

Gan Bing Zhi Ben Wan (LiverVive™, Gan Bing Zhi Ben Pian, 肝病治本片), literally "Liver Disease Recovery Pills" in Chinese, is a Chinese herbal medicine formulated to support a healthy liver function. Specifically, the Chinese medicine may help protect the liver from damages due to chronic hepatitis (e. g., positive HBsAG) etc.†

What does it do?

Liver is a vital digestion organ with major roles in the metabolism and production of proteins, lipids, and carbohydrates. Liver also has a central role in detoxification by breaking down the toxins. When liver functions are lessened from virus infection or other causes, the toxins are not cleared and may be accumulated. For example, bilirubin, a breakdown molecule of hemoglobin from dead red blood cells, is excreted in the liver into the bile, an accumulation of bilirubin results in jaundice.

A major health concern of the liver is hepatitis. Hepatitis is mostly caused by hepatitis viruses and is common among Asians. For example, one out of ten Chinese is chronically infected by hepatitis B virus (HBV) and is HBsAG (hepatitis B surface antigen) positive. HBV can persist for years or even decades and, in most cases, does not cause chronic hepatitis symptoms like poor appetite, fatigue, and low fever. However, in some people, continuous inflammation of the liver will gradually cause liver fibrosis and scars, resulting in cirrhosis and, sometimes, liver cancer.

Traditional Chinese medicine (TCM) has been studied extensively on how to treat hepatitis and revive liver function. Analysis of TCM patterns displayed by chronic hepatitis revealed most chronic hepatitis patients appear to have a problem of both Liver Qi stagnation and Spleen deficiency. Accordingly, strengthening the Spleen and dispersing Liver Qi has been adapted as a main strategy in treating chronic hepatitis by TCM and yielded satisfactory results in China. LiverVive™ is our signature formula that follows the strategy.

LiverVive™ is composed of 9 Chinese herbs that collectively invigorate the Spleen, disperse the Liver Qi stagnation to benefit the Liver.† The Chinese medicine may be used for chronic hepatitis with an enlarged spleen, or with fatigue, poor appetite, pain in the right hypochondriac region, and abdominal discomfort.† The Chinese medicine may protect

ActiveHerb™

Guang Ci Tang® Concentrated Herbal Formula

LiverVive™ Gan Bing Zhi Ben Pian (Wan)

the liver from damages and enhance the immune function of the body for the clearance of the virus.†

In a clinical study, a Chinese herbal formula that is similar to LiverVive™ was used to treat 50 chronic hepatitis B patients. After 3 months of treatment, 20 patients were fully recovered, 28 were significantly improved, 2 were not improved, the effective rate is much higher than that of the control group in which the standard treatment was applied.† Remarkably, hepatitis B markers in 3 patients turned negative.1†

In LiverVive™, Astragalus, Atractylodes, Poria, and Licorice constitute a modified form of Si Jun Zi Tang, a famous Chinese medicine that supplements Spleen Qi and improve digestion; Bupleurum, White peony, Bitter orange, and Licorice are basically Si Ni San, a regarded ancient formula that moves Liver Qi and regulates the Liver.

What is the formula composition?

A proprietary blend* of the following herbs:

- Huang Qi (Astragalus root) is a famous Chinese herb that enhances Qi energy and tonifies the Spleen. Many studies have found that Astragalus can enhance the immune function, which is largely dependent on the spleen, in consistent with the role of Astragalus in TCM in defending the body from pathogenic toxins and strengthening the spleen.
- Bai Zhu (Atractylodes rhizome) is a key tonic for the Spleen and dries Dampness.
- Fu Ling (Poria) acts to remove Dampness but it also strengthens the Spleen.
- Gan Cao (Licorice root) tonifies Spleen and Qi and moderates the action of the other herbs.
- Chai Hu (Bupleurum root) relieves the stagnated Liver Qi and reduces fever.
- Bai Shao (Poeny root) nourishes the blood, harmonizes the liver and relieves pain.

- Zhi Ke (Bitter orange) regulates Qi and disperses fullness in the chest and abdominal distension.
- Dan Shen (Salvia root) promotes blood circulation and removes blood stasis. The Chinese herb is often used to treat hepatitis in China. Studies have suggested that it may protect the liver from liver damages due to viral infection and chemicals like alcohol and from liver fibrosis;
- Yan Hu Suo (Corydalis rhizome) invigorates the Blood, moves Qi, and alleviates pain.

*LiverVive™ (Gan Bing Zhi Ben Wan/Pian) is made of 100% pure authentic Chinese herbs of highest qualities. Traditional preparation procedures are combined with modern pharmaceutical processes to extract the active ingredients from the herbs and to further concentrate them into pills or tablets. It is produced in the certified GMP facilities of Shanghai TongHanChun Herbs Factory (Guang Ci Tang) and is imported to USA in accordance with the FDA guidelines.

