



The Tao Herbs
專營有機中藥茗茶



八珍湯 (Ba Zhen Tang)



歐盟有機農業標誌



www.mytaoherb.com

材料: 白芍, 茯苓, 白術, 黨參, 川芎, 甘草, 熟地黃, 當歸, 丹參
八珍湯: 益氣補血。氣血兩虛證。面色蒼白或萎黃, 頭昏目眩, 四肢疲倦, 氣短懶言, 心悸怔忡, 飲食減少, 舌淡苔薄, 脈細弱或虛大無力。
功能: 氣虛兼血虛而有陰虛內熱, 脾胃虧損, 食慾不振, 肢體無力, 肌肉消瘦, 胎產崩漏, 體虛衰弱, 貧血頭暈, 目眩心悸, 面色蒼白, 病後衰弱, 月經不調, 腰痛, 產前產後調養。

Ingredients: Bai Shao , Fu Ling, Bai Shu Dang Shen , Chuan Xiong Gan Cao , Shu Di Huang , Dang Gui, Dan Shen .
Indications: Ba Zhen Tang helps anemia, dizziness, irregular menses, malnutrition, lack of appetite, trickling menses, palpitations, agitation, fatigue, vertigo, weak limbs, postpartum weakness, impaired speech, insomnia, lower back pain, spermatorrhea, uterine bleeding, constipation, and dyspnea. It's indicated for qi and blood deficiency syndrome. The formula is modified to support increased circulation, making it beneficial support for athletes who frequently suffer from depletion of blood.

Concentration: 5:1

Specifications: 12, 45, 90 Vegetable Capsules (500 mg per capsule)

Usage: 2-3 capsules each time, 3 times a day before or after meals, or as directed by your herbalist/practitioner.

禁忌 — Caution

1. Use with caution if you are pregnant. 不適合使用, 如果你在懷孕期間。
2. Do not use together with cold medicine. 感冒期間, 不宜服藥。
3. Not suitable if you have indigestion problems. 不適合如果你有消化不良的問題。
4. Only to be used by children under adult's direction. 小孩必須在成人的指引下服用。
5. Consult your herbalist or physician before use if you are taking other medicines.
如果你正在服用其他藥物, 在使用前請諮詢你的中醫或您的醫生。
6. Consult your herbalist or physician before use if you have hypertension, or you are children, old or very weak.
如果你有高血壓, 或者你是兒童, 老人或身體非常弱, 諮詢在使用前諮詢您的醫生。
7. Keep out of reach of children. 請置於兒童接觸不到的地方。





白芍 – Bai Shao

白芍 性味酸苦、微寒 養血柔肝，降血壓對月經不調有著很好的療效。

Bai Shao - *Paeonia lactiflora* Pall -- Bitter, Sour, Cool

Bai shao is being used for removing [blood stasis](#) and as a mild analgesic. It helps regulate menstrual dysfunction, vagina [yeast infection](#), uterine bleeding, lessens [liver yang ascending](#), and alleviates abdominal pain. It reduces headache and dizziness, abdomen and back pain due to [liver yang ascending](#).



茯苓—Fu Ling

茯苓-- 味甘淡、性平。濕利水，健脾和胃，寧心安神的功效。可治小便不利，水腫脹滿，痰飲咳逆，嘔逆，惡阻，泄瀉，遺精，淋濁，驚悸，健忘等症健脾、安神、鎮靜、利尿，促進身體免疫能力。

Fu Ling - *Poria cocos fungus* Sweet-- Bland, Neutral

Fu Ling is being used as diuretics, in urinary difficulty, diarrhea, water retention, [pixu](#) (Deficiency of Spleen) with water retention. Urination difficulty is usually due to damp heat. Symptoms of [Pixu](#) include mucus production, headache, dizziness, and palpitations, with thick greasy tongue coating. Other signs like palpitation, insomnia or forgetfulness, loss of appetite, Inflammation of the uterus and chronic sinusitis.



白術—Bai Zhu

白術--甘，略甜，溫。 健脾益氣，燥濕利水，止汗，安胎。用於脾虛食少，腹脹泄瀉，痰飲眩暈，水腫，自汗，胎動不安。陰虛者慎用。

Bai Zhu - *Atractylodes macrocephala* rhizome-- Bitter & Sweet, Warm.

