

## Fertility Specialty Formulas - Three Branch Approach to Reproductive Health

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Branch I: Restore the Root

Fertility Preparation Formulas: Use these formulas for 3-6 months prior to beginning fertility treatment to help correct the underlying cause for the condition.

Conditions & TCM Pattern	TCM Actions	Formula Names	Formula Number
Tubal Blockage with stagnation of Qi and Blood	Eliminates blood stasis; Opens the Chong and Ren channels	Free Channel / Xiao Liu Tang*	Formula 1
Endometriosis with Kidney deficiency, Liver Qi stagnation and blood stagnation	Tonifies Kidney yin, nourishes Kidney Qi and Yang; regulates the Liver; eliminates blood stasis	Endo Chong Ren Care	Formula 2
Dysfunctional ovulation with Kidney Yang and blood deficiency	Boosts Kidney Yang and Qi; regulates blood flow and balances Chong/Ren channels	Yu Lin Fang *	Formula 3
Polycystic Ovarian Syndrome with Kidney deficiency, blood stagnation, and excessive dampness	Tonifies Kidney Yang and Qi; dispels dampness; eliminates blood stasis	Pearl Release	Formula 4
Habitual Miscarriage with Kidney deficiency and generalized Qi deficiency	Tonifies Kidney and replenishes Qi	Fertile Anchor	Formula 5
Low sperm count with Kidney Yin and essence deficiency, deficient Qi and blood	Nourishes Kidney, replenishes Essence and strengthens blood	Men's Vital Care (Zan Yu Dan) *	Formula 6
Men's Immune Infertility with Kidney Yin deficiency	Tonifies Kidney Yin and regulates immune function	Men's Immune Harmony (Kidney)	Formula 7

Men's Immune Infertility with Liver Qi Stagnation	Harmonizes Liver Qi, regulates blood and adjusts immune function	Men's Immune Harmony (Liver)	Formula 8
Women's Immune Infertility with Kidney Yin deficiency and excessive inner fire	Tonifies Kidney Yin, nourishes blood and regulates immune function	Women's Immune Harmony	Formula 9
Ovarian Hyperstimulation Syndrome (OHSS) with deficiency of Yin and excessive Yang, along with stagnation of Qi and blood	Treats Yin deficiency with internal heat; regulates Qi and blood; and balances the Chong Mai	Re-Balance	Formula 10
Luteal phase defect with Kidney deficiency	Tonifies Kidney and boosts Qi	L-Vitality	Formula 11
Low or Diminished Ovarian Reserve with Kidney and Liver blood deficiency	Tonifies Kidney and Liver; Supplements Jing and blood	Fertile Tonic *	Formula 12
Irregular Menstruation with Qi and Blood stagnation and Kidney deficiency	Tonifies Kidney yang; tonifies Qi and nourishes the Blood	Cycle Care	Formula 13
Men's Yang Support	Replenishes Essence and boosts Kidney Yang	Men's Yang Support Formula	Formula 14
Men's Yin Support	Replenishes Essence and nourishes Kidney Yin to reinforce the life force	Men's Yin Support Formula	Formula 15

Branch II: Regulate the Cycle  
Nourish and Support

Deficiency Patterns: Used for deficiency patterns, including irregular menstruation, delayed or dysfunctional ovulation with Kidney Qi and Spleen Qi deficiency.

Main Actions: Harmonizes the cycle and nourishes Shen to help optimize fertility.

Treatment for 3-6 cycles before an IUI or IVF cycle is recommended.

Condition	TCM Actions	Formula Names	Formula Number
Follicular Phase with Kidney and Spleen Qi deficiency Day 6-11	Supplement Kidney Yin, Liver blood and regulates the menstrual cycle	Nourish 1 (Cycle Days 6-11)	Formula 16

Ovulatory Phase with Kidney Qi and Spleen Qi deficiency day 12-15	Tonifies Kidney and blood, stimulating the blood flow	Nourish 2 (Cycle Days 12-15)	Formula 17
Luteal Phase with Kidney Qi and Spleen Qi deficiency day 16-end of the cycle	Tonifies Kidney Yin and Yang, Harmonizes Qi and blood.	Nourish 3 (Cycle Days 16-P)	Formula 18
Menstrual Phase with Kidney Qi and Spleen Qi deficiency Day 1-5	Regulates menstrual cycle and Eliminates blood stasis	Nourish 4 (During Menses)	Formula 19

Cycle regulation may overlap with IUI and IVF preparation. The purpose of Cycle regulation is to promote conception with a natural approach.

#### Branch II: Regulate the Cycle Harmonize and Clear

Stagnation & Heat Patterns: Used for stagnation and heat patterns, presenting as irregular menstruation, early menstruation, and short follicular phase.

Main Actions: Supplements kidney yin, harmonizes Liver Qi, and clears heart fire.

Treatment for 3-6 cycles before an IUI or IVF cycle is recommended.

#### Formulas for Women

Condition	TCM Actions	Formula Names	Formula Number
Follicular Phase with kidney yin deficiency, Liver Qi stagnation, and elevated heart fire Day 6-11	Nourishes Kidney Yin and blood; regulates the Liver Qi; reducing internal fire and delayed ovulation	Harmonize 1 (Cycle Day 6-11)	Formula 20
Ovulatory Phase with kidney yin deficiency, Liver Qi stagnation, and elevated heart fire day 12-15	Tonifies Kidney and blood; regulates the Liver Qi and stimulating the blood flow	Harmonize 2 (Cycle Day 12-15)	Formula 21
Luteal Phase with kidney yin deficiency, Liver Qi stagnation, and elevated heart fire Day 16-end of the cycle	Tonifies Kidney Yin and Yang; Harmonizes the Liver Qi and blood.	Harmonize 3 (Cycle Day 16-P)	Formula 22
Menstrual Phase with kidney yin deficiency, Liver Qi stagnation, and elevated heart fire Day 1-5	Regulates menstrual cycle; regulates the Liver Qi and clearing blood stasis	Harmonize 4 (During Menses)	Formula 23

#### Branch III: IUI and IVF Support

The purpose of IUI and IVF support is to increase the success of IUI or IVF cycles. These formulas are safe for use with ART.

Condition	TCM Actions	Formula Names	Formula Number
Women's Support (Prior to triage short)	Regulates Liver Qi, supplements blood, harmonizes Shen, and calms the spirit. A classic formula to help manage stress.	Happy Day (Xiao Yao Wan) *	Formula 24
Women's Support (After Transfer)	Tonifies the Kidney Qi, nourishes blood, and supports implantation.	After Transfer Formula	Formula 25
Women's Support (Positive Pregnancy Test, No Spotting)	Supports the Kidney energy and nourishes the blood to maintain pregnancy	Maintenance 1	Formula 26
Women's Support (Positive Pregnancy Test, Spotting)	Supports the Kidney energy and nourishes the blood to calm restless fetus.	Maintenance 2	Formula 27
Morning Sickness Liver (Stomach Disharmony)	Harmonizes the balance between Liver and Stomach; reducing symptoms to help the body achieve homeostasis	Good Morning Formula	Formula 28
Men's Yang Support (Repeated from Branch I)	Replenishes Essence and boosts Kidney Yang	Men's Yang Support Formula	Formula 14
Men's Yin Support (Repeated from Branch I)	Replenishes Essence and nourishes Kidney Yin to reinforce the life force	Men's Yin Support Formula	Formula 15

Where to find the formulas

The formulas with \* are available through <https://treasureoftheeast.com/> or by calling 1-607-275-9700.

The rest of the formulas are available by custom order from China Herb Company at <https://chinaherbco.com/> or by calling 215-546-5870.