathogenic Factors

### Cautions:

- Spleen qi vacuity: make sure the formula does not cause digestive issues
- Digestive irregularities: diarrhea, tendency to vomit, low appetite

### Dosage Suggestion:

- One week before and after immunization (total of about 2 weeks with vaccination in middle)
- Needs to be taken for a minimum of 3 days before & 3 days after vaccination

### Acupuncture + Additional Support:

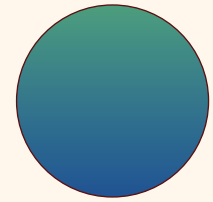
- Harmonize Shao Yang: GB 41 + SJ 5 bilaterally
- Clear heat from Yang Ming: LI 11
- Strengthen SP/ST: ST 36, CV 12, add simple foods
- Methylation support, especially for people with MTHFR gene mutation

### Herbs:

Chai Hu (Radix Bupleuri)  
Jie Geng (Radix Platycodi)  
Chuan Xiong (Rhizoma Ligustici Wallichii)  
Sang Bai Pi (Cortex Mori)  
Fang Feng (Radix Ledebouriellae)  
Du Huo (Radix Angelicae Pubescentis)  
Fu Ling (Sclerotum Poriae Cocos)  
Jing Jie (Herba Schizonepetae)  
Sheng Jiang (Rhizoma Zingiberis Recens)  
Gan Cao (Radix Glycyrrhizae)  
Shan Zha (Fructus Crataegi)  
Shi Chang Pu (Rhizoma Acori)  
Xuan Shen (Radix Scrophulariae)  
Sheng Di Huang (Radix Rehmanniae)  
Mai Men Dong (Radix Ophiopogonis)  
Jin Yin Hua (Flos Lonicerae)  
Lian Qiao (Fructus Forsythiae)  
Huang Lian (Rhizoma Coptidis)  
Dan Zhu Ye (Herba Lophatheri)

# REACT

## Allergy Support



**Treatment Principles:** Clear Heat, Resolve Dampness

**Secondary Actions:** Strengthen Lung and Spleen Qi

REACT is based on Wu Mei Wan (Mume Pill), an antiparasitic formula. Research by Dr. Xiu-Min Li from Mount Sinai Medical Center in New York has demonstrated that Chinese herbal formulas, particularly FAHF-2 (Food Allergy Herbal Formula-2, a variation of Wu Mei Wan), work on effector cells like basophils and mast cells, then reverse memory cells from producing allergy antibodies. This suggests a mechanism by which these herbs can fundamentally recalibrate the immune system's allergic response and regulate gut barrier function.

We have enhanced this classical formula by adding herbs commonly used for food and environmental allergies, such as Yu Jin (Curcuma), Cang Er Zi (Xanthium), and Fang Feng (Siler), along with adaptogenic herbs like Ren Shen (Ginseng) to recalibrate immune function. This formula combines cold and hot herbs to address underlying imbalances of Heat and Cold, which commonly manifest as allergies.

### Indications:

- Seasonal, environmental, and food allergies
- Allergic sinus and dermatological symptoms
- Gastrointestinal symptoms

### Cautions:

- Anaphylactic food sensitivities should be re-tested before attempting to eat those foods
- Formula includes cold herbs - pay attention to changes in digestion and loss of appetite

### Specific Dosage Suggestion:

- This formula should be taken long-term; for best results, take REACT for three months, followed by a one-week break
- If symptoms return after the one-week break, another three months is suggested; repeat until symptoms subside, not exceeding 3 cycles

### Acupuncture + Additional Support:

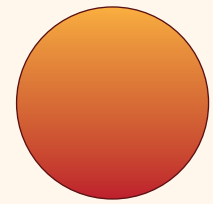
- Moxibustion SP/LU channels, CV 12, ST 25
- Spleen supporting, anti-inflammatory diet
- Prioritize cooked foods, avoid cold and raw
- Avoid damp-producing foods
- Quercitin or other natural antihistamines
- Glutathione (regulates gut function)

