



Chinese Blood Build

(formerly BP-C)

Stock #1881-9 (100 capsules)

TCM - Stock #1005-9 (30 capsules)

Blood Build is a blood-purifying formula designed to correct blood deficiencies and hormone imbalances connected with chronic liver problems. Blood Build combines traditional Chinese herbs that strengthen and rebuild a weakened liver, enhance elimination of toxins, provide antioxidant protection, stimulate immune function, soothe the nervous system, relax muscle spasms, and increase circulation, as well as menstrual and urine flow.

Blood Build is recommended for alcoholism, anemia, cirrhosis, deafness, dysmenorrhea, chronic fatigue, gallstones, hepatitis, immune deficiency, infertility, loss of eyesight, muscle spasms/weakness, poor appetite, postpartum depression, shingles, and weakness in the legs and lower back.

Achyranthes root focuses much of its action on the lower body, stimulating the circulatory and digestive systems, enhancing kidney and liver function, reducing blood pressure, strengthening the bones and sinews, and acting as an analgesic (pain-reliever). Achyranthes root is traditionally prescribed for amenorrhea, bleeding gums, blood in the urine, blurred vision, dizziness, dysmenorrhea, headaches, hypertension, joint pain, leukorrhea, lower back pain, nosebleeds, postpartum pain, toothache, urinary dysfunction, and urinary stones.

Alisma rhizome acts as an antiseptic, increasing urine flow, lowering blood pressure, and reducing blood sugar and cholesterol levels. Alisma helps cardiovascular disease, cholesterolemia, deafness, acute diarrhea, difficult urination, dizziness, edema, kidney problems, nephritis, tinnitus, and urinary tract infections.

Astragalus root helps stimulate circulation, enhances white blood cell and immune function, increases cardiac function while reducing blood pressure, lowers blood sugar, relieves muscle spasms, promotes urine flow and the production of digestive fluids and bile, and strengthens the body where there is weakness or convalescence. In China, astragalus has long been used to stimulate immunity and resistance to disease, and to fight respiratory and urinary tract infections. Chinese studies show astragalus increases energy, improves digestion and reduces recovery time from chemotherapy and radiation. Astragalus also improves "wasting" conditions and is particularly beneficial for children due to its mild adaptogenic properties. Astragalus is commonly used for chronic colds, debility, diarrhea, edema, fatigue, lack of appetite, kidney problems, nephritis, postpartum fever, prolapse of organs, recovery following severe blood loss, shortness of breath, spontaneous sweating, thirst, ulcerative sores, urinary tract infections, uterine bleeding, and wasting conditions.

Atractylodes rhizome is a digestive system tonic that stimulates the production of digestive fluids and enzymes, enhances spleen function, reduces blood sugar levels, stops spontaneous perspiration, controls bacterial infections, and acts as a diuretic. Atractylodes has been used for diarrhea, dyspepsia, edema, fatigue, flatulence, loss of appetite, nausea, night blindness, rheumatic arthritis, vomiting and weakened digestion.

Bupleurum root provides both antiseptic and anti-depressant effects, and reduces fever, inflammation, and pain. Bupleurum also affects the circulatory system by lowering blood cholesterol and triglyceride levels, inhibiting fat cell production in the liver, and reducing liver inflammation. Bupleurum also exhibits antiviral activity. Bupleurum is commonly used for abdominal distension (bloating), angina pains, constriction in the chest, depression, diarrhea, dizziness, dysmenorrhea, epilepsy, hemorrhoids, herpes simplex, indigestion, inflammatory skin conditions, irritability, lung congestion, malaria, muscle cramps, PMS, menstrual problems, sluggish liver, tumors, uterine prolapse, and vertigo.

