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Root & Branch

Ancient Remedies for a Modern World

Medicinary Inventory and Services



Updated March 2024



Herb Sources: Bulk

Root & Branch works hard to make sure that you have access to the best possible herbs available on the American market. We work with reputable vendors and importers who take the time to test your herbs for heavy metals, pesticides, and other contaminants that could harm your patients. In addition, we want to carry herbs that have been grown in the right region of the world, under the right environmental conditions, and harvested with the right methods to maximize the potency and effect of those herbs.

Bulk Herb Vendors

Springwind

Andy Ellis' company, based out of the Bay Area, works hard to find well-grown and potent herbs for the American Market that are free from contaminants of all kinds. SW provides detailed testing certificates for their herbs, and even though some herbs are not available anywhere in tested forms, if Andy is carrying it, we feel confident in its origin and its safety.

NuHerbs

Founded in 1979 by Dr. Bing Yin Lee in Oakland, California, NuHerbs has become a major source for Chinese Herbs in the US. They carry a large line of certified organic herbs as well as lab-tested products. They produce phenomenal patent tea pills, and they reliably provide high-quality and potent herbs.

Mayway

Beginning as a local herb shop in San Francisco China Town in 1969, Mayway has been providing high-quality Chinese Herbs for decades. They are our main source for harder to find herbs, and we are consistently impressed with their attention to detail and their quality herbs.

Gaiwan Herbs

Gaiwan Herbs is the herb processing arm of Root & Branch. Increasingly some herbs, especially animal products, are difficult or impossible to find on the US Chinese Herb market. Consequently, one of Root & Branch's founders, Travis Kern, began sourcing herbs stateside to ensure our supply of these important medicinals.

Important Note:

Some of the herbs in our collection are only available in untested lots. We have chosen to keep those herbs in stock because we feel they are essential to comprehensive prescribing strategies. Other untested herbs that are less essential have been excluded from the collection. Whenever we choose to carry an untested herb, we only buy that herb from a company that has a strong record of importing safe and quality products. If you have any questions about a particular herb or about this process, please call us at (971) 288-5939 or email info@rootandbranchpdx.com

Individual Bulk Herbs

We are always working to expand our collection of herbs as our practitioners express interest in a particular herb, a forgotten herb returns to the market, or Travis K. is able to set up a new relationship with a local farmer to get our hands on hard-to-find herbs.

If you would like to use something that is not on this list, please call us at (971) 288-5939 or email us at info@rootandbranchpdx.com to see how we can help you get what you need.

