

## PMS AND MENOPAUSE TONIC HERBS



At Jing Herbs, we believe that women should not be at the mercy of their hormonal imbalances, life changes, and the associated side effects.

With the consistent use

of tonic and harmonizing herbs these fluctuations can naturally be brought under control. At Jing Herbs, we specialize in protecting, nourishing, and balancing the three fundamental energies in the body known as the Three Treasures-- Essence (Jing), Energy (Qi), and Spirit (Shen). We do this with the use of tonic herbs.

According to traditional Chinese thought, hormonal imbalances are viewed as disharmonies of the Liver. The Liver is involved in the regulation of female hormone levels and orchestrates the menstrual and reproductive cycle. PMS arises when the Liver's function is compromised.



The Liver is the organ that is responsible for the free flow of energy or "qi" in the body. When the Liver is unable to properly perform that function, stagnation ensues and PMS symptoms arise.

Menopause symptoms are generally addressed by balancing the hormones and nourishing Yin. This will help with the common symptoms of hot flashes, dryness, emotional imbalances, and insomnia.

Jing Herbs, which has its headquarters in Los Angeles, California, is a formulator and manufacturer of the finest and most authentic tonic herb formulas available in the world.

"Jing" was chosen as the company name from ancient Taoist text simply because it means the source, the foundation, the primal "essence" of human beings. That is how we want our clients to regard our products; as the foundation and source of health and longevity.



The entire staff at Jing Herbs has a long and proud tradition of teaching, guiding, and improving the lives of thousands of clients through the use of tonic herbs. Our herbs are sourced from the authentic regions of their origin and we personally travel to China to inspect, select, and approve the raw ingredients. Our dedication to authenticity, integrity, and efficacy is unparalleled in the industry.

### Jing Herbs

533 S. Los Angeles Street  
Suite 502  
Los Angeles, CA 90013

Phone: 213-873-4488  
Toll Free: 877-679-5464  
Fax: 213-239-9613

E-mail: [info@jingherbs.com](mailto:info@jingherbs.com)  
[www.jingherbs.com](http://www.jingherbs.com)

JING HERBS™  
LEGENDARY TONICS & TEAS

EST. 2002

## PMS & MENOPAUSE TONICS



*The Supreme Elixir has three distinctions;*

*Essence (Jing),  
Energy (Qi),  
and Spirit (Shen).*

*-The Jade Emperor*



# PMS & MENOPAUSE



## BUPLEURUM & PEONY

- Menopause/PMS support
- Regulates hormones
- Builds blood
- Supports digestion
- 90 Capsules 450 mg each



Bupleurum & Peony is based on the classic Chinese formula called the "Free and Easy Wanderer Powder." It is primarily used to harmonize and balance the female hormone system. This formula is effective for woman who experience PMS symptoms, irregular cycles, menopausal imbalances, and mood swings. It can be effective in reducing bloating, digestive issues, swelling, and physical tension.

Today's women have become accepting of the fact that PMS and menstrual discomfort are unavoidable realities of life. This is not the case. When the energy and blood of the liver are kept in balance and harmony, the cycles occur on time and without side effects.

Bupleurum & Peony spreads the Liver Qi, strengthens the Spleen, nourishes the blood, and clears heat. Lifestyle, diet, stress, and genetics can all contribute to hormonal imbalances, and once that happens, there is no better way to naturally be yourself again.

**Ingredients:** Chinese White Peony root, Bupleurum root, Bai-zhu Atractylodes rhizome, Poria sclerotium, Dong quai root, Tree peony root bark, Gardenia fruit, Chinese Licorice root, Chinese Mint leaf, Dried Ginger rhizome.

## WINTER YIN

- Hot flash formula
- Clears heat
- Replenishes Yin Essence
- Hydrates
- 90 Capsules 450 mg each



Winter Yin is a modified classic formula for clearing heat and replenishing Yin essence. For those that have depleted their deep reserves of Yin Essence with signs of heat, this is the perfect formula.

The primary herb in this formula is Rehmannia root, which is often referred to a "the kidney's own food." Both the prepared and raw form of this herb are used to maximize its nourishing and heat clearing properties.

We have also added the adaptogenic herb American Ginseng which helps to balance the endocrine system and the hormones in the body. American ginseng also helps to replenish Yin Essence in the body as well as generate fluids.

This formula is commonly used by those experiencing heat symptoms such as dryness, hot flashes, night sweats, insomnia and irritability.

**Ingredients:** Prepared Rehmannia root, Raw Rehmannia root, Cornus officinalis fruit, Chinese Yam rhizome, Poria sclerotium, Alisma plantago rhizome, Tree peony root bark, Anemarrhena rhizome, Phellodendron bark.

## THREE SISTERS

- Beauty tonic
- Builds blood and Yin
- Alleviates dryness
- Spirit (Shen) tonic
- 2 Fluid oz. Liquid extract



Three Sisters is a heavenly trinity of tonic herbs for cultivating beauty, health, and longevity. This is the ultimate Yin, blood, and Essence (Jing) tonic for those who demand nothing but the best in their lives. This formula is also renowned for its ability to alleviate dryness associated with menopause.

Schisandra fruit is often times called the "Five Flavor Fruit" because it is said to contain all five flavors; sweet, sour, bitter, acrid, and salty. It is a premiere Three Treasures tonic herb that was historically consumed by the Royal families of China. It is renowned for its ability to nurture beautiful, soft, and radiant skin.

Lycium fruit, also known as Goji berry, has a long history of being one of the greatest longevity tonics from the East. It is a Yin Essence restorative herb that brightens and strengthens the eyes, builds sexual fluids, creates cheerfulness, and enhances sexual function.

Longan fruit is a delicious tonic herb used for building blood, nourishing the Heart and the Spirit, and enhancing beauty. It also has a reputation in the East as being a tonic herb that promotes healthy sexual function.

Together, these three super tonics combine to keep you healthy, happy, and beautiful, both inside and out.

**Ingredients:** Schisandra fruit, Longan fruit, Lycium fruit.