

**The Chinese Herbal Dispensary at the
New England School of Acupuncture**
150 California Street
Newton MA 02458
Tel (617) 558-6372 Ext 211
Fax (617) 467-3055

Information for Herbalists

2010

Dispensary Manager

Brock Haines, Lic.Ac.

Hours of Operation:

Dispensary:

M-F: 9am-4pm (hours may vary)

Clinic: (for herb pick up)

Mon 8am-8:30pm

Tues 7am-8pm

Wed 7am-8:30pm

Thurs 7am-10pm

Fri 7:30am-6pm

Sat 7:30am-4pm

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About Our Herbs:

This packet contains information regarding the services we offer at NESAs and how to utilize them. We stock over 300 raw herbs as well as over 240 powdered concentrated extract single herbs, 35 powdered formulas, and an ever-increasing stock of patent herbs. We can special order additional herbs if you request them. Our powders are manufactured by KPC, Nong's and Plum Flower Brand, and are concentrated so that 1 gram of powdered herbs is equal to 5 grams of raw herbs. All manufacturers are certified GMP and TGA Compliant and/or have USP Certification. The powders are easy to take, and can be put into capsules for an additional charge. The dosage for powders ranges from 6-15 grams per day, with 10 grams per day as the "usual" dose. Included in this packet is information for converting a raw prescription into a powdered one.

Our raw herbs are from Spring Wind, a herb company dedicated to safe, sulfite and pesticide free herbs run by Andy Ellis (NESAs Graduate) We also carry Nuherbs and Plum Flower, companies that are GMP compliant and test their herbs for microbes, heavy metals and pesticides. This is as close as we can get to "organic" herbs, and it means our herbs are of substantially higher quality than those found in many, if not most dispensaries.

Additionally, NESAs complies with the FDA GMP codes for supplements and is a leader in Chinese Medical School GMP compliance in the United States. This means that all herbs ordered from NESAs are of the highest safety and are traceable back to the suppliers and growers through batch and lot numbers. NESAs offers full disclosure labeling on all products sold, including common names, best-use-date and prescribing practitioner.

NESAs Herbal Dispensary Policy

Our goal is to provide high quality herbal medicine at a reasonable price. The "NESAs Herbal Dispensary Policy Form" sheet (see **appendix I**) will provide information about the clinic for new clients and inform ongoing clients of policy changes. We do not sell to the general public.

Prescriptions are individually tailored to each patient and therefore cannot be used by anyone else. In the past, prescriptions have been made for patients and never picked up. This is very costly for NESAs, therefore, once herbal prescriptions are made, the order cannot be cancelled and it is non-refundable unless we are in error. Also, as policy, practitioners that prescribe for patients who fail to retrieve their prescriptions will be charged for the cost of herbs.

Pricing:

	Price	Note
Raw Herbs	\$0.06/gram	Certain herbs are more expensive. See attached special price list. Page 11
Extract Powders	\$0.26/gram	Certain herbs are more expensive. See attached special price list. Page 11
Ready-made Formula Powders	\$0.26- \$0.30/gram	When ordering a whole bottle (100g) of ready made formulas, the cost depends on the formula. See attached special price list.
Capsules	Gelatin Caps \$7.00/100caps + cost of herbs	Please give the capsule dosage on the prescription based on 0.4g/cap. Empty caps: Gelatin \$0.03/cap ; Vegetable \$0.05/cap
	Vegetable Caps \$9.00/100 caps + cost of herbs	
Prepared Formulas	\$3 - \$12	See attached Prepared Formula (patent) price list.
Shipping	Generally \$5.50 - \$8.00	We use UPS ground commercial. UPS ground will generally deliver next day in the New England region in metropolitan areas. Price of shipping is cost with no handling fee. <u>We need to have patients' credit card number before we send the herbs.</u>

Average Cost Of A Week Of Herbs

Raw Herbs: About \$10- \$15 per week. Remember, if you use more than 10 herbs, high doses, or expensive herbs, this price goes up!

Powders: For a 9 gram/day dose schedule, a week costs \$16-\$17. Remember to adjust upwards for increased ingredients, doses and/or very expensive herbs!

Special Prices (See Appendix II, Page 11)

NESA Herbal Dispensary may increase prices at any time without notice

Dispensary Turn-around Time

We make every effort to have the prescription ready by the pick-up time requested by the herbalist.

	<u>IN DISPENSARY BY:</u>	<u>READY BY:</u>
Regular Prescriptions	10am 12 noon 5pm	usually end of day 2 pm next day 1-2 days
Capsule Prescriptions	12 noon 5pm	2 full working days 3 full working days

e.g. In Dispensary by: Ready by:

Tuesday	12:00 Noon	Wednesday	2:00pm
Tuesday	5:00 pm	Wednesday	4:00pm

These guidelines should be useful to patients in knowing when their herbs will be ready for pick-up. Under normal conditions, the Dispensary can fill a prescription the same day. However, NESAs Herbal Dispensary is an education facility for NESAs students. We prioritize the needs of the students' education. Some days, depending on the semester, our dispensary is very busy due to the Student Herbal Clinic. On these days there could be delays. Urgent prescriptions can often be done on the same day. However, if your prescriptions come into the dispensary after noon time, they may not be ready on the same day, even though they are urgent. Please call us to find out if we can deliver your Rx on the same day or not. Your patient's may call us at any time to ask if their prescription is ready.

Writing a Prescription

How to write a Prescription

The following is a brief introduction to writing a prescription and using the NESAs dispensary. If you are using the Bensky book to write your formulas, please note that the dosages for each herb in the formula are intended to be a daily dose. However, the “standard” way of using formulas is to make each bag of herbs last for two days, so that the dosages in Bensky would be for 2 days. See Appendix III-b for our decoction instruction.

The numbers 1-5 below, match the sections on the sample sheet (appendix III-a). Please be sure to complete your prescription form completely, as directed below.

1. Client data: The client phone number is required in the prescription form in case we need to contact the client. It would be helpful to give us *date and time* of pickup. This lets us prioritize orders (e.g. not all orders can be “rush”). UPS addresses can be written here (UPS will not mail to PO boxes). If we ship orders UPS we need to have a credit card number BEFORE we ship herbs. Most herbal orders will be filled within 24 hours, but the exception to this is capsule orders. Do NOT expect that capsules will be done the next day. Have patients call to check on the order. Indicate who is paying on the prescription form. This enables us to keep track of payment records for each account.

2. Type of herbs you will be using (raw herbs or extract powder) and how they are to be used (internal use or external use).

3. List each herb and dosage, with any special instructions. You can write the prescription in pinyin or English names. If you use English names please be aware that there are several English names that are not clear (e.g. There are several herbs called Polygonatum/Polygona) so that there is a potential for error. Please refer to the enclosed inventory lists to be sure we carry any unusual herbs you prescribe. Also, our powdered inventory is smaller than our raw inventory.

4. Tell us how many times to multiply the prescription and how many days each bag will last. For raw herbs, most practitioners who use the NESAs Dispensary use 1 bag of raw herbs to provide 2 days worth of tea. You can check “regular” in the instructions area and we will enclose our standard instruction sheet (enclosed). The cups of water used to cook 1 bag of raw herbs will be adjusted based on the amount of raw herbs. Please write in any special instructions.

For powders, use the instructions space to write in extract powder dosage. Standard dosage for powders is 3 grams 3 times a day or 5 grams 2 times a day. We give clients a plastic spoon that holds one gram.

If requested, we will place the powders into capsules for your clients. Please provide capsule dosage based on 0.3-0.5g powder per capsule. Be aware, due to the variations of the powder density, one capsule may hold less powder. To meet your recommended dosage, we’ll adjust the capsule number after we make the capsules.

See the appropriate pages for information about converting a raw formula into an extract powder formula or consult with your supervisor.

