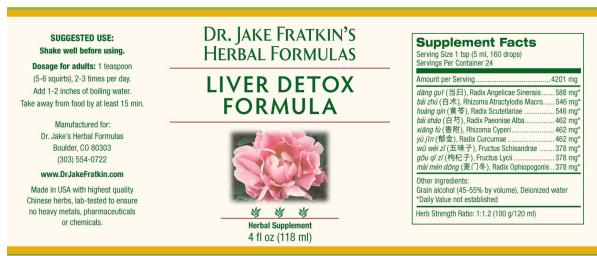


DR. JAKE FRATKIN'S HERBAL FORMULAS



My Chinese herbal tinctures are offered to licensed health practitioners for their patients. They represent my 38 years of clinical practice, and I find them effective in most cases.

Made in USA with highest quality Chinese herbs, USA lab-tested to ensure no heavy metals, pharmaceuticals or chemicals. 50% grain alcohol-50% water extraction/percolation, 100 g. herbs per 4 oz bottle, delivering 4 g. of extracted herbs per dosage. They are 3-4 times as strong as most alcohol-extracted tinctures.

The following descriptions have not been evaluated by the Food and Drug Administration.

These products are not proven to treat, cure or prevent any disease.

Cold, Flu, Infection:

- * GZQ Formula (Common Cold) p. 2
- * SVP Lung Formula (Cough) 13
- * Clear Toxin (Flu and Severe Cold) 3
- Simplex-Zoster Formula 12
- Tonsil-Lymph Formula 14
- * Immune Plus 7
- Essential Chinese Formulas (book)* 16

Organ Regulation:

- Blood Sugar Formula p. 2
- Emperor's Longevity 4
- Gum and Tooth Formula 5
- Kidney Detox Formula 8
- * Liver Detox Formula 9
- * Pre-Menstrual Formula 10
- * Prostate Formula 11
- * Woman's Hair Formula 15

* Our most popular formulas!

Complete test vials of all formulas are available. Please inquire.

Suggested Use: Shake well before using.

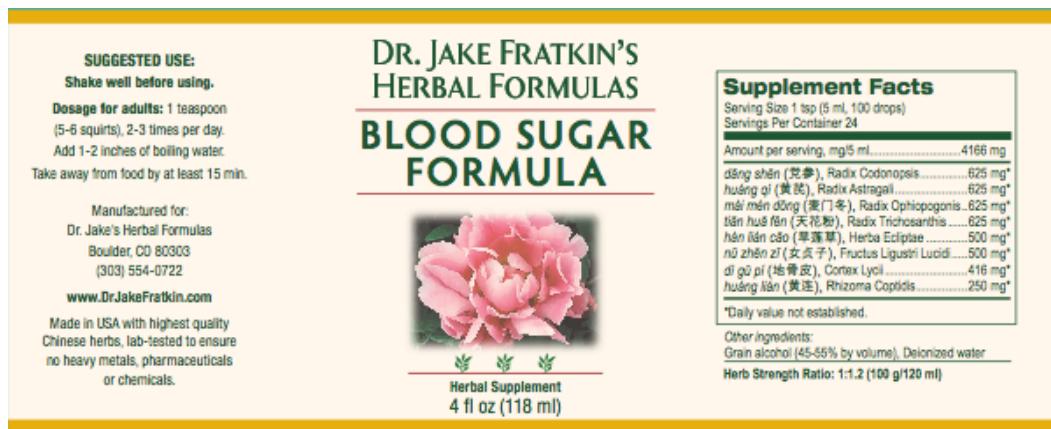
Dosage for adults: 1 teaspoon (5-6 squirts), 2-3 times per day.

Add 1-2 inches of boiling water. Take away from food by at least 15 minutes.

Children 2 to 5: 1 squirt for each year of age, plus one. Add boiling water.

Children below 2 and pregnant women: Consult practitioner of Chinese herbal medicine.

Note: ALL FORMULAS ARE LISTED ALPHABETICALLY.



TCM Application: Boosts spleen *qi*, nourishes *yin*, regulates blood, clears heat.

Comments: BLOOD SUGAR FORMULA is based on recent research from China for lowering elevated blood sugar, the formula tonifies spleen *qi*, boosts kidney *yin*, and clears heat. *Yin* and blood tonification reduces the stickiness of blood due to excess sugar, while clearing heat reduces vascular inflammation.

Ingredients

<i>dǎng shēn</i> (党参), Radix Codonopsis.....	625 mg	15 %
<i>huáng qí</i> (黄芪), Radix Astragali.....	625	15
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	625	15
<i>tian huā fěn</i> (天花粉), Radix Trichosanthis.....	625	15
<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	500	12
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi.....	500	12
<i>dì gǔ pí</i> (地骨皮), Cortex Lycii	416	10
<i>huáng lián</i> (黄连), Rhizoma Coptidis	250	6
Total per dose	4166 mg	

SUGGESTED USE:
Shake well before using.

Adults and children 6 or above: 1 teaspoon (5-6 squirts), every 3 hours. Add 1-2 inches of boiling water. Take away from food by 15 minutes.

Children 2 to 5: 1 squirt (3 drops) for each year of age, plus one. Add boiling water. Add small amount of sweetener if necessary.

