**Quick Guide**

Formulas are listed under their most common usages. There are reference materials available for more complete descriptions of these formulas.

### Allergies / Cold and Flu / Respiratory

**Andrographis Formula:** respiratory infections, flu, sore throat, tonsillitis, respiratory infections, heat-toxin.

**Bupleurum & Cinnamon Formula:** common cold with chest constriction, flu, abdominal pain, vomiting (taiyang and shaoyang stage).

**Children’s Ear Formula:** ear infections with pain.

**Children’s Clear & Release Formula:** a versatile anti-viral syrup for early stages of cold and flu.

**Children’s Clear Lung Formula:** lung fire or phlegm heat in the lungs: bronchitis, croup, pertussis.

**Children’s Jade Defense Formula:** allergies, common cold prevention, frequent wind-cold invasions.

**Cinnamon Twig Formula:** common cold (wind-cold), chills, mild fever unrelieved by sweating, nasal congestion, neck stiffness, lingering mild cold symptoms with no heat signs.

**Curcuma Longa Formula:** chronic inflammation from allergies.

**Fritillaria & Pinellia Formula:** cough with yellow or green phlegm, bronchitis.

**Gan Mao Ling:** cold, flu, sore throat, swollen glands (wind-heat or wind-cold).

**Jade Screen & Xanthium Formula:** allergy, sinus congestion, sinus headache.

**Jade Windscreen Formula:** common cold in weak patients, immune weakness, recurrent cold or flu, mild bronchitis in children.

**Lily Preserve Metal:** chronic dry cough, dryness of the lungs, dry and sore throat.

**Ling Zhi Lung Formula:** asthma, labored breathing, cough, post-illness damage to lung qi, wheezing.

**Minor Bupleurum Formula:** bronchitis, alternating chills and fever, lingering cold or cough.

**Mulberry & Lycium Formula:** asthma, bronchitis, pneumonia, cough, flu with lung-heat or fire, wheezing.

**Phlegm-Transforming Formula:** chronic bronchitis.

**Pinellia & Magnolia Formula:** bronchitis, cough with profuse sputum, wheezing.

**Pu Ji Formula:** sore throat, tonsillitis, fever, lymphadenitis, mumps.

**Restore the Lung Formula:** chronic or post-acute bronchitis, cough, shortness of breath.

**Siler & Platycodon:** food retention or fluids in stomach, nausea, vomiting, hangover, morning sickness.

**Xanthium & Magnolia Formula:** allergies, rhinitis, sinus inflammation, clear nasal discharge, and pain.

**Xanthium Nasal Formula:** nasal congestion, sinus pain, yellow or green nasal discharge.

**Yin Chiao Formula:** common cold with sore throat, fever, chills, swollen glands (wind-heat).

**Zhong Gan Ling Formula:** flu, high fever, headache, sore throat, swollen glands, bronchitis (wind-heat).

### Digestive

**Agastache Tummy Syrup:** nausea, vomiting, gastroenteritis, abdominal pain, stomach “flu”.

**Andrographis Formula:** acute gastroenteritis, dysentery.

**Astragalus Formula:** poor appetite, digestive weakness with coldness.

**Chai Hu Shu Gan Formula:** abdominal distention, cholecystitis, costal/rib pain, belching.

**Citrus & Pinellia Formula:** food retention or fluids in stomach, nausea, vomiting, hangover, morning sickness.

**Earth-Harmonizing Formula:** abdominal distention or bloating, chronic acid reflux, constipation, diarrhea, bad breath, chronic digestive discomfort or food stagnation.

**Ease Digestion Formula:** diarrhea, nausea, GI pain and distention, stomach flu, food poisoning.

**Intestinal Fungus Formula:** candida infection in intestines, bloating, diarrhea, flatulence, Irritable Bowel Syndrome, giardia, stomach flu.

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Jade Source Formula: diabetes, extreme thirst, dryness of the mouth and tongue.

Linking Formula: abdominal distension or pain, acid regurgitation, chronic gastritis, stomach ache, ulcer.

