



## USER'S GUIDE

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**User's Guide to Granular Herbs and the Online Pharmacy**

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## Eastern Botanicals Herbal Dispensary

Welcome to Eastern Botanicals herbal dispensary and compounding-pharmacy. Our dispensary stocks concentrated extract granules in the following formats

- Approximately 200 single Chinese herbal medicines
- more than 60 Classic formulas
- a selection of Classic Formulas in convenient ready-made pills

We believe that Chinese Medicine practitioners want and need control of the herbal remedies they prescribe. Clinicians need the ability to augment formulas, to remove ingredients, to adjust dosages of one or two herbs in a formula, and to create completely tailored prescriptions when required. Yet, it is a daunting task to purchase a comprehensive inventory of single herbs and formulas, never mind track and maintain that inventory. We believe your time is better spent researching and writing prescriptions rather than counting bottles and unpacking boxes.

### Have Your Own Virtual Pharmacy

With our online pharmacy you can be as simple or as sophisticated as you want. Order classic formulas in pills, combine Classic formulas to achieve diverse Principles of Treatment, modify Classic formulas, or make a prescription entirely from single herbs. All of this can be done from our Order Form once you have a user ID and login

### Logging In

Once you are registered with us you will receive an automatically generated user ID (a number) and a password. You must keep this password for your records. We also recommend allowing your web-browser (Internet explorer, Firefox, Safari, Chrome) to remember your ID and password. You will not be storing credit card information on our site so there is no risk of theft or fraud. Login at [www.easternbotanicals.ca](http://www.easternbotanicals.ca)

### Navigating the Website

#### Starting Points

When you first login there will be a sidebar menu with four items: *Order Form*, *Member Profile*, *Maintain Profile*, and *Logout*. You can click on *Member Profile* to check the accuracy of your shipping information and other details. If you ever change your clinic location, phone, or email simply click on *Maintain Profile*, then click the *Retrieve* button at the bottom. Here you can enter the updated info and click *Update*.

## Shipping Contacts

If you have patients you would like to have herb prescriptions sent to directly, such as a patient who lives out of town, you can add their shipping contact info into your profile.

Click *Maintain Profile*, check the box in front of \*Shipping Contact, then fill in your patient's details. When complete click *Insert*. Once you have done that you simply select that patient as the Shipping Contact at the top of the Order Form whenever you process an order for them. We will send it directly to them.

\*\* Contact ID:

\* Billing Contact for Member Client

\* Shipping Contact for Member Client

## Order Form

Your primary working area is the *Order Form*. Go to the *Order Form* via the left hand sidebar menu. With all those herbs and formulas to choose from our Order Form is quite lengthy. Please note that you can view the items on the form indexed by English names (standard view by default), or by Chinese (Pinyin) by checking the box near the top of the form. (Our site does not have any Chinese Characters).

Note that there are Jumping Off links so you can quickly get to the section of the Order Form you need.

**Jump to:**

**Individual Herbs:** [A-C](#) [D-L](#) [M-Q](#) [R-Z](#)

**Formulas:** [A-D](#) [E-K](#) [L-R](#) [S-Z](#)

[creams and oils](#) [sachet formulas](#) [shipping & capsules](#) [bottom](#)

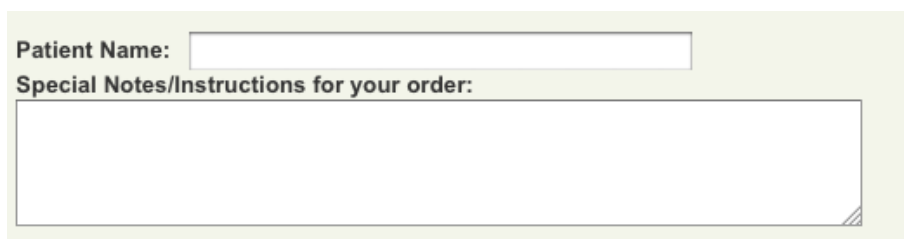
Order the list of individual herbs and formulas by Chinese Name.

### Finding the Items You Need

The easiest way to find what you are looking for in the Order Form is to use the Find function in your web browser (we recommend [Firefox](#)). The *Find* tool bar is brought up by hitting *CTRL – F* on Windows or *Command – F* on Apple/Mac. It usually appears at the very top or very bottom of your browser.

### Avoiding Confusion In Your Orders

If you want to place a large order for multiple items, such as pre-made pill formulas or several different Classic Formulas, you can put it together in one single order. Please use the *Special Notes/Instructions* box to tell us that they are all individual items (aka NOT to mix the formulas together).



