



Qi & BLOOD TONIC vs Qi & BLOOD TONIC 2

Both of these formulas are strong general tonics that tonify the Qi and nourish the Blood, thus affecting the Spleen and Lung (the Qi producing organs) and the Liver and Heart (Blood production, circulation and storage).

Of the two **Qi & BLOOD TONIC** is stronger and more rapidly acting. Key signs and symptoms for both formulas include: fatigue (physical and mental), muscular weakness, poor appetite, pallor, forgetfulness, poor sleep, and possibly also palpitations.



Qi & BLOOD TONIC Formula (CM145)	Qi & BLOOD TONIC 2 Formula (CM165)
<ul style="list-style-type: none"> • Stronger tonic and quicker acting 	<ul style="list-style-type: none"> • Good general tonic for women
<ul style="list-style-type: none"> • Emphasis on Qi transforming function of the Spleen to reinforce Qi & Blood production 	<ul style="list-style-type: none"> • Tonification with a balance of Qi & Blood tonifying herbs • Regulates menstruation