



# CHINA HERB COMPANY

## Reproductive Wellness

### Dr. Ann Wang's Three Phase Approach

#### 不孕症三期治疗

The three-phase approach to reproductive wellness is practiced at the Integrative Medical Center in Ithaca, New York. It includes formulas for women and men and is safe to use alongside Western Reproductive Medicine. Dr. Wang's Method supports reproductive health by harmonizing the menstrual cycle and the dynamics of blood yin and yang.

#### **The key actions of the collection include:**

- Balancing Yin and Yang to tonify qi and calms shen. Supplementing the Kidney, Liver, and Blood, based on basal body temperature and patterns to help improve the implantation rate of fertilized eggs. This helps improve ovarian reserves and poor ovarian response, and at the same time, helps prevent ovarian hyperstimulation syndrome.

**About Dr. Wang:** Ann Wang, CMD, L.Ac. is the founder and director of the Integrative Medicine Center in Ithaca, NY, and Medical Consultant for Treasure of the East. She received her medical degree in Chinese Medicine from Shandong University of Traditional Chinese Medicine. Previously, she was a Chief Medical Administrator of the Chinese State Administration of Traditional Chinese Medicine, an adjunct professor of the China Academy of Chinese Medical Sciences, and a faculty member at Cornell University. She is one of the first overseas practitioners to be awarded Doctor of Chinese Medicine's title, Physician in Chief by the World Federation of Chinese Medicine Societies. She is also a member of the Presidential Council of the World Federation of Chinese Medicine Societies. She specializes in pain reduction, management of chronic illness, and women's health and fertility.

## Phase I 一期: Preparation 预备治疗

Fertility preparation formulas: Dr. Wang uses these formulas for 3-6 months before Phase II treatment to address the condition's underlying causes.

预备治疗一般为 3-6 个周期. 主要用于治疗不孕症的病因治疗.

Western Diagnosis	TCM Actions	Formula Names
Tubal Blockage with stagnation of Qi and Blood 气滞血瘀型输卵管阻塞	Eliminates blood stasis; Opens the Chong and Ren channels	Free Channel
Endometriosis with Kidney deficiency, Liver Qi stagnation and blood stagnation 肾虚血瘀肝郁型子宫内膜异位症	Tonifies Kidney yin, nourishes Kidney Qi and Yang; regulates the Liver; eliminates blood stasis	Chong/Ren Care
Dysfunctional ovulation with Kidney Yang and blood deficiency 肾阳不足气血虚弱型排卵障碍	Boosts Kidney Yang and Qi; regulates blood flow and balances Chong/Ren channels	Feminine Care 1
Polycystic Ovarian Syndrome with Kidney deficiency, blood stagnation, and excessive dampness 肾虚痰阻血瘀型多囊卵巢综合症	Tonifies Kidney Yang and Qi; dispels dampness; eliminates blood stasis	Feminine Care 2
Habitual Miscarriage with Kidney deficiency and generalized Qi deficiency 肾亏血虚所致习惯性流产	Tonifies Kidney and replenishes Qi	Vital Strength
Low sperm count with Kidney Yin and essence deficiency, deficient Qi and blood 肾精匮乏, 气血虚弱型少精子症	Nourishes Kidney, replenishes Essence and strengthens blood	Male Vital Care

Male Immune Infertility with Kidney Yin deficiency 肾阴虚弱型男性免疫性不孕	Tonifies Kidney Yin and regulates immune function	Male Harmony1
Male Immune Infertility with Liver Qi Stagnation 肝气郁结型男性免疫性不孕	Harmonizes Liver Qi, regulates blood and adjusts immune function	Male Harmony2
Female Immune Infertility with Kidney Yin deficiency and excessive inner fire 肾虚内热型女性免疫性不孕	Tonifies Kidney Yin, nourishes blood and regulates immune function	Female Harmony
Ovarian Hyperstimulation Syndrome (OHSS) with deficiency of Yin and excessive Yang, along with stagnation of Qi and blood 阴虚内热, 气血阻滞型卵巢过度刺激综合症	Treats Yin deficiency with internal heat; regulates Qi and blood; and balances the Chong Mai	Re-Balance
Luteal phase defect with Kidney deficiency 肾气不足型黄体功能不全	Tonifies Kidney and boosts Qi	L Vitality
Low or Diminished Ovarian Reserve with Kidney and Liver blood deficiency. 肝肾虚弱, 气血不足型卵巢储备减少症	Tonifies Kidney and Liver; Supplements Jing and blood	Fertile Tonic
Abnormal Menstruation with Qi and Blood stagnation and Kidney deficiency. 气血阻滞肾气虚弱所致月经不调	Tonifies Kidney yang; tonifies Qi and nourishes the Blood	Cycle Care

## Phase II 二期: Cycle regulation A 周期治疗

**Cycle Formulas A:** For irregular menstruation, delayed or dysfunctional ovulation with Kidney Qi and Spleen Qi deficiency. Treatment for 3-6 cycles before an IUI or IVF cycle is recommended.

用于脾肾虚弱型的月经不调, 排卵障碍及排卵错后. 可选用 3-6 个周期.

Condition	TCM Actions	Formula Names
Follicular Phase Cycle day 6-11 卵泡期	Tonifies Kidney Yin, Liver blood and regulates the menstrual cycle	A1 Cycle
Ovulatory Phase Cycle day 12-15 排卵期	Tonifies Kidney and blood, stimulating the blood flow	A2 Cycle
Luteal Phase Cycle day 16-end of the cycle 黄体期	Tonifies Kidney Yin and Yang, Harmonizes Qi and blood.	A3 Cycle
Menstrual Phase Cycle day 1-5 月经期	Regulates menstrual cycle and Eliminates blood stasis	A4 Cycle

Cycle regulation is overlapped with IUI and IVF Support A. The purpose of Cycle regulation is to promote conception with a natural approach. 周期治疗期亦可称为辅助治疗 A 期. 通过周期治疗到达自然促孕的目的.

## Phase II 二期: Cycle regulation B 周期治疗

**Cycle Formulas B:** Irregular menstruation, early or dysfunctional ovulation with kidney yin deficiency, Liver Qi stagnation, and elevated heart fire. Treatment for 3-6 cycles before an IUI or IVF cycle is recommended.

用于肝肾阴虚, 阴虚内热, 肝气郁结类月经先期或排卵提前. 可选用 3-6 个周期.

