



# Moshen Herbs Formula Guide

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# OUR PRODUCTS + VARIATIONS

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**Hello, we're Moshen Herbs**, a family owned, father-daughter run, herbal company. Our vision for our business is to provide high quality herbal formulas that are accessible to a wide range of people and practitioners.

We want to make it easy for medical professionals who don't usually work with Chinese herbs to provide their clients with herbal medicine. With this in mind, we've taken a twist on traditional Chinese formulas to create proprietary, unique recipes to reach a wide range of patients. These recipes were created by Moshe Heller, a Chinese medicine practitioner with over 25 years of experience.

## About our Formulas

Moshen formulas are based on traditional Chinese formulas that come from an ancient and rich history. However, they were designed for a different time - we needed to modify them to make them appropriate for modern life. Moshe has devoted his career and practice to creating these modern versions of traditional formulas.

All our formulas are cooked in water, like traditional tea, and concentrated so that 1 teaspoon is the equivalent of 1 cup of traditional tea. While most tinctures are produced through alcohol extraction, water extraction preserves more of the original taste and smell of our herbs. In our formulas, alcohol is added as a preservative after the cooking process.

### Moshen Kids

For our Kids formulas, we use glycerin as a preservative instead, and add natural orange flavoring to make the taste more appealing for children. Our Kids formulas are created with a lot of care towards safety for children, and include herbs that are not considered allergenic.

### Moshen +CBD

Our CBD is CO2 extracted, broad-spectrum, hemp-derived, and comes from Southern Oregon. It is independently lab tested to ensure our patients are receiving the highest quality product. The CBD works in combination with the Chinese herbs to enhance the strength of the formulas.

## Safety + Cautions

Our formulas are designed to include herbs that have adaptogenic properties and therefore are mild in nature and balanced, to prevent adverse effects. With that being said, we are all different and it is possible for an individual to develop a reaction. When introducing a formula to a new patient, make sure to check in with the patient a few days after they started the herbs to check if they have any adverse reactions.

Please be advised that when prescribing formulas to any patient it is important to be aware if they are on any medication. If they are, it is important to consider any possible herb-drug interactions and also discuss the formula with their primary care physician.

## GENERAL DOSAGE

### Adult Formulas-

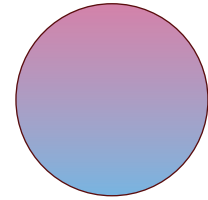
5mL (1 tsp), 2-4 times a day

### Kids' Formulas-

0 - 6 mo	2.5 mL (1/2 tsp) - 2x a day
2 mo - 2 yrs	5 mL (1 tsp) - 2x a day
2+ yrs	5mL (1 tvsp) - 2-4x a day

# CALM

## Emotional Support



**Treatment Principles:** Calms the Heart and Shen, Regulates Liver Qi, Clears Heat from the Heart, Tonifies Qi

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

The origins of CALM are based on Hu Po Yang Xin Dan. We have modified it quite a bit over the years, adding herbs that Calm the Spirit, Regulate the Liver and Strengthen the Qi.

In addition to the Chinese herbs, we have combined Bacopa (Water Hyssop) into our formula for mental clarity and focus. In Ayurvedic medicine, Bacopa is given to students to enhance learning, concentration and memory. Sometimes referred to as “Brain Food,” this herb soothes the nervous system, provides energy to the brain and helps to maintain alertness and tranquility. CALM soothes restlessness, hyperactivity, inability to focus, sleep disturbances, and overall stress.

### Indications:

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

### Cautions:

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

### Dosage Suggestion:

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

### Acupuncture + Additional Support:

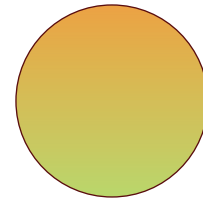
- HT 7, PC 6, LV 3, and KD 3
- If used to support sleep disturbances, address sleep hygiene with patient
- Adding both an omega-3 and vitamin B complex supplement can enhance the effects of this formula

### 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)

# DIGEST

## Digestive Support



**Treatment Principles:** Harmonizes Spleen and Stomach, Resolves Damp, Regulates Liver Qi, Resolves Accumulation Disorders

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

From indigestion to intestinal disorders like nausea and diarrhea, this fast-acting formula quickly addresses digestive issues.