Ai Ye	Chen Xiang*	Gan Jiang	Ji Nei Jin*	Niu Xi (Chuan)	Shi Chang Pu	Xing Ren
Ba Ji Tian	Chi Shao	Gao Liang Jiang	Ji Xue Teng	Niu Xi (Huai)	Shi Gao	Xu Duan
Bai Bian Dou	Chi Shao (Chao)	Ge Gen	Jiang Can*	Nu Zhen Zi	Shi Jue Ming	Xuan Fu Hua
Bai Bu	Chi Shi Zhi	Ge Hua	Jiang Huang	Pang Da Hai	Shi Jun Zi	Xuan Shen
Bai Dou Kou	Chi Xiao Dou	Gou Ji	Jie Geng	Pao Jiang	Shu Di Huang	Xue Jie
Bai He	Chuan Lian Zi	Gou Qi Zi	Jin Qian Cao	Pei Lan	Shui Niu Jiao	Ya Dan Zi
Bai Ji Li	Chuan Wu (Zhi)	Gou Teng	Jin Yin Hua	Pi Pa Ye	Shui Zhi*	Yan Hu Suo (Zhi)
Bai Jiang Cao	Chuan Xiong	Gu Sui Bu	Jin Ying Zi	Pu Gong Ying	Si Gua Luo	Ye Jiao Teng
Bai Jie Zi	Ci Shi (Duan)	Gua Lou Pi	Jing Jie	Pu Huang	Su Mu	Yi Mu Cao
Bai Lian	Da Fu Pi	Gua Lou Ren	Ju Hua	Pu Huang Tan	Suan Zao Ren	Yi Yi Ren
Bai Mao Gen	Da Huang	Gua Lou Shi	Jue Ming Zi	Qi Cao*	+Chao	Yi Zhi Ren
Bai Qian	Da Huang (jiu)	Guan Zhong	Ku Shen	Qian Hu	Tai Zi Shen	Yin Chen Hao
Bai Shao	Da Zao (Hong)	Gui Ban*	Kuan Dong Hua	Qian Niu Zi (Zhi)	Tan Xiang	Yin Yang Huo
+Chao	Dai Zhe Shi	Gui Ban Jiao	Lai Fu Zi	Qian Shi	Tao Ren	Yu Jin
Bai Tou Weng	Dan Dou Chi	Gui Zhi	Lian Qiao	Qiang Huo	Tian Hua Fen	Yu Xing Cao
Bai Wei	Dan Nan Xing	Hai Ge Ke	Lian Xu	Qin Jiao	Tian Ma	Yu Zhu
Bai Xian Pi	Dan Shen	Hai Jin Sha	Lian Zi (Bai)	Qing Dai	Tian Nan Xing	Yuan Zhi (Zhi)
Bai Zhi	Dan Zhu Ye	Han Lian Cao	Ling Zhi, Hong	Qing Hao	Tian Zhu Huang	Zao Jiao Ci
Bai Zhu	Dang Gui	He Huan Hua	Long Dan Cao	Qing Pi	Tong Cao	Ze Lan
+Chao	Dang Gui (Chao)	He Huan Pi	Long Gu	Qu Mai	Tu Bie Chong	Ze Xie
Bai Zi Ren	Dang Gui Wei	He Shou Wu	Long Yan Rou	Ren Dong Teng	Tu Fu Ling	Zhang Nao
Ban Lan Gen	Dang Shen	He Zi	Lu Gen	Ren Shen (Bai)	Tu Mu Xiang	Zhe Bei Mu
Ban Xia (Fa)	Deng Xin Cao	Hei Mu Er	Lu Jiao Jiao	Ren Shen (Hong)	Tu Si Zi	Zhen Zhu Mu
Ban Xia (Jiang)	Di Fu Zi	Hong Hua	Lu Lu Tong	Rou Cong Rong	Wang Bu Liu	Zhi Gan Cao
Ban Zhi Lian	Di Gu Pi	Hong Jing Tian	Lu Rong	Rou Gui	Xing	Zhi Ke (Chao)
Bei Sha Shen	Di Long	Hong Qu	Ma Huang*	Ru Xiang	Wei Ling Xian	Zhi Mu
Bi Xie	Di Yu	Hou Po	Mai Men Dong	San Leng	Wu Bei Zi	Zhi Shi, fu chao
Bian Xu	Ding Xiang	Hou Po Hua	Mai Ya	Sang Bai Pi	Wu Jia Shen	Zhi Zi
Bie Jia	Dong Gua Ren	Hu Po	Man Jing Zi	Sang Ji Sheng	Wu Ling Zhi*	Zhu Ling
Bing Lang	Du Huo	Hu Zhang	Mang Xiao	Sang Shen	Wu Mei	Zhu Ru
Bing Pian	Du Zhong	Hua Jiao	Mao Dong Qing	Sang Ye	Wu Wei Zi	Zi Hua Di Ding
Bo He	E Zhu	Hua Shi	Mei Gui Hua	Sang Zhi	Wu Yao	Zi Jing Pi
Bu Gu Zhi	Fang Feng	Huai Hua Mi	Meng Chong*	Sha Ren	Wu Zhu Yu	Zi Ran Tong
Cang Er Zi	Fang Ji (Han)	Huang Bai	Meng Shi	Sha Yuan Zi	Xi Xin	Zi Shi Ying
Cang Zhu	Fo Shou	Huang Jing	Mo Yao	Shan Yao	Xi Yang Shen	Zi Su Geng
Cao Guo	Fu Hai Shi	Huang Lian	Mu Dan Pi	Shan Zha	Xia Ku Cao	Zi Su Ye
Cao Wu (Zhi)	Fu Ling	+Chao	Mu Gua	Shan Zhu Yu	Xian He Cao	Zi Su Zi
Ce Bai Ye	Fu Pen Zi	Huang Qi	Mu Hu Die	She Chuang Zi	Xian Mao	Zi Wan
Chai Hu	Fu Rong Ye	+Mi Zhi	Mu Li (Shu)	She Gan	Xiang Fu (Zhi)	
Chan Tui	Fu Shen	Huang Qin	Mu Tong	Shen Qu	Xiao Hui Xiang	
Che Qian Cao	Fu Xiao Mai	+Chao	Mu Xiang	Sheng Di Huang	Xiao Mai	
Che Qian Zi	Fu Zi (zhi)	Huo Ma Ren	Nan Sha Shen	Sheng Jiang	Xie Bai	
Chen Pi	Gan Cao	Huo Xiang (Guang)	Niu Bang Zi	Sheng Ma	Xin Yi Hua	