The image shows a screenshot of a web form. At the top, there is a label "Patient Name:" followed by a text input field. Below this is a label "Special Notes/Instructions for your order:" followed by a large, empty text area with a scroll bar on the right side. The entire form is set against a light green background.

If you are modifying formulas, you must submit each modified formula as an individual order.

Orders we receive with an array of multiple formulas and multiple single herbs all on one sheet are very difficult for us to decipher.

### Mix and Match

There are thousands of possible combinations and permutations that can be made using the Order Form. You can combine two or three Classic Formulas together, you can combine two Classic Formulas and add a number of single herbs, you can add a long list of single herbs to a simple Classic Formula, or you can just build from scratch using all single herbs.

### Resources

We typically use Andrew Ellis' *Notes From South Mountain* when we need to build a formula that we don't stock. We also like his instructions on how to use granular herbs. It is available in digital format from Eastern Currents. We also find Eric Brand to be an invaluable herb granule expert. For example see his article *The Art of Formula Combining*:

<http://www.goldenneedleonline.com/library/2010/11/24/the-art-of-formula-combining/>

## Understanding Granular Herb Products

Eastern Botanicals carries both single herbs and formulas in concentrated extract granules, which have a texture and consistency similar to iced tea crystals. The colour and consistency or density of each herb varies given the original substance; root, leaf, seed, resin, mineral, and so on. These granules (or powders) are **simply added to hot water** and drank as a “tea”. Most people prefer to use less than a cup of water and drink them quickly all at once in order to avoid tasting them for long periods of time.

The granules are not simply herbs ground into fine powder, rather they have been extracted under high pressure in order to capture all of the vital compounds (volatile oils, sugars, proteins, acids, resins). Most of the granules are 5 times stronger than the crude herb per gram; so one gram of granules is equal to five grams of crude herbs. Most of the **mineral substances**, such as Mu Li – oyster shell and Long Gu – dragon bone, are **not concentrated** and thus larger doses can be used relative to the rest of the herbs.

Although some would suggest that granular herbs are a less effective dosing method than decoctions, it should be remembered that **extract granules contain the entire plant**, not just a liquid boiled extraction from the plant (as is the case in traditional decoction). The plant body is crushed and macerated into a powder, which is then used as a carrier for the concentrated extract from the plant. When you “drink” granular herbs you are in fact ingesting the entire substance as well as the concentrated extract. Thus many herbalists consider granulars a **more efficient means of dosing** than traditional decoction. Therefore, when converting a decoction daily-dosage it is not accurate to simply divide by 5, ie. 100 g of crude herbs requires 20 g of granules. Since the dosing of granules is considerably more efficient the amount required is proportionally less, in this case 12-15 g of granules will do the duty of the 20 g crude herbs dose.

## Daily Dosage

When you refer to a source text such as Bensky’s *Formulas and Strategies* and see dosages for crude herbs you may think you have to start dividing all those numbers by 5 to figure out the dosage for granular herbs. Not so.

It is not necessary to work backwards in this manner; you simply need to know that the **full daily dose** of granular herbs for an adult is **9 grams per day**. The maximum daily dose for an adult is 12 grams per day.

Not every condition nor every patient requires 9 grams per day. Some mild conditions, or simple but long-standing constitutional conditions can be addressed with a maintenance dose of **6 grams per day** for an adult. Dosage is scaled down relative to age and body weight. See chart below.

## Dose Guidelines for Age/Weight of Patient

When using 5:1 extract granules the full adult daily dosage is 9 g/day, in more severe conditions it can be as high as 12 g/day.

<b>Age</b>	<b>Weight</b>	<b>Percentage</b>	<b>Dose (g)</b>
1-2 yrs.	30-40 lbs	20-27%	1.8
2-4 yrs.	40-50 lbs	27-33%	2.5
4-6 yrs.	50-60 lbs	33-40%	3.0
6-9 yrs.	60-70 lbs	40-47%	3.5
9-14 yrs.	70-80 lbs	47-53%	4.0
14-18 yrs.	80-100 lbs	53-67%	5.0
18+ yrs.	100-120 lbs	67-80%	6.0
	120-150 lbs	80-100%	7.0
Full dosage	150-200 lbs	100-130%	9
	200-250 lbs	130-167%	12
	250+ lbs	167-200%	15

## Calculating Dosage for a Prescription: Tea vs. Capsules

In order to create a prescription you must first determine whether you want to administer granules or capsules to your patient. There are significant clinical disadvantages to putting your formulas in capsules, as 100 capsules contain only 62 grams of granules and thus all your prescriptions are confined to fitting within 62 grams. First we will discuss granular prescriptions.

