



## COOL TRAVELLER

Helps in balancing the wood and earth energies. Based on Easy Traveller, the additional herbs in this supplement have more of a cooling function and so it is more suitable for people of a hot constitution.

<i>Chai Hu</i>	Bupleurum chinense (root extract)
<i>Dang Gui</i>	Angelica sinensis (root)
<i>Bai Shao Yao</i>	Paeonia lactiflora (root)
<i>Bai Zhu</i>	Atractylodes macrocephala (rhizome)
<i>Fu Ling</i>	Poria cocos (mycelium)
<i>Gan Cao</i>	Glycyrrhiza uralensis (root)
<i>Mu Dan Pi</i>	Paeonia suffruticosa (root)
<i>Shan Zhi Zi</i>	Gardenia jasminoides (root)



## EASY TRAVELLER

Promotes harmony between the wood and earth energy by strengthening earth and promoting the free flow of wood energy. It contains bitter tasting herbs that help the appetite and sweet herbs to balance the digestive function.

<i>Chai Hu</i>	Bupleurum chinense (root)
<i>Bo He</i>	Mentha canadensis (herb)
<i>Dang Gui</i>	Angelica sinensis (root)
<i>Bai Shao Yao</i>	Paeonia lactiflora (root)
<i>Sheng Jiang</i>	Zingiber officinale (root)
<i>Fu Ling</i>	Poria cocos (mycelium)
<i>Bai Zhu</i>	Atractylodes macrocephala (root)
<i>Zhi Gan Cao</i>	Glycyrrhiza uralensis (root)



## HEAVENLY EMPEROR

Tonifies and balances the yin aspect of fire and water. Asparagus tuber is added to help nourish the yin. Schisandra fruit helps to restrain leakage of essence and benefits the wood energy.

<i>Sheng Di Huang</i>	Rehmannia glutinosa (root)
<i>Mai Men Dong</i>	Ophiopogon japonicus (tuber)
<i>Tian Men Dong</i>	Asparagus cochinchinensis
<i>Dan Shen</i>	Salvia miltiorrhiza (root)
<i>Ren Shen</i>	Panax ginseng (root)
<i>Wu Wei Zi</i>	Schisandra chinensis (fruit)
<i>Dang Gui</i>	Angelica sinensis (root)
<i>Bai Zi Ren</i>	Platycladus orientalis (seed)
<i>Suan Zao Ren</i>	Ziziphus jujube (seed)
<i>Yuan Zhi</i>	Polygala tenuifolia (root)
<i>Xuan Shen</i>	Scrophularia ningpoensis (root)
<i>Fu Ling</i>	Poria cocos (mycelium)
<i>Jie Geng</i>	Platycodon grandiflorum (root)

## CALM CROSSING

If the wood element becomes deficient it can give rise to internal wind. This supplement helps to calm internal wind and nourish the yin aspect of wood and water. The poria mushroom is added to support the digestive function.

<i>Tian Ma</i>	Gastrodia elata (tuber)
<i>Gou Teng</i>	Uncaria rhynchophylla (stem)
<i>Zhi Zi</i>	Gardenia jasminoides (root)
<i>Huang Qin</i>	Scutellaria baicalensis (root)
<i>Yi Mu Cao</i>	Leonurus heterophyllus (herb)
<i>Chuan Niu Xi</i>	Cyathula officinalis
<i>Du Zhong</i>	Eucommia ulmoides (bark)
<i>Sang Ji Sheng</i>	Taxillus chinensis (herb)
<i>Ye Jiao Teng</i>	Polygonum multiflorum (stem)
<i>Fu Shen</i>	Poria
<i>Sheng Di Huang</i>	Rehmannia glutinosa (root)



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## SIX YIN

Nourishing the water and wood elements. It contains common yam and poria mushroom to promote its sweet tonifying action on earth and metal. The sour astringency of the Asiatic cherry (shan zhu yu) helps to restrain leakage of essence and promote the healthy function of the wood element. Water plantain (Ze xie) assists with fluid balancing and the draining of excess dampness

<i>Sheng Di Huang</i>	Rehmannia glutinosa (root)
<i>Shan Zhu Yu</i>	Cornus officinalis (fruit)
<i>Shan Yao</i>	Dioscorea opposita (rhizome)
<i>Fu Ling</i>	Poria cocos (mycelium)
<i>Ze Xie</i>	Alisma orientale (rhizome)
<i>Mu Dan Pi</i>	Paeonia suffruticosa (root)

## COOL FIRE

Nourishing the water and wood elements. It has an earth nourishing nature while at the same time moistens and cools.