Decoction Service (Updated)

Patient compliance is often a challenge when prescribing herbal medicine. Cooking herbs into medicinal tea can be time-consuming for people and confusing for patients to navigate on their own. Even patients with the time and intention find themselves forgetting to prepare herbs or using methods that don't yield the most potent solution. Using filtered and mineralized water, Root & Branch will cook your patient's herbs for them to make sure they get the most potent brew to help resolve their ailments.

Important Things to Know about Decoction Service

- 1.) Decoction is only available for local pickup at the pharmacy in Portland. Shipping is not currently possible.
- 2.) R&B cooks 1 day's herbs (usually also one bag) into 16oz of finished decoction. Dosing therefore is usually 8oz per dose, 2 times per day. Exact volume will vary slightly depending on the herbs in a formula and the number of days being cooked. IF YOU NEED EXACT VOLUMES FOR YOUR PATIENTS, you may want your patients to cook their herbs at home.
- 3.) In order to guarantee that decoctions are fresh and safe to consume, R&B CANNOT decoct more than 7 days worth of herbs at a time (i.e. no more 112oz of finished decoction at a time).
- 4.) From the time payment is received for herbs, it usually takes 2.5 hours for the herbs to be cooked, cooled, and packaged. Please advise your patients accordingly. They will receive a text notification when their herbs are ready for pick-up.
- 5.) Decoction service costs \$5.00 to cover the cost of the specialized packing materials.

We use electric pressure cookers to decoct herbs. We have experimented extensively with cook times, temperatures, and water levels to create a process that produces potent extractions. We are able to maintain the volatile components of short boil herbs by using a more traditional "add at the end" method. Please specify "add at the end" when building your formula if that is your preference. Because of the prolonged cooking time overall, any "Pre-Boil" herbs will be cooked together with regular cook herbs. In order to streamline cooking and guarantee a consistent product, this cooking process does not allow for substitutions or exceptions. If you have a specific cooking method you want employed, please instruct your patients to cook at home. All of our decoctions leave the shop in food-grade, mylar/foil pouches designed to hold hot coffee. They are heat and acid resistant and do not contain harmful additives like BPA. Those pouches are set into a convenient cardboard pouring box for easy handling and storage. All decoction should be refrigerated and is best used by 10 days after packing.

If you have questions about decoction service or about our cooking process, give us a call at (971) 288-5939.



PáoZhì: Power of Specificity

Root & Branch offers *páozhì* 炮炙 cooking preparations for all of the herbs we carry in bulk. Ever wanted to customize your formula with wine-fried Wu Zhu Yu? Or maybe you want to make Xiao Yao San with the classical Wei Jiang but don't know how to get it or make it? We can and we do. Our HerbaScript™ online ordering system gives you the ability to tell us which herbs you want prepared using which method, and we will make your formula to those specifications.

Dry-Frying (chǎo) 炒

Dry heat evaporates many of the volatile oils in herbs like Bai Zhu, Dang Gui, Huang Qin, or Huang Lian. This process reduces the effect these herbs have on loosening stool or facilitating peristalsis.

Bran Fry

Increases the spleen-awakening, stomach-strengthening actions of herbs.

Salt Fry

Directs the action of herbs downward and toward the kidneys. Can also boost the ability to dissolve nodules.

Frying with Liquids (zhì) 炙

Honey Fry

Increases an herb's tonifying and moistening qualities

Wine Fry

Improves an herb's ability to clear blockages from the channels, expel wind, and relieve pain

Vinegar Fry

Enhances an herb's analgesic, astringent, blood-moving and detoxifying functions.

