

## HOW TO TAKE DR. ZHANG'S HERBAL REMEDIES

- **Group-1: (5 bottles)**

*1 bottle of Hepa No. 2 Formula Capsules:* One bottle contains 180 capsules. Take 2 capsules, three times a day.

*1 bottle of Ligustrin Capsules:* One bottle contains 90 capsules. Take 1 capsule, three times a day.

*2 bottles of Circulation P Capsule:* One bottle contains 45 capsules. Take 1 capsule, three times a day.

*1 bottle of Glycyrrhizin (GL) Capsule:* One bottle contains 60 capsules. Take 1 capsule, twice a day.

Caution: Although licorice is a non-toxic herb, but long term use of GL can cause some adverse reactions in about 20% of the patients. The adverse reactions include edema, elevated blood pressure, low blood potassium, dizziness and fatigued etc. People with hypertension (high blood pressure) should not take it. These adverse reactions are reversible.

- **Group-2: (5 bottles)**

*1 bottle of Hepa No. 2 Formula, Capsule:* One bottle contains 180 capsules. Take 2 capsules, three times a day.

*1 bottle of Ligustrin Capsule:* One bottle contains 90 capsules. Take 1 capsule, three times a day.

*1 bottle of Milk Thistle P Capsule:* One bottle contains 90 capsules. Take 1 capsule, three times a day.

*2 bottles of Circulation P Capsule:* One bottle contains 45 capsules. Take 1 capsule, three times a day.

- **Group-3: (5 bottles)**

*1 bottle of Hepa No. 4 Formula Capsule:* One bottle contains 180 capsules. Take 2 capsules, three times a day.

*2 bottles of CirculationP Capsul:* One bottle contains 45 capsules. Take 1 capsule, three times a day.

*2 bottles of Cordyceps Capsule:* One bottle contains 90 capsules. Take 2 capsules, three times a day.

- **Group-5: (5 bottles)**

*1 bottle of Hepa No.5 Formula, Capsule:* One bottle contains 180 capsules. Take 2 capsules, three times a day.

*1 bottle of Schisandra Plus Capsule:* One bottle contains 90 capsules. Take 2 capsules, three times a day.

*1 bottles of Sedin Capsule:* One bottle contains 90 capsules. Take 1 capsule, three times a day.

*2 bottle of Circulation P Capsule:* One bottle contains 45 capsules. Take 1 capsule, three times a day.

1. **AI#3 Capsule:** One bottle contains 50 capsule. Take 1 capsule, 3 times a day with food or follow health care provider's advice.
2. **Allicin Capsule:** One bottle contains 30 capsules. For prevention, 1 capsule per day. For an infection, 2 to 3 capsules 3 times a day or follow health care provider's advice.
3. **Artemisiae Capsules:** One bottle contains 30 capsules. Take 1 capsule, 3 times a day.
4. **Cordyceps Capsule:** One bottle contains 90 capsules. Take 2 capsules, 3 times a day, about 20 minutes before meal.
5. **Gall No. 1 Formula, Capsule:** One bottle contains 180 capsules. Take 2 capsules, 3 times a day, about 20 minutes before meal.
6. **HerbSom Capsule:** One bottle contains 60 capsules. Take 2 capsules at bedtime.  
Caution: Keep out of reach of children. Don't take while driving a car or operating heavy machine.
7. **Milk Thistle Plus:** One bottle contains 90 capsules. Take 1 capsule, 3 times a day, about 20 minutes before meal.
8. **MVM Liver Special Formula:** One bottle contains 120 tablets. Take 2 tablets 2 times a day.
9. **Olivessence Capsule:** One bottle contains 60 capsules. Take 1 capsule, twice a day between meals.