

NHP 5 GOLDEN SILK



Cratagi

The ingredients are known to relieve indigestion and heart burn, helps with slimming and constipation. If taken for a long time, it will strengthen the heart. Excellent for those who feel bloated after meals and whose heart flutters at times. (Tea)

Ingredients:

Cratagi (Hawthorn)	Fruit, roots
Pericarpium citri reticulataea (Citrus sinensis)	Peel
Glycyrrhizae (Licorice)	Root
Zizyphi sativae (Chinese jujube)	Seeds

Can be combined with: 1, 2, 3, 4, 10, 11, 12, 14 (1-2 hrs apart), 15, 17, 25, 26, 27, 28, 29 and 30. Select one only to combine for effective use.

Recommended Use: Take 2 capsules twice a day with lukewarm water. People with swollen feet, headaches or menstrual cramps should take 3 capsules twice a day.

Meridians: Stomach, liver, kidney, spleen