Children below 2:
Consult practitioner of Chinese herbal medicine.

Manufactured for:
Dr. Jake's Herbal Formulas
Boulder, CO 80303
(303) 554-0722
www.DrJakeFratkin.com

Made in USA with highest quality Chinese herbs, lab-tested to ensure no heavy metals, pharmaceuticals or chemicals.

DR. JAKE FRATKIN'S HERBAL FORMULAS

CLEAR TOXIN



Herbal Supplement
4 fl oz (118 ml)

Supplement Facts		
Serving Size 1 tsp (5 ml, 100 drops)		
Servings Per Container 24		
Amount per serving, mg/5 ml.....	4165 mg	
bǎn lán gēn (板蓝根), Radix Isatidis	400 mg*	
lián qiào (连翘), Fructus Forsythiae.....	400 mg*	
bái zhú (白术), Rhizoma Atractylodis Macro....	358 mg*	
dàn zhú yè (淡竹叶), Herba Lophatheri	350 mg*	
lú gēn (芦根), Rhizoma Phragmitis	350 mg*	
yú xīng cǎo (鱼腥草), Herba Houttuyniae.....	350 mg*	
jīn yín huā (金银花), Flos Lonicerae Japonicae.	350 mg*	
gé gēn (葛根), Radix Puerariae Lobatae	350 mg*	
jú huā (菊花), Flos Chrysanthemi	350 mg*	
fáng fēng (防风), Radix Saponariae	350 mg*	
bò hé (薄荷), Herba Menthae	308 mg*	
gān cǎo (甘草), Radix Glycyrrhizae.....	250 mg*	

*Daily value not established.

Other ingredients:
Grape alcohol (45-55% by volume), Deionized water

Herb Strength Ratio: 1:1.2 (100 g/120 ml)

TCM Application: Clears heat, resolves toxin, dispels wind-heat, regulates *taiyang* and *yangming* stage of exogenous wind invasion.

Comments: CLEAR TOXIN follows the Chinese health ministries' recommendations for treatment of influenza or acute common cold, with symptoms of fever, chills, headache, or sore throat. The formula should be administered every 3-4 hours until symptoms are gone. If flu or common cold turns to cough, address with SVP Lung Formula.

Ingredients:

bǎn lán gēn (板蓝根), Radix Isatidis	400 mg	9.6 %
lián qiào (连翘), Fructus Forsythiae.....	400	9.6
bái zhú (白术), Rhizoma Atractylodis Macro....	358	8.6
dàn zhú yè (淡竹叶), Herba Lophatheri	350	8.4
lú gēn (芦根), Rhizoma Phragmitis	350	8.4
yú xīng cǎo (鱼腥草), Herba Houttuyniae.....	350	8.4
jīn yín huā (金银花), Flos Lonicerae Japonicae.	350	8.4
gé gēn (葛根), Radix Puerariae Lobatae	350	8.4
jú huā (菊花), Flos Chrysanthemi	350	8.4
fáng fēng (防风), Radix Saponariae	350	8.4
bò hé (薄荷), Herba Menthae	308	7.4
gān cǎo (甘草), Radix Glycyrrhizae.....	250	6.0

Total per dose

4166 mg



TCM Applications: Tonifies kidney yang, tonifies spleen qi, benefits jing, nourishes the brain.

Comments: EMPEROR'S LONGEVITY FORMULA is based on a prescription developed for the Ming dynasty Emperor Jia Jing in 1541 as a health, fertility and longevity tonic. It is used for deficiency of yang, jing, and mingmen fire causing symptoms associated with aging, including mental or physical fatigue, weak lungs, cold extremities, poor memory or concentration, weak digestion, poor circulation, and weakened sexual function. It can also be used in women where deficiency of kidney yang and jing contributes to infertility, amenorrhea, cold damp vaginal discharges, or postpartum fatigue.

Ingredients:

shú dì huáng (熟地黃), Radix Rehmanniae Praep.	500 mg	12 %
bǔ gǔ zhī (补骨脂), Fructus Psoraleae.....	416	10
tān mén dōng (天門冬), Radix Asparagi	416	10
gǒu qǐ zǐ (枸杞子), Fructus Lycii	375	9
bā jǐ tiān (巴戟天), Radix Morindae Officinalis	375	9
suǒ yáng (锁阳), Herba Cynomorii	375	9
yín yáng huò (淫羊藿), Herba Epimedii	375	9
shā rén (砂仁), Fructus Amomi.....	375	9
huái niú xi (怀牛膝), Radix Achyranthis Bidentatae	375	9
dǎng shēn (党参), Radix Codonopsis	208	5
rén shēn (人参), Radix Ginseng	208	5
gān cǎo (甘草), Radix Glycyrrhizae.....	167	4

Total per dose

4165 mg

SUGGESTED USE:
Shake well before using.

Dosage for adults: 1 teaspoon (5-6 squirts), 2-3 times per day.
Add 1-2 inches of boiling water.
Take away from food by at least 15 min.

Manufactured for:
Dr. Jake's Herbal Formulas
Boulder, CO 80303
(303) 554-0722
www.DrJakeFratkin.com

Made in USA with highest quality Chinese herbs, lab-tested to ensure no heavy metals, pharmaceuticals or chemicals.

