

Medicinal mushrooms and tinctures

product catalogue

MycoMedica®

Secrets of Chinese medicine

Traditional Chinese medicine has accompanied humanity for more than 5,000 years. During this time, it has developed and perfected its methods and techniques to such an extent that is able to help people regain their physical and mental harmony and live to a healthy old age.

Chinese medicine is based on detailed diagnostics with which the doctor determines the true cause of the problem.

This is significant to point out as it is the only way to permanently improve the condition and restore balance of the body. This is where Chinese medicine is admirable at – it doesn't just suppress the symptoms and manifestation of disease, but also finds out when and how the problem arose and what exactly it negatively affected in our body. Amazingly, the effectiveness of these procedures has been tested on literally millions of patients with careful therapist's approach and detection of causes leading to complete recovery.

Chinese philosophy understands not only the world around us, but also within us, holistically.

While Western science is exploring things and phenomena by breaking them down into individual particles and then looking for relationships between them, the Chinese approach perceives things and phenomena as a whole. The holistic view sees things and phenomena in a context. There are processes in our body that have a cause and effect relationship, meaning that an action causes a further action. Everything is related to everything, one phenomenon is the cause of another phenomenon. If we can according to certain rules understand this cause and effect relationship then we can explain how a health problem arose and how it will develop. Everything is constantly changing and evolving. Changes occur according to certain rules that can be described. Therefore, a person who understands Chinese medicine can better understand where we are going from and where we are going to.

And what methods does Chinese medicine use?

Therapy is based on several basic pillars: acupuncture, massage, healthy exercise, a diet and lifestyle adjustments. However, the dominant therapy is the use of medicinal mushrooms and herbs.



Milan Schirlo
Founder of MycoMedica
and expert consultant



Medicinal mushrooms and herbal mixtures

Medicinal mushrooms are small wonders of nature that can support human vitality. They are used alone or in combination with 2 to 3 other mushrooms. Their effects are relatively broad. They can strengthen Zheng Qi (our vitality and ability to adapt) and are able to influence many processes in our body.

In contrast, herbs are used exclusively as specific mixtures of several herbs.

Only their combination can achieve the right synergistic power and the effect compared to mushrooms is more targeted.

This catalogue presents the MycoMedica line – products from medicinal mushrooms and the YaoMedica line – herbal alcohol tinctures based on proven traditional Chinese medicine formulas.

Unfortunately, you will not find options for their use with individual products. Current EU legislation prohibits this, even though traditional Chinese medicine has been working for thousands of years and its effects have been demonstrated on countless patients. For same reasons we are not allowed to mention the therapeutic results demonstrated by current scientific studies. But we believe in the common sense of you, the customers. Detailed information on herbs and mushrooms can be found in publicly available sources on the Internet.



MUDr. Drahomíra Holmannová Ph.D.
Expert Advisor



About medicinal mushrooms

Medicinal mushrooms are special organisms, they do not belong to the plant or animal kingdom. While Chinese doctors have been using the effects of medicinal mushrooms for thousands of years, they have long remained a mystery to Western civilization. Fortunately, that is starting to change today. Medicinal mushrooms are in the sights of many scientists who study their effects on humans.

From the point of view of Chinese medicine, medicinal mushrooms can strengthen both Wei Qi (defensive energy) and Ying Qi (nourishing energy) which means that they can strengthen our body's defences against external and internal influences and at the same time they can strengthen and nourish our vitality and life force. Medicinal mushrooms can start the auto-activation and regeneration processes in the human body. ll medicinal mushrooms have one thing in common – they are a huge source of energy from a full set of biological and medicinal substances (minerals, trace elements or amino acids) that are vital from a physiological and nutritional point of view.



About the MycoMedica brand and company

MycoMedica is a leading European manufacturer and seller of a wide range of products based on medicinal mushrooms from around the world. The company's activities also include comprehensive therapeutic, advisory and educational services for the professional and lay public.

The basis of the quality of natural products of the MycoMedica brand is suitable cultivation, guarantee of origin, certification of composition and quality of production including distribution processes. Cultivation, transport, production and storage – all this is subject to strict quality and hygiene rules according to international standards and legislation of the Czech Republic and the EU.



Martin Schirlo
Sales Director

"MycoMedica is a purely Czech family company which was founded in 2010. From the beginning, our goal has been to make fair products, products that will really help people. It is a great joy, but also a commitment, that we are doing it well. More than a quarter of a million customers from all over the world buy our products every year. Customers trust us, so they come back to us repeatedly. So, our "quality – efficiency – safety" philosophy and a truly human approach to customers are bearing fruit."



Method of processing

Most of our products are made from medicinal mushroom extracts.

MycoMedica is committed to ensuring that its medicinal mushroom products meet the strictest quality and efficacy standards. Our mushroom processing begins with hot-water extraction – a traditional method guaranteeing a high concentration of bioactive compounds.

To further refine our products, we have developed a combined extraction process that enables us to standardise them for beta-glucans, the most essential active compounds. This unique combined extraction allows us to release more beneficial compounds from mushrooms while preserving the balance of other active ingredients.



Mushroom material testing

At MycoMedica, we don't just test for harmful substances – we also analyse active compounds such as beta-glucans, terpenes, hericenones, and many others.

Mushrooms naturally absorb all sorts of substances from the environment in which they grow, so to ensure ours remain free from contaminants, we conduct continuous testing. Our mushrooms are tested in laboratories in the USA, Ireland, Germany, and at the University of Chemistry and Technology in Prague. Leading facilities screen them for over 300 harmful substances, including pesticides, heavy metals, radioactivity, and polycyclic aromatic hydrocarbons.



1. Substrate preparation
2. Cultivation
3. Harvesting
4. Drying
5. Testing (pre-extraction)

Medicinal mushroom processing

- **Mushroom powder** → Fine grinding → Sieving → Steam sterilisation → Final raw material testing → Testing in the EU
- **Traditional extract** (polysaccharides) → Coarse grinding → Hot-water extraction → Filtration → Concentration → Sieving → Spray drying → Final raw material testing → Testing in the EU
- **Dual extrakt** (polysaccharides and triterpenes) → Coarse grinding → Hot-water extraction, Alcohol extraction → Filtration → Concentration → Sieving → Spray drying → Final raw material testing → Testing in the EU
- **Combined extract** (beta-glucans) → Fine grinding → Extraction 1, Extraction 2, Extraction 3, Extraction 4 → Filtration → Concentration → Alcohol purification → Sieving → Spray drying → Final raw material testing → Testing in the EU

Dosing of medicinal mushrooms

normal dose:
1 or 2 capsules a day

increased dose:
3 to 10 capsules a day (in this case it is advisable to consult a doctor or Chinese medicine practitioner)

period of use:
at least 2 to 3 months

frequency of use:
we recommend taking it 5 days a week and skipping 2 days

capsules are taken on an empty stomach (at least 30 minutes before or 60 minutes after a meal), wash down with water or weak green tea

when using medicinal mushrooms, we recommend increasing the intake of vitamin C to increase the absorption of substances, e.g. in the form of an acerola cherry extract

If you are not sure about the choice, use our MycoMedica Advisory Centre:
consulting@MycoMedica.cz

Advisory Centre

We offer free professional advice for our products.

www.MycoMedica.eu
section "Advisory center"

consulting@MycoMedica.cz

We are one of the few companies that offer professional and expert advice for their products. If you are not sure about the choice or combination of products, you can call or email us and describe your problems. However, the best option is to describe the problem in the form in the Advisory Centre section, fill in the Diagnostic Questionnaire carefully and ideally attach a photo of your tongue. Our recommendation will be the most accurate in this way.

MycoMedica's expert consultants


MUDr. Lenka Gluvňová


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Ing. Radek Urban


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MUDr. Drahomíra Holmannová, Ph.D. et Ph.D.

FAQs

How to choose a quality and effective mushroom product?

It is easy to get lost in the current market of medicinal mushroom products. All sellers talk about the highest quality, the best ingredients and guaranteed effects. They argue with different percentages of active substances, polysaccharides, triterpenes, fungal acids, the longest growing time, various laboratory tests, confusing pseudo-professional names, etc.

But how should a layperson know this, especially when much of such information is only misleading?

Our advice is: Don't just look at the numbers and the words 'best'. We do not compete in who goes higher and who goes further. Ask doctors and experienced Chinese medicine therapists what medicinal mushrooms they use in their surgeries. Naturally, they have to work with products that are high-quality and work. See for yourself that MycoMedica products are used by most doctors and traditional Chinese medicine practitioners ('Distributors' section at www.MycoMedica.eu).

Choosing the right beta-glucan concentration

In our experience, the most crucial factor in medicinal mushroom extracts is the beta-glucan content, particularly beta-1,3/1,6-glucans. These bioactive compounds are the key active ingredients delivering their benefits. Our range includes products with different beta-glucan concentrations to suit various needs. Standard extracts contain 30% polysaccharides, mirroring the natural composition of raw mushrooms and making them ideal for long-term use. For a more intense effect, we also offer extracts with a higher concentration of 50% polysaccharides. For professionals, including therapists and doctors, as well as discerning users, we have developed the PRO line. This line features highly concentrated mushroom beta-glucans while carefully maintaining an optimal ratio of other active compounds. With our PRO products, we guarantee a high beta-glucan content in every dose, ensuring the highest efficacy available on the medicinal mushroom market.

Do medicinal mushrooms have any side effects?

We have not seen any significant side effects in our practice or from the experience of colleagues. Various clinical trials are still underway; however, no major adverse side effects of medicinal mushrooms have been reported here either. As our extracts are strong, mild digestive problems can sometimes be observed in patients with impaired digestion: e.g. soft stools, bloating and pressure around the stomach. It is usually enough to reduce the dose in the first days of use and the problems will disappear. It will also help to have a light meal after the mushrooms.

How long can I take your medicinal mushrooms?

It is very individual. Mushrooms can be used for a long time. But it is good to follow the rule: use 5 days, take a break for 2 days. For long-term use, we recommend taking a seven-day break after 3 months.

Are your mushroom extracts safe?

Of course. Mushrooms naturally absorb all sorts of substances from the environment in which they grow, so to ensure ours remain free from contaminants, we conduct testing at every stage, from harvesting and production to the final product. MycoMedica's mushrooms are tested in laboratories in the USA, Ireland, Germany, and at the University of Chemistry and Technology in Prague. We don't rely on random sampling. Instead, we thoroughly test all raw mushroom materials at every stage of the process. Leading facilities screen them for over 300 harmful substances.

Can I combine different medicinal mushrooms?

Yes, and it is very appropriate. It significantly increases their synergistic effect.

Can I overdose on medicinal mushrooms?

It is not likely. Nevertheless, follow the recommended dosage. Increasing the dosing spontaneously is not effective, the body does not absorb more of the active substance and it is then eliminated from the body. In our experience, it does not make sense to take more than 5g of extract a day.

Are medicinal mushrooms suitable for children?

Yes, but age-appropriate doses need to be given. For example, children aged 7 to 10 should take half the recommended daily adult dose.

If the child cannot swallow the whole capsule, what to do about it?

You can empty the extract from the capsule and serve it without the capsule. The extract can be dissolved in a liquid or mixed with food – tea, juice, snack.

Are there any interactions between medicinal mushrooms and medicine or other dietary supplements?

We are not aware of any negative interactions between medicinal mushrooms and medicine or other dietary supplements. In general, however, it is appropriate to follow the 'on-an-empty-stomach' principle also with medicine or other dietary supplements. But we recommend not using the Auricularia mushroom together with blood thinners (e.g. Warfarin).

What is the difference between gelatine and vegetable capsules?

Gelatine capsules are of animal origin, vegetable capsules are made of cellulose. We have started offering products packed in vegetable capsules to people who do not want to eat meat and other animal products (vegans). Theoretically, gelatine capsules are better absorbed, but in practice this difference is not significant. The extracts can also be easily emptied from the capsules and mixed, for example in water.

What is the 'double extraction' you describe for some products?

