

Superior Tonic Herb Chart

- Traditional Chinese Medicine (TCM) believes that all health challenges are caused by imbalances. "Excesses" occur when too much heat, cold, dampness, dryness, phlegm, toxins or stagnation build up. "Deficiencies" stem from a lack of vital energies known as Qi (Vitality), Jing (Essence) or Shen (Mind). Abundant health is considered possible only when the body is in perfect balance. -

Herb	Benefit	Lungs	Spleen	Liver	Kidneys	Heart	Blood	Jing	Qi	Shen
		Organ System							Treasures	
American Ginseng <i>(Panax Quinquefolium, Xi Yang Shen)</i>	American Ginseng differs from Panax Ginseng in that it is cooling rather than warming. Good for those with heat conditions, smokers, and those living in smoggy areas. Noted for its ability to promote the secretion of bodily fluids. Helps to moisten the lungs. Great energy tonic for those in hot climates.	X	X					X	X	X
Asparagus Root <i>(Tan Men Dong)</i>	Asparagus root is widely used to maintain beautiful skin, increase vitality, and establish a happy outlook on life. It is thought to help balance the entire body. Good lung tonic for those that smoke, live in desert climates or are regularly exposed to smog. Helps lungs extract oxygen from the air we breathe, and help remove toxins from the respiratory tract.	X			X	X		X	X	X
Astragalus Root <i>(Huang Qi)</i>	Astragalus is believed to strengthen the primary energy of the body, and to improve ALL metabolic functions. Special benefit to the respiratory and eliminative functions. Known as a potent physiological energizer and for helping to benefit muscle tone. Extremely important in helping the skin eliminate toxins.	X	X						X	
Codonopsis Root <i>(Dang Shen)</i>	Codonopsis is among the most widely used of all Superior Tonic Herbs. It is extremely mild, presents no side effects, but is among the premiere Qi tonics. Blood building agent for those weakened by illness. Promotes functions of both the Spleen and Lung Systems. Enhances interferon production. Blood and immune tonic.	X	X				X		X	
Cordyceps <i>(Dong Chong Xia)</i>	Replenishes deep rooted energy lost to excessive exertion, stress, illness, injury or aging. A kidney tonic that supports sexual functions, brain power, skeletal integrity, and healing ability. Widely used to overcome backaches. Potent lung tonic, beneficial to those who require strong respiration from exercise or injury. Shown to help resist a wide range of pathogenic bacteria, fungi and viruses.	X			X			X	X	
Dong Quai <i>(Angelica Sinensis)</i>	Blood tonic helping people treat anemia and can help rebuild red blood cells after illness, injury or surgery. Increases the volume of blood. TCM's most universal gynecological herb, and is used in formulas to treat painful or lack of menstruation, premenstrual syndrome, infertility and menopausal distress. Helpful for skin blemishes, urticaria, eczema, neurodermatitis.		X	X			X			
Eleuthero Root <i>(Siberian Ginseng, Acanthopanax)</i>	Eleuthero Root is a tremendous adaptogen and is known as a premiere tonic for the adrenal glands. Increases physical strength, sharpens concentration, increases visual abilities and healing power. Promotes lean body weight and both long and short-term energy. Widely used to prevent altitude and motion sickness. Minimizes stress damage.	X	X	X	X	X		X	X	
Epimedium <i>(Yin Yang Huo)</i>	Epimedium is considered to be the most powerful aphrodisiac herb derived from plant sources. It is very famous for its capacity to strengthen the sexual power of men, and in some cases for women. Though it is said to be strengthening to the body as a whole, its remarkable rejuvenating and invigorating effects on the sexual functions are legendary in China. Epimedium, known as "Passionate Goat Herb" in China, increases sexual desire, increases sperm production and stimulates sensory nerves.			X	X			X	X	
Eucommia Bark <i>(Du Zhong)</i>	Eucommia Bark is remarkably potent for building a strong, flexible skeletal system. Also strengthens bones, ligaments and tendons. It is among the finest of all kidney tonics. Beneficial for those needing help with endocrine or sexual function. Mild diuretic and anti-inflammatory. Eases symptoms of high blood pressure and hypertension.			X	X			X		