DR. JAKE FRATKIN'S HERBAL FORMULAS

GUM & TOOTH FORMULA



Herbal Supplement
4 fl oz (118 ml)

Supplement Facts		
Serving Size 1 tsp (5 ml, 100 drops)		
Servings Per Container 24		
Amount per serving, mg/5 ml	4167 mg	
shú dì huáng (熟地黃), Radix Rehmanniae Praep.	500 mg	12 %
gǔ suì bù (骨碎補), Rhizoma Drynariae	375	9
bái zhī (白芷), Radix Angelicae Dahuricae	333	8
jī néi jīn (鷄內金), Endoth. Corneum Gigeriae Galli	333	8
jī xuè téng (鷄血藤), Caulis Spatholobi/Millettiae	333	8
lián qiào (連翹), Fructus Forsythiae	333	8
shēng má (升麻), Rhizoma Cimicifugae	333	8
bái zhú (白朮), Rhizoma Atractylodis Macro.	292	7
dāng guī (當歸), Radix Angelicae Sinensis	292	7
dì yú (地榆), Radix Sanguisorbae	292	7
huáng qín (黃芩), Radix Scutellariae	292	7
mài mén dōng (麥門冬), Radix Ophiopogonis	292	7
huáng lián (黃連), Rhizoma Coptidis	167	4

*Daily value not established.

Other ingredients:
Grain alcohol (45-55% by volume), Deionized water

Herb Strength Ratio: 1:1.2 (100 g/120 ml)

TCM Applications: Tonifies *qi*, regulates stomach and spleen, boosts blood, supports kidney *yang*, clears heat, stops bleeding.

Comments: GUM & TOOTH FORMULA helps repair and regenerate gum tissue and tooth integrity. It is indicated for chronic bleeding gums, or gums that are receding. To some extent, it helps bone and tooth integrity. The formula is taken over a period of several months to obtain good results. Rinse the mouth and gums with the prepared formula before swallowing.

Ingredients:

shú dì huáng (熟地黃), Radix Rehmanniae Praep.	500 mg	12 %
gǔ suì bù (骨碎補), Rhizoma Drynariae.....	375	9
bái zhī (白芷), Radix Angelicae Dahuricae.....	333	8
jī néi jīn (鷄內金), Endoth. Corneum Gigeriae Galli	333	8
jī xuè téng (鷄血藤), Caulis Spatholobi/Millettiae	333	8
lián qiào (連翹), Fructus Forsythiae.....	333	8
shēng má (升麻), Rhizoma Cimicifugae	333	8
bái zhú (白朮), Rhizoma Atractylodis Macro.	292	7
dāng guī (當歸), Radix Angelicae Sinensis.....	292	7
dì yú (地榆), Radix Sanguisorbae.....	292	7
huáng qín (黃芩), Radix Scutellariae.....	292	7
mài mén dōng (麥門冬), Radix Ophiopogonis	292	7
huáng lián (黃連), Rhizoma Coptidis	167	4

Total per dose 4167 mg

SUGGESTED USE:
Shake well before using.

Adults and children 6 or above: 1 teaspoon (5-6 squirts), every 3 hours. Add 1-2 inches of boiling water. Take away from food by 15 minutes.

Children 2 to 5: 1 squirt (33 drops) for each year of age, plus one. Add boiling water. Add small amount of sweetener if necessary.

Children below 2:
Consult practitioner of Chinese herbal medicine.

Manufactured for:
Dr. Jake's Herbal Formulas
Boulder, CO 80303
(303) 554-0722

www.DrJakeFratkin.com

Made in USA with highest quality Chinese herbs, lab-tested to ensure no heavy metals, pharmaceuticals or chemicals.

DR. JAKE FRATKIN'S HERBAL FORMULAS

GZQ FORMULA

Gan Mao Ling • Zhong Gan Ling • Yin Qiao San



Herbal Supplement
4 fl oz (118 ml)

Supplement Facts		
Serving Size 1 tsp (5 ml, 100 drops)	Servings Per Container 24	
Amount per serving, mg/5 ml.....	4164 mg	
gǎng méi gēn (岗梅根), Radix Ilex Asprellae	916 mg*	
bǎn lán gēn (板蓝根), Radix Isatidis	500 mg*	
jīn yín huā (金银花), Flos Lonicerae Japonicae	416 mg*	
lián qiào (连翘), Fructus Forsythiae	416 mg*	
jīng jiè (荆芥), Herba Schizonepetae	333 mg*	
níu bàng zǐ (牛蒡子), Fructus Arctii	333 mg*	
gé gēn (葛根), Radix Puerariae Lobatae	333 mg*	
lú gēn (芦根), Rhizoma Phragmitis	333 mg*	
màn jīng zǐ (蔓荆子), Fructus Viticis	292 mg*	
xuán shēn (玄参), Radix Scrophulariae	292 mg*	

*Daily value not established.

Other ingredients:
Grain alcohol (45-55% by volume), Deionized water

Herb Strength Ratio: 1:1.2 (100 g/120 ml)

TCM Applications: Clears heat toxins, dispels wind-heat, benefits sinus and throat.