### Herbs:

Wu Mei (Fructus Mume)  
Chuan Jiao (Chao)(Pericarpium Zanthoxyli)  
Xi Xin (Herba cum Radix Asari/Chinese Wild Ginger)  
Huang Lian (Rhizoma Coptidis)  
Huang Bai (Cortex Phellodendri)  
Gan Jiang (Rhizoma Zingiberis)  
Zhi Fu Zi (Radix Aconiti Lateralis Preparata)  
Gui Zhi (Ramulus Cinnamomi)  
Ren Shen (Radix Ginseng)  
Dang Gui Wei (Radix Angelicae Sinensis tails)  
Fei Zi (Semen Torreyae)  
Bing Lang (Semen Arecae/Betel Nut)  
Yu Jin (Radix Curcumae)  
Bei Sha Shen (Radix Adenophorae/Glehniae)  
Gao Liang Jiang (Rhizoma Alpiniae Officinarum)  
Tai Zi Shen (Radix Pseudostellariae)  
Shi Chang Pu (Rhizoma Acori)  
Cang Er Zi (Fructus Xanthii)  
Fang Feng (Radix Ledebouriiellae)  
Zhi Gan Cao (Radix Glycyrrhizae Preparata)

# SEED

## Sperm Fertility Support



**Treatment Principles:** Strengthen Jing, Harmoize Heart and Kidney

**Secondary Actions:** Move Liver Qi

SEED supports fertility for people assigned male at birth by addressing problems with sperm quantity, motility, and morphology, as well as constitutional issues and stress. Studies show that average sperm quality is decreasing across the population. When treating fertility issues, it's important to support the fertility of both partners trying to conceive.

From a Chinese Medicine perspective, we focus on strengthening Jing. Regulating Liver qi improves circulation to the testicles, as the Liver channel encircles the genitalia, while Heart-Kidney communication ensures Yang qualities are imbued to sperm essence. The base of SEED comes from Huan Shao Dan (Rejuvenation Special Pill), a classical formula for strengthening Kidney Jing. We added Damiana, a Western herb to stimulate libido, and Ashwagandha, an Ayurvedic herb to increase sperm count.

As a Yang tonic, SEED can also be used by people of all genders experiencing Yang deficiency, regardless of fertility goals.

### Indications:

- Issues with sperm quality
- Jing/Kidney Vacuity
- Liver Qi Stagnation

### Cautions:

- Take caution with heat symptoms, as SEED, although balanced, can be a slightly warming formula in some cases

### Dosage Suggestion:

- For best results, take for at least 3 months before trying to conceive

### Acupuncture + Additional Support:

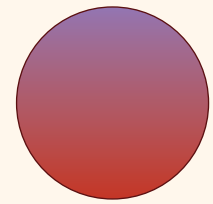
- KD 7, LV 5, HT 6
- Zinc is an important mineral for healthy sperm count and quality - found in abundance in pumpkin seeds, we recommend eating a daily handful to support the fertility process while taking this formula

### Herbs:

Da Mi A (Damiana/*Turnera diffusa*)  
Nan Fei Zui Jia (Ashwagandha/*Withania somnifera*)  
Ju Ye Zong (Saw Palmetto/*Serenoa serrulate*)  
He Shou Wu (Radix *Polygoni Multiflori*), Shu Di Huang (Radix *Rehmanniae Glutinosae Conquistae*)  
Gou Qi zi (Fructus *Lycii Chinensis*)  
Shan Yao (Radix *Dioscorea Oppositae*), Shan Zhu Yu (Fructus *Corni Officinalis*)  
Tu Si Zi (Semen *Cuscatae*)  
Fu Pen Zi (Fructus *Rubi Chingii*)  
Nu Zhen Zi (Fructus *Ligustri Lucidi*)  
Bai Shao (Radix *Paeoniae Lactiflorae*)  
Mu Dan Pi (Cortex *Moutan Radicis*)  
Xi Yang Shen (Radix *Panacis Quinquifolii*), Huang Qi (Radix *Astragali*)  
Yin Yang Huo (Herba *Epimedii*)  
Rou Cong Rong (Herba *Cistanches*)  
Ba Ji Tian (Radix *Morindae Officinalis*)  
Suo Yang (Herba *Cynomorii Songarici*)  
Dan Shen (Radix *Salviae Miltiorrhizae*)  
Wu Yao (Radix *Linderae Strychnifoliae*)  
Ci Wu Jia (Radix et Caulis *Acanthopanax Senticosi*)  
Huang Jing (Rhizoma *Polygonati*)

# SHIELD

## Immune Support



**Treatment Principles:** Strengthen Wei Qi, Harmonize Ying + Wei

**Secondary Actions:** Strengthen Lung Qi and Spleen Qi

SHIELD is based on Yu Ping Feng San (Jade Wind Screen), Gui Zhi Tang (Cinnamon Twig Decoction), and Er Chen Tang (Two Cured). Together, these three base formulas stabilize the exterior, harmonize the Ying and Wei, and support Qi Hua (transformation), preparing the body to combat pathogens.