Lysimachia GB Formula: gallstones, gallbladder inflammation and spasms, jaundice, vomiting.

Oregano Oil Formula: candida, dysentery, food poisoning, parasites, heliobacter pylori.

Peony and Atractylodes Formula: diarrhea, IBS, colitis, abdominal cramping.

**Persica & Cistanches Formula: constipation with dry, hard stool.

Poria & Bamboo Formula: appetite loss, bitter taste, gallbladder inflammation, gallstones, gastritis, hiccough, morning sickness, nausea, duodenal ulcer.

Poria Five Formula: ascites, gastroenteritis with congested fluids, diarrhea, vomiting.

Pulsatilla Intestinal Formula: abdominal pain or cramping, Crohn's Disease, diarrhea, food allergies, intestinal inflammation, Irritable Bowel Syndrome, loose or erratic stool.

*Resolve the Middle Formula: acid regurgition, constipation, diarrhea, flatulence, food stagnation, gastritis, hangover, indigestion, intestinal cramping, nausea or vomiting.

Six Gentlemen Formula: weak digestion with phlegm, loose stools, nausea, acid regurgitation.

Shu Gan Formula: abdominal distention, fullness and pain, intestinal gas, bloating, belching, indigestion.

Stomach-Harmonizing Formula: abdominal distension and cramping, acute acid reflux, bad breath, acid regurgitation, constipation, diarrhea, flatulence, food stagnation, nausea or vomiting, hangover.

Wu Hua Formula: dysentery, diarrhea, gastroenteritis, parasites, eczema.

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**EMOTIONAL STRESS**

An Mien Formula: insomnia, anxiety, depression, restlessness, palpitations, panic attacks.

**Bupleurum D Formula: insomnia, high blood pressure, restlessness, fright, irritability, drug withdrawal.

Chai Hu Shu Gan Formula: qi stagnation from stress.

Cinnamon D Formula: anxiety, dream-disturbed sleep, irritability, mental confusion, neurotic disorders, women's sexual dysfunction.

**Coptis Relieve Toxicity Formula: mania, delirium, irritability, vertigo.

*Free & Easy Wanderer Plus: angry outbursts, depression, irritability, anxiety.

Ginseng & Longan Formula: anxiety, dream-disturbed sleep, nervous exhaustion, personality disorders, phobias.

Heavenly Emperor’s Formula: insomnia, hyperthyroid, lack of will or concentration, anxiety.

Peaceful Spirit Formula: nervous exhaustion, insomnia, melancholy, anxiety.

Pinellia & Magnolia Bark Formula: hysteria, esophageal constriction, feeling like a pit stuck in the throat.

Restful Sleep Formula: chronic insomnia, restless sleep.

*Salvia Ten Formula: depression, insomnia, anxiety.

Zizyphus Formula: insomnia, irritability, palpitations, night sweats, dizziness.

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**ENERGY / IMMUNE SUPPORT**

Astragalus & Ligustrum Formula: impaired immune function, chronic fatigue, recovery from long illness, side effects of chemotherapy.

Eleuthero Tablets: adaptogen, fatigue, increases resistance to disease.

Five Mushroom Formula: fatigue, impaired immune function, deficiency cough, chemotherapy support.

General Tonic Formula: general weakness, feeling chilled, anemia.

*Ginseng & Astragalus Formula: fatigue, reduced appetite, prolapse, chronic loose stools.

Ginseng Endurance Formula: enhances athletic performance, also for general weakness, fatigue.

Ginseng Nourishing Formula: fatigue, feeling overwhelmed, anemia, nervous exhaustion.

Jade Windscreen Formula: immune weakness, recurrent cold or flu.

Ji Xue Formula: chronic fatigue, debilitation from aging or chemotherapy.

Jing Qi Formula: fatigue, weakness, nervous exhaustion, night sweats, vision blurred or weak.

Rehmannia Six Formula: fatigue, night sweats, lower back weakness.

Rejuvenation Formula: chronic fatigue, impotence, decline of general function, premature aging.