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Herb	Benefit	Lungs	Spleen	Liver	Kidneys	Heart	Blood	Jing	Qi	Shen
		Organ System							Treasures	
Ganoderma Lucidum <i>(Reishi Mushroom, Ling Zhi)</i>	Ganoderma has long been used as an anti-aging herb. Considered the “Supreme Protector”, it is known to provide enormous benefit to the immune system. Normalizes body function, inhibits release of histamine, improves oxygen utilization and liver function. Known to benefit the cardiovascular system, lower LDL and reduce excess fatty acids.	X		X	X	X		X	X	X
Gynostemma <i>(Jiao Gu Lan, Magical Grass)</i>	Gynostemma acts as a scavenger in the stomach and intestines, helping to rid the body of toxins, microbes, etc. Used in treating high blood pressure, migraines, diabetes, insomnia, common colds, arthritis, rheumatism & neuralgia. Helps reduce constipation and maintain regular healthy bowel movements.	X	X	X	X	X		X	X	X
Licorice Root <i>(Gan Cao)</i>	Replenishes deep rooted energy lost to excessive exertion, stress, illness, injury or aging. A kidney tonic that supports sexual functions, brain power, skeletal integrity, and healing ability. Widely used to overcome backaches. Potent lung tonic, beneficial to those who require strong respiration from exercise or injury. Shown to help resist a wide range of pathogenic bacteria, fungi and viruses.	X	X		X				X	
Lycium Fruit <i>(Lycium Berries, Gou Qi Zi, Wolfberry Fruit)</i>	Lycium is believed to have powerful longevity promoting powers. Used to brighten the eyes and improve vision. Famous for strengthening the legs, which makes it popular with martial artists and athletes. Lycium has also been used successfully as a weight loss aid. Superb tonic for the blood and yin jing.	X		X	X		X	X		
Polygonum Multiflorum <i>(He-Shou-Wu, Foti)</i>	Polygonum is a marvelous tonic to the kidneys and liver, particularly the kidney yin. Strengthens tendons, ligaments and bones, helps prevent premature aging. Well known for increasing sperm and making ova more vital, making it a superb fertility herb. Premiere herb in maintaining strong bones. Good blood tonic.			X	X		X	X		
Prepared Rehmannia <i>(Shu Di Huang)</i>	Rehmannia is among the most prized of all Kidney tonics and seen as a major longevity herb. Provides potent yin jing directly to the kidneys. Benefits sexual functions in both men and women, and also promotes fertility. Benefits women experiencing menopausal distress, painful menstruation and infertility. Valuable Blood Tonic.			X	X	X	X	X		
Schizandra Fruit <i>(Wu Wei Zi)</i>	Schizandra is considered a tonic to the entire body. Used to maintain and restore beauty, as well as promote vigor and alertness. Purifies the blood and detoxifies the liver. Also used to sharpen the mind, improve memory and renew sexual functions. Increases alertness without “nervous” energy as seen with caffeine, ma huang, etc.	X	X	X	X	X		X	X	X
White Peony Root <i>(Bai Shao, Paenonia lactiflora)</i>	White Peony is traditionally used to regulate the female hormonal cycle, to strengthen and purify the blood, to regulate menstruation, and to improve the quality of the skin. Helps to relax muscles, relieve cramps and spasms anywhere in the body. Also known as a pain reliever, stabilizes emotions, particularly in relation to the menstrual cycle, premenopausal and menopausal transitions.		X	X			X			
Zizyphus Seed <i>(Zizyphus Spinosa, Suan Rao Ren)</i>	Zizyphus is among the most widely used herbs in Traditional Chinese Medicine. Regarded as an excellent tranquilizer. Recommended for those whose sleep is restless and interrupted by excessively vivid dreams or nightmares. Sleeplessness due to stress or over thinking. Calms the Heart system and unduly agitated emotional states.			X		X	X			X

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Lungs

American Ginseng Root, Asparagus Root, Astragalus Root, Codonopsis Root, Cordyceps Mushroom, Eleutherococcus Senticosus Root, Gynostemma Leaf, Licorice Root, Lycium Fruit, Reishi Mushroom, Schizandra Berries

Heart

American Ginseng Root, Asparagus Root, Codonopsis Root, Dong Quai Root, Eleutherococcus Senticosus Root, Gynostemma Leaf, Rehmannia Root, Reishi Mushroom, Schizandra Berries, Zizyphus Seed

