

Hawthopower™ (Shan Zha Jiang Zhi Pian, Shan Zha Jiang Zhi Wan, 山楂降脂丸) is a Chinese herbal supplement to help maintain healthy cholesterol metabolism and manage weight for those who have excess body fat.†

What does it do?

In a modern society like the USA, we appear to face even more health challenges. High cholesterol, hypertension, diabetes, obesity, just to name a few, have become health risks to almost every adult. People tend to spend more time on computers, TV, eat more fast food or at restaurants, do less outdoor activities, and then watch their waistline expanding and cholesterol levels climbing. Not surprisingly, Lipitor, the cholesterol-lowering drug, has been the best selling drug in the world despite its benefits in preventing heart diseases are debatable and its known side effects such as muscle problems and liver problems.

Hawthopower™ is an all natural Chinese herbal formula with Hawthorn berry as a main ingredient. Hawthorn (Crataegus) fruits are consumed all of the world in various forms. Hawthorn is also a well known herb in both traditional Chinese medicine (TCM) and Western herbalism. In TCM, Hawthorn berries help improve digestion to remove food retention in the stomach and promote blood circulation to disperse blood stasis. In the West, herbalists primarily use Hawthorn berries along with the Hawthorn leaf and flower to treat cardiac problems.

Extracts made from Hawthorn berries have been used in many studies to treat various cardiovascular problems. A meta-analysis of thirteen randomized, double-blind, and placebo controlled trials concluded that Hawthorn extracts are beneficial in treating chronic heart failure as an adjunctive treatment and symptoms such as shortness of breath and fatigue improved significantly with hawthorn treatment as compared with placebo^{1, 2}. Hawthorn extracts was also shown to lower hypertension in patients with type 2 diabetes taking prescribed drugs in a randomized controlled trial.³ Another Hawthorn preparation was used to treat hyperlipidemia in 89 middle-aged and old patients and helped to lower cholesterol and triglycerides levels in 69.49% and 80.28% cases.⁴ Hawthorn extracts were found to reduce serum cholesterol levels in animals fed with high cholesterol diet.^{5, 6}

The action of Hawthorn berry is enhanced by inclusion of several other Chinese herbs such as Dan Shen (Salvia root) and Shou Wu (Polygoni Multiflori root) in the Hawthopower™ formula as outlined below. The formulation is based on the principle of TCM. Hawthopower may help maintain healthy cholesterol levels and manage body weight for those whose overweight is caused by excessive fat accumulation.†



Guang Ci Tang® Concentrated Herbal Formula

HawthoPower™ (Shan Zha Jiang Zhi Pian/Wan)

- **Dan Shen (Salvia root)** is perhaps the best known and the most commonly used Chinese herb for promoting blood circulation and removing blood stasis.† Extensive biomedical studies on Danshen suggest that it improves microcirculation, dilates coronary arteries, inhibits platelet aggregation and thrombosis, and protects against myocardial ischemia and stroke.^{7,8} A Dan Shen preparation was recently reported to have successfully passed a phase II clinical trial for angina pectoris in USA.
- **Shou Wu (Polygoni Multiflori root)** is a famous Chinese herb that tonifies the liver and kidneys and grow hair. It also helps reduce total cholesterol and triglyceride.^{9†}
- **Ban Xia (Processed Pinellia rhizome)** is a key Chinese herb that transforms phlegm and stops vomiting. In TCM, excessive fat belongs to phlegm.
- **Da Huang (Rhubarb root)** drains fire and removes toxins. The Chinese herb moistens intestines to relieve constipation. Da Huang is reported to minimize the increase of cholesterol and triglyceride caused by high cholesterol diet.
- **Mu Li (Oyster shell)** nourishes the Yin energy and calms the liver. It softens hardness and dissipate nodules. .

What is the formula composition?

A proprietary blend* of the following herbs:

Fructus Crataegi (Hawthorn)	(Sheng Shan Zha)
Rhizoma Pinelliae Ternatae	(Zhi Ban Xia)
Radix Salviae Miltiorrhizae	(Dan Shen)
Radix Polygoni Multiflori	(Sheng Shou Wu)
Concha Ostreae	(Mu Li)
Radix Et Rhizoma Rhei	(Zhi Da Huang)
Radix Semiaquilegiae	(Tian Kui Zi)
Radix Aconiti Lateralis Preparata	(Zhi Fu Zi)

- Shan Zha Jiang Zhi 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 200 mg 200 tablets (pian) or 200 mg 200 pills (wan).

