



BLOOD MOVING vs BLOOD MOVING 2

Both of these are classical TCM formulas, which have the main therapeutic action of activating the Blood to dispel stasis.

BLOOD MOVING 2 is a simpler formula and contains a balance of Blood nourishing and Blood activating ingredients. It is more suitable for conditions requiring the use of a Blood activating formula, where the patient also manifests some features of Blood deficiency, such as pallor, sallowness and lusterless complexion, postural dizziness, cold



extremities, pale tongue, pale lips and finger nail beds, etc.). It is commonly used for gynecological conditions with fixed pain, irregular menstrual cycle, amenorrhea, dark menstrual blood with clots, etc.

BLOOD MOVING, on the other hand, is based on **BLOOD MOVING 2** with additional herbs to promote the movement of the Qi and Blood throughout the body. Thus, the Blood nourishing action of this formula is fairly weak and its major action is to activate the Blood and dispel stasis. It is used for a broad range of conditions characterized by pain with a fixed location, as well as providing a focused action on the chest and Heart (including severe or chronic psychological disorders). It is also useful in the treatment of elderly patients as an adjunct to other treatments due to its action of promoting blood circulation.

BLOOD MOVING Formula (CM131)	BLOOD MOVING 2 Formula (CM191)
<ul style="list-style-type: none"> Broad acting 	<ul style="list-style-type: none"> Gynaecological disorders
<ul style="list-style-type: none"> Vasodilator, anti-spasmodic, anti-platelet action 	<ul style="list-style-type: none"> Pain with a fixed location
<ul style="list-style-type: none"> Pain with a fixed location 	<ul style="list-style-type: none"> Significant Blood nourishing action (tonic)
<ul style="list-style-type: none"> Adjunctive treatment in chronic disorders and treatment of the elderly (to improve blood circulation) 	

Safe for long term use

Treatment: 2-4 months