### 1. Determining Dosage for a Granular Prescription

1. Determine the size of each dosage (ie. 2g)
2. Determine the number of times it will be taken per day (ie. 3 times per day/ t.i.d.).
3. This gives you the daily dosage:  $2g \times 3 = 6g$  per day
4. Determine the number of days for the prescription should last (ie. 10 days).
5. Multiply the daily dosage by the duration to obtain the total amount (ie.  $6g \times 10 \text{ days} = 60 \text{ grams}$ ).

What if you are looking at a formula in a reference book and it simply **lists the grams** of each herb in the formula, such as:

*Gui Zhi Tang (Cinnamon Twig Decoction)*

<i>Gui Zhi – cinnamon twig</i>	<i>9g</i>
<i>Bai Shao – peony</i>	<i>9g</i>
<i>Sheng Jiang – fresh ginger</i>	<i>6g</i>
<i>Zhi Gan Cao – fried licorice</i>	<i>6g</i>
<i>Da Zao – jujube</i>	<i>3g</i>

You wonder how to make this add up to 60 grams? Not to worry, we spare you that mathematical task by providing you with a pre-formatted **spreadsheet that does all the calculations for you.**

You simply need to input the formula as above and tell it how many total grams you want (such as 60g, or 665g, whatever you need) and it will give you the relative dosage for each herb).

The result will look as follows:



# Eastern Botanicals Herbal Dispensary

## Gram calculation from spreadsheet

Herb (pinyin)	Common (optional)	Dosage (grams)	Quantity (grams) of powder
			<b>60</b>
gui zhi		9	16
bai shao		9	16
sheng jiang		6	11
zhi gan cao		6	11
da zao		3	5
			0
			0
			0
			0
			0
			0
			0
herb name			0
herb name		0	0
Total grams			
<b>33</b>			60

## 2. Determining Dosage for Capsule Prescriptions

Our dispensary can put the granules into gelatin capsules, our machine produces capsules by the 100 count. **Each 100 capsules requires approximately 62 grams of herb granules.** Some of the granules vary in density and consistency and therefore the amount can vary by 2 or 3 grams per 100 capsules.

6. For ease and efficiency we have most Classic Formulas listed in the order form available as “*Standard 62 gram bottle*”, specifically for encapsulation.
7. If you want to order 100 capsules of a Classic Formula without any customization you can simply select quantity @ 1 for Standard 62g bottle, then select the item *Capsules – quantity @ 1*. Order Complete.
8. If you have a formula from a reference book with dosages listed in crude herb grams, such as the *Gui Zhi Tang* example above, there is no need to try to figure out how to make the numbers add up to 62 grams, or 124 grams if you want 200 capsules, and so on. Simply use our spreadsheet dosage calculator to determine the dosage for each herb. See below.

Note that you entered the original formula, and the number of capsules desired (200), the spreadsheet does rest.

			Desired # of capsules
Herb (pinyin)	Common (optional)	Dosage (grams)	<b>200</b>
gui zhi		9	34
bai shao		9	34
sheng jiang		6	23
zhi gan cao		6	23
da zao		3	11

### 3. Considerations and Compromises When Using Capsules

As mentioned earlier, creating prescriptions that are always confined to 62 grams greatly limits the flexibility you have in dosing for each herb. Many herbs such as Qi tonics and Clear Heat and Toxin herbs can require large dosages in a single prescription: for example Huang Qi – Astragalus is often used in 30 g dosages, leaving only 32 g available for every other herb in the formula. In large formulas that may have 15 or more herbals, the dose of each single herb becomes less effective (4g each). Some herbs will not perform their function at this low dose.

Nonetheless, some formulas that contain **very bitter herbs** such as Da Huang – rhubarb and Coptis – Huang Lian may be too unpleasant to drink in tea and **require encapsulation**.

## Creating a Prescription: Formulas, Modifications, & Custom Rx

When creating a prescription for a patient you have FOUR options

### Choose one Classic Formula

1. For Tea: select the *per-gram* item of the required formula granules, type in the desired number of grams.
2. For a single formula in Capsules: Choose the *Standard 62g Bottle*, and choose Capsules quantity 1 (which is 100).
3. Choose the premade pills (similar to patent remedies). These used to come packaged in individually dosed Sachets, but are now in bottles of small pills.

## Combine Two Classic Formulas

You may have two Principles of Treatment to accomplish, such as Tonify Spleen Qi, and Drain Damp Heat in the Lower Jiao. You decided to use *Si Jun Zi Tang – Four Herbs for Qi* to Tonify Spleen Qi, and *San Miao San – Atractylodes & Phellodendron* to Drain Damp Heat.

- I. Determine what ratio of each formula you need: equal proportions (50-50), or does one formula need to be the primary POT whereas the other is an assistant? In this case you might choose a 70-30 ratio where Tonifying Spleen Qi with *Si Jun Zi Tang* is your most important goal (at 70%), and clearing Damp Heat is less important (at 30%). Again, you can use our Dosage Calculator spreadsheet to give you the correct dosages.

