

产后调理时间表 Postnatal Care Timetable

30天基础坐月配套 / 30天全面滋补坐月配套 30 Days Basic Package / 30 Days Extra Nourishing Package



第一阶段：清恶露，祛风寒
1st Stage: Clear lochia, dispel wind & coldness

现阶段，饮食宜清淡、清补为主。
The body is weak and have poor appetites as going through healing stage, hence should go for lighter diet.

- 调理药材汤包 Herbal Soup
- 祛风散寒 Dispel Wind & Coldness
- 气血调理 Qi & Blood Nourishing

开始日期 Start Date :



DAY 1

- 生化汤 Sheng Hua Soup
活血化瘀 Clear Lochia
- 淮山四神 Chinese Yam Si-Shen
健脾益肾 Improve Digestion
- 苏合丸 So Hup Pills
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 2

- 黄芪玉竹 Huang-Qi Yu-Zhu
健脾养胃 Improve Appetite
- 苏合丸 So Hup Pills
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 3

- 党参桂圆 Codonopsis & Longan
补气养血 Tonify Qi & Blood
- 苏合丸 So Hup Pills
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 4

- 淮山四神 Chinese Yam Si-Shen
健脾益肾 Improve Digestion
- 苏合丸 So Hup Pills
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 5

- 党参桂圆 Codonopsis & Longan
补气养血 Tonify Qi & Blood
- 苏合丸 So Hup Pills
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 6

- 黄芪玉竹 Huang-Qi Yu-Zhu
健脾养胃 Improve Appetite
- 苏合丸 So Hup Pills
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 7

- 当归南枣 Dang-Gui Nan-Zao
滋补肝血 Improve Circulation
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

给妈妈的话 Message for mom
妈咪辛苦了，您已经完成了坐月第一阶段，接下来就要进入调补气血阶段咯！
You are doing so well for the 1st stage. Now let's move to 2nd stage for Qi & blood replenishment!



第二阶段：补气血，益母乳
2nd Stage: Tonify Qi & blood, promote breast milk secretion

现阶段，身体逐渐恢复，子宫也在收缩恢复的状态，这时适合开始调养补气血！
The body is gradually recovery, it is time to nourish Qi & blood.

- 调理药材汤包 Herbal Soup
- 气血调理 Qi & Blood Nourishing
- 加强调理 Enhance Nourishing

开始日期 Start Date :

DAY 8

- 杜仲八珍 Du-Zhong Ba-Zhen
壮腰补血 Replenish Qi & Blood, Strengthen Waist
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 9

- 当归玉竹 Dang-Gui Yu-Zhu
清润养血 Nourish Blood
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 10

- 核桃莲子 Walnut & Lotus Seed
补脑益智 Promote Brain Health
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 11

- 虫草花 Cordyceps Flowers
补肾益气 Tonify Kidney & Qi
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 12

- 当归南枣 Dang-Gui Nan-Zao
滋补肝血 Improve Circulation
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 13

- 泡参桂圆 American Ginseng & Longan
补气安神 Tonify Qi & Calming
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)

DAY 14

- 杜仲熟地 Du-Zhong Shu-Di
强腰壮膝 Strengthen Waist
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)
- 金牌白凤丸 Gold Label Bak Foong Pills
温暖子宫 Warm the Uterus
- 尼亞燕™ Niah™ Bird's Nest
滋润养颜，改善妊娠纹 Nourish & Improve Skin Condition

DAY 15

- 党参黄芪 Codonopsis & Astragalus Root
益气防虚 Nourish Qi
- 党参红枣饮(全日) Herbal Beverage Mix Codonopsis & Red Dates (all day)
- 冬虫夏草菌丝体纯液 Pure Extract Of Cordyceps Sinensis Mycelia
补肾，预防腰酸背痛 Strengthen Kidney, Prevent Back & Knee Pain

给妈妈的话 Message for mom
妈咪做的不错哦，已完成了第二阶段！下个阶段开始深层调补，养好身子。这个阶段妈咪体力也逐渐恢复，可多与家人朋友聊聊天，帮助维持好心情哦！
Congratulations, Mommy! You have completed the second stage. The next stage will focus on deep replenishing and nourishing the body. Besides, mommy's physical strength is gradually recovering and therefore it is advisable for mommy to invite close kin & friends for a chatting to help maintain good mood!

