

Three Immortals™

Modified Er Xian Tang Herbal Supplement

Therapeutic Actions

Treats menopausal symptoms, including hot flashes, night sweats, headache/migraine, irritability, palpitations, vertigo, tinnitus, depression, insomnia, low back pain, hot palms and soles, constipation, breakthrough and functional uterine bleeding, bleeding gums, graying of hair, and lowered sex drive

Chinese Therapeutic Effects

Tonifies liver blood

Tonifies heart blood

Nourishes kidney yin

Tonifies kidney yang

Administration

Internal: 3 tablets TID, between meals

90 tablets, 650mg, 10 day supply

270 tablets, 650mg, 30 day supply

Ingredients:

Epimedium leaf
yin yang huo

Curculingo rhizome
xian mao

Moutan root bark
mu dan pi

Phellodendron cortex
huang bai

Morinda root
ba ji tian

Eclipta herb
han lian cao

Lycium cortex
di gu pi

Licorice root
gan cao

Tang Kuei root
dang gui

Ligustrum fruit
nu zhen zi

Anemarrhena root
zhi mu

Red Date fruit
da zao

Formula Rationale

Three Immortals is based on the formula *Er Xian Tang*, developed in Shanghai to treat menopausal symptoms due to yin and blood deficiency with upward floating of yang. Herbs from Two Extremes Pills (*er zhi wan*) and licorice and red dates decoction (*gan mai da zao tang*) have been added to complete the therapeutic picture for the complex symptom profile seen in American women with menopause. Curculingo (*xian mao*), morinda (*bai ji tian*), and epimedium (*yin yang huo*) warm kidney yang and nourish jing (kidney essence). Epimedium nourishes yin and prevents liver yang from rising. Eclipta (*han lian cao*) and ligustrum (*nu zhen zi*) nourish yin. Moutan (*mu dan pi*) removes heat from the blood and invigorates blood circulation. Phellodendron (*huang bai*), anemarrhena (*zhi mu*), and lycium (*di gu pi*) nourish kidney yin and drains deficient heat. Licorice (*gan cao*) clears heat. Red date (*da zao*) and tang kuei (*dang gui*) nourish blood.

Clinical Notes

This formula has been used for premature menopause, for women who experience menopausal symptoms, but have not actually reached menopause. The formula can bring back the period while reducing the symptoms.

Additional Formulas

- Combine with **Coptis Purge Fire** (1 to 3 tablets QID) for stronger effects against hot flashes. This combination has proven very effective
- Use **Cramp Bark Plus** to treat cessation of menstruation due to causes other than menopause, including cold with Qi and blood stagnation
- Use **Eight Treasures** if childbirth and surgery have exhausted Qi and blood leading to amenorrhea
- Consider **Nine Flavor Tea** or **Great Yin** for yin deficient night sweats
- Use **Woman's Balance** if there are menopausal symptoms with anger, irritability, and other signs of liver Qi stagnation
- Consider Great Yin for hot flashes and menopausal symptoms