While building your formula in the HerbaScript™ online system, choose “Pao Zhi” Add-on service and specify which herbs you would like prepared for your formula and which method for each. For your convenience, some of the common dry-fried herbs are listed as catalog items to make it quicker for you to write your formula, and do not require you to select the add-on service

If there is a preparation you would like to use but don't see here, give us a call at (971) 288-5939.

We want you to have what you need and can help you strategize how best to get it.



Herb Sources: Granules

Granules available on the market today are not all created equal. Before deciding which companies to use, Root & Branch's founders looked into the quality standards of several contenders, selected the top four and then hosted a blind taste test of the same single bulk herbs and their granule equivalents to determine which companies had herbs that met our nature and flavor standards. Evergreen and Legendary were the clear winners with each of their products tasting vibrant and true to the herb they represented. We are proud to work with these companies to get you the best possible granules on the market.

Granule Herb Vendors

Evergreen Herbs

Created by Dr. John Chen and his family, Evergreen is a phenomenal manufacturer and distributor of granule herbs and formulas. They have rigorous tracking of their herbs from seed to useable part, and all of their products must pass more than 15 comprehensive tests for heavy metals, pesticides, microorganisms, and other contaminants. Their dedication to providing practitioners with granules of the highest quality cannot be overstated.

Additionally, Evergreen has one of the largest collections of herbal formulas made into granules, giving practitioners access to the alchemy of whole formula creation with the convenience of granule administration. For more information about their processes, visit their website at www.evherbs.com/evshop/quality

Legendary Herbs

Legendary Herbs is a small family business founded on a love of great herbs and great relationships. Its founder, Eric Brand PhD, is a passionate expert in the field of Chinese herbal pharmacy. Eric's love for academic topics like herbal quality discernment and cultural variations in granule use have led him throughout Asia's herbal markets, hospitals and granule factories. Legendary Herbs is an organic extension of that passion for herbal quality.

Legendary Herbs aims to provide practitioners with the best products and prices in the industry, while being driven by authenticity and quality. The company was founded on a genuine desire to get superior products into the hands of Western practitioners, and we at Root & Branch rely on Eric and Legendary Herbs to supply the bulk of the herbs in our granule collection.

Important Note:

As a general rule, granules are a rough 5:1 concentration of the herbs or formulas in bulk. That is, 1 gram of Dang Gui granule is approximately the same as 5 grams of the raw plant material. In reality, the exact concentrations vary from herb to herb because of numerous factors related to their manufacture. Trying to create a granule formula that is an exact concentration of a bulk formula you have already used is very difficult, so there are other metrics you can use or strategies you can apply:

- 1.) When designing a granule formula, the standard adult dose in the US is between 12 and 18 grams of granules per day. This standard can help you determine the dose of any single herb as a proportion of the whole daily dose.
- 2.) Write custom prescriptions using whole formula granules that have been cooked together while considering the complete formula's collective mechanism of action as opposed to the individual ingredients in the formula.

For More Information about Granule Dosing, visit our website or give us a call at (971) 288-5939 or email info@rootandbranchpdx.com

Granule Formulas

As lovers of the alchemy of herbs being cooked together, we offer a large variety of granules made from a whole formula. Think of the mechanisms of a formula like you think of single herbs, and you can combine formulas together to make really profound impacts.

Example: 60% Fang Ji Huang Qi Tang, 20% Zhu Ling Tang, 20% Xiao Yao San for fluid retention in the lower body with reduced urine flow and emotional constraint

If you would like to use something that is not on this list, please call us at (971) 288-5939 or email us at info@rootandbranchpdx.com to see how we can help you get what you need.