It is a very common procedure for processing medicinal mushrooms. Especially with Reishi and Chaga. First, extraction with hot water is performed. And since some substances are not soluble in water (e.g. triterpenes), a second 'extraction' with alcohol is performed, it is called alcohol precipitation.

Do you test active compounds?

Unlike most manufacturers, we don't just check for harmful substances. We also test active compounds, such as polysaccharides, beta-glucans, and terpenes. Since this industry is prone to misleading claims, MycoMedica ensures full transparency, so customers can trust in the effectiveness of our products. All analyses are conducted in independent laboratories not only in the Czech Republic, but around the world. We test every batch. This means our products are not only pure, but also highly potent and beneficial for your health.

How can your medicinal mushrooms be up to 30 times stronger than mushroom powder?

There are 0.5 to 3 % polysaccharides in a dried mushroom, depending on the mushroom. We have 30 % polysaccharides available in our extracts (except for Coriolus, which contains 40 %), i.e. they are up to about 30 times more concentrated than mushroom powder. Some companies do tricks with mushrooms: they use starch to modify polysaccharides. Since starch is also a polysaccharide, it is not possible to identify it in other polysaccharides. We do not use starch in MycoMedica brand products. All batches are tested for the number of mushroom polysaccharides in an independent German laboratory.

Can MycoMedica medicinal mushrooms contain heavy metals or radioactivity?

No. Due to the strict cultivation conditions, MycoMedica mushrooms cannot contain heavy metals or other unsuitable substances. Some manufacturers expose mushrooms to radiation to destroy microorganisms. The medicinal mushrooms used by us are not exposed to radioactive radiation at any stage of production. Each batch is subject to tests in laboratories in the USA, Ireland, Germany, and at the University of Chemistry and Technology in Prague.

The Way of the Mushroom:

A Return to Balance

“Health does not arise overnight—it grows like a mushroom: slowly, quietly, and steadily.”

The Path of the Mushroom: A Return to Balance is an engaging, personal, and practical book by traditional Chinese medicine practitioner Milan Schirlo. It clearly explains the principles of traditional Chinese medicine and shows how to find balance in everyday life. It offers a modern perspective on the connection between Chinese medicine, medicinal mushrooms, and herbs, and how they relate to how we feel, eat, and live.

What the Book Is About

The first part of the book introduces the foundations of traditional Chinese medicine—Tao, Qi, Yin and Yang, the Three Treasures, and the Five Elements. It shows how these principles influence our health.

The second part reveals the fascinating world of medicinal mushrooms—not as a technical encyclopedia, but through the personal experience of someone who works with them every day. It describes individual types of medicinal mushrooms and offers practical guidance on how to choose them, how to use them, and how to connect traditional principles with modern life.

The final part explains how to live in a way that supports longevity and helps maintain health into old age.



What You Will Find in the Book

- a clear introduction to Chinese philosophy
- a path from imbalance back to harmony
- the world of medicinal mushrooms from a therapist’s perspective
- practical chapters on how to support your health with mushrooms and herbs

Why It Was Created

Milan Schirlo created this book to help you rediscover lost balance. It is a tribute to nature and its quiet teachers—mushrooms, which remind us that every change begins with a small step.

PRO medicinal mushroom extracts

standardised for beta-glucans

Our PRO extracts are even more potent mushroom extracts, revolutionising the world of medicinal mushrooms. With our PRO line, we are the only company using combined extraction and standardising mushroom extracts for beta-glucans. The combined extraction allows us to release a large number of beneficial substances from mushrooms, the most important being beta-glucans – these are the most effective compounds.



Tremella PRO

Tremella fuciformis

According to Chinese medicine, it moisturizes the mucous membranes. It contains a high amount of minerals.



Shiitake PRO

Lentinula edodes

Due to its high content of bioactive substances, it is called the elixir of life.



Reishi PRO

Ganoderma lucidum

Reishi supports natural immunity and vitality. It has tropism to Heart.



Poria PRO

Poria cocos

According to Chinese medicine, poria removes Shi (dampness) from the body and strengthens the Qi of the Spleen.



Polyporus PRO

Polyporus umbellatus

Umbrella Polypore draws its strength from the roots of trees. It removes Shi (dampness) from the body.



Phellinus PRO

Phellinus linteus

It differs from other mushrooms by its ability to remove Shi Re (damp heat) from the body.



Maitake PRO

Grifola frondosa

It strengthens Pi (Spleen) and Wei (Stomach) to be able to transform Gu (food) more effectively.



Coriolus PRO

Coriolus versicolor

Supplement to treat cancer. Veterinary product.



Chaga PRO

Inonotus obliquus

It has tropism to the intestines. It contains active substances such as betulin or terpenes.



Oyster mushroom PRO

Pleurotus ostreatus

It is known as the flower sky mushroom. It is a rich source of bioactive substances.



Hericium PRO

Hericium erinaceus

Hericium cleanses Wei Re (Stomach heat), which tends to rise.



Enoki PRO

Flammulina velutipes

It was used by the pharaohs in ancient Egypt. They called it the mushroom of immortality.



Coprinus PRO

Coprinus comatus

Coprinus removes heat from deficiency. It is used in Xiao Ke (wasting and thirsting).



Auricularia PRO

Auricularia auricula-judae

According to Chinese medicine, Wood Ear revives Xue (blood) and breaks blockages.



Agarikon PRO

Laricifomes officinalis

From the point of view of Chinese medicine, it removes Xie Qi (pathological Qi) from the body.



Cordyceps PRO

Cordyceps sinensis

The Tibetan Cordyceps is the greatest recharger of lost energy among medicinal mushrooms.



Agaricus PRO

Agaricus blazei Murill

Brazilian mushroom supports natural immunity.



Medicinal mushroom extracts

30 % polysaccharides

Medicinal mushrooms refer to a certain group of mushrooms that contain high amounts of biologically active substances that you will not find in such quantities in other mushrooms. They are an extraordinary source of energy for our body. Medicinal mushrooms are literally overflowing with vital substances such as vitamins, minerals, trace elements, amino acids, polysaccharides, triterpenes and more. The main and most frequently mentioned bioactive substance are polysaccharides (beta glucans), which have been shown to support our immune system.



Cordyceps CS-4 30 %

Cordyceps sinensis

The Tibetan Cordyceps is the greatest recharger of lost energy among medicinal mushrooms.



Reishi triterpene

Ganoderma lucidum

Higher proportion of triterpenes. Participates in the ability to support immunity.



Reishi

Ganoderma lucidum

Reishi supports natural immunity and vitality. It has tropism to Heart.



Maitake

Grifola frondosa
Hen-of-the-Woods

It strengthens Pi (Spleen) and Wei (Stomach) to be able to transform Gu (food) more effectively.



Coriolus

Coriolus versicolor
Turkey Tail

Supplement to treat cancer. Veterinary product.



Chaga

Inonotus obliquus

It has tropism to the intestines. It contains active substances such as betulin or terpenes.



Hericium

Hericium erinaceus
Lion's Mane

Hericium cleanses Wei Re (Stomach heat), which tends to rise.



Agaricus

Agaricus blazei Murill
Almond mushroom

Brazilian mushroom supports natural immunity.





Poria

Poria cocos
Hoelen

According to Chinese medicine, poria removes Shi (dampness) from the body and strengthens the Qi of the Spleen.



Phellinus

Phellinus linteus
Black Hoof mushroom

It differs from other mushrooms by its ability to remove Shi Re (damp heat) from the body.



Agarikon

Laricifomes officinalis
Quinine Conk

From the point of view of Chinese medicine, it removes Xie Qi (pathological Qi) from the body.



Shiitake

Lentinula edodes

Due to its high content of bioactive substances, it is called the elixir of life.



Polyporus

Polyporus umbellatus
Umbrella Polypore

Umbrella Polypore draws its strength from the roots of trees. It removes Shi (dampness) from the body.



Auricularia

Auricularia polytricha
Wood Ear

According to Chinese medicine, Wood Ear revives Xue (blood) and breaks blockages.



Oyster mushroom

Pleurotus ostreatus

It is known as the flower sky mushroom. It is a rich source of bioactive substances.



Enoki

Flammulina velutipes
Velvet Shank

It was used by the pharaohs in ancient Egypt. They called it the mushroom of immortality.



Coprinus

Coprinus comatus
The Shaggy Ink Cap

Coprinus removes heat from deficiency. It is used in Xiao Ke (wasting and thirsting).



Acerola

Malphighia glabra
Barbados cherry

Barbados cherry is the strongest natural source of vitamin C.



Milk Thistle

with Reishi
and Dandelion Root

Milk Thistle with Reishi and Dandelion Root supports liver function.



Curcumin

Curcuma longa
Turmeric

Turmeric extract promotes digestion and liver.



BetaGlukan BIOcell

high purity
1,3/1,6-ß-D-glucan

Made from the Saccharomyces cerevisiae yeast, it has a proven effect on our natural immunity.



MycoComplex

based on a traditional formula
Si Ge Mo Gu San

Combining four mushrooms and vitamin C, it supports the natural immune system.



MycoSomat

based on a traditional formula
Xiao Yao San

The MycoSomat mixture is intended to break energy blockages from the stagnation of Gan (Liver).



MycoHair

based on a traditional formula
Nu Huang Bian Zi Tang

MycoHair is designed to support good hair quality. It nourishes Gan (Liver).



MycoSlim

based on a traditional formula
Ti Zhong Jian Qing Tang

The mixture strengthens Pi (Spleen). It helps maintain optimal body weight.



MycoFlex

D-glucosamine sulfate 2KCl, Chondroitin sulfate, MSM and vitamin C

The mixture of mushrooms and chondroprotective substances supports the normal function of bones and cartilage.



MycoProsten

Common Nettle and Saw Palmetto extract

The combination of Maitake and Saw Palmetto contributes to the normal function of the prostate and urinary tract.



MycoDetox

based on a traditional formula
Ling Zhi Dan Shui Jie Mao San

The combination of Reishi and algae helps support immunity and cleanse the body.



MycoCholest

quality combination of Shiitake and red fermented rice

MycoCholest can maintain the right cholesterol and triglyceride levels in the body.



MycoMeno

based on a traditional formula
Ling Dong Jue Jing San

The product is intended for women during menopause or non-standard menstruation.



MycoBalance

based on a traditional formula
Si Gu Jia Ren Shen Huang Qi San

The mixture of mushrooms and herbs supports Zheng Qi. We can say vigour, vitality or immunity.



MycoClean

based on a traditional formula
Lian Ren San

Thanks to the Job's Tears extract, it can remove pathological Shi (dampness) from the body.



MycoSleep

based on a traditional formula
Ling Shui Mian San

The combination of Reishi and Jujube promotes sleep and harmonizes the psyche.



MycoGastro

based on a traditional formula
Hou Tou He Zhong San

The mixture cleanses Wei Re (hot Stomach) and promotes normal digestion.



MULTIcell

immunoactive
multivitamin

Immunoactive multivitamin combination of herbs and vitamins to support the body.



Vitamin C

vitamin C (ascorbic acid),
natural strawberry flavour

It supports the normal functions of the immune system. In the form of sweets.



Ginseng (with Reishi and Cordyceps)

Korean Red Ginseng
with Cordyceps and Reishi

It stimulates energy, supports physical and mental performance. It is a strong adaptogen.



Medicinal mushroom extracts

50 % polysaccharides

MycoMedica is the only one on the market to offer extremely strong mushroom extracts containing 50 % polysaccharides with a guaranteed content of at least 20 % of beta-1,3/1,6-D-glucans. Polysaccharides are the main bioactive substances of medicinal mushrooms. And the most important are beta-1,3/1,6-D-glucans. However, they are not the only ones. Mushrooms also contain a large amount of other bioactive substances, such as terpenes, sterols, minerals, enzymes, amino acids, proteins, vitamins, etc. Mushroom extracts with 30 % polysaccharides are most often used because they offer an ideal ratio between the concentration of bioactive substances and their natural ratio in a mushroom. But if you need a product with a high concentration of beta-1,3/1,6-D-glucans, 50 % products are the number one choice. It is also worth mentioning that mushroom beta-glucans are more biologically active than those from yeast.