5. Please write your name and your phone number on the form in case we have questions. Be sure to sign the prescription.

6. Please write expiration date when allowing patients for refills.

Substitutions

The dispensary will attempt to reach you to make any needed substitutions. If we cannot reach you, we will hold the prescription until we hear back from you. In the meantime, we’ll inform your client of the delay. Please familiarize yourself with our inventory so we don’t have to track you down for herbs that we don’t carry.

Please feel free to contact us if you have any questions regarding a prescription.

How To Convert A Raw Formula Into An Extract Powder Formula

To convert a raw prescription into an extract powder formula, you need to be aware of several things. First, the dosage range is greatly reduced. For example, while you may write prescriptions for raw herbs with doses ranging from 3-30 grams, in a powder formula the range is only 0.5-2 grams, with 0.25 increments. To determine dosage of each herb, you can follow a general rule which gives 1.5-2 grams to your chief herb, 1 gram to the deputies, and 0.5 gram to the assistant and the envoy. The total dose of one prescription is between 6 grams to 14 grams per day for an adult, normally 9-10 grams per day. If the number of herbs in your prescription is more than 10, the total dose of the prescription should be increased to 12 or 14 grams per day.

Each dosage of the extract power herb on your written prescription should be a **one day dose**. For example: Ren Shen 1 gram on your written prescription means this patient will take 1 gram of the extract powder Ren Shen every day. **Caution:** If the list of herbs in your formula ends up being more that one day's worth of herbs, you will need to multiply by *less than* the number of day the prescription will be taken. For example: the dosages of all herbs adds up to 12 grams, but you want the patient to take 9 grams a day for 10 days (90 grams total). So, you need to tell the dispensary to multiply the prescription X 7 (or 8) to get the correct total. If you told the dispensary to multiply by 10 days, you would end up with 120 grams, which is incorrect.

This is a common error that is easily avoided if you create your formula so that the herbs in the prescription add up to one day's dose only.

Sample Formula:

Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi Decoction)

Herb	Powder Dosage	Raw Dosage
Huang Qi	2 grams	12g
Bai Zhu	1.5 grams	9g
Zhi Gan Cao	1 grams	6g
Dang Gui	1.5 grams	9g
Chen Pi	1 grams	6g
Sheng Ma	0.5 grams	3g
Chai Hu	1 grams	6g

total dose: 10 grams per day

X 7 for 7 day use.

Take 5 grams each time, 2 times per day with warm water.

The preceding is adapted from notes on

Prescription and Dosage

-How to write Chinese Herbal Prescriptions

Lu Weidong, Lic.Ac. Dipl. C.H

To Patients



Frequently Asked Questions:

A Guide for Patients to the NESAs Chinese Herbal Dispensary

What is Chinese Herbal Medicine and what can Chinese Herbs do for me? This is a good question for your practitioner on your initial visit. However, in general, Traditional Chinese Medicine is a holistic medicine that is based on the balance of the complementary opposites of yin and yang. Chinese Herbal Medicine has a history of nearly two thousand years and is at the core of Traditional Chinese Medicine. Chinese herbal medicine uses nature's harvest of natural substances, primarily plants and minerals, to promote natural healing and good health. Chinese herbs are a very powerful system of healing that has been continuously monitored in Chinese medical literature. Chinese Herbal Medicine can offer not only symptomatic relief in acute cases but also can strengthen many patients' body systems when faced with chronic conditions.

Why should I use the NESAs Herbal Dispensary? The NESAs Herbal Dispensary is a professionally run dispensary that uses the most exacting methods of quality control. We use high quality herbs that are rigorously tested and controlled for purity. The herbs used in all of our prescriptions are as close to organically grown as is possible to obtain at this time. Our dispensary staff are fully trained and are students of the medicine. They are overseen by a licensed Acupuncturist with over twenty plus years of experience. You are in good hands in the NESAs Chinese Herbal dispensary.

Are they safe? All of the Chinese herbal products used in the NESAs dispensary are manufactured by companies meeting FDA Good Manufacturing Practice (GMP) standards, most are imported from China. We investigate each distributor thoroughly and it means our herbs are of consistently high quality. Our powdered herbs are produced by Kaiser Pharmaceutical Company (KPC) of Taiwan. KPC is one of the most well established and respected producers of concentrated Chinese herbs in all of Asia. Modern scientific processing methods and rigorous quality control set KPC Herbs apart from all other sources of Chinese herbs through using premium raw materials, state of the art processing facilities and rigorous quality assurance. Throughout the entire manufacturing process, KPC's herb extracts are submitted to tests to insure that they meet GMP standards as well as KPC's own even higher expectations. The on site laboratory uses equipment such as High Performance Liquid Chromatography (HPLC) to assure consistent levels of active ingredients. All products are analyzed for the presence of heavy metals and harmful bacteria such as salmonella and E coli. The raw herbs used in the NESAs Dispensary are from NuHerbs and Spring Wind Herbs. Both of these companies includes lab-testing in species identification, pesticides, sulfites and heavy metals. The NESAs Herbal Dispensary endeavors to deliver the highest quality of herbs that are demonstrably safe and effective.

In what form are my herbs prescribed? The NESAs Chinese Herbal Dispensary fills three different forms of customized prescriptions:

- Decoction of raw herbs. Raw herbs are distributed in bags and each bag of herbs will produce tea for one or two days. These are the actual raw herbs that must be "decocted" or boiled at home to produce the liquid tea. Raw herbs must be boiled in a glass, pottery or Corning Ware pot. Iron, copper or aluminum should not be used. Unused tea should be refrigerated in a sealed container.
- Powdered herbs. These you will receive in a bottle containing powdered granules. The dosage of your prescription will be written on the bottle, and a gram measure spoon is provided. Generally, you would take 4-5 level scoops with the gram spoon twice daily. This is taken dissolved into one cup of lukewarm water.
- Capsules. Each capsule is filled by hand with the same dosage of powdered herbs. Because it is so labor intensive and time consuming, this is the most expensive prescription, usually doubling the cost of filling your prescription. Also, it often requires an extra day of preparation. To reach the total dosage of herbs for your prescription, you may need to take 10-20 capsules a day.

How are Chinese herbs taken? Your practitioner will decide the best method to administer your herbs for you. Generally herbal prescriptions are taken two times a day. Normally, they are taken two hours after eating although in certain cases (as determined by your practitioner) they may be taken before eating or on an empty stomach. You should continue taking all of your herbs until they are gone unless specific instructions are given to you by your practitioner. Some herbs are somewhat hard to digest and you should avoid raw, cold, greasy or hard to digest foods while taking them. Please feel free to discuss any general dietary or lifestyle issues with your practitioner or whether herbs will have an effect on any present medications you are taking.

When can I pick up my prescription? You may pick-up your prescription in person from the front desk of the NESAs Clinic. Most prescriptions are ready within two days, but always call the clinic (617 558 NESAs (6372) x 0) to confirm that your prescription is ready before coming. Prescriptions need to be picked up within two weeks of preparation. Prescriptions not picked up during this time period will be charged to your account.

Can I have my herbs shipped to me? Yes, you may choose to have your prescription shipped via UPS to you. To register for this service you must complete a credit card authorization form with the Clinic. Please inquire at the front desk for the form. A shipping fee of at least \$4.50 will be added to your total cost. Shipping fees are based on weight of package, location and preferred delivery schedule.

How much do herbs cost? Because each prescription is formulated specifically for you, the cost of your prescription will depend on the cost of the ingredients. In general the cost is about \$15 - \$25 per week, plus the \$15 consultation fee. Actual costs will vary depending on the ingredients and the preparation. Large prescriptions, prescriptions with expensive herbs, or capsule preparation will increase the price.

Can I get a refund if I don't like the herbs? Because each prescription is especially formulated and custom made for you, there are no refunds, credits or reimbursements for either Chinese herbal prescriptions or Patent medicines. Under no circumstance can unused herbs or Patents be returned. If you are unsure about taking herbs, your practitioner may give you a small quantity of herbs the first time so you can try them out.