Cornus fruit stimulates kidney and liver function, lowers blood pressure, helps reduce menstrual flow and checks bleeding, enhances immunity, controls bacterial and fungal infection, and acts as an astringent and diuretic. It also acts as an antiseptic. Cornus has been used to help lower backache, diminished hearing, dizziness, dysuria, excessive perspiration, frequent urination, impotence, menorrhagia, night sweats, painful knee joints, spermatorrhea, tinnitus, urinary dysfunction, uterine bleeding, and vertigo.

Curcuma rhizome increases circulation, alleviates pain and inflammation in mucosal tissues, stimulates the production of digestive fluids and bile, enhances digestive and respiratory function, exhibits antibiotic properties, and acts as an antiseptic and astringent. Curcuma also focuses its stimulant action on the uterus. Curcuma is beneficial for abdominal/epigastric pain, amenorrhea, angina pains, anxiety, digestive problems, dysmenorrhea, gall stones, hepatitis, jaundice, pain/swelling, poor circulation, skin conditions, and uterine tumors.

Cyperus rhizome alleviates muscle spasms and pain, particularly in the uterus, and stimulates the production of digestive fluids. Cyperus has been used by Chinese herbalists to help abdominal pain, dysmenorrhea, dyspepsia, flatulence, hypochondriac pain, irregular menstruation, menorrhagia, and nausea.

Dang gui root promotes oxygen absorption by the liver, raises metabolism, and enhances the liver's ability to regulate glycogen production to normalize blood sugar levels, thus aiding in the treatment of diabetes. Dang gui has also been shown to relieve stagnation in the spleen, improve digestion, and treat constipation and dyspepsia, particularly among the elderly. Dang gui acts as a mild analgesic (pain-reliever), laxative, and sedative, and exhibits some antibacterial activity against vaginal infection. Dang gui has been used to relieve pain associated with angina, arthritis, gout, injury, and neuralgia. Dang gui is believed to promote blood flow to the female reproductive organs, thus balancing menstruation. Research shows dang gui regulates uterine contractions, both stimulating and relaxing the uterus. Furthermore, Chinese herbalists regard dang gui as an aphrodisiac which stimulates the reproductive organs, increases the effectiveness of ovarian and testicular hormones, and enhances fertility. Dang gui is commonly used to treat anemia, bleeding disorders, dysmenorrhea, hemorrhaging, menstrual irregularities such as amenorrhea and PMS, menopausal complaints, and postpartum healing.

Ganoderma plant is an excellent heart herb, stimulating coronary blood flow, reducing blood pressure and cholesterol, and enabling the heart to operate more efficiently while requiring less oxygen. Ganoderma also stimulates the production of mucosal fluids, controls coughing, strengthens immunity by stimulating white blood cell activity, improves liver function, reduces blood sugar, alleviates joint pain, and acts as an antiseptic, expectorant, and sedative. Research shows ganoderma exhibits anti-allergenic, antibacterial, and antiviral properties. Ganoderma is normally used for angina pectoris, asthma, atherosclerosis, bronchial asthma, bronchitis, coronary heart disease, coughs, deafness, debility, dyspepsia, fatigue, hypercholesterolemia, hypertension, immune deficiency, insomnia, liver disorders, nervous conditions, palpitations, rheumatoid arthritis, and chronic tracheitis.

He shou wu root reduces blood sugar and cholesterol, relaxes muscle spasms, stimulates urine flow, enhances elimination of toxins, exhibits antibacterial activity, and acts as an astringent and laxative. He shou wu also strengthens the heart, liver, and reproductive organs. He shou wu contains high amounts of lecithin. He shou wu is used and recommended for blurred vision, constipation, dizziness, hypercholesterolemia, hypertension, inflammatory skin conditions, insomnia, leukorrhea, lumbago, menstrual and menopausal complaints, nocturnal emission, premature graying, soreness in the extremities, spermatorrhea, swollen lymph glands, and weak lower back and knees.