Cordyceps 50 %

Cordyceps sinensis

The Tibetan Cordyceps is the greatest recharger of lost energy among medicinal mushrooms.



Hericium 50 %

Hericium erinaceus
Lion's Mane

Hericium cleanses Wei Re (Stomach heat), which tends to rise.



Coriolus 50 %

Coriolus versicolor
Turkey Tail

Supplement to treat cancer. Veterinary product.



Reishi 50 %

Ganoderma lucidum

Reishi supports natural immunity and vitality. It has tropism to Heart.



Maitake 50 %

Grifola frondosa
Hen-of-the-Woods

It strengthens Pi (Spleen) and Wei (Stomach) to be able to transform Gu (food) more effectively.



Chaga 50 %

Inonotus obliquus

It has tropism to the Intestines. It contains active substances such as betulin or terpenes.

MyTao Edition

harmony between ancient wisdom and modern scientific knowledge

MyTao Edition, our new line of exceptional dietary supplements, blends the wisdom of traditional Chinese medicine with the latest advancements in modern science. Each product is carefully formulated to target the root cause of issues, while preserving a holistic approach to health.



MyStress

A formula that alleviates the physical symptoms of stress and harmonises the mind.



MyImmunity

A formula to give the immune system a general boost.



MyStomach

A formula harmonising digestion and the Stomach. Digestive tonic.



MyLiver

A formula promoting Liver function and regeneration.



MyVitality

A formula that boosts vitality and energy. Reinvigoration when you're feeling drained.



MyHeart

A formula promoting the Heart and circulatory system.



MySleep

A formula promoting sleep and mental well-being.



MySpleen

A formula promoting digestion and Spleen health.



MyKidney

A formula promoting Kidney and Bladder health.



MyRemover 1

A formula eliminating acute pathogens, e.g. after an insect bite.



MyRemover 2

A formula removing chronic or hidden Xie Qi from the body.



MyLungs

A formula to support the respiratory system and the regeneration of the Lungs.



MyBlood

A formula for replenishing the blood and supporting the circulatory system.



MyAge

A formula to slow down ageing. Anti-ageing effect.



MyFire

A formula to clear heat and damp heat from anywhere in the body.



MyNeuro

A formula to support cognitive function, mental well-being, and focus.



Herbal syrups
based on traditional Chinese formulas

Syrups are primarily intended for children but can also be used by adults. They contain proven herbal mixtures. In addition to the traditional use of the highest-quality herbs and mushrooms, we have also changed the production process to achieve the best possible effect. In the first phase, we boil dried herbs and medicinal mushrooms in water under high pressure – it is a traditional production method and a very important one as it is the only way to fully interconnect the bioactive substances of individual ingredients; extraction takes place in the second phase to increase the concentration of bioactive substances.



Dragon Syrup
based on a traditional formula
Long Tang Jiang

Dragon Syrup combines Reishi, Cordyceps and Echinacea to support our immunity.



Multi Syrup
The syrup contains essential vitamins *C, D3, B6, B9, B12 and zinc*

Thanks to this combination, it has an antioxidant effect and supports the body's natural immunity.



Lamb Syrup
based on a traditional formula
Bao He Wan

With its composition, the syrup is primarily focused on promoting healthy digestion and appetite.



Fox Syrup
based on a traditional formula
Chu Shi Wei Ling Tang

The syrup cleanses Re (heat) and Feng (wind) from the skin. It supports normal skin condition.



Bear Syrup
based on a traditional formula
Suan Zao Ren Tang

Bear Syrup harmonizes the psyche and promotes healthy sleep.



Monkey Syrup
based on a traditional formula
An Shen Wan Jia Wei

Monkey Syrup focuses on lack of attention with impatience and impulsivity.



Panda Syrup
based on a traditional formula
Nin Jiom Pei Pa Koa

The syrup regulates the counter-movement in Fei (Lungs). It supports respiratory system functions.



Elephant Syrup
based on a traditional formula
Su Zi Jiang Qi Tang

The syrup strengthens Fei (Lungs) and removes Tan (mucus). It supports the respiratory system.



Rabbit Syrup

based on a traditional formula
Xiao Chai Hu Tang

Syrup suitable for Fu Xie (hidden pathogen). Suitable for protracted imbalances.



Tiger Syrup

based on a traditional formula
Yin Qiao San

It is suitable for the beginnings of acute imbalances when we are attacked by Feng Re (wind heat).



Turtle Syrup

based on a traditional formula
Ba Zhen Tang

The syrup supports the immunity and vitality in exhaustion or recovery.



Heron Syrup

based on the traditional formula
Pu Ji Xiao Du Yin

The syrup harmonizes the upper respiratory tract, clears heat, and disperses toxins in the throat area.



Elf's Syrup

contains a B vitamin complex and vitamin C.

Carrier syrup. It contains a combination of vitamins suitable for supporting children's development.



MycoGlucan Syrup

contains extra vitamin C, D3, and zinc

Supports the body's natural defences. Contains natural D-glucan from freshwater algae, Reishi, and vitamins.



Deer Syrup

based on the traditional formula
Bi Yan Wan

The syrup is associated with supporting harmony of the nose and sinuses, relieving stagnation, balancing dampness, and supporting defensive Qi.



Otter Syrup

based on the traditional formula
Nei Xiao Luo Li Pian

The syrup is associated with supporting balance in the throat and tonsil area, relieving stagnation, dispersing phlegm (Tan), and clearing heat and toxins (Re Du).



MycoGummies

mushrooms to boost immunity

The first gummies with medicinal mushrooms in the Czech Republic, boosting your immunity and natural defences. These gummies, the first on the market to be packed with mushroom extracts, will win you over. We combine the power of ten medicinal mushrooms, so you'll feel the difference after just a few days of use.

MycoGummies contain pure, high-quality MycoMedica mushroom extracts, free from additives, fillers, and carriers. Each gummy packs a solid dose of natural energy, and we've definitely not skimped on the extracts.





MycoGummies

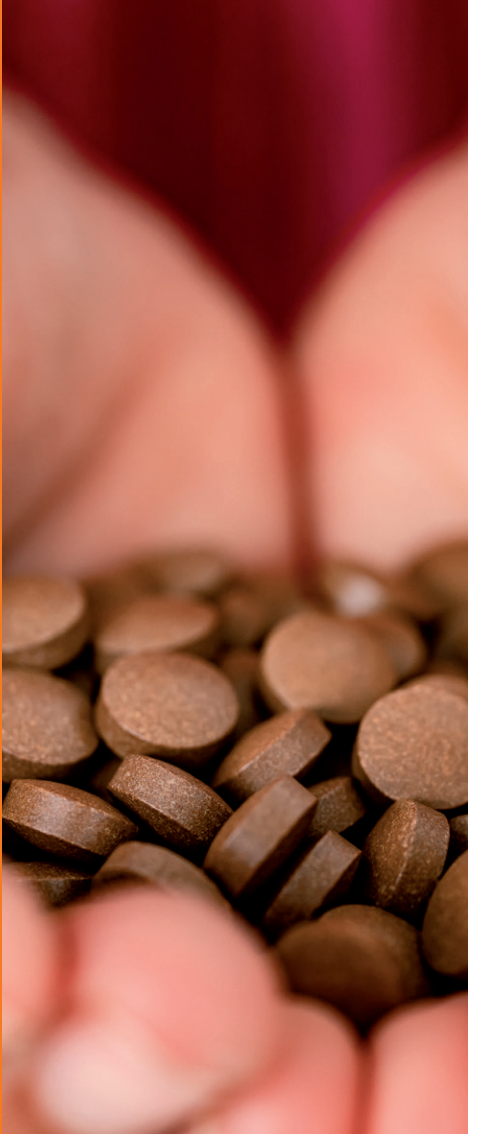
Contains 10 medicinal mushrooms: Chaga, Hericium, Cordyceps, Reishi, Enoki, Maitake, Shiitake, Agaricus, Tremella, and Oyster mushroom.

A unique blend of medicinal mushrooms complemented with natural sweeteners and fruit juices. Perfect for daily support and easy consumption.



Herbal and medicinal
mushroom extract tablets

The special range of tablets balances the effects of medicinal mushrooms and Chinese herbs. The author of the formulas is Dr Lucký, our leading specialist in traditional Chinese medicine. Tablets are made by mechanical compression of mushroom and herbal extracts.





MycoAir II
based on a traditional formula
Ling Dong Chong Yu Ping San

The mixture strengthens Fei (Lungs). It supports normal respiratory system function.



MycoStamin
based on a traditional formula
Dong Chong Si Mao San

For safe and long-term strengthening of vitality and creativity with an emphasis on sexuality.



MycoChemo
based on a traditional formula
Hui Shu Hua Liao San

It helps with Zhi syndrome (dry mucous membranes). Support in conventional therapy.



MycoStress
based on a traditional formula
Hou Tou He Ping San

MycoStress unblocks energy clusters from stress somatization.



MycoStimul
based on a traditional formula
Ling Zhi Ren Qi San

A mixture to restore vitality. Adaptogens that help effectively recharge energy.

Mushrooms and green foods
in organic powder form

We also offer medicinal mushrooms and green foods in the form of a very fine powder in organic quality. These are ground dried medicinal mushrooms or green foods, in which the chitin shell has been partially damaged, so our body is able to extract the necessary bioactive substances from the mushroom. The powder form is therapeutically weaker than the extracts. The powder is packed in packets, so just mix it in water and drink.



BIO Cordyceps Powder
Cordyceps sinensis

The Tibetan Cordyceps is the greatest recharger of lost energy among medicinal mushrooms.



BIO Shiitake Powder
Lentinula edodes

Due to its high content of bioactive substances, it is called the elixir of life.



BIO Reishi Powder
Ganoderma lucidum

Reishi supports natural immunity and vitality. It has tropism to Heart.



BIO Auricularia Powder
Auricularia auricula-judae

According to Chinese medicine, Wood Ear revives Xue (blood) and breaks blockages.



BIO Hericium Powder
Hericium erinaceus
Lion's Mane

Hericium cleanses Wei Re (Stomach heat), which tends to rise.



BIO Chaga Powder
Inonotus obliquus

It has tropism to the Intestines. It contains active substances such as betulin or terpenes.



BIO Tremella Powder
Tremella fuciformis
Snow Fungus

According to Chinese medicine, it moisturizes the mucous membranes. It contains a high amount of minerals.



BIO Maitake Powder
Grifola frondosa
Hen-of-the-Woods

It strengthens Pi (Spleen) and Wei (Stomach) to be able to transform Gu (food) more effectively.



BIO Coriolus

Coriolus versicolor

Supplement to treat cancer.
Veterinary product.



BIO Polyporus Powder

Polyporus umbellatus
Umbrella Polypore

Umbrella Polypore draws its strength from the roots of trees. It removes Shi (dampness) from the body.



BIO Chlorella

Chlorella pyrenoidosa
Chlorella

Freshwater algae rich in biologically active substances and chlorophyll.



BIO Young Barley

Hordeum vulgare
Young Barley Shoots

It is a natural source of vitamins, minerals, enzymes, proteins and chlorophyll.



Medicinal mushrooms
in dried form

Chinese mushrooms are an absolute delicacy in gastronomy. That is why we offer all lovers of good cuisine dried mushrooms of the highest quality, hand-picked under the conditions of controlled agriculture. Even dried medicinal mushrooms provide the body with a high content of 1.3/1.6-beta-glucans and other bioactive substances in the natural ratio of the source mushroom.



Agaricus 100 g
Agaricus blazei Murill
Almond mushroom

Almond mushroom supports the natural immunity.



Shiitake 100 g
Lentinula edodes

Due to its high content of bioactive substances, it is called the elixir of life.



Reishi 100 g
Ganoderma lucidum

Reishi supports natural immunity and vitality. It has tropism to Heart.