冬虫夏草菌丝体纯液、尼亞燕™、滴鸡精只限于30天全面滋补坐月配套 Pure Extract of Cordyceps Sinensis Mycelia, Niah™ Bird's Nest, Pure Chicken Essence are only applicable for 30Days Extra Nourishing Package.

温馨建议：金牌白凤丸、冬虫夏草菌丝体纯液、滴鸡精建议早上服用 Suggestion: Gold Label Bak Foong Pills, Pure Extract of Cordyceps Sinensis Mycelia, Pure Chicken Essence are advised to consume in the morning.

温馨提示：本时间表仅供参考，鉴于个人体质不同，任何健康疑问，宜咨询专业医师。食用份量以一位产妇为估算单位。
Gentle reminder: The timetable serves as reference only. As the body condition varies between individuals, please consult your healthcare provider if you have any health-related questions. The recommended consumption is based on one postpartum woman only.



第三阶段：强筋骨，暖子宫
3rd Stage: Strengthen tendons & bones, warm uterus

现阶段，饮食注重在护理腰膝，促进骨盆复原。
The stage is to strengthen bones and ligaments, and promote pelvic recovery.



调理药材
汤包
Herbal Soup



气血调理
Qi & Blood
Nourishing



加强调理
Enhance
Nourishing



开始日期 Start Date :

DAY 16



经典十全大补
Traditional Shi Quan Da Bu
大补气血 Qi & Blood Nourishing



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



金牌白凤丸
Gold Label Bak Foong Pills
温暖子宫 Warm the Uterus



DAY 17



首乌黑豆
Shou-Wu & Black Beans
养肝乌发
Enrich Blood for Healthier Hair



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



滴鸡精 Pure Chicken Essence
恢复元气与提升母乳品质
Vitality Recovery & Improve
Breast Milk Quality



DAY 18



杜仲巴戟 Du-Zhong & Morinda Root
补益筋骨
Tone up Kidney, Tendons and Bones



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



金牌白凤丸
Gold Label Bak Foong Pills
温暖子宫 Warm the Uterus



尼亞燕™ Niah™ Bird's Nest
滋润养颜, 改善妊娠纹
Nourish & Improve Skin Condition



DAY 19



杜仲八珍 Du-Zhong Ba-Zhen
壮腰补血
Replenish Qi & Blood, Strengthen Waist



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



冬虫夏草菌丝体纯液
Pure Extract Of Cordyceps Sinensis Mycelia
补肾, 预防腰酸背痛
Strengthen Kidney, Prevent
Back & Knee Pain



DAY 20



当归玉竹
Dang-Gui Yu-Zhu
清润养血 Nourish Blood



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



金牌白凤丸
Gold Label Bak Foong Pills
温暖子宫 Warm the Uterus



DAY 21



党参天麻
Codonopsis & Tian-Ma
健脑安神
Improve Circulation and Calming



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



滴鸡精 Pure Chicken Essence
恢复元气与提升母乳品质
Vitality Recovery & Improve
Breast Milk Quality



DAY 22



杜仲熟地 Du-Zhong Shu-Di
强腰壮膝 Strengthen Waist



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



金牌白凤丸 Gold Label Bak Foong Pills
温暖子宫 Warm the Uterus



尼亞燕™ Niah™ Bird's Nest
滋润养颜, 改善妊娠纹
Nourish & Improve Skin Condition



DAY 23



泡参桂圆
American Ginseng & Longan
补气安神 Tonify Qi & Calming



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



冬虫夏草菌丝体纯液
Pure Extract Of Cordyceps Sinensis Mycelia
补肾, 预防腰酸背痛
Strengthen Kidney, Prevent
Back & Knee Pain



给妈妈的话
Message for mom

现在准备进入最后一个阶段咯，接下来的一周妈咪更加要遵守正确月子的饮食和生活方式，着重在调理体质，使气血充沛，巩固坐月子的成果，把身体养好，恢复最佳状态！妈咪加油哦！
We are ready to enter the final stage of confinement, and mommy should still strictly follow to the confinement diet and lifestyle, focusing on regulating Qi & blood, to enhance the result of confinement to achieve a good health. You can do it!