Comments: GZQ FORMULA takes key ingredients from three popular Chinese herbal medicines for treating the common cold: *Gan Mao Ling*, *Zhong Gan Ling*, and *Yin Qiao San*. It is indicated for early or established symptoms of sore throat, nasal congestion or discharge, achy neck and shoulders. If cough appears, it can be combined with SVP Lung Formula. We have found that this formula is more effective than other cold remedies on the market. Dosages are taken every 3 hours as needed.

Ingredients

<i>gǎng méi gēn</i> (岗梅根), Radix Ilex Asprellae	916 mg	22 %
<i>bǎn lán gēn</i> (板蓝根), Radix Isatidis	500	12
<i>jīn yín huā</i> (金银花), Flos Lonicerae Japonicae	416	10
<i>lián qiào</i> (连翘), Fructus Forsythiae	416	10
<i>jīng jiè</i> (荆芥), Herba Schizonepetae	333	8
<i>níu bàng zǐ</i> (牛蒡子), Fructus Arctii	333	8
<i>gé gēn</i> (葛根), Radix Puerariae Lobatae	333	8
<i>lú gēn</i> (芦根), Rhizoma Phragmitis	333	8
<i>màn jīng zǐ</i> (蔓荆子), Fructus Viticis	292	7
<i>xuán shēn</i> (玄参), Radix Scrophulariae	292	7

Total per dose 4164 mg

SUGGESTED USE:
Shake well before using.

Dosage for adults: 1 teaspoon (5-6 squirts), 2-3 times per day.
Add 1-2 inches of boiling water.
Take away from food by at least 15 min.

Manufactured for:
Dr. Jake's Herbal Formulas
Boulder, CO 80303
(303) 554-0722
www.DrJakeFratkin.com

Made in USA with highest quality Chinese herbs, lab-tested to ensure no heavy metals, pharmaceuticals or chemicals.

**DR. JAKE FRATKIN'S
HERBAL FORMULAS**

IMMUNE PLUS



Herbal Supplement
4 fl oz (118 ml)

Supplement Facts		
Serving Size 1 tsp (5 ml, 100 drops)	Servings Per Container 24	
Amount per serving, mg/5 ml.....	4166 mg	
huáng qí (黃芪), Radix Astragali.....	584 mg*	
tài zǐ shēn (太子參), Radix Pseudostellariae	458 mg*	
fáng fēng (防風), Radix Saponikoviae/Ledebouriellae	458 mg*	
bái zhú (白朮), Rhizoma Atractylodis Macrocephalae	458 mg*	
lián qiào (連翹), Fructus Forsythiae.....	458 mg*	
bǎn lán gēn (板藍根), Radix Isatidis.....	458 mg*	
huò xiāng (藿香), Herba Agastachis.....	458 mg*	
jú huā (菊花), Flos Chrysanthemi	417 mg*	
gān cǎo (甘草), Radix Glycyrrhizae	416 mg*	

*Daily value not established.

Other ingredients:
Grain alcohol (45-55% by volume), Deionized water

Herb Strength Ratio: 1:1.2 (100 g/120 ml)

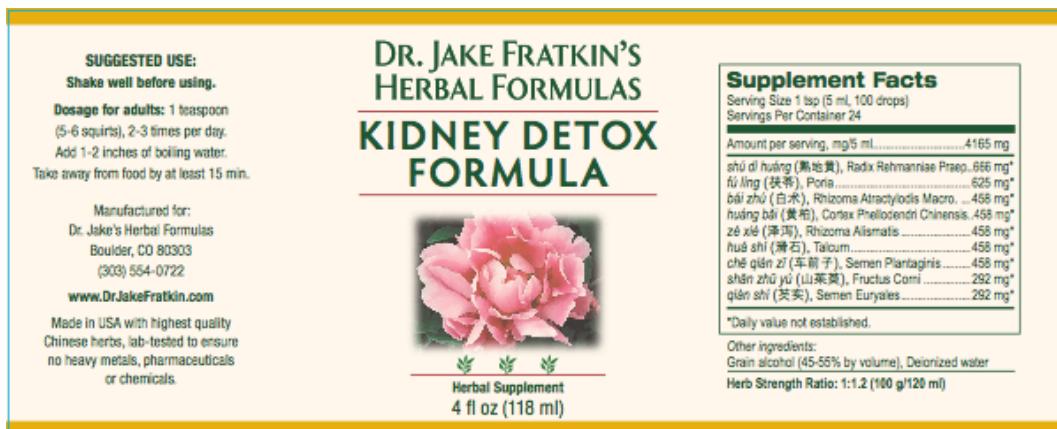
TCM Application: Boosts *zhong qi*, boosts *wei qi*, clears heat, resolves toxin.

Comments: IMMUNE PLUS follows the Chinese health ministries' recommendations for the prevention of flu or cold during risk of exposure, including entering crowded buildings, schools or airplanes. Also useful for recovery from cold or flu, and as part of hay fever allergy treatment or prevention. The formula is based on *Yu Ping San*, adding herbs that clear viral heat toxins leading to respiratory or digestive symptoms.

