

DigestVive™

Shen Ling Bai Zhu Pian (Wan)

Shen Ling Bai Zhu Wan (Shen Ling Bai Zhu San, Shen Ling Bai Zhu Pian, DigestVive™, 参苓白术片), literally "Ginseng, Poria & Atractylodes Pills" in Chinese, is a highly regarded ancient Chinese herbal remedy for digestion. The Chinese herb both nourishes Spleen to enhance the digestive function and removes Dampness to clear digestive discomforts like diarrhea and distension etc.† In China, DigestVive is a commonly used Chinese medicine for chronic diarrhea.†

What does it do?

A robust digestion function is crucial for the body to obtain sufficient nutrients and depends on critically, in traditional Chinese medicine (TCM), the function of the Spleen (Please note that the Spleen in TCM does not correspond to today's anatomical spleen but is rather a digestion functional concept.) The Spleen is in charge of absorbing and transporting the nutrients from digestion around the body and transforming them into the Yin, Yang, and Qi energy etc, the fundamental elements in regulating our overall body functions. When the Spleen function is weak, adsorption and transportation of nutrients is affected, causing pale face, low energy, poor appetite, loose stool etc.

A major function of Shen Ling Bai Zhu Wan is to nourish the Spleen and thus enhances the digestive function. This is mostly achieved by including Si Jun Zi Tang (Four Gentlemen Decoction) in the formula. Si Jun Zi Tang itself is the basic Chinese herbal formula that supports Spleen Qi and consists of four Chinese herbs, Ginseng or Codonopsis, Atractylodes, Poria, and Licorice. Among them, Ginseng replenishes the Qi energy and harmonizes the Spleen; Atractylodes is a key tonic for the Spleen and Stomach and dries Dampness; Poria acts mainly to remove Dampness but it also strengthens the Spleen; Licorice tonifies Spleen and Qi and synchronizes the action of the other herbs.

Another main function of Shen Ling Bai Zhu Wan is to remove dampness in the Spleen and the Stomach. This function is important because one causal effect of a weakened Spleen transforming function is the accumulation of fluids, which then transform into dampness in the digestive system and causes

distension and diarrhea. To this end, other Chinese herbs are included in Shen Ling Bai Zhu Wan. Of them, Chinese Yam (Shan Yao) and Lotus Seed (Lian Zi) act to both tonify the Spleen and stop diarrhea; Coix Seed (Yi Yi Ren) and Hyacinth Bean (Bai Bian Dou) strengthen the Spleen and drain dampness; Cardamon Seed (Sha Ren) transforms dampness and promotes the Qi movement to alleviate the distension.

Shen Ling Bai Zhu Pian may be applied to weight loss. In the theory of TCM, obesity is mostly formed by the accumulation of Dampness and Phlegm which may result from the poor function of the Spleen. This constitutes the basis for its use in weight loss. For example, Chinese herbal doctor Mary Wu, L. Ac of Fremont, California found that use of our Shen Ling Bai Zhu Pian may lose 3 lb in weight per week of her patients who have obesity displaying a TCM pattern of the Spleen deficiency.† It is most suitable for those who sit most time in the office or on sofa, are tired of moving or excising, has loose skin and soft muscles.

What is the formula composition?

A proprietary blend* of the following herbs:

Radix Ginseng	(Ren shen)
Sclerotium Poriae Cocos	(Fu ling)
Rhizoma Atractylodis Macrocephalae	(Bai zhu)
Rhizoma Dioscoreae Oppositae	(Shan yao)
Semen Nelumbinis Nuciferae	(Lian zi)
Semen Dolichoris Lablab	(Bai bian dou)
(Dolichos Lablab)	
Semen Coicis Lachryma-Jobi	(Yi yi ren)
Fructus Amomi	(Sha ren)
Radix Platycodi Grandiflori	(Jie geng)
Radix Glycyrrhizae Uralensis	(Gan cao)

*DigestVive™ (Shen Ling Bai Zhu 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

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

Cautious Notes

1. For best results, avoid drinking tea and taking carrot.
2. For best results, avoid taking it together with Chinese cold medicine.
3. Not suitable for diarrhea associated with constipation.
4. Consult your herbalist or physician before use if you have hypertension, diabetes, diseases of heart or kidney, or in pregnancy.
5. Consult your herbalist or physician before use if you are taking other medicines.
6. Keep out of reach of children.

