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

余仁生 Eu Yan Sang
Caring since 1879

产品 Product		天数 Days / 数量 Qty	清恶露，祛风寒 Clear lochia, dispel wind & coldness							补气血，益母乳 Tonify Qi & blood, promote breast milk secretion								强筋骨，暖子宫 Strengthen tendons & bones, warm uterus								固元气，养容颜 Recovery of stamina, enhance beauty						
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
党参红枣茶	Qi & Blood Nourishing Tea	30	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿
生化汤	Sheng Hua Soup	1	✿																													
淮山健脾汤	Chinese Yam Appetizing Herbal Soup	2	✿			✿																										
黄芪清补汤	Huang Qi Nurturing Herbal Soup	2		✿				✿																								
党参补气汤	Codonopsis Qi Tonifying Herbal Soup	2			✿		✿																									
当归养血汤	Dang Gui Blood Nourishing Herbal Soup	2							✿					✿																		
杜仲八珍汤	Du Zhong Ba Zhen Vitalizing Herbal Soup	2								✿											✿											
当归健脾汤	Dang Gui Jian Pi Herbal Soup	2									✿											✿										
核桃元气汤	Walnut Revitalizing Herbal Soup	2										✿																	✿			
虫草花补汤	Cordyceps Flower Herbal Soup	2											✿													✿						
泡参益气汤	American Ginseng Qi Tonifying Herbal Soup	2													✿										✿							
杜仲强筋汤	Du Zhong Waist Strengthening Herbal Soup	2														✿								✿								
参芪活力汤	Shen Qi Revitalizing Herbal Soup	2															✿														✿	
十全大补汤	Perfect-Ten Herbal Soup	2																✿									✿					
首乌养发汤	Shou Wu Hair Tonifying Herbal Soup	2																	✿											✿		
巴戟补腰汤	Morinda Root Waist Tonic Herbal Soup	2																		✿								✿				
天麻益智汤	Tian-Ma Energizing Herbal Soup	2																					✿									✿
追风苏合丸	Zhui Feng So Hup Pills	6	✿	✿	✿	✿	✿	✿																								
金牌白凤丸	Gold Label Bak Foong Pills	6														✿		✿		✿		✿		✿		✿						
冬虫夏草菌丝体纯液	Pure Extract of Cordyceps Sinensis Mycelia	6															✿				✿				✿				✿			
尼亚燕	Niah Bird's Nest	6														✿				✿				✿				✿		✿		✿
滴鸡精	Pure Chicken Essence	8																	✿				✿				✿				✿	
添加建议	Add on Suggestion		余仁生炒米茶具有补气健脾及促进母乳分泌的功效。饮用次数可依据个人需求自行调整。																													
炒米茶	Roasted Rice Tea Mix		Eu Yan Sang Roasted Rice Tea Mix helps to tonify Qi, revitalize spleen and promote breast milk secretion. Frequency of consumption can be adjusted according to individual needs.																													

冬虫夏草菌丝体纯液、尼亚燕、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.

汤包服用建议 Recommended Consumption of Herbal Soup

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

第1天 生化汤，淮山健脾汤
Sheng Hua Soup, Chinese Yam Appetizing Herbal Soup
第2天 黄芪清补汤
Huang Qi Nurturing Herbal Soup
第3天 党参补气汤
Codonopsis Qi Tonifying Herbal Soup
第4天 淮山健脾汤
Chinese Yam Appetizing Herbal Soup
第5天 党参补气汤
Codonopsis Qi Tonifying Herbal Soup
第6天 黄芪清补汤
Huang Qi Nurturing Herbal Soup
第7天 当归养血汤
Dang Gui Blood Nourishing Herbal Soup

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

第8天 杜仲八珍汤
Du Zhong Ba Zhen Vitalizing Herbal Soup
第9天 当归健脾汤
Dang Gui Jian Pi Herbal Soup
第10天 核桃元气汤
Walnut Revitalizing Herbal Soup
第11天 虫草花补汤
Cordyceps Flower Herbal Soup
第12天 当归养血汤
Dang Gui Blood Nourishing Herbal Soup
第13天 泡参益气汤
American Ginseng Qi Tonifying Herbal Soup
第14天 杜仲强筋汤
Du Zhong Waist Strengthening Herbal Soup
第15天 参芪活力汤
Shen Qi Revitalizing Herbal Soup

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

第16天 十全大补汤
Perfect -Ten Herbal Soup
第17天 首乌养发汤
Shou Wu Hair Tonifying Herbal Soup
第18天 巴戟补腰汤
Morinda Root Waist Tonic Herbal Soup
第19天 杜仲八珍汤
Du Zhong Ba Zhen Vitalizing Herbal Soup
第20天 当归健脾汤
Dang Gui Jian Pi Herbal Soup
第21天 天麻益智汤
Tian- Ma Energizing Herbal Soup
第22天 杜仲强筋汤
Du Zhong Waist Strengthening Herbal Soup
第23天 泡参益气汤
American Ginseng Qi Tonifying Herbal Soup

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

第24天 虫草花补汤
Cordyceps Flower Herbal Soup
第25天 十全大补汤
Perfect -Ten Herbal Soup
第26天 巴戟补腰汤
Morinda Root Waist Tonic Herbal Soup
第27天 核桃元气汤
Walnut Revitalizing Herbal Soup
第28天 首乌养发汤
Shou Wu Hair Tonifying Herbal Soup
第29天 参芪活力汤
Shen