

DigestVive Plus™

Zi Sheng Pian (Wan)

Zi Sheng Wan (Zi Sheng Pian, DigestVive Plus™, 资生丸), literally “Nurture Life Pills” in Chinese, is a classic Chinese herbal formula derived from Shen Ling Bai Zhu San (DigestVive™), a well respected Chinese medicine for digestion. The herbal remedy not only augments the digestive function but also takes care of the digestion dysfunctions like indigestion and diarrhea.† Great for maintaining a vigorous digestion function.

What does it do?

A robust digestion function ensures the body to obtain sufficient nutrients and depends on, in traditional Chinese medicine (TCM), the function of the Spleen. The Spleen in TCM does not correspond to today’s anatomical spleen and serves as an indicator of digestion function. When the Spleen function is weak, one has a poor digestion function, absorption and transportation of nutrients is affected, causing pale face, low energy, poor appetite, loose stool etc.

Shen Ling Bai Zhu Wan (Pian) (DigestVive) is a primary Chinese medicine that nourishes the Spleen and thus enhances the digestive function. In addition, Shen Ling Bai Zhu Wan has the function of removing dampness from the digestive system. Dampness is a common problem resulting from a weakened Spleen function as fluids and indigested food residues get accumulated in the digestive track and is typically manifested as diarrhea.

The action of Shen Ling Bai Zhu Wan is achieved by a set of Chinese herbs that have the property of nourishing the Spleen and draining Dampness. Among them, Ginseng or Codonopsis 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; (These 4 herbs by themselves consist of the well known Si Jun Zi Tang.) 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.

Zi Sheng Wan is formed from Shen Ling Bai Zhu Wan by inclusion of additional Chinese herbs that assist digestion and remove food stagnation and Dampness. These include Hawthorn, a well known Chinese herb that digests meats and fatty food, Barley Sprout for digesting milk products, Coptidis for clearing damp heat in the stomach due to food stagnation, Agastache (Huo Xiong) for drying dampness and stopping vomiting.

In summary, Zi Sheng Wan is a Chinese herbal digestion supplement that is completed with multiple functions, ranging from invigorating digestion function, removing food indigestion, to stopping diarrhea. When it is taken regularly, it helps keep digestion strong and life vigorous. In this sense, Zi Sheng Wan is named as “Nurture Life Pills”.†

What is the formula composition?

A proprietary blend* of the following herbs:

Radix Codonopsis Pilosulae	(Dang Shen)
Rhizoma Atractylodis Macrocephalae	(Bai Zhu)
Sclerotium Poriae Cocos	(Fu Ling)
Radix Glycyrrhizae Uralensis	(Gan Cao)
Rhizoma Dioscoreae Oppositae	(Shan Yao)
Fructus Amomi	(Sha Ren)
Rhizoma Alismatis Orientalis	(Ze Xie)
Fructus Hordei Germinatus	(Mai Ya)
Semen Euryales	(Qian Shi)
Pericarpium Citri Reticulatae	(Chen Pi)
Semen Coicis Lachryma-Jobi	(Yi Yi Ren)
Fructus Amoni Rotundus	(Dou Kou)
Plumula Nelumbinis	(Lian Xin)
Fructus Crataegi	(Shan Zha)

Radix Platycodi Grandiflori	(Jie Geng)
Semen Lablab Album	(Bai Bian Dou)
Rhizoma Coptidis Recens	(Huang Lian)
Herba Agastachis Seu Pogostemi	(Huo Xiang)

*DigestVive Plus™ (Zi Sheng 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 Plus™ has been safely used with few adverse effects when used as directed.

Cautious Notes

1. Do not recommend it during pregnancy. (Note: The formula was originally used to prevent miscarriage for women who have a weak digestion function in ancient time.)
2. Use it with caution during lactation.
3. For best results, avoid oily (like french fries) and spicy food.
4. Consult your herbalist or physician before use if you are taking other medicines.
5. Keep out of reach of children.

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资生片(丸)

Zi Shen Pian (Wan)

中积食产生的湿热；藿香燥湿止呕等。总之，资生丸是个功能齐全的消化中成药，既增强消化功能，又开胃，消食，止泻。经常服用，可以保持消化功能健壮，生命力旺盛，所以得名资生丸。

资生丸和健脾丸功能和组方相似，分别来源于明代名医缪希雍和王肯堂。据载，王肯堂对资生丸推崇备至，并把这个方子做为父亲晚年的保健用药，其父享年九十多，放在今天，也是高寿。有意思的是，资生丸，原名叫保胎资生丸，古代本来主要用于保胎，适用那些脾胃之气不足，吸收的营养不够，无力奉养胎儿，容易流产的孕妇。但现代，一般不建议孕妇使用。

[药物组成]

党参(炒)、白术(炒)、茯苓、甘草(制)、山药、砂仁、泽泻、麦芽(焦)、芡实、陈皮、薏苡仁、豆蔻、莲心、山楂(炭)、桔梗、白扁豆(炒)、黄连、广藿香。

[功能与主治]

健脾开胃，消食止泻。用于脾虚不适，胃虚不纳，神倦力乏，腹满泄泻。

[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。

[注意事项]

1. 服药期间忌食生冷、辛辣油腻之物。
2. 哺乳期妇女慎用。
3. 服药三天症状未改善，或症状加重，或出现新的症状者，应立即停药并去医院就诊。
4. 有慢性结肠炎、溃疡性结肠炎便脓血等慢性病史者，患泄泻后应在医师指导下使用。
5. 小儿用法用量，请咨询医师或药师。
6. 对本品过敏者禁用，过敏体质者慎用。
7. 本品性状发生改变时禁止使用。
8. 儿童必须在成人监护下使用。
9. 请将本品放在儿童不能接触的地方。
10. 如正在使用其他药品，使用本品前请咨询医师或药师。

(来源：中国国家食品药品监督管理局)

[贮藏条件]

密封。

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资生丸(片)是由备受推崇的消化中药方参苓白术散加味而成。它既能增强消化功能，又能消除消化不良、腹泻等症。对保持一个强壮的消化功能很有帮助。

一个强壮的消化功能保证人体能获得充分的营养成分，并且，根据中医理论，取决于脾的功能。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，可以用来衡量消化功能的强弱。脾虚，则消化功能虚弱，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。

参苓白术丸健脾益气，是用于增强消化功能的主要中药方。此外，参苓白术丸能去除脾胃的湿邪。湿邪是脾常见的邪气，因为当脾的运化能力虚弱时，饮食不化，滞留成湿，通常表现为腹泻。

参苓白术丸的作用通过方中一系列健脾渗湿的中药来实现。其中，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，益气和缓，调和诸药；(这四味中药本身组成有名的四君子汤。)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；桔梗宣肺利气，以通调水道，又载药上行，以益肺气。

资生丸是由参苓白术散加上消食除积、渗湿的中药而成。这包括：山楂消一切饮食积滞，尤善消肉食油腻之积；麦芽健脾开胃而消面乳之积；黄连清除脾胃