

## PROFESSIONAL ONLY HERB FORMULA DATASHEET

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

### TCMceuticals® Fertile Wisdom Phase 2

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 2- Stimulation to the ovaries while maintaining nourishment of the follicles and the soil\*

This formula promotes stimulation to the ovaries for a strong ovulation while maintaining nourishment to the follicles for optimal egg quality. During this phase, the Chinese medicine principle is to nourish the kidney essence, promote qi and blood flow, soothe the liver qi and calm the shen\*.

Phase 2 contains the following ingredients:

<b>*Tu Si Zi (King Herb)</b>	Nourish Kidney essence*
<b>*Dan Shen (King Herb)</b>	Improve Qi and Blood flow, enhance circulation*
<b>*Xiang Fu (King Herb)</b>	Soothe the Liver, help regulate the Qi*
Gou Qi Zi	Nourish Kidney Yin and Yang, stimulate Yang for ovulation and nourish Yin for optimal egg quality*
Tu Zi Zi	Nourish Kidney Yin and Yang, stimulate Yang for ovulation and nourish Yin for optimal egg quality*
Niu Xi	Nourish Kidney Yin and Yang, stimulate Yang for ovulation and nourish Yin for optimal egg quality*
Yin Yang Huo	Nourish Kidney Yin and Yang, stimulate Yang for ovulation and nourish Yin for optimal egg quality *
Dan Shen	Regulate Qi and move blood, assist in preparing uterus (soil)*
Xiang Fu	Regulate Qi and move blood, assist in preparing uterus (soil)*
Hong Hua	Regulate Qi and move blood, assist in preparing uterus (soil)*
Fu Ling	Harmonize the Spleen and Stomach and boost the Spleen Qi*
Gan Cao	Harmonize the Spleen and Stomach and boost the Spleen Qi*
Zhi Mu	Neutralize formula to balance yin and yang*

**Days to prescribe the formula:** 5 days during ovulation if cycle is 26-30 days to prepare for implantation  
If cycle is longer, start one day prior to ovulation and do few days longer\*.