Ingredients:

huáng qí (黃芪), Radix Astragali	584 mg	14 %
tài zǐ shēn (太子參), Radix Pseudostellariae	458	11
fáng fēng (防風), Radix Saponikoviae/Ledebouriellae	458	11
bái zhú (白朮), Rhizoma Atractylodis Macrocephalae	458	11
lián qiào (連翹), Fructus Forsythiae	458	11
bǎn lán gēn (板藍根), Radix Isatidis	458	11
huò xiāng (藿香), Herba Agastachis	458	11
jú huā (菊花), Flos Chrysanthemi	417	10
gān cǎo (甘草), Radix Glycyrrhizae	416	10

Total per dose 4166 mg



TCM Application: Boosts kidney *qi*, nourishes kidney *yin*, clears kidney heat to preserve fluid, promotes kidney function of regulating water.

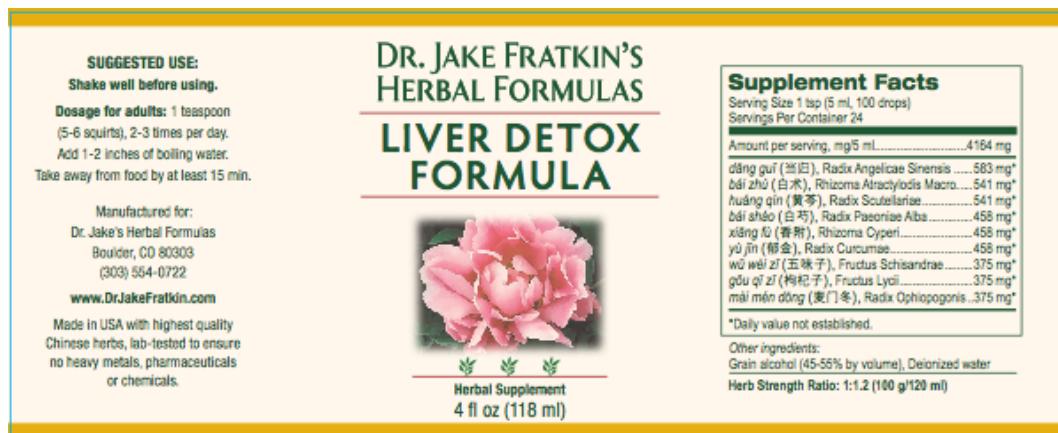
Comments: KIDNEY DETOX FORMULA has been developed to aid kidney detoxification of environmental toxins (both heavy metals and chemical poisons). It regulates the kidney by moving dampness and clearing kidney heat due to free radical inflammation. The formula is also an excellent regulator of kidney function within TCM.

Ingredients:

shú dì huáng (熟地黃), Radix Rehmanniae Praep.	666 mg	16 %
fú líng (茯苓), Poria.....	625	15
bái zhú (白朮), Rhizoma Atractylodis Macro.	458	11
huáng bǎi (黃柏), Cortex Phellodendri Chinensis.....	458	11
zé xiè (澤泻), Rhizoma Alismatis.....	458	11
huá shí (滑石), Talcum	458	11
chē qián zǐ (车前子), Semen Plantaginis.....	458	11
shān zhū yú (山茱萸), Fructus Corni	292	7
qiàn shí (芡实), Semen Euryales.....	292	7

Total per dose

4165 mg



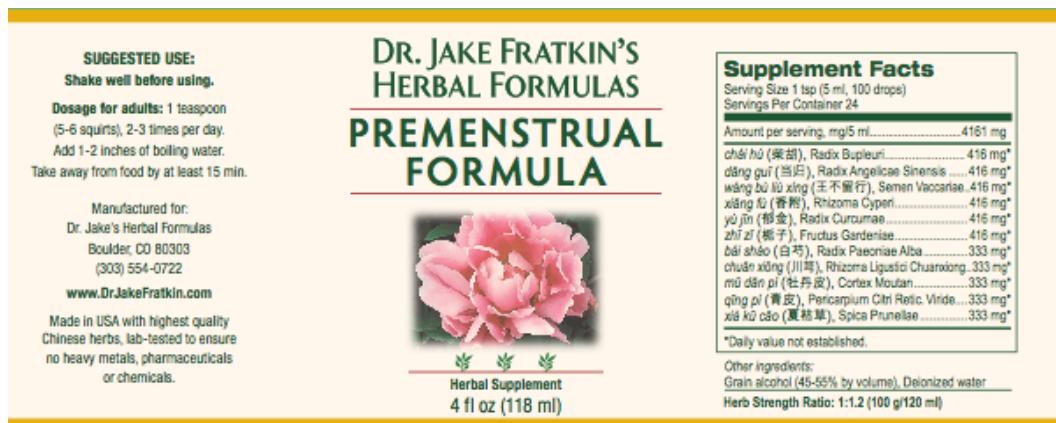
TCM Application: Soothes liver *qi*, moves liver blood, tonifies liver blood, nourishes liver *yin*, clears liver heat.

