DR. JAKE FRATKIN'S HERBAL FORMULAS

DrJakeFratkin.com



My Chinese herbal tinctures are offered to licensed health practitioners
for their patients.
They represent my 46 years of clinical practice, and you will find them very effective.

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.

Suggested retail cost: $45.
Each bottle delivers 28 adult servings, and will last two weeks if taken twice daily.

Wholesale terms: Minimum orders of 6 bottles, any combination
Please log in for prices. Registered practitioners only:
www.drjakefratkin.com/store/our-products/

Questions, or to order by phone: 303-554-0722, or email: info@drjakefratkin.com

All formulas 100 g per 4 oz. bottle.

Suggested Use: Shake well before using.

- Dosage for adults: 1 teaspoon (5-6 squirts, 5 ml), 2 times per day.
- Add 1-2 inches of boiling water to drive out alcohol.
- Best to take away from food by at least 15 minutes.
- Children 2 to 5: 1 squirt (1 ml) for each year of age, plus one. Add boiling water.
- Children below 2 and pregnant women: Consult practitioner of Chinese herbal medicine.

DR. JAKE'S FORMULAS

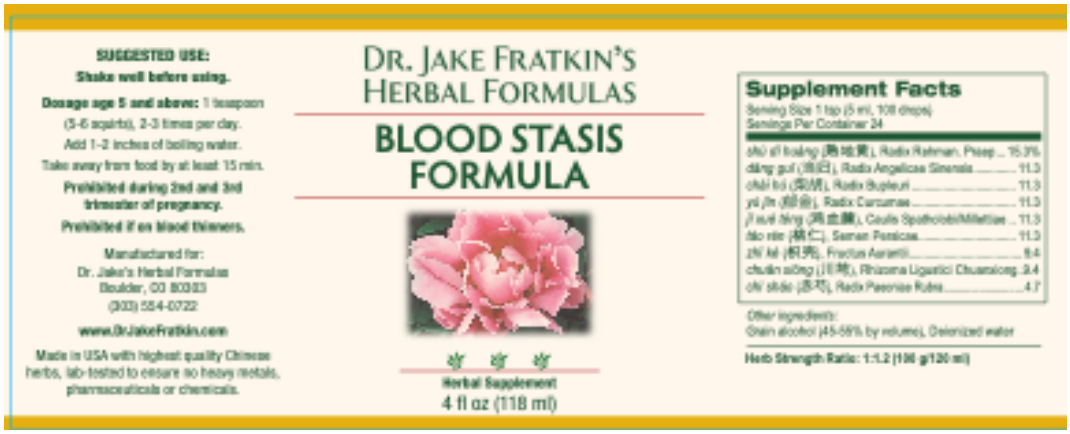
[* Our more popular formulas]

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

FORMULA DESCRIPTIONS, LISTED ALPHABETICALLY

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.



TCM Applications: Tonifies blood, invigorates blood, breaks blood stasis, invigorates *qi* circulation, resolves swelling and dissipates masses.

Comments: BLOOD STASIS FORMULA addresses residual blood stasis contributing to long-haul COVID. It is also useful for menstrual cramping, post-traumatic bruising, headache, fibromyalgia, and general aches/pain. For long-haul COVID, combine in equal parts with CO-RECOVERY.

Caution: Prohibited in second and third trimesters of pregnancy. Prohibited when taking prescription blood thinners such as Coumadin and Eliquis.

Ingredients:

shú dì huáng (熟地黄), Radix Rehman. Prep	15.3	%/g.
dāng guī (当归), Radix Angelicae Sinensis	11.3	
chái hú (柴胡), Radix Bupleuri	11.3	
yù jīn (郁金), Radix Curcumae	11.3	
jī xuè téng (鸡血藤), Caulis Spatholobi/Millettiae	11.3	
táo rén (桃仁), Semen Persicae	11.3	
zhǐ ké (枳壳), Fructus Aurantii	9.4	
chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong	9.4	
chì sháo (赤芍), Radix Paeoniae Rubra	4.7	



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 reduce the stickiness of blood due to excess sugar, while clearing heat reduces vascular inflammation. Can be used adjunctively with prescription medicines.

