



## ▼ INGREDIENTS

Supplement Facts	
Serving Size: 3 capsules	
Amount Per Serving	% Daily Value
Proprietary Blend	1455 mg
Mulberry (Root Bark); Uva Ursi; Astragalus (Root); Pinellia (Rhizome); Cleavers (Herb); Atractylodes (Rhizome); Chaenomeles (Fruit); RNA/DNA Adrenal Tissue Factors; Ginger (Root); Pleurisy (Root); Poria Spirit Fungus; Urea; Alisma (Rhizome); Buchu (Leaves); Akedia (Stem); Sodium Copper Chlorophyll; Lilac Oil; Rose Oil	
*Daily Value Not Established	
Other Ingredients: Gelatin and Leucine	

## ▼ DOSAGE

- Capsules: 1-3 caps, up to twice a day, or as directed.

## ▼ PACKAGING

- Capsules: 60 capsules/eco-bottle.
- Upon request, eco-teabags are included with instructions on how to convert capsules to tea for liquid administration.

## ▼ PERSPECTIVE

The Chinese 5-Element system provides for the tonification (strengthening support) and sedation (relaxing support) of the five elements: Earth, Fire, Water, Metal, and Wood which relate to different body organs' energy and cycles that all function as a collective whole. Working in harmony with the 5 Elements are two energy channels: The Triple Warmer and the Pericardium which can be supported with tonifying and sedating influences to help the body maintain its innate natural balance.

## ▼ LIFESTYLE



## #770 WATER SEDATE (Remove Dampness)

The Water Element is correlated to our inner reserves, strength, and confidence. The energy to rest and support the healing processes is part of this element. The grit or will power stems from Water, as does the ability to go with the flow. The Chinese believe that the genetic traits of our parents are inherited via the Water element. Excesses or deficiencies result in imbalances characterized by inability to accomplish goals and be restricted in life by fears.

This formula works with the concept that the kidney works closely with the spleen regarding the transformation and transport of nutritive elements throughout the body, so this formula supports the kidneys, spleen and digestion. In Chinese Medicine it is said that the Water Element warms the kidneys; restores yang; empowers and dries damp. Dampness occurs when there is stagnation of Qi in the Water Element. In this person it is as if the transport system has broken down. The kidneys and spleen can no longer transform and transport food. The person becomes over worked, digestion breaks down, gums shrink, there is a stagnation of water resources, the body becomes swamp-like.

Sedating 'Water' dispels dampness and water accumulation. It does not affect the Kidney Qi or essence adversely. The kidney and spleen are responsible for maintaining proper transportation and transformation of fluids. Kidney yang is the source of spleen yang and both are necessary to prevent damp accumulation. Dampness is thick, tenacious, difficult to eliminate, and generally of long duration.

## ▼ INDICATIONS

- Wandering mind, lack of attention
- Feelings of apathy
- General kidney support
- Feelings of fearfulness: failure/success, responsibility, losing control, being alone
- General support of normal fluid accumulation processes
- General heart support
- Urination and urinary bladder support

## ▼ KEY COMPONENTS

- **Alisma Rhizome** – Ze Xie. Water Plantain. Supports the normal water processes throughout the body (e.g. accumulations, bladder activity).
- **Poria Fungus** – Fu Ling. Long use in Traditional Chinese Medicine as a daily tonic and for the body's water system support. Key compounds include: triterpenoids, polysaccharide, ergosterol, caprylic acid, undecanoic acid, lauric acid, dodecanoic acid, palmitic acid, dodecanoate, and caprylate.
- **Buchu Leaves** – Agathosma betulina. Contains diosphenol, mucilages, diosmin, and pugelone. Supports the "water system" and urinary functions and tissues.
- **Astragalus** – Adaptogen; helps support the normal effects of stress. Supports normal kidney and immune functions.
- **Mulberry (Bark)** – Sang Bai Pi. Supports downward excretion of fluids, e.g. removal of waste products by the kidneys and bladder.
- **Cleavers** – Galium aparine. Long revered by herbalists as a lymphatic and urinary system supporter. An excellent drainage support herb.
- **Ginger** – Popularly used for digestive issues, ginger is actually a wonderful kidney tonic providing direct support to normal kidney functions, including repair from everyday wear and tear.
- **Atractylodes Rhizome** – Shen Nong. Contains valuable oils including alpha and beta humulene, curcumenes, as well as immune-active polysaccharides and amino acids. Supports fluid metabolic processes; prevents excessive dampness.
- **Pinellia Rhizome** – Ban Xia. Traditional Chinese Medicine employs Pinellia to "dry dampness" when the spleen struggles to "transform phlegm." Often a component of patent kidney supportive formulas.

- **Pleurisy Root** – Asclepias tuberosa. An edible, Native American herb containing resinoids, glycosides, and alkaloids.
- **Uva Ursi** – Arctostaphylos uva-ursi. Bearberry leaves. A Native American traditional herb often used in smoking mixtures. Historical uses were to support normal kidney and urinary bladder functions. Contains a compound called arbutin, a glycosylated hydroquinone, which supports the normal cellular water balance, and kidney health.

## ▼ CONTRAINDICATIONS

None when used as directed.

## ▼ CLINICIAN CONSENSUS

- Brain Focus & Attention Support:
  - #770 Water Sedate
  - #750 Fire Sedate
  - #740 Earth Sedate
  - #854 Neurosyn - Neuro Cognitive & Memory Support
  - #197 OMGA - Omega 3, 6, 9

## ▼ BACKGROUND

Doc Wheelwright tested Chinese patent formulas and improved their bioenergetic resonance with the inclusion of rain forest botanicals and other nutritional factors. The formulas provide a desperately needed "causative" level impact to the constitutional states that allow symptom expression.

## ▼ SYNERGISTIC CONSIDERATIONS

- #56/#2056 K - Kidney
- #58/#2058 Ks - Kidney-s
- #82/#2082 S - Spleen
- #44/#2044 H - Heart
- #48 HQ - Heart Energy
- #128 CVO<sup>R</sup> - Cardiovascular Oil
- #45 Hcv - Heart Cardiovascular
- #870/#871/#872 SPECTRA One & Two - Whole Food, Cell, Multi-Vit/Min/Oil
- #2/#2002 Builder
- #6/#2006 Restore
- #31/#2031 Ga - Adrenal

## ▼ INFORMATION RESOURCES

- [www.systemicformulas.com](http://www.systemicformulas.com)

**Quality Control:** All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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