

SHAOLIN (FUKIAN) Iron Palm Dit Da Jow

紅花 Hong Hua - 45 g

川烏 Chuan Wu (Zhi) (Processed) - 6 g

赤芍 Chi Shao - 9 g

蒲黃 Pu Huang "**cattail yellow**" - 15 g

骨碎補 Gu Sui Bu - 15 g

羌活 Qiang Huo - 15 g

桂枝 Gui Zhi - 15 g

五加皮 Wu Jia Pi - 18 g

防風 Fang Feng - 9 g

梔子 Zhi Zi - 15 g

懷牛膝 Niu Xi (Huai) - 15 g

桃仁 Tao Ren - 15 g

五倍子 Wu Bei Zi - 4.5 g

Zi Ran Tong (Pyrite) "**natural copper**" - 15 g

白芷 Bai Zhi - 7.5 g

香附 Xiang Fu - 12 g

地龍 Di Long - 30 g

血竭 Xue Jie – 12 g

草烏 Cao Wu (Zhi) (Processed) – 6 g

乳香 Ru Xiang – 6 g

半夏 Ban Xia – 6 g

獨活 Du Hao – 12 g

膽南星 Dan Nan Xing (Zhi) (Processed) 6 g

黃栢 Huang Bai "yellow fir"– 12 g

黃芩 Huang Qin – 9 g

續斷 Xu Duan – 15 g

澤蘭 Ze Lan – 30 g

寬筋藤 Kuan Jin Teng – 18 g

細辛 Xi Xin - 12 g

肉桂 Rou Gui - 45 g

三七 San qi-30 g