<i>Shu Di Huang</i>	Cooked Rehmannia
<i>Shan Zhu Yu</i>	Cornus officinalis (fruit)
<i>Shan Yao</i>	Dioscorea opposita (rhizome)
<i>Fu Ling</i>	Poria cocos (mycelium)
<i>Ze Xie</i>	Alisma orientale (rhizome)
<i>Mu Dan Pi</i>	Paeonia suffruticosa (root)
<i>Zhi Mu</i>	Anemarrhena asphodeloides (rhizome)
<i>Huang Bai</i>	Phellodendron chinense



## EIGHT YANG

This supplement strengthens the yang function of the water element through the addition of warming herbs such as cinnamon and nourishes digestion through the sweetness of yam. The sour taste of corni fruit helps to ensure the wood energy is nourished and regulated.

<i>Shu Di Huang</i>	Rehmannia glutinosa (steamed root)
<i>Shan Zhu Yu</i>	Cornus officinalis (fruit)
<i>Shan Yao</i>	Dioscorea opposita (rhizome)
<i>Fu Ling</i>	Poria cocos (mycelium)
<i>Ze Xie</i>	Alisma orientale (rhizome)
<i>Gui Pi</i>	Cinnamomum cassia (bark)
<i>Mu Dan Pi</i>	Paeonia suffruticosa (root)
<i>Du Zhong</i>	Eucommia ulmoides (bark)

## WARM CHANNEL

When the water element is out of balance it can allow the exterior elements of wind and damp to penetrate the channels. This supplement is designed to help clear wind and dampness from the body and strengthen the water element so that climatic factors can be kept at bay.

<i>Du Huo</i>	Angelica pubescens (root)
<i>Qin Jiao</i>	Gentiana (root)
<i>Fang Feng</i>	Saposhnikovia divaricata (root)
<i>Gui Pi</i>	Cinnamomum cassia (bark)
<i>Sang Ji Sheng</i>	Taxillus chinensis (herb)
<i>Du Zhong</i>	Eucommia ulmoides (bark)
<i>Sheng Di Huang</i>	Rehmannia glutinosa (root)
<i>Chuan Niu Xi</i>	Achyranthes bidentata (root)
<i>Dang Gui</i>	Angelica sinensis (root)
<i>Bai Shao</i>	Paeonia lactiflora (root)
<i>Chuan Xiong</i>	Ligusticum striatum (rhizome)
<i>Ren Shen</i>	Panax ginseng (root)
<i>Fu Ling</i>	Poria cocos (mycelium)
<i>Gui Zhi</i>	Cinnamomum cassia (stem)
<i>Zhi Gan Cao</i>	Glycyrrhiza uralensis (honey-fried root)



## RESTORE THE CENTRE

Benefits the blood and yin of the earth and fire elements. The tonifying action of herbs such as ginseng, astragalus and poria is moderated by the regulating action of *Saussurea*.

<i>Ren Shen</i>	Panax ginseng (root)
<i>Huang Qi</i>	Astragalus membranaceus (root)
<i>Bai Zhu</i>	Atractylodes macrocephala (rhizome)
<i>Fu Shen</i>	Poria cocos (mycelium skin)
<i>Gan Cao</i>	Glycyrrhiza uralensis (root)
<i>Long Yan Rao</i>	Dimocarpus longan (fruit)
<i>Yuan Zhi</i>	Polygala tenuifolia (root)
<i>Suan Zao Ren</i>	Ziziphus jujube (seed)
<i>Dang Gui</i>	Angelica sinensis (root)
<i>Mu Xiang</i>	Saussurea costus (root)

## CENTRAL SOUP

This supplement supports the digestive function of the earth element, allowing food to be digested properly and transformed into energy for distribution around the body. According to Chinese Daoist food philosophy, it has a lifting action and raises energy upwards and prevents sinking of qi energy.

<i>Huang Qi</i>	Astragalus membranaceus (root)
<i>Ren Shen</i>	Panax ginseng (root)
<i>Zhi Gan Cao</i>	Glycyrrhiza uralensis (honey-fried root)
<i>Bai Zhu</i>	Atractylodes macrocephala (rhizome)
<i>Chen Pi</i>	Citrus reticulata (peel)
<i>Dang Gui</i>	Angelica sinensis (root)
<i>Chai Hu</i>	Bupleurum chinense (root)
<i>Sheng Ma</i>	Cimicifuga (rhizome)

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