Auricularia 100 g
Auricularia auricula-judae

According to Chinese medicine, Wood Ear revives Xue (blood) and breaks blockages.



Hericium 100 g
Hericium erinaceus
Lion's Mane

Hericium cleanses Wei Re (Stomach heat), which tends to rise.



Tremella 100 g
Tremella fuciformis
Snow Fungus

According to Chinese medicine, it moisturizes the mucous membranes. It contains a high amount of minerals.



Chaga 100 g
Inonotus obliquus

It has tropism to the Intestines. It contains active substances such as betulin or terpenes.



Maitake 100 g
Grifola frondosa
Hen-of-the-Woods

It strengthens Pi (Spleen) and Wei (Stomach) to be able to transform Gu (food) more effectively.

Dried herbal blends





Spring Detoxifying Blend

This blend is based on the principles of traditional Chinese medicine. It is composed of herbs and mushrooms traditionally used especially in the spring season—to support internal harmony, a feeling of lightness, and overall balance. The combination of ingredients is inspired by the energy of the Liver and the natural spring movement of Qi. An ideal choice for a spring reset and overall well-being.



Blood-Nourishing Blend

This traditionally inspired blend is intended for enriching broths, especially during the autumn season. It is based on the principles of Chinese medicine, where similar combinations are used to support vitality and balance. It is particularly popular among women after childbirth, as well as among anyone who wishes to support their body with nourishing care, increased energy, and a sense of overall well-being.

Drinks

he power of medicinal mushrooms in every sip

Discover our delicious drinks full of the natural power of medicinal mushrooms. MycoLatte, MycoGolden, and MycoCoffee combine rich flavour with the beneficial effects of mushroom extracts like Reishi, Chaga, Cordyceps, and more. Each sip will delight your senses and give your vitality a natural boost. Treat yourself to a flavour that nurtures your body and your mind – whether it's a cup of creamy latte, a golden turmeric drink, or a strong mushroom coffee.





MycoGolden

An instant drink with turmeric, ashwagandha, and medicinal mushrooms.



MycoCoffee

A blend of excellent Arabica and four mushroom extracts: Reishi, Hericium, Chaga, and Cordyceps.



MycoLatte

An Instant coffee Arabica with Reishi and coconut milk.

Honey with herbs

and medicinal mushroom extracts

Honey is a great, healthy food. It is a major source of important vitamins, minerals and amino acids. For our MycoMedo honey line, we chose flower honey from the Rokytník Bee Farm from the untouched ecologically unique landscape of the Broumovsko Protected Landscape Area – that is, from an area unburdened by industry. We added extracts from medicinal mushrooms and herbs to the honey, thus improving the effects of the honey itself.





MedoComplex

Reishi, Cordyceps, Agaricus, Shiitake and Acerola in honey 400 g

A mixture of honey and four medicinal mushrooms to support the immune system.



MedoCordyceps

Cordyceps and Acerola in honey 400 g

Cordyceps with honey is a powerful natural recharger of lost energy.



MedoGastro

Hericium, Acerola and ginger in honey 400 g

A mixture of honey and Hericium to support good digestion.



MedoReishi

Reishi and Acerola in honey 400 g

Reishi with honey supports the natural immunity.



MedoSleep

Reishi, Jujube and Liquorice in honey 400 g

A mixture of honey, mushrooms and herbs to promote good sleep.

About herbal tinctures

YaoMedica is a brand of a very wide range of alcohol herbal tinctures, which are based on proven traditional Chinese medicine formulas. The tinctures are based on Chinese herbs and mushrooms (in Chinese medicine, it is called Yao). Chinese medicine rarely uses individual herbs alone, but always in combination with several species. They are cooked or macerated together. Only by their interaction can the desired effect be achieved.

There are several ways of processing Yao in Chinese phytotherapy. Decoctions are most often used, where herbs are boiled in water for about 20 minutes. Another option is tablets or wans, where the herbs are extracted and compressed into small balls. Tinctures (also called 'medicinal wines' in ancient China) are the third form of processing that uses the effects of alcohol. The use of alcohol in the production of tinctures has its purpose. It helps to better extract bioactive substances from each Yao and supports their absorption into the human body. Alcohol was found to extract more bioactive substances than, for example, the production of tablets. It is also important to realize that alcohol itself is very yang and has a 'moving' effect. The record on oracle bones from the Shang Dynasty (1765–1122 BC) is considered to be the oldest herbal formula in China. Mentions of tinctures can also be found in the preserved works of old masters, e.g. Zhang Zhong Jing used alcohol in several of his famous formulas, Master Sun Si Miao used over 80 kinds of tinctures, etc.



About the YaoMedica brand and company

YaoMedica is a leading European manufacturer and seller of a wide range of alcohol herbal tinctures based on proven traditional Chinese medicine formulas. The company's activities also include comprehensive therapeutic, advisory and educational services for the professional and lay public.

'We founded the YaoMedica brand mainly because it effectively complements our second MycoMedica project, through which we offer a full range of medicinal mushroom products. Although medicinal mushrooms are a real gift of nature and can help with a variety of imbalances, there are areas where it is better to use our alcohol herbal tinctures based on traditional Chinese medicine formulas. The composition of our herbal tincture formulas is therefore based on more than 2,000 years of experience and their positive effect on the human body is confirmed by millions of users around the world.'

Herb testing

We use only the highest quality ingredients grown in an ecologically clean environment for the YaoMedica tinctures.

We make sure that the herbs do not contain pesticides, heavy metals or various microorganisms. Tinctures are subject to rigorous laboratory tests. We use HACCP certification standards for the production of tinctures.



Method of processing

1. Quality of ingredients

We are particular about our tinctures being high-quality, safe and, most importantly, effective. That is why we choose suppliers of ingredients of the highest possible quality. We gradually test all tinctures for harmful substances.



2. Preparation of herbal mixture

We weigh and mix the herbs according to the traditional formula. We grind the mixture of herbs into a fine powder in a cutting mill so that it reacts better with alcohol.



3. Preparation of alcohol

Pure alcohol with a concentration of 96.47 % is diluted with distilled water so that the final alcohol concentration is 50 %. It is the optimum for our maceration



4. Maceration

We mix alcohol with herbs and macerate for at least 30 days. We shake and dynamize the glasses by hand every day to extract the bioactive substances in the best possible way.



5. Pressing

Pour the contents of the glasses into a powerful press after 30 days. We manually press it over a textile canvas, thus obtaining a clear tincture. We do not dilute the finished tinctures in order to maintain their strength.



6. Filling the tinctures

We pour the filtered tinctures into a filling machine, from which we fill the tinctures into bottles.



7. Design

We want our tinctures to be not only effective but also beautiful to look at. That is why we approached the well-known Czech painter Markéta Vydrová to create all the subtle and imaginative illustrations for us.



8. Testing

It is important that tinctures do not contain harmful substances. We have the produced tinctures tested in an independent laboratory.



Dosage of herbal tinctures

Always shake the bottle before use.

Divide the daily dose into two parts (morning and evening).

The daily dose is 1 drop per 1 kg of body weight. If you weigh 60 kg, your daily dose is: 2 x 30 drops.

The bottle contains 50 ml/1100 drops.

We use tinctures on an empty stomach – that is, at least 30 minutes before meals or 60 minutes after meals. If you cannot drink alcohol (e.g. children), drip a tincture into the cup and pour on a small amount of boiling water. The alcohol will evaporate in a few minutes.

In some cases, it is possible to increase the daily dose up to three times (in this case, we recommend a professional consultation, e.g. in our Advisory Centre at www.www.MycoMedica.eu).



FAQs

Are YaoMedica tinctures also suitable for children and drivers since they contain alcohol?

Yes, they are suitable for both children and drivers. For children, it is advisable to pour about 1 dcl of boiling water over a given dose to make the alcohol evaporate within 5 minutes. We also did tests for drivers. After using 100 drops of tincture, the alcohol evaporates from the blood within 15 minutes (or it is not measurable by a breathalyser used by the Police of the Czech Republic). However, each of us has a different metabolism, so this information is indicative.

Is it possible to combine different YaoMedica tinctures at once?

We usually do not recommend taking multiple tinctures at one time. I general we recommend taking a maximum of 2 tinctures in one day each at a different time. One in the morning and the other in the evening. If you are unsure, use our Advisory Centre.

What happens if the use of tinctures is interrupted for 1 or 2 days, e.g. if one forgets?

Tinctures should be taken regularly. However, if you forget, nothing happens, feel free to continue the use.

Is it possible to combine YaoMedica tinctures with MycoMedica medicinal mushrooms?

Yes, our doctors and therapists do it routinely in their practice but you should know why you are doing it and what you want to achieve. We usually recommend administering a tincture first and then medicinal mushrooms with an interval of about 15 minutes.

How to store YaoMedica tinctures?

Store tinctures in the original dark bottle, preferably at room temperature. They should not be exposed to the sun or high temperatures.

Is it possible to combine Yao Medica tinctures with food supplements or medicines?

Yes, but take them at a different time of the day and follow the 'on-an-empty-stomach' principle even in relation to food supplements or medicines.

Can I overdose on tinctures?

No if you follow the recommended dosage.

Do I see a slight cloudiness in the bottle? Is this OK?

Yes, slight cloudiness is perfectly normal. It is always a good idea to shake the bottle well before use.

If I take tinctures, can I stop taking the medication prescribed by my doctor?

No. Medicines can only be discontinued by the doctor who prescribed them.



Herbal tinctures
based on traditional Chinese formulas

Yao means ‘medicinal’ – a herb, mineral or clam. Chinese medicine uses each Yao alone, but always in combination of several types. They are cooked or macerated together. Only by their interaction can the desired effect be achieved. The use of alcohol in the production of tinctures has its purpose. It helps to better extract active substances from each Yao and supports their absorption into the human body. It was found that alcohol extracts more active ingredients than, for example, the production of wans.



Breaking the Chains
based on a traditional formula
Xiao Yao San

The tincture addresses the disharmony between Gan (Liver) and Pi (Spleen) and Gan Yu (Liver stagnation), causing somatization of stress. It also nourishes Xin Gan Xue (Blood of the Heart and Liver). Thanks to Liquorice, it supports mental health – the nervous system.



Break the Dam
based on a traditional formula
Gu Zhen Jia Mai Ya Wan

The tincture is suitable for maintaining normal prostate function thanks to Saw Palmetto. Suitable for Shen Yang Xu (Kidney Yang deficiency), Shi Re (damp heat) and Xue Yu (blood blockage) in the lower abdomen.



Relaxed Support
based on a traditional formula
Tong Yao Zhui Tang

The tincture releases Yao Tong (lumbar energy) and breaks Xue Yu (blood stasis) which can accumulate in the lumbar region mainly due to excessive strain or inappropriate movement habits. Also suitable for Bi Zheng, eliminates Feng (wind) and Shi (dampness).



Clear Path
based on a traditional formula
Mu Xiang Shun Qi Wan

The tincture releases the blocked Qi Wei and Chong (energy of the Stomach and Intestines). It mobilizes blockages in digestion. It harmonizes Gan (Liver) and Pi (Spleen) in the stagnation of Gan Qi (Liver Qi energy) attacking Wei (Stomach). Mint, Ginger and Sedge support digestion.



Nose Breeze
based on a traditional formula
Bi Yan Wan

The tincture opens the upper orifices associated with Fei Qi (Lung Qi). It opens the surface and removes Feng Re or Feng Han (hot or cold wind). It releases Tan (phlegm) and Qi (energy) blockages in the respiratory system.



Awakened Energy
based on a traditional formula
Bu Zhong Yi Qi Tang

The tincture strengthens the lifting function of Pi Qi (Spleen energy) and strengthens the body’s overall energy. It raises Zang Fu organs (in case of prolapse), helps to stop the flow of Xue (blood) if Pi (Spleen) does not hold Xue (blood) in the blood vessels. Milkvetch supports immunity and ginger vitality and energy.