DIGEST is based on Bao He Wan (Preserve Harmony Pill) from the Yin Nourishing school of Zhu Dan Xi. This formula reduces food stagnation and preserves proper function of digestive organs. We've modified our formula by adding herbs that support digestion, clear wind-heat and regulate qi.

### 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:

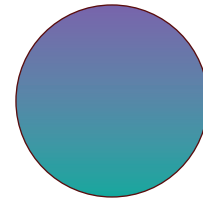
- Ease nausea - PC 6
- Course and Tonify Intestinal Qi - ST 36
- Release Wind and Heat - LI 4
- When using to treat stomach flu, move patient to bland diet with easy to digest foods like steamed vegetables and hot soup

### 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 sive 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:** Moves Qi and Blood, Resolves Pain, Tonifies Blood  
**Secondary Actions:** Clears Heat, Resolves Inflammation

At Moshen, we've noticed that the combination of Chinese herbs used for pain management and Cannabidiol (CBD\*) has produced very effective support for patients dealing with painful conditions, and can reduce or eliminate the use of NSAIDS and/or opioids.

The formula's main Chinese herb is Yan Hu Suo (Corydalis Rhizome), 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 added - Yu Jin and Jiang Huang to address Blood Vacuity and/or Stasis. Bai Shao (White Peony Root), Dang Gui (Angelica Root) and Shu Di (Rehmannia Root), to strengthen Blood. EASE provides relief from pain anywhere in the body; from headaches to menstrual cramps and more.

\* CBD is well-researched for its function of treating pain. EASE contains full-spectrum CBD oil, with a concentration of 125 ml of oil per ounce of formula.

### Indications:

- Pain anywhere in the body (ie. menstrual cramps, headaches, back pain)

### Cautions:

- Qi Vacuity - 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:

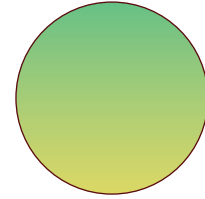
- Acupuncture points that Move Qi and Blood, and Strengthen Blood like SP6, LI4 and LV3

### 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)  
Hemp-derived CBD oil (125 mg/oz)

# GUARD

## Vaccination Support



**Treatment Principles:** Clears heat and toxins from Ying level

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

GUARD is to be used one week before and after immunization. This formula is used to dispel wind, transform dampness, regulate the liver qi, clear heat, resolve toxicity, and reduce 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 Sang (10 Herbs to Overcome Toxicity), we added herbs that both target the Ying level, support digestion and transform phlegm. We evolved this base formula by adding herbs that specifically target the Ying Level (borrowed from Qing Ying Tang): 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).

### 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:

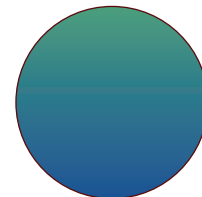
- Harmonize Shao Yang (GB 41 + SJ 5 bilaterally)
- Clear heat from Yang Ming (LI 11)
- Strengthen Spleen and Stomach (ST 36, CV 12, simple foods)
- Methylation support, especially for people with MTHFR gene mutation

### 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:** Clears Heat and Resolves Dampness

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

REACT contains antiparasitic herbs that inspire the body to regulate the immune function and allergic response, as well as gut barrier function.

We have added herbs that are commonly used for food and environmental allergies, such as Yu Jin and Fang Feng, along with adaptogenic herbs like Ren Shen, to recalibrate the immune function.

This formula is based on Wu Mei Wan (Antiparasitic Formula). The theory and research supporting this, is that antiparasitic herbs inspire the body to regulate the immune and allergic responses. This formula combines cold and hot herbs to address underlying imbalances of heat and cold, which manifest commonly as “allergies.”

### Indications:

- Seasonal, environmental, and food allergies
  - 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. This should be repeated until symptoms subside, not exceeding 3 cycles.

### Acupuncture + Additional Support:

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

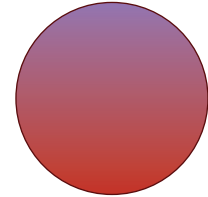
### Herbs:

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 Ocinanarum)  
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)



# SHIELD

## Immune Support



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

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

This formula 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 the Qi hua, preparing the body to combat pathogens.