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参苓白术片(丸)

Shen Ling Bai Zhu Pian (Wan)

梗宣肺利气，以通调水道，又载药上行，以益肺气。

参苓白术片还可用于减肥。在中医看来，肥胖大都因为多痰多湿，而痰湿常常是因为脾虚。加州執照中醫師吳平成功用廣慈堂參苓白朮片主治因脾弱引起的肥胖，很多此類的病患服用此藥能穩定地每週減少三磅體重。参苓白术片最适合虚胖型，体胖臃肿，一动就气喘，倦怠乏力，腹胀，肢肿，多见于中、老年和妇女。

[药物组成]

人参、茯苓、白术(炒)、山药、白扁豆(炒)、莲子、薏苡仁(炒)、砂仁、桔梗、甘草。

[功能与主治]

健脾、益气。用于体倦乏力，食少便溏。

[生产单位]

廣慈堂(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。

[注意事项]

1. 泄泻兼有大便不通畅，肛门有下坠感者忌服。
2. 服本药时不宜同时服用藜芦、五灵脂、皂荚或其制剂。
3. 不宜喝茶和吃萝卜以免影响药效。
4. 不宜和感冒类药同时服用。
5. 高血压、心脏病、肾脏病、糖尿病患者及孕妇应在医师指导下服用。
6. 本品宜饭前服用或进食同时服。
7. 按照用法用量服用，小儿应在医师指导下服用。
8. 服药二周后症状未改善，应去医院就诊。
9. 药品性状发生改变时禁止服用。
10. 儿童必须在成人的监护下使用。
11. 请将此药品放在儿童不能接触的地方。
12. 如正在服用其他药品，使用本品前请咨询医师或药师。

(来源：中国药典2000版)

[贮藏条件]

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参苓白术散(丸/片/汤)是备受推崇的用于消化的中药古方。它既能健脾益气而增强消化功能，又能化湿而消除消化不良症状，如腹泻、脘腹胀满等。参苓白术丸常用于慢性腹泻。

一个强壮的消化功能对人体获取充分的营养成分至为关键，并且，根据中医的理论，取决于脾的功能。(请注意中医的脾并不简单的对应于我们现在理解的解剖学上的脾而是消化的功能概念。)脾不但负责人体对食物中营养成分的吸收和运输，还负责把营养成分转化为精气，阴，阳等在中医中最为基本的控制整体机能的元素。如果脾气虚弱，营养成分的吸收和运化乏力，就会出现面色苍白，语声低微，四肢无力，食少便溏，舌质淡，脉细缓等。

参苓白术丸的一个主要作用是健脾益气而增强消化功能。这主要通过方中的四君子汤来实现。四君子汤本身是补益脾气的根本方，由人参或党参、白术、茯苓、甘草四味中药组成。方中人参或党参甘温，补气健脾；白术甘苦微温，健脾燥湿；茯苓甘淡而平，渗湿健脾；炙甘草甘平，益气和中，调和诸药。

参苓白术丸的另一个主要作用是去除脾胃的湿邪。这个作用的重要性在于，当脾的运化能力虚弱时，饮食不化，滞留成湿，引起胸脘痞闷，肠胃道泄泻，所以说脾最怕的邪气是湿邪。因此，参苓白术丸方中配伍了其它中药。包括：山药、莲子助人参以健脾益气，兼能止泻；白扁豆、薏苡仁助白术、茯苓以健脾渗湿；砂仁醒脾和胃，行气化滞；桔