Example: if you wanted to prescribe 14 days of this formula, at a daily dose of 9 g, you need 126 grams total. So what is 70% and 30% of 126? You can enter the 70 and 30 as though they are grams, even if they are not, because it is just a ratio calculation for the spreadsheet. See below.

Mixing two formulas at a 70/30 ratio, telling the spreadsheet you require a total of 126 g.

			desired Qty (grams)	
Herb (pinyin)	Common (optional)	Dosage (grams)		
			<b>126</b>	
<a href="#">Si Jun Zi Tang</a>		70	88	
<a href="#">San Miao San</a>		30	38	

With this information you can now go to the Order Form and select 88 g of *Si Jun Zi Tang*, and 38 g of *San Miao San*, and your order is complete.

## Choose one Classic Formula and Modify with Single Herbs

You might want to augment a certain capacity of a formula with a couple additional herbs, or possibly have one herb in a very high dose along with a Classic formula.

1. You can augment the actions of formula by adding more herbs with the same action/function.

Example: you want to use *Tao Hong Si Wu Tang* to treat Blood Deficiency and Blood Stagnation, but you also want to address pain in the limbs from a trauma, so you want to add to single herbs that resolve stagnation and help heal injuries; *Ru Xiang* – mastic, and *Mo Yao* – myrrh.

You could write your prescription as follows:

<i>Tao Hong Si Wu Tang</i>	70g
<i>Ru Xiang</i>	15g
<i>Mo Yao</i>	15g

As was the case in the previous example, you can use these dosages as the **actual dosages**, or simply as a **ratio**, and use the spreadsheet to calculate the actual dosages you require for this specific instance.

2. Increasing the dose of a herb already in a formula

In some instances you may want to significantly increase the proportion of a herb that is already in a formula in order to address an aspect of the diagnosis that particularly problematic, such as Lung and Spleen Qi Deficiency. Augment *Bu Zhong Yi Qi Tang* by adding extra *Huang Qi* – astragalus

<i>Bu Zhong Yi Qi Tang</i>	60g
<i>Huang Qi</i>	20g

## Build a Custom Formula from Single Herbs

This option offers the most control over your prescription and the relative dosage of each single herb. Yet, this is by far the most time consuming and inefficient method of creating prescriptions.

Once the prescription needs adjustment throughout the course of treatment you have to re-enter every herb on the order form again. If you have ordered a custom formula already and would like it refilled **without any changes**, you can simply forward the previous order back to us.

### Steps

1. You will probably be referencing a formula from a text that lists crude herb dosages, hence you will want to use the Dosage Calculator Spreadsheet to determine the dosages you need given your situation.
2. This can be done for both **capsules** and for **tea** (granules).
3. If your reference text uses percentage values (%) for each herb rather than gram dosages, our Dosage Calculator has a table for that as well. Each table is clearly labeled in the spreadsheet.

Example: you have decided to prescribe

- 3g @ 2xday = 6g per day

- the prescription duration is 30 days

- therefore: you require 180 grams of granules for tea, or

- 5 capsules 2xday (10 per day) = 300 capsules. NB: There is approx 600 mg in each capsule. 600mg x5 caps = 3000mg/3 g.

You have entered:

- the herb names
- the dosages listed in your text book
- the number of capsules you need
- **or** the number of total grams you need

(normally you would enter just capsules or granules required, not both. This example shows both).

See example below

## Eastern Botanicals Herbal Dispensary

A custom formula from single herbs entered into the Dosage Calculator Spreadsheet

		Enter # of caps	OR	Enter Qty (grams) of granules
Herb (pinyin)	Dosage (grams)	<b>300</b>		<b>180</b>
huang qi	15	23		22
dang shen	15	23		22
shan yao	18	27		26
tian hua fen	12	18		18
ge gen	12	18		18
zhi zi	9	14		13
xuan shen	9	14		13
sheng di huang	9	14		13
mai men dong	12	18		18
da zao	6	9		9
gan cao	6	9		9
Total grams		Total grams		
<b>123</b>		<b>186</b>		<b>180</b>

### Our Custom Clinical Formulas

We have a collection of formulas we have created from clinical experience to address modern conditions such as adrenal fatigue, as well as formulas for women's health that we have gleaned from prominent authors. Not all of these are on our website. Contact us for more information.

### Support

We can offer technical advice on the application and modification of formulas. We cannot provide assessment and/or diagnosis. Eastern Botanicals Inc. is not responsible for providing prescription dosage instructions, guidance, or advice to your patients.