Ingredients:

dǎng shēn (党参), Radix Codonopsis.....	15 g/%
huáng qí (黃芪), Radix Astragali.....	15
mài mén dōng (麦门冬), Radix Ophiopogonis	15
tiān huā fěn (天花粉), Radix Trichosanthis.....	15
hàn lián cǎo (旱莲草), Herba Ecliptae	12
nǔ zhēn zǐ (女贞子), Fructus Ligustri Lucidi.....	12
dì gǔ pí (地骨皮), Cortex Lycii	10
huáng lián (黃连), Rhizoma Coptidis	6



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 acute COVID, 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, combine with SVP LUNG FORMULA. For acute COVID, combine with CO-GENERAL FORMULA.

Ingredients:

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



TCM Applications: Harmonizes *shaoyang* level, clears heat-toxin, dispels damp, descends stomach *qi*.

Comments: This formula is based on Chinese recommendations for treating acute COVID or influenza. It can be taken alone for early and middle stage illness with symptoms of gastrointestinal distress. With fever, chills and malaise, combine with CLEAR TOXIN FORMULA. For harsh cough, combine with SVP LUNG FORMULA. For asymptomatic exposure, and prevention, combine with IMMUNE PLUS.

Ingredients:

bái zhú (白术), Rhizoma Atractylodis Macro.	10 %/g.
chái hú (柴胡), Radix Bupleuri	10
fǎ bàn xià (法半夏), Rhizoma Pinelliae Praep.	10
fú líng (茯苓), Poria	10
qīng hāo (青蒿), Herba Artemisiae Annuae	10
hòu pò (厚朴), Cortex Magnoliae	9
huáng qín (黄芩), Radix Scutellariae	9
bái dòu kòu (白豆蔻), Fructus Amomi Kravanh	8
chén pí (陈皮), Pericarpium Citri Reticulatae	8
guì zhī (桂枝), Ramulus Cinnamomi	8
shè gān (射干), Rhizoma Belamcandae	8



TCM Applications: Tonifies *qi* and *yin*, resolves damp, moves blood.

Comments: This formula is based on Chinese recommendations for symptoms following COVID or flu. It can be taken alone for late or chronic illness with symptoms of fatigue, or combined with BLOOD STASIS FORMULA, with symptoms of brain fog, fatigue, headache, fibromyalgia, or other pain. To reinforce immune enhancement, combine with IMMUNE PLUS.

Ingredients:

huáng qí (黄芪), Radix Astragali	12 %/g.
fú líng (茯苓), Poria	9
mài mén dōng (麦门冬), Radix Ophiopogonis	9
shā shēn (南沙参), Radix Adenophorae/Glehniae	9
xī yáng shēn (西洋参), Radix Panacis Quinquefolii	9
bái zhú (白术), Rhizoma Atractylodis Macro.	8
bàn xià (半夏), Rhizoma Pinelliae	8
dān shēn (丹参), Radix/Rhiz. Salviae Miltiorr.	8
hóng huā (红花), Flos Carthami	8
chén pí (陈皮), Pericarpium Citri Reticulatae	7
gān cǎo (甘草), Radix Glycyrrhizae	7
wǔ wèi zǐ (五味子), Fructus Schisandrae	6



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 (熟地黄), Radix Rehmanniae Praep. ...	12 %/g.
bǔ gǔ zhī (补骨脂), Fructus Psoraleae.....	10
tiān mén dōng (天门冬), Radix Asparagi	10
gǒu qǐ zǐ (枸杞子), Fructus Lycii	9
bā jǐ tiān (巴戟天), Radix Morindae Officinalis	9
suǒ yáng (锁阳), Herba Cynomorii	9
yín yáng huò (淫羊藿), Herba Epimedii	9
shā rén (砂仁), Fructus Amomi.....	9
huái niú xī (怀牛膝), Radix Achyranthis Bidentatae	9
dǎng shēn (党参), Radix Codonopsis	5
rén shēn (人参), Radix Ginseng	5
gān cǎo (甘草), Radix Glycyrrhizae.....	4



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. ...	12 %/g.
gǔ suì bǔ (骨碎补), Rhizoma Drynariae.....	9
bái zhǐ (白芷), Radix Angelicae Dahuricae.....	8
jī nèi jīn (鸡内金), Endoth. Corneum Gigeriae Galli	8
jī xuè téng (鸡血藤), Caulis Spatholobi/Millettiae	8
lián qiào (连翘), Fructus Forsythiae.....	8
shēng má (升麻), Rhizoma Cimicifugae	8
bái zhú (白术), Rhizoma Atractylodis Macro.	7
dāng guī (当归), Radix Angelicae Sinensis.....	7
dì yú (地榆), Radix Sanguisorbae.....	7
huáng qín (黄芩), Radix Scutellariae.....	7
mài mén dōng (麦门冬), Radix Ophiopogonis	7
huáng lián (黄连), Rhizoma Coptidis	4



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 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 is more effective than other cold remedies on the market. Dosages are taken every 3 hours as needed.

