



The Tao Herbs
專營有機中藥茗茶



六味地黃丸 Liu Wei Di Huang wan



歐盟有機農業標誌



www.mytaoherb.com

材料: 熟地黃、山藥、山茱萸、丹皮、茯苓、澤瀉

六味地黃丸: 滋陰補腎。腎陰虛證。腰膝酸軟，頭昏目眩，耳鳴耳聾，盜汗，遺精，消渴，骨蒸潮熱，舌燥咽痛，牙齒動搖，足跟作痛，小便淋漓，以及小兒囟門不合，舌紅少苔。

功能: 本方能養陰，以造福於腎臟。它是用於腎陰虛損害，頭暈，模糊在耳，腰和膝關節地區，潮熱由於陰虛，夜間出汗，遺精，嚴重口渴酸痛。建議長期使用，以減緩老化過程，促進健康，延長壽命。

Ingredients: Shu Di Huang, Shan Yao, Shan Zhu Yu, Dan Pi, Fu Ling, Zai Xie

Indications: This herbal formula can nourish the liver and kidney. It is used for lassitude knees and loin, dizziness, tinnitus, deafness, night sweating, seminal emission, and infantile unclosed fontanels due to yin-deficiency of the liver and kidney. Also, it can reduce hectic fever, feverish sensation in the palms and soles, diabetes, toothache, dry mouth, dry throat, reddish tongue with little fur, due to hyperactivity of deficient fire.

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. Do not use it if you are taking cold medicines. 感冒期間, 不宜服藥。
2. 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。
3. Consult your herbalist or physician before use if you are pregnant.
諮詢您的中醫或醫生在使用前, 如果你正在懷孕或哺乳期
4. If any adverse symptom occurs like lost appetite, discontinue use. 如果有任何不良症狀時, 請停止使用。
5. Keep out of reach of children. 請置於兒童接觸不到的地方。





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, bleeding in the uterus.



山藥—ShanYao

山藥--甘，平。健脾、厚腸胃、補肺、益腎。利尿，降血壓，降血糖，抑菌，抗衰老。遺精，小便頻數，肺虛喘咳，虛勞痰嗽，食少倦怠，脾虛帶下。

ShanYao - Dioscorea opposita rhizome--Sweet, Neutral

Shan yao is used as tonics for spleen and stomach. Lack of appetite and/or chronic diarrhea or vaginal yeast infection with [pixu \(spleen deficient\)](#) syndrome, spermatorrhea and frequent urination due to [shenxu \(kidney deficient\)](#) . chronic cough or wheezing, abundance of phlegm due to lung deficiency, fatigue, spontaneous sweating and lack of appetite . Used in thirst and wasting (as in [diabetes](#)) [with qixu \(qi deficient\) and yinxu \(yin deficient\)](#) syndrome. Tonic for kidney yin and kidney yang



山茱萸 Shan Zhu Yue

山茱萸—味酸，澀，微溫，無毒補益肝腎，澀精固脫。用於眩暈耳鳴，腰膝酸痛，陽痿遺精，遺尿尿頻，崩漏帶下，大汗虛脫，內熱消渴

Shan Zhu Yue - Cornus officinalis fruit -- Sour, Acrid, Slightly Warm, not Toxic

Shan Zhu Yue is used as impotence, spermatorrhea, instant sweating, sore or week knees, chronic lower back pain, frequent urination, incontinence, excessive bleeding during menstrual periods, bleeding from uterus, hypertension, tinnitus.



丹皮—Dan Pi

丹皮--辛，苦，略涼。清熱涼血，活血化癥。用於溫毒發斑，吐血衄血，夜熱早涼，無汗骨蒸，經閉痛經，痛腫瘡毒，跌撲傷痛清熱，涼血。去陰虛之火，排膿，消血癥之腫

Dan Pi - Paeonia suffruticosa root--Bark Acrid, Bitter, Mildly Cool

Dan Pi is used to clear heat and cool the blood, clear fire of yin deficiency, clear blood stasis, rid of clots, drains pus and reduces swelling due to blood stasis.





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

FuLing is being used as diuretics, in urinary difficulty, diarrhea, and water retention. It reduces urination difficulty due to damp heat, pixu with mucus production, headache, dizziness, palpitations, insomnia or forgetfulness, loss of appetite, inflammation of the uterus and chronic sinusitis.



澤瀉—Ze Xie

澤瀉--甘、淡，寒。對下焦濕熱以致水腫、小便不利、泄瀉(泌尿系統 或消化系統感染)、淋濁帶下及痰飲等有很好的輔助。

Ze Xie - Alisma plantago aquatica rhizome--Sweet, Bland, Cold

ZeXie is good for edema, painful and difficult urination (dysuria), diarrhea, leucorrhagia, caused by damp heat in the lower burner (xia jiao) and [urinary tract infection](#)

**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**