Astringent Complex**	Gui Zhi Fu Ling Wan	Tao He Cheng Qi Tang
Ba Zheng San	Gui Zhi Tang	Tian Ma Gou Teng Yin
Ba Zheng San (w/o Da Huang)	Huang Lian Jie Du Tang	Tian Wang Bu Xin Dan
Bai Hu Tang	Huang Lian Shang Qing Wan	Tong Qiao Huo Xue Tang
Ban Xia Bai Zhu Tian Ma Tang	Huang Qi Jian Zhong Tang	Wen Dan Tang
Ban Xia Hou Po Tang	Huo Xiang Zheng Qi Tang	Wen Jing Tang
Ban Xia Xie Xin Tang	Li Zhong Tang	Wu Ling San
Bao He Wan	Ling Gui Zhu Gan Tang	Wu Mei Wan
Bei Mu Gua Lou San	Liu Wei Di Huang Wan	Wu Zhu Yu Tang
Bu Fei Tang	Long Dan Xie Gan Tang	Xiao Chai Hu Tang
Bu Yang Huan Wu Tang	Ma Zi Ren Wan	Xiao Feng San
Bu Zhong Yi Qi Tang	Mai Men Dong Tang	Xiao Qing Long Tang
Cang Er Zi San	Neck and Shoulder (Acute)**	Xiao Yao San
Chai Ge Jie Ji Tang*	Neck and Shoulder (Chronic)**	Xiao Yao San, Jia Wei
Chai Hu Gui Zhi Tang	Ping Wei San	Xue Fu Zhu Yu Tang
Chai Hu Jia Long Gu Mu Li Tang	Pu Ji Xiao Du Yin	Yi Gan San
Chai Hu Jia Long Gu Mu Li Tang (w/o Da Huang)	Qiang Huo Sheng Shi Tang	Yin Chen Hao Tang
Chai Hu Shu Gan San	Qing Fei Tang	Yin Qiao San
Chuan Xiong Cha Tiao San	Qing Qi Hua Tan Wan	You Gui Wan
Circulation (SJ)**	Ren Shen Yang Ying Tang	Yu Ping Feng San
Da Bu Yin Wan	Resolve Lower**	Yue Ju Wan
Da Chai Hu Tang	Sang Piao Xiao San	Zhe Chong Yin
Da Huang Mu Dan Tang	Sha Shen Mai Dong Tang	Zhen Ren Huo Ming Yin
Dang Gui Shao Yao San	Shao Fu Zhu Yu Tang	Zhen Wu Tang
Du Huo Ji Sheng Tang	Shao Yao Gan Cao Tang	Zhi Bai Di Huang Wan
Er Chen Tang	Shen Ling Bai Zhu San	Zhi Gan Cao Tang
Er Xian Tang	Shen Qi Wan, Jin Gui	Zhi Sou San
Fang Ji Huang Qi Tang	Shen Tong Zhu Yu Tang	Zhu Ling Tang
Flex (SPR)**	Sheng Mai San	Zuo Gui Wan
Gan Mai Da Zao Tang	Shi Quan Da Bu Tang	
Ge Gen Tang (No Ma Huang)	Si Jun Zi Tang	
Ge Xia Zhu Yu Tang	Si Ni San	
Gua Lou Xie Bai Ban Xia Tang	Si Ni Tang	
Gui Pi Tang	Si Wu Tang	
	Suan Zao Ren Tang	

Granule Singles

We are always working to expand our collection of herbs as our practitioners express interest in a particular herb or formula. Some items, especially animal products like E Jiao or Shui Zhi, can be difficult to find, but we are dedicated to continually expanding this list every season.

If you would like to use something that is not on this list, please call us at (971) 288-5939 or email us at info@rootandbranchpdx.com to see how we can help you get what you need.

