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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount (mg)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>dāng shēn</em> (党参), Radix Codonopsis</td>
<td>625</td>
<td>15</td>
</tr>
<tr>
<td><em>huáng qí</em> (黄芪), Radix Astragali</td>
<td>625</td>
<td>15</td>
</tr>
<tr>
<td><em>mài mén dōng</em> (麦门冬), Radix Ophiopogonis</td>
<td>625</td>
<td>15</td>
</tr>
<tr>
<td><em>tiān huā fēn</em> (天花粉), Radix Trichosanthis</td>
<td>625</td>
<td>15</td>
</tr>
<tr>
<td><em>hàn lián cǎo</em> (旱莲草), Herba Ecliptae</td>
<td>500</td>
<td>12</td>
</tr>
<tr>
<td><em>nǚ zhēn zi</em> (女贞子), Fructus Ligustri Lucidi</td>
<td>500</td>
<td>12</td>
</tr>
<tr>
<td><em>dì gǔ pí</em> (地骨皮), Cortex Lycii</td>
<td>416</td>
<td>10</td>
</tr>
<tr>
<td><em>huáng lián</em> (黄连), Rhizoma Coptidis</td>
<td>250</td>
<td>6</td>
</tr>
</tbody>
</table>

Total per dose 4166 mg
**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:**

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (mg)</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>shú dì huáng</em> (熟地黄)</td>
<td>500</td>
<td>12 %</td>
</tr>
<tr>
<td><em>bū gū zhī</em> (补骨脂)</td>
<td>416</td>
<td>10 %</td>
</tr>
<tr>
<td><em>tiān mén dōng</em> (天门冬)</td>
<td>416</td>
<td>10 %</td>
</tr>
<tr>
<td><em>gōu qí zǐ</em> (枸杞子)</td>
<td>375</td>
<td>9 %</td>
</tr>
<tr>
<td><em>bā jì tiān</em> (巴戟天)</td>
<td>375</td>
<td>9 %</td>
</tr>
<tr>
<td><em>suō yáng</em> (锁阳)</td>
<td>375</td>
<td>9 %</td>
</tr>
<tr>
<td><em>yín yáng huò</em> (淫羊藿)</td>
<td>375</td>
<td>9 %</td>
</tr>
<tr>
<td><em>shā rén</em> (砂仁)</td>
<td>375</td>
<td>9 %</td>
</tr>
<tr>
<td><em>huái niú xī</em> (怀牛膝)</td>
<td>375</td>
<td>9 %</td>
</tr>
<tr>
<td><em>dāng shēn</em> (党参)</td>
<td>208</td>
<td>5 %</td>
</tr>
<tr>
<td><em>rén shēn</em> (人参)</td>
<td>208</td>
<td>5 %</td>
</tr>
<tr>
<td><em>gān cǎo</em> (甘草)</td>
<td>167</td>
<td>4 %</td>
</tr>
</tbody>
</table>

Total per dose 4165 mg
**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* (熟地黄), Radix Rehmanniae Praep. ... 500 mg 12%
- *gǔ suì bŭ* (骨碎补), Rhizoma Drynariae ......................... 375 mg 9%
- *bái zhĭ* (白芷), Radix Angelicae Dahuricae .................... 333 mg 8%
- *jī nèi jīn* (鸡内金), Endoth. Corneum Gigeriae Galli .... 333 mg 8%
- *jī xuè téng* (鸡血藤), Caulis Spatholobi/Millettiae .......... 333 mg 8%
- *lián qiăo* (连翘), Fructus Forsythiae ............................ 333 mg 8%
- *shēng má* (升麻), Rhizoma Cimicifugae .................. 333 mg 8%
- *bái zhú* (白术), Rhizoma Atractylodis Macro. ............ 292 mg 7%
- *dăng guì* (当归), Radix Angelicae Sinensis ............... 292 mg 7%
- *di yú* (地榆), Radix Sanguisorbae ............................ 292 mg 7%
- *huáng qĭn* (黄芩), Radix Scutellariae ....................... 292 mg 7%
- *mài mèn dŏng* (麦门冬), Radix Ophiopogonis .......... 292 mg 7%
- *huáng liăn* (黄连), Rhizoma Coptidis ....... 167 mg 4%

Total per dose 4167 mg
**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**

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

**Total per dose** 4164 mg
**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 (黄芪), Radix Astragali 584 mg 14%
- tài zǐ shēn (太子参), Radix Pseudostellariae 458 mg 11%
- fáng fēng (防风), Radix Saposhnikoviae/Ledebouriellae 458 mg 11%
- bái zhú (白术), Rhizoma Atractylodis Macrocephalae 458 mg 11%
- lián qiào (连翘), Fructus Forsythiae 458 mg 11%
- bān lán gēn (板蓝根), Radix Isatidis 458 mg 11%
- huò xiāng (藿香), Herba Agastachis 458 mg 11%
- jú huā (菊花), Flos Chrysanthemi 417 mg 10%
- gān cǎo (甘草), Radix Glycyrrhizae 416 mg 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* (熟地黄), Radix Rehmanniae Praep. ... 666 mg 16%
- *fú líng* (茯苓), Poria...................................................... 625 mg 15%
- *bái zhú* (⽩术), Rhizoma Atractylodis Macro. ............ 458 mg 11%
- *huáng bǎi* (黄柏), Cortex Phellodendri Chinensis...... 458 mg 11%
- *zé xiè* (泽泻), Rhizoma Alismatis............................ 458 mg 11%
- *huá shí* (滑石), Talcum .............................................. 458 mg 11%
- *chē qián zǐ* (车前子), Semen Plantaginis................... 458 mg 11%
- *shān zhū yú* (山茱萸), Fructus Corni ........................... 292 mg 7%
- *qiàn shí* (芡实), Semen Euryales............................. 292 mg 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:**

