

Regulate Lung-K**RK****INDICATIONS:** Cough with flu, pneumonia, bronchitis.**PROPERTIES:** Cold & Slightly Warm.**ACTIONS:** Expels Wind-Heat, clears Toxic Heat in Lung area, regulates Lung Qi circulation, nourishes Lung Yin and moistens Dryness, clears mucus and phlegm.**INGREDIENTS:** Adenophora Root, Woolly Gras Rhizome, Bamboo Shavings, Peucedanum Root, Honey, White Mulberry Bark, Balloon Flower Root, Red Tangerine Rind, Loquat Leaf, White Peony Root, Chinese Licorice Root.**Yinchao Tablets****YINCHIAO****INDICATIONS:** Early stages of colds or flu ("Wind-Warm" style) with fever and possible mild chill, mild sore throat and cough, and/or with inner heat but little or difficult perspiration.**PROPERTIES:** Cool, Spicy, and Expelling**ACTIONS:** Clears Wind and Heat from superficial areas; helps to clear toxins.**INGREDIENTS:** Honeysuckle Flower, Forsythia Fruit, Mint, Burdock Root, Balloon-Flower Root, Fermented Soybean, Chinese Licorice Root, Schizonepeta, Lophtherum Stem and Leaf.**Lung Support-Y****QCJF****INDICATIONS:** Respiratory tract dryness, dry burning, or congestion, esp. with or after cold, flu, bronchitis, or pneumonia.**PROPERTIES:** Cool, Moist**ACTIONS:** Clears Dryness and Heat, nourishes, activates, and opens Lung Qi, restores Lung function.**INGREDIENTS:** White Mulberry Leaf, Gypsum, Dwarf-Lilyturf Root, Tangerine Rind, Loquat Leaf, Ginseng Root, Chinese Licorice Root.**General Head Relief****PTT****INDICATIONS:** Headache with colds or flu, common headache with pain throughout head or difficult to locate, headache that seems to move to different areas of head, headache that is inconclusively Wind-Heat or Wind-Cold related.**PROPERTIES:** Warm & Slightly Cool.**ACTIONS:** Expels Wind-Cold and Wind-Heat, clears Channels and Collaterals, relieves headache.**INGREDIENTS:** Fang Feng Root, Dong-Quai Root, Sichuan Lovage Rhizome, Baikal Skullcap Root, Chinese Thorough-wax Root, Poria, Fragrant Angelica Root.**Traditional Chinese Medicine
PERSPECTIVE ON COLDS and FLU**

According to Traditional Chinese Medicine (TCM), most colds and flu result from run-down resistance, as well as from various external or environmental factors, such as Wind, Cold, Heat, Dampness, and other pathogens. It is these external pathogens and under-lying conditions that TCM addresses in dealing with colds and flu.

Principles of treatment for colds and flu in TCM are to expel the external pathogens and to rebalance and restore general health. External pathogens, especially Wind-Cold and Wind-Heat, usually remain in the superficial areas of the body such as the skin, muscles, nose, throat, and so on, after invading the body. Failure to expel these pathogens with proper remedies in the early stage will result in their going more deeply into the body, even into organs such as the lungs, stomach, gallbladder, or urinary bladder. That is why it is best to deal with colds and flu symptoms from the onset in their first few days.

TCM remedies must be chosen to match the pathogens, the underlying conditions, and the symptoms. If conditions become more severe or complicated, it is best to consult a professional practitioner.

There are various remedies for colds and flu in TCM. They are all especially valuable because they are effective and safe. Also, generally they have no side effects and do not lead to secondary infections. After thousands of years of usage, there is no evidence of any development of resistance to these herbs and formulas by external pathogens.

Note: Words that are capitalized refer to terms used in TCM that may vary from commonly-used definitions or understanding.



LIFE RISING CORPORATION
Traditional Chinese Medicine Dietary Supplements

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LIFE RISING HERBAL FORMULAS
Traditional Chinese Medicine Dietary Supplements

Colds & Flu**TCM FORMULA SELECTION GUIDE**

GBS	Defense Support
1GT-1	First Defense Wind-Cold
LG	Wind Cold
PG	Common Seasonal Support
XG	Maintain Defense
XCH	Minor Bupleurum
RG	Defense Regulator-R
RK	Regulate Lung-K
QCJF	Lung Support-Y
YANT	Throat Support
PTT	General Head Relief
XI	Lung Support
1GT-2	First Defense Wind-Heat
YINCHIAO Yinchiao Tablets	

For thousands of years, herbal formulas have been relied on in China for health and well-being.

Now you, too, can enjoy the benefits of authentic Chinese herbal formulas, thanks to the LIFE RISING® line of Traditional Chinese Medicine Herbal supplements.

The statements presented in this brochure have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



TCM FORMULAS FOR
Colds & Flu

Defense Support **GBS**

INDICATIONS: Prevention of colds and flu, frequent susceptibility to colds or flu, low resistance, fatigue, weakness, spontaneous sweating.

PROPERTIES: Warm.

ACTIONS: Tonifies Defense Qi and General Qi, harmonizes Ying and Wei (the Defense Qi of the skin), strengthens immune function.

INGREDIENTS: Astragalus Root, Fang-Feng Root, Atractylodes Rhizome, Cinnamon Twig, White Peony Root.

Wind-Cold **LG**

INDICATIONS: Colds or flu with severe chills, aching, stiffness caused by external Wind, Cold, or Dampness.

PROPERTIES: Warm, Spicy, and Expelling

ACTIONS: Disperses external Wind-Cold and Dampness.

