This index lists formulas by their most appropriate energetic category.

**Formulas That Release the Exterior**
Formulas that Release Exterior Wind-Cold
- Cinnamon Twig Formula (Gui Zhi Tang)
- Xanthium & Magnolia Formula (Jia Wei Xin Yi San)

Formulas that Release Exterior Wind-Heat
- Children's Clear & Release Formula (Yin Qiao Gan Mao Fang)
- Gan Mao Ling Formula (Gan Mao Ling Pian)
- Yin Chiao Formula (Yin Qiao San)
- Zhong Gan Ling Formula (Zhong Gan Ling Pian)

Formulas that Release Exterior Disorders with Head and Neck Symptoms
- *Head Relief Formula (Tou Tong Pian)
- Jade Screen & Xanthium Formula (Yu Ping Feng Jia Cang Er San)

**Formulas That Clear Heat**
Formulas that Clear Heat from the Nutritive Level and Cool the Blood
- Rehmanna Cool Blood Formula (Tu Fu Ling Sheng Di Huang Wan)

Formulas that Clear Heat and Relieve Toxicity
- Andrographis Formula (Chuan Xin Lian Kang Yan Pian)
- Children's Ear Formula (Hai Er Fang)
- **Coptis Relieve Toxicity Formula (Huang Lian Jie Du Pian)
- *Curcuma Longa Formula (Jiang Huang Wan)
- Margarita Complexion Formula (Zhen Zhu Yu Rong Fang)
- Rabdosia Prostate Formula (Dong Ling Cao Fang)
- Viola Clear Fire Formula (Di Ding Qing Huo Pian)
- Wu Hua Formula (Wu Hua Tang)
- Xanthium Nasal Formula (Jia Wei Cang Er Pian)
- *Yin Valley Formula (Yin Gu Fang)

Formulas that Clear Heat from the Organs
- Children's Clear Lung Formula (Xiao Er Zhi Qing Fei Tang)
- *Gentiana Drain Fire Formula (Long Dan Xie Gan Tang)
- Intestinal Fungus Formula (Chang Mei Jun Fang)
- **Liver C Formula (Gan C Pian)
- Luo Bu Ma Formula (Luo Bu Ma Jiang Ya Wan)
- Mulberry & Lycium Formula (Xie Bai San)
- Pulsatilla Intestinal Formula (Bai Tou Weng Li Chang Fang)

Formulas that Clear Heat from Deficiency
- Rehmanna & Scrophularia Formula (Zhi Bai Di Huang Wan)

**Formulas That Drain Downward**
Formulas that Drive out Excess Water and Unblock the Bowels
- **Hawthorn & Fennel Formula (Shan Zha Xiao Hui Xiang Fang)
- **Poria Fifteen Formula (Shi Wu Wei Fu Ling Pian)

Formulas that Moist the Intestines and Unblock the Bowels
- **Persica & Cistanches Formula (Tao Ren Cong Rong Wan)

* Do not take during pregnancy.  ** Do not take during pregnancy or while nursing
Formulas That Harmonize
Formulas that Harmonize Lesser Yang-Stage Disorders

- Bupleurum & Cinnamon Formula (Chai Hu Gui Zhi Tang)
- Minor Bupleurum Formula (Xiao Chai Hu Tang)

Formulas that Regulate and Harmonize the Liver and Spleen

- Bupleurum & Tang Kuei Formula (Xiao Yao San)
- Earth-Harmonizing Formula (He Tu Pian)
- Free & Easy Wanderer Plus (Jia Wei Xiao Yao San)

Formulas that Regulate and Harmonize the Liver and Stomach

- Bupleurum & Tang Kuei Formula (Xiao Yao San)
- Earth-Harmonizing Formula (He Tu Pian)
- Shu Gan Formula (Shu Gan Wan)

Formulas That Treat Dryness

- He Shou Wu Tablets (Shou Wu Pian)

Formulas that Enrich the Yin and Moist Dryness

- Eight Immortals Formula (Ba Xian Chang Shou Wan)
- Lily Preserve Metal Formula (Bai He Gu Jin Tang)

Formulas that Enrich the Yin, Generate Fluids, and Clear Heat

- Jade Source Formula (Jia Jian Yu Quan Wan)

