

# Femalance

Augmented Rambling Pill

Jia Wei Xiao Yao Wan / 加味逍遥丸

SP-501 | NPN 80030468

Soothes the Liver and Relieves Qi Stagnation

Strengthens the Spleen

Nourishes the Blood

Calms Heat and Fire

## Clinical Manifestations

- **Liver Qi Stagnation - Signs & Symptoms:**  
bilateral hypochondriac pain, headache, vertigo, alternating fever and chills.
- **Interior Heat - Signs & Symptoms:**  
irritability, a shorter temper, red cheeks, and dysuria.
- **Yin and Blood Deficiencies – Signs & Symptoms:**  
dry mouth and dry throat, dry eyes, spontaneous perspiration, night sweats.
- **Spleen Deficiency - Signs & Symptoms:**  
lassitude/fatigue and loss of appetite.
- **PMS or menstrual syndrome, and dysuria.**
- **Tongue:** Red dots in the liver area (one or both sides) OR thicker yellow tongue coating, often times in the middle or the rear of the tongue.
- **Pulse:** wiry pulse and deficient pulse .

## Formula Rationale

Femalance (Jia Wei Xiao Yao Wan) treats Liver qi stagnation accompanied by interior heat and underlying blood and Spleen deficiencies. In cases when the interior qi and blood is deficient, especially Spleen, Liver qi stagnation turns into heat and fire.

Femalance is modified from Xiao Yao San (Rambling Powder) by including Mu Dan Pi and Zhi Zi in the formula to calm the interior heat arising from Spleen and blood deficiencies, as well as from Liver qi stagnation.

## Cautions/Warnings

Consult a healthcare practitioner prior to use if pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen. This formula is contraindicated in individuals with underlying deficiency and cold.

## Reference

1. Bensky D, Barolet R. Chinese Herbal Medicine: Formulas & Strategies (1990).
2. Pharmacopoeia of the People's Republic of China. Volume 1 (2005). Chinese Pharmacopoeia Commission. People's Medical Publishing House. China.
3. Chen JK, Chen TT. Chinese Herbal Formulas and Applications: Pharmacological Effects & Clinical Research (2009).

## Clinical Applications

(\*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.)

Anxiety, stress, neurasthenia, postmenopausal symptoms, affective/emotional disorders, and panic disorders, hepatitis, early stage of liver cirrhosis, hepatomegaly, stomatitis, IBS caused by stress, gingivitis, cystitis, urinary tract infection, PMS, menstrual disturbance, menstrual pain and cramps, female infertility, pelvic inflammatory disease, and fibrocystic breasts.<sup>1,2,3</sup>

### Ingredients (per capsule):

Jia Wei Xiao Yao Wan Extract 8:1).....	375 mg
(equivalent to 3.0 g of dried crude ingredients)	
Contains :	
Chai Hu 8:1 ( <i>Bupleurum chinense</i> ) (root).....	40.2 mg
Dang Gui 8:1 ( <i>Angelica sinensis</i> ) (root).....	40.2 mg
Bai Shao 8:1 ( <i>Paeonia lactiflora</i> ) (root).....	40.2 mg
Cang Zhu 8:1 ( <i>Atractylodes lancea</i> ) (rhizome).....	40.2 mg
Fu Ling 8:1 ( <i>Poria cocos</i> ) (sclerotium).....	40.2 mg
Gan Cao 8:1 ( <i>Glycyrrhiza uralensis</i> ) (root & rhizome)....	32.1 mg
Mu Dan Pi 8:1 ( <i>Paeonia suffruticosa</i> ) (root bark).....	60.3 mg
Zhi Zi 8:1 ( <i>Gardenia jasminoides</i> ) (fruit).....	60.3 mg
Bo He 8:1 ( <i>Mentha haplocalyx</i> ) (aerial part).....	8.0 mg
Sheng Jiang 8:1 ( <i>Zingiber officinale</i> ) (rhizome) (fresh)...	13.4 mg

### Non-medicinal Ingredients:

Certified organic apple fibre, beetroot fibre, pullulan/hypromellose (capsule)

### Suggested Use:

Adults - Take 2 capsules, twice a day, better before meals, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules

