



## Chinese KB-C

### Jian Gu - "Strengthen Bones" (Strengthen Water)

Stock #1883-3 (100 capsules)  
TCM - Stock #1016-0 (30 capsules)

KB-C is a Chinese herbal combination formulated to strengthen and revitalize the structural system, especially the bones, connective tissues, and sexual organs. KB-C contains herbs which stimulate circulation to promote healing, strengthen kidney and liver function, shrink inflamed tissues, stop hemorrhages, lower blood pressure and blood sugar levels, increase immunity to fight infection, and improve the body's responses to aging and the effects of stress.

KB-C is commonly used for anemia, arthritis, backache, constipation, diabetes, diarrhea, dizziness, edema, fatigue, frequent urination, impotence, incontinence, insomnia, involuntary ejaculation, leg pain, leukorrhea, liver problems, low sex drive, menstrual irregularities, muscle weakness, respiratory conditions, rheumatism, rheumatoid arthritis, and uterine bleeding and the prevention of miscarriage.

**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 arthritis, amenorrhea, bleeding gums, blood in the urine, blurred vision, dizziness, dysmenorrhea, headaches, hypertension, leukorrhea, lower back pain, nosebleeds, postpartum pain, rheumatism, toothache, urinary dysfunction, and urinary stones.

**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, which 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.

**Cistanche herb** stimulates production of mucosal fluids in the intestines, improves elimination, tones the kidneys and helps restore kidney function. Cistanche is employed to help cold pain in the lower back and knees, dry constipation, frequent urination, impotence, incontinence, spermatorrhea, and urinary dysfunction. Cistanche is also used to warm the womb and relieve abnormal uterine bleeding, infertility, and leukorrhea.

**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.

**Dioscorea root** stimulates production of digestive and mucosal fluids, soothes inflammation, enhances spleen function, and tones the kidneys and lungs. Dioscorea is used for asthma, diabetes, chronic diarrhea, dry cough, emotional instability, fatigue, frequent/uncontrollable urination, leukorrhea, poor appetite, spermatorrhea, spontaneous sweating, thirst, and wasting conditions.

**Dipsacus root** tones the liver and kidneys, strengthens the bones and sinews, increases blood circulation to promote healing, improves digestion, relieves pain, stops uterine bleeding, calms a restless child in the womb, and acts as an astringent and diuretic. Dipsacus is utilized for amenorrhea, bleeding during pregnancy, diarrhea, disconnected tendons and fracture, leukorrhea, miscarriage, pain/soreness/swelling in the lower back and knees, rheumatism, stiff joints, and weakness in the legs.

**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.

**Drynaria rhizome** tones the kidneys and liver, promotes healing in the bones and sinews, relieves pain, stimulate circulation to promote healing, increases strength following convalescence or injury, and stimulates hair growth. Drynaria is helpful for baldness, bleeding gums, chronic diarrhea, rheumatism, tinnitus, toothache, pain/weakness in the lower back and knees, as well as contusions, simple fractures, ligamentous injuries, sprains, or broken bones resulting from a fall.

**Epimedium leaf** dilates blood vessels, lowers blood pressure, tones the liver and kidneys, controls coughing, and acts as an expectorant. According to Chinese herbal medicine, epimedium is also an aphrodisiac. Epimedium has been used for arthritis, asthma, bronchitis, cold or numb extremities, dizziness, forgetfulness, frequent urination, hand/foot spasms and cramps, high blood pressure, impotence, involuntary/premature ejaculation, lumbago, menstrual irregularities, pain/coldness in the knees, spermatorrhea, and withdrawal.

**Eucommia bark** tones the liver and kidneys, strengthens the bones/sinews, promotes circulation to speed healing, calms a restless unborn child in the womb to prevent miscarriage, and controls bleeding during pregnancy. Chinese clinical trials have also confirmed the herb's ability to reduce blood pressure, except in cases of severe hypertension. Eucommia is helpful for fatigue, frequent urination, mild to moderate hypertension, muscle weakness, osteoporosis, pain/soreness/weakness in the lower back and knees, spermatorrhea, and significant back pain during pregnancy.

**Hoelen plant** tones the bladder/kidneys and promotes urination, regulates fluid balance/production, relieves congestion, strengthens spleen function, improves digestion, and acts as a natural sedative to calm the nerves. Researchers have identified a substance in hoelen which may have anticancer properties. Hoelen has been used to treat diarrhea, dizziness, dyspepsia, edema, emotional upset, epigastric distension (bloating), forgetfulness, headache, heart palpitations, hypertension, insomnia, loss of appetite, nervousness in children, and urinary dysfunction.

**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, palpitations, pneumonia, premature menopause, retinitis, rheumatic pain, tinnitus, urinary tract infections, and weakened kidney function.

**Liquidambar fruit** increases circulation to promote healing, stimulates urine flow, and relieves pain and inflammation. Liquidambar is helpful for abdominal distension (bloating), edema with difficult urination, epigastric pain, irregular bowel movements, irregular or scanty menstruation, and pain/stiffness in the lower back and knees.

**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.

**Morinda root** tones the kidneys, increases urination, strengthens the bones and sinews, soothes inflammation, stimulates circulation, lowers blood pressure, and acts as an astringent and male sexual tonic. According to Chinese herbal medicine, morinda increases willpower. Morinda is used for abdominal pain, frequent urination, impotence, incontinence, joint/leg pain, muscular atrophy, nocturnal emission, premature ejaculation, rheumatism, and soreness/weakness in the back.

**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. Furthermore, research shows panax ginseng contains immune-boosting polysaccharides and antioxidant compounds.

**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.