

NOURISH ESSENCE FORMULA

Nourish Essence Formula (*Zi Jing Di Huang Wan*) is based on Rehmannia Six (*Liu Wei Di Huang Wan*), a classical formula for deficient kidney and liver yin. Added to the base formula are polygonum (*zhi he shou wu*) and lycium (*gou qi zi*), yin herbs that nourish the blood; cistanches (*rou cong rong*), cynomorium (*suo yang*), and cuscuta (*tu si zi*), herbs that supplement yang and *jing* (essence); and schisandra (*wu wei zi*) and palm leaf raspberry (*fu pen zi*), astringent herbs that help retain *jing* (essence). It supplements kidney yin and yang, as well as liver yin.

Ingredients

Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 14%
 Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 9%
 Polygoni Multiflori Radix Preparata (Fo-Ti / **Zhi He Shou Wu**) 9%
 Cistanches Herba (Broomrape, Cistanches / **Rou Cong Rong**) 9%
 Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 8%
 Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 8%
 Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / **Shan Zhu Yu**) 7%
 Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7%
 Rubi Fructus (Palm-leaf Raspberry / **Fu Pen Zi**) 7%
 Moutan Cortex (Tree Peony / **Mu Dan Pi**) 6%
 Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 6%
 Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 5%
 Cynomorii Herba (Cynomorium / **Suo Yang**) 5%

Chinese Medical Actions

Supplements kidney yin and yang, supplements liver yin, builds blood and qi, benefits and retains *jing* (essence).

Indications

Back (lower), weak and sore	Lightheadedness
Constipation (from deficiency)	Miscarriage, habitual
Dizziness	Mouth, dry
Exhaustion	Night sweats
Fatigue	Nocturnal emissions
Hair, premature graying	Post-nasal drip, chronic
Hearing loss	Premature ejaculation
Hypothyroidism	Ringing in ear
Infertility	Sexual energy, low
Kidney function, weak	Urination, frequent or nocturnal
Knees, weak	