Drunken Master
based on a traditional formula
Ge Hua Jie Cheng Tang

Tincture suitable for hangover. From the point of view of Chinese medicine, it removes Shi Re (dampness and heat) created in the body after drinking alcohol, harmonizes the centre and strengthens Pi (Spleen). Thanks to Cardamom, it supports the normal functioning of the kidneys and urinary system.



Relaxed Paths
based on a traditional formula
Shu Jing Huo Xue Tang

Tincture suitable for Bi Zheng (musculoskeletal system imbalances), makes Jing (meridians) passable, breaks Xue Yu (blood stasis). It further revives Xue (blood) and eliminates Feng Shi (wind dampness) from the body. Angelica supports the normal condition of the joints.



Strengthened Support
based on a traditional formula
Du Huo Ji Sheng Tang

The tincture releases Yao Tong (loin energy) and strengthens Shen Yang (Kidney Yang). It eliminates Feng Shi, Han and Re (wind dampness, cold and heat) which cause Bi Zheng (blockages of Qi and musculoskeletal system blood). Thanks to Siler, it supports the normal condition of the joints.



Opening Door
based on a traditional formula
Xiao Chai Hu Tang

The tincture harmonizes Shao Yang (the paths around the ear) and promotes Zheng Qi (proper Qi energy). Thanks to Ginseng, it supports the natural immunity and has the ability to expel Fu Xie (hidden pathogen).



Mountain Thunder
based on a traditional formula
She Mu Tang

The tincture cleanses Feng Re (heat in the Lungs) and removes Tan Re (hot phlegm) from Fei (Lungs). It also drains Huo Du (fire toxin) from Fei (Lungs). Thanks to Liquorice, it supports the normal functions of the respiratory and immune systems.



Breaking the Blocks
based on a traditional formula
Gui Zhi Fu Ling Wan

The tincture breaks Xue Yu (blood stasis) in the lower abdomen. It also revives Xue (blood) and breaks Zhen Jia (fixed abdominal masses). Thanks to Peony, it directs action to the lower abdomen. This problem is usually caused by Gan Yu (Liver stagnation), which is related to stress.



Empress' Plaits
based on a traditional formula
Nu Huang Bian Zi Tang

The tincture nourishes Gan (Liver) and Shen (Kidney) and supports the hair. It nourishes Xue (blood) in Gan (Liver) and Yin (moisture, nutrition) and the essence of Jing in Shen (Kidney). It supports hair quality.



Round Buddha
based on a traditional formula
Ti Zhong Jian Qing Tang

The tincture is used to control body weight thanks to Orange Tree. From the point of view of Chinese medicine, it strengthens Pi Qi (Spleen energy), harmonizes Wei (Stomach) and removes Shi (dampness) from the body, which is always related to overweight.



Heaven's Bridge
based on a traditional formula
Jing Fang Er Hao Tang

The tincture releases Xue Yu (blood stasis) in the cervical spine region. Thanks to Angelica, it maintains the normal condition of the joints and bones. It releases Xue Yu (blood stasis), stiffness in Luo (side pathways leading Qi energy in the body) and makes it passable.



Sharp Senses
based on a traditional formula
Yi Qi Cong Ming Wan

The tincture nourishes Gan (Liver) and Shen (Kidney) and directs Qi (energy) into the 'upper orifices' of the ears and eyes. According to Chinese medicine, good hearing is related to the quality of Shen (Kidney) and good eyesight is related to the quality of Gan (Liver).



Toxin Remover
based on a traditional formula
Lian Qiao San Gen Tang

The tincture cleanses Re Du (toxic heat) from the neck region. It also cleanse Feng Re (wind heat) and regulates the Tai Yang and Yang Ming layers when attacked by wind. Thanks to Peppermint, it supports the normal functions of the respiratory system.



Pearl's Purity
based on a traditional formula
Zhen Zhu An Chuang Tang

The tincture cleanses Du (toxin) and Shi Re (damp heat) from the surface layers of the body, mainly in the facial area. Pearl powder was used to brighten the skin in ancient China. It can also break Xue Yu (blood stasis).



Cold Ground
based on a traditional formula
Shao Fu Zhu Yu Tang

The tincture activates the Xue (blood) circulation and breaks Xue Yu (blood stasis/blockages) in the lower abdomen and warms it. Thanks to Peony, it supports the health and normal function of the urogenital system in women. Suitable for women sensitive to the cold. It can also be used during menstruation.



Warm Chamber
based on a traditional formula
Zan Yu Tang

The tincture strengthens and warms Shen (Kidneys) and thus promotes the 'sowing of the earth'. In addition to Shen, it also supports Pi (Spleen) and replenishes Xue (blood). Angelica supports the normal functioning of the female urogenital system and, thanks to Ginseng, sexual health.



Unicorn's Strength

based on a traditional formula
Yu Lin Zhu Tang

The tincture replenishes Qi (energy), Xue (blood), Gan (Liver), Pi (Spleen) and Shen (Kidney). From the point of view of Chinese medicine, this means that it supports all the elements important for the 'sowing of the earth'. Thanks to Angelica, it supports the normal functioning of the urogenital system in women.



Restored Voice

based on a traditional formula
Hai Zi Qi Tang

The tincture moistens Fei (Lungs) and thus the vocal cords. Thanks to Myrobalan, it supports the normal functions of the respiratory system. In addition, it removes Tan (phlegm), purifies Fei Re (Lung heat) and nourishes Fei Yin (Lung Yin).



Warm Flow

based on a traditional formula
Wen Jing Tang

The tincture warms Shen (Kidneys) and harmonizes and nourishes the meridians of Ren Mai (conception pathway) and Chong Mai (central pathway). Overall, the tincture disperses Han (cold), replenishes Xue (blood) and breaks Xue Yu (blood stasis) in the lower emitter (lower abdomen).



Liver Detox

based on a traditional formula
Huang Fu Gui Tang

The tincture harmonizes Gan (Liver). Thanks to Turmeric, it supports normal liver function. It replenishes and moves Gan Xue (Liver blood), removes Du (toxin) and Shi Re (moist heat), releases Gan Yu (Liver stagnation), which is caused by stress or suppressed emotions.



Reishi

Ganoderma lucidum
Reishi

The tincture with Ganoderma supports the natural immunity and vitality. It maintains normal circulatory system functions and normal blood cholesterol levels. Reishi harmonizes Xin (Heart), both its physical and mental functions.



Ren Shen

Panax ginseng
Ginseng

The tincture strengthens the overall Qi (energy), is suitable for fatigue and exhaustion. It harmonizes mental state, performance, concentration, coordination, relieves stress. It is suitable for fatigue, supports memory. It improves cognitive and mental performance. It promotes vitality and sexual health.



Goji

Lycium chinense
Chinese wolfberry

The tincture replenishes Shen Gan Yin (Kidney and Liver Yin). It is also the reason why it brightens the eyesight. From the point of view of Chinese medicine, it nourishes Fei Yin (Lung Yin), which nourishes and hydrates the whole organism. It contains a considerable amount of vitamins and minerals.



Dang Gui

Angelica sinensis
Chinese angelica

The tincture replenishes and moves Xue (blood). It is called female ginseng. It is used to refresh the body, maintains the normal condition of joints and cartilage, supports metabolism, normal activity of the urogenital system in women and normal function of the blood system – oxygen transport.



Chaga

Inonotus obliquus

The tincture removes Shi Re (damp heat) from Gan (Liver), Dan (Gall bladder) and Chong (Intestines). It nourishes Gan (Liver), Shen (Kidney) and Xin (Heart). It transforms Tan (phlegm) and revives Xue (blood). It has An Shen effect (calms the spirit). It supports Wei Qi (defensive Qi).



Hericium

Hericium erinaceus
Lion's Mane

The tincture purifies Wei Re (heat in the Stomach) and harmonizes Wei (Stomach) and regulates its Qi energy. It replenishes Pi (Spleen) to help with digestion. It calms Shen (spirit) and thus strengthens the activity of the brain. According to Chinese medicine, it affects all organ systems.



Maitake

Grifola frondosa
Hen-of-the-Woods

The tincture harmonizes Pi (Spleen) and Wei (Stomach). It replenishes Pi (Spleen) and its Qi energy, thus removing Shi (dampness). It also tones Shen (Kidneys) and Gan (Liver). It purifies Re (heat) and soothes Shen (spirit).



Dragon's Breath

based on a traditional formula
Chuan Xin Lian Kang Yan Wan

The tincture removes Feng Re (wind heat) and Du Re (toxic heat) from the Fei system (Lungs). It cools Re (heat). Thanks to Creat, it supports the normal function of the respiratory system and natural immunity. It also cleanses.



Deer's Strength

based on a traditional formula
You Gui Wan Jia Jian

The tincture strengthens Shen Yang (Kidney Yang) with an emphasis on human sexuality. The tincture is aimed primarily at men, but may also be suitable for women, especially if they are sensitive to the cold. Thanks to Dogwood, it affects the normal functioning of the urogenital system in men.



Cracked Branch

based on a traditional formula
Gu Sui Bu Wan

The tincture strengthens Shen (Kidney) and Gan (Liver) to harmonize Gu (bones). It nourishes and strengthens Gu. It releases Xue Yu (blood stasis) caused by trauma. Thanks to Angelica, it supports the normal condition of joints and cartilage.



Eight Pearls

based on a traditional formula
Ba Zhen Tang Jia Jian

Tincture for total strengthening of Qi (energy) and Xue (blood), e.g. strengthening of energy after childbirth. Qi and Xue (blood) are substances that our body make from food. We can imagine them as the fuel that makes our body and mind work.



Peaceful Chamber

based on a traditional formula
An Shen Bu Xin Tang

The tincture calms the excessive activity of Xin (Heart) and has the An Shen effect (harmonizes the soul). Thanks to Magnolia-Vine, it acts as an adaptogen, which means that it improves the ability to adapt to changing conditions. Knotweed supports the normal functioning of the cardiovascular system.



Clear Mind

based on a traditional formula
Bu Nao Yang Shen Tang

The tincture nourishes Nao Qi (brain Qi energy). Suitable for people with excessive mental stress. It calms the soul of Shen, strengthens Shen (Kidneys), nourishes Xin (Heart) and improves communication between Xin and Shen. Thanks to Magnolia-Vine, it acts as a tonic and support for mental well-being.



Heavenly Empress

based on a traditional formula
Tian Wang Bu Xin Dan

The tincture nourishes Shen Yin (Kidney Yin) and the Heart Xin Yin (Heart Yin), replenishes Xue (blood) and Xin (Heart). It cools Xu Re (heat from inadequacy) and soothes Shen (spirit). It is suitable for menopausal women. Thanks to Magnolia-Vine, it supports mental well-being.



Clean Granary

based on a traditional formula
Jian Pi Tang

The tincture promotes digestion and appetite. Thanks to Hawthorn, it supports normal functions of the intestinal tract and normal digestion. From the point of view of Chinese medicine, it strengthens Pi Qi (Spleen energy), which is responsible for the digestive process, for converting food into Qi energy and blood.



Nephrite Veil

based on a traditional formula
Te Xiao Bi Min Gan Tang

The tincture removes Feng Re (wind heat) from the path of Fei (Lungs), opens the nasal passages, cleanses Shi Re (damp heat), strengthens Fei Qi (Lung Qi energy), removes Tan (phlegm). This makes it especially suitable in the spring season. Thanks to Angelica, it supports the normal functions of the respiratory system.



Anchored Idea

based on a traditional formula
Gui Pi Wan

The tincture strengthens Pi Qi (Spleen Qi energy) while nourishing Xin Xue (Heart blood). This calms Shen (spirit). It is excellent for conditions that we would call 'excessive contemplation'. Thanks to Ginseng, it supports mental state and concentration.



Shy Doe

based on a traditional formula
Shi Wei Wen Dan Tang

The tincture strengthens Dan (Gall bladder) and Xin (Heart), thus supporting determination. It also calms the Shen spirit and transforms Tan (phlegm). It is suitable for people who are easily discouraged by the first failure and who have low self-esteem.