Liver

Codonopsis Root, Dong Quai Root, Eleutherococcus Senticosus Root, Epimedium Leaf, Eucommia Bark, Foti Root, Gynostemma Leaf, Lycium Fruit, Rehmannia Root, Reishi Mushroom, White Peony Root, Zizyphus Seed

Spleen

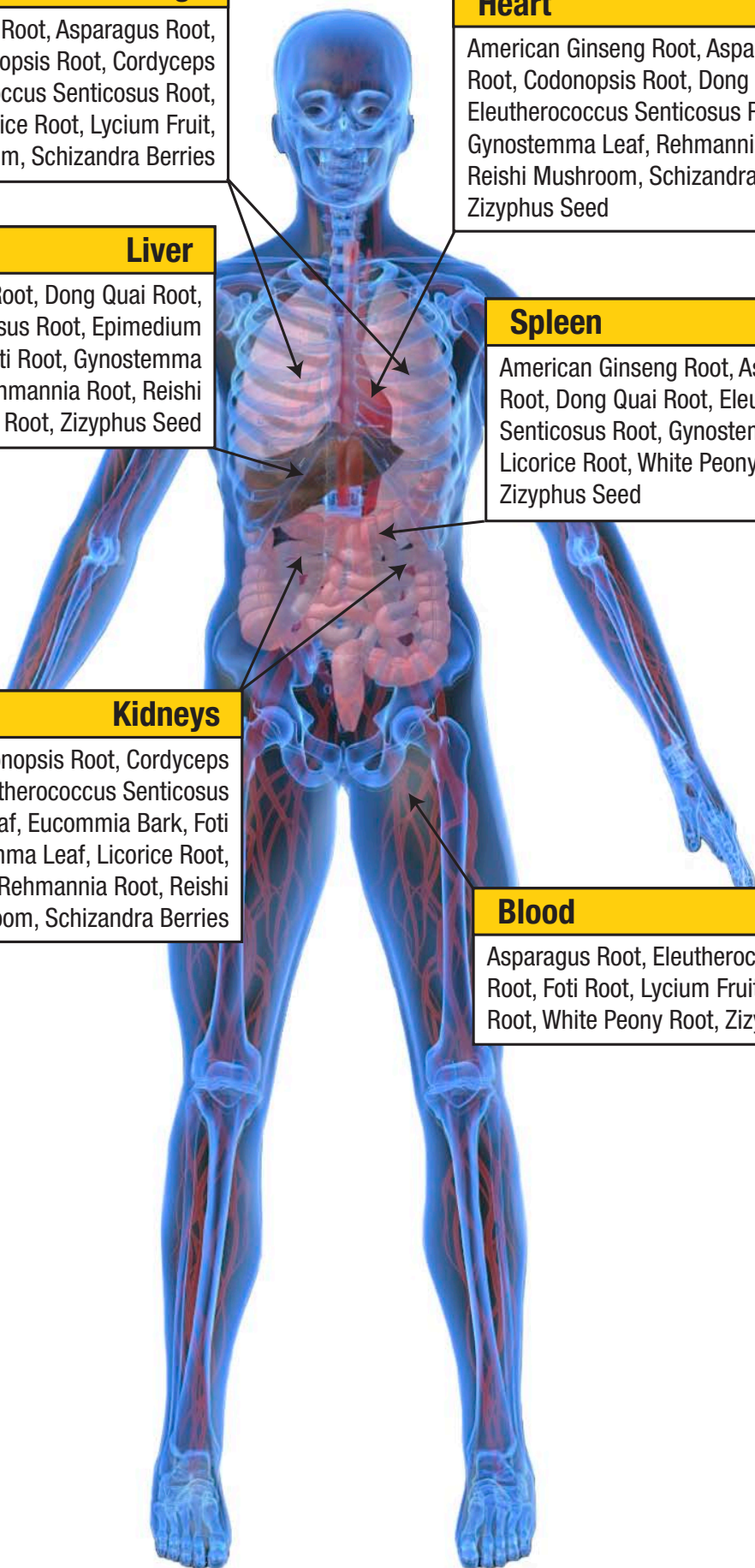
American Ginseng Root, Astragalus Root, Dong Quai Root, Eleutherococcus Senticosus Root, Gynostemma Leaf, Licorice Root, White Peony Root, Zizyphus Seed

