



The Tao Herbs
專營有機中藥茗茶



Fitness & Energy Booster



歐盟有機農業標誌



www.mytaoherb.com

材料: 白術、茯苓、黨參、半夏、陳皮、甘草、生薑、大棗
六君子湯: 益氣健脾，燥濕化痰。主治脾胃虛弱，化痰濕症，食少便糖，胸脘痞悶，嘔逆。
功能: 对脾虚胃下垂，慢性腹膜炎，胃潰瘍，消化不良，食慾不振，嘔吐，惡阻，午後或飯後腹部脹滿，臉色枯槁，大便溏泄，肌肉瘦弱無力有很好的帮助。本方有促進胃排空，提高免疫功能的作用與有排痰作用。

Ingredients: Bai Zhu, Fuling, DangShen, BanXia, ChenPi, GanCao, ShengJiang, DaZao

Indications: Fitness & Energy Booster is clinically shown to support cellular oxygenation, protect muscles against exercise-induced damage, boost energy and help the body recover after strenuous activity. This herbal supplement can be used in place of digestive enzymes to facilitate digestion. Improves overall digestion and eliminates bloating and gas.

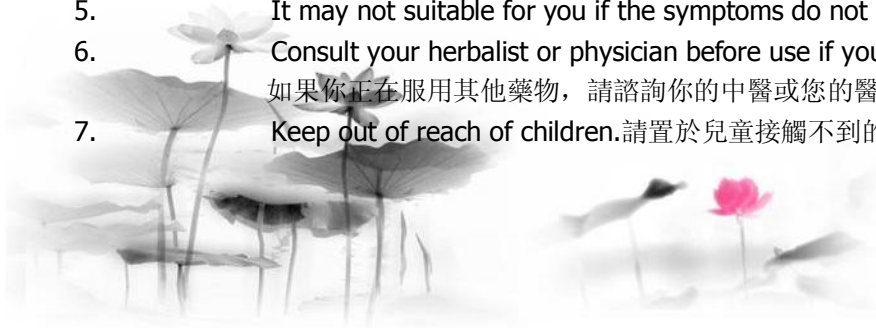
Concentration: 5:1

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 — Cautious

1. Do not take during pregnancy. 不適合使用，如果你在懷孕期間。
2. Not suitable for acute gastrointestinal disorders. 不適用於急性腸胃疾病。
3. Not suitable for symptoms associated with thirst and dry stool. 不適合相關症狀與口渴和大便乾燥。
4. Do not take oily (like French fries), chilly, and cold food, water and vegetables.
不要吃油膩（如炸薯條），寒冷，和難以消化的食物。
5. It may not 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. 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。
7. Keep out of reach of children. 請置於兒童接觸不到的地方。



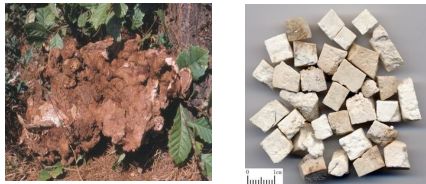


白術 - Bai Zhu

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.



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.



黨參 - Dang Shen

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。。

Dang Shen - Codonopsis pilosula root—Sweet, Neutral

Dang Shen is being used to tonify middle jiao (improves digestive system by correcting [pixu](#) conditions), correct blood deficiency and enhance qi. Symptoms like lack of appetite, fatigue, thirst, diarrhea, vomiting, prolapsed of uterus, stomach, and rectum are due to [pixu \(deficient of spleen\)](#) .



半夏—Ban Sha

半夏--辛，溫，有毒。燥濕祛痰，止嘔，散結消痞，催吐，鎮靜，降眼壓。

Ban Sha - Pinellia temata rhizome-- Acrid, Warm, and Toxic.

Ban Sha be used to stop vomiting, improve nausea, reduce phlegm nodules, and lower pressure in the eyes.





陳皮—Chen Pi

陳皮--苦，辛，溫。理氣，健脾，化痰止咳，疏通心腦血管，降血壓脾胃氣滯，脘腹脹悶，
食欲不香，噁心、嘔吐..

Chen Pi - Citrus reticulate peel- Bitter, Acrid, Warm.

Chen Pi is being used for lack of qi (qixu), excessive phlegm, flatulence, belching, lack of appetite, nausea, and loose stool.

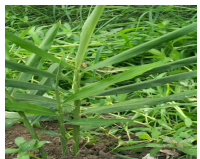


甘草 - Gan Cao

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, stops cough and pain, and synergizes other herbs. Being used in spleen and stomach weakness, tired and lack of strength, palpitation and short of breath, cough with abundance of phlegm.



生薑—Sheng Jiang

生薑---辛，溫。驅寒溫中，通鼻，治小腸氤氣，嘔吐，肺虛痰多咳嗽，減輕其他藥物毒素(如 附子，半夏)，腳汗多，凍瘡，口舌生瘡，狐臭，皮膚發癢，防暈船

Sheng Jiang - Rhizoma Zingiberis - Acrid, Warm

Sheng jiang is being used to evaporate the coldness, warm the middle burner (jiao), alleviate stuffy nose, lessen pain of intestine hernia, vomiting, stop coughing with chronic lung disorders with phlegm, and reduce the toxicity of other herbs (like fu zi, ban xia). It also decreases sweaty feet, frost bite, sore mouth and tongue, body odor from armpits, itchiness, and prevents sea sickness.



大棗—Da Zao

大棗--甘，溫虛弱，氣短，疲倦，口味不佳，脾虛而便溏。

Da Zao - Jujube Fruit--- Sweet, Warm.

Da Zao helps energy weakness, shortness of breath, lassitude, lack of appetite, loose stools due to [pixu \(spleen deficient\)](#). It is also used to calm the mind.

**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**