Sea of Sighs

based on a traditional formula
Zi Shui Qing Gan Yin

The tincture releases Gan Yu (Liver stagnation), helping to release various energy blockages of Qi in the body. Thanks to Xin Xue (Heart blood) nutrition, it calms Shen (soul) and thus helps to harmonize mental balance.



Burning Bush

based on a traditional formula
Chai Ge Jie Ji Tang

Tincture for acute Feng Re (wind heat), which blocks the pathways. It is for states where Feng Re passes from the Tai Yang layer to the Yang Ming layer and thus the symptoms of this layer intensify. According to Chinese medicine, it also 'relaxes meat'.



Nine Herbs

based on a traditional formula
Jiu Wei Qiang Huo Tang

Tincture for acute Feng Shi (wind dampness), which blocks the pathways. The tincture will help to remove this pathology from the body by triggering Han (it opens the pores and triggers sweating, thus removing Shi – dampness). It purifies Nei Re (inner heat).



White Cocoon

based on a traditional formula
Pu Ji Xiao Du Yin

Tincture for neck problems caused by Feng Du Re (wind hot toxin). It is suitable for various types of Fu Xie (hidden pathogens), which tend to settle mainly in the neck and head regions. Thanks to Burdock, it supports normal upper respiratory tract functions and immunity.



Removed Rocks

based on a traditional formula
Da Po Dan Jie Shi Tang

Tincture for Dan Shi Re (damp heat in the Gall bladder). We clog our body with various impurities because of poor lifestyle choices. Chinese medicine calls them Shi Re (damp heat). Thanks to Turmeric, it supports normal liver function and normal digestion.



Grandfather's Memories

based on a traditional formula
Xiao Yi Qi Er Gui Tang

The tincture that opens the orifices of Xin (Heart) and nourishes it, calms Shen (soul; which is our psyche), releases Xue Yu (blood stasis) and revives Xue (blood). These are all imbalances that old age brings. Thanks to Ginseng, it supports memory.



Cinnamon Caress

based on a traditional formula
Gui Zhi Tang

Tincture for the acute intrusion of Feng Han (wind cold) into the weakened surface muscle layer of Tai Yang. It regulates Da Han (excessive sweating). It harmonizes Wei (defensive) and Ying (nourishing) Qi energy. It is widely used due to its ability to harmonize Yin and Yang.



Gentle Waves

based on a traditional formula
Chai Hu Shu Gan Tang Jia Jian

The tincture releases Gan Yu (stasis of Liver Qi energy) in the chest region. Gan Yu is usually caused by emotional fluctuations and stress. It manifests itself in blockages on both the physical and mental levels. We call this somatization of stress.



Rooster Jump

based on a traditional formula
Gu Ci Xiao Tong Pian

Tincture that moves blockages of Tan (phlegm) and Xue (blood) mainly in the lower limbs. It also strengthens Shen (Kidneys) and the essence of Jing that is stored in them. Angelica supports the normal condition of joints and cartilage.



The Emperor's Blockade

based on a traditional formula
Xue Fu Zhu Yu Tang

The tincture is based on a traditional Chinese medicine formula which moves Xue (blood), breaks Xue Yu (blood stasis) over the diaphragm and releases Xin Bi (Heart blockages). Angelica supports the normal functions of the blood system – oxygen transport.



White River

based on a traditional formula
Wan Dai Tang

The tincture removes Shi (dampness) and strengthens Pi Qi (Spleen energy) at Dai Xia (discharge). The weakened Pi system (Spleen, digestion) creates excessive dampness Shi in the body. Shi drops down due to its heavy nature and often manifests itself as Dai Xia (discharge).



Velvet Stream

based on a traditional formula
Tong Chang Pian

The tincture moisturizes Chang Zao (dryness of the Intestines). It supports stool movement. Eating is also important. As Chinese doctors say, 'it's not enough to drink water, you have to eat water'. That is, it is necessary to eat enough food containing water – vegetables, fruits, cooked or steamed dishes.



Sailor's Step

based on a traditional formula
Ban Xia Bai Zhu Tian Ma Wan

The tincture disperses Nei Feng (inner wind) and removes Shi and Tan (dampness and phlegm). Due to the weakened Qi energy of the Spleen, Shi and Tan begin to form in the body, which rise with Nei Feng to the head where they accumulate and block the flow of Qi. Risk of Zhong Feng.



Peaceful Sleep

based on a traditional formula
Te Xiao Zao Ren An Mian Wan

The tincture nourishes Yin/Xue (Yin/blood) in Gan (Liver) and Xin (Heart). Apart from eating, controlling emotions and adequate exercise, sleep is one of the four pillars of our lives. Thanks to Magnolia-Vine, it supports mental well-being.



Kind Grandfather

based on a traditional formula
Suan Zao ren Tang Jia Wei

The tincture nourishes Xin (Heart), thus eliminating irritability. From the point of view of Chinese medicine, men over the age of 50 experience a loss of Shen (Kidney) energy. Their Yang escapes to Xin (Heart), warms it and disturbs Shen (soul). It causes irritability or inappropriate reactions to common situations.



Dry Nights

based on a traditional formula
Zhi Xiao Er Yi Niao Tang

The tincture combines two traditional formulas. The first is Bu Zhong Yi Qi Tang that strengthens Pi (Spleen) and supports its lifting function. The second mixture is Suo Quan Wan, which strengthens Shen (Kidneys), grips and prevents the escape of the essence of Jing and other Jin Ye (fluids).



Two Mature Ones

based on a traditional formula
Er Chen Tang

The tincture removes Tan (phlegm) from the body. The formula dates back to the 11th century and is used to remove Shi Tan (damp mucus) from the body. Tan is caused by the weakening of Fei (Lungs) after repeated intrusions of the outside wind and weakened Pi (Spleens) due to inappropriate eating habits.



The Emperor's Treasure

based on a traditional formula
Rou Fu Bao Yuan Tang

The tincture strengthens Xin Qi (Heart energy) and strengthens it. From the perspective of Chinese medicine, we can weaken Xin Qi with emotions such as hatred, excessive desire, guilt, sadness or excessive joy. All this drains Xin Qi. Thanks to Milkvetch, it supports the normal functioning of the cardiovascular system.



Young Again

based on a traditional formula
Huan Shao Dan

Tincture to keep youth until old age. Thanks to Magnolia-Vine, it is a tonic that supports mental well-being. Sweet flag helps to refresh the body and Ginger supports tone, vitality, immunity and energy. It also supports normal function of the airways, cardiovascular system and digestion.



Opening the Basket

based on a traditional formula
Gua Lou Xie Bai Jiu Tang

The tincture transforms Tan (phlegm) and releases blocked Fei Qi (Lung energy). The traditional mixture used by old doctors for Xin Bi (Heart blockages), caused by Bi Tan (phlegm blockages in the chest). The main herb of the mixture is trichosanthes.



Restless Monkey

based on a traditional formula
An Shen Wan Jia Wei

The tincture harmonizes Shen (Kidneys) and Xin (Hearts) and calms Shen (spirit). This is most often manifested by a lack of attention, impatience, constant movement and impulsivity. Ginseng promotes mental state, performance, concentration and coordination. Liquorice affects mental health.



Easy Breathing

based on a traditional formula
Ke Chuan Pian

The tincture is used to release Fei (Lungs) in cases of Feng Han (cold wind) invasion. Tan (phlegm) is often present. Usually based on Pi Qi Xu (weakened Spleen) due to poor eating habits. Thanks to Perilla, it supports the normal functions of the respiratory system.



Tom-Tom Rumbling

based on a traditional formula
Su Zi Jiang Qi Wan

The tincture withdraws the rebellious Fei Qi (Lung energy), strengthens Fei (Lungs) and Pi (Spleen) and transforms Tan (phlegm). Fei (Lungs), with their descending function, are supposed to 'spray' the energy of Qi created from food and breathing. Thanks to Liquorice, it supports the normal functions of the respiratory system.



Relaxing the Branches

based on a traditional formula
Sang Feng Teng

The tincture breaks Xue Yu (blood stasis) in the elbow region. Excessive strain or injury will disrupt the flow of Qi energy in the pathways leading through the elbow. In these places, the pathways are relatively narrowed, making them more susceptible to the formation of Xue Yu (blood blockages).



Hammer the Gu

based on a traditional formula
Su He Tang

Tincture for Tin Xie (hidden pathogen). With its sharp and aromatic Yao, it helps drive out Gu ('worms'), remove Feng (wind) and Shi (dampness). It also replenishes Qi (energy) and Xue (blood) and moves Xue (blood). Ginseng, Milkvetch and Mint support the immune system.



Hammer the Gu – Joints

based on a traditional formula
Su He Tang Guan

Tincture for Tin Xie (hidden pathogen). With its sharp and aromatic Yao, it helps drive out Gu ('worms'), remove Feng (wind) and Shi (dampness). It also replenishes Qi (energy) and Xue (blood) and moves Xue (blood). Liquorice supports the normal condition of the joints.



Hammer the Gu – Nerves

based on a traditional formula
Su He Tang Nao Guo

Tincture for Tin Xie (hidden pathogen). With its sharp and aromatic Yao, it helps drive out Gu ('worms'), remove Feng (wind) and Shi (dampness). It also replenishes Qi (energy) and Xue (blood) and moves Xue (blood). Mint promotes relaxation and natural immunity.



The King's Thumb

based on a traditional formula
Tong Yong Tong Feng Tang

The tincture removes Shi Re (damp heat) from the big toe region. It also breaks Xue Yu (blood stasis), releases Re Bi (hot blockages) and makes Luo pathways passable. We recommend moderation in the diet and limit hot, fried and spicy dishes and especially alcohol.



Outer Relief

based on a traditional formula
Shan Ci Nan Xing

The tincture removes Shi Re (damp heat) from the big toe region. Its main use is relief in Bi Zheng of the hot type, which is most common on the big toes. The herbs contained in the tincture help restore the circulation of Xue (blood) and Qi energy in the affected area.



Tooth Fairy

based on a traditional formula
Chi Tong Tang

The tincture moves Xue Yu (blood stasis) in the tooth region. As the poetic name suggests, the mixture is designed to be applied to gums. Thanks to the content of Ginseng, the tincture supports blood circulation and cloves support blood supply.



Calm Surface

based on a traditional formula
An Shen Ding Zhi Wan

Tincture with a strong An Shen effect, harmonizes Shen (soul). The mixture contains herbs that nourish Xin Xue (Heart blood), creating an anchor for our Shen. If the soul does not have a sufficient anchor, it tends to fly. We are then mentally unanchored and easily disturbed.



Six Noblemen

based on a traditional formula
Liu Wei Di Huang Wan

The tincture nourishes Shen Yin (Kidney Yin). Dogwood helps the normal functioning of the urogenital system in men and Chinese foxglove supports the normal functioning of the vascular system and blood pressure. It also maintains normal blood glucose levels, which is in line with the Chinese concept of this mixture.



Silence the Bells

based on a traditional formula
Er Long Zuo Ci Wan

The tincture replenishes Shen Yin (Kidney Yin) and conducts energy to the ears. It is one of the versions of Liu Wei Di Huang Wan, which nourishes Liver and Kidney Yin. Yao magnetite helps keep excess Yang from falling into your ears. Chinese foxglove supports the normal functioning of the vascular system and blood pressure.



Fresh Breeze

based on a traditional formula
Zhi Bai Di Huang Wan

The tincture replenishes Shen Yin (Kidney Yin) and cools Xu Re (heat from emptiness). In women over the age of 38, Yin, moisture and nutrition usually begin to become more depleted and Yang, which creates Xu Re (empty heat), begins to predominate. Thanks to Chinese Foxglove, it supports the normal functioning of the vascular system and blood pressure.



Blue Gentian

based on a traditional formula
Long Dan Xie Gan Tang

The tincture removes Shi Re (damp heat) from the body. The tincture is used to cool the body, both mentally and physically. It is full heat that acts in different parts of the body. Plantain promotes normal digestion, liver function and cleansing.



