

PROSTATE FORMULA

Prostate Formula (*Qiang Lie Xian Fang*) is designed to promote healthy function of the prostate. From the perspective of Oriental medicine, the prostate gland is primarily nourished by the spleen, kidney, and liver channels. With modern lifestyles and advancing years, certain patterns occur which affect the prostate gland. Decline of spleen yang can bring about an accumulation of dampness in the lower burner. Further decline of kidney yang, a normal occurrence with aging and stress, diminishes urinary function and sexual energy. This formula treats dampness and stasis in the lower burner brought about by deficiency of spleen and kidney yang. This condition is characterized by sexual dysfunction, or frequent or inhibited urination. In Western medicine, this often corresponds to Benign Prostatic Hypertrophy (BPH) or enlarged prostate. For many men, these symptoms begin around age 40. **Prostate Formula** supplements the yang and drains accumulated dampness to protect against the effects of aging on the prostate.

Ingredients

Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 11.9%
Epimedium Herba (Epimedium / **Yin Yang Huo**) 11.9%
Serenioae Fructus (Saw Palmetto Berry) 11.9%
Codonopsis Radix (Codonopsis / **Dang Shen**) 11.9%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 9.6%
Dioscoreae Hypoglaucae Rhizoma (Tokoro Yam Rhizome / **Bi Xie**) 9.6%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7.1%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 7.1%
Alpiniae Oxyphyllae Fructus (Black Cardamom, Alpinia Fruit / **Yi Zhi Ren**) 7.1%
Linderae Radix (Lindera Tuber, Chinese Allspice / **Wu Yao**) 7.1%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 4.8%

Chinese Medical Actions

Supports spleen and kidney yang, drains dampness, moves blood.

Indications

Backache	Prostate, throbbing in
Erectile dysfunction	Urination, frequent, or difficulty
Libido, loss of	starting and stopping

Contraindications: If heat is present, clear heat before using this formula. With yin deficiency fire, use **Rehmannia & Scrophularia Formula**. With yin deficiency, use **True Yin Formula**. For acute prostatitis, use **Gentiana Drain Fire Formula**. For severe swelling, use **Cinnamon & Poria Formula**.

Note: The American Institute for Cancer Research considers diets high in fat, salt, animal products, alcohol, and tobacco to be detrimental to prostate health.