

## PROFESSIONAL ONLY HERB FORMULA DATASHEET

The information contained in this piece is for licensed healthcare professionals only.

### TCMceuticals® Fertile Wisdom Phase 3

The root of healthy fertility in Traditional Chinese Medicine relates to the strengthening of kidney essence. These formulas are especially useful for women that are at an advanced maternal age. When used appropriately and administered by licensed healthcare professionals, these formulas can boost the kidney essence and improve one's chances of conceiving naturally or with assisted reproductive technology (ART).

These formulas are set up to support the body in a way similar to growing a garden. There are 3 formulas presented for 3 phases of creating a fertile garden.

- **First**, plant the seed
- **Second**, tend to the soil with water and sunlight to stimulate growth and nourishment
- **Third**, tend to the soil and make sure the climate is optimal for success

#### Phase 3- Nourishing the Soil and Prepare for Implantation\*

This formula nourishes the soil to improve uterine receptivity for implantation during the luteal phase of the cycle. It is designed to soothe the liver qi, calm shen, reinforce Kidney essence and promote Qi and blood flow. The formula supplements the Kidney and Spleen Qi, enhances Qi and blood flow for implantation and enhances embryo development\*.

Phase 3 contains the following ingredients:

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|----------------------------------|--|
| <b>Gou Qi Zi (King Herb)</b>     | Supplement the Liver and kidney yin and essence*   |
| <b>Sang Ji Sheng (King Herb)</b> | Supplement the Liver and kidney yin and essence, calms the womb, beneficial for uterine bleeding and prevention of miscarriage * |
| Xu Duan                          | Nourish the Kidney essence, beneficial for uterine bleeding and prevention of miscarriage *                                      |
| Nu Zhen Zi                       | Nourish the Kidney essence*  |
| Gou Qi Zi                        | Nourish the Kidney essence*  |
| Tu Si Zi                         | Nourish the Kidney essence*  |
| Dang Shen                        | Strengthen Spleen Qi as well as the fertility Qi*  |
| Bai Zhu                          | Strengthen Spleen Qi as well as the fertility Qi*  |
| Gan Cao                          | Strengthen Spleen Qi as well as the fertility Qi*  |
| Xiang Fu                         | Moves the liver Qi and blood and softens the liver*  |
| Dan Shen                         | Moves the liver Qi and blood and softens the liver*  |
| Bai Shao                         | Moves the liver Qi and blood and softens the liver, beneficial for uterine bleeding and prevention of miscarriage *              |
| Ba Ji Tian (with Tu Si Zi)       | Boost Kidney yang and specifically support healthy fertility*  |

**Days to prescribe the formula:** Days 18-28 of a 28-day cycle.