Ingredients:

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



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 COVID, 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:

shú dì huáng (熟地黄), Radix Rehmanniae Praep. ...	12 %
bǔ gǔ zhī (补骨脂), Fructus Psoraleae.....	10
tiān mén dōng (天门冬), Radix Asparagi	10
gǒu qǐ zǐ (枸杞子), Fructus Lycii	9
suǒ yáng (锁阳), Herba Cynomorii	9
tù sī zǐ (菟丝子), Semen Cuscutae.....	9
yín yáng huò (淫羊藿), Herba Epimedii	9
shā rén (砂仁), Fructus Amomi.....	9
huái niú xī (怀牛膝), Radix Achyranthis Bidentatae	9
dǎng shēn (党参), Radix Codonopsis	6
rén shēn (人参), Radix Ginseng	4
gān cǎo (甘草), Radix Glycyrrhizae.....	4



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, and can be used in earlier stages of kidney compromise or failure.

Ingredients:

shú dì huáng (熟地黄), Radix Rehmanniae Praep. ...	16 %
fú líng (茯苓), Poria.....	15
*bái zhú (*白术), Rhizoma Atractylodis Macro.	11
huáng bǎi (黄柏), Cortex Phellodendri Chinensis.....	11
zé xiè (泽泻), Rhizoma Alismatis.....	11
huá shí (滑石), Talcum	11
chē qián zǐ (车前子), Semen Plantaginis.....	11
shān zhū yú (山茱萸), Fructus Corni	7
qiàn shí (芡实), Semen Euryales.....	7



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.....	14 %/g.
bái zhú (白术), Rhizoma Atractylodis Macro.	13
huáng qín (黄芩), Radix Scutellariae	13
bái sháo (白芍), Radix Paeoniae Alba.....	11
xiāng fù (香附), Rhizoma Cyperi.....	11
yù jīn (郁金), Radix Curcumae	11
wǔ wèi zǐ (五味子), Fructus Schisandrae	9
gǒu qǐ zǐ (枸杞子), Fructus Lycii	9
mài mén dōng (麦门冬), Radix Ophiopogonis	9



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



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 jié,* 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.

Caution: Prohibited when taking prescription blood thinners such as Coumadin and Eliquis.

Ingredients:

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



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, awhile 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.....	10 %/g.
*zhī zǐ (*栀子), Fructus Gardeniae	10
huáng qín (黄芩), Radix Scutellariae.....	10
bǎn lán gēn (板蓝根), Radix Isatidis	10
dà qīng yè (大青叶), Folium Isatidis	10
zǐ huā dì dīng (紫花地丁), Herba Violae.....	10
chuān mù tōng (川木通), Caulis Clematidis Armandii	10
zé xiè (泽泻), Rhizoma Alismatis.....	10
chuān liàn zǐ (川楝子), Fructus Meliae Toosendan ...	10
chì sháo (赤芍), Radix Paeoniae Rubra	10



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



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*, *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 zǐ (柴胡), Radix Bupleuri.....	12 %/g.
chái hú (牛蒡子), Fructus Arctii.....	12
huáng qín (黃芩), Radix Scutellariae.....	12
xuán shēn (玄参), Radix Scrophulariae.....	12
shè gān (射干), Rhizoma Belamcandae.....	12
bǎn lán gēn (板蓝根), Radix Isatidis	12
chì sháo (赤芍), Radix Paeoniae Rubra	10
jié gěng (桔梗), Radix Platycodonis.....	10
huáng lián (黃连), Rhizoma Coptidis	8



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. Can also be used as a general blood builder in amenorrhea, scanty menses, and anemia.

Ingredients:

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

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 *Essential Chinese Formulas* (2014), *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 and Wang Jing, 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/Essential-Chinese-Formulas

