

OsteoHerbal™

Dr. Fung's Lu Jin Herbal Supplement

Therapeutic Actions

1. Osteoporosis prevention and treatment
2. Taken for fractured bones or to prevent, particularly for the elderly who suffer from osteoporosis
3. Weakness of back, limbs and gums

Chinese Therapeutic Effects

Strengthens the bones

Tonifies the qi of organs

Invigorates the blood

Tonifies yang

Administration

Internal: 3 tablets TID, between meals

May be taken long-term

90 tablets, 750mg, 10 day supply

Contraindications: Spleen deficiency (see Additional Formulas). Also this is a warming formula. It should not be used for excess or deficient heat (see Clinical Notes).

Ingredients

| | | | |
|---|--|---------------------------------------|-----------------------------------|
| Deer antler (corni cervi) <i>lu jiao</i> | Tortoise shell (from <i>Chinemys reevesii</i>) <i>gui ban</i> | Ligusticum root <i>chuan xiong</i> | Tang Kuei root <i>dang gui</i> |
| Gui Jiao <i>gui jiao</i> | Spatholobus stem <i>ji xue teng</i> | Red Peony root <i>chi shao</i> | Licorice root <i>gan cao</i> |
| Cistanche salsa herb <i>rou cong rong</i> | Ardisia gigantifolia root <i>zou ma tai</i> | Chaenomelis fruit <i>mu gua</i> | |
| Rehmannia (cooked) root <i>shu di huang</i> | Cinnamon twig <i>gui zhi</i> | Evodia fruit <i>wu zhu yu</i> | |
| | | Codonopsis root <i>dang shen</i> | |

Formula Rationale

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

According to Chinese medicine, aging results in the diminution of the fundamental substances, particularly essence and yang qi. Since the kidney rules the bones, insufficient essence leads to weakened bones, thus many elderly individuals are susceptible to bone fractures under circumstances that would not affect younger persons. This corresponds with the biomedical condition of osteoporosis.

In this formula, the chief materia medica *lu jiao*, strengthens the sinews and bones, as does *gui ban*. The latter two ingredients also nourish the yin and blood. To restore the kidney's production of essence, cistanche salsa (*rou cong rong*) is added to the formula.

Blood must also be tonified and nourished in order to maintain production of essence; this is accomplished through the herbs tang kuei (*dang gui*) and rehmannia (*shu di huang*). Ligusticum (*chuan xiong*), spatholobus (*ji xue teng*), and ardisia (*zou ma tai*) invigorate the blood; the latter also strengthens the sinews and bones. Due to insufficient fundamental substances, the elderly are also prone to patterns of cold and stasis. Thus, in this formula, ardisia (*zou ma tai*), cinnamon twig (*gui zhi*), chaenomelis (*mu gua*), and evodia (*wu zhu yu*) are added to dispel cold and stasis. Codonopsis (*dang shen*) and licorice (*gan cao*) tonify the yang; the latter herb also harmonizes the herbs in the formula.

Clinical Notes

1. Do not use when excess heat, deficiency heat, or damp-heat signs are present such as thirst, red tongue, rapid pulse, dark, scanty, or painful urination, insomnia, red eyes, hard-stool constipation, or blood-heat bleeding
2. Works particularly well in conjunction with calcium supplementation and weight bearing exercise

Additional Formulas

- For individuals with dampness or spleen deficiency, combine with **Quiet Digestion** and/or take Quiet Digestion before beginning OsteoHerbal
- Combine OsteoHerbal with **Resinall K** or **Resinall E** for broken bones follow up with OsteoHerbal or **Backbone**
- Consider Backbone for lumbar pain