- *dāng guī* (当归), Radix Angelicae Sinensis................. 583 mg 14 %
- *bái zhú* (白术), Rhizoma Atractylodis Macro. ............ 541 13
- *huáng qín* (黄芩), Radix Scutellariae ......................... 541 13
- *bái sháo* (白芍), Radix Paeoniae Alba...................... 458 11
- *xiāng fù* (香附), Rhizoma Cyperi.................................. 458 11
- *yù jīn* (郁金), Radix Curcumae ................................ 458 11
- *wǔ wèi zǐ* (五味子), Fructus Schisandrae .................... 375 9
- *gōu qǐ zǐ* (枸杞子), Fructus Lycii ................................. 375 9
- *mài mén dōng* (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:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>chái hú (柴胡), Radix Bupleuri</td>
<td>416 mg</td>
<td>10%</td>
</tr>
<tr>
<td>dăng guì (当归), Radix Angelicae Sinensis</td>
<td>416</td>
<td>10</td>
</tr>
<tr>
<td>wàng bù liú xíng (王不留行), Semen Vaccariae</td>
<td>416</td>
<td>10</td>
</tr>
<tr>
<td>xiāng fù (香附), Rhizoma Cyperi</td>
<td>416</td>
<td>10</td>
</tr>
<tr>
<td>yù jīn (郁金), Radix Curcumae</td>
<td>416</td>
<td>10</td>
</tr>
<tr>
<td>zhī zǐ (栀子), Fructus Gardeniae</td>
<td>416</td>
<td>10</td>
</tr>
<tr>
<td>bái sháo (白芍), Radix Paeoniae Alba</td>
<td>333</td>
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<tr>
<td>chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong</td>
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<tr>
<td>mù dān pí (牡丹皮), Cortex Moutan</td>
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<td>8</td>
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<tr>
<td>qīng pí (青皮), Pericarpium Citri Retic. Viride</td>
<td>333</td>
<td>8</td>
</tr>
<tr>
<td>xià kū cǎo (夏枯草), Spica Prunellae</td>
<td>333</td>
<td>8</td>
</tr>
</tbody>
</table>

**Total per dose** 4161 mg
**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 (jiě 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* (黄芪), Radix Astragali .................. 458 mg  11 %
- *fú líng* (茯苓), Poria. ........................................ 458 11
- *bǔ gū zhī* (补骨脂), Fructus Psoraleae ............ 417 10
- *chè qián cǎo* (车前草), Herba Plantaginis....... 417 10
- *chì sháo* (赤芍), Paeoniae Rubra.................... 417 10
- *hū 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 (黄芩), Radix Scutellariae...................** 416 10
- **bǎn lán gēn (板蓝根), Radix Isatidis ......................** 416 10
- **dà qīng yè (大青叶), Folium Isatidis ...................** 416 10
- **zǐ huā di dìng (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 lián zǐ (川楝子), Fructus Meliae Toosendan ...** 416 10
- **chì sháo (赤芍), Radix Paeoniae Rubra .................** 416 10

**Total per dose** 4160 mg
**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:**

- **bàn lán gēn** (板蓝根), Radix Isatidis ......................... 375 mg 9%
- **shè gān** (射干), Rhizoma Belamcandae..................... 375 9
- **zhè bèi 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** (黄芩), Radix Scutellariae....................... 292 7
- **bái 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
- **gàn 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. *Huang lian*, *huáng qín*, *xuán shēn* clear heat-toxins due to bacteria, while *ban lan gen* and *shè gān* 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 zǐ* (柴胡), Radix Bupleuri ........................................... 500 mg 12 %
- *chái hú* (牛蒡子), Fructus Arctii ........................................... 500 12
- *huáng qín* (黄芩), Radix Scutellariae .................................... 500 12
- *xuán shēn* (玄參), Radix Scrophulariae ................................... 500 12
- *shè gān* (射干), Rhizoma Belamcandae .................................. 500 12
- *bàn lán gèn* (板蓝根), Radix Isatidis .................................. 500 12
- *chì sháo* (赤芍), Radix Paeoniae Rubra ................................. 416 10
- *jié gěng* (桔梗), Radix Platycodonis ..................................... 416 10
- *huáng lián* (黄连), 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 (何首乌), Radix Polygoni Multiflori. 720 mg 17%
- shǔ dì huáng (熟地黄), Rad. Rehmanniae Prep. 677 mg 16%
- dāng guì (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 shāo (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%
- tiān má (天麻), Rhizoma Gastrodiae ............... 212 mg 5%
- chuān xiōng (川芎), Rhiz. Ligustici Chuanxiong.. 212 mg 5%
- qiāng huǒ (羌活), Radix Notopterygii............ 212 mg 5%

Total per dose 4237 mg

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