How do I refill a prescription? At the discretion of the practitioner, you may be allowed to refill your prescription a number of times or for a certain period. Many practitioners feel they need to see or talk to you in order to adjust herbs and dosages. If refills are permitted, please call the NESAs Herbal Dispensary directly and request a refill, specifying preferred pickup time or shipping method (617-558-NESAs (6372) x 211).

How can I find out what exactly is in my prescription? The NESAs Dispensary prepares labels in accordance with the Nutritional Labeling and Education Act (NLEA) and includes all ingredients and amounts of the herbs. The labels include both the Pin Yin name and the common English name that is officially sanctioned. Also included is best-used date, storage information dosage and special instructions.

What if I can't stand the taste? Many Chinese herbal formulas are extremely bitter to some palates. Some people find the taste strong at first but then become used to it. You may mix the tea or decoction with honey or you can have capsules made. However, you should taste the formula before you sweeten it as the honey may also change the flavor.

What if I have side effects or I feel sick? If you have any adverse symptoms, stop taking the herbal prescription and contact your licensed practitioner or if you are a NESAs Clinic patient please call the main desk and explain the problem. You will be connected to or contacted by the prescribing Clinical Faculty or the Dispensary Manager.

Who can I contact if I have further questions? Call the NESAs Clinic at (617-558-NESAs (6372) x 211) to talk to the Dispensary Staff or extension 202 to talk to the Dispensary Manager.

NESA Herbal Dispensary Policy Form
For Private Practitioners

Have you met the requirements of 243 CMR 5.03 (2)(5) to employ patent or raw herbs in your Massachusetts acupuncture practice or applicable regulations in your resident state?

Yes No

Print Practitioner Name: _____

State and License Number: _____ **Expiration Date:** _____

Please mail/fax/ scan and email a copy of your acupuncture license to us:

NESA Clinic Herbal Dispensary
150 California Street, Newton, MA 02458
Fax: (617) 467-3055
pharmacy@NESA.edu

Business Address: _____

Telephone: _____

Fax: _____

E-mail: _____

In case of Emergency, how to contact: _____

Credit Card Information

Your credit card number must be on the file with us before we can fill any prescriptions for you and/or your clients. Please be aware that herbal prescriptions are non-refundable after the order is filled. You, the practitioner, are fiscally responsible for all herbal prescriptions that you prescribe if the patient neglects to pay for the formula.

Name of the card holder: _____

Credit Card #: _____

Visa Master

Expiration date: _____

Signature: _____

If you have any questions regarding NESA herbal policies, please contact the Dispensary Manager, Brock Haines, at (617) 558-6372 Ext. 202

Please return completed form to New England School of Acupuncture Clinic, 150 California Street, Newton, MA 02458, Attn: Brock Haines, Fax: (617) 467-3055; pharmacy@NESA.edu

Herbs That Are Priced Higher::

The NESAs Dispensary has made the decision to reduce the prices of the more expensive herbs and slightly raise the prices of the less expensive herbs as to make estimation of the cost of formulas easier for the practitioner and student. Thus we have only 24 stocked herbs that we must charge more for. All other herbs are \$.026 per gram for concentrate and \$.06 per gram for raw. We have also eliminated our handling fee for UPS shipping. Thus we feel that the NESAs Dispensary is highly competitive in the dispensing field.

Herb \$ per gram	Raw	Conc. Powder 5:1	Herb - \$ per gram	Raw 5:1	Conc. Powder
Ban Xia	0.08	0.30	Ma Bo	0.08	
Chen Xiang	0.08		Qin Jiao	0.08	
Chuan Bei Mu	0.15	0.45	Ren Shen (Red)	0.15	0.45
Dan Nan Xing		0.45	Rou Cong Rong	0.10	0.30
Die Bie Chong	0.08	0.30	San Qi	0.45	0.60
Deng Xing Cao	0.08	0.30	Tan Xiang	0.15	
E Jiao	0.15	0.30	Tian Ma	0.15	0.60
Gui Ban	0.15	0.30	Wu Gong	0.25	
Huang Lian	0.08	0.30	Wu Wei Zi		0.30
Jin Yin Hua	0.10	0.45	Xi Yang Shen	0.15	0.45
Lu Jiao Jiao		0.60	Xue Jie	1.00	
Lu Rong	2.20		Zhu Ling		0.30

Powder Formulas

(KPC products, 100g/bottle. When order a whole bottle (100g) of ready made formulas, the cost depends on the formulas.)

5:1 Concentrate Formulas	Price per 100g/ 1gm	5:1 Concentrate Formulas	Price per 100g/ 1 gm.
Ba Zhen Tang	\$20.02/0.30	Liu Wei Di Huang Wan	\$16.17/0.26
Bu Zhong Yi Qi Tang	\$25.90/0.30	Long Dan Xie Gan Tang	\$19.04/0.30
Cang Er San	\$9.15/0.26	Shen Ling Bai Zhu Tang	\$19.04/0.30
Chai Hu Shu Gan Tang	\$11.25/0.26	Shen Tong Zhu Yu Tang	\$21.98/0.30
Du Huo Ji Sheng Tang	\$12.56/0.26	Si Jun Zi Tang	\$21.00/0.30
Er Chen Tang	\$19.04/0.26	Si Ni San	\$17.08/0.26
Gan Mai Da Zao tang	\$15.12/0.26	Si Wu Tang	\$17.08/0.26
Gui Pi Tang	\$23.45/0.30	Suan Zao Ren Tang	\$19.04/0.30
Gui Zhi Tang	\$15.12/0.26	Tao Hong Si Wu Tang	\$21.00/0.30
Huo Xing Zheng Qi Tang	\$16.10/0.26	Wen Dan Tang	\$18.06/0.26
Jin Kui Shen Qi San	\$19.04/0.30	Xiao Chai Hu Tang	\$21.98/0.30
Liu Jun Zi Tang	\$21.00/0.30	Xiao Yao San	\$23.94/0.30
		Yu Ping Feng San	\$23.94/0.30

Raw Herbs (in capsules)

Cost/100 caps

Da Huang	\$11	Lu Rong	\$117	Huang Lian	\$13
Shui Zhi	\$16	Ji Nei Jin	\$13	Hu Po	\$13

Price for other raw herb capsule made based on request.

Raw herb retail price X #of grams + 0.07 X #of capsules + grinding fee if applicable

Prepared Formulas (Plum Flower teapills are in the range of 3 or 4:1 concentration)

