

# Earth Dragon

(Hypoallergenic)



Item # 73990  
150 Vegetarian Capsules

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## The Possible Benefits of Earth Dragon, a Food Supplement

- May support healthy digestion and assimilation
- May support healthy hepatic detoxification and antioxidant activity

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## Description

Earth Dragon was formulated by Ba Hoang M.D., Ph.D., based on the work of three generations of medical doctors versed in western medicine, traditional Chinese medicine (TCM) and the herbal tradition of Vietnam. Earth Dragon is designed to support healthy digestion and assimilation. As a tonic, it supports the digestive function of the stomach and the gastrointestinal tract by balancing the sympathetic and parasympathetic functions of the central nervous system, which can extend benefit to the liver and other organ systems. It may support liver function by supporting healthy hepatic detoxification and antioxidant activity. For extra support, it is sometimes combined with Colon-Well (Item #74210).

For thousands of years, *Lumbricus rubellus*, or earthworm powder, has been used for its therapeutic benefits throughout Asia and Southeast Asia, including China, Korea and Vietnam. Earthworms have a dense nutritional content because of their soil-based origin. According to the ancient Chinese medical publication *Ben Cao Gang Ma* (Compendium of Materia Medica), *Lumbricus* was said to unblock the body's meridians and channels, and was used to support healthy blood circulation. *Lumbricus* supports muscle relaxation and tonification of the sympathetic nervous system, potentially benefiting digestion, and it also has antioxidant properties.

*Atractylodes alba*, or bai zhu, is a digestive, and liver and gall bladder tonic. In TCM, it is thought

to support the functions of the stomach and spleen, the organs responsible for food digestion. Its actions also include detoxification, promotion of the non-specific immune response, and nurturing the function of the adrenal cortex.

*Poria cocos*, or fu ling, is a solid fungus that grows on the roots of dead pine trees. It has been widely used in TCM since ancient times, and has traditionally been used as a tonic for the internal organs, including the spleen, lung, kidney, triple warmer, heart, bladder and gall bladder, and for skin health. As a yin tonic, it helps regulate body fluids and supports the circulation of chi in the triple warmer. It is calming to the nervous system, has diuretic effects, and plays a role in blood sugar regulation within normal levels. Active ingredients of *Poria cocos* include polysaccharides, ergosterol, tetracyclic triterpenic acid, tumulosic acid, dehydrotumulosic acid, eubricic acid, pinicolic acid, poricoic acid, pachymic acid, chitin and choline.

Grass-leaf sweetflag (*Acorus gramineus*), or shih chang pu, grows near streams and ponds throughout East Asia, and the root has been used as a ginger substitute. It is used in TCM as a digestive tonic that promotes circulation of digestive juices, and to support memory. It is considered to be anodyne, cardiac, carminative, diaphoretic, stomachic and tonic. One active component of interest is asarone, which has shown capacity to help support blood pressure within normal levels.

**Serving Size:** 3 Capsules  
**Servings Per Container:** 50

**Amount Per Serving:**

Proprietary blend	1500 mg
Bai-Zhu <i>Atractylodes</i> ( <i>Atractylodes alba</i> ) (Root) Extract	
Earthworm powder	
Poria Extract ( <i>Poria cocos</i> ) Extract	
Grass-Leaf Sweetflag ( <i>Acorus gramineus</i> ) (Root) Extract	

Other ingredients: Hydroxypropyl methylcellulose, magnesium stearate, silicon dioxide.

**Suggested Use:** As a food supplement, 3 capsules two times daily between meals, or as directed by a healthcare practitioner.

**Selected References**

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