

The Most Commonly Used Chinese Herb Formulas

ITEM	中文	<i>PinYin</i>	<i>ENGLISH</i>
X105	逍遥散	Xiao Yao San	<i>Free & Ease Wander</i>
X105-C	逍遥散胶囊	Xiao Yao San in Capsules	<i>Free & Ease Wander</i>
J045	加味逍遥散	Jia Wei Xiao Yao San	<i>Free & Ease Wander Plus</i>
L060	六味地黄丸	Liu Wei Di Huang Wan	<i>Rehmannia Six Formula</i>
X035	小柴胡汤	Xiao Chai Hu Tang	<i>Minor Bupleurum Decoction</i>
Z030	知柏地黄丸	Zhi Bo Di Huang Wan	<i>Anemarrhen Rehmannia Eight Formula</i>
G048	归脾汤	Gui Pi Tang	<i>Earth Restoring Decoction</i>
B120	补中益气汤	Bu Zhong Yi Qi Tang	<i>Middle Qi Tonifying Decoction</i>
S190	酸枣仁汤	Suan Zao Ren Tang	<i>Sour Jujube Decoction</i>
L070	龙胆泻肝汤	Long Dan Xie Gan Tang	<i>Gentiana Cleansing Decoction</i>
T025	天王补心丹	Tian Wang Bu Xin Dan	<i>Emperor Heart Formula</i>
X145	血府逐瘀汤	Xue Fu Zhu Yu Tang	<i>Persica & Carthamus Combination</i>
T022	天麻钩藤饮	Tian Ma Gou Teng Yin	<i>Gastrodia & Uncaria Combination</i>
J075	金匱肾气丸	Jin Gui Shen Qi Tang	<i>The Golden Cabinet Formula</i>
J045-C	加味逍遥散胶囊	Jia Wei Xiao Yao San in Capsules	<i>Free & Ease Wander Plus</i>
Y075	金匱肾气丸	Jin Gui Shen Qi Tang	<i>The Golden Cabinet Formula</i>
S027	少腹逐瘀汤	Shao Fu Zhu Yu Tang	<i>Fennel Seed & Corydalis Combination</i>
C020	柴胡疏肝汤	Chai Hu Shu Gan San	<i>Bupleurum Spreading Powder</i>
D100	独活寄生汤	Du Huo Ji Sheng Tang	<i>Pubescent Angelica & Mistletoe Combination</i>
C013	柴胡加龙骨牡蛎	Chai Hu Jia Long Gu Mu Li Tang	<i>Bupleurum plus Dragon Bone & Oyster Shell Decoction</i>
G048-C	归脾汤胶囊	Gui Pi Tang in Capsules	<i>Earth Restoring Decoction</i>
L060-C	六味地黄丸胶囊	Liu Wei Di Huang Wan in Capsules	<i>Rehmannia Six Formula</i>
G055	桂枝茯苓丸	Gui Zhi Fu Ling Wan	<i>Cinnamon & Poria Formula</i>
S175	四物汤	Si Wu Tang	<i>Four-Substance Decoction</i>
K025	克银方 (2)	Ke Yin Fang (2)	<i>Subprostrata & Sophora Combination</i>
T025-C	天王补心丹胶囊	Tian Wang Bu Xin Dan in Capsules	<i>Emperor Heart Formula</i>
S055	参苓白术散	Shen Ling Bai Zhu San	<i>Ginseng, Poria & Atractylodes Formula</i>
G062	桂枝汤	Gui Zhi Tang	<i>Cinnamon Twig Decoction</i>
D085	定喘汤 M	Ding Chuan Tang Modified	<i>Gingko Decoction</i>

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G032	膈下逐瘀汤	Ge Xia Zhu Yu Tang	<i>Dang Gui & Corydalis Combination</i>
B010	八珍汤	Ba Zhen Tang	<i>Eight Treasures</i>
P010	平胃散	Ping Wei San	<i>Magnolia & Ginger Formula</i>
S077	身痛逐瘀汤	Shen Tong Zhu Yu Tang	<i>Cnidium & Notopterygium Combination</i>
D100-C	独活寄生汤胶囊	Du Huo Ji Sheng Tang in Capsules	<i>Pubescent Angelica & Mistletoe Combination</i>
K020	克银方 (1)	Ke Yin Fang (1)	<i>Subprostrata & Smilax Combination</i>
Y100	玉屏风散	Yu Ping Feng San	<i>Jade Windscreen Formula</i>
S190-C	酸枣仁汤胶囊	Suan Zao Ren Tang in Capsules	<i>Sour Jujube Decoction</i>
B120-C	补中益气汤胶囊	Bu Zhong Yi Qi Tang in Capsules	<i>Middle Qi Tonifying Decoction</i>
W020	温胆汤	Wen Dan Tang	<i>Bamboo & Poria Combination</i>
B050	半夏泻心汤	Ban Xia Xie Xin Tang	<i>Pinellia Epigastrium Draining Decoction</i>
B040	半夏厚朴汤	Ban Xia Hou Pu Tang	<i>Pinellia & Magnolia Decoction</i>
D055	当归芍药散	Dang Gui Shao Yao San	<i>Dang Gui & Peony Formula</i>
B015	八正散	Ba Zheng San	<i>Eight Rectification Formula</i>
W022	温经汤	Wen Jing Tang	<i>Evodia & Cinnamon Combination</i>
Z110	左归丸	Zuo Gui Wan	<i>Left-Return Pill</i>
X067	消风散	Xiao Feng San	<i>Wind-Reducing Formula</i>
Y100-C	玉屏风散胶囊	Yu Ping Feng San in Capsules	<i>Jade Windscreen Formula</i>
B060	保和丸	Bao He Wan	<i>Preserve Harmony Pill</i>
Y080	右归丸	You Gui Wan	<i>Right-Return Pill</i>
Z040	炙甘草汤	Zhi Gan Cao Tang	<i>Prepared Licorice Combination</i>

Granule Formulas:

Premium 5:1 Granule Extract Formulas / 100 Grams per bottle

Directions: To Serve as a Dietary Supplement, dissolve 2-3 measuring spoons of formula in 1 cup of hot water. Drink as an herbal tea. Take formula 30 minutes before, or 1 hour after, a meal 3 times daily or as directed by your Health Care Professional. One bottle will be a 10-11 days supply.

Capsule Formulas:

Premium 5:1 Granule Extract Formulas in Capsules /100 Capsules per bottle / 500 mg per Capsule

Directions: To serve as a Dietary Supplement, generally take 3-6 capsules with warm water, 30 minutes before a meal or 1 hour after a meal, 3 times daily or as directed by your Health Care Professional. One bottle will be a 5-10 day supply.