AllerEase(10:1)	\$14.00	60 Tablets	Blue Poppy® Originals
An Shui Wan	\$11.30	200 Teapills	Plum Flower® Pills, Tablets & Teas
An Mien Pian Tablets -Sugar Coated	\$9.40	60 Tablets	Plum Flower® Pills, Tablets & Teas
(Nu Ke) Ba Zhen Wan	\$6.70	200 Teapills	Plum Flower® Pills, Tablets & Teas
Ba Zheng San (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Ba Zheng San Wan	\$7.70	200 Teapills	Plum Flower® Pills, Tablets & Teas
Bai He Gu Jin Tang (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Bai Xing Shi Gan Wan	\$7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Ban Lan Gan Chong Ji	\$4.00	20 Packets	Guangzhou Qixing Pharmaceutical
Ban Xia Hou Po Wan	\$8.00	200 Teapills	Plum Flower® Pills, Tablets & Teas
Ban Xia Xie Xin Tang (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Bao He Wan (Min Shan)	\$5.70	200 Teapills	Minshan® Teapills
Bao He Wan (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Bi Xie Fen Qing Yin (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Bi Yan Pian -Sugar Free-	\$6.70	120 Tablets	Plum Flower® Pills, Tablets & Teas
Bu Zhong Yi Qi Wan	\$8.25	200 Teapills	Plum Flower® Pills, Tablets & Teas
Chai Hu Long Gu Mu Li Wan	\$7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Chai Hu Shu Gan Wan	\$7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Chuan Xin Lian Tablets -Sugar Free-	\$6.30	100 Tablets	Plum Flower® Pills, Tablets & Teas
Cold Quell (10:1)	\$14.00	60 tablets	Blue Poppy® Originals
Curing Pills	\$6.30	30 Capsules	Plum Flower® Pills, Tablets & Teas
Dang Gui Jin (Tang Kwei Gin)	\$5.00	150 ml.	Plum Flower® Pills, Tablets & Teas
Dang Gui Shao Yao San (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Ding Xian Wan (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Du Huo Ji Sheng Wan	\$7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Er Chen Wan	\$7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Er Long Zuo Ci Wan	5.10	200 Teapills	Minshan® Teapills
Fang Feng Tong Sheng Wan	7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Fu Ke Zhong Zi Wan	\$5.10	200 Teapills	Minshan® Teapills
Gan Lu Yin (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Gan Mao Ling Tablets -Sugar Free-	\$6.30	100 Tablets	Plum Flower® Pills, Tablets & Teas
Gu Jin Wan (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Gui Pi Teapills	\$7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Gui Pi Teapills - Economy	\$28.90	1000 Teapills	Plum Flower® Pills, Tablets & Teas
Huang Lian Su Wan	\$8.25	200 Teapills	Plum Flower® Pills, Tablets & Teas
Huo Xiang Zheng Qi Wan	\$5.10	200 Teapills	Minshan® Teapills
Jia Wei Xiao Yao Wan	\$6.70	200 Teapills	Plum Flower® Pills, Tablets & Teas
Jiao Ai Tang (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Jiao Gu Lan Teapills	\$8.25	100 Pills	Plum Flower® Pills, Tablets & Teas
Jie Geng Wan	\$5.10	200 Teapills	Minshan® Teapills
Jing Fang Bai Du Wan	\$7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Jin Gui Shen Qi Wan	\$7.75	200 Teapills	Plum Flower® Pills, Tablets & Teas
Juan Bi Wan	\$6.75	200 Teapills	Plum Flower® Pills, Tablets & Teas
Liu Jun Zi Wan	\$7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Liu Wei Di Huang Wan (K001)	\$13.90	100 Softgels	Honso USA, Inc.®
Liu Wei Di Huang Wan	\$8.25	200 Teapills	Plum Flower® Pills, Tablets & Teas
Liu Wei Di Huang Wan - Economy	\$33.10	1000 Teapills	Plum Flower® Pills, Tablets & Teas
Long Dan Xie Gan Wan	\$7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Loquat & Fritillary Extract	\$6.30	150 ml	Pangaoshou® Cough Syrups
Ma Zi Ren Wan Teapills	\$6.70	200 Teapills	Plum Flower® Pills, Tablets & Teas
Mai Wei Di Huang Wan (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Margarite Acne Pills	\$12.25	84 Teapills	Plum Flower® Pills, Tablets & Teas

Pe Min Kan Wan	\$8.80	100 Teapills	Plum Flower® Pills, Tablets & Teas
Ping Wei San	\$8.25	200 Teapills	Plum Flower® Pills, Tablets & Teas
Qi Ju Di Huang Wan	\$8.25	200 Teapills	Plum Flower® Pills, Tablets & Teas
Qing Fei Tang (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Qing Qi Hua Tan Wan	\$6.75	200 Teapills	Plum Flower® Pills, Tablets & Teas
Sang Ju Yin Wan	\$6.75	200 Teapills	Plum Flower® Pills, Tablets & Teas
Sang Ju Yin (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Shao Fu Zhu Yu Wan	\$8.85	200 Teapills	Plum Flower® Pills, Tablets & Teas
Shen Ling Bai Zhu Pian -Sugar Free-	\$6.30	100 Tablets	Plum Flower® Pills, Tablets & Teas
Shen Qi Da Bu Wan	\$5.10	200 Teapills	Minshan® Teapills
Shi Chuan Da Bu Wan	\$5.10	200 Teapills	Minshan® Teapills
Shou Wu Pian	\$5.25	100 Tablets	Plum Flower® Pills, Tablets & Teas
Si Jun Zi Tang Wan	\$8.25	200 Teapills	Plum Flower® Pills, Tablets & Teas
Si Shen Wan (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Si Wu Tang Wan	\$6.75	200 Teapills	Plum Flower® Pills, Tablets & Teas
Su Zi Jiang Qi Tang (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Suan Zao Ren Tang (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Suan Zao Ren Tang	\$6.00	50 Tablets	Plum Flower® Pills, Tablets & Teas
Tang Kwei Gin	\$4.85	150 ml.	Guangshou Pangoshou®
Tian Ma Gou Teng Yin Wan	\$7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Tian Wang Bu Xin Dan	\$7.20	1000 Teapills	Plum Flower® Pills, Tablets & Teas
Tong Xie Yao Fang Tang	\$8.85	200 Teapills	Plum Flower® Pills, Tablets & Teas
Tong Qiao Huo Xue Tang (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Wan Dai tang (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Wen Jing Tang (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Wen Jing Tang Wan	\$7.20	200 Teapills	Plum Flower® Pills, Tablets & Teas
Wu Wei Xiao Du Yin (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Xiang Sha Liu Jun Zi Tang	\$8.25	200 Teapills	Plum Flower® Pills, Tablets & Teas
Xiao Chai Hu Tang	\$5.75	200 Teapills	Minshan® Teapills
Xiao Feng San (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Xiao Yao Wan	\$6.75	200 Teapills	Plum Flower® Pills, Tablets & Teas
Xue Fu Zhu Yu Tang Wan	\$8.25	200 Teapills	Plum Flower® Pills, Tablets & Teas
Yan Hu Suo Zhi Tong Wan	\$8.25	200 Teapills	Plum Flower® Pills, Tablets & Teas
Yin Chiao Chieh Tu Pien	\$7.75	12 vials of 8	Plum Flower® Pills, Tablets & Teas
Yin Qiao San (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Yin Qiao Jie Du (K002)	\$12.35	100 Softgels	Honso USA, Inc.®
You Gui Wan (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Yu Ping Feng San Wan	\$6.75	200 Teapills	Plum Flower® Pills, Tablets & Teas
Yunnan Baiyao® Capsules	\$6.25	16 capsules	Yunnan Baiyao Group Co.,LTD. ®
Zhen Gan Xi Feng Tang (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
Zhi Bai Di Huang	\$6.75	200 Teapills	Plum Flower® Pills, Tablets & Teas
Zhi Ke Pi Pa Chong Ji	\$4.20	10 packs	Guangzhou Qixing Pharmaceutical®
Zuo Gui Wan (7:1)	\$10.00	90 Caplets	Blue Poppy® Great Nature Classics
External Applications			
Acne Tincture (Blue Poppy)	\$8.50	118 ml.	Blue Poppy®
Ching Wan Hung Ointment - Small	\$2.25	10 gm	Guangxin Pharm ©
Ching Wan Hung Ointment - Large	\$6.50	50 gm	Guangxin Pharm ©
Hua Tuo Medicated Plaster	\$2.65	5 sheets	Guangshou Jiangxiatang Pharm. ®
Psoriasis Tincture	\$8.50	118 ml	Blue Poppy®
Stop Itch Tincture	\$8.50	118 ml	Blue Poppy®
Tiger Balm © - White	\$6.30	18 gm	Haw Par Healthcare Ltd. ©
Zheng Gu Shui - Large	\$6.65	100 ml	Guangxi Yulin Pharm©
Yunnan Bai Yao © Plasters	\$4.00	5 sheets	Yunnan Baiyao Group Co.,LTD. ®
Yin Care © Herbal Wash	\$16.80	120 ml	Yao Co. ©

Appendix III-b. Decoction Instruction

Patient Name:

The Chinese Herbal Dispensary
New England School of Acupuncture
150 California Street
Newton, MA 02458
(617) 558-6372 Ext 211

HOW TO PREPARE CHINESE HERBAL DECOCTIONS

Container: Your container must have a lid and be large enough to boil one packet of herbs. Best choices for containers are ceramic, clay, glass or stainless steel. Do NOT use aluminum, iron, copper or Teflon coated pots.