第四阶段：固元气，养容颜
4th Stage: Recovery of stamina, enhance beauty

这个阶段着重在调养身心，滋补元气、促进皮肤修复，强化体质，为出月子做好准备！
This stage focus on body & mind condition, enhance Yuan Qi, restore skin health and enhance vitality.



调理药材
汤包
Herbal Soup



气血调理
Qi & Blood
Nourishing



加强调理
Enhance
Nourishing

开始日期 Start Date :

DAY 24



虫草花
Cordyceps Flowers
补肾益气 Tonify Kidney & Qi



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



金牌白凤丸
Gold Label Bak Foong Pills
温暖子宫 Warm the Uterus



DAY 25



经典十全大补
Traditional Shi Quan Da Bu
大补气血 Qi & Blood Nourishing



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



滴鸡精 Pure Chicken Essence
恢复元气与提升母乳品质
Vitality Recovery & Improve
Breast Milk Quality



DAY 26



杜仲巴戟
Du-Zhong & Morinda Root
补益筋骨 Tone up Kidney,
Tendons and Bones



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



尼亞燕™ Niah™ Bird's Nest
滋润养颜, 改善妊娠纹
Nourish & Improve Skin Condition



DAY 27



核桃莲子
Walnut & Lotus Seed
补脑益智 Promote Brain Health



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



冬虫夏草菌丝体纯液
Pure Extract Of Cordyceps
Sinensis Mycelia
补肾, 预防腰酸背痛
Strengthen Kidney, Prevent
Back & Knee Pain



DAY 28



首乌黑豆
Shou-Wu & Black Beans
养肝乌发
Enrich Blood for Healthier Hair



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



尼亞燕™ Niah™ Bird's Nest
滋润养颜, 改善妊娠纹
Nourish & Improve Skin Condition



DAY 29



党参黄芪
Codonopsis & Astragalus Root
益气防虚 Nourish Qi



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



滴鸡精 Pure Chicken Essence
恢复元气与提升母乳品质
Vitality Recovery & Improve
Breast Milk Quality



DAY 30



党参天麻
Codonopsis & Tian-Ma
健脑安神
Improve Circulation and Calming



党参红枣饮(全日)
Herbal Beverage Mix Codonopsis &
Red Dates (all day)



尼亞燕™ Niah™ Bird's Nest
滋润养颜, 改善妊娠纹
Nourish & Improve Skin Condition



出月后挑战才真正开始哦！
建议妈咪可以继续调理：
The challenge is just start after
confinement. Here are some advise:



1. 党参红枣饮 补气养血

Herbal Beverage Mix Codonopsis &
Red Dates -- Tonify Qi & blood

2. 炒米茶 促进乳汁分泌

Botanical Beverage Mix Roasted Rice --
Promote breast milk secretion

3. 调补汤包 调理气血, 巩固体质

Herbal Soup -- Nourish Qi & blood,
enhance body constitution



给妈妈的话
Message for mom

恭喜您完成了30天的月子调理期！小叮咛：出月后继续调理，可帮助身体恢复得更好，体质也可以得到改善。祝愿宝宝健康，妈咪安康！
Congratulations for completed 30 days of confinement. Post-confinement nourishing help to enhance body constitution. Wishing you & your baby health & happiness into the future!

冬虫夏草菌丝体纯液、尼亞燕™、滴鸡精只限于30天全面滋补坐月子配套 Pure Extract of Cordyceps Sinensis Mycelia, Niah™ Bird's Nest, Pure Chicken Essence are only applicable for 30Days Extra Nourishing Package.

温馨建议：金牌白凤丸、冬虫夏草菌丝体纯液、滴鸡精建议早上服用 Suggestion: Gold Label Bak Foong Pills, Pure Extract of Cordyceps Sinensis Mycelia, Pure Chicken Essence are advised to consume in the morning.

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