Kidneys

Asparagus Root, Codonopsis Root, Cordyceps Mushroom, Eleutherococcus Senticosus Root, Epimedium Leaf, Eucommia Bark, Foti Root, Gynostemma Leaf, Licorice Root, Lycium Fruit, Rehmannia Root, Reishi Mushroom, Schizandra Berries

Blood

Asparagus Root, Eleutherococcus Senticosus Root, Foti Root, Lycium Fruit, Rehmannia Root, White Peony Root, Zizyphus Seed



Astragalus Root	
Feature	Benefit
Adaptogenic	Increases resistance to stress.
Adrenal tonic	Strengthens/nourishes adrenal glands.
Antibacterial	Suppresses/combats growth of bacteria.
Antiviral	Inhibits viral replication.
Blood tonic	Strengthens/nourishes the blood.
Chi tonic	Nourishes/strengthens life-force energy.
Digestive	Nourishes/strengthens digestive system.
Diuretic	Decreases excess water/increases urine output.
Hypotensive	Lowers blood pressure.
Immune tonic	Nourishes/strengthens immune system.
Vasodilator	Expands blood vessels/lowers blood pressure.
Warming	Balances conditions associated with excessive coldness.

Asparagus Root	
Feature	Benefit
Adaptogenic	Increases resistance to stress.
Aphrodisiac	Increases sexual drive and potency.
Brain tonic	Strengthens/nourishes the brain.
Cardiotonic	Strengthens and protects the heart.
Cold	Balances conditions associated with excessive heat.
Demulcent	Softens & soothes inflamed/irritated tissues.
Diuretic	Decreases excess water/increases urine output.
Expectorant	Promotes discharge of mucous from respiratory passages.
Female tonic	Strengthens/nourishes female reproductive system.
Laxative (mild)	Stimulates bowel function & elimination.
Nutritive	Supplies multitude of nutrients that build & tone.
Reproductive tonic	Strengthens/nourishes reproductive system.
Sedative	Promotes soothing, quieting, tranquilizing effect.

American Ginseng Root	
Feature	Benefit
Adaptogenic	Increases resistance to stress.
Anti-inflammatory	Reduces inflammation.
Aphrodisiac	Increases sexual drive and potency.
Cardiotonic	Strengthens and protects the heart.
Chi Tonic	Nourishes/strengthens life-force energy.
Cooling	Balances conditions associated with excessive heat .

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American Ginseng Root

Feature	Benefit
Hepatoprotective	Strengthens/nourishes the liver & gallbladder.
Hypotensive	Lowers blood pressure.
Restorative	Rebuilds depleted conditions/normalizes body functions.

Codonopsis Root

Feature	Benefit
Adaptogenic	Increases resistance to stress.
Blood tonic	Strengthens/nourishes the blood.
Cardiotonic	Strengthens and protects the heart.
Chi tonic	Nourishes/strengthens life-force energy.
Depurative	Cleanses body systems, esp. the blood.
Emmenagogue	Stimulates menstruation.
Expectorant	Promotes discharge of mucous from respiratory passages.
Immune tonic	Nourishes/strengthens immune system.
Kidney tonic	Strengthens/nourishes the kidneys.
Neutral	Can be used by anyone suffering from excessive heat or coldness.
Nutritive	Supplies multitude of nutrients that build & tone.
Restorative	Rebuilds depleted conditions/normalizes body functions.
Stomachic	Strengthens/tones stomach; improves digestion; reduces gas.

Cordyceps Mushroom

Feature	Benefit
Anti-asthmatic	Relieves symptoms associated with asthma.
Astringent	Tightens/tones tissues and dries secretions.
Calmative	Gently relaxes nerves.
Cardiotonic	Strengthens and protects the heart.
Expectorant	Promotes discharge of mucous from respiratory passages.
Warming	Balances conditions associated with excessive coldness.

Dong Quai Root

Feature	Benefit
Analgesic	Relieves pain.
Anti-inflammatory	Protects cells, tissues, organs from free radical damage.
Antispasmodic	Eases/prevents muscle spasms & cramps.
Aphrodisiac	Increases sexual drive and potency.
Blood tonic	Strengthens/nourishes the blood.
Circulatory tonic	Strengthens/nourishes circulatory system.

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continued Dong Quai Root	
Feature	Benefit
Emmenagogue	Stimulates menstruation.
Postpartum tonic	Aids in regaining strength after childbirth.
Sedative	Promotes soothing, quieting, tranquilizing effect.
Uterine tonic	Nourishes/strengthens the uterus.
Warming	Balances conditions associated with excessive coldness.