Special Instructions Follow Only if Checked

___ Precooking: Cook the smaller bag first for _____ minutes in ___ cups of water. Keep the herb and the liquid in the container and follow the cooking instructions below.

___ Add the smaller bag/teabag during the last _____ minutes of the first cooking.

___ Take a _____ day break from the herbs every _____ days.

___ Other:

COOKING INSTRUCTIONS:

1. Empty one bag/packet of herbs into the container. Add ___ cups of cold water to the herbs. Soak the herbs for 15-30 minutes. (water should cover herbs by about 1 inch)
2. (1st cooking) Bring to a boil on a covered container. Reduce heat to medium-low (a slow boil) and cook until only half the liquid remains. This will take about 30 minutes. Strain liquid into a large glass jar or bowl.
3. (2nd cooking) Add ___ more cups of water to the same herbs. (water should cover herbs by about 1 inch) Cook again until half the liquid remains. Add this liquid to the liquid from the first cooking.
4. Store tea in refrigerator and warm up before drinking.
5. Drink ___ cup in the morning and ___ cup in the evening. Drink the tea 30 minutes before or 2 hours after a meal unless directed otherwise. Each bag of herbs will last ___ day(s).

If you experience any adverse symptoms, please contact your practitioner.

Appendix IV Dispensary Stock

NESA Chinese Herbal Dispensary Inventory Stock List

(We can special order additional herbs if you request them)

W - Whole Raw P - Raw Powder C - 5:1 Concentrate Powder

P as C - use raw powder as concentrate powder

		Pinyin	Pharmaceutical Name	English
W	C	Ai Ye	Artemisiae Argyi, Folium	Mugwort
W	C	Ba Ji Tian	Morindae Officinalis, Radix	Morinda
W	C	Bai Bu	Stemona, Radix	Stemona
W	C	Bai Dou Kou	Amomi Kravanh, Fructus	Cardamon
W		Bai Fu Zi	Typhonii Gigantei, Rhizoma	Typhonium
W	C	Bai Guo	Ginkgo Bilobae, Semen	Ginkgo Nut
W	C	Bai He	Lilii, Bulbus	Lily Bulb
W		Bai Hua She	Agkistrodon seu Bungarus	Agkistrodon
W	C	Bai Hua She She Cao	Hedyotidis Diffusae, Herba	Oldenlandia
W	C	Bai Ji	Bletillae Striatae, Rhizoma	Bletilla
W	C	Bai Ji Li	Tribuli Terrestris, Fructus	Tribulus
W	C	Bai Jiang Cao	Patrinia, Herba cum Radice	Patrinia
W	C	Bai Jie Zi	Sinapis Albae, Semen	Mustard Seed
W	C	Bai Mao Gen	Imperatae Cylindricae, Rhizoma	Imperata
W	C	Bai Qian	Cynanchi Baiqian, Radix et Rhizoma	Cynanchum stn.
W	C	Bai Shao	Paeoniae Lactiflorae, Radix	Peony
	C	Bai Shao (Chao)	Paeoniae Lactiflorae, Radix	Peony Root (Fried)
W	C	Bai Tou Weng	Pulsatillae Chinesensis, Radix	Pulsatilla
W	C	Bai Wei	Cynanchi Baiwei, Radix	Cynanchum
W	C	Bai Xian Pi	Dictamni Dasycarpi Radicis, Cortex	Dictamnus
W	C	Bai Zhi	Angelicae Dahuricae, Radix	Angelica
W	C	Bai Zhu	Atractylodis Macrocephalae, Rhiz.	Atractylodes
	C	Bai Zhu (Chao)	Atractylodis Macrocephalae, Rhiz	Atractylodes Rhizome (Fried)
W	C	Bai Zi Ren	Biotae Orientalis, Semen	Biota Seed
W	C	Ban Bian Lian	Lobeliae Chinensis cum Radic, Herba	Lobelia
W	C	Ban Lan Gen	Isatidis seu Baphicacanthi, Radix	Isatis Root
W	C	Ban Xia (prepared)	Pinelliae Ternatae, Rhizoma	Pinellia
W	C	Bei Xie	Dioscoreae Hypoglaucae, Rhizoma	Tokoro
W	C	Bian Dou	Dolichoris Lablab, Semen	Dolichos
W	C	Bian Xu	Polygoni Avicularis, Herba	Polygonum
W	C	Bie Jia	Amydae Sinensis, Carapax	Soft Turtle Shell
W	C	Bing Lang	Arecae Catechu, Semen	Areca Seed
W		Bing Pian	Borneol	Borneol
W	C	Bo He	Menthae Haplocalycis, Herba	Mint
W	C	Bu Gu Zhi	Psoraliae Corylifoliae, Fructus	Psoralea Fruit
W		Can Sha	Bombycis Mori, Excrementum	Silkworm Feces
W	C	Cang Er Zi	Xanthii Sibirici, Fructus	Xanthium
W	C	Cang Zhu	Atractylodis, Rhizoma	Atractylodes (blue)
W		Cao Dou Kou	Alpiniae Katsumadai, Semen	Katsumadai
W		Cao Guo	Amomi Tsao-ko, Fructus	Amomum Tsao-ko
W	C	Ce Bai Ye	Biotae Orientalis, Cacumen	Biota Leaves
W	C	Chai Hu	Radix Bupleuri	Bupleurum
W	C	Chan Tui	Cicadae, Periostracum	Cicada
W		Che Qian Cao	Plantaginis, Herba	Plantago
W	C	Che Qian Zi	Plantaginis, Semen	Plantago Seeds
W	C	Chen Pi	Citri Reticulatae, Pericarpium	Citrus
W		Chen Xiang	Aquilariae Lignum, Resinatum	Aquilaria wood (aloeswood)
W	C	Chi Shao	Paeoniae Rubrae, Radix	Red Peony
W		Chi Shi Zhi	Halloysitum Rubrum	Holloysite
W	C	Chi Xiao Dou	Phaseoli Calcarati, Semen	Aduki Bean
W	C	Chuan Bei Mu	Fritillariae Cirrhosae, Bulbus	Fritillaria, Sichuan
W	C	Chuan Lian Zi	Meliae Toosendan, Fructus	Melia
W	C	Chuan Niu Xi	Cyathulae Officinalis, Radix	Cyathula

