



The Tao Herbs
專營有機中藥茗茶



四物湯 Si Wu Wan



歐盟有機農業標誌



www.mytaoherb.com

材料: 白芍, 當歸, 熟地黃, 川芎, 桃仁, 紅景天
四物湯: 被譽為一切血病的總方、肝經調血之專劑、治一切血虛及婦女經病。
功能: 補血和血。營血虛滯證, 心悸失眠, 頭暈目眩, 面色無華, 月經不調, 量少, 臍腹作痛, 舌淡, 脈細弦或細澀。常喝此方能讓你臉色紅潤、肌膚更光滑, 看起來年輕好幾歲。

Ingredients: Bai shao, Dang gui, Shu Di Huang, Chuan Xiong, Tao Ren, Hong Jing Tian

Indications: This herbal formula is traditionally used to nourish blood and regulate blood circulation, pale complexion, dizziness, small amount blood in menses or amenorrhea, pain during periods, fetus overactive, excessive bleeding during menopause, or clot blood not clearing after giving birth. It also can be used by male and female with [blood deficiency](#) and/or stasis conditions. This formula can help you look healthy with younger appearance.

Concentration: 5:1

Packaging: 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 or flu medicine. 不適合使用,如果你正在服用感冒藥
- 2) Consult your herbalist or physician before use if you have cold or fever, hypertension, diabetes, heart, liver, or kidney diseases. 諮詢您的中醫或醫生在使用前, 如果你有高血壓, 糖尿病, 心臟, 肝臟, 或腎臟疾病。
- 3) Consult your herbalist or physician before use if you are pregnant or in lactation. 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) It may not be suitable for you if the symptoms do not ease in 3 days. 三天後如果症狀沒有緩解, 它可能並不適合你。
- 5) Consult your herbalist or physician before use if you are taking other medicines 中醫或諮詢您的醫生在使用前, 如果你正在服用其他藥物
- 6) If any adverse symptom occurs, discontinue use. 如果有任何不良症狀時, 停止使用
- 7) Keep out of reach of children. 請置於兒童接觸不到的地方





白芍 – Bai Shao

白芍 性味酸苦、微寒 養血柔肝，降血壓對月經不調有著很好的療效。

Bai Shao - Paeonia lactiflora Pall -- Bitter, Sour, Cool

Bai shao is being used for removing [blood stasis](#) and as a mild analgesic. It helps regulate menstrual dysfunction, vagina [yeast infection](#), uterine bleeding, lessens [liver yang ascending](#) , and alleviates abdominal pain. It reduces headache and dizziness, abdomen and back pain due to [liver yang ascending](#).



川芎 – Chuan Xiong

川芎 性味屬辛、溫，作用於肝臟、膽婦科主藥，又是治療頭痛良方，還能影響內分泌系統，減輕乳房不適、心情焦慮及沮喪等經前症狀。

Chuan Xiong - Ligusticum wallichii rhizome -- Acrid, Warm

Chuan Xiong promotes qi and blood circulation, relieves pain: like headaches, abdominal ache, chest pain, muscle pain, boils, difficulty in menses, amenorrhea.

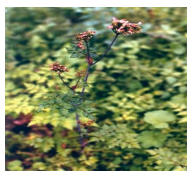


熟地黃 - Shui Di Huang

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.



當歸 – Dan Gui

當歸 性味屬甘、辛、溫，作用於肝、心、脾，具補血調經、澤顏潤膚,活血止痛的作用。在保護女性健康方面扮演著極其重要的角色。含維他命B12及葉酸，有抗惡性貧血的作用、可促進傷口癒合。

Dan Gui - Angelica sinensis root - - Sweet, Acrid, Bitter, Warm

Dang Gui is tonic for blood and for regulating the menses, lubricates bowels to correct constipation, reduces swelling, expels pus, and relieves pain. Dang gui wei (tail) is being used in condition of blood stasis and clots.





桃仁 – Tao Ren

桃仁，味苦、甘，氣平。延年益壽，補血養氣、**補腎**填精、止咳平喘、活血通經止痛，除水腫石淋，利大小便，下三蟲。核桃油含有不飽和脂肪酸，有防治動脈硬化，對腦神經有很好保健作用及美容效果。

本草經疏》載：“桃仁，性善破血，凡血枯、血秘、血燥、瘀血、留血、蓄血、血痛等症，用之立通，散而无收，泻而无补。桃仁性甘平、味苦，入肺、肝、大肠经；有破血行瘀，润燥滑肠的功效；治经闭、痛经、瘀瘕痞块，跌打损伤、肠燥便秘

1) 抗凝作用。降血壓作用。鎮痛，消炎，抗過敏，解毒，通便作用。

2) 功能主治 活血祛痰，润肠通便。用于经闭、痛经、症瘕痞块、跌扑损伤、肠燥便秘

Tao Ren - Peach kernel - - Bitter, Sweet, Neutral

Tao Ren is anti coagulation, anti hypertensive, inhibits pain, anti inflammation, detoxification, anti-allergenic, promotes bowel movements.



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**

