



History
Science
Health

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Golden Flower

The Golden Flower is an herbal tea consisting of six popular herbs that are commonly used for flu prevention in TCM.

Honeysuckle's PinYin name is JinYinhua which means Gold and Silver flower in Chinese. Honeysuckle is the most important herb used in flu prevention in Chinese history. It expels Evil Qi and clears Heat with the property of inhibiting the proliferation of various pathogenic microorganisms including bacteria, fungus, and different types of viruses such as the cold or flu. Comparing to most Heat clearing herbs which are too cold and cause upset stomach, Honeysuckle is the gentlest Heat clearing herb for the stomach. With a distinct fragrant



aroma and pleasantly sweet taste, it has been widely used as a tea for the purpose of flu preventions for over thousands of years in China. Research has shown that Honeysuckle contains pharmacologically active ingredients such as chlorogenic acid and luteolin which strongly inhibit various pathogenic bacteria such as hemolytic streptococcus and staphylococcus aureus and pathogenic viruses of the upper respiratory tract.

Weeping Forsythia Capsule (Lianqiao) is another popular herb that is usually used in combination with Honeysuckle in flu prevention recipes. Honeysuckle clears Heat in the blood while Weeping Forsythia Capsule clears Heat in the lungs. It has a bitter taste with a slight fragrant aroma. Research has shown that the ingredient Forsythiaside A in Weeping Forsythia Capsule has antibacterial, antiviral, anti-oxidant, and antipyretic effects.¹



Ginger is also commonly used as a flu prevention herb in Chinese history. It warms up the stomach and expels Cold Evil Qi to ease symptoms of nauseous and loose stools. Tangerine Peel (Chenpi) is another stomach warming herb that helps relieve cold stomach symptoms. The combined use of Ginger and Tangerine Peel helps compensate for the coldness of Weeping Forsythia Capsule.



Milkvetch Root (Huangqi) enhances Qi and promotes healthy white blood cell production to strengthen immunity. It can also significantly improve the phagocytic function of macrophage and white blood cells. Milkvetch Root is widely used in combination with Heat clearing herbs in flu prevention formulas. It was used not only as a medicine but also as a popular tea in China due to its unique sweet taste.

Cassia Twig nurtures Heart Yang and enhances blood circulation to expel Cold Evil. In vitro, the Cassia Twig has antibacterial effects on pathogens such as Salmonella typhi and Staphylococcus and strongly inhibits the flu viruses. The ingredient cinnamic aldehyde in Cassia Twig has the vasodilating effects and increases blood flow to the skin. It helps open up the Meridian to expel internal Heat and toxins through sweating. It is a commonly used herb in common cold and flu treatment prescriptions.

Precautions: For patients with cold stomach conditions, additional use of ginger tea may be required to avoid an upset stomach. If the patient develops cold stomach symptoms such as nausea, bloating, and loose stools, please take ginger tea to warm up the stomach.

Suggested Use: Take 1 teaspoon and make a tea with a cup of hot water. After mixing with 2 to 3 cups of hot water, discard the herb. Take 2 times a day. For patients with excessive heat or heavier weight, it is recommended to take 3 times a day.

Ingredients: Flos Lonicerae, Fructus Forsythiae, Pericarpium Citri Reticulatae, Radix Astragali, Ramulus Cinnamomi, Rhizoma Zingiberis

Reference:

1. https://www.chemicalbook.com/ChemicalProductProperty_CN_CB0699291.htm