W		Chuan Xin Lian	Andrographitis Paniculatae, Herba	Andrographis
W	C	Chuan Xiong	Ligustici Chuanxiong, Radix	Ligusticum/Cnidium
W	C	Ci Shi	Magnetitum	Magnetite
W	C	Ci Wu Jia	Eleutherococcus	Siberian Ginseng
W	C	Cong Bai	Allii Fistulosi, Bulbus	Scallion/ Spring Onion
W	C	Da Fu Pi	Arecae Catechu, Pericarpium	Areca
W	C	Da Huang	Radix et Rhizoma Rhei	Rhubarb
W	C	Da Qing Ye	Daqingye, Folium	Isatis Leaf
W	C	Da Zao	Zizyphi Jujubae, Fructus	Jujube
W	C	Dai Zhe Shi	Haematitum	Hematite
W	C	Dan Dou Chi	Sojae Praeparatum, Semen	Prepared Soybean
W	C	Dan Shen	Salviae Miltiorrhizae, Radix	Salvia
W	C	Dan Zhu Ye	Lophatheri Gracilis, Herba	Lophatherum
W	C	Dang Gui	Angelicae Sinensis, Radix	Chinese Angelica
W	C	Dang Gui Wei (Tail)	Angelicae Sinensis, Extremitas Radicis	Chinese Angelica Tail
W	C	Dang Shen	Codonopsis Pilosulae, Radix	Codonopsis
W	C	Deng Xin Cao	Junci Effusi, Medulla	Rush Pith
W	C	Di Bie Chong	Eupolyphaga seu opisthoplatia	Eupolyphaga/Cockroach
W	C	Di Fu Zi	Kochiae Scopariae, Fructus	Kochia
W	C	Di Gu Pi	Lycii Radicis, Cortex	Lycium Bark
W	C	Di Long	Lumbricus	Lumbricus/Earthworm
W	C	Di Yu	Sanguisorbae Officinalis, Radix	Sanguisorba
W	C	Ding Xiang	Caryophylli, Flos	Clove Flower Bud
W		Dong Kui Zi	Abutili seu Malvae, Semen	Abutilon
W	C	Du Huo	Angelicae Pubescentis, Radix	Angelica Pubescent
W	C	Du Zhong	Eucommiae Ulmoidis, Cortex	Eucommia Bark
	C	E Bu Shi Cao	Centipeda, Folium	Centipeda Leaf
W	C	E Jiao	Asini, Gelatinum Corii	Asshide Gelatin
W	C	E Zhu	Curcumae Ezhu, Rhizoma	Zedoia
W		Fan Xie Ye	Folium Sennae	Senna Leaf
W	C	Fang Feng	Ledebouriellae Divaricatae, Radix	Siler/Ledebouriella
	C	Fang Ji (Han)	Stephaniae tetrandrae Radix	Stephania Root
W	C	Fo Shou	Citri Sarcodactylis, Fructus	Finger Citron Fruit
W	C	Fu Ling	Poriae cocos, Sclerotium	Poria/Hoelen
W	C	Fu Ling Pi	Poriae Cocos, Cortex	Poria Skin
W	C	Fu Pen Zi	Rubi Chingii, Fructus	Chinese Raspberry
W	C	Fu Shen	Poriae Cocos Pararadicis, Sclerotium	Poria Spirit
W	C	Fu Xiao Mai	Tritici Aestivi Levis, Semen	Light Wheat Grain
W	C	Fu Zi (Treated)	Aconiti Carmichaeli Praeparata, Rx Lat.	Aconite, Prepared
W	C	Gan Cao	Glycyrrhizae Uralensis, Radix	Licorice
W	C	Gan Jiang	Zingiberis Officinalis, Rhizoma	Dried Ginger
W	C	Gao Ben	Ligustici, Rhizoma et Radix	Chinese Ligusticum
W	C	Ge Gen	Puerariae Lobata Radix	Pueraria
W		Ge Jie	Gekko Gecko	Gecko
W	C	Gou Ji	Cibotii Barometz, Rhizoma	Cibotium
W	C	Gou Qi Zi	Lycii, Fructus	Lycium Fruit
W	C	Gou Teng	Uncariae cum Uncis, Ramulus	Uncaria
W	C	Gu Jing Cao	Eriocaulonis Buergeriani	Eriocaulon
W	C	Gu Sui Bu	Drynariae, Rhizoma	Drynaria
W	C	Gu Ya	Oryzae Sativae Germinantus, Fructus	Rice Sprout
W	C	Gua Lou	Trichosanthis, Fructus	Trichosanthes Fruit
W	C	Gua Lou Pi	Trichosanthis, Pericarpium	Trichosanthes Peel
W	C	Gua Lou Ren	Trichosanthis, Semen	Trichosanthes Seed
W		Guan Zhong	Guanzhong, Rhizoma	Dryopteris Root
W	C	Gui Ban	Testudinis, Plastrum	Turtle Shell
W	C	Gui Zhi	Cinnamomi Cassiae, Ramulus	Cinnamon Twig
W		Hai Feng Teng	Piperis Futokadsurae, Caulis	Futokadsura Stem
W		Hai Ge Ke	Cyclinae Sinensis, Concha	Clam Shell
W		Hai Jin Sha	Lygodii Japonici, Spora	Lygodium Spore
W	C	Hai Piao Xiao	Sepiae seu Sepiellae, Os	Cuttlefish Bone
W		Hai Tong Pi	Erythrinae, Cortex	Erythrina
W	C	Hai Zao	Sargassii, Herba	Sargassum

W	C	Han Lian Cao	Ecliptae Prostratae, Herba	Eclipta
W		Han Shui Shi	Calcitum	Calcitum
W	C	He Huan Hua	Albizziae Julibrissin	Mimosa Flower
W	C	He Huan Pi	Albizziae Julibrissin, Cortex	Mimosa Tree Bark
W	C	He Shou Wu	Polygoni Multiflori, Radix	Polygonum
W	C	He Ye	Nelumbinis Nuciferae, Folium	Lotus Leaf
W		He Zi/Ke Zi	Terminaliae Chebulae, Fructus	Terminalia
W	C	Hei Zhi Ma	Sesami Indici, Semen	Black Sesame Seeds
W	C	Hong Hua	Carthami Tinctorii, Flos	Safflower
W	C	Hong Teng	Sargentodoxae Cuneatae, Caulis	Sargentodoxa Vine
W	C	Hou Po	Magnoliae Officinalis, Cortex	Magnolia Bark
W		Hou Po Hua	Magnoliae Officinalis, Flos	Magnolia Flower
W		Hu Huang Lian	Picrorhizae, Rhizoma	Picrorhiza
W	C	Hu Po	Succinum	Amber
W	C	Hu Zhang	Polygoni Cuspidati, Radix et Rhizoma	Cuspidatum
W		Hua Rui Shi	Ophicalcitum	Ophicalcite
W	C	Hua Shi	Talcum	Talcum
W	C	Huai Hua Mi	Sophorae Japonicae Immaturus, Flos	Sophora Flower
W	C	Huai Niu Xi	Achyranthis Bidentatae, Radix	Achyranthis Root
W	C	Huang Bai	Phellodendri, Cortex	Phellodendron
W	C	Huang Jing	Polygonati, Rhizoma	Polygonatum
W	C	Huang Lian	Coptidis, Rhizoma	Coptis
W	C	Huang Qi	Astragali Membranacei, Radix	Astragalus
W	C	Huang Qin	Scutellariae Baicalensis, Radix	Scute
W	C	Huo Ma Ren	Cannabis Sativae, Semen	Cannabis Seeds (irradiated)
W	C	Huo Xiang	Agastaches seu Pogostemi, Herba	Patchouli
W	C	Ji Nei Jin	Corneum Gigeriae Galli, Endothelium	Gallus/Chicken Gizzard
W		Ji Shi Teng	Paederiae Caulis	Paederia
W	C	Ji Xue Teng	Jixueteng, Radix et Caulis	Millettia
W	C	Jiang Can	Bombyx Batryticatus	Silkworm
W	C	Jiang Huang	Curcumae Longae, Rhizoma	Turmeric
W		Jiang Xiang	Dalbergia Olorifera Lignum	Dalbergia Heartwood
W	C	Jiao Gu Lan	Gynostemma	Gynostemma
W	C	Jie Geng	Platycodi Grandiflori, Radix	Platycodon
W	C	Jin Qian Cao	Lysimachiae, Herba	Lysimachia
W	C	Jin Yin Hua	Lonicerae, Japonicae, Flos	Honeysuckle
W	C	Jing Jie	Schizonepetae Tenuifoliae, Herba seu Flos	Schizonepeta
W	C	Ju Hong	Citri Erythrocarpae, Pars Rubra Epicarpium	Red Inner Citrus Peel
W	C	Ju Hua	Chrysanthemi Morifolii, Flos	Chrysanthemum
W	C	Jue Ming Zi	Cassiae, Semen	Cassia Seed
W		Ku Gua	Momordicae Charantiae	Bitter Melon
W	C	Ku Shen	Sophorae Flavescentis, Radix	Sophora
W	C	Kuan Dong Hua	Tussilaginis Farfarae, Flos	Coltsfoot Flower
W	C	Kun Bu	Algae, Thallus	Laminaria
W	C	Lai Fu Zi	Raphani Sativi, Semen	Radish Seed
W		Lei Gong Teng	Polygoni Perfoliati Herba	Tripterygium
W		Li Zhi He	Litchi Chinensis, Semen	Litchi Seed
W	C	Lian Qiao	Forsythiae Suspensae, Fructus	Forsythia
W	C	Lian Zi (white)	Nelumbinis Nuciferae, Semen	Lotus Seed (white)
W	C	Lian Zi Xin	Nelumbinis Nuciferae, Plumula	Lotus Plumule
W	C	Ling Zhi	Ganoderma Lucidum Fructification Umbilicariae	Ganoderma/ Reishi Mushroom
W		Liu Huang	Sulphur	Sulphur
W		Liu Ji Nu	Artemisiae Anomalae, Herba	Anomala
W		Long Chi	Draconis, Dens	Dragon Teeth
W	C	Long Dan Cao	Gentianae Longdancao, Radix	Gentiana
W	C	Long Gu	Draconis, Os	Dragon Bone
W	C	Long Yan Rou	Euphorbiae Longanae, Arillus	Longan
W	C	Lu Gen	Phragmitis Communis, Rhizoma	Phragmites
	C	Lu Jiao Jiao	Cervi Degelatinatum, Cornu	Deer Antler Gelatin
W	C	Lu Lu Tong	Sweetgum Fruit	Liquid Amber
W		Lu Rong	Cervi Parvum, Cornu	Deer Antler
W	C	Luo Shi Teng	Trachelospermi Jasminoidis, Caulis	Star Jasmine Stem

