



風熱感冒靈 Feng Re Gan Mao Ling



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材料: 荊芥穗, 牛蒡子, 桔梗, 連翹, 金銀花, 淡竹葉, 淡豆豉, 甘草
風熱感冒靈: 治 外感內傷。發熱頭痛。嘔逆咳嗽。痰塞中焦。眩暈嘈煩。傷風泄瀉及傷寒已發發熱不止。
功能: 清熱解毒, 適用於外感風熱之邪所致的發熱, 頭痛, 鼻塞, 流涕

Ingredients: Jing Jie Sui , Niu Bang Zi, Ju Geng, Lian Qiao, Jin Yin Hua, Dan Zhu Ye, Dan Dou Chi, GanCao
Indications: This formula is used to clear away heat, fever, headache, nasal obstruction and discharge, pain, and swelling in the throat caused by invasion of exogenous wind heat.
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. Contraindicated if strong chills are present. 如果存在強烈寒顫,請不要使用。
2. Use with caution in hemorrhagic disorders or with patients on anti-coagulant therapy.
有出血性疾病患者或抗凝血治療, 謹慎使用。
3. 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
4. Consult your herbalist or physician before use if you are under other medical treatment.
如正在服用其他藥品, 在使用前請諮詢您的中醫或醫生
5. Keep out of reach of children.
請置於兒童接觸不到的地方。





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.



牛蒡子—NiuBangzi

牛蒡子--甘，寒。疏散風熱，宣肺透疹，解毒利咽。用於風熱感冒，咳嗽痰多，麻疹，風疹，咽喉腫痛，疔腮丹毒，痛腫瘡毒。

Niu Bang Zi - Arctium Burdock Seed-- Acrid, Bitter, Cold

NiuBangZi helps disperses wind-heat and soothes the throat, rids of toxins and swellings. Use in wind-heat cold and flu, early stages of measles, wind-heat constipation, breast tumor of liver stagnation and stomach heat.



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。

Platycodon grandiflorum root-- Bitter, Acrid Neutral

JieGeng helps rid of phlegm, inhibits cough, treats bronchitis, rids of puss, tonsillitis, and sore throat.



連翹—LianQiao

連翹--氣微香，味苦清熱解毒；消腫散結。用於癰疽，瘰癧，乳癰，丹毒，風熱感冒，溫病初起，溫熱入營，高熱煩渴，神昏發斑，熱淋尿閉。

Lian Qiao - Forsythia Fruit --Bitter, Cool, and Slightly Acrid.

LianQiao is being used in clearing heat, toxin and nodules. It expels externally contracted wind heat as in common cold.



金銀花—JinYinHua

金銀花--甜，涼清熱解毒，涼散風熱。用於癰腫疔瘡，喉痹，丹毒，熱血毒痢，風熱感冒，溫病發熱。

Jin Yin Hua - Honeysuckle Flower --Sweet and Cooling

Jinyinhua is traditionally used for respiratory tract infection, influenza, acute infection of the tonsils, acute infection of the mammary glands, lobar pneumonia, bacterial type of dysentery, acute appendicitis, and boils allergy reaction of skin.





淡竹葉--DanZhuYe

淡竹葉—味甘、淡，性微寒。清熱除煩，利尿。用於熱病煩渴，小便赤澀淋痛，口舌生瘡。

Dan Zhu Ye - Bamboo Leaf & Stem-- Sweet, Bland, Cold, and Slightly Bitter and Non-Toxic

DanZhuYe is being used in eliminating irritability and clearing heat. It reduces mouth sores and inflamed gums due to heat and in heart and stomach channels. It clears damp heat and promotes urination, and insomnia due to heat irritation.



淡豆豉—DanDouChi

淡豆豉--涼，苦、辛。解表，除煩，宣發鬱熱。用於感冒、寒熱頭痛、煩燥胸悶、虛煩不眠。

Dan Dou Chi - Soy bean Prepared --Cool, Bitter, Acrid.

DanDouChi is being used in influenza, chill and fever headache, irritability and tightness in chest, insomnia with weakness and irritability.



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), enhances qi, clears heat, rids of toxins, expels phlegm and stops cough, pain, and synergizes other herbs. It is being used in spleen and stomach weakness, tired and lack of strength, palpitation, short of breath, and cough with abundance of phlegm.

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