What is Available?

40 grams in 400 mg 100 tablets (pian) or 200 mg 200 pills (wan).

How do I use it?

Take 5 to 7 pills or 3 to 5 tablets three times daily. We recommend to start this product for 2 months (6 bottles) to expect noticeable response.

Side Effects

LiverVive™ has been safely used with few adverse effects when used as directed.

Cautious Notes

1. Not recommended for use during pregnancy. 2. Avoid oily, cold, and spicy food for best results. 3. Avoid smoking and alcohol for best results. 4. Consult your herbalist or physician before use if you are taking other medicines. 5. Keep out of reach of children.

References

1. Xu YJ. Si Ni San Plus for the treatment of 50 chronic hepatitis B cases. Chinese Journal of Modern Internal Medicine. 2008 Jan; 5(1).

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肝病治本片/丸健脾疏肝，保持肝功能健康。特别有助于保护肝脏免受慢性肝炎（HBsAg阳性）的损害。

肝脏是一个关键的消化器官，对蛋白质，脂肪，碳水化合物(如葡萄糖)的代谢起着重要的作用。肝脏也对解毒至关重要，毒素在肝脏中被分解。当肝脏因病毒感染或其它原因而功能受损时，毒素无法分解而累积在体内。

肝炎是影响肝脏健康的一个主要原因。肝炎主要是各种肝炎病毒所造成的，在亚洲人口中常见。每10个中国人中，就有1人遭到乙型肝炎病毒慢性感染，乙型肝炎表面抗原（HBsAg）阳性。乙肝病毒在人体内可以存在数年甚至数十年。在大多数情况下，不会引起慢性肝炎的典型症状如神疲乏力、无味口、低烧等。但是，有部分人肝脏的持续炎症会逐步引起肝脏的纤维化，结疤，最终导致肝硬化，有时也导致肝癌。

中医对如何治疗肝炎和恢复肝功能作了广泛的研究。通过对慢性乙肝的辨证分型，发现大部分慢性肝炎患者表现为肝郁脾虚，因此，健脾疏肝法成为中医治疗慢性乙肝的一个主要方案，并取得满意结果。†肝病治本丸/片正是我们的专家循此原则组方的用于慢性肝炎的中成药。

肝病治本片由九种中药组成，健脾疏肝，以达保肝之功。可用于慢性肝炎有脾肿大者，症见神疲乏力，纳差腹胀，胁痛者。肝病治本片可保护肝脏，增强免疫功能，有助病毒清除。†

在一项临床研究中，一个与肝病治本片相似的验方用于治疗50例慢性乙型肝炎，经治疗三个月后，20例痊愈，28例好转，2例未愈，总有效率96%；对照组50例用西药治疗，5例痊愈，21

肝病治本片(丸)

Gan Bing Zhi Ben Pian (Wan)

例好转，24例未愈，总有效率52%。值得注意的是，试验组有3例乙肝标志物转阴。[1]†。

在肝病治本片中，黄芪、白术、茯苓和甘草是四君子汤的变化。四君子汤是益气健脾的名方。柴胡、白芍、枳壳和甘草实际上是四逆散，疏肝理气的经典方。

[药物组成]

黄芪、丹参、白术、白芍、茯苓、柴胡、延胡索、甘草、枳壳。

- 黄芪：补气健脾之要药。很多研究发现黄芪能增强免疫功能，而免疫功能很大程度取决于脾。这与中医里黄芪健脾，益卫固表一致。
- 白术：健脾燥湿之要药。
- 茯苓：渗湿健脾。
- 甘草：益气和中，调和诸药。
- 柴胡：疏肝解郁，解表退热。
- 白芍：养血柔肝，止痛。
- 枳壳：理气宽中，消胀除痞。常与柴胡、白芍同用于肝郁气滞，胸肋胀痛。
- 丹参：凉血养血，活血祛瘀。对慢性肝炎、早期肝硬化等疾病具有良好效果。常用于治疗肝炎。研究表明，它可以保护肝脏避免由于病毒感染和化学药品酒精造成的肝损害。
- 延胡索：活血，行气，止痛。

[生产单位]

广慈堂（中国上海童涵春堂中藥廠）。

[规格]

100 片或 200 丸

[用法用量]

口服，一次3-5片 或 5-7丸，一日2-3次。或遵医嘱。我们建议开始服用两个月（6瓶），以期获得显效。

[注意事项]

1. 孕妇忌用。
2. 忌油腻，冷，辣食物，以获最佳效果。
3. 忌烟，酒，以获最佳效果。
4. 请将本品放在儿童不能接触的地方。
5. 如正在使用其他药品，使用本品前请咨询医师或药师。

[贮藏条件]

密封。

[参考文献]

1. 徐严菊 四逆散加味治疗慢性乙型肝炎50例 《中华现代内科学杂志》2008年1月5卷1期

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