



Chinese IF-C

Qing Re - "Clear Heat"

(Clear the Heat)

Stock #1875-9 (100 capsules)

TCM - Stock #1007-2 (30 capsules)

IF-C is a Chinese herbal combination for reducing heat and inflammation in the body. IF-C enhances the body's detoxifying and eliminating functions, soothes inflamed and irritated tissues, alleviates pain, calms nervous tension, and provides mild diuretic and laxative actions.

IF-C is useful for a variety of inflammatory and feverish conditions, including ear infection, eye infection/irritation, hemorrhoids, hepatitis, high fever, jaundice, joint problems, mouth sores, painful urinary dysfunction, skin diseases, sore throat, and urinary tract infection. IF-C is also beneficial for anemia, angina, blurry vision, coronary heart disease, deafness, depression, dry eyes, headache, hemorrhage, irritability, menstrual/menopausal disorders, muscle cramps, and uterine bleeding.

Arctium seed purifies the blood, cools inflammation, fights bacterial infection, reduces blood sugar, stimulates the production of mucosal fluids to moisten dry tissues, and promotes the surfacing of rashes. Arctium is typically used for colds, constipation, cough, fever, inflammatory conditions resulting from chronic toxicity (arthritis, gout, rheumatism), measles, pneumonia, skin diseases (boils, eczema, psoriasis, rashes, sores), sore throat, swollen glands, and throat infection.

Bupleurum root 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.

Carthamus flowers strengthen circulation and heart function, promote menstruation, cool fever and inflammation, relieve pain, and reduce blood cholesterol levels. Carthamus is helpful for abdominal masses and pain, amenorrhea, coronary artery disease, inflammatory skin conditions, jaundice, measles, menstrual and menopausal complaints, and postpartum dizziness.

Chrysanthemum flowers cool fever and reduce inflammation, dilate the coronary artery to increase blood flow to the heart, improve liver function, and act as an antiseptic. Chrysanthemum is recommended for angina, blurry vision, coronary artery disease, deafness, dizziness, dry/red eyes, fever, feverish colds, headache, hypertension, liver problems, spots in front of the eyes, excessive tearing of the eyes

Coptis rhizome contains active ingredients which are comparable to those in golden seal. Coptis tightens peripheral blood vessels (particularly in the uterus), alleviates pain and inflammation in mucosal tissues, reduces fever, checks bleeding, balances liver and spleen activity by stimulating the production of digestive fluids and bile, and acts as an antiseptic, antispasmodic, and laxative. Coptis also fights bacterial and viral infections. Coptis is recommended for delirium, digestive dysfunction, disorientation, dysentery, enteritis, high fever, inflammation of the mouth and tongue, insomnia, irritability, middle ear infection, palpitations, and sore throat.

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.

Forsythia fruit stimulates digestive fluids and bile, purifies the blood, strengthens the nervous system and heart, reduces fever, relieves inflammation, and acts as an astringent, antibacterial, and diuretic. Forsythia also contains

flavonoids which help strengthen capillaries. Forsythia is beneficial for abscesses, acute infectious diseases (mumps), allergic rashes, chills, headache, high fever, inflammatory skin conditions, retinal hemorrhage, sore throat, tonsillitis, and urinary tract infection.

Gardenia fruit cools the body to lower fever and reduce inflammation/swelling, purifies the blood, normalizes blood pressure, stops bleeding, stimulates digestive fluids and bile, and encourages healing. Gardenia helps delirium, eye/nose inflammation, hemorrhage, insomnia, irritability, jaundice, liver/gallbladder problems, mouth sores, nosebleed, painful urinary dysfunction, and restlessness.

Licorice root increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, enables the body to expel phlegm, strengthens the adrenal glands, stimulates the adrenal cortex, lowers cholesterol, and acts as a mild laxative. Licorice is also particularly beneficial for gastrointestinal problems such as gastritis, peptic ulceration, and excessive stomach acid. Licorice is a powerful anti-inflammatory and anti-arthritis, and has been proven as an effective treatment for chronic hepatitis B and liver cirrhosis. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress. Additionally, licorice exhibits antibacterial, antifungal, antimicrobial, antiviral, and possible anticancer properties.

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.

Lonicera flowers reduce inflammation, increase perspiration to cool fever, lower blood pressure, relax muscle spasms, purify the blood, and exhibit antibacterial and diuretic activity. Lonicera flowers are recommended for boils, breast cancer, childhood infections such as chicken pox and measles, conjunctivitis, early stages of colds/flu, food poisoning, gastroenteritis, headache, high fever, infected wounds, intestinal abscess, mastitis, sore throat, painful urinary dysfunction, urinary tract infection, urticaria (nettle rash), and inflamed/painful sores and swellings, especially of the breast, eyes, and throat.

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.

Phellodendron bark relieves inflammation in mucous membranes, purifies the blood, relieves pain and swelling in the legs, stimulates liver and gallbladder function, reduces blood pressure and blood sugar levels, strengthens the kidneys, and acts as a diuretic and antiseptic, especially against bacterial infections. Phellodendron is used for abscesses, acute urinary tract infections, boils, enteritis, diarrhea, dysentery, excessive perspiration, fever, inflammatory skin conditions, jaundice, leukorrhea, night sweats, and nocturnal emission.

Platycodon root reduces blood cholesterol and blood sugar levels, increases mucosal fluids, dilates the bronchioles and exhibits antimicrobial activity. Platycodon is beneficial for bronchitis, colds, coughs with excessive phlegm, inflammatory skin problems, laryngitis, pleurisy, pulmonary abscess, respiratory tract infections, sore throat/throat infections, and weak digestion.

Schizonepeta herb reduces fever and inflammation, alleviates itching, promotes the surfacing of rashes and skin eruptions, stops bleeding, and acts as an analgesic (pain-reliever). Schizonepeta is used for inflammatory skin conditions, including abscesses, boils, carbuncles, and measles. Schizonepeta is also helpful for chills, fever, headache, hemorrhage, menorrhagia, sore throat, stiff neck/spine, uterine bleeding after childbirth, and stroke symptoms such as facial paralysis and loss of speech.

Scute root reduces fever and inflammation, lowers blood pressure and cholesterol levels, relaxes muscle spasms, stimulates liver function to improve digestion, controls bleeding, calms the unborn child in the womb, exhibits antibacterial activity, and acts as a diuretic. Scute is helpful for coughs, diarrhea, dysentery, enteritis, headache, heaviness in the chest, hemorrhage, chronic hepatitis, high fever, hypertension, irritability, jaundice, miscarriage, nosebleed, painful urinary dysfunction, red eyes, sores/swellings, thirst, urinary tract infection, and uterine bleeding.

Siler root reduces fever, relieves pain, controls coughs, balances liver and spleen function, and acts as an expectorant and tonic to the respiratory system. Siler is beneficial for bloodshot eyes, body/muscle aches, blurry vision, chills, diarrhea, fever, headache, lockjaw, migraines, pain in the neck and shoulders, rheumatism, and

trembling of the hands/feet.

Vitex fruit reduces inflammation and cools fever, alleviates pain, improves digestion, detoxifies the body, exhibits antibacterial activity, and acts as an expectorant and mild sedative. Vitex is given for treating arthritis, breast cancer, bronchial congestion, cramping/numbness in the limbs, excess mucus, headache, painful/swollen eyes, poisonous bites, rheumatism, spots in front of the eyes, and excessive tearing of the eyes. Vitex fruit is not recommended for those with heart disease or hypertension.