

# Virility Tabs™

Dr. Fung's Cistanche salsa Herbal Supplement

## ***Therapeutic Actions***

1. Promotes male fertility
2. Useful for impotence, poor sperm count, and poor sperm motility
3. Can also be used for yang deficiency individuals as a tonic

## ***Chinese Therapeutic Effects***

Warms kidney yang

Relaxes the shen

Tonifies the Qi and blood

## **Administration**

**Internal:** 2 to 3 tablets TID, between meals

90 tablets, 750mg, 15 day supply

**Contraindications:** Individuals with yin deficiency heat pattern should not take this formula (see Clinical Notes).

**Notice:** People with seafood allergy should notify their health professional before using this product.

## **Ingredients**

|  |   |   |                                  |
|--|---|---|----------------------------------|
| Kirin Ginseng root<br><i>ji lin shen</i>     | Astragalus root<br><i>huang qi</i>            | Psoralea fruit<br><i>bu gu zhi</i>                | Cardamon fruit<br><i>sha ren</i> |
| Epimedium<br><i>yin yang hua</i>             | Deer antler sediment<br><i>lu jiao shuang</i> | Eucommia bark<br><i>du zhong</i>                  | Gelatinum<br><i>e jiao</i>       |
| Cistanche salsa herb<br><i>rou cong rong</i> | Dipsacus root<br><i>xu duan</i>               | Cynamorium plant<br><i>suo yang</i>               | Cinnamon bark<br><i>rou gui</i>  |
| Morinda root<br><i>ba ji tian</i>            | Tang Kuei root<br><i>dang gui</i>             | Rehmannia (cooked)<br>root<br><i>shu di huang</i> |                                  |

## Formula Rationale

This is an empirical formula based on Dr. Fung's 60 years of clinical experience.

Some of the conditions that contribute to infertility in men are decreased libido, lack of energy, difficulty in achieving or maintaining an erection, premature ejaculation, and low sperm count, poor sperm motility, among others. In Chinese medicine, the primary organ responsible for maintaining reproduction capabilities is the kidney; it also stores essence, which is the basis for sperm production. Common syndrome patterns that can give rise to infertility include insufficient kidney yang, kidney yin deficiency of Qi and blood, and constrained liver qi which causes blood stasis.

In this formula, the chief herb is kirin ginseng (*ji lin shen*) which strongly tonifies the basal qi and strengthens the spleen and tonifies the stomach. Cistanche salsa (*rou cong rong*) addresses impotence, spermatorrhea, and cold pain of the back. Morinda (*ba ji tian*) along with psoralea (*bu gu zhi*) tonify the kidney and Qi. Deer antler sediment (*lu jiao shuang*) and cynamorium (*suo yang*) tonify the kidney, with the latter aiding the smooth flow of Qi and blood. Herbs that tonify the blood are rehmannia (*shu di huang*), tang kwei (*dang gui*), and gelatinum (*e jiao*). Cinnamon bark (*rou gui*) warms the kidney and fortifies the yang. Cardamon (*sha ren*) promotes the movement of Qi and strengthens the stomach; in addition, it is added to this formula, which is tonifying in order to prevent the herbs from causing stagnation.

## Clinical Notes

1. This formula is rather warming in nature and should not be taken by individuals with yin deficiency heat syndrome, the primary symptoms of which include intermittent sensations of heat, spontaneous sweating, dry mouth and throat, a red tongue with little coating, and a thin and rapid pulse
2. Sensitive individuals, i.e., those who are especially reactive to herbal therapy, may need to start on or use a reduced dosage of 1 tablet, TID

## Additional Formula

- **Astra Essence** is an alternate formula, which is not warming
- Combine with **Quiet Digestion** for weak digestion