



OVER - THE - COUNTER

ACM/CCM/TCM Global Status

Safe & Effective

Formula Years in Service

541+ Years

Upset Tummy™ Concentrated Decoction

Digest the Mess: Preserve Harmony Decoction

Suggested Treatment Protocols

Acute - 10 days & Reevaluate, **Subacute** - 30 days & Reevaluate, **Chronic** - 90 days & Reevaluate

This is Si Jin Bao's version of a classical formula based on the Essential Teachings of Dan-Xi. These include overeating, alcohol intoxication, food poisoning, etc. This would be a useful addition to any first-aid travel kit, especially for overseas travel. Alcohol Free & Kid Friendly.

Main Actions

- ✓ Reduces Food Stagnation
- ✓ Harmonizes the Stomach
- ✓ Regulates Qi
- ✓ Clears Heat & Resolves Toxicity
- ✓ Expel Dampness
- ✓ Warm and Transform Cold Phlegm

Indications

Western terminology that is commonly associated with these TCM patterns

- Dyspepsia
- Acid regurgitation
- Abdominal distention
- Borborygmus
- Nausea
- Emesis
- Overeating



SJB Professional Concentrated Decoction
Bao He Tang



Chinese
保和湯(集)



Pinyin
Bǎo Hé Tang



Formula Category
Formulas that Reduce Food Stagnation



Source Book
Essential Teachings of Dan-Xi



Source Date
1481 AD

Formula Ingredients

蔬菜甘油 Gān Yóu (Vegetable Glycerin), 山楂 Shan Zha (Hawthorn Fruit), 神麴 Shen Qu (Medicated Leaven), 萊菔子 Lai Fu Zi (Radish Seed), 陳皮 Chen Pi (Aged Tangerine Peel), 連翹 Lian Qiao (Forsythia Fruit), 茯苓 Fu Ling (Poria), 半夏 Ban Xia (Pinella Tuber), 蒸餾水 Zhēng Liú Shuǐ (Distilled Water)

Western conditions and terminology that are commonly associated with these TCM patterns

Anti-emetic · Stomachic · Expectorant · Mild Diuretic · Mild Laxative · Gastroenteritis · Chronic Gastritis · Pancreatis · Cholecystitis · Indigestion · Bloating · Acid reflux · Upset Stomach · Belching · Diarrhea · Nausea · Vomiting