

## Restorative Tonic

### 归元大补剂

1.	洋参须	4 g
2.	高丽参须	6 g
3.	黄芪	6 g
4.	黄精	6 g
5.	甘草	6 g
6.	当归	8 g
7.	熟地黄	6 g
8.	何首乌	6 g
9.	白芍	4 g
10.	桑椹子	4 g
11.	淫羊藿	4 g
12.	巴戟天	8 g
13.	肉苁蓉	8 g
14.	琐阳	8 g
15.	杜仲	6 g
16.	北沙参	6 g
17.	天门冬	6 g
18.	麦门冬	6 g
19.	玉竹	4 g
20.	龟板	6 g
21.	桂皮	8 g
22.	枸杞子	6 g
23.	桂圆肉	6 g
24.	红枣	8枚

## Boiling Instruction:

Use a stainless steel pot with a glass cover. Boil 2 times.

First add 3 bowls of water (about 750 ml). When it starts to boil, turn down the gas, let it simmer for 20 minutes. Turn off the flame, pour out the soup after a while, keep it aside.

Add another 3 bowls of water, boil and then let it simmer for 40 minutes. Turn off the flame, pour out the soup after a while, keep it aside.

Discard the herbal residue, mix the soups together, warm it up again, keep in a thermo flask, drink throughout the day, best taken when warm.

Source:

<http://stallion.741.com>