



The Tao Herbs
專營有機中藥茗茶



理中湯 Li Zhong Wan



歐盟有機農業標誌



www.mytaoherb.com

材料: 白術，乾薑，炙甘草，黨參，紅景天
理中湯: 溫中散寒，補氣健脾。脾虛虛寒症。脘腹疼痛，喜溫欲按，自利不渴，胃寒肢冷，嘔吐，不欲飲食，舌淡苔白，脈沉細；或陰虛失血； 或小兒慢涼；或病後喜唾涎沫，或霍亂吐瀉，以及胸痹等中焦虛寒所致鎮。
功能: 適宜 胃中寒腹痛、嘔吐、泄瀉、不飲不食、胸痹、胸痞痰多、自汗、脈虛弱、舌苔白膩者。應用於慢性腹瀉、慢性胃炎,胃下垂、小兒自家中毒症、惡阻、胃潰瘍。

Ingredients: Bai Zhu, Gan Jiang, Zhi Gan Cao, Dang Shen , Hong Jing Tian
Indications: Li Zhong Wan helps warm the middle burner, strengthens the spleen, uses for poor digestion; abdominal and epigastric pain, diarrhea, nausea, cold hands or feet and recurrent oral ulcers
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 during pregnancy. (不適合使用，如果你在懷孕期)
2. Not suitable for acute gastrointestinal disorders. (不適用於急性腸胃疾病)
3. Not suitable for use if you have heat sensation. (適合使用，如果你有熱感)
4. Consult your herbalist or physician before use if you have hypertension, diseases of heart, or kidney, asthma, or edema.
如果你有高血壓，心臟疾病，或腎，哮喘，水腫，在使用前請諮詢您的中醫或醫生。
5. Consult your herbalist or physician before use if you are taking other medicines.
如正在服用其他藥品，在使用前請諮詢您的中醫或醫生
6. It may not be suitable for you if the symptoms do not ease in a 3 days.
3天后，如果症狀沒有緩解，它可能並不適合你
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，痰飲眩悸，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.



幹薑—Gan Jiang

幹薑---辛，溫。溫中，散寒，回陽，宣通脈。心腹冷痛，腰痛，瀉下，反胃乾嘔，淤血，芎血。

Gan Jiang - *Zingiber officinale* Rosc-- Acrid, Warm

Gan jiang mean dry ginger. Gan jiang is mainly used in warming the middle, purge coldness, correct [yangxu](#) condition which is to improve circulation, rid of cold and pain of chest and of abdomen, lower back pain and chronic diarrhea.



炙甘草—Gan Cao

炙甘草-- 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 - Honey Prepared Licorice-- Sweet, Mild

Zhi Gan Cao tonifies the Qi, nourishes yin and blood, promotes circulation of heart yang, restores the pulse, and calms the Shen





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 use to tonify middle jiao (improves digestive system by correct [pixu](#) conditions), correct blood deficiency and enhance qi, improve prolapsed of uterus, stomach, and rectum due to [pixu \(spleen deficient\)](#)



紅景天 – Hong Jing Tian

紅景天性味甘、苦、澀、涼。起到陰陽調和百病消的功效, 潤肺止咳，活血止痛，抗輻射、抗缺氧，抗心肌缺血，抗疲勞，清熱，滋補元氣，防癌抗癌，增強人體免疫力，提高肌體抗病能力及明目之效用。免疫強壯功能強於人參，且無任何副作用。對女性的婦科病症具有良好的輔助治療作用。紅景天享有“東方神草”、“黃金植物”的美譽

Hong Jing Tian - Root of Kirilow Rhodiola - - Sweet, Tart, Cold

Hong Jing Tain is being used in coughing blood, cough in pneumonia, and leucorrhea in women.

External use: impact injuries, scalding.

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.

