



Nervous Fatigue Formula

(formerly HS-C)

Stock #1884-7 (100 capsules)

TCM - Stock #1017-1 (30 capsules)

Nervous Fatigue Formula is a Chinese herbal combination which strengthens the circulatory and nervous systems, acting as a rejuvenative tonic for weakness and fatigue stemming from stress, emotional burnout, or chronic nervous conditions. Nervous Fatigue Formula promotes circulation and normalizes blood pressure, enhances digestion, increases urine flow, relieves depression and enables the body to handle physical and emotional stress better.

Nervous Fatigue Formula is recommended for treating both physical and emotional conditions, including agitation, anemia, angina, anxiety, back pain, confusion, constipation, decreased libido, depression, dry skin, excessive perspiration, forgetfulness, frequent urination, heart palpitations, high blood pressure, impotence, insomnia, irritability, leg pain, nervous exhaustion, restlessness and weak digestion.

Acorus rhizome reduces blood pressure, clears bronchial passages and excess phlegm, relaxes muscle spasms, stimulates production of digestive fluids, exhibits antibacterial activity, and acts as a sedative. Acorus helps abdominal pain, chest/epigastric fullness, deafness, depression, dizziness, dulled senses, dyspepsia (indigestion), epilepsy, excess mucus, flatulence, gastritis (stomach inflammation), nervous tension, poor appetite, seizures and stupor.

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 (fluid retention), fatigue, lack of appetite, kidney problems, nephritis (kidney inflammation), 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.

Biota seed nourishes the heart, stimulates production of mucosal fluids in the intestines, and acts as a mild laxative and sedative. Biota seed has been used for constipation in the elderly, debility, forgetfulness, insomnia, irritability, nervous disorders, night sweats and palpitations with anxiety.

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 (involuntary release of semen) and urinary dysfunction. Cistanche is also used to warm the womb and relieve abnormal uterine bleeding, infertility and leukorrhea (vaginal discharge).

Cuscuta seed focuses most of its action on the kidneys and liver, helping to tone the kidneys and improve their function. Cuscuta is beneficial for blurred vision/spots in front of the eyes, diarrhea, dizziness, frequent urination, impotence, lack of appetite, leukorrhea, nocturnal emission, poor eyesight (associated with kidney/liver weakness), premature ejaculation, sore/painful back and tinnitus (ringing in the ears). Cuscuta is also used by Chinese herbalists to prevent miscarriage and calm a restless baby still in the womb.

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.

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 (nerve pain). 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 that 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 (painful menstruation), hemorrhaging, menstrual irregularities such as amenorrhea (absence of menstruation) and PMS, menopausal complaints and postpartum healing.

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 that may have anticancer properties. Hoelen has been used to treat diarrhea, dizziness, dyspepsia, edema, emotional upset, epigastric distension (bloating), forgetfulness, headache, heart palpitations, hypertension (high blood pressure), insomnia, loss of appetite, nervousness in children and urinary dysfunction.

Lotus seed cools heart energy, lowers blood pressure and fever, controls bleeding, strengthens spleen function, and acts as an astringent and kidney tonic. Lotus is typically used for chronic diarrhea, dark urine, dry mouth, insomnia, irritability, nocturnal emissions, palpitations, poor digestion and restlessness.

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

Ophiopogon root relaxes muscle spasms, reduces blood sugar, encourages regeneration of pancreatic cells, stimulates mucosal fluid production to lubricate the bronchial and digestive tracts, and acts as an antiseptic and sedative. Ophiopogon is often used with anxiety, coronary heart disease, coughs, dry constipation, dry coughs, fear, fever, heart palpitations, insomnia, irritability and thirst.

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 that 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.

Polygala root lowers blood pressure, exhibits antibacterial activity, and acts as a heart and kidney tonic, expectorant and sedative. Polygala is commonly used for anxiety, bronchitis, coughs with excess phlegm, depression, excessive brooding/pent-up emotions, insomnia, mental/emotional disorientation, nervous tension, palpitations, poor memory, restlessness and seizures.

Polygonum 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. Polygonum also strengthens the heart, liver and reproductive organs. Polygonum contains high amounts of lecithin. Polygonum is used recommended for blurred vision, constipation, dizziness, hypercholesterolemia (abnormally high levels of cholesterol in the blood), hypertension, inflammatory skin conditions, insomnia, leukorrhea, lumbago (back pain), menstrual and menopausal complaints, nocturnal emission, premature graying, soreness in the extremities, spermatorrhea, swollen lymph glands and weak lower back and knees.

Rehmannia root contains astringent substances that 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 (heavy menstrual bleeding), mouth and tongue sores, rheumatoid arthritis, sore throat, thirst associated with feverish illness and ulcers.

Schizandra fruit is an adaptogen and nervous system tonic that helps the body to handle stress more effectively with less fatigue. Schizandra also increases blood circulation and blood sugar, reduces blood pressure, controls coughing, and stimulates bile flow and the production of mucosal fluids to moisten dry and irritated tissues. Schizandra contains substances that are both astringent and antiseptic, and which help strengthen heart and kidney function. Schizandra has been found to benefit anxiety, asthma, chronic diarrhea (associated with kidney weakness), diabetes, dry coughs, excessive perspiration, frequent urination, hepatitis, hyperacidity, insomnia, leukorrhea, nervous exhaustion, night sweats, nocturnal emission, palpitations, poor memory, spermatorrhea, urinary disorders and wheezing.

Succinum increases urination, reduces swelling, stimulates healing, promotes menstruation, and acts as an analgesic (pain-reliever) and sedative. Succinum is used for amenorrhea, anxiety, bloody urine, childhood convulsions and epilepsy, excessive dreams, forgetfulness, insomnia, palpitations, seizures, swollen/painful scrotum and painful urinary dysfunction.

Zizyphus seed nourishes the heart and liver, controls allergic responses, soothes damaged or irritated tissues, relieves coughing, helps prevent the formation of stress-induced ulcers, relieves abnormal sweating, and acts as a sedative and nutritive tonic for the spleen and stomach. Zizyphus is prescribed by Chinese herbalists for treating anxiety, insomnia, irritability, palpitations, night sweats and spontaneous sweating.