



Improves skin health based on traditional use of **dong quai** in Chinese medicine. With **Japanese catnip** traditionally used to **relieve mild eczema** in Chinese medicine.

KEY BENEFITS

A blend of Chinese and western herbs, including:

- ✓ Dong quai, traditionally used in traditional Chinese medicine (TCM) to promote skin regeneration, and to improve skin health by relieving dry skin, based on its traditional use as a blood tonic
- ✓ Japanese catnip, traditionally used to relieve itchy skin and symptoms of mild eczema and hives in TCM
- ✓ Burdock, traditionally used to relieve mild psoriasis symptoms, including dry, scaly skin in western herbal medicine (WHM)

PRODUCT FEATURES

- ✓ New updated formula
- ✓ High quality herbal extracts

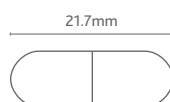
Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly talk to your health professional.

ACTIVE INGREDIENTS

Each capsule contains herbal extracts equivalent to:

Dong quai (<i>Angelica polymorpha</i>) root 75mg, dry equiv.	1.125g
Japanese catnip (<i>Schizonepeta tenuifolia</i>) leaf 150mg, dry equiv.	750mg
Burdock (<i>Arctium lappa</i>) root 50mg, dry equiv.	500mg
White peony (<i>Paeonia lactiflora</i>) root 68.57mg, dry equiv.	480mg
Rehmannia (<i>Rehmannia glutinosa</i>) root 80mg, dry equiv.	480mg
Tribulus (<i>Tribulus terrestris</i>) fruit 32mg, dry equiv.	480mg
Fang feng (<i>Saposhnikovia divaricata</i>) root 100mg, dry equiv.	400mg
Astragalus (<i>Astragalus membranaceus</i>) root 32.5mg, dry equiv.	325mg
Chinese licorice (<i>Glycyrrhiza uralensis</i>) root 30mg, dry equiv.	150mg

Made in Australia. Suitable for vegetarians and vegans. NO ADDED artificial colours, flavours, sweeteners or preservatives, yeast, gluten, wheat, nuts, dairy or animal products.



DOSAGE

Adults: Take 2 capsules twice daily.

CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding.

BACKGROUND INFORMATION

Did you know that the skin is the largest organ of the human body?

On average, it has an area of two square metres and a total weight of four kilograms. It is made up of two layers:

- The epidermis (outer layer)
- The dermis (inner layer)

Within the dermis is a complex system of nerve endings, blood vessels, lymphatic vessels, sebaceous glands, sweat glands and hair follicles.

The skin forms an important protective barrier for our internal organs and serves numerous vital functions. It is the first line of defence against pathogens and harmful substances in the external environment. It also provides insulation, plays a role in temperature regulation, controls fluid loss via evaporation and acts as an excretory channel for elimination and detoxification. Nerve receptors in the skin allow for important sensations including touch, heat, cold, pressure and pain. The skin also synthesises important substances including vitamin D and melanin.

TCM AND SKIN HEALTH

The health of our skin reflects our inner health and the health of our internal organs.

From a TCM perspective, skin conditions like dermatitis and psoriasis can develop from excess of 'damp', 'heat' or 'wind'. 'Damp' may appear as fluid-filled vesicles or swelling in the epidermis, which can weep and ooze. This 'damp' causes itching and generates 'heat', which is synonymous with redness and inflammation.

In chronic cases, this can also cause damage to *Qi* (vital energy) and blood, which then become deficient and fail to nourish the skin.

Blood deficiency also generates 'wind', which causes dryness and itchiness of the skin.

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The relentless 'heat' associated with many skin conditions not only damages the integrity of the skin but also depletes the skin's defensive energy ('*Wei Qi*'), making it more vulnerable to pathogenic (wind, cold, heat, dampness) invasion.

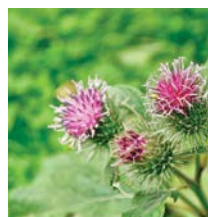
HERBS TO SUPPORT SKIN HEALTH



Dong quai is traditionally used in TCM as a blood tonic to support skin health, promote skin regeneration and to relieve dry skin by nourishing the blood.



Japanese catnip is used in TCM to relieve symptoms of mild eczema, skin hives and itchy skin.



Burdock is traditionally used in WHM to relieve symptoms of mild psoriasis and to support skin's natural detoxification processes.

Formula is further supported with white peony, rehmannia, tribulus, fang feng, astragalus, and Chinese licorice.

COMPANION PRODUCTS



Allergy - With herbs used to relieve mild allergy symptoms in TCM, including hayfever and eczema.



Zinc Advanced - High-strength zinc glycinate with 1000mg of vitamin C.