Root & Branch has DISCONTINUED encapsulation services

Ai Ye	Ci Shi	Gui Ban (Cu Zhi)	Lu Lu Tong	Sang Bai Pi	Xi Yang Shen
Ba Ji Tian	Da Fu Pi	Gui Zhi	Luo Shi Teng	Sang Ji Sheng	Xia Ku Cao
Bai Bian Dou	Da Huang	Hai Jin Sha	Ma Bian Cao	Sang Piao Xiao	Xian He Cao
Bai Bu	Da Huang (Zhi)	Hai Piao Xiao	Ma Huang*	Sang Shen (Zi)	Xian Mao
Bai Dou Kou	Da Zao (Hong)	Hai Zao	Ma Huang Gen*	Sang Ye	Xiang Fu
Bai He	Dai Zhe Shi	He Huan Hua	Mai Men Dong	Sang Zhi	Xiao Hui Xiang
Bai Hua She She Cao	Dan Dou Chi	He Huan Pi	Mai Ya	Sha Ren	Xiao Mai
Bai Ji	Dan Nan Xing	He Shou Wu (Zhi)	Man Jing Zi	Shan Yao	Xie Bai
Bai (Ci) Ji Li	Dan Shen	He Zi	Mang Xiao	Shan Zha	Xin Yi Hua
Bai Jiang Cao	Dan Zhu Ye	Hei Zhi Ma	Mao Dong Qing	Shan Zhu Yu	Xing Ren
Bai Jie Zi (chao)	Dang Gui	Hong Hua	Mei Gui Hua	She Chuang Zi	Xu Duan
Bai Qian	Dang Gui (Jiu Zhi)	Hong Jing Tian	Mo Yao	She Gan	Xuan Fu Hua
Bai Shao Yao	Dang Gui Wei	Hou Po	Mo Han Lian	Shen Jin Cao	Xuan Shen
Bai Shao Yao (chao)	Dang Shen	Hu Po	Mu Dan Pi	Shen Qu	Xue Jie (1:1)
Bai Tou Weng	Deng Xin Cao	Hu Zhang	Mu Gua	Sheng Di Huang	Yan Hu Suo (Zhi)
Bai Wei	Di Fu Zi	Hua Jiao	Mu Li	Sheng Jiang	Ye Jiao Teng
Bai Xian Pi	Di Gu Pi	Hua Shi	Mu Tong (Chuan)	Sheng Ma	Yi Mu Cao
Bai Zhi	Di Long	Huai Hua (mi)	Mu Xiang (Chuan)	Shi Chang Pu	Yi Tang (1:1)
Bai Zhu	Di Yu	Huang Bai	Nan Sha Shen	Shi Gao	Yi Zhi Ren
Bai Zhu (Chao)	Dong Chong Xia Cao	Huang Jing	Niu Bang Zi	Shi Jue Ming	Yi Yi Ren
Bai Zi Ren	Dong Gua Ren (Zi)	Huang Lian	Niu Xi (Chuan)	Shi Liu Pi	Yin Chen (Hao)
Ban Lan Gen	Du Huo	Huang Qi	Niu Xi (Huai)	Shi Wei	Yin Yang Huo
Ban Xia (Jiang)	Du Zhong	Huang Qi (Mi Zhi)	Nu Zhen Zi	Shu Di Huang	Yu Jin
Ban Xia (Fa)	E Jiao* (1:1)	Huang Qin	Pao Jiang	Shui Niu Jiao	Yu Li Ren
Ban Zhi Lian	E Zhu	Huo Ma Ren	Pi Pa Ye	Shui Zhi*	Yu Xing Cao
Bei Sha Shen	Fang Feng	Huo Xiang (Guang)	Pei Lan	Si Gua Luo	Yu Zhu
Bi Xie	Fang Ji (Han)	Ji Nie Jin	Pu Gong Ying	Suan Zao Ren (chao)	Yuan Zhi
Bian Xu	Fo Shou	Ji Xue Teng	Pu Huang	Tai Zi Shen	Zao Jiao Ci
Bie Jia	Fu Ling	Jiang Can	Qian Cao (Gen)	Tao Ren	Ze Lan
Bing Lang	Fu Pen Zi	Jiang Huang	Qian Hu	Tian Hua Fen	Ze Xie
Bo He	Fu Shen	Jie Geng	Qian Nian Jian	Tian Ma	Zhe Bei Mu
Bu Gu Zhi	Fu Xiao Mai	Jin Qian Cao	Qian Niu Zi (Chao)	Tian Men Dong	Zhen Zhu Mu
Cang Er Zi	Fu Zi (zhi)	Jin Yin Hua	Qian Shi	Tian Nan Xing	Zhi Gan Cao
Cang Zhu	Fu Zi [Classical Pearls]	Jing Jie	Qiang Huo	Ting Ling Zi	Zhi Ke
Cao Guo	Gan Cao	Jing Ying Zi	Qin Jiao	Tu Bie Chong	Zhi Mu
Cao Wu (Zhi)	Gan Jiang	Ju Hua	Qing Dai	Tu Fu Ling	Zhi Shi
Ce Bai Ye	Gao Liang Jiang	Jue Ming Zi	Qing Hao	Tu Si Zi	Zhi Zi
Chai Hu	Ge Gen	Ku Shen	Qing Pi	Wang Bu Liu Xing	Zhu Ling
Chan Tui	Ge Jie*	Kuan Dong Hua	Qu Mai	Wei Ling Xian	Zhu Ru
Che Qian Cao	Ge Qiao (Hai Ge Ke)	Kun Bu	Quan Xie	Wu Bei Zi	Zi Cao
Che Qian Zi	Geng Mi (Jing Mi)	Lai Fu Zi	Ren Dong Teng	Wu Gong	Zi Su Geng
Chen Pi	Gou Ji	Lian Qiao	Ren Shen, Bai	Wu Jia Shen	Zi Su Ye
Chen Xiang	Gou Qi Zi	Lian Zi (Bai)	Rou Cong Rong	Wu Ling Zhi	Zi Su Zi
Chi Shao Yao	Gou Teng	Ling Zhi	Rou Dou Kou	Wu Mei	Zi Wan
Chi Xiao Dou	Gu Sui Bu	Long Dan Cao	Rou Gui	Wu Wei Zi	
Chuan Lian Zi	Gua Lou Pi	Long Gu	Ru Xiang	Wu Yao	
Chuan Wu (Zhi)	Gua Lou Ren (Zi)	Long Yan Rou	San Leng	Wu Zhu Yu	
Chuan Xiong	Gua Lou Shi	Lu Gen	San Qi (1:1)	Xi Xin*	