SHIELD takes the complete Yu Ping Feng San and adds harmonizing herbs from Gui Zhi Tang. Tai Zi Shen (*Pseudostellaria*) is added to support the qi, make the formula appropriate for children, and generate fluids. The inclusion of Wu Wei Zi (*Schisandra*) helps consolidate the exterior by bringing Kidney support to the Lung. We want to ensure the qi is strong and that the Qi Hua (transformation) is complete. For this, we add Ban Xia (*Pinellia*) and Chen Pi (*Tangerine Peel*) to transform Dampness that otherwise inhibits Spleen function. Finally, we add Ling Zhi (*Reishi*), an adaptogenic mushroom considered a potent immune system tonic.

### Indications:

- Take during cold + flu season
- Patients who have frequent colds + flus
- Use as a recovery formula after active infection

### Cautions:

- Active infections persisting more than 7 days
- Any patients on immunosuppressants, including steroids

### Specific Dosage Suggestion:

Although this formula can be taken any time throughout the year, it is suggested to begin administering in November for the flu season, through the end of March

### Acupuncture + Additional Support:

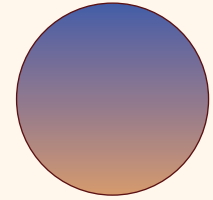
- Acupuncture and moxibustion to support LU/SP
- Gua sha to support harmonizing Ying + Wei, releasing exterior when necessary
- Supporting supplements: Vitamin C, Zinc, Vitamin D3 and exposure to sunlight, Probiotics
- Regularity of eating to support Spleen and digestion

### Herbs:

Huang Qi (*Radix Astragali*)  
Tai Zi Shen (*Radix Pseudostellariae*)  
Bai Zhu (*Rhizoma Atractylodis Macrocephalae*)  
Fang Feng (*Radix Ledebouriiellae*)  
Bai Shao (*Radix Paeoniae Alba*)  
Gui Zhi (*Ramulus Cinnamomi*)  
Ge Gen (*Radix Puerariae*)  
Jin Yin Hua (*Flos Lonicerae*)  
Ban Xia (*Rhizoma Pinelliae Preparatum*)  
Chen Pi (*Pericarpium Citri Reticulatae*)  
Fu Ling (*Sclerotum Poriae Cocos*)  
Zhi Gan Cao (*Radix Glycyrrhizae Preparata*)  
Sheng Jiang (*Rhizoma Zingiberis Recens*)  
Wu Wei Zi (*Fructus Schisandrae*)  
Ling Zhi (*Ganoderma*)

# SOOTHE

## Eczema Support



**Treatment Principles:** Disperse Wind, Eliminate Dampness, Clear Heat, Cool Blood

**Secondary Actions:** Stop Itching, Support Skin Health

SOOTHE is inspired by the classical formula Xiao Feng San (Eliminate Wind Powder), adapted to address a variety of skin conditions such as eczema and hives. This formula treats patterns of Wind-Heat and Dampness. The formula features Yi Yi Ren (Job's Tears), valued for its skin-supportive properties, alongside complementary herbs that help relieve itching and calm irritated skin. By addressing both internal imbalances and external manifestations, SOOTHE works to restore skin balance and reduce discomfort.

The formula also incorporates Blood-nourishing herbs, reflecting the Chinese medicine principle that skin health is intrinsically linked to Blood quality, as the Blood nourishes and moistens the skin from within.