Formulas That Expel Dampness

Formulas that Promote Urination and Leach out Dampness

- Hawthorn & Fennel Formula (Shan Zha Xiao Hui Xiang Fang)
- Polyporus & Dianthus Formula (Zhu Ling Qu Mai Tang)
- Poria Fifteen Formula (Shi Wu Wei Fu Ling Pian)
- Poria Five Formula (Wu Ling San)

Formulas that Transform Damp Turbidity

- Resolve the Middle Formula (Jia Wei Ping Wei Fang)

Formulas that Clear Damp-Heat

- Four Marvel Formula (Si Miao Wan)
- Immortal Valley Formula (Xian Gu Fang)

Formulas that Clear Damp-Heat and Expel Stones

- Amber Stone-Transforming Formula (Hu Po Hua Shi Pian)
- Lysimachia GB Formula (Xiao Chai Hu Jian Jin Qian Cao Fang)

Formulas that Dispel Wind-Dampness

- Bone & Sinew Formula (Zheng Gu Xu Jin Fang)
- Chase Wind, Penetrate Bone Formula (Zhui Feng Tou Gu Wan)
- Du Huo & Loranthus Formula (Du Huo Ji Sheng Tang)
- Ease Digestion Formula (Kang Ning Wan)
- Eleuthero Tablets (Wu Jia Shen Pian)
- Juan Bi Formula (Juan Bi Tang)

Formulas That Warm Interior Cold

Formulas that Warm the Middle and Dispel Cold

- Astragalus Formula (Huang Qi Jian Zhong Tang)
- Sea Of Qi Formula (Qi Hai Yao Fang)

Formulas That Release Exterior-Interior Excess

Formulas that Release the Exterior and Purge the Interior

- Siler & Platycodon Formula (Fang Feng Tong Sheng San)

Formulas That Supplement

Formulas that Supplement the Qi

- Eleuthero Tablets (Wu Jia Shen Pian)
- Five Mushroom Formula (Wu Gu Fang)
- Ginseng & Astragalus Formula (Bu Zhong Yi Qi Tang)
- Ginseng Endurance Formula (Ren Shen Pian)
- Restore the Lung Formula (Bu Fei Tang)

* Do not take during pregnancy.  ** Do not take during pregnancy or while nursing
Formulas that Supplement the Blood
- He Shou Wu Tablets (Shou Wu Pian)
- Ji Xue Formula (Huang Qi Ji Xue Wan)
- Nourish Ren & Chong Formula (Jia Wei Gui Shao Di Huang Wan)
- Seven Treasures Formula (Jin Hua Mei Ran Wan)
- Tang Kuei & Peony Formula (Dang Gui Shao Yao San)
- Tang Kuei & Salvia Formula (Jia Wei Si Wu Tang)
* Tang Kuei & Tribulus Formula (Dang Gui Yin Zi)

Formulas that Supplement the Qi and Blood
- Astragalus & Ligustrum Formula (Huang Qi Dong Qing Pian)
- General Tonic Formula (Shi Quan Da Bu Wan)
- Ginseng & Longan Formula (Gui Pi Tang)
- Ginseng Nourishing Formula (Ren Shen Yang Ying Wan)
- Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan)
- Women's Precious Formula (Ba Zhen Tang)

Formulas that Nourish Qi and Yin
- Jing Qi Formula (Jing Qi Pian)
- Sheng Mai Formula (Sheng Mai San)

Formulas that Nourish and Supplement the Yin
- Eight Immortals Formula (Ba Xian Chang Shou Wan)
- Linking Formula (Yi Guan Jian)
- Ming Mu Formula (Ming Mu Di Huang Wan)
- Nourish Ren & Chong Formula (Jia Wei Gui Shao Di Huang Wan)
- Rehmanna & Scrophularia Formula (Zhi Bai Di Huang Wan)
- Rehmanna Six Formula (Liu Wei Di Huang Wan)
- Seven Treasures Formula (Jin Hua Mei Ran Wan)
- True Yin Formula (Zuo Gui Jia Er Zhi Wan)
* Yin Valley Formula (Yin Gu Fang)

Formulas that Nourish Yin and Yang
* Mobilize Essence Formula (Fu Ren Bu Yin Pian)
* Nourish Essence Formula (Zi Jing Di Huang Wan)

Formulas that Warm and Supplement the Yang
- Essential Yang Formula (Jia Jian Jin Gui Shen Qi Wan)
* Sea Of Qi Formula (Qi Hai Yao Fang)
- Two Immortals Formula (Jia Jian Er Xian Tang)
* Vital Treasure Formula (Zhen Bao Fang)