It is traditionally used in [pixu \(spleen deficient\) with](#) lack of appetite, flatulence with diarrhea, abundance of phlegm, dizziness, palpitation, edema, instant sweating, and excessive fetus movements.

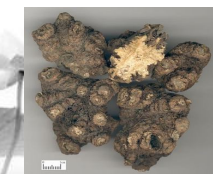


黨參—DangShen

黨參--補中，益氣，生津 治脾胃虛弱，氣血兩虧，體倦無力，食少，口渴，久瀉，脫肛。 .

DangShen - *Codonopsis pilosula* root— Sweet, Neutral

DangShen is being used to tonify middle jiao (improves digestive system by correct [pixu](#) conditions), corrects blood deficiency and enhances qi (lack of appetite, fatigue, thirst, diarrhea, vomiting, prolapse of uterus, stomach, rectum due to [pixu \(spleen deficient\)](#)).



川芎 – Chuan Xiong

川芎 性味屬辛、溫，作用於肝臟、膽婦科主藥，又是治療頭痛良方，還能影響內分泌系統，減輕乳房不適、心情焦慮及沮喪等經前症狀。

Chuan Xiong - *Ligusticum wallichii* rhizome -- Acrid, Warm

Chuan Xiong promotes qi and blood circulation, relieves pain: like headaches, abdominal ache, chest pain, muscle pain, boils, difficulty in menses, and amenorrhea.





甘草—Gan Cao

甘草-- 味甘，益脾，補氣，清熱，去毒，排痰，止咳，止痛，和其他藥味。用於脾虛消化不良，疲倦，無力，心跳，氣短，痰多咳嗽。

Gan Cao - Glycyrrhizae uralensis root-- Sweet, Mild

Gan Cao helps tonify pi (spleen), enhance qi, clear heat, rid of toxins, expel phlegm and stop cough with pain, and synergize other herbs. It is being used in spleen and stomach weakness, tired and lack of strength, palpitation and short of breath, and cough with abundance of phlegm.

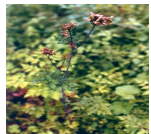


熟地黃 - Shui Di Huang

熟地黃-- 性味屬甘、微溫，作用於心、肝、腎，具補血滋陰、補精益髓作用臉色蒼白、頭暈目眩、月經不調等症狀，與當歸配合還能增強當歸的補血、活血療效。但熟地含有大量糖分較滋補黏膩，對消化不良及腹瀉者不應多用。

Shui Di Huang - Rehmannia glutinosa root -- Sweet, Bitter.

Shui Di Huang is being used as a blood tonic and weakness caused by tuberculosis, vomiting blood, nose bleeding, coughing blood, and bleeding in the uterus.



當歸 – Dang Gui

當歸-- 性味屬甘、辛、溫，作用於肝、心、脾，具補血調經、澤顏潤膚、活血止痛的作用。在保護女性健康方面扮演著極其重要的角色。含維他命B12及葉酸，有抗惡性貧血的作用、可促進傷口癒合。

Dang Gui Angelica sinensis root - - Sweet, Acrid, Bitter, Warm

Dang Gui is tonic for blood and for regulating the menses, lubricates bowels to correct constipation, reduces swelling, expels pus, and relieves pain. Dang gui wei (tail) is being used in condition of blood stasis and clots.



丹參—Dan Shen

丹參--氣微，味微苦澀祛瘀止痛，活血通經，清心除煩。用於月經不調、經閉痛經、症瘕積聚、胸腹刺痛、熱痹疼痛、瘡瘍腫痛、肝脾腫大、心絞痛。

Dan Shen - Salvia miltiorrhiza root-- Bitter, slightly Cold

Dan Shen helps rid of clot blood, pain, invigorate blood, breakup [blood stasis](#), dysmenorrheal, amenorrhea, palpable tumors, angina, [heat bi](#), restlessness and insomnia, irritability, swollen spleen, and pain in digestive system.

**The information provided here is for healthcare professional practitioners only.
These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease**