W		Ma Bo	Lasiosphaerae seu Calvatiae, Fructification	Lasiosphaera
W		Ma Chi Xian	Portulacae Oleraceae, Herba	Portulaca
W	C	Ma Huang	Ephedrae, herba	Ephedra
W	C	Ma Huang Gen	Ephedrae, Radix	Ephedra Root
W	C	Mai Men Dong	Ophiopogonis Japonici, Tuber	Ophiopogon Tuber
W	C	Mai Ya	Hordei Vulgaris Germinantus, Fructus	Barley Sprout
W	C	Man Jing Zi	Vitidis, Fructus	Vitex
W	C	Mang Xiao	Mirabilitum	Mirabilite
W		Mei Gui Hua	Rosae Rugosae, Flos	Chinese Rose
W		Meng Shi	Micae seu Chloriti, Lapis	Lapis
W	C	Mi Meng Hua	Buddleiae Officinalis Immaturus, Flos	Buddleia
W		Ming Fan	Alumen	Alum
W	C	Mo Yao	Myrrha	Myrrh
W	C	Mu Dan Pi	Moutan Radicis, Cortex	Moutan
W	C	Mu Gua	Chaenomelis, Fructus	Chaenomeles
W		Mu Hu Die	Oroxylis Indici, Semen	Oroxylum
W	C	Mu Li	Ostreae, Concha	Oyster shell
	C	Mu Tong	Akebiae, Caulis	Akebia caulis
W	C	Mu Xiang	Aucklandiae Lappae, Radix	Saussurea
	C	Nan Sha Shen	Adenophorae, Radix	Adenaphora root
W	C	Niu Bang Zi	Arctii Lappae, Fructus	Arctium
W	C	Nu Zhen Zi	Ligustri Lucidi, Fructus	Ligustum
W		Ou Jie	Nelumbinis Nuciferae Rhizomatis, Nodus	Lotus Node
W		Pang Da Hai	Sterculiae Scaphigerae, Semen	Sterculia
	C	Pao Jiang	Zingiberis Officinalis, Rhizoma	Ginger (Brown)
W	C	Pei Lan	Eupatorii Fortunei, Herba	Eupatorium
W		Peng Sha	Borax	Borax
W	C	Pi Pa Ye	Eriobotryae Japonicae, Folium	Loquat Leaf
W	C	Pu Gong Ying	Taraxaci Mongolici cum Radice, Herba	Dandelion
W	C	Pu Huang	Typhae, Pollen	Bulrush
W		Pu Xiao	Miratilitum	Miratilitum
W	C	Qian Cao	Rubiae Radix	Rubia Root
W	C	Qian Hu	Peucedani, Radix	Peucedanum
	C	Qian Nian Jian	Homalomenae Rhizoma	Homalomena Rhizome
W		Qian Niu Zi	Semen Pharbitidis	Morning glory seeds
W	C	Qian Shi	Euryale Ferox, Semen	Euryale Seeds
W	C	Qiang Huo	Notopterygii, Rhizoma et Radix	Notopterygium
W	C	Qin Jiao	Gentianae Qinjiao, Radix	Gentiana Macrophylla
W	C	Qin Pi	Fraxini, Cortex	Fraxinus
W		Qing Dai	Indigo Pulverata Levis	Indigo
W		Qing Fen	Calomelas	Calomel
W	C	Qing Hao	Artemisiae Annuae, Herba	Artemisia
W	C	Qing Pi	Citri Immaturi Pericarpium	Blue Citrus (immature)
W		Qing Xiang Zi	Celosiae Argenteae, Semen	Celosia Seed
W	C	Qu Mai	Dianthi, Herba	Dianthus
W	C	Ren Dong Teng	Lonicerae Caulis et Folium	Lonicera Stem
W	C	Ren Shen (red)	Ginseng, Radix	Ginseng (red)
W		Ren Shen (white)	Ginseng, Radix	Ginseng (white)
W	C	Rou Cong Rong	Cistanches Deserticolae	Cistanches Deserticolae
W	C	Rou Dou Kou	Myristicae Fagrans, Semen	Nutmeg
W	C	Rou Gui	Cinnamomi Cassiae, Cortex	Cinnamon bark
W	C	Ru Xiang	Olibanum, Gummi	Frankincense
W	C	San Leng	Sparganii Stoloniferi, Rhizoma	Sparganium
W	C	San Qi/Tian Qi	Radix Notoginseng	Pseudoginseng
W	C	Sang Bai Pi	Mori Albae Radicis, Cortex	Mulberry Root Bark
W	C	Sang Ji Sheng	Sangjisheng, Ramulus	Loranthus
W	C	Sang Piao Xiao	Mantidis, Ootheca	Mantis
W	C	Sang Shen	Mori Albae, Fructus	Mulberry Fruit
W	C	Sang Ye	Mori Albae, Folium	Mulberry Leaf
W	C	Sang Zhi	Mori Albae, Ramulus	Mulberry Twig
W	C	Sha Ren	Amomi, Fructus	Amomum
W	C	Sha Shen (Bei)	Glehniae, Radix	Glehnia root