*Sea Of Qi Formula: weakness, diarrhea, cold hands and feet, dizziness.

Sheng Mai Formula: heat exhaustion, dizziness, fatigue, shock, shortness of breath, weakness.

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**Female Support**

**Bupleurum & Tang Kuei Formula:** PMS, breast tenderness, digestive weakness, bloating, menstrual cramps, menstrual irregularity, menopausal symptoms.

**Chong Release Formula:** endometriosis, infertility with blood stasis, irregular menstruation, dysmenorrhea, PMS, functional uterine bleeding.

**Cinnamon & Poria Formula:** fixed abdominal masses, difficult menstruation, PID.

**Four Marvel Formula:** PMS, irregular menstruation, chronic hepatitis, breast lumps, breast tenderness, menopausal symptoms.

**Gentiana Drain Fire Formula:** non-specific vaginitis, yeast infection, urinary tract infection, migraine headache, genital herpes.

**Immortal Valley Formula:** cervical dysplasia, cervicitis, genital herpes, HPV, PID, functional uterine bleeding, vaginitis, vaginal discharge (yellow), candida.

**Mobilize Essence Formula:** abdominal pain, infertility from dysfunction during ovulation, menopausal symptoms, menstrual pain, amenorrhea, ovarian cysts, pain with ovulation, late ovulation.

**Nourish Ren & Chong Formula:** amenorrhea, infertility with yin and blood deficiency, premature menopause, long or light menses, late ovulation, post-menstrual headaches, post-miscarriage deficiency.

**Phlegm-Transforming Formula:** endometriosis, fibroids, functional uterine bleeding, ovarian cysts, menopausal symptoms.

**Stasis-Transforming Formula:** amenorrhea, dysmenorrhea, menopausal symptoms, infertility with blood stasis, Pelvic Inflammatory Disease, ovarian cysts.

**Tang Kuei & Peony Formula:** infertility, pregnancy and post-partum tonic.

**Tang Kuei & Salvia Formula:** anemia, scanty or irregular menstruation.

**Two Immortals Formula:** hot flashes, menopausal hypertension, infertility, fatigue, anxiety.

**Women’s Precious Formula:** fatigue, irregular menstruation, anemia, post-partum tonic.

**Yin Transition Formula:** sweating at night or abnormal sweating, insomnia, hot flashes, restless sleep.

**Yin Valley Formula:** cervical dysplasia, cervicitis, genital itching or swelling, HPV, shortened menstrual cycle with little bleeding, night sweats, pain or bleeding with sexual intercourse, vaginal dryness, vaginitis.

**Yuan Support Formula:** low back weakness, fatigue, infertility with deficient qi and yang, low libido, spotting prior to menses, early recurrent miscarriage.

**Male Support**

**Cinnamon & Poria Formula:** enlarged prostate.

**Essential Yang Formula:** impotence, low back weakness, excessive urination.

**Four Marvel Formula:** testicular eczema or swelling, genital sores, rash from damp-heat, gout.

**Gentiana Drain Fire Formula:** prostatitis, genital herpes, urinary tract infection.

**Jing Qi Formula:** low sperm count, deep exhaustion, impotence, night sweats.

**Nourish Essence Formula:** premature ejaculation, incontinence, low renal function, fatigue.

**Prostate Formula:** benign hypertropic prostate, promotes prostate health.

**Rabdosia Prostate Formula:** elevated PSA count with damp-heat.

**Rehmannia & Scrophularia Formula:** premature ejaculation, night sweats, back pain, tidal fever.

**Seven Treasures Formula:** hair loss and premature graying, nocturnal emissions, weak and sore back.

**Stasis-Transforming Formula:** chronic prostatitis with blood stasis.

**Vital Treasure Formula:** male sexual dysfunction, fatigue, weakness in lower back and knees.

**Obesity**

**Hawthorn & Fennel Formula:** abdominal distension, elevated cholesterol, edema, food stagnation, phlegm, feeling of toxicity.