### Indications:

- For skin conditions with itching, such as eczema and hives diagnosed as Wind-Heat with Dampness

### Cautions:

- Avoid in cases of cold or dry-type skin issues

### Dosage Suggestion:

- Maintenance dose is 1 teaspoon twice daily; in acute cases, double the dose for increased support

### Acupuncture + Additional Support:

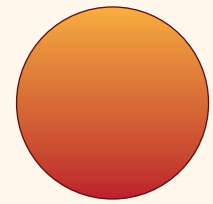
- SP 10, LI 11, LU 7, UB 40
- Consider a review of diet and testing for food allergies; supplementation with aloe vera juice and Omega-3s may also enhance effects

### Herbs:

Jing Jie (Hb. Schizonepetae)  
Fang Feng (Rx. Saposhnikoviae)  
Niu Bang Zi (Fr. Arctii)  
Jin Yin Hua (Fl. Lonicerae)  
Ye Ju Hua (Fl. Chrysanthemi)  
Cang Zhu (Rz. Atractylodis)  
Bai Zhu (Rz. Atractylodis Macrocephalae)  
Ku Shen (Rx. Sophorae)  
Zhi Mu (Rz. Anemarrhenae)  
Sheng Di Huang (Rx. Rehmanniae)  
Zi Cao Gen (Rx. Lithospermi)  
Dang Gui (Rx. Angelicae Sinensis) Chi Shao (Rx. Paeoniae Rubra)  
Hei Zhi Ma (Sm. Sesami Nigrum)  
Bu Gu Zhi (Fr. Psoraleae)  
Bai Ji Li (Fr. Tribuli)  
Fu Ping (Hb. Spirodela)  
Di Fu Zi (Fr. Kochiae)  
Yi Yi Ren (Sm. Coicis)  
Ye Jiao Teng (Caulis Polygoni Multiflori)  
Gan Cao (Rx. Glycyrrhizae)

# SPROUT

## Uterine Fertility Support



**Treatment Principles:** Tonify Kidney Essence, Strengthen Qi and Blood, Regulate Liver Qi

**Secondary Actions:** Strengthen Spleen Qi, Strengthen Liver Blood

SPROUT supports fertility for people assigned female at birth by nourishing the body in preparation for conception. This formula is based on Huan Shao Dan (Rejuvenation Special Pill), a Jing tonifying formula, with additional herbs to support qi and Blood and strengthen the holding function of the Kidney.

We have carefully selected herbs for this formula that support the body's natural potential by strengthening Kidney energy, supporting Jing, and strengthening Liver energy. These include Xi Yang Shen (American Ginseng), Wu Wei Zi (Schisandra), and He Huan Pi (Mimosa Bark). We also combined two Ayurvedic herbs that support fertility: Ashwagandha (Indian Ginseng) and Shatavari (Asparagus Root).

### Indications:

- Support fertility
- Prepare body for conception

### Cautions:

- If patient has a tendency to frequent stomachaches and loose stools, use caution when prescribing this formula
- If patient is under the care of a fertility specialist, inform them that the patient is taking this formula

### Dosage Suggestion:

- Take for at least 3 months prior to conception
- Safe to continue use throughout pregnancy

### Acupuncture + Additional Support:

- Strengthen Kidney Essence: KD 3, KD 9
- Strengthen Qi and Blood: ST 36, LI 10
- Strengthen Liver Qi: LV 8
- Prenatal multivitamin - continue throughout pregnancy
- 1 cup of bone broth soup daily - continue throughout pregnancy

### Herbs:

Tu Si Zi (Semen Cuscutae)  
Ba Ji Tian (Radix Morindae Officinalis)  
Gou Qi Zi (Fructus Lycii)  
Xu Duan (Radix Dipsaci)  
Du Zhong (Cortex Eucommiae)  
Dang Gui (Radix Angelicae Sinensis)  
Shu Di Huang (Radix Rehmanniae Preparata)  
Xi Yang Shen (Radix Panacis Quinquifolii)  
Bai Zhu (Rhizoma Atractylodis Macrocephalae)  
Shan Yao (Rhizoma Dioscoreae)  
Sha Ren (Fructus Amomi/Cardamon)  
Da Zao (Fructus Jujube)  
Sheng Ma (Rhizoma Cimicifugae)  
Huang Qin (Radix Scutellariae)  
Wu Wei Zi (Fructus Schisandrae)  
Xiang Fu (Rhizoma Cyperi)  
He Huan Pi (Cortex Albizziae)  
Bai Shao (Radix Paeoniae Alba)  
Ashwagandha (Withania somnifera)  
Shatavari (Asparagus racemosus)



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