Untangled Knots

based on a traditional formula
Nei Xiao Luo Li Pian

The tincture breaks Tan (phlegm) forming tangible knots. It can soften knots and loosen tan hardening. It also moves the lymphatic system. Common self-heal, Liquorice and Mint in this mixture support the immune system and natural immunity.



Yellow Dragon

based on a traditional formula
Huang Lian Shang Qing Wan

The tincture cleanses the body of Du Re (hot toxin) anywhere in the body. Thanks to Chinese Goldthread, our body can get rid of what the Chinese doctor calls Jie Du (fiery toxicity) quite effectively. Mint in this mixture supports natural immunity.



Gold Vein

based on a traditional formula
Hua Zhi Pian

The tincture removes Shi Re (damp heat) from the rectal region. Shi Re blocks the flow of Qi and this blockage later turns into hard masses. Chinese Foxglove in this mixture supports the normal functioning of the vascular system.



Red Bruise

based on a traditional formula
Hua Zhi Pian

The tincture breaks Xue Re Yu (hot blood stasis), which can be caused in the body after various traumas. It is common to use ice for such conditions. But a better option is to move stagnation than to cool it. Angelica in this mixture supports the normal condition of joints and cartilage.



Blue Bruise

based on a traditional formula
Run Hua Jing

The tincture breaks Xue Han Yu (cold blood stasis). Similar use as mixture 082. But it is rather for stasis that do not tend to be hot. In order for Qi and Xue to flow freely, the blockages need to be broken. Acupuncture or this mixture is a good choice.



Little Joys

based on a traditional formula
Gan Mai Da Zao Pian

The tincture calms Shen (spirit) and improves mood. Suitable for Qi Xu (lack of Qi energy), Xue Xu (lack of blood) and Qi Zhi (stagnation of Qi energy). Liquorice in this mixture promotes mental health (nervous system), calmness and Turmeric normal nervous system activity.



Little Wind

based on a traditional formula
Xiao Feng Pian

The tincture removes Feng Re (wind heat) and Xue Re (heat in the blood) from the skin. The exact translation of this mixture is Wind Purifying Powder. Siler and Liquorice in this mixture support the normal condition of the skin.



Hot Waves

based on a traditional formula
Geng Nian An Pian

The tincture replenishes Shen Yin (Kidney Yin) and cools Xu Re (heat from emptiness), which is created by the relative excess of Yang. Peony in this mixture promotes women's health – menopausal comfort. Magnolia-Vine acts as a tonic and support for mental well-being.



Wind Tower

based on a traditional formula
Pian Tou Tong Pian

The tincture drains Feng (wind) from the Tou (head) region. Wind tends to expand in the head and form Tou Tong (blockages in the flow of Qi energy in the head). Angelica supports the normal functions of the blood system – oxygen transport.



Calming the Wind

based on a traditional formula
Tian Ma Gou Teng Wan

The tincture withdraws excess Gan Yang (Liver Yang) or Gan Feng (Liver wind), which rises to the head. Compared to the previous mixture, it is not so much the 'external wind', but the 'internal wind'. It also cools the internal heat accumulated in Gan (Liver).



Rumbling Metal

based on a traditional formula
Bai He Gu Jin Tang

The tincture nourishes Fei Yin (Lung Yin) and helps with Fei Zao (Lung dryness) conditions. According to Chinese medicine, the Lungs are a fragile organ and are relatively prone to becoming dry. Liquorice in this mixture supports the normal functions of the respiratory system.



Wild Water

based on a traditional formula
Huo Xiang Zheng Qi Pian

The tincture removes acute Shi Re (damp heat) from Chong (Intestines). It helps to 'disinfect' the Chong system. The mixture is the first one you should take with you on holidays in the summer. Liquorice in this mixture promotes normal digestion.



Wind Surge

based on a traditional formula
Jiang Ya Pian

The tincture withdraws excess Gan Yang (Liver Yang), which spreads to the whole body. Excessive Gan Yang is usually associated with emotions or stress. Sage in this mixture supports the normal functioning of the vascular system. Chinese Foxglove supports the normal functioning of the vascular system and blood pressure.



Red River

based on a traditional formula
Ba Zheng San

The tincture cleanses Pang Guang Shi Re (damp heat from the Bladder). The cause may be a direct intrusion of Shi Re (damp heat) into Pang Guang (Bladder) or Shen Yang deficiency (lack of Kidney Yang). In the latter case, it is good to add Cordyceps.



Cloudy Spring

based on a traditional formula
Li Shui Pai Shi Pian

The tincture cleanses Pang Guang Shi (cloudy dampness from the Bladder). It helps keep the Pang Guang (Bladder) pathway clean and clears the way of urine. Liquorice in this mixture acts on the urinary and reproductive system.



Clear Tracks

based on a traditional formula
Xiao Huo Luo Pian

Tincture for Bi Zheng of Han (cold) and Shi (dampness), releases Xue Yu (blood stasis). Bi Zheng is a state of obstructions and blockages of the musculoskeletal system caused by the invasion of Han (cold) and Shi (dampness).



Defensive Wall

based on a traditional formula
Yu Ping Feng San

The tincture supports the body's natural immunity. According to Chinese medicine, Wei Qi (defensive Qi energy). It is a system that defends the surface of our body. In addition to the skin, the mucous membranes of the respiratory and digestive systems are also the surface. Milkvetch in this mixture supports the natural immunity.



Ringing Bell

based on a traditional formula
Fu Fang Dan Shen Pian

The tincture releases Xin Yu (blockages of the Heart). Supports Xin (Heart) and cardiovascular health. From the point of view of Chinese medicine, it addresses chest blockages caused by Xue Yu (blood stasis) preventing the movement of Qi in the chest. Sage supports the normal functioning of the vascular system. Ginseng promotes blood circulation.



Sturdy Bamboo

based on a traditional formula
Zhuang Gu Xiao Ci Pian

The tincture replenishes Shen Jing (Kidney essence) and Gu (bone). According to Chinese medicine, the Kidneys are responsible for bone quality. Strong Shen (Kidneys) provides the bones with enough nutrients. But with age, the energy in Shen (Kidneys) gradually weakens and thus our bones weaken.



Fast Waterfall

based on a traditional formula
Xiang Zhi Tang

The tincture solves the acute counter-movement of Wei Qi (Qi of the Stomach), which is supposed to decrease under normal conditions. Chinese medicine calls this condition the rebel Wei Qi (Qi of the Stomach). Mint in this mixture supports the normal functioning of the digestive system and intestines.



Propolis

Propolis cera

Propolis tincture contributes to the normal condition of the skin and mucous membranes. Propolis is a resinous substance with a pleasant aroma. It is composed of resin which bees collect from trees and add secretions of their glands to it.



Red Flower

based on a traditional formula
Qing Re Zhi Beng Tang

The tincture cleanses Xue Re (heat in the blood), which prematurely expels menstrual Xue (blood). It is used for conditions called Beng Lou (excessive bleeding and spotting). According to Chinese medicine, Xue Re (heat in the blood) enters the Gan (Liver) pathway and expels blood from its pathways.



Fast Tadpole

based on a traditional formula
Wu Zi Yan Zhong Wan

The tincture promotes Jing Gui (fertility essence) in men. It strengthens Shen Jing Qi Yang (essence, Qi and Kidney Yang).



Silver Breath

based on a traditional formula
Shuang Huang Lian Tang

The tincture stimulates Wei Qi (defensive energy) and eliminates Du (toxin) and Han Xie (cold pathogen) which has already passed through the outer layers. It is especially useful if Han Xie gets to the Fei (Lungs) region where it usually changes to Re (heat).



Notoginseng

based on a traditional formula
San Qi

A simple mixture composed of three herbs that are used for Zhi Xue (stop the blood) and this is both the main and only use of this mixture. It can be added to other tinctures. Notoginseng and Wormwood are warm and Thuja is cold, so the mixture is thermodynamically balanced.



Energy Balance

based on a traditional formula
Er Xain Tang

Most herbal formulas used for menopause nourish Kidney Yin; this mixture uses a unique approach in which it replenishes Kidney Yang (Cinnamon, Morinda and Golden Eye-Grass), thus withdrawing the rising empty fire from the insufficiency of Kidney Yin.



Plum Potion

based on a traditional formula
Wu Mei Wan

A classic mixture from the famous Zhang Zhong-Jing from 220 AD, which he compiled mainly to remove Gu (parasites). Elimination is based on four principles: the sweet taste supports the movement of Gu (parasites, worms), the sour one calms them, the pungent one removes them and the bitter one induces the downward movement.



Sea of Ears

based on a traditional formula
Shen Ling Bai Zhu San

The traditional formula from the 11th century, which strengthens Pi (Spleen) and replenishes its Qi – and transforms and removes various forms of dampness, is therefore used for the insufficiency of Spleen Qi with dampness accumulation. It harmonizes Wei (Stomach) and Pi (Spleen). Liquorice promotes normal digestion.



Blooming Garden

based on a traditional formula
Kun Bao Tang

Kun Bao Tang is used to harmonize the body during menopause. It is an extension of the basic formula for replenishing Kidney and Liver Yin, enriched with herbs that further nourish Yin and Xue (blood), purify the heat, make Gan (Liver) passable, moisturize the mucous membranes, withdraw Yang and soothe Shen (spirit of Shen).



Rising Cloudy

based on a traditional formula
Ban Xia Xie Xin Tang

Pinellia, an imperial herb that dissipates stagnation in the middle burner, relaxes the upper abdomen, and helps restore the flow of Qi. Ginger warms and disperses cold, while skullcap and goldthread clear heat. Dang shen, jujube, and licorice support the middle burner and strengthen the Spleen. Ginger and licorice aid digestion.



Flow Release

based on a traditional formula
Tao Hong Si Wu Tang

Tao Hong Si Wu Tang is one of the most effective mixtures for regulating menstruation, especially when Xue Yu (blood blockages) occurs when blood is currently deficient. This can manifest itself in an extremely wide range of symptoms.



Morning Smile

based on a traditional formula
Kai Xin San

Kai Xin San, first prescribed by Sun Simiao about 1,400 years ago, is a relatively simple but very effective mixture that contains Ginseng, root of Chinese Senega-Root, Japanese Sweet Flag Rhizome and Hoelen. It is used to induce emotional well-being. Ginseng promotes mental state.



Sugar Loaf

based on a traditional formula
Jian Tang Wan

Jiang Tang Wan is a mixture that nourishes Yin and Qi, creating body fluids. Ginseng root is one of the most famous Chinese herbs and strongly replenishes Qi. Thanks to Ginseng, the tincture is used to maintain normal blood glucose (sugar) levels.



Flow Interruption

based on a traditional formula
Gu Ben Zhi Beng Tang

One of the tasks of the Spleen is to 'keep Xue (blood) in the blood vessels'. The tincture is used for Beng Lou syndrome – spotting. It uses 6 herbs, the most important of which are Milkvetch, Bellflower and Atractylodes – Qi replenishers; rheumatism and Angelica nourish Xue (blood) and charred Ginger warms up. Milkvetch supports menstrual comfort.



Four Miracles

based on a traditional formula
Si Miao Wan

The use of this formula is wide: various manifestations of damp heat, especially in the lower body. It purifies damp heat and hot/fire toxin from lower limb skin and lower emitter region. It also makes pathways and connections passable.



Centre Drive

based on a traditional formula
Ge Xia Zhu Yu Tang

This blend combines plum seed and safflower to stimulate the circulation of Xue (blood) throughout the body. It is complemented with herbs promoting the circulation of both Xue and Qi in the internal organs, while also cooling heat caused by stagnation.



Aspen Soothing

based on a traditional formula
Sheng Ming Xi Feng Tang

The formula is used for Liver Xue (blood) and Kidney Yin depletion states which fail to nourish and strengthen the tendons. Yin deficiency leads to Yang hyperactivity, which can cause the so-called Liver wind to rise inside. Especially if the wind mixes with Tan (phlegm) and dampness, the network of pathways and connections can become clogged and blocked, resulting in persistent trembling.