Eleutherococcus Senticosus Root	
Feature	Benefit
Adaptogenic	Increases resistance to stress.
Aphrodisiac	Increases sexual drive and potency.
Calmative	Gently relaxes the nerves.
Cardiotonic	Strengthens and protects the heart.
Hypotensive	Lowers blood pressure.
Restorative	Rebuilds depleted conditions/normalizes body functions.
Stomachic	Strengthens/tones stomach; improves digestion; reduces gas.
Vasodilator	Expands blood vessels/lowers blood pressure.

Epidemium Leaf	
Feature	Benefit
Androgenic (mild)	Increases hormones responsible for male characteristics
Anti-inflammatory	Protects cells, tissues, organs from free radical damage
Aphrodisiac	Increases sexual drive and potency
Circulatory stimulant	Increases circulation throughout the body
Endocrine tonic	Strengthens/nourishes endocrine system
Hormone regulator	Promotes normalization of hormone production
Hypotensive	Lowers blood pressure
Vasodilator	Expands blood vessels/lowers blood pressure
Warming	Balances conditions associated with excessive coldness

Eucommia Bark	
Feature	Benefit
Analgesic	Relieves pain.
Anti-inflammatory	Protects cells, tissues, organs from free radical damage.
Antispasmodic	Eases/prevents muscle spasms & cramps.
Astringent	Tightens/tones tissues and dries secretions.
Blood tonic	Strengthens/nourishes the blood.

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Eucommia Bark	
Feature	Benefit
Chi tonic	Nourishes/strengthens life-force energy.
Diuretic (mild)	Decreases excess water/increases urine output.
Hepatic	Strengthens, stimulates, tones the liver.
Hypotensive	Lowers blood pressure.
Immune supportive	Nourishes/strengthens immune system.
Kidney tonic	Strengthens/nourishes the kidneys.
Liver tonic	Strengthens/nourishes the liver.
Sedative	Promotes soothing, quieting, tranquilizing effect.
Vasodilator	Expands blood vessels/lowers blood pressure.
Warming	Balances conditions associated with excessive coldness.

Foti Root	
Feature	Benefit
Antibacterial	Suppresses/combats growth of bacteria.
Antidepressant	Alleviates depression; brightens mood.
Antispasmodic	Eases/prevents muscle spasms & cramps.
Antiviral	Inhibits viral replication.
Aphrodisiac	Increases sexual drive and potency.
Blood tonic	Strengthens/nourishes the blood.
Cardiotonic	Strengthens and protects the heart.
Chi tonic	Nourishes/strengthens life-force energy.
Immune tonic	Nourishes/strengthens immune system.
Kidney tonic	Strengthens/nourishes the kidneys.
Laxative (mild)	Stimulates bowel function & elimination.
Rejuvenative	Renews body, mind & spirit; slows aging process.
Restorative	Rebuilds depleted conditions/normalizes body functions.
Sedative	Promotes soothing, quieting, tranquilizing effect.
Warm	Balances conditions associated with excessive coldness.

Gynostemma Leaf	
Feature	Benefit
Adaptogenic	Increases resistance to stress
Anti-Aging	Promotes longevity and youthfulness
Anti-inflammatory	Protects cells, tissues, organs from free radical damage
Calmative	Gently relaxes the nerves
Cool	Balances conditions associated with excessive heat
Digestive	Nourishes & strengthens digestive system

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Gynostemma Leaf

Feature	Benefit
Expectorant	Promotes discharge of mucous from respiratory passages
Hypotensive	Lowers blood pressure
Thermogenic	Increases metabolism; aids in weight loss

Licorice Root

Feature	Benefit
Adaptogenic	Increases resistance to stress.
Anti-arthritis	Relieves inflammation from arthritis; protects joints.
Antihistamine	Neutralizes effects of inflammatory histamines.
Anti-inflammatory	Protects cells, tissues, organs from free radical damage.
Antitussive	Relieves coughing.
Aphrodisiac	Increases sexual drive and potency.
Chi tonic	Nourishes/strengthens life-force energy.
Demulcent	Softens & soothes inflamed/irritated tissues.
Diuretic	Decreases excess water/increases urine output.
Emollient	Soothes, softens & protects skin.
Hypertensive	Elevates blood pressure.
Neutral	Can be used by anyone suffering from excessive heat or coldness.
Stimulant (mild)	Quickens body processes; improves circulation; warms the body.

