

CHINESE NAMES OF HERBS

Raw rehmannia root	生地黄	(shengdihuang)
Glossy privet fruit	女贞子	(nuzhenzi)
Chinese wolfberries	枸杞子	(gouqizi)
Mulberry fruit	桑椹	(sangshen)
Tribulus	蒺藜	(jili)
Flastem milkvetch seed	沙苑子	(shayuanzi)
Black dates	黑枣	(heizao)
Chinese dodder seeds	菟丝子	(tusizi)
Common yam rhizome	山药	(shanyao)
White hyacinth bean	白扁豆	(baibiandou)
Medicated leaven	神曲	(shenqu)
Hawthorn berries	山楂	(shanzha)
Cassia seeds	决明子	(juemingzi)

Consult your physician before consuming any herbs. Do not self-medicate.