**Poria Fifteen Formula:** abdominal distension, elevated cholesterol, edema, generalized body heaviness, food stagnation, phlegm, difficult urination.

**Resolve the Middle Formula:** acid regurgitation, abdominal/epigastric fullness and distension, belching, heaviness in limbs, food stagnation.

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PAIN RELIEF / TRAUMA

*Amber Stone-Transforming Formula: acute or chronic kidney or bladder stones, pain with urination, pain and pressure in lower back and abdomen from stones.

*Blood Palace Formula: fibromyalgia with blood stasis, angina, chest pain, hypochondriac pain, post-concussion syndrome.

*Bone & Sinew Formula: third stage broken bones, torn tendons and ligaments, damaged cartilage.

*Chase Wind, Penetrate Bone Formula: arthritis, joint pain or swelling.

*Clematis & Stephania Formula: pain due to blood stasis, muscle aches, sciatica, pain in low back, trunk, and lower extremities. For strong constitution.

**Corydalis Formula: spasm-type pain, cramps, menstrual pain, shingles.

*Curcuma Longa Formula: pain from inflammation, fibromyalgia, rheumatoid arthritis.

*Duhuo & Loranthus Formula: arthritis, leg and knee pain, low back pain, general weakness.

Four Marvel Formula: arthritis, gout, pain and swelling in feet.

*Head Relief Formula: headache, TMJ pain.

*Juan Bi Formula: joint pain, numbness, pain and heaviness in the upper body.

Neck Formula: neck pain or stiffness, arthritic pain in neck or shoulder, supraorbital pain, upper body stiffness.

Restorative Formula: chronic pain with deficiency, fibromyalgia.

*San Qi Formula: internal or external bleeding from trauma, nosebleed, blood in stool or urine.

*Stasis-Transforming Formula: lower abdominal pain.

**Tieh Ta Formula: traumatic injuries, bruises, fractures, sprains, strains.

*Trauma 1 Formula: first stage traumatic injury with heat, redness, pain, and swelling.

*Trauma 2 Formula: second stage trauma with stiffness, pain, bruising, congestion of qi, blood, and fluids.

SKIN CONDITIONS

Andrographis Formula: viral and bacterial infections, mouth sores, skin infections.

Four Marvel Formula: vaginitis, genital sores, rash from damp-heat, gout.

**Margarita Complexion Formula: adolescent and adult acne, pimples, red rashes, eczema.

*Rehmanna Cool Blood Formula: skin rashes, eczema, psoriasis, itching, mouth sores, nose bleed, chicken pox, blood in stool or urine, painful sores, carbuncles.

Siler & Platycodon: boils, hives, hot skin rashes or sores, warts.

*Tang Kuei & Tribulus Formula: dermatitis, eczema, psoriasis, skin rash.

URINARY TRACT / KIDNEY

*Amber Stone-Transforming Formula: bladder and kidney stones.

Andrographis Formula: viral and bacterial infections, mouth sores, skin infections, acute gastroenteritis.

Eight Immortals Formula: chronic nephritis and yin deficiency.

Poria Five Formula: edema, urinary difficulty.

*Polyporus & Dianthus Formula: urinary tract infections, acute nephritis, painful urination, blood in urine, dark, hot urine, acute lower abdominal pain.

Viola Clear Fire Formula: urinary tract infections.

MISCELLANEOUS FORMULAS

Baked Licorice Formula: irregular pulse, night sweats, palpitations, damage to body fluids from illness.

*Gastrodia & Uncaria Formula: hypertension with weakness, tinnitus, twitching, numbness, vertigo, menopausal headaches.

Ginkgo Formula: poor memory, lack of mental focus, mental exhaustion, premature senility.

He Shou Wu Tablets: constipation with dry stool, anemia, adrenal fatigue, premature gray.

**Capillaris Formula: chronic hepatitis.

Ming Mu Formula: visual weakness, blurry vision, sensitivity to light.

True Yin Formula: night sweats, thirst, dizziness.

Twin Shields Formula: thyroid balance, fatigue, brain fog, TSH elevated, cold sensitivity.

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