## Formulas for Women

Condition	TCM Actions	Formula Names
Follicular Phase Cycle day 6-11 卵泡期	Nourishes Kidney Yin and blood; regulates the Liver Qi; reducing internal fire and delayed ovulation	B1 Cycle
Ovulatory Phase Cycle day 12-15 排卵期	Tonifies Kidney and blood; regulates the Liver Qi and stimulating the blood flow	B2 Cycle
Luteal Phase Cycle day 16-end of the cycle 黄体期	Tonifies Kidney Yin and Yang; Harmonizes the Liver Qi and blood.	B3 Cycle
Menstrual Phase Cycle day 1-5 月经期	Regulates menstrual cycle; regulates the Liver Qi and clearing blood stasis	B4 Cycle

Cycle regulation is overlapped with IUI and IVF Support A. The purpose of Cycle regulation is to promote conception with a natural approach. 周期治疗期亦可称为辅助治疗 A 期。通过周期治疗到达自然促孕的目的。

### Phase III 三期: IUI and IVF Support A 人工授孕辅助治疗

Formulas for IUI and IVF Support: The treatment starts 3-6 cycles before IUI or IVF cycles. 用于 IUI 或 IVF 治疗的前 3-6 个月。

Condition	TCM Actions	Formula Names
Female Support 女方辅助治疗	Regulates each phase of the cycle; Tonifies the Kidney Yin or Yang and preparing for the procedures	Cycle A or Cycle B

Female Support 保胎辅助治疗 (Positive Pregnancy Test)	Supporting Kidney energy; nourishes the blood and maintaining pregnancy	Maintenance 1 (no spotting) Maintenance 2 (spotting) Until the end of the first trimester.
Morning Sickness Liver–Stomach disharmony 肝胃不和型早孕反应	Harmonizes the balance between Liver and Stomach; reducing symptoms to help the body achieve homeostasis	Good Morning Formula
Female Support 未受孕辅助治疗 (Negative Pregnancy Test)	Eliminates blood stasis; regulates the hormones; cleansing the uterus to get ready for a new cycle	A4 or B4 Cycle (until the end of the menstrual cycle)
<b>Male Support</b> 男方辅助治疗	Replenishes Kidney essence and boosts Kidney Yang; nourishes Kidney Yin and reinforcing the life force	Yang Support Formula Or Yin Support Formula

IUI and IVF Support A is overlapped with Cycle regulation. The purpose of IUI and IVF Support A is to increase the successful rate of IUI or IVF cycles. 辅助治疗 A 期亦可称为周期治疗期. 辅助治疗 A 期的目的是提高 IUI 或 IVF 的成功率.

### Phase III 三期: IUI and IVF Support B 人工授孕辅助治疗

Dr. Wang formulas are safe for use with injectable IUI and IVF Support: Use as supporting treatment during injectable IUI or IVF cycles. 用于进入 IUI 或 IVF 期的辅助治疗.

Condition	TCM Actions	Formula Names
Female support 女方辅助治疗	Regulates Liver Qi; stabilizing the emotions and easing the spirit	Happy Day Until transfer

Female Support (After Transfer) 受精卵植入后辅助治疗	Tonifies the Kidney Qi; nourishes the blood and supports implantation	After Transfer Formula Until the pregnancy test.
Female Support (Positive Pregnancy Test) 保胎辅助治疗	Supporting the Kidney energy and nourishes the blood to maintain pregnancy	Maintenance 1 (no spotting) Maintenance 2 (spotting) Until the end of the first trimester.
Female Support (Negative Pregnancy Test) 未受孕辅助治疗	Eliminates blood stasis; regulates the hormones and cleansing the uterus to prepare for the new cycle	A4 or B4 Cycle Until the end of the menstrual cycle.
Male Support 男方辅助治疗	Replenishes the Kidney's essence; boosts Kidney Yang, and nourishes Kidney Yin to reinforce the life force	Yang Support Formula or Yin Support Formula Until the end of the first trimester of the pregnancy.

## Fertility Specialty Formulas

### A 1 CYCLE

Follicular Phase Cycle 卵泡期 Day 6-11 is the phase in the menstrual cycle during which estrogen increases. The lining of the uterus thickens, and follicles begin to form. Within 24 to 48 hours, a single or sometimes double follicle becomes dominant. Traditional Chinese Medicine has been shown to increase estrogen levels, promoting oocyte production, and follicular development.

**Suggested Use:** Take this formula on days 6 through 11 for 1 to 3 months before conception or an IUI or IVF cycle. 试图怀孕或人工授孕前 1-3 个月开始,每周期的第 6 天至 11 天服用.

**Ingredients:** Peony (Bai Shao (Chao)), Dang Gui (Dang Gui), Lycium Fruit (Gou Qi Zi), Flowery Knotweed (He Shou Wu (Zhi), Amomum Fruit (Sha Ren), Dioscorea (Shan Yao (Huai), Cornus (Shan Zhu Yu), Cooked Rehmannia (Shu Di Huang), Pseudostellaria (Tai Zi Shen), Cuscuta (Tu Si Zi)

**Comments:** According to Traditional Chinese Medicine, Tonifies Kidney Yin, Liver Blood, regulates the menstrual blood, supports the body's blood flow to the ovaries, and promotes fertility. The A Cycle formula is designed to manage Kidney and Spleen Qi Deficiency with symptoms of weakness, fatigue, bloating, dampness, and weak reproductive energy. This formula is also designed to manage Kidney Yin with Liver Blood Deficiency. Modern studies have shown this type of formula assists the body in follicle production. (Chen Qiu Mei, Zhang Shu Chen From Chinese Journal of Experimental Traditional Medical Formulae).

### A 2 CYCLE

Ovulatory Phase Cycle 排卵期, Day 12-15 is the menstrual cycle phase when the Luteinizing hormone surges. The dominant follicle releases an egg, completing ovulation. Traditional Chinese Medicine has been shown to promote ovulation and egg release.



**Suggested Use:** Take this formula on days 12 through 15 for 1 to 3 months before conception or an IUI or IVF cycle. 试图怀孕或人工授孕前 1-3 个月开始, 每周期的第 12 天至 15 天服用.

**Ingredients:** Salvia (Dan Shen), Dang Gui (Dang Gui), Lycium Fruit (Gou Qi Zi), Cinnamon Twig (Gui Zhi), Millettia (Ji Xue Teng), Cistanche (Rou Cong Rong), Dioscorea (Shan Yao(Huai)), Rehmannia (Shu Di Huang), Cuscuta (Tu Si Zi), Curculigo (Xian Mao), Dipsacus (Xu Duan (Chuan)), Epimedium (Ying Yang Huo), Lycopus (Ze Lan)

**Comments:** According to Traditional Chinese Medicine, Tonifies the Kidneys, Tonifies Blood and stimulates the movement of blood, supports the body's flow of blood to the ovaries and promotes fertility. The Cycle A Formula is designed to manage Kidney and Spleen Qi Deficiency with symptoms of weakness, fatigue, bloating, dampness, and weak reproductive energy. This formula is also designed to manage Kidney Deficiency, Blood Deficiency, and Blood circulation. Modern studies have shown that this type of formula supports the body during ovulation. (Wang Xia Ling, New Chinese Medicine 2003,35(2)19-21).

