

Chinese names

Baihui	百会
Jianjing	肩井
Kaitianmen	开天门
Moshuang liu	抹双柳
Shimian xue	失眠穴

Poria	茯苓	fuling
Lily bulb	百合	baihe
Lotus seed	莲子	lianzi
Spine date seed	酸枣仁	suanzaoren
Longan aril	龙眼肉	longyanrou
Red dates	红枣	hongzao
Chrysanthemum flower	菊花	juhua
Tangerine peel	陈皮	chenpi
Pinellia tuber	半夏	banxia
Chinese yam	淮山	huaishan
Dendrobium	石斛	shihu
Astragalus root	北芪	beiqi
Codonopsis root	党参	dangshen

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

ST GRAPHICS