Red Color Indicates added with this update | *Asterisk indicates hard-to-stock herb

Classical Handmade Wans

While many practitioners use formulas with the word Wan in the name as decoctions, we wanted to offer those classic formulas in their true, intended form. We use the same liang ratios from the classic texts to build our recipes and then use modern Chinese medicine pharmacy techniques to produce a product of superior quality, potency, and stability. We are mashing, steaming, grinding, and peeling to produce an authentic product that is accessible to modern audiences. Decoction is an essential step in correcting disordered patterns but sometimes patients need a more gentle approach or at least one that is easier to stomach for long-term administration. This intersection of style and convenience is where the hand-made wans are most effective.

Currently Available Formulas	
Bao He Wan	Si Shen Wan
Da Bu Yin Wan	Si Xiao Wan
Da Huang Zhe Chong Wan	(Jing Gui) Shen Qi wan
Li Zhong Wan	Tian Huang Bu Xin Dan
Fu Zi Li Zhong Wan	Wu Mei Wan
Gui Zhi Fu Ling Wan	Yue Ju Wan

Understanding dosage for Root & Branch Wans

Bao He Wan Example

Root & Branch
Ancient Remedies for a Modern World

Handmade Herbal Pills

Bǎo Hé Wán
Preserve Harmony Pill

A classical formula designed to help move stagnant food through the body, this combination of herbs is a perfect follow-up to a particularly large or decadent meal, or just to help support your digestive system after foods that might otherwise irritate it*.

*"Nature does not hurry, but completes everything on time"
-Lao Zi, Dao De Jing, Verse 73*

90g (3.2oz) approx. 90 pills

Ingredient Ratios

Shan Zha 6 Parts
Ban Xia (Jiang) 3 Parts
Fu Ling 3 Parts
Shen Qu 2 Parts
Lai Fu Zi 1 Part
Lian Qiao 1 Part
Chen Pi 1 Part
Honey to form pills (about 40% of total)*

Total Grams Per Bottle: 90g
Total Pills, 90 *approx.*
Weight per pill 1g *approx.*

Standard Dose is 6-12 Pills (6g— 12g)
Each Dose contains *approx.* 3.6g— 7.2g of herb

* The amount of honey in each type of honey pill wan varies depending on the constituent herbs where some herbs that are naturally more viscous will require less honey to form the final pill. Thus the percentage of the total is an important value in calculating the amount of crude herb in each dose. Wans that are bound with water or naturally sticky herbs do not have the same percentage of the weight as a factor. Info about specific formulas can be found in the HerbScript™ system [under the products section.](#)

True Sans

Root & Branch is set up to grind any set of herbs into powders at the practitioner's request, but we decided to start stocking a growing number of classical formulas that are produced in small batches of ground herbs that can be taken in the draft style. These premade formulas are easy to prescribe and are easy for the patient to store and to take for a specific condition or even as needed from a well-stocked Chinese-styled medicine cabinet. We have even created a draft-style herb cooking infographic that goes out with each san prescription so that patients can have a guide for cooking these vital herbs at home.