### A 3 CYCLE

Luteal Phase Cycle 黄体期, Day 16 - end of the cycle, is the phase in the menstrual cycle when progesterone's rise stimulates the endometrium's growth. Traditional Chinese Medicine has been shown to increase uterine blood flow, promoting a thicker, healthier endometrial environment suitable for egg implantation.

**Suggested Use:** Take this formula on days 16 – end of the cycle for 1 to 3 months before conception or an IUI or IVF cycle. 试图怀孕或人工授孕前 1-3 个月开始,每周期的第 16 天至行经始服用.

**Ingredients:** Morinda (Ba Ji Tian), Dang Gui (Dang Gui), Codonopsis (Dang Shen), Eucommia (Du Zhong (Chao), Lycium Fruit (Gou Qi Zi), Ligustrum (Nu Zhen Zi (Jiu), Cistanche (Rou Cong Rong), Dioscorea (Shan Yao (Huai), Cuscuta (Tu Si Zi), Epimedium (Yin Yang Huo)

**Comments:** According to Traditional Chinese Medicine, Tonifies Kidney Yin and Yang, Harmonizes Qi and Blood, assists blood flow to the uterine wall and the improves the development of the uterine lining. The A Cycle formula is designed to manage Kidney and Spleen Qi Deficiency with symptoms of weakness, fatigue, bloating, dampness, and weak reproductive energy. This formula promotes endometrial growth, blood flow, and embryo implantation. Modern studies have shown this type of formula supports the body in the development of the endometrial lining. (Xia Yu Wei, Zhan Shi Chen et al. From Journal of TCM Information of China, 2004.11(1) 26-28.)

#### **A 4 CYCLE**

Menstrual Phase 月经期, Day 1-5, is the menstrual cycle phase when progesterone and estrogen levels sharply decrease. The endometrial lining deteriorates, resulting in menstruation. Traditional Chinese Medicine has been shown to increase blood flow to the uterus and endometrial lining. This increased blood flow promotes the shedding of the endometrium resulting in more regular menstruation.

**Suggested Use:** Take this formula on days 1 through 5 for 1 to 3 months before conception or an IUI or IVF cycle. 试图怀孕或人工授孕前 1-3 个月开始, 每周期的第 1 天至 5 天服用.

**Ingredients:** Peony Red (Chi Shao), Cnidium (Chuan Xiong), Salvia (Dan Shen), Dang Gui (Dang Gui), Poria (Fu Ling), Cyperus (Xiang Fu (Zhi), Fennel (Xiao Hui Xiang), Leonurus (Yi Mu Cao), Lycopus (Ze Lan)

**Comments:** According to Traditional Chinese Medicine, regulates the menstrual cycle and Eliminates Blood stagnation supports menstruation. The A Cycle formula is designed to

manage Kidney and Spleen Qi Deficiency with symptoms of weakness, fatigue, bloating, dampness, and weak reproductive. This formula is also designed to treat Blood stagnation with symptoms of lower abdominal cramping and bloating. Modern studies have shown that this type of formula supports the body in shedding the uterine lining.

### **After Transfer Formula**

Female Support (after transfer 植入后辅助治疗) helps support the implantation of embryos. It can be used as the sole treatment for after an embryo transfer. Traditional Chinese Medicine has been shown to harmonize the uterus.

**Suggested Use:** Take this formula immediately following an embryo transfer and continued until the pregnancy test. 自受精卵植入始服用至妊娠测试后停止服用.

**Ingredients:** White Peony (Bai Shao (Sheng), Atractylodes (Bai Zhu (Sheng), Codonopsis (Dang Shen), Licorice (Gan Cao), Lycium Fruit (Gou Qi Zi), Astragalus (Huang Qi (Sheng), Loranthus (Sang Ji Sheng), Dioscorea (Shan Yao (Huai), Cuscuta (Tu Si Zi), Dipsacus (Xu Duan (Chuan).

**Comments:** According to Traditional Chinese Medicine, Tonifies Blood and reinforcing new life energy supports the body in slowing uterine contractions and promoting implantation. This formula is designed to manage the Kidneys, nourish the blood, and harmonize the uterus. Modern studies have shown that this type of formula supports the body in promoting embryo implantation.

### **B 1 CYCLE**

Follicular Phase Cycle 卵泡期, Day 6-11, is the phase in the menstrual cycle that estrogen increases, causing the uterine lining to thicken, and follicles begin to form. Traditional Chinese Medicine has been shown to promote oocyte production and follicular development while delaying ovulation to regulate the cycle.

**Suggested Use:** Take this formula on days 6 through 11 for 3 to 6 cycles before conception, IUI, or IVF cycle. 试图怀孕或人工授孕前 1-3 个月开始, 每周期的第 6 天至 11 天服用.

**Ingredients:** Biota Seed (Bai Zi Ren), Salvia (Dan Shen), Dang Gui (Dang Gui), Poria Spirit (Fu Shen), Longan (Long Yan Rou), Moutan (Mu Dan Pi), Dioscorea (Shan Yao (Huai)), Cornus (Shan Zhu Yu), Fresh Rehmannia (Sheng Di Huang), Rehmannia (Shu Di Huang), Ziziphus (Suan Zao Ren), Alisma (Ze Xie)

**Comments:** According to Traditional Chinese Medicine, nourishes Kidney Yin and Blood, regulates Liver Qi, and reducing internal fire supports the body's blood flow to the ovaries and promotes fertility. The B Cycle Formula is designed to manage excess conditions with symptoms of heat, pain, dryness, and poor follicular development related to Heart Fire, Liver Qi stagnation, and Kidney Yin Deficiency. This formula also supports Kidney Yin, Blood and regulates Liver Qi. Modern studies have shown that this type of formula assists the body in delaying ovulation and regulates the menses. (Chen Mei, Zhang Shu Chen From Chinese Journal of Experimental Traditional Medical Formulae.)

## **B 2 CYCLE**

Ovulatory Phase Cycle 排卵期, Day 12-15, is the menstrual cycle phase when the Luteinizing hormone surges. The dominant follicle releases an egg completing ovulation. Traditional Chinese Medicine has been shown to promote ovulation and egg release.

**Suggested Use:** Take this formula on days 12 through 15 for 3 to 6 cycles before conception, IUI, or IVF cycle.

试图怀孕或人工授孕前 1-3 个月开始, 每周期的第 12 天至 15 天服用.

**Ingredients:** Peony (Bai Shao (Sheng), Dang Gui (Dang Gui), Earthworm (Di Long), Carthamus (Hong Hua), Malt (Mai Ya (Sheng), Ligusticum (Nu Zhen Zi (Jiu), Rehmannia (Shu Di Huang), Persica (Tao Ren), Cuscuta (Tu Si Zi), Dipsacus (Xu Duan (Chuan)

**Comments:** According to Traditional Chinese Medicine, Tonifies the Kidneys and Blood and stimulates the movement of blood, supports the body's blood flow to the ovaries, and promotes fertility. The B Cycle Formula is designed to manage excess conditions with symptoms of heat, pain, dryness, and irregular ovulation related to Heart Fire, Liver Qi Stagnation, and Kidney Yin Deficiency. This formula also supports Kidney deficiency, Blood deficiency, and Blood circulation. Modern studies have shown that this type of formula supports the body during ovulation. (Wang Xia Ling, New Chinese Medicine 2003, 35(2)19-21).