INGREDIENTS: Fang Feng Root, Notopterygium Rhizome, Tangerine Rind, Pinellia Rhizome, Apricot Seed, Ginger Rhizome, Chinese Licorice Root.

Common Seasonal Support **PG**

INDICATIONS: General cold or flu symptoms, esp if difficult to distinguish between Wind-Cold and Wind Heat.

PROPERTIES: Warm, Slightly Cool, Spicy, and Expelling.

ACTIONS: Expels Wind and Cold, gently expels Heat.

INGREDIENTS: Perilla Leaf, Mint, Nut Grass Rhizome, Chinese Licorice Root, Tangerine Rind, Pubescent Angelica Root.

First Defense Wind-Heat **1GT-2**

INDICATIONS: Wind-Heat colds or flu (rapid pulse, reddish tongue tip): fever, headache, itchy eyes, runny or congested nose, sneezing.

PROPERTIES: Cold.

ACTIONS: Clears external Wind-Heat

INGREDIENTS: Perilla Leaf, Mint, Nut Grass Rhizome, Chinese Licorice Root, Forsythia Fruit, Chinese Thoroughwax Root, honeysuckle Flower.

LIFE RISING® PRODUCT SELECTION GUIDE

<i>Any Two or More Formulas May Be Taken Together as Needed.</i>		Formula
FREQUENT, PERSISTENT, or LOW RESISTANCE to COLDS or FLU, FATIGUE, WEAKNESS, or PERSPIRATION		GBS
ONSET or EARLY STAGES of COLDS or FLU	OR	PG 1GT-1
EARLY STAGES OF COLDS OR FLU w/wo SORE THROAT with/without ITCHY, BURNING EYES	OR	1GT-2 RG
EARLY STAGES OF COLDS OR FLU w FEVER, MILD CHILL, SORE THROAT, COUGH, or DIFFICULT PERSPIRATION		YINCHIAO
COLDS or FLU with SEVERE CHILLS w/wo ACHING or STIFFNESS		PG
FREQUENT or PERSISTENT COLDS or FLU with FATIGUE and WEAKNESS		XG
COLDS or FLU with ALTERNATING FEVER and CHILLS w/wo CHEST CONGESTION, NAUSEA, LOSS OF APPETITE,		XCH
COLDS OR FLU with FREQUENT COUGHING and SOME PHLEGM		RK
COLDS OR FLU with FREQUENT DRY COUGHING		QCJF
COLDS OR FLU with SEVERE SORE THROAT		YANT
COLDS OR FLU with SEVERE HEADACHE		PTT
COLDS OR FLU with SYMPTOMS OF ASTHMA		XI

First Defense Wind-Cold **(1GT-1)**

INDICATIONS: Onset and early stages of colds or flu.

PROPERTIES: Slightly Warm, Spicy.

ACTIONS: Clears external Wind and Cold in superficial areas of body.

INGREDIENTS: Chinese Thoroughwax Root, Fang Feng Root, Tangerine Rind, Red Peony Root, Chinese Licorice Root, Ginger Rhizome.

Minor Bupleurum **XCH**

INDICATIONS: Alternating fever and chills, chest congestion, nausea, no appetite, bitter taste, dry mouth and throat, dizziness, irritability, wiry pulse. Good for all Shao-Yang (Liver-Gallbladder) problems.

PROPERTIES: Slightly Cool.

ACTIONS: Harmonizes and clears Shao-Yang channel and areas.

INGREDIENTS: Codonopsis Root, Chinese Thoroughwax Root, Baikal Skullcap Root, Pinellia Rhizome, Ginger Rhizome, Chinese Licorice Root, Jujube Fruit.

Lung Support **XI**

INDICATIONS: Asthma, bronchitis.

PROPERTIES: Slightly Warm.

ACTIONS: Expels Wind-Cold, clears Heat, mucus, and phlegm; relieves spasms; regulates Lung Qi and breathing.

INGREDIENTS: Aster Root, Balloon-Flower Root, Pinellia Rhizome, Trichosanthes Fruit, Chinese Licorice Root, Coltsfoot Flower, Sichuan Fritillary Bulb, Tangerine Rind.

Defense Regulator-R **RG**

INDICATIONS: Cold or flu with fever, headache, itchy and burning eyes, runny or congested nose, sneezing, sore throat. Floating, forceful, rapid pulse with red tongue.

PROPERTIES: Cool, Spicy, and Dispersing.

ACTIONS: Clears Wind & Heat from superficial areas.

INGREDIENTS: Honeysuckle Flower, Forsythia Fruit, Balloon-Flower Root, Mint, Chinese Thoroughwax Root, Belamcanda Rhizome, Peucedanum Root, Burdock Fruit, Dwarf Lilyturf Root.

Support Throat **YANT**

INDICATIONS: Sore throat, infection/inflammation of throat.

PROPERTIES: Cool.

ACTIONS: Expels Wind and Heat; clears and detoxifies excess Heat.

INGREDIENTS: Peucedanum Root, Loquat Leaf, Balloon-Flower Root, Belamcanda Rhizome, Rehmannia Root, Baikal Skullcap Root, Chinese Licorice Root, Honeysuckle Flower.

Maintain Defense **XG**

INDICATIONS: Remedy for persistent or frequent colds or flu, esp w fatigue.

PROPERTIES: Warm, Dispersing, and Tonifying.

ACTIONS: Tonifies Qi and Yin, expels Wind and Cold.

INGREDIENTS: Prepared Rehmannia Root, Fang Feng Root, Perilla Leaf, Astragalus Root, Pubescent Angelica Root, Chinese Licorice Root.