---

**Formulas that Regulate the Qi**

Formulas that Promote the Movement of Qi
- Pinellia & Magnolia Bark Decoction (Ban Xia Hou Po Tang)

Formulas that Direct Rebellious Qi Downward
- Ling Zhi Lung Formula (Ling Zhi Fei Pian)
- Shu Gan Formula (Shu Gan Wan)
- Stomach-Harmonizing Formula (Jia Jian Bao He Wan)

---

**Formulas that Invigorate the Blood**

Formulas that Transform Blood Stasis
* Blood Palace Formula (Xue Fu Zhu Yu Tang)
* Course & Quicken Formula (Shu Jing Huo Xue Tang)
* Mobilize Essence Formula (Fu Ren Bu Yin Pian)
* San Qi Formula (San Qi Pian)
* San Qi Tablets (San Qi Wan)
* Stasis-Transforming Formula (Dan Shen Hua Yu Pian)

---

* Do not take during pregnancy.  ** Do not take during pregnancy or while nursing
Formulas that Warm the Menses and Dispel Blood Stasis
*Chong Release Formula (Jia Wei Tao Hong Si Wu Tang)
Cinnamon & Poria Formula (Gui Zhi Fu Ling Wan)

Formulas that Invigorate the Blood for Treatment of Traumatic Injury
Corydalis Formula (Shao Yao Gan Cao Jia Yan Hu Tang)
Tieh Ta Formula (Die Da Wan)
Trauma 1 Formula (Die Da 1 Hao Fang)
Trauma 2 Formula (Die Da 2 Hao Fang)

**Formulas That Stop Bleeding**
San Qi Formula (San Qi Pian)
San Qi Tablets (San Qi Wan)

**Formulas That Stabilize and Bind**
Formulas that Stabilize the Exterior and the Lungs
Children's Jade Defense Formula (Xiao Er Zi Yu Fang)
Jade Screen & Xanthium Formula (Yu Ping Feng Jia Cang Er San)
Jade Windscreen Formula (Yu Ping Feng San)

Formulas that Stabilize the Kidneys
Cinnamon D Formula (Gui Zhi Jia Long Gu Mu Li Tang)
Prostate Formula (Qiang Lie Xian Fang)

**Formulas That Calm the Spirit**
Formulas that Nourish the Heart and Calm the Spirit
Ginkgo Formula (Yin Guo Ye Wan)
Heavenly Emperor's Formula (Tian Wang Bu Xin Dan)
Peaceful Spirit Formula (Yang Xin Ning Shen Wan)
Restful Sleep Formula (An Xin Pian)
Zizyphus Formula (Suan Zao Ren Tang)

Formulas that Sedate and Calm the Spirit
**Bupleurum D Formula (Chai Hu Jia Long Gu Mu Li Tang)
*Salvia Ten Formula (Dan Shen Jia Si Jun Zi Pian)**

**Formulas That Expel Wind**
Formulas that Extinguish Internal Wind
Gastrodia & Uncaria Formula (Tian Ma Gou Teng Yin)
Luo Bu Ma Formula (Luo Bu Ma Jiang Ya Wan)

**Formulas That Treat Phlegm**
Formulas that Dry Dampness and Expel Phlegm
Citrus & Pinellia Formula (Er Chen Tang)

Formulas that Clear Heat and Transform Phlegm
Fritillaria & Pinellia Formula (Chuan Bei Ban Xia Gao / Pian)
Poria & Bamboo Formula (Wen Dan Tang)

Formulas that Moisten Dryness and Transform Phlegm
Lily Preserve Metal Formula (Bai He Gu Jin Tang)

Formulas that Transform Phlegm and Dissipate Nodules
Phlegm-Transforming Formula (Xia Ku Hua Tan Pian)

Formulas that Reduce Food Stagnation
**Hawthorn & Fennel Formula (Shan Zha Xiao Hui Xiang Fang)
**Poria Fifteen Formula (Shi Wu Wei Fu Ling Pian)
Stomach-Harmonizing Formula (Jia Jian Bao He Wan)

**Formulas That Expel Parasites**
Oregano Oil Formula (Jia Wei Tu Yin Chen You Jiao Nang)
Wu Hua Formula (Wu Hua Tang)

* Do not take during pregnancy.  ** Do not take during pregnancy or while nursing

www.gfcherbs.com  800.729.8509  Find us on facebook