### **B 3 CYCLE**

Luteal Phase Cycle 黄体期, Day 16- end of the cycle, is the phase in the menstrual cycle when a progesterone surge stimulates the endometrial lining's growth. Traditional Chinese Medicine has been shown to increase uterine blood flow, promoting a thicker, healthier endometrial environment suitable for egg implantation.

**Suggested Use:** Take this formula day 16 through the end of the cycle for 3 – 6 cycles before conception, IUI, or IVF Cycle. 试图怀孕或人工授孕前 1-3 个月开始, 每周期的第 16 天至行经始服用

**Ingredients:** Peony (Bai Shao (Sheng), Bupleurum (Chai Hu), Uncaria (Gou Teng), Albizzia (He Huan Pi), Aucklandiae (Mu Xiang), Ligustrum (Nu Zhen Zi (Jiu), Cistanche (Rou Cong Rong), Zizyphus (Suan Zao Ren), Cuscuta (Tu Si Zi), Cyperus (Xiang Fu (Zhi), Dipsacus (Xu Duan (Chuan)

**Comments:** According to Traditional Chinese Medicine, this formula tonifies Kidney Yin and Yang and Harmonizes Qi and Blood to assist the blood flow to the uterine wall and the

uterine lining development. The B Cycle formula is designed to manage excess conditions with symptoms of heat, pain dryness, endometrium problems, and unhappiness related to Heart Fire, Liver Qi Stagnation, and Kidney Yin deficiency. Modern studies have shown this type of formula supports the body in the development of the endometrial lining. (Xia Yu Wei, Zhan Shi Chen et al. From Journal of TCM Information of China, 2004.11 (1) 26-28.)

#### **B 4 CYCLE**

Menstrual Phase 月经期, Day 1-5 is the phase in the menstrual cycle when progesterone and estrogen levels sharply decrease. The endometrial lining deteriorates, resulting in menstruation. Chinese Herbal Medicine has been shown to increase blood flow to the uterus and endometrial lining, promoting the endometrium's shedding and smoother menstruation.

**Suggested Use:** Take this formula on days 1 through 5 for 3-6 cycles before conception, IUI, or IVF cycle.

试图怀孕或人工授孕前 1-3 个月开始, 每周期的第 1 天至 5 天服用.

**Ingredients:** Red Peony (Chi Shao), Cnidium (Chuan Xiong), Salvia (Dan Shen), Dang Gui, (Dang Gui), Poria (Fu Ling), Cyperus (Xiang Fu), Fennel (Xiao Hui Xiang), Leonurus (Yi Mu Cao), Lycopus (Ze Lan).

**Comments:** According to Traditional Chinese Medicine, regulates Liver Qi and clearing Blood stagnation assists the body in menstrual regulation and the promotion of fertility. The B cycle formula is designed to manage excess conditions with symptoms of heat, pain, dryness, and irregularity related to Heart Fire, Liver Qi, and blood stagnation, and Kidney Yin deficiency. Signs and symptoms include lower abdominal cramping, bloating, irregular menses, blood clots, and heavy bleeding due to excess heat. Modern Studies have shown that this type of formula supports the body in shedding the uterine lining and regulates menstruation.

## CHONG/REN CARE

Endometriosis 子宫内膜异位症 is a condition that will benefit very much from Chinese Medicine treatment. According to the severity of the condition, Chinese Medicine can be used as the sole treatment or combined with specific medical procedures. Traditional Chinese Medicine has been shown to increase blood flow throughout the uterus, reducing the chances of endometrial cells to migrate away from the lining.

**Suggested Use:** Take this formula 1-3 months before conception or IVF or IUI cycle. If menses is light to normal, this formula can be taken through menstruation. In the case of heavy menses, discontinue the formula before or at the onset of menses. Upon a positive pregnancy test, this formula should be substituted with an appropriate formula. 试图怀孕或人工授孕前 1-3 个月开始服用. 若经量少经期可继续服用, 经量多则经期停用; 若治疗期间受孕, 立即停服本方改用保胎治疗.

**Ingredients:** Morinda (Ba Ji Tian), Red Peony (Chi Shao), Codonopsis (Dang Shen), Zedoariae (E Zhu), Astragalus (Huang Qi), Ligustrum (Nu Zhen Zi), Myrrh (Mo Yao), Mastic (Ru Xiang) Burreed Tuber (San Leng), Persica (Tao Ren), Cuscuta (Tu Si Zi), Cyperus (Xiang Fu), Dipsacus (Xu Duan), Epimedium (Yin Yang Huo ).

**Comments:** According to Traditional Chinese Medicine, Tonifies Kidney Yin, Nourishes Kidney Qi and Yang, and regulates Liver Qi assists the body in developing a healthy endometrium. This formula is designed to tonify Kidney Deficiency, regulate Liver Qi, and alleviate Blood Stagnation with symptoms of painful menstruation, pain during intercourse, fatigue, and urinary urgency. Modern studies have shown that this type of formula assists the body in reducing the spread of endometriosis.

## CYCLE CARE

Abnormal Menstruation 月经不调 is a common condition that will benefit from Chinese Medicine. Treatment has been shown to regulate hormones such as LH, "Luteinizing Hormone," and FSH, "Follicle Stimulates Hormone." Better regularity of these two hormones aids in regular productive ovulation and menstrual cycle.

**Suggested Use:** Take this formula 3-6 months before conception or an IVF or IUI cycle. It is appropriate to take up to and through menses. Avoid uncooked, cold, and greasy foods. 试  
图怀孕或人工授孕前 3-6 个月开始治疗. 经期可继续或停止服药. 忌生冷, 油腻.

**Ingredients:** Dang Gui (Dang Gui) Ginseng (Ren Shen), cooked Rehmannia (Shou Di Huang), deer antler (Lu Jiao), cooked peony root (Chao Bai Shao), Poria (Fu Ling), Eucommia (Du Zhong), Cyperus (Xiang Fu), Amomum fruit (Sha Ren), Corydalis (Yan Hu Suo)

**Comments:** According to Traditional Chinese Medicine, the formula regulates the menstrual cycle, replenishes Qi, and nourishes the blood to promote fertility. This formula is designed to deal with Blood and Qi stagnation, Kidney deficiency-related irregular cycle, lower abdominal cramping, and bloating. Modern studies have shown that this type of formula supports the body in maintaining regular menstruation.

## FEMALE HARMONY

Female Immune Infertility 女性免疫性不孕 is a condition that will benefit very much from Chinese Medicine treatment. According to the severity of the condition, Chinese Medicine can be used as the sole treatment or combined with Western medical procedures. Traditional Chinese Medicine has been shown to regulate the immune function decreasing ASA (anti-sperm antibodies) and promoting fertility.