Peony Garden

based on a traditional formula
Dang Gui Shao Yao Tang

A blend with peony root and angelica root, known since the 3rd century through the physician Zhang Zhongjing. Significantly replenishes Xue (blood) and promotes its production. Also highly beneficial during pregnancy. The inclusion of Poria and Atractylodes strengthens the Pi (Spleen), improving its ability to transform food into vital substances – Qi and Xue.



Broken Flute

based on a traditional formula
Xiang Shang Po Di Wan

Tincture to support the vocal cords after an attack by Xie Qi (external pathogenic factors), leading to the depletion of Fei Yin (Lung Yin), stagnation of Qi and Xue in the throat, or in the presence of fiery toxicity (Jie Du). Can be combined with the Dragon's Breath or Silver Breath blend.



Calming the Liver
based on a traditional formula
Yi Gan San

Tincture harmonising the Liver and Spleen, associated with calming the Shen (spirit). Beneficial for addressing symptoms of internal Wind, such as night terrors and teeth grinding.



Sensitive Pelvis
based on a traditional formula
Xiao Chai Hu Tang Jia Wei

Tincture supporting the function of the Pang Guang (Bladder) and Shen (Kidneys). In TCM, it is designed for imbalances related to weakened Pi (Spleen) function, often caused by excessive sedentary work and subsequent energy depletion. Helps to harmonise urination.



Zen Elixir
based on a traditional formula
Xiao Tan Jie Yu Fang

Tincture releasing Gan Qi (Liver Qi) and calming the Shen (spirit). In TCM, it is used to support emotional balance and soothe the mind in conditions related to post-traumatic stress.



Drink of Freedom
based on a traditional formula
Jia Wei Xiao Yao San

Tincture supporting the balance between Gan (Liver) and Pi (Spleen) – their disharmony can lead to Liver stagnation and the somatisation of stress. Contains herbs that cool heat caused by blockages.



Tiger Drink
based on a traditional formula
Yin Qiao San

Tincture associated with the early stages of attack by Feng Re (wind-heat). In TCM, it supports the body during acute imbalances. Liquorice boosts the normal function of the respiratory system.



Dried Spring
based on a traditional formula
Qing Zao Jiu Fei Wan

Tincture associated with conditions caused by an attack of dry wind (Feng Re Zao), which affects the Qi and Yin of the Lungs. In TCM, it helps to balance dryness and protect bodily fluids. Moistens and nourishes.



The Great Four
based on a traditional formula
Bai Hu Tang

Tincture associated with the patterns of Yang Ming Zheng, characterised by “major symptoms”: a strong pulse, profuse sweating, thirst, and heat. In TCM, it supports harmony in the balance between Wei Qi (defensive Qi) and Xie (pathogenic factors).



Eastern Treasure
based on a traditional formula
Chai Hu Gui Zhi Tang

Tincture harmonising Ying and Wei Qi (nourishing and defensive Qi) and supporting the balance between the interior and exterior. Contains ingredients that anchor Liver Yang, calm Liver Wind, and promote digestion.



Pulse Nourishment
based on a traditional formula
Sheng Mai San

Tincture nourishing Fei Qi Yin (Lung Qi and Yin), associated with the condition following an attack of wind-heat (Feng Re) that has depleted bodily fluids. In TCM, it moistens and restores balance to the Lungs.



Full Center
based on a traditional formula
Xiang Sha Liu Jun Zi Tang

Tincture strengthening Pi Qi (Spleen Qi), stimulating the flow of Qi, and eliminating Tan (phlegm). In TCM, it aids digestion and is ideal for conditions of bloating or discomfort after eating even small amounts of food.



Left Bean
based on a traditional formula
Zuo Gui Wan

Tincture deeply nourishing Shen Gan Yin (Liver and Kidney Yin). Unlike the Six Gentlemen tincture, it does not contain draining Yao, making it more potent. Cardamom promotes the normal function of the Kidneys and urinary system.



Spark of Life
based on the traditional formula
Jin Gui Shen Qi Wan

This tincture is considered one of the fundamental formulas in traditional Chinese medicine. According to TCM, it harmonizes the relationship between Fire and Water, supports Kidney Yang, and promotes the movement of Qi. It is associated with states of coldness, sensitivity to cold, and reduced vitality.



Clear Spring

based on the traditional formula

Dao Chi Wan

This tincture is associated with patterns of heat in the Heart and Small Intestine. According to TCM, it clears excess heat through urination, thereby supporting harmony between the upper and lower burners. It also cools the Blood, protects Yin, and contributes to maintaining internal balance and calming the mind.



Hawk Eye

based on the traditional formula

Qi Ju Di Huang Wan

This tincture is associated with patterns of Liver and Kidney Yin deficiency. According to TCM, it nourishes Yin, cools and soothes the Liver, and supports the balance of body fluids. It is used where it is needed to strengthen the connection between the Liver and the eyes and to support clarity and vitality.



Silken Center

based on the traditional formula

Gan Cao Xie Xin Tang

This tincture is associated with disharmony of the Middle Burner, where dampness and heat combine with deficiency of Spleen and Stomach Qi. According to TCM, it relieves stagnation, harmonizes the Stomach, and strengthens the Spleen, thereby supporting the smooth movement of Qi and body fluids.



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More than 10 years of experience with traditional Chinese medicine and medicinal mushrooms have led our family business to the idea that what helps from within will help from outside as well.

We decided to transfer everything that medicinal mushrooms and herbs have taught us so far to the world of cosmetics. Natural cosmetics that will delight you with their simplicity, purity and quality of ingredients. Our philosophy is simple. We respect each other in our company and we approach nature with the same respect. That is why we chose only those ingredients that are environment-friendly and that your skin will fall in love with to produce the CareMedica cosmetics. The highest quality herbal extracts, extracts from medicinal mushrooms and active natural ingredients. Our intuition has led us on the path of the new CareMedica brand. We believe that you will set out on this journey with us.

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The CareMedica brand contains 99.38 % ingredients of natural origin

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Daily cream
for normal to combination skin

Daily cream deeply hydrating, soothing irritation, and evening out the complexion.

Contains extracts of Reishi and Cordyceps, which promote healthy skin, provide anti-ageing benefits, and keep it soft and elastic.



Daily cream
for dry and sensitive skin

Daily cream providing all-day nourishment and hydration, softening and nourishing even the most sensitive skin.

Contains extracts of Reishi and Shiitake, which soothe irritation, reduce redness, and alleviate feelings of tightness.



Eye cream
for tired and dehydrated skin around the eyes

Eye cream instantly hydrating, brightening, and smoothing the skin.

Used regularly, it reduces the presence of fine lines, dark circles, and puffiness. Contains extracts of Reishi and paracress, visibly brightening and rejuvenating the delicate eye area.



Cleansing lotion
for sensitive skin around the eyes, face, neck, and décolletage

Gently and effectively removes impurities and make-up.

Contains extracts of Reishi and Shiitake, which promote healthy skin, soothe irritation, and provide deep hydration, leaving the skin visibly brightened.



Hair mask
for improving overall hair condition

Visibly restores strength and shine to hair, regenerates, and nourishes the hair fibres.

Contains extracts of Reishi and Ginseng, which support nourishment, strength, and shine. Argan oil, combined with shea butter, deeply nourishes the hair.



Night cream
for normal to combination skin

Night cream deeply nourishing, softening, and rejuvenating the skin.

Contains extracts of Reishi and Maitake, which support deep hydration, have anti-ageing effects, and help to prevent the formation of inflammatory spots on the skin.



Night cream
for dry and sensitive skin

Night cream deeply nourishing, hydrating, and soothing the skin.

Contains extracts of Reishi and Shiitake, which support deep hydration, have anti-ageing effects, regenerate the skin, and provide nourishment.



Wrinkle serum
for fine and more pronounced wrinkles

Facial serum visibly counteracting signs of ageing.

Enhances skin elasticity, resilience, and firmness. Counteracts free radicals and imparts a youthful appearance. Contains extracts of Reishi and Shiitake mushrooms, which improve skin texture.



Nourishing shampoo
for tired, dull hair

Promotes hair growth and root health.

Contains extracts of Reishi and Knotweed, which promote hair strength and resilience. Burdock and nettle extract stimulate blood circulation to the hair roots.



Hair conditioner
for weakened hair

Hydrates hair to provide the necessary softness and shine.

Contains extracts of Reishi and Fallopia multiflora, which support hair strength and resilience. Coconut oil softens, hydrates, and regenerates the hair.



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Why try Chinese medicine?

On what principle does acupuncture work?

According to traditional Chinese medicine, Qi flows in the body in the so-called acupuncture pathways like blood in blood vessels. In certain places Qi springs to the surface. We call these places acupuncture points. And with acupuncture needles, we are able to regulate its flow at these points and thus affect the functioning of our body.

And how does phytotherapy work?

Phytotherapy uses the effects of a wide range of Chinese herbs, mushrooms, but also minerals and animal products. There are also traditional herbal formulas; however, each person is different, and therefore these basic formulas are usually modified according to the specific condition and described imbalances of the body. Other therapeutic methods include qi gong or tuina massage. Recommendations for a change in lifestyle, whether it concerns emotions or eating, are also crucial.

What about eating?

Improper eating habits are another crucial factor affecting our health. The Chinese say, 'No matter what you eat, you eat it regularly.' Which is a big truth. A regular diet (ideal 3 to 4 times a day and no nibbling in between) has a beneficial effect on the Spleen system, which is one of the pillars of our immunity. Nowadays, however, it is important to look not only at regularity but also at the quality of food. Substitutes, additives, preservatives, and foods depleted of essential nutrients are not what benefit us. You do not have to eat much but eat good and varied food. In addition, everyone is different, and this must be taken into an account when creating a diet. Food that is beneficial to your body today can harm it in a year. Everything evolves and changes. But it is a longer story. Rather a very long story. Better to visit a Chinese medicine practitioner.

But how do we know a good Chinese medicine practitioner?

Preferably according to the results of their work or based on the recommendation of friends who already have a positive experience with TCM. A list of proven Chinese medicine practitioners can easily be found on the website of the Chamber of Traditional Chinese Medicine, which guarantees their professional competence.

Chinese and Western medicine are built on relatively different foundations. How do their views on our immune system differ?

According to Chinese medicine, a healthy body is full of Qi (vital energy) and blood and everything flows smoothly in it. If a person lives reasonably well, then their body has an excellent self-regulatory ability and can handle most fluctuations on its own. However, if the fluctuation exceeds a certain limit, a disease begins. When we talk about the immune system, Chinese doctors use the terms Zheng Qi and Xie Qi. You can imagine Zheng Qi as all good/physiological in us. On the contrary, Xie Qi are our enemies, everything that throws us off balance, the balance of Yin and Yang. Xie Qi is constantly circling around us, looking for a loop hole to get into our body. If we live reasonably healthy, our body is full of Zheng Qi and the pathogen cannot find its way to invade our body.

What can we do to have a strong Zheng Qi?

Everyone knows it, yet few people do it. First of all, it is necessary to maintain mental well-being to balance and eliminate stress. The psyche contributes to about 70 % of all our illnesses, so we need to start working with ourselves – the sooner the better. The conclusions of a long-term study in which scientists examined what affects our physical and mental health can be a small guide for us. The study clearly concluded that health will definitely not improve based on success at work or the amount in bank account, but the quality of our relationships with other people – a relationship with a partner, family, work, school and our friends. That is what really matters. Well, and of course, it is a good idea to occasionally take medicinal mushrooms to have a solid Zheng Qi. If there is an imbalance of Yin and Yang, the tinctures of Chinese herbs can also be a good choice. Finally, I would like to emphasize one point. Let's never forget that 'the best pill is a lifestyle change'.

Our motto

QUALITY
SAFETY
EFFICIENCY

we do not take it lightly.

Thanks to this, we have gradually become the most important European manufacturer of medicinal mushroom products.



I wish you good health.
Martin Schirlo, Sales Director

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