

## Restorative Tonic

### 归元大补剂

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

Use a steel pot with a glass cover and a small air outlet to cook the medicine, and cook it twice:

For the first time, add 3 bowls of water, bring to a boil and simmer for 20 minutes, then pour it out when it is slightly cold.

For the second time, add 3 bowls of water, bring to a boil and simmer for 40 minutes, then pour it out when it is slightly cold.

Add the decoction prepared for the first time and the second time together, heat it up again, then pour it into a thermos bottle, and drink it slowly throughout the day, preferably warm.