

## PROFESSIONAL ONLY HERB FORMULA DATASHEET

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

### TCM Ceuticals® Fertile Wisdom Phase 1:

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 1- Planting and nourishing the seed so it can flourish

This formula is designed for the follicular phase to nourish the follicles, promote egg quality and ovarian function. During this phase, the focus is building the yin to transform into yang for a strong ovulation.

Phase 1 contains the following ingredients:

<b>Shu Di Huang (King Herb)</b>	Nourish blood, boost Kidney essence*
<b>Fu Pen Zi (King Herb)</b>	Nourish blood, boost Kidney essence*
Gou Qi Zi (direct down to lower jiao)	Warm and nourish Kidney essence*
Tu Si Zi (direct down to lower jiao)	Warm and nourish Kidney essence*
Shan Yao (direct down to lower jiao)	Warm and nourish Kidney essence*
Shan Zhu Yu (direct down to lower jiao)	Warm and nourish Kidney essence
Niu Xi	Directing herbs down to lower jiao to enter the Chong and Ren meridians*
Xiang Fu	Regulates Liver Qi*
Dan Shen	Promotes circulation for improved blood flow*
Fu Ling	Strengthen Spleen Qi, assists with digestion*
Chen Pi	Strengthen Spleen Qi, assists with digestion*
Gan Cao	Strengthen Spleen Qi, assists with digestion and harmonizing*

**Days to prescribe the formula:** Days 4-12 of a 28-day menstrual cycle\*