

Astra C™

Jade Screen Herbal Supplement

Yu Ping Feng San

Therapeutic Actions

1. Helps prevent colds and flu
2. Treats chronic rhinitis and allergic rhinitis
3. Use as supplement to other burn therapies
4. May be used for spontaneous sweating

Chinese Therapeutic Effects

Strengthens wei qi

Relieves the surface

Administration

Internal: 2 tablets BID-QID as preventative

Take between meals

90 tablets, 660mg, 22 day supply

Ingredients

Astragalus root
huang qi

Siler root
fang feng

Acerola
Ascorbic acid
Vitamin C
(250mg)

Zinc Citrate (10mg)

White Atractylodes
rhizome
bai zhu

Rose Hips fruit

Formula Rationale

Astra C combines Eastern and Western therapies to prevent the common cold. Vitamin C and zinc citrate have been added to the traditional formula, Jade Screen Powder, used to enhance the body's protective power, or *wei qi*. Vitamin C has been used for two decades as a supplement to prevent viral infections. Zinc in citrate form is an easily absorbable form.

Astragalus (*huang qi*) tonifies Qi, stops perspiration, and spontaneous sweating. White Atractylodes (*bai zhu*) tonifies Qi, dispels dampness, stops sweating, and strengthens resistance. Siler (*fang feng*) dispels wind, cold, and dampness.

Clinical Notes

1. For allergic rhinitis use **Xanthium Relieve Surface** (2 to 3 tablets) plus Astra C (1 to 2 tablets). Results are usually seen in a few days
2. Astra C is an excellent formula to protect the body against illness (wind invasion) and should be considered long-term for those who have frequent colds or flu, chronic bronchitis, asthma, and allergic rhinitis
3. This formula is used in China as an internal formula to treat 1st to 3rd degree burns. The herbs relieve the surface, regenerate damaged skin, and protect against infection. Astra C is particularly soothing in cases of sunburn
4. Clinical research in China has shown this to be effective in preventing recurring respiratory infections in children. The formula raises the mean value of serum IGA, the main antibody protecting the mucous membrane of the lungs

Alternative Formulas

- Use with **Astra 8** or **Astra Isatis** for immune system enhancement
- Use **Nasal Tabs 2**, with blocked sinus or rhinitis with colored phlegm
- Combine with **Isatis Gold** to treat colds and flu, if the patient is weak