



風寒感冒靈 Feng Han Gan Mao Ling



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材料: 紫花地丁, 蘆根, 紫蘇, 柴胡, 桔梗, 白芷, 荊芥穗, 防風, 杏仁
風寒感冒靈: 治傷風寒外有發熱頭痛惡寒。內有咳嗽吐痰氣湧。治四時感冒。頭痛發熱。或兼內傷。胸膈滿悶。
功能: 解表發汗, 疏風散寒。用於風寒感冒, 發熱, 頭痛, 惡寒, 無汗, 咳嗽, 鼻塞, 流清涕。

Ingredients: Zi Hua Di Ding,,Lu Gen, Zi Su, Chai Hu, Jie Geng ,Bai Zhi, Jing Jie Sui, Fang feng, Xing Ren
Indications: This formula is used to relieve severe headache, sore throat, nasal congestion, body aches, fever and chills due to common cold or flu. It helps clear nasal obstruction, nasal discharge, and muscle pain.
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. If you are diabetes, don't take it. 糖尿病患者禁服。
2. Do not smoke, take oily (like French fries), chilly food, cool food, water and raw vegetables. 忌煙、酒及辛辣、生冷、油膩食物。
3. Consult your herbalist or physician before use if you are taking other medicines. 如果你正在服用其他藥物, 請諮詢你的中醫或您的醫生在使用前。
4. If you are fever, do not take it. 風熱感冒者不適用, 其表現為發熱明顯, 微惡風, 有汗, 口渴, 鼻流, 濁涕。
5. It may not be suitable for you if the symptoms do not ease in a few days. 三天后如果症狀沒有緩解, 它可能並不適合你。
6. Keep out of reach of children. 請置於兒童接觸不到的地方。





紫花地丁—Zi Hua Di Ding

紫花地丁--氣微，味微苦而稍粘。清熱解毒，涼血消腫。用於疔瘡腫毒，癰疽發背，丹毒，毒蛇咬傷。

Zi Hua Di Ding - Yideon Violet Herb--Acrid, Bitter, Cold

ZiHuaDiDing is being used for snake bite, red eyes.



蘆根—Lugeng

蘆根--無臭，味甘清熱生津，除煩，止嘔，利尿。用於熱病煩渴，胃熱嘔噦，肺熱咳嗽，肺癰吐膿，熱淋澀痛。

Lugeng - Reed Rhizome--Sweet, Cold, not Toxic

LuGen is good for fever with thirst, vomiting due to heat in stomach, nausea, and supportive Lung disease. It helps neutralize toxin of bloat fish.



紫蘇—ZiSu

紫蘇--氣微香，味淡。解表散寒，行氣和胃。用於風寒感冒，咳嗽嘔惡，妊娠嘔吐，魚蟹中毒。

ZiSu - Perilla Stem--Acrid, Aromatic, Warm

ZiSu is being used for influenza with fever, unable to sweat, stuffy nose, headache, tightness in chest, vomiting, overly active fetus, and food poisoning from eating fish or shell fish.



柴胡--ChaiHu

柴胡--味微苦辛。疏散退熱，舒肝，升陽。用於感冒發熱，寒熱往來，瘧疾，胸脅脹痛，月經不調，子宮脫垂，脫肛。

ChaiHu - Bupleurum chinense root--Bitter, Slightly Cold

ChaiHu is being used to disperse heat and fever, improve yang. It reduces cold and influenza, alternates chill and fever, malaria, fullness in chest and rib cage, irregular menses, prolapse of uterus, and prolapse of rectum.



桔梗—JieGeng

桔梗--味苦，辛，性平。宣肺，利咽，祛痰，排膿。用於咳嗽痰多、胸悶不暢，咽喉腫痛，支氣管炎，肺膿瘍，胸膜炎。

JieGeng - Platycodon grandiflorum root-- Bitter, Acrid Neutral

JieGeng helps eliminate phlegm, inhibit cough, treat bronchitis, rids of puss, tonsillitis, and sore throat.





白芷—Bai Zhi

白芷--氣香濃烈，味辛、微苦。祛風解表，止痛，通鼻竅，燥濕。

Bai Zhi - Dahrican Angelica Root--Acrid, Warm

Bai Zhi is being used for headache from cold or fever and chill, red and white vaginal discharge, amenorrhea and swelling in vagina, dry and itchy skin, sinus infection, pain in intestine and hemorrhoids.



荊芥穗—JingJieSui

荊芥穗--辛，微溫，香祛風解表，清頭目，利咽喉，止癢，透疹，炒炭止血。

JingJieSui - Schizonepeta Stem and Bud --Acrid, Slightly Warm, Fragrant

Jingjie is used to expel wind and release toxin through sweating, as antipyretic. For infection in boils and carbuncles, arresting bleeding, treating influenza and cold, fever, headache, swollen and painful throat, and many types of bleeding illnesses, early stages of measles and itchy skin eruptions. Charred jing jie can be used for arresting bleeding.



防風—FangFeng

防風--稍有香氣，味微甘。解表祛風，勝濕，止癢。用於感冒頭痛，風疹瘙癢，破傷風。

FangFeng - Ledebouriella Siler Root--Acrid, Sweet, Slightly Warm

Fangfeng is being used for treatment of blurry vision, headache due to wind chill; stiff neck and pain back, wind cold and damp type of joint and muscle pain, spastic, tight limbs and tetanus.



杏仁—Xingren

杏仁—氣臭特殊，味苦。降氣止咳平喘，潤腸通便。用於咳嗽氣喘，胸滿痰多，血虛津枯，腸燥便秘。

Xingren - Armeniaca Seed --Warm, Bitter, and Slightly Toxic

Xing Ren is used for arresting coughing and asthma, expelling phlegm, and helping bowel movements.

**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**