**Suggested Use:** Take this formula 1-2 months before conception. Upon a positive pregnancy, this formula can be taken through the first trimester. While taking this formula, avoid alcohol, caffeine, and tobacco.

试图怀孕前 1-2 月开始服用至孕后 12 周. 服药期间忌酒,烟及咖啡.

**Ingredients:** Bupleurum (Chai Hu), Dang Gui (Dang Gui), Uncaria (Gou Teng), Polygonatum (Huang Jing (Zhi)), Moutan (Mu Dan Pi), Dioscorea (Shan Yao (Huai)), Cornus (Shan Zhu Yu), Rehmannia (Sheng Di Huang)

**Comments:** According to Traditional Chinese Medicine, the formula Tonifies Kidney Yin, nourishes blood, and regulates the immune function to maintain a healthy immune system and promote fertility. This formula is designed to manage Kidney Yin deficiency and excessive fire with symptoms of anxiety, heat sensation, thirst, low back pain, fatigue, and dizziness. Modern studies have shown that this type of formula supports the regulation of the immune system. (Journal of Traditional Chinese Medicine. 2006 Mar;26(1):36-8).

## FEMININE CARE 1

Dysfunctional Ovulation 排卵障碍 is a common condition that benefits very much from Chinese Medicine treatment. Traditional Chinese Medicine has been shown to regulate hormones such as LH, "Luteinizing Hormone," and FSH, "Follicle Stimulates Hormone." Better regularity of these two hormones can lead to regular productive ovulation and menstrual cycle.

**Suggested Use:** Take this formula 1-3 months before conception or an IVF or IUI cycle. This formula is appropriate to take up to and through menses. Upon a positive pregnancy, this formula should be substituted with an appropriate formula.

High iron foods such as steamed legumes, spinach, and broccoli can and should be consumed during the use of this formula. 试图怀孕或人工授孕前 1-3 个月开始治疗. 经期可继续服用, 受孕后改保胎治疗. 多进食豆类, 及其它高铁类菜蔬如菠菜, 花茎甘蓝.

**Ingredients:** Ginseng (Ren Shen(red), Dioscorea (Shan Yao(Huai), Cornus (Shan Zhu Yu), Rehmannia (Shu Di Huang), Cuscuta (Tu Si Zi), Morinda (Ba Ji Tian), White Peony (Bai Shao(Chao), Atractylodes (Bai Zhu(Chao), Cnidium (Chuan Xiong), Dang Gui (Dang Gui), Eucommia (Du Zhong(Chao), Poria (Fu Ling), Licorice (Gan Cao(Mi), Lycium Fruit (Gou Qi Zi), Zanthoxylum Peel (Hua Jiao)

**Comments:** According to Traditional Chinese Medicine, boosts Kidney Yang and Qi, regulates blood flow, and balancing the Chong and Ren channels to help regulate ovulation and menstruation. This formula is focused on treating Blood and Kidney Yang Deficiency related to Dysfunctional Ovulation with symptoms of anovulation, amenorrhea, breast tenderness, and infrequent menstruation. Modern studies show that this type of formula assists the body in regulates ovulation. (Zang Shu Chen, Journal of TCM 1999.40(6) 359-371.)

## FEMININE CARE 2

Polycystic Ovarian Syndrome 多囊卵巢综合症 is a condition that can be treated with Traditional Chinese Medicine as well as Western Medicine. According to the severity of the condition, Chinese Medicine can be the sole treatment or combined with Western Medicine. Chinese Medicine has been shown to regulate hormone levels, decrease menstrual irregularities and endometrial hyperplasia, decrease excessive hair growth associated with PCOS, and reduce acne.

**Suggested Use:** Take this formula 1-3 months before IUI, IVF cycle, or before conception occurs. Upon a positive pregnancy, an appropriate formula should be substituted. While taking this formula, avoid fried and food high in carbohydrates. 试图怀孕或人工授孕前 1-3 个月开始服用. 受孕后改保胎治疗. 少食油炸类及高糖类食物.

**Ingredients:** Morinda (Ba Ji Tian), Atractylodes (Bai Zhu (Sheng), Pinellia (Ban Xia Fa), Citrus (Chen Pi (Chao), Cnidium (Chuan Xiong), Arisaema B. (Dan Nan Xing), Dang Gui (Dang Gui),

Zedoariae (E Zhu), Poria (Fu Ling), Astragalus (Huang Qi (Sheng), Millettia (Ji Xue Teng), Burreed Tuber (San Leng), Cyperus (Xiang Fu Zhi), Epimedium (Yin Yang Huo)

**Comments:** According to Traditional Chinese Medicine, eliminates blood stagnation, dampness, and boosts Kidney Yang and Qi assist the body in regulating menstruation and ovulation. This formula is designed to manage damp accumulation and blood stagnation by Tonifies Kidney Yang Qi. Symptoms include anovulation, irregular menstruation, lower abdominal pain, fatigue, acne, and mood swings. Modern studies have shown that this formula assists the body in regulates ovulation and menstruation.

## FERTILE TONIC

Poor Ovarian Reserve 卵巢储备减少症 is a condition that will benefit very much from Chinese Medicine treatment. Depending on the severity of the condition, Chinese Medicine can be used as the sole treatment, combined with medical procedures. Chinese Medicine has been shown to increase ovarian blood flow resulting in increased viable oocytes, lower FSH levels, and regulate menstrual and ovulation cycles.

**Suggested Use:** Take this formula 1-3 months before conception occurs. This formula is safe to take through menstruation. Upon a positive pregnancy, an appropriate formula should be substituted. 试图怀孕前 1-3 个月开始服用. 经期可继续, 受孕后改为保胎治疗.

**Ingredients:** White Peony (Bai Shao), Psoralea (Bu Gu Zhi), Bupleurum (Chai Hu), Cnidium (Chuan Xiong), Salvia (Dan Shen), Dang Gui, Eucommia (Du Zhong), Licorice (Gan Cao), Lycium Fruit (Gou Qi Zi), Chinemys (Zhi Gui Ba), Rehmannia (Shu Di Huang), Cuscuta (Tu Si Zi), Curculigo (Xian Mao), Epimedium (Yin Yang Huo).

**Comments:** According to Traditional Chinese Medicine, Tonifies the Kidney and Liver and replenishes Jing, and Blood assists the body in producing healthy ovarian blood flow. This formula supplements Kidney and Liver Deficiency while strengthening Jing and Blood

related follicular deficiencies. Symptoms include fatigue, low back pain, dizziness, irregular menstruation, and infertility. Modern studies have shown that this type of formula strengthens and supports blood flow to the ovaries.

