

Chinese Herbs for Premenstrual Syndrome:

Please check any of the following symptoms you may have:

A. Bupleurum Sedative Pills- Xiao Yao Wan-

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| <input type="checkbox"/> 1. Abdominal bloating | <input type="checkbox"/> 7. breast distension |
| <input type="checkbox"/> 2. premenstrual syndrome (P.M.S.) | <input type="checkbox"/> 8. depression, irritability |
| <input type="checkbox"/> 3. poor appetite | <input type="checkbox"/> 9. headache |
| <input type="checkbox"/> 4. cramps | <input type="checkbox"/> 10. fatigue |
| <input type="checkbox"/> 5. irregular periods | <input type="checkbox"/> 11. hypoglycemia |
| <input type="checkbox"/> 6. food allergies | |

B. Women's Precious Pills-Eight Treasure Tea

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| <input type="checkbox"/> 1. fatigue | <input type="checkbox"/> 5. irregular menstruation |
| <input type="checkbox"/> 2. dizziness | <input type="checkbox"/> 6. deficient menses |
| <input type="checkbox"/> 3. heart palpitations | <input type="checkbox"/> 7. recovery from childbirth |
| <input type="checkbox"/> 4. weak appetite | |

C. Wu Chi Pai Feng Wan-White Phoenix Pills

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| <input type="checkbox"/> 1. amenorrhea | <input type="checkbox"/> 4. post partum fatigue |
| <input type="checkbox"/> 2. dysmenorrhea | <input type="checkbox"/> 5. menstrual cramps |
| <input type="checkbox"/> 3. infertility | <input type="checkbox"/> 6. Premenstrual syndrome due to congestion of the liver |

INSTRUCTIONS for CHINESE HERBS for P.M.S.

1. Bupleurum Sedative Pills- Xiao Yao Wan- Take 8 pills 3 times a day from ovulation to menses (day 14 to day 28).

Relaxes liver tension. Helpful for Premenstrual syndrome due to congestion of the liver, cramps, irregular periods, depression, irritability, abdominal bloating and breast distension.

2. Women's Precious Pills (Eight Treasure Tea)-Take 8 pills 3 times a day from onset of menses to ovulation from (day 1 to day 14).

Excellent women's general tonic. Tonifies chi and blood. Helpful for fatigue, irregular menstruation and deficient menses.

3. Wu Chi Pai Feng Wan(White Phoenix Pills)-Take 1 to 2 eggs per day from onset of menses to ovulation from (day 1 to day 14) or the day after cramps.

Resolves stagnation of liver chi and warms the uterus. Helpful for Premenstrual syndrome due to congestion of the liver and for menstrual cramps. Increases chi lost in menstruation, regulates the cycle and helps produce a normal flow. May be used daily but use with caution during menses. It may cause excessive flow.