How do I use it? Take 5 to 7 tablets or pills three times daily.

Side Effects Shan Zha Jiang Zhi Wan (Pian) has been safely used with few adverse effects when used as directed.

Cautious Notes

1. Do not use it during pregnancy.
2. Use with caution if your digestion function is weak (e. g., diarrhea.)
3. Consult your herbalist or physician before use if you are taking other medicines.
4. Keep out of reach of children.

References

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山楂降脂片/丸是广慈堂生产的主要用于调节胆固醇代谢的中成药，有助于维护正常的胆固醇水平，并有助于脂肪过多的人维持正常的体重。†

大家可能认为，像美国这样的发达国家，我们面对的健康问题会更少些。现实看来并非如此，我们面临的健康挑战似乎越来越多。环顾四周，高血脂，高血压，或糖尿病成了每个成年人的健康风险。大家把越来越多的时间花在计算机，电视上，更频繁地吃快餐或到餐馆吃饭，户外运动时间则越来越少，眼睁睁的看着自己的腰围增大，胆固醇升高。毫不奇怪地，降胆固醇药Lipitor（立普妥）成了全世界范围内销售最多的药，尽管它防止心脏病的效果仍然存在争议，而且对肝脏，肌肉等有副作用。

广慈堂的山楂降脂片/丸是以山楂为主要成分的纯天然中药配方。山楂果实在全世界做成各种食物被食用。山楂在中医和西方草药里都广为人知，中医认为山楂（果实）能帮助消化，消积化滞，并能活血化淤。在西方，传统上草药师用山楂，包括它的果实，叶，和花，来治疗心血管疾病。

山楂果实经科学提取后在很多研究中用于治疗各种心血管疾病。有研究综合分析了十三起随机，双盲，安慰剂对照临床试验报告，得出结论认为山楂提取物作为辅助治疗手段对慢性心脏功能衰竭有效，可显著改善气短，疲劳的症状。[1,2] 还有随机对照临床试验表明山楂提取物可以降低服用处方药的II型糖尿病患者的血压。[3] 另一山楂制剂用于治疗89例中老年高脂血症，结果胆固醇及甘油三酯的降低有效率分别为69.49%和80.28%，食欲不振，神疲乏力、血压偏高等症状也得到改善。[4] 山楂提取物还被发现能减少服用高胆固醇饮食后动物的血清胆固醇水平。[5,6]

广慈堂的山楂降脂片/丸还包括另外几味中药如丹参和首乌（见下），根据中医理论组方，进一步增强山楂的作用。作为广慈堂用于保护胆固醇健康的专家配方，山楂降脂片/丸有助于维护正常的胆固醇水平，并有助于脂肪过多的人维持正常的体重。

ActiveHerb™
Be active

廣慈堂超濃縮中成藥

山楂降脂片(丸)

Shan Zha Jiang Zhi Pian/Wan

[药物组成]

山楂、丹参、首乌、制半夏、制大黄、牡蛎、天葵子、制附子。

- 丹参：丹参可能是最广为人知也是应用最多的活血化瘀中药。用于冠心病，心绞痛。大量研究表明丹参可以改善微循环，扩张冠状动脉，抗血小板聚集，抗凝血，防护心肌缺血和中风。[7,8] 据报道，一种丹参制剂（复方丹参滴丸）已在美国成功完成治疗心绞痛的二期临床试验。
- 首乌：首乌补肝，益肾，生发的作用广为人知，首乌还有降胆固醇及甘油三酯的作用。[9]†
- 制半夏：为化痰止呕要药。中医认为脂肪过多属于痰。
- 制大黄：泻热排毒，润肠通便。大黄可减少因服用高胆固醇饮食后胆固醇水平的增加。
- 牡蛎：平肝潜阳，软坚散结。

[生产单位]

广慈堂 (Shanghai TongHanChun Herbs Factory)。

[规格] 200 片或 200 丸

[用法用量]

口服，一次5-7片或丸，一日2-3次。

[注意事项]

1. 脾胃虚弱者或伴有其他严重的慢性病，或在治疗期间又患有其他疾病，应去医院就诊，在医师指导下服药。
2. 如正在服用其他药品，使用本品前请咨询医师或药师。
3. 药品性状发生改变时禁止服用。
4. 请将此药品放在儿童不能接触的地方。

[禁忌] 孕妇勿用。山楂有破血散淤的作用，能刺激子宫收缩，可能诱发流产。

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