## FREE CHANNEL

Fallopian Tube Obstruction 输卵管阻塞 is a condition that will benefit very much from Chinese Medicine treatment. According to the severity of the condition, Chinese Medicine can be used as the sole treatment or combined with other medical procedures. Traditional Chinese Medicine has been shown to relax the Infundibulum and Isthmus of the fallopian tubes allowing easier passage of the follicle from the ovaries to the uterus while allowing sperm to travel to the uterus.

**Suggested Use:** Take this formula 1-3 months before conception occurs. If menses is light to normal, this formula can be taken through menstruation. However, if menstruation is heavy, the formula should be stopped at the onset of menses, or one week prior. Upon a positive pregnancy, this formula should be substituted with an appropriate formula. While taking this formula, eat steamed leafy greens to assist with the actions of the formula. 试图怀孕前 1-3 个月开始服用. 若经血量少, 可继续服药, 若经血量多, 在经期或行经前一周停止服用. 受孕后改保胎治疗. 多进食青叶类菜蔬.

**Ingredients:** Red Peony (Chi Shao), Cnidium (Chuan Xiong), Salvia (Dan Shen), Zedoariae (E Zhu), Sargassum (Hai Zao), Sea Tangle (Kun Bu), Liquid Amber (Lu Lu Tong), Myrrh (Mo Yao), Mastic (Ru Xiang), Burreed Tuber (San Leng), Persica (Tao Ren), Prunella (Xia Ku Cao), Leonurus (Yi Mu Cao), Gleditsia (Zao Jiao Ci)

**Comments:** According to Traditional Chinese Medicine, Eliminates Blood stagnation and opening the Chong and Ren Channels support the body in loosening up blockages of the

fallopian tubes, promoting fertility. This formula treats Blood Stagnation, and Kidney Qi Deficiency related blockages. Symptoms include irregular menstruation, low abdominal discomfort, low back pain, frequent urination, with or without frequent bowel movement. Modern studies have shown that this type of formula supports relaxation and frees obstruction of the fallopian tubes.

### **Good Morning Formula**

Morning Sickness 早孕反应 is a condition that greatly benefits from Chinese Medicine treatment. According to the severity of the condition, Chinese Medicine can be the sole treatment or combined with other Western medical procedures. Traditional Chinese Medicine has been shown to calm nausea and ease vomiting, preventing the condition from developing into hyperemesis gravidarum.

**Suggested Use:** This formula can be taken for the first trimester if morning sickness symptoms appear.

早孕 12 周内服用.

**Ingredients:** Amomum Fruit (Sha Ren), Perilla Stalk (Su Gen), Pinellia (Ban Xia(Jiang), Ginger (Sheng Jiang), Atractylodes White, Cooked(Bai Zhu(Chao), Membranes of Chicken's Gizzard (Ji Nei Jin), Codonopsis (Dang Shen), Poria (Fu Ling), Cyperus (Xiang Fu), Coptis (Huang Lian), Citrus (Chen Pi(Chao)

**Comments:** According to Traditional Chinese Medicine, the formula Harmonize t the Liver and the Stomach and downbears the Stomach Qi. Symptoms include reflux, weight loss, nausea, and vomiting. Modern Studies have shown that this type of formula helps decrease nausea and vomiting.

**Happy Day**

Female Support 情志调理 helps relieve stress and promotes relaxation. According to the severity of stress and anxiety, Chinese Medicine can be the sole treatment or combined with other Western medical procedures. Traditional Chinese Medicine has been shown to calm the mind and ease stress and anxiety, improving bowel function, concentration, sleep, and fertility.

**Suggested Use:** Take this formula for 1-3 months and before conception, the beginning of IUI or IVF, and stopped on the day of embryo transfer. If menses is light to normal, this formula can be taken through menstruation. If menses is heavy, stop the formula one week before the onset. 试图怀孕或人工授孕前 1-3 个月开始服用或人工授孕治疗周期开始时服用, 待受精卵植入后停止服药.

**Ingredients:** Bupleurum (Chai Hu), Dang Gui (Dang Gui), Peony (Bai Shao), Poria (Fu Ling), Atractylodes (Bai Zhu), Ginger (processed (Pao Jiang), Mentha (Bo He), Licorice (Honey fried (Gan Cao (Mi).

**Comments:** According to Traditional Chinese Medicine, regulates Liver Qi supports the body in stabilizing the emotions and easing the spirit. This formula is designed to smooth Liver Qi and move Liver Qi Stagnation helping the body and mind relax. Symptoms include bitter taste, mood swings, abdominal pain, night blindness, irregular menstruation, and infertility. Modern Studies have shown that this type of formula supports the body in relaxing the mind and easing the spirit.

### **L –Vitality**

Luteal Phase Defect 黄体功能不全 is a condition that will benefit very much from Chinese Medicine Treatment. Traditional Chinese Medicine has been shown to increase progesterone. Higher progesterone levels during the luteal phase promotes embryo implantation.

**Suggested Use:** Take this formula 1 to 3 months before conception, IUI, or IVF cycle.

This formula is safe to take through menses. Upon a positive pregnancy test, substitute it with an appropriate formula. 试图怀孕或人工授孕前 1-3 个月开始服用, 待受孕后改为保胎治疗.

**Ingredients:** Atractylodes (Bai Zhu (Sheng), Eucommia (Du Zhong (Chao), Loranthus (Sang Ji Sheng), Dioscorea (Shan Yao (Huai), Cornus (Shan Zhu Yu), Cimicifuga (Sheng Ma), Rehmannia (Shu Di Huang), Cuscuta (Tu Si Zi), Dipsacus (Xu Duan (Chuan).

**Comments:** According to Traditional Chinese Medicine, the formula Tonifies Kidney Qi and boosts Qi support the body in regulates the luteal phase. This formula is designed to manage Kidney Qi Deficiency with symptoms of excessive clear urination, shortness of breath, low back pain, incontinence, and luteal phase irregularities. Modern studies have shown that this type of formula lengthens the luteal phase and promotes fertility. (Xia Yu Wei, Zhan Shi Chen et al. From Journal of TCM Information of China, 2004.11 26-28.)

#### **MAINTENANCE 1 (no spotting)**

Female Support (pregnancy test positive) 保胎 is a phase in the first trimester that very much benefits from Chinese Medicine treatment. Chinese Medicine can be used as the sole treatment or combined with other medical procedures. Traditional Chinese Medicine has been shown to nourish the blood and calm the fetus allowing for better development of the umbilical cord, placenta, and the transport of oxygen and nutrients.

**Suggested Use:** Take this formula from the onset of pregnancy to the end of the first trimester. 自早孕起服药至 12 周止.

**Ingredients:** Morinda (Ba Ji Tian), Atractylodes (Bai Zhu), Jujube (Da Zao), Dang Gui (Dang Gui), Codonopsis (Dang Shen), Eucommia (Du Zhong(Chao), Gelatin (E Jiao), Lycium Fruit (Gou Qi Zi), Loranthus (Sang Ji Sheng), Amomum Fruit (Sha Ren), Dioscorea (Shan Yao (Huai), Rehmannia (Shu Di Huang), Cuscuta (Tu Si Zi), Dipsacus (Xu Duan(Chuan).