SHIELD takes the complete Yu Ping Feng San, the harmonizing herbs of Gui Zhi Tang, and then adds Tai Zi Shen - “Prince Ginseng” - to allow this formula to support the Qi and to be appropriate for children. This herb additionally supports the formula by adding a component of fluid generation. The addition of Wu Wei Zi helps the formula to consolidate the exterior by bringing Kidney support to the Lung. We want to make sure the qi is strong, but also that the hua (the transformation) is complete. For this, we add Ban Xia + Chen Pi to transform dampness that otherwise would inhibit this functioning of the Spleen. Finally, we add Ling Zhi, an adaptogenic mushroom that is 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:

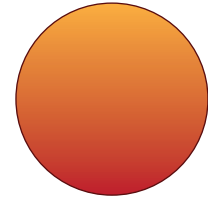
- Acupuncture and Moxibustion to support Lung + Spleen
- Gua Sha to support harmonizing Ying + Wei, releasing exterior when necessary
- Supporting supplements: Vitamin C, Zinc, Vitamin D3 and exposure to sunlight, Probiotics
- Regularity of eating to support Spleen and digestion

### Herbs:

Huang Qi (Radix Astragali)  
Tai Zi Shen (Radix Pseudostellariae)  
Bai Zhu (Rhizoma Atractylodis Macrocephalae)  
Fang Feng (Radix Ledebouriellae)  
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 (Sclerotium Poriae Cocos)  
Zhi Gan Cao (Radix Glycyrrhizae Preparata)  
Sheng Jiang (Rhizoma Zingiberis Recens)  
Wu Wei Zi (Fructus Schisandrae)  
Ling Zhi (Ganoderma)

# SEED

## Sperm Fertility Support



**Treatment Principles:** Strengthens Jing, Harmonizes Heart and Kidney

**Secondary Actions:** Moves Liver Qi

Supports fertility for people assigned male at birth by addressing a variety of presentations, including problems with sperm quantity, motility, and morphology, constitutional issues, and stress.

When treating fertility issues, it's important to support the fertility of both partners trying to conceive. Studies show that average sperm quality is decreasing across the population, presenting issues with count, morphology and motility. 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. Meanwhile, we must also address Heart-Kidney communication to ensure 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

### 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:

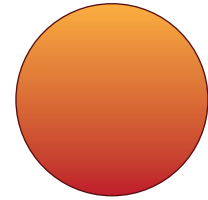
- KD 7, LV 5, and HT 6
- Zinc is an important mineral for healthy sperm count and quality. Found in abundance in pumpkin seeds, we recommend eating a daily handful to support the fertility process while taking this formula.

### Herbs:

Da Mi A (Damiana/*Turnera diffusa*)  
Nan Fei Zui Jia (Ashwagandha/*Withania somnifera*)  
Ju Ye Zong (Saw Palmetto/*Serenoa serrulata*)  
He Shou Wu (Radix *Polygoni Multiflori*), Shu Di Huang (Radix *Rehmanniae Glutinosae Conquिताe*)  
Gou Qi zi (Fructus *Lycii Chinensis*)  
Shan Yao (Radix *Dioscorea Oppositae*),  
Shan Zhu Yu (Fructus *Corni Officinalis*)  
Tu Si Zi (Semen *Cuscutae*)  
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 *Acanthopanaxis Senticosi*)  
Huang Jing (Rhizoma *Polygonati*)

# SPROUT

## Uterine Fertility Support



**Treatment Principles:** Tonifies kidney essence, Strengthens Qi and Blood, Regulates Liver Qi

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

SPROUT is a formula created to nourish the body in preparation for conception and is based on Huan Shao Dan (Rejuvenation Special Pill), a Jing tonifying formula, with additional herbs to support Qi and Blood, and 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 the JIng, and Strengthening Liver energy. These include Xi Yang Shen (American Ginseng), Wu Wei Zi (Schisandra berry), and He Huan Pi (Mimosa Tree Bark). We have also combined two Ayurvedic herbs that support fertility: Ashwagandha (Indian Ginseng) and Shatavari (Asparagus Root).

### Indications:

- Support fertility
- Prepare body for conception

### Cautions:

- If a patient has a tendency to frequent stomach aches and loose stools use caution 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)



For more information visit [moshenherbs.com](https://moshenherbs.com)  
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