Comments: LIVER DETOX FORMULA promotes Phase 1 and Phase 2 liver detoxification of environmental toxins and heavy metals by normalizing TCM functions of the liver. Environmental toxins are ubiquitous in the food, air and water, and include plastics, phthalates, solvents, pesticides, and herbicides. The formula is also an excellent regulator of liver function according to TCM, and can be used for gynecological disorders due to liver dysregulation, and liver enzyme elevation due to infection.

Ingredients:

<i>dāng guī</i> (当归), Radix Angelicae Sinensis.....	583 mg	14 %
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	541	13
<i>huáng qín</i> (黄芩), Radix Scutellariae	541	13
<i>bái sháo</i> (白芍), Radix Paeoniae Alba.....	458	11
<i>xiāng fù</i> (香附), Rhizoma Cyperi.....	458	11
<i>yù jīn</i> (郁金), Radix Curcumae	458	11
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	375	9
<i>gǒu qí zǐ</i> (枸杞子), Fructus Lycii	375	9
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	375	9

Total per dose 4164 mg



TCM Applications: Soothes liver *qi* and blood, clears liver heat, calms *shen*, opens the liver channel to benefit breast and head.

Comments: PREMENSTRUAL FORMULA addresses premenstrual syndrome. In Chinese medicine, this is due to liver stagnation with heat, leading to symptoms in the breast, eyes and head. When the liver loses its ability to distribute blood to the muscles, tension and irritability follow. This hormone-free approach is also useful for infertility due to liver stasis with heat. In general, the Premenstrual Formula is used between ovulation and menses, and *Women's Hair Formula*, a blood builder, can be used following the period, between menses and ovulation.

Ingredients:

chái hú (柴胡), Radix Bupleuri	416 mg	10 %
dāng guī (当归), Radix Angelicae Sinensis.....	416	10
wáng bù liú xíng (王不留行), Semen Vaccariae.....	416	10
xiāng fù (香附), Rhizoma Cyperi.....	416	10
yù jīn (郁金), Radix Curcumae	416	10
zhī zǐ (栀子), Fructus Gardeniae.....	416	10
bái sháo (白芍), Radix Paeoniae Alba.....	333	8
chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong	333	8
mǔ dān pí (牡丹皮), Cortex Moutan.....	333	8
qīng pí (青皮), Pericarpium Citri Retic. Viride....	333	8
xìa kū cǎo (夏枯草), Spica Prunellae	333	8

Total per dose 4161 mg

SUGGESTED USE:
Shake well before using.

Dosage for adults: 1 teaspoon (5-6 squirts), 2-3 times per day. Add 1-2 inches of boiling water. Take away from food by at least 15 min.

Manufactured for:
Dr. Jake's Herbal Formulas
Boulder, CO 80303
(303) 554-0722
www.DrJakeFratkin.com

Made in USA with highest quality Chinese herbs, lab-tested to ensure no heavy metals, pharmaceuticals or chemicals.

DR. JAKE FRATKIN'S HERBAL FORMULAS

PROSTATE FORMULA



Herbal Supplement
4 fl oz (118 ml)

Supplement Facts

Serving Size 1 tsp (5 ml, 100 drops)	
Servings Per Container 24	
<hr/>	
Amount per serving, mg/5 ml	4168 mg
huáng qí (黃芪), Radix Astragali	458 mg*
fú líng (茯苓), Poria	458 mg*
bǔ gǔ zhī (补骨脂), Fructus Psoraleae	417 mg*
chē qián cǎo (车前草), Herba Plantaginis	417 mg*
chǐ sháo (赤芍), Paeoniae Rubra	417 mg*
hǔ pò (琥珀), Succinum	417 mg*
mò yào (没药), Myrrha	417 mg*
táo rén (桃仁), Semen Persicae	417 mg*
wáng bù liú xíng (王不留行), Semen Vaccariae	417 mg*
ròu guì (肉桂), Cortex Cinnamomi	333 mg*

*Daily value not established.

Other ingredients:
Grain alcohol (45-55% by volume), Deionized water

Herb Strength Ratio: 1:1.2 (100 g/120 ml)

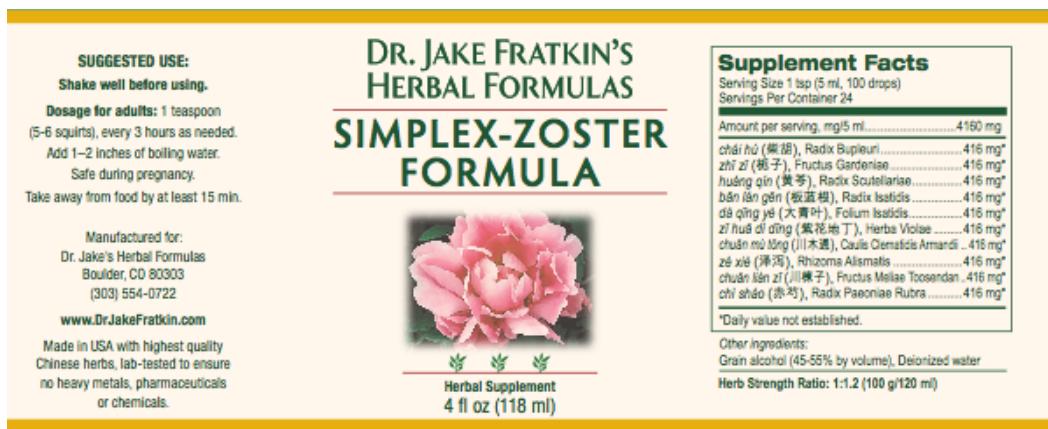
TCM Applications: Tonifies *qi*, invigorates blood, benefits the movement of urine, resolves swelling and dissipates masses.