To build a san prescription: Navigate to the Bulk (Raw) formula builder screen, put in patient's name, select 1 bag as your quantity, name the formula, and then type in the name of the san you want in the pinyin herb name dropdown menu. Put in the total number of grams and you are ready to go. **Don't forget to tell us how many grams per dose and how many doses per day in your instructions.**

Currently Available Premade Formulas

Bei Mu Gua Lou San
Fu Zi Yi Yi Bai Jiang San
Jin Huang San
Ping Wei San

Wu Ling San
Yu Ping Feng San
Xiao Yao San

Understanding San Creation at Root & Branch

Ingredient Ratios

Chai Hu 1 Part
Chao Dang Gui 1 Part
Bai Shao Yao 1 Part
Chao Bai Zhu 1 Part
Fu Ling 1 Part
Zhi Gan Cao 0.5 Part
Bo He 0.125 part

Sold by the gram

Standard Dose is 6-9g, 2-3x per day
Cooked as draft with 3 slices of sheng or wei jiang*

Xiao Yao San



* The traditional formula grinds all the herbs together except for the ginger and mint and relies on the patient to cook their powder with baked ginger (wei jiang) and mint (bo he). We have opted to simplify the process for the patient by including the mint in this formulation using the same liang ratio as described for at home cooking but left the ginger as a separate item to add in at cooking so that the san would have a longer shelf-life.

Patent Herbs and Products

Sometimes a patient just needs a bottle of something to solve an acute problem or to serve as an easy form of administration for ongoing herbal treatment. Some conditions are well-treated by pills and powders while physical traumas and injuries are especially well-served by topical applications of liniments and plasters. We work with a small group of high-quality manufacturers and stock some commonly used patent products. If you're looking for patents from any of the companies below, reach out to us, and we can let you know what we have on hand and what we can order for you. If there is something that you use and would like to see in our inventory, just let us know by emailing info@rootandbranchpdx.com

Herbal Times

As the patent herb arm of Nuherbs bulk herb company, Herbal Times is well-situated to make teapills from some of the best Chinese Herbs on the market. These small, round pills are often taken in larger quantities because each individual teapill is relatively low-dose but especially allows practitioners to tailor the formula's concentration for any patient's constitution.

Institute for Traditional Medicine

A Portland based Chinese Medicine company, ITM is a true innovator in the field of patent-pill herbal medicine. They have all the classics like Xiao Yao Wan but also have creative modifications and special formulations of herbs that are potent and specific to a variety of complex conditions. We can't get enough of their San Qi 17 for trauma or use-based pain conditions.

Other Products

Yunnan Bai Yao Powder & Capsules
E-Mei Shan Pain Plasters
Zheng Gu Shui Liniment
Yin Care Topical Liquid
Shiunko Moxa Ointment

Smokeless Moxa Poles
Smokey Moxa Poles
Golden Lotus Throat Lozenges
Ma Ying Long Hemorrhoid Ointment

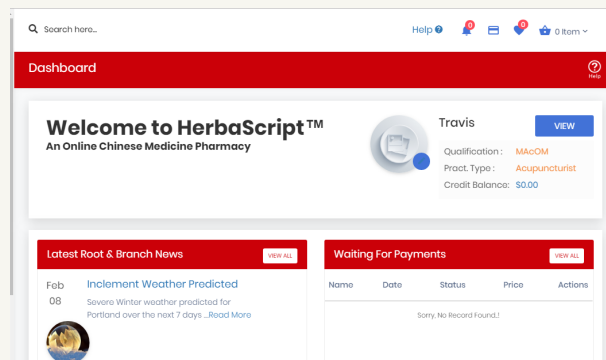
For more information about these products, check out the descriptions for each item from the products tab in the practitioner portal.

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