Lycium Fruit

Feature	Benefit
Anti-aging	Promotes longevity and youthfulness.
Antioxidant	Protects cells, tissues, organs from free radical damage.
Blood tonic	Strengthens/nourishes the blood.
Decongestant	Decreases swelling and congestion.
Diuretic	Decreases excess water/increases urine output.
Kidney tonic	Strengthens/nourishes the kidneys.
Liver tonic	Strengthens/nourishes the liver.
Neutral	Can be used by anyone suffering from excessive heat or coldness.
Nutritive	Supplies multitude of nutrients that build & tone.
Rejuvenative	Renews body, mind & spirit; slows aging process.
Vasodilator	Expands blood vessels/lowers blood pressure.

Rehmannia Root [Prepared]

Feature	Benefit
Anti-Aging	Promotes longevity and youthfulness.
Antibacterial	Suppresses/combats growth of bacteria.
Antiseptic	Prevents bacterial growth; inhibits pathogens.
Blood tonic	Strengthens/nourishes the blood.
Cardiotonic	Strengthens and protects the heart.
Demulcent	Softens & soothes inflamed/irritated tissues.
Diuretic	Decreases excess water/increases urine output.
Hemostatic	Arrests bleeding or hemorrhaging.
Hypoglycemic	Lowers blood sugar levels.
Hypotensive	Lowers blood pressure.
Kidney tonic	Strengthens/nourishes the kidneys.
Laxative	Stimulates bowel function & elimination.
Nutritive	Supplies multitude of nutrients that build & tone.
Warm	Balances conditions associated with excessive coldness.

Reishi Mushroom

Feature	Benefit
Adaptogenic	Increases resistance to stress.
Analgesic	Relieves pain.
Antibacterial	Suppresses/combats growth of bacteria.
Antineoplastic	Reduces growth/proliferation of malignant cells.
Antiviral	Inhibits viral replication.
Blood cleanser	Cleanses/purifies the blood.
Cooling	Balances conditions associated with excessive heat.
Expectorant	Promotes discharge of mucous from respiratory passages.
Hepatoprotective	Protects liver from dietary/environmental toxins.
Immune tonic	Nourishes/strengthens immune system.
Nervine	Calms/nourishes the nerves; relieves tension.

Schizandra Berries

Feature	Benefit
Adaptogenic	Increases resistance to stress.
Antibacterial	Suppresses/combats growth of bacteria.
Antiviral	Inhibits viral replication.
Astringent	Tightens/tones tissues and dries secretions.
Beauty tonic	Restores beauty; promotes youthfulness.
Brain tonic	Strengthens/nourishes the brain.

continued Schizandra Berries	
Feature	Benefit
Detoxifier	Removes toxins from tissues, organs & blood.
Sedative	Promotes soothing, quieting, tranquilizing effect.

White Peony Root	
Feature	Benefit
Analgesic	Relieves pain.
Antibacterial	Suppresses/combats growth of bacteria.
Anti-inflammatory	Protects cells, tissues, organs from free radical damage.
Antispasmodic	Eases/prevents muscle spasms & cramps.
Blood tonic	Strengthens/nourishes the blood.
Cardiotonic	Strengthens and protects the heart.
Cold	Balances conditions associated with excessive heat.
Diuretic	Decreases excess water/increases urine output.
Emmenagogue	Stimulates menstruation.
Hypotensive	Lowers blood pressure.
Immune stimulant	Enhances body's ability to fight illness & disease.
Liver tonic	Strengthens/nourishes the liver.
Nervine	Calms/nourishes the nerves; relieves tension.
Sedative	Promotes soothing, quieting, tranquilizing effect.
Vasodilator	Expands blood vessels/lowers blood pressure.

Zizyphus Seed	
Feature	Benefit
Blood tonic	Strengthen/nourishes the blood.
Heart tonic	Strengthens/nourishes the heart.
Nervine	Calms/nourishes the nerves; relieves tension.
Neutral	Can be used by anyone suffering from excessive heat or coldness.
Nutritive	Supplies multitude of nutrients that build & tone.
Sedative	Promotes soothing, quieting, tranquilizing effect.