

Coldclear™ (Shuang Huang Lian Pian, Shuang Huang Lian Wan, 双黄连丸), literally “Lonicera, Scute & Forsythia Pills” in Chinese, is a popular Chinese medicine that Chinese use as a natural alternative to antibiotic for viral infection in colds and flu.†

What does it do?

Despite huge advances in biomedical research, effective treatments of the common cold or flu remain strikingly missing. The common cold is so common that it is a leading cause for doctor visits and missed days from school and work. The common cold medicines are not antiviral and just serve to relieve the cold symptoms.

Coldclear™ is a modern herbal formula developed by Chinese doctors about 50 years ago to treat upper respiratory infections due to colds or flu. The standard formulation consists of three herbs, Lonicera, Forsythia, and Scute (Scutellaria). Lonicera (Jin Yin Hua or Shuang Hua) and Forsythia (Lian Qiao) are a famous pair of Chinese herbs that act together to relieve the exterior of the body from pathogenic invasion, clear heat, and remove toxic substances as seen in Cold Signoff™ (Yin Qiao Jie Du Pian). Scute (Huang Qin) is a key Chinese herb for clearing heat and draining fire. It works the best when the heat is in the upper respiratory track and the fire is in the lung. In laboratory studies, all three herbs are shown to inhibit the growth of a wide spectrum of bacteria and viruses.†

Coldclear™ is indicated in China Pharmacopoeia1 for relieving the exterior syndrome with its pungent and cooling property, clearing away heat and toxic materials. It is used for fever, cough, and sore throat caused by wind-heat type colds.†

In one randomized controlled study2, Shuang Huang Lian Pian was used to treat 136 patients who developed in the past 48 hours the common cold of wind-heat type with symptoms shown as fever (less than 38.5°C), congestion, sore throat, and stuffy nose between the age of 18 to 65. After 3 days of treatment, cold symptoms are either



Guang Ci Tang® Concentrated Herbal Formula

Coldclear™

(Shuang Huang Lian Pian/Wan)

disappeared or significantly improved in 90.5% of patients.†

Coldclear™ produced by Guang Ci Tang is enhanced with several additional medicinal herbs. In our experience, the expanded formula is more potent than the standard formula.

What is the formula composition?

A proprietary blend* of the following herbs:

Flos Lonicerae Japonicae	(Jin Yin Hua)
Radix Scutellariae Baicalensis	(Huang Qin)
Fructus Forsythiae Suspensae	(Lian Qiao)
Radix Scrophulariae Ningpoensis	(Xuan Shen)
Radix Platycodi Grandiflori	(Ju Geng)
Herba Menthae Haplocalycis	(Bo He)
Folium Isatidis	(Da Qing Ye)
Rhizoma Coptidis Recens	(Huang Lian)
Flos Chrysanthemi Morifolii	(Ju Hua)
Fructus Vitis	(Man Jing Zi)
Radix Glycyrrhizae Uralensis	(Gan Cao)

- Coldclear™ 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

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

Cautious Notes

1. For best results, avoid oily, cold, and spicy food while taking the product.
2. For best results, avoid smoking and alcohol while taking the product.
3. For best results, avoid taking together with tonic Chinese herbs.
4. Not suitable for cold with chilly sensation.
5. Condition should be relieved within several days if the Chinese herb fits the concern.
6. Use the product as needed.
7. Consult your herbalist or physician before use if you have chronic diseases like hypertension and heart disease, diabetes, chronic liver or kidney disease.
8. Consult your herbalist or physician before use if you are taking other medicines.
9. Do not use the product if allergic reaction occurs.
10. Keep out of reach of children.

References

1. China Pharmacopoeia 2000.
2. Hu Guang-Lin et al., Randomized controlled study of Shuang Huang Lian Pian in treatment of the wind-heat type common colds. Zhong Yi Yao Xue Kan. 2008, Issue 4.

(The content is protected by copyright. Any reproduction without explicit acknowledgement to ActiveHerb is prohibited.)

雙黃連片/丸在中國常作為天然的抗生素，用于病毒感染引起的感冒、流感及上呼吸道感染。

盡管現代生物醫學研究在各方面取得了巨大進展，我們對於感冒、流感的治療依然束手無策，缺少有效的治療方法。的確，普通感冒因為如此普通，是大家看醫生，學校缺課，公司病假的一個主要原因。現有的感冒藥都不是抗病毒藥，而只是緩解感冒症狀。

雙黃連是一個現代的中藥方，已有大約50年的歷史，用于治療感冒和流感引起的上呼吸道感染。其標準處方由金銀花（又叫雙花）、黃芩、連翹三味中藥組成，并因此得名。金銀花和連翹都是解表、清熱、解毒的要藥，常相須為用，如用在家喻戶曉的銀翹解毒片中。黃芩是著名的清熱藥，尤其善長清除上焦濕熱，主清肺火。在實驗室試驗中，這三味中藥都有較廣的抗菌、抗病毒作用。

雙黃連在中國藥典的功能与主治為辛涼解表，清熱解毒。外感風熱所致的感冒，症見發熱，咳嗽，咽痛。[1]

在一隨機對照研究中[2]，雙黃連片被用于治療136例風熱證的感冒患者。這些患者本次發病病程少于48小時，年齡在18至65歲之間，符合感冒的西醫診斷，也符合中醫風熱證辨證標準，症狀為發熱（體溫低于38.5°C），咽喉紅腫疼痛，

雙黃連片(丸)

Shuang Huang Lian Pian/Wan

鼻塞、流黃濁涕。經三天治療后，90.5%的患者的感冒症狀全部消失或大部分症狀消失。

廣慈堂生產的雙黃連片/丸配方包含另外几味中藥，是加強型雙黃連。根據我們的經驗，加味后的雙黃連作用更強。

雙黃連片和銀翹解毒片都用于感冒。銀翹解毒片最适用于感冒刚开始有咽痛时使用。如感冒已加重，则更适合用雙黃連。

[藥物組成]

金銀花、黃芩、連翹、玄參、桔梗、薄荷、黃連。

[生產單位]

廣慈堂(Shanghai TongHanChun Herbs Factory)

[規格] 200 片或 200 丸

[用法用量]

口服，一次5-7片或丸，一日2-3次。在病毒感染急性期，劑量可以加倍。兒童用量根據體重減少。

[注意事項]

1. 忌煙、酒及辛辣、生冷、油膩食物。
2. 不宜在服藥期間同時服用滋補性中成藥。
3. 風寒感冒者不適用，其表現為惡寒重，發熱輕，無汗，頭痛，鼻塞，流清涕，喉痒咳嗽。
4. 高血壓、心臟病、肝病、糖尿病、腎病等慢性病嚴重者應在醫師指導下服用。
5. 服藥3天后或服藥期間症狀無改善，或症狀加重，或出現新的嚴重症狀如胸悶、心悸等應立即停藥，并去醫院就診。
6. 對本品過敏者禁用，過敏體質者慎用。
7. 本品性狀發生改變時禁止使用。
8. 兒童必須在成人監護下使用。
9. 請將本品放在兒童不能接觸的地方。
10. 如正在使用其他藥品，使用本品前請諮詢醫師或藥師。[3]

[參考文獻]

1. 中國藥典2000版。
2. 胡廣林 吳崇勝 胡立勝 雙黃連片治療感冒風熱證的隨機對照研究《中醫藥學刊》2008年第04期
3. 國家食品藥品監督管理局

本內容受知識產權法律保護，如有侵害將追訴法律責任。