W		Sha Yuan Ji Li	Astragali Complanati, Semen	Astragalus Seed
W	C	Shan Yao	Dioscoreae Oppositae, Radix	Chinese Yam Root
W	C	Shan Zha	Crataegi, Fructus	Hawthorne Fruit
W	C	Shan Zhu Yu	Corni Officinalis, Fructus	Cornus
W	C	She Chuang Zi	Cnidii Monnieri, Fructus	Cnidium Fruit
W	C	She Gan	Belamcandae Chinensis, Rhizoma	Belamcanda
W		Shen Jin Cao	Lycopodium Clavatum Herba cum radix	Club moss, Lycopodium
W	C	Shen Qu	Massa Fermentata	Fermented Mass
W	C	Sheng Di Huang	Rehmanniae Glutinosae, Radix	Rehmannia
W	C	Sheng Jiang	Zingiberis Officinalis, Rhizoma	Fresh Ginger
W	C	Sheng Ma	Rhizoma Cimicifugae	Cimicifuga
W	C	Shi Chang Pu	Acori Graminei, Rhizoma	Acorus
W	C	Shi Gao	Gypsum	Gypsum
W	C	Shi Hu	Dendrobii, Herba	Dendrobium
W	C	Shi Jue Ming	Haliotidis, Concha	Abalone Shell
W		Shi Jun Zi	Quisqualis Indicae, Fructus	Quisqualis
W		Shi Wei	Pyrrosiae, Folium	Pyrrisia
W	C	Shu Di Huang	Rehmanniae Glutinosae Conquिताe, Radix	Rehmannia (cooked)
W		Shui Zhi	Hirudo seu Whitmania	Leech
W	C	Si Gua Luo	Vascularis Luffae, Fasciculus	Luffa Sponge
W		Su Mu	Sappan, Lignum	Sappan Wood
W	C	Suan Zao Ren	Zizyphi Spinsae, Semen	Zizyphus
W	C	Suo Yang	Cynomorii Songaricii, Herba	Cynomorium
W	C	Tai Zi Shen	Pseudostellariae Heterophyllae, Radix	Pseudostellaria
W		Tan Xiang	Santali Albi, Lignum	Sandalwood
W	C	Tao Ren	Persicae, Semen	Peach Kernel
W	C	Tian Hua Fen	Trichosanthis Kiirilowii, Radix	Trichosanthes Root
W	C	Tian Ma	Gastrodiae Elatae, Rhizoma	Gastrodia
W	C	Tian Men Dong	Asparagi Cochinchinensis, Tuber	Asparagus Tuber
W	C	Tian Nan Xing	Arisaematis, Rhizoma	Arisaema
W		Tian Zhu Huang	Bambusa Textilis Concretio Silicea	Bamboo Silicious Secretions
W		Ting Li Zi	Descurainiae seu Lepidii, Semen	Lepidium Seeds
W	C	Tong Cao	Tetrapanacis Papyriferi, Medulla	Tetrapanax
W		Tou Gou Cao	Tougucao Herba	Tougucao Herb
W	C	Tu Fu Ling	Smilacis Glabrae, Rhizoma	Smilax
W		Tu Niu Xi	Achyranthis, Radix	Tunixi Root
	C	Tu Si Zi	Cuscutae Chinensis, Semen	Cuscuta
W		Wa Leng Zi	Arcae, Concha	Cockle Shell
W		Wang Bu Liu Xing	Vaccariae Segetalis, Semen	Vaccaria
W		Wu Bei Zi	Rhois Chinensis, Galla	Galla Chinensis
W		Wu Gong	Scolopendra Subspinipes	Scolopendra
W	C	Wu Jia Pi	Acanthopanax Gracilistyli Radicis, Cortex	Acanthopanax
	C	Wu Ling Zhi	Trogoperi seu Pteromi, Excrementum	Pteropus
W	C	Wu Mei	Pruni Mume, Fructus	Mume Fruit
W	C	Wu Wei Zi	Schisandrae Chinensis, Fructus	Schisandra Fruit
W	C	Wu Yao	Linderae Strychnifoliae, Radix	Lindera
W	C	Wu Zhu Yu	Evodiae Rutaecarpae, Fructus	Evodia
W	C	Xi Xian Cao	Siegesbeckiae, Herba	Siegesbeckia
W	C	Xi Yang Shen	Panaxis Quinquefolii, Radix	American Ginseng Root
W	C	Xia Ku Cao	Prunellae Vulgaris, Spica	Prunella
W	C	Xian He Cao	Agrimoniae Pilosae, Herba	Agrimony
W	C	Xian Mao	Curculiginis Orchioidis, Rhizoma	Curculigo
W	C	Xiang Fu	Cypero Rotundi, Rhizoma	Cyperus
W		Xiang Ru	Elsholtziae seu Moslae, Herba	Elsholtzia
W	C	Xiao Hui Xiang	Foenicul Vulgaris, Fructus	Fennel Fruit
W	C	Xie Bai	Allii, Bulbus	Macrostem Onion
W	C	Xin Yi Hua	Magnoliae, Flos	Magnolia Flower
W	C	Xing Ren	Pruni Armeniacae, Semen	Apricot Kernel
W	C	Xu Duan	Dipsaci Asperi, Radix	Dipsacus
W	C	Xuan Fu Hua	Inulae, Flos	Inula Flower
W	C	Xuan Shen	Scrophulariae Ningpoensis, Radix	Scrophularia
W		Xue Jie	Draconis, Sanguis (a resin)	Dragon's Blood (a resin)

W		Ya Dan Zi	Brucae Javanicae, Fructus	Brucea
W	C	Yan Hu Suo	Corydalis Yanhusuo, Rhizoma	Corydalis
W	C	Ye Jiao Teng	Polygoni Multiflori, Caulis	Polygonum Vine
W	C	Ye Ju Hua	Chrysanthemi Indici, Flos	Chrysanthemum (wild)
W	C	Yi Mu Cao	Leonuri Heterophylli, Herba	Chinese Motherwort
W	C	Yi Yi Ren	Coicis Lachryma-jobi, Semen	Job's Tears
W	C	Yi Zhi Ren	Alpiniae Oxyphyllae, Fructus	Black Cardamon
W	C	Yin Chai Hu	Stellariae Dichotomae, Radix	Stellaria
W	C	Yin Chen Hao	Artemisiae Yinchenhao, Herba	Capillaris
W	C	Yin Yang Huo	Epimedii, Herba	Epimedium
W	C	Yu Jin	Curcumae, Tuber	Curcuma
W	C	Yu Li Ren	Prunus Japonica Semen	Cherry(Bush Cherry) Pit
W	C	Yu Xing Cao	Houttuyniae Cordatae, Herba cum Radice	Houttuynia
W	C	Yu Zhu	Polygonati Odorati, Rhizoma	Polygonatum Officinale
W		Yuan Hua	Daphnes Genkwa, Flos	Genkwa Flower
W	C	Yuan Zhi	Polygalae Tenuifoliae, Radix	Polygala
W	C	Zao Jiao Ci	Gleditsiae Sinensis, Spina	Gleditsiae Spine
W	C	Ze Lan	Lycopi Lucidi, Herba	Lycopus
W	C	Ze Xie	Alismatis Orientalis, Rhizoma	Alisma
W	C	Zhe Bei Mu	Fritillaria Thunberg, Bulbus	Fritillariae Thunbergii
W	C	Zhen Zhu Mu	Margaritaferae, Conch	Mother of Pearl
W	C	Zhi Gan Cao	Glycyrrhizae Uralensis (Prepared)	Honey-fried Licorice
W	C	Zhi Ke	Citri Aurantii, Fructus	Bitter Orange
W	C	Zhi Mu	Anemarrhenae Asphodeloidis, Rhizoma	Anemarrhena
W	C	Zhi Shi	Citri Aurantii, Fructus Immaturus	Immature Bitter Orange
W	C	Zhi Zi	Gardeniae Jasminoidis, Fructus	Gardenia Fruit
W	C	Zhu Ling	Polypori Umbellati, Sclerotium	Polyporus
W	C	Zhu Ru	Bambusae in Taeniis, Caulis	Bamboo Shavings
W	C	Zi Cao	Arnebiae seu Lithospermi, Radix	Lithospermum
W	C	Zi Hua Di Ding	Violae Yedoensis, Herba cum Radice	Viola
W		Zi Su Geng	Perilliae Ramulus	Perilla Caulis
W	C	Zi Su Ye	Perillae Frutescentis, Folium	Perilla Leaf
W	C	Zi Su Zi	Perillae Frutescentis, Fructus	Perilla Fruit
W	C	Zi Wan	Asteris Tatarici	Radix Aster Root