

# Xanthium Relieve Surface™

Bi Yan Pian Herbal Supplement

## ***Therapeutic Actions***

1. Treats allergic reactions—allergic rhinitis, sinus congestion (stuffy nose), sinus headaches, chronic aching muscles
2. Treats various itching skin rashes—dermatitis, hives, poison oak, psoriasis, eczema, etc.
3. Treats stuffy or runny nose associated with common colds or flu with wind-heat signs

## ***Chinese Therapeutic Effects***

Clears surface wind-heat

Opens nasal passages

Cools heat and dispels wind-dampness

Removes toxins

## **Administration**

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

For acute conditions, 3 tablets every 4 hours

90 tablets, 650mg, 10 day supply

## **Ingredients**

Xanthium fruit <i>cang er zi</i>	Schizandra fruit <i>wu wei zi</i>	Siler root <i>fang feng</i>	White Atractylodes root <i>bai zhu</i>
Magnolia flower <i>xin yi hua</i>	Angelica root <i>bai zhi</i>	Schizonepeta herb <i>jing jie</i>	Licorice root <i>gan cao</i>
Platycodon root <i>jie geng</i>	Wild Chrysanthemum flower <i>ye ju hua</i>	Astragalus root <i>huang qi</i>	

## Formula Rationale

Xanthium Relieve Surface is a combination of the traditional formulas *Bi Yan Pian* and *Yu Ping Feng San* (Jade Screen Formula). Xanthium (*can er zi*) and magnolia flower (*xin yi hua*) are widely used Chinese herbal decongestants. Platycodon (*jie geng*) directs the actions of the herbs to the lungs and nose, schizandra (*wu wei zi*) and licorice (*gan cao*) have anti-allergenic and adaptogenic properties. Angelica (*bai zhi*), siler (*fang feng*) and schizonepeta (*jing jie*) have wind relieving properties that help relieve acute nasal and skin symptoms. Astragalus (*huang qi*) and white atractylodes (*bai zhu*) bolster defensive energy. Wild chrysanthemum (*ye ju hua*) enters the lung meridian and is included for respiratory conditions.

## Clinical Notes

1. This formula does not contain *ma huang*, making it a good choice for patients with *ma huang* sensitivity
2. For rashes, results should appear quickly. If results do not occur within a few days, increase dosage or re-evaluate
3. Can also be used to clear stuffy or runny nose associated with the common cold or flu with heat signs
4. If congestion is chronic, consider using with a formula to decongest and invigorate the liver
5. For poison oak, take 3 tablets every 2 hours. May be most effective when combined with **Astra C**
6. Practitioners report superb results with hives and allergic rhinitis when other therapies proved ineffective

## Additional Formulas

- For allergic rhinitis take 2 to 3 tablets Xanthium Relieve Surface and 1 to 2 tablets **Astra C** QID. Results are often seen in a few days
- Use **Nasal Tabs 2** for acute and chronic sinus congestion with thick, yellow mucus
- For copious sputum, combine Xanthium Relieve Surface with **Clear Phlegm** (*Wen Dan Tang*)
- Use or combine with **Phellostatin** when nasal congestion is related to intestinal or systemic candidiasis
- Combine with **Marrow Plus** for psoriasis or eczema (3 to 5 tablets of each formula TID)