

HOW TO TAKE DR. ZHANG'S HERBAL REMEDIES

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 or 60 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. **Allicin solution in vial:** Every box contains 6 vials. Take one to two vials per day, diluted one vial with at least eight ounces of water to drink.
4. **Artemisiae Capsules:** One bottle contains 30 capsules. Take 1 capsule, 3 times a day.
5. **Arthral EZ:** One bottle contains 45 tablets. Take 1 tablet, three times a day with meal.
6. **Bitter Melon Capsule:** One bottle contains 100 capsules. Take 3 capsules, 3 times a day, about 20 minutes before meal.
Caution: Pregnant women should not use it.
7. **Capillaris Combination [ST-188]:** Capsule—One bottle contains 100 capsules. Take 4 capsules, 3 times a day.
8. **Circulation P Capsule:** One bottle contains 45 capsules. Take 1 capsule, 3 times a day, before or with meal.
9. **Copmine Capsules:** One bottle contains 60 capsules. Take 2 capsules, twice a day.
10. **Coptis Capsules:** One bottle contains 90 capsules. Take 2 capsules, 3 times a day.
11. **Cordyceps Capsule:** One bottle contains 90 capsules. Take 2 capsules, 3 times a day, about 20 minutes before meal.
12. **Gall No. 1 Formula, Capsule:** One bottle contains 180 capsules. Take 2 capsules, 3 times a day, about 20 minutes before meal.
13. **Ginkgo Capsules:** One bottle contains 60 capsules. Take 1 capsule, twice a day.
14. **Ginseng and Atractylodes Formula [ST-342]:** Capsule—One bottle contains 100 capsules. Take 4 capsules, 3 times a day.
15. **GL-2 Capsules:** One bottle contains 60 capsules. Take 1 capsule, twice a day, about 20 minutes before meal.
16. **Glycyrrhizin (GL) Capsule:** One bottle contains 60 capsules. Take 1 capsule, twice a day, about 20 minutes before meal.
Caution: Although licorice is a non-toxic herb, but long term use GL can cause some adverse reactions in about 20% of the patients. The adverse reaction includes edema, blood pressure raising, low blood potassium, dizziness and fatigued limbs, etc. People with hypertension (high blood pressure) should not take it. These adverse reactions are reversible.
17. **Hepa No. 1A Formula Capsule:** One bottle contains 90 capsules. Take 2 capsules, 3 times a day, about 20 minutes before meal.
18. **Hepa No. 2 Formula, Capsule:** One bottle contains 180 capsules. Take 2 capsules, 3 times a day, about 20 minutes before meal.
19. **Hepa No. 4 Formula, Capsule:** One bottle contains 180 capsules. Take 2 capsules, 3 times a day, about 20 minutes before meal.
20. **Hepa No. 5 Formula, Capsule:** One bottle contains 180 capsules. Take 2 capsules, 3 times a day, about 20 minutes before meal.
21. **Hepa OPC:** 1 scoopful with two ounces of water or 2 scoopfuls with four ounces of water. Drink the first thing in the morning.
22. **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.
23. **HerbZac Capsule:** One bottle contains 90 capsules. Take 3 capsules, twice a day. (Morning and noon)
24. **Ligustrin Capsule:** One bottle contains 90 capsules. Take 1 capsule, 3 times a day, about 20 minutes before meal.
25. **Milk Thistle Plus:** One bottle contains 90 capsules. Take 1 capsule, 3 times a day, about 20 minutes before meal.
26. **MVM Liver Special Formula:** One bottle contains 120 tablets. Take 2 tablets 2 times a day.
27. **Olive Leaf:** Soak half of the bag (0.5 lb.) in one-gallon water and slowly cook it in a crock-pot, at 175 to 185 degree F for about 12 hours. Filter out the decoction and put it in refrigerator. Drink 3 ounces a time, twice a day between meals. One-pound bag is enough for 30 days supply.
28. **Olivessence Capsule:** One bottle contains 60 capsules. Take 1 capsule, twice a day between meals.
29. **Puerarin Capsules:** One bottle contains 90 capsules. Take 2 capsules, 3 times a day, about 20 minutes before meal.
30. **Red Peony Capsules:** One bottle contains 120 capsules. Take 4 capsules, 3 times a day, about 20 minutes before meal.
31. **Rhubarbin Capsules:** One bottle contains 50 capsules. Take 2 capsules, 3 times a day, or follows health care provider's advice.
32. **R-6532 Capsules:** One bottle contains 90 capsules. Take 2 capsules, 3 times a day, about 20 minutes before meal.
33. **R-788 Capsules:** One bottle contains 90 capsules. Take 3 capsules, 3 times a day, about 20 minutes before meal.
34. **R-EGCG Capsules:** One bottle contains 90 capsules. Take 1 capsule, 3 times a day, about 20 minutes before meal.
35. **R-OBG Capsules:** One bottle contains 90 capsules. Take 3 capsules, 3 times a day, about 20 minutes before meal.
36. **Schisandra Plus:** One bottle contains 90 capsules. Take 1 capsule, 3 times a day, about 20 minutes before meal.
37. **Sedin Capsule:** One bottle contains 90 capsules. Take 1 capsule, 3 times a day, about 20 minutes before meal.
38. **Three Ginseng Plus Capsules:** One bottle contains 60 capsules. Take 2 capsules, twice a day.
39. **Ultra-Reishi Spore Capsules:** One bottle contains 90 capsules. Take 2 capsules, 3 times a day.
40. **Women's Wellness Capsules:** One bottle contains 90 capsules. Take 2-4 capsules, 3times a day, about 20 minutes before meal.
41. **Yunan Paiyao, Capsule:** One plate contains 16 capsules, Take 1 capsule, 4 times a day.