Comments: PROSTATE FORMULA addresses benign prostatic hypertrophy (BPH), and is based on the effective *Kai Kit* (*jié jiē*, 解结) formulas. It is used for chronic swollen prostate due to deficiency with symptoms of frequent urination, nocturnal urination, or urinary dribbling, often accompanied with inguinal pressure or sensation. It is not indicated for acute prostatic infection or prostate cancer.

Ingredients:

huáng qí (黃芪), Radix Astragali	458 mg	11 %
fú líng (茯苓), Poria.	458	11
bǔ gǔ zhī (补骨脂), Fructus Psoraleae	417	10
chē qián cǎo (车前草), Herba Plantaginis.....	417	10
chǐ sháo (赤芍), Paeoniae Rubra.....	417	10
hǔ pò (琥珀), Succinum	417	10
mò yào (没药), Myrrha	417	10
táo rén (桃仁), Semen Persicae	417	10
wáng bù liú xíng (王不留行), Semen Vaccariae	417	10
ròu guì (肉桂), Cortex Cinnamomi.....	333	8

Total per dose 4168 mg



TCM Applications: Clears heat, resolves toxin, moves liver *qi* and blood, clears liver fire affecting liver and gallbladder channels.

Comments: SIMPLEX-ZOSTER FORMULA is used for genital and oral herpes, and shingles. Both *herpes simplex* and *varicella zoster* (shingles) involve activation of the virus to the surface, causing painful, itching or blistering lesions. *Herpes simplex* travels along the liver channel (eyes, mouth, lips, genital region), while *Varicella zoster* travels along the gallbladder channel, affecting the costal region and buttocks. Certain herbs in the formula have antiviral effects, while other herbs specifically target fire in the liver and gallbladder channels. Use during acute outbreaks, dosing 3 x day.

Ingredients:

chái hú (柴胡), Radix Bupleuri.....	416 mg	10 %
zhī zǐ (栀子), Fructus Gardeniae	416	10
huáng qín (黃芩), Radix Scutellariae.....	416	10
bǎn lán gēn (板藍根), Radix Isatidis	416	10
dà qīng yè (大青叶), Folium Isatidis	416	10
zǐ huā dì dīng (紫花地丁), Herba Violae.....	416	10
chuān mù tōng (川木通), Caulis Clematidis Armandii	416	10
zé xiè (泽泻), Rhizoma Alismatis.....	416	10
chuān liàn zǐ (川棟子), Fructus Meliae Toosendan	416	10
chì sháo (赤芍), Radix Paeoniae Rubra	416	10

Total per dose 4160 mg

SUGGESTED USE:
Shake well before using.

Adults and children 6 or above: 1 teaspoon (5-6 squirts), every 3 hours. Add 1-2 inches of boiling water. Take away from food by 15 minutes.

Children 2 to 5: 1 squirt (33 drops) for each year of age, plus one. Add boiling water. Add small amount of sweetener if necessary.

Children below 2:
Consult practitioner of Chinese herbal medicine.

Manufactured for:
Dr. Jake's Herbal Formulas
Boulder, CO 80303
(303) 554-0722
www.DrJakeFratkin.com

Made in USA with highest quality Chinese herbs, lab-tested to ensure no heavy metals, pharmaceuticals or chemicals.

DR. JAKE FRATKIN'S HERBAL FORMULAS

SVP LUNG FORMULA



Herbal Supplement
4 fl oz (118 ml)

Supplement Facts

	Serving Size 1 tsp (5 ml, 100 drops)	Servings Per Container 24
Amount per serving, mg/5 ml	4168 mg	
bǎn lán gēn (板蓝根), Radix Isatidis	375 mg*	
shè gān (射干), Rhizoma Belamcandae	375 mg*	
zhè bēi mǔ (浙贝母), Bulbus Fritillariae Thun.	375 mg*	
guā lóu (瓜蒌), Fructus Trichosanthis	375 mg*	
zhī zǐ (栀子), Fructus Gardeniae	292 mg*	
qián hú (前胡), Radix Peucedani	292 mg*	
huáng qín (黃芩), Radix Scutellariae	292 mg*	
bǎi bù (百部), Radix Stemonae	292 mg*	
xìng rén (杏仁), Semen Armeniacae Amarum	250 mg*	
tiān mén dōng (天门冬), Radix Asparagi	250 mg*	
qīng pí (青皮), Pericarpium Citri Reticulatae	250 mg*	
gān cǎo (甘草), Radix Glycyrrhizae	250 mg*	
sāng bái pí (桑白皮), Cortex Mori	250 mg*	
jié gěng (桔梗), Radix Platycodonis	250 mg*	

*Daily value not established.