**Comments:** According to Traditional Chinese Medicine, the formula supplements the Kidneys and nourishes blood to supports the body in maintaining pregnancy through the first trimester. This formula is designed to manage Kidney Qi and nourish blood with weight loss symptoms, fatigue, low back pain, nausea, and lower abdominal cramping. Modern studies have shown that this type of formula supports pregnancy in the first trimester.

### **MAINTENANCE 2 (spotting)**

Female Support (pregnancy test positive) 保胎 is a phase in the first trimester that benefits from Chinese Medicine treatment. Chinese Medicine can be used as the sole treatment or combined with other medical procedures. Traditional Chinese Medicine has been shown to nourish the blood, harmonize the uterus, calm the fetus, and stop spotting to allow for better development of the umbilical cord, placenta, and transport of oxygen and nutrients.

**Suggested Use:** This formula can be used from the onset of pregnancy to the end of the first trimester. 自早孕起服药至 12 周止.

**Ingredients:** Peony (Bai Shao(Sheng), Ailanthus (Chun Gen Pi), Dang Gui (Dang Gui), Codonopsis (Dang Shen), Sanguisorba (Di Yu Tan), Eucommia (Du Zhong(Chao), Gelatin (E Jiao), Licorice (Gan Cao), Eclipta (Han Lian Cao), Astragalus (Huang Qi(Mi), Loranthus (Sang Ji Sheng), Rehmannia (Sheng Di Huang), Cuscuta (Tu Si Zi), Agrimony (Xian He Cao).

**Comments:** According to Traditional Chinese Medicine, the formula supplements the Kidneys, nourishes the blood, and supports the body in maintaining pregnancy through the first trimester. This formula is tonifies Kidney Qi and nourishes blood with symptoms of weight loss, nausea, vomiting, low back pain, lower abdominal cramping, and spotting. Modern studies have shown that this type of formula supports pregnancy in the first trimester.



## MALE HARMONY 1

Male Immune Infertility 男性免疫性不孕 is a condition that will benefit very much from Chinese Medicine treatment. According to the severity of the condition, Chinese Medicine can be used as the sole treatment or combined with Western medical procedures. Traditional Chinese Medicine has been shown to regulate the immune function, decreasing anti-sperm antibodies such as the IgG, IgA, or IgM isotype.

**Suggested Use:** Take this formula 1-2 months before conception. While taking this formula, it is best to avoid all stimulants such as alcohol and tobacco. 试图怀孕前 1-2 个月开始服药. 至孕期 12 周止. 服药期间忌烟酒等.

**Ingredients:** Peony (Bai Shao(Sheng), Trionyx (Bie Jia(Zhi), Peony Red (Chi Shao), Leonurus (Chong Wei Zi), Dang Gui (Dang Gui), Licorice (Gan Cao), Lycium Fruit (Gou Qi Zi), Chinemys P (Gui Ban(Zhi), Tribulus (Ji Li(Bai), Moutan (Mu Dan Pi), Ligustrum (Nu Zhen Zi(Jiu), Dioscorea (Shan Yao(Huai), Cornus (Shan Zhu Yu), Rehmannia (Sheng Di Huang), Rehmannia (Shu Di Huang), Cuscuta (Tu Si Zi).

Comments: According to Traditional Chinese Medicine Tonifies Kidney Yin and regulates the immune system, it helps the body produce healthy sperm cells free of foreign antigens. This formula treats Kidney Yin deficiency with symptoms of anxiety, heat sensations in the palms and chest, fatigue, thirst, constipation, and genetic male factor infertility. Modern studies have shown that this type of formula supports the regulation of the immune function.

## MALE HARMONY 2

Male Immune Infertility 男性免疫性不孕 is a condition that will benefit very much from Traditional Chinese Medicine. According to the severity of the condition, Chinese Medicine can be used as the sole treatment or used with Western medical procedures. Traditional Chinese Medicine has been shown to regulate the immune function decreasing anti-sperm antibodies such as the IgG, IgA, or IgM isotype.

**Suggested Use:** Take this formula 1-2 months before conception. While taking this formula, it is best to avoid all stimulants such as tobacco and alcohol. 试图怀孕前 1-2 个月开始服药. 至孕期 12 周止. 服药期间忌烟酒等.

**Ingredients:** Peony (Bai Shao(Sheng), Atractylodes (Bai Zhu(Sheng), Bupleurum (Chai Hu), Citrus (Chen Pi(Chao), Dang Gui (Dang Gui), Poria (Fu Ling), Licorice (Gan Cao), Lycium Fruit (Gou Qi Zi), Citrus (Qing Pi(Chao), Cuscuta (Tu Si Zi), Cyperus (Xiang Fu(Zhi), Curcuma (Yu Jin(Guang)

**Comments:** the formula harmonizes the Liver Qi, regulates blood, and adjusts immune function to assist the body in the production of healthy sperm cell-free of foreign antigens. This formula is designed to manage Liver Qi stagnation with symptoms of depression, irritability, abdominal pain, poor appetite, and bitter taste. Modern Studies have shown that this type of formula supports the regulation of the immune system.

## MALE VITAL CARE

Low Sperm Count 少精子症 is a condition that will benefit very much from Chinese Medicine treatment. According to the severity of the condition, Chinese Medicine can be used as the sole treatment or in concert with other medical procedures. Chinese Herbal Medicine has been shown to aid in spermatozoa production and ejaculate, supporting the morphology, motility, and volume. This formula treats both Oligozoospermia and Asthenozoospermia.

**Suggested Use:** Take this formula two months before conception. While taking this formula, alcohol, tobacco, caffeine, and other stimulants should be avoided. 试图怀孕前 2 个月开始服药待至女方孕期 12 周止. 服药期间忌烟酒, 咖啡等.

**Ingredients:** Dang Gui (Dang Gui), Lycium Fruit (Gou Qi Zi), Rice (Gu Ya (Chao), Flowery Knotweed (He Shou Wu (Zhi), Astragalus (Huang Qi (Sheng), Cornus (Shan Zhu Yu), Rehmannia (Shu Di Huang), Cuscuta (Tu Si Zi), Epimedium (Ying Yang Huo)

**Comments:** According to Traditional Chinese Medicine, nourishes the Kidney, replenishes Essence, and strengthening blood assists the body in building fluids and supporting reproductive energy. This formula is designed to manage Kidney and Jing Deficiency related complications with symptoms of low back pain, tinnitus, low sperm count, lack of reproductive fluid, insomnia, and fatigue. Modern Studies have shown that this type of formula supports the body's abilities to produce sperm cells.