Ligusticum rhizome stimulates circulation and lowers blood pressure, induces perspiration to cool fever, relaxes muscle spasms, alleviates pain and inflammation, and acts as an antibacterial agent and sedative. Ligusticum has been found helpful for acute lower back pain, anemia, arthritis, colds, coronary heart disease, dysmenorrhea, flu, headaches, inflammatory skin conditions, menstrual problems, migraine headaches, poor circulation, and rheumatism.

Ligustrum fruit stimulates liver function, strengthens the heart, enhances immune system functions by increasing the production of white blood cells, eliminates eye inflammation, alleviates pain, and acts as an antiseptic, diuretic, and laxative. Ligustrum also exhibits antibacterial, antiviral, and antitumor properties. Ligustrum is commonly used for lower back pain, blurred vision, bronchitis, cataracts, constipation, colds, dysmenorrhea, flu, gastroenteritis, graying hair, insomnia, liver problems, lumbago, palpitations, pneumonia, premature menopause, retinitis, rheumatic pain, tinnitus, urinary tract infections, and weakened kidney function.

Lycium fruit reduces blood pressure and cholesterol, encourages liver cell regeneration, and tonifies the kidneys. Lycium fruit is beneficial for mild abdominal pain, atherosclerosis, backache, blurred vision/decreased visual acuity, diabetes, dizziness, impotence, leg pain, nocturnal emission, poor eyesight, thirst, vertigo, and wasting conditions.

Panax ginseng root is used around the world for increasing immunity to disease, fatigue, and stress; delaying the effects of old age; enhancing the secretion of hormones; normalizing adrenal and thyroid imbalances; improving stamina; reducing blood sugar and cholesterol levels; and providing an overall sense of better health. Panax ginseng stimulates liver cell regeneration by increasing oxygen absorption and usage on the cellular level. Panax ginseng also contains substances which stimulate the brain, central nervous system, heart and blood vessels, liver enzyme production, and overall metabolism. Traditional Chinese medicine has employed the use of Panax ginseng for problems such as anemia, atherosclerosis, blood sugar imbalances, convalescence, debility, diabetes, diarrhea, gout, indigestion, impotence, insomnia, kidney degeneration, leprosy, liver disease, nausea, radiation poisoning, rheumatism, sexual indifference, spontaneous perspiration, and weakness of the spleen. Those who suffer from the stressful effects of chronic and debilitating diseases, including chronic anemia, coronary problems, depression, infections, and recovery following illness, injury or surgery, have experienced great benefit from the use of Panax ginseng.

Peony root lowers blood pressure, reduces inflammation, cools fever, relaxes muscle spasms, alleviates pain, and exhibits antibacterial and sedative properties. Peony helps abdominal pain/cramping, dizziness, eczema, excessive perspiration, headache, leukorrhea, liver disorders, muscle cramps in the hands or feet, night sweats, premenstrual syndrome (PMS), spermatorrhea, and uterine bleeding.

Rehmannia root contains astringent substances which help stop bleeding and reduce inflammation, specifically in the liver. Chinese researchers have found rehmannia protects the liver, preventing poisoning and liver damage. In fact, clinical trials show rehmannia to be particularly effective for treating hepatitis. Other studies show rehmannia helps reduce blood pressure and blood cholesterol, as well as lowers blood sugar. Rehmannia is also known to strengthen fragile capillaries, regulate menstruation, reduce fever, and provide mild antibacterial and diuretic effects. Rehmannia is often used to treat anemia, constipation, diabetes, fever, heat rash, hemorrhage, infertility, insomnia, irritability, liver problems, menorrhagia, mouth and tongue sores, rheumatoid arthritis, sore throat, thirst associated with feverish illness, and ulcers.

Salvia root controls bleeding, enhances coronary blood flow, lowers cholesterol, stimulates immune function and promotes healing, and acts as an antiseptic and sedative. Salvia is employed in the treatment of amenorrhea, boils, breast abscesses, angina pain, coronary heart disease, dysmenorrhea, insomnia, irritability, mastitis, palpitations, poor circulation, restlessness, sores, and ulcers.