

Chinese Herbal Ingredients

	Medicinal Term	Chinese	3 Main Health benefits			
1	Angelica sinensis	当归	menstruation	infertility	menopause	link
2	Achyranthes bidentata	牛七	menstruation	menstrual pain	stop bleeding	link
3	Cuscuta chinensis	兔丝子	reproductive	osteoporosis	alopecia	link
4	Epipedium macranthum	淫羊藿	osteoarthritis	fatigue	sexual function	link
5	Eucommia ulmoides	杜仲	hypertension	sexual function	miscarriage	link
6	Leonurus heterophyllus	益母草	hypertension	menstruation	inhibit aggregation	link
7	Ligustrum lucidum	女贞子	growth of hair	immune function	swelling	link
8	Schisandra chinensis	五味子	increase energy	liver disease	sexual function	link
9	Morinda officinalis	巴戟	sexual function	infertility	menstruation	link
10	Rehmannia glutinosa	熟地	circulation	vitality	menstruation	link
11	Ligusticum wallichii	川芎	menstruation	circulation	amenorrhea	link
12	Paeonia lactiflora	白芍	circulation	menstruation	immune function	link
13	Lycium barbarum	枸杞	antioxidant	vitality	circulation	link
14	Dioscorea opposita	山药	vitality	yin yang balance	fatigue	link
15	Astragalus chrysopterus	北芪	immune function	vitality	male fertility	link
16	Codonopsis pilosula	党参	energy	immune function	digestion	link
17	Phellodendron amurense	黄柏	Obesity	Diabetes	infections	link
18	Cornus officinalis	山茱萸	sperm motility	erectile function	replenish yin	link
19	Citrus reticulata	陈皮	digestion	uterus movement	blood pressure	link
20	Salvia miltiorrhiza	丹参	circulation	High cholesterol	liver disease	link
21	Cistanche salsa	肉苁蓉	infertility	metrorrhagia	impotence	link
22	dipsacus japonicus	续断	pains	circulation	menstruation	link
23	Curculigo orchioides	仙茅	tonic	sexual function	infertility	link
24	Cnidium monnieri	蛇床子	sexual function	anti-histamine	anti-itch	link
25	others.....					