## RE-BALANCE

Ovarian Hyperstimulation Syndrome 卵巢过度刺激综合症 is a condition that will benefit very much from Chinese Medicine treatment. Based on the severity of the condition, Chinese Medicine can be used as the sole treatment or combined with a western medical approach. Traditional Chinese Medicine has been shown to decrease abdominal bloating and pain associated with ovarian hyperstimulation. Ovarian Hyperstimulation can be a life-threatening condition and needs to be monitored by a physician.

**Suggested Use:** Take this formula at the first onset of symptoms and stopped two days before embryo transfer. If not having a transfer, this formula can be taken until symptoms are alleviated. If there is a history of Polycystic Ovarian Syndrome, we recommend using the formula FEMININE CARE 2 before the IVF cycle. While taking this formula, it is best to avoid spicy or fried foods. warm and easily digestible foods are recommended. 症状出现后立即服药, 受精卵植入术后停药. 若不立刻进行受精卵植入术, 继续服药至症状消失. 若患者素患有多囊卵巢综合症, 在 IVF 治疗前应服用 FEMININE CARE 2 进行先期治疗. 服药期间进食易消化食物, 忌辣及油腻.

**Ingredients:** Citrus (Chen Pi(Chao), Salvia (Dan Shen) Dang Gui (Dang Gui), Lycium Bark (Di Gu Pi), Poria (Fu Ling), Chinemys Plastrum (Gui Ban(Zhi), Phellodendron (Huang Bo),

Scutellaria (Huang Qin (Jiu), Eclipta (Han Lian Cao), Moutan (Mu Dan Pi), Ligustrum (Nu Zhen Zi(Jiu), Rehmannia (Sheng Di Huang), Dioscorea (Shan Yao(Huai), Cornus (Shan Zhu Yu), Alisma (Ze Xie), Anemarrhena (Zhi Mu)

**Comments:** According to Traditional Chinese Medicine, the actions of the formula are to clear internal heat, nourish Yin, subdue yang, regulate Qi and Blood and balance the Chong Mai. Symptoms include abdominal bloating and tenderness, weight gain, nausea, and, in severe cases, dark urine, thirst, and dry skin. Modern Studies have shown that this type of formula helps the body relieve symptoms related to ovarian hyperstimulation.

### VITAL STRENGTH

Habitual miscarriage 习惯性流产 is a condition that responds favorably to Chinese Herbal treatment. It can be used as the sole treatment for stabilizing pregnancies and preventing miscarriages. Taken before conception, Traditional Chinese Medicine has been shown to relax the uterus and calm the fetus, helping to prevent spontaneous miscarriage and related symptoms.

**Suggested Use:** Take this formula Dr. Wang recommends taking the formula 3-6 months before conception and throughout the first trimester of pregnancy. Upon entering the second trimester, reevaluate, and this formula may or may not be substituted with a more appropriate formula. 试图怀孕前 3-6 个月开始服药至孕期 12 周,12 周后是否继续服药可根据病情酌定.

**Ingredients:** Cuscuta (Tu Si Zi), Rehmannia(cooked) (Shu Di Huang), Codonopsis (Dang Shen), Dioscorea (Shan Yao), Atractylodes (white, cooked) (Bai Zhu (Chao), Dipsacus (Xu Duan), Loranthus (Sang Ji Sheng), Eucommia (Du Zhong), Peony (Bai Shao), Lycium Fruit (Gou Qi Zi).

**Comments:** According to Traditional Chinese Medicine, the formula tonifies and replenishes Qi supports the body in Harmonizes and stabilizing the uterus. This formula is designed to tonify the Kidney and Qi with low back pain symptoms, fatigue, frequent urination, dizziness, loss of appetite, bowel irregularity, and recurring miscarriage. Modern studies have shown that this type of formula supports pregnancies.

### **YANG SUPPORT FORMULA (Male)**

Male Support (yang)助阳 helps maintain healthy reproductive energy while supporting the adrenal and reproductive functions. Traditional Chinese Medicine has been shown to improve impotence, premature ejaculation, and male infertility. Yang energy in the body is responsible for warming the body and strengthening Qi. If Kidney Yang energy is weak, the Essence (sexual energy) is not nourished or warmed, resulting in male infertility symptoms.

**Suggested Use:** Take this formula 1-3 months before trying to conceive. If, after three months, conception has not occurred, Dr. Wang recommends reevaluating the case and selecting a new formula. 试图怀孕前 1-3 个月开始服药. 若服药三个月后效果不佳,应考虑辨证更方治疗.

**Ingredients:** Rehmannia (Sheng Di Huang), Dioscorea (Shan Yao), Cornus (Shan Zhu Yu), Alisma (Ze Xie), Poria (Fu Ling), Moutan (Mu Dan Pi), Cinnamon Twig (Gui Zhi), Lycium Fruit (Gou Qi Zi), Rubus (Fu Pen Zi), Cuscuta (Tu Si Zi), Plantain Seed (Che Qian Zi), Schisandra (Wu Wei Zi)

**Comments:** According to Traditional Chinese Medicine, Replenishes Kidney essence, Kidney Yin, Kidney Yang, and reinforcing the life force supports the body in sexual intercourse and conceiving a child. This formula is designed to strengthen the Essence and Jing and warm the yang, with symptoms such as soreness in the back, weak knees and legs, aversion to

cold, and premature ejaculation. Modern studies have shown that this formula supports reproductive energy.

### **YIN SUPPORT FORMULA (Male)**

Male Support (Yin) 养精 formula helps to maintain healthy reproductive energy while supporting the Kidney Essence, body fluids, and reproductive function. Traditional Chinese Medicine has been shown to alleviate symptoms such as fatigue from excessive sexual activity and depletion of reproductive fluids. Yin energy is responsible for cooling and moistening the body. If Kidney Yin is weak, Essence is not nourished, which can injure body fluids.

**Suggested Use:** Take this formula 1-3 months before trying to conceive. If, after three months, conception has not occurred, Dr. Wang recommends reevaluating the case and selecting a new formula. 试图怀孕前 1-3 个月开始服药. 若服药三个月后效果不佳,应考虑辨证更方治疗.

**Ingredients:** Lycium Fruit (Gou Qi Zi), Rubus (Fu Pen Zi), Cuscuta (Tu Si Zi), Plantain Seed (Che Qian Zi), Schisandra (Wu Wei Zi), Rehmannia(cooked)(Shu Di Huang), Cornus (Shan Zhu Yu), Dioscorea (Shan Yao), Alisma (Ze Xie), Moutan (Mu Dan Pi), Anemarrhena (Zhi Mu), Phellodendron (Huang Bo), Poria (Fu Ling)

**Comments:** According to Traditional Chinese Medicine, replenishes Kidney essence, Kidney Yin, Kidney Yang, and reinforcing the life force supports the body's reproductive energy. This formula is designed to manage Kidney Yin, Kidney Yang, and the life force with symptoms of nocturnal emissions, constipation, vertigo, ringing in the ears, and night sweats. Modern studies have shown that this formula supports reproductive energy.