Other ingredients:
Grain alcohol (45-55% by volume), Deionized water

Herb Strength Ratio: 1:1.2 (100 g/120 ml)

TCM Applications: Clears lung heat, clears heat-toxin, dispels wind-heat, moistens lung yin, resolves phlegm.

Comments: SVP LUNG FORMULA (“sticky, viral phlegm”) is used for early or middle presentations of acute cough. Symptoms include a harsh or hacking cough, with small amounts of phlegm. This is the most common presentation of early cough, often following onset of a common cold. Certain antiviral herbs chase the causative agent. It can also be used for pertussis and smoker’s cough.

Ingredients:

bǎn lán gēn (板蓝根), Radix Isatidis	375 mg	9%
shè gān (射干), Rhizoma Belamcandae.....	375	9
zhè bēi mǔ (浙贝母), Bulbus Fritillariae Thunbergii	375	9
guā lóu (瓜蒌), Fructus Trichosanthis.....	375	9
zhī zǐ (栀子), Fructus Gardeniae	292	7
qián hú (前胡), Radix Peucedani.....	292	7
huáng qín (黃芩), Radix Scutellariae.....	292	7
bǎi bù (百部), Radix Stemonae	292	7
xìng rén (杏仁), Semen Armeniacae Amarum.....	250	6
tiān mén dōng (天门冬), Radix Asparagi	250	6
qīng pí (青皮), Pericarpium Citri Reticulatae.....	250	6
gān cǎo (甘草), Radix Glycyrrhizae.....	250	6
sāng bái pí (桑白皮), Cortex Mori	250	6
jié gěng (桔梗), Radix Platycodonis.....	250	6

Total per dose

4168 mg



TCM Applications: Clears heat, resolves toxins, dispels pathogenic wind, cools the blood, moistens the throat.

Comments: This formula addresses strep throat, tonsillitis and swollen lymph glands in the neck. It is based on the historic formula *Pu Ji Xiao Du Yin* with modifications. *Huanglian*, *huang qin*, *xuan shen* clear heat-toxins due to bacteria, while *ban lan gen* and *she gan* clear heat-toxins due to virus.

The synergistic combination of *chai hu*, *ma bo* and *xuan shen* addresses swollen lymph glands. *Niu bang zi* is specific for sore throat.

Ingredients:

niú bàng zhī (柴胡), Radix Bupleuri.....	500 mg	12 %
chái hú (牛蒡子), Fructus Arctii.....	500	12
huáng qín (黃芩), Radix Scutellariae.....	500	12
xuán shēn (玄參), Radix Scrophulariae.....	500	12
shè gān (射干), Rhizoma Belamcandae.....	500	12
bǎn lán gēn (板藍根), Radix Isatidis	500	12
chí sháo (赤芍), Radix Paeoniae Rubra	416	10
jié gěng (桔梗), Radix Platycodonis.....	416	10
huáng lián (黃連), Rhizoma Coptidis	333	8

Total per dose 4165 mg



TCM Application: Boosts and moves blood, tonifies liver *yin* and blood, boosts kidney *qi*, takes formula to scalp.

Comments: This formula is based on popular Chinese formulas. It is used for gradual loss of hair in women, often after the age of 40 when kidney *qi* begins to diminish. The Chinese say, “Blood is the root of hair”, and this formula richly boosts blood quality, promoting thicker and stronger hair. Not effective for familial baldness in men, or for severe cases of alopecia.

Ingredients:

hé shǒu wū (何首烏), Radix Polygoni Multiflori.	720 mg	17 %
shú dì huáng (熟地黃), Rad. Rehmanniae Prep.	677 mg	16
dāng guī (当归), Radix Angelicae Sinensis	381 mg	9
gǒu qǐ zǐ (枸杞子), Fructus Lycii.....	339 mg	8
bǔ gǔ zhī (补骨脂), Fructus Psoraleae.....	339 mg	8
bái sháo (白芍), Radix Paeoniae Alba.....	297 mg	7
hàn lián cǎo (旱莲草), Herba Ecliptae.....	297 mg	7
nǚ zhēn zǐ (女贞子), Fructus Ligustri Lucidi.....	297 mg	7
hóng huā (红花), Flos Carthami	254 mg	6
tian má (天麻), Rhizoma Gastrodiae	212 mg	5
chuān xiōng (川芎), Rhiz. Ligustici Chuanxiong..	212 mg	5
qiāng huó (羌活), Radix Notopterygii.....	212 mg	5

Total per dose 4237 mg

JAKE PAUL FRATKIN, OMD, L.Ac. trained in Korean, Japanese and Chinese styles of acupuncture since 1975, and Chinese herbal medicine since 1982. He is the author of *Chinese Herbal Patent Medicines* (2001), the editor-organizer of Wu and Fisher's *Practical Therapeutics of Traditional Chinese Medicine* (1997), and co-author, with Zeng Shengping, of *Case Studies in Autoimmune Disorders*. (People's Medical Publishing House, 2014).

His newest book, *Essential Chinese Formulas* (2014) revises, updates and replaces CHPM as the definitive guide to available GMP Chinese herbal products,

ESSENTIAL CHINESE FORMULAS

For excerpts and more, see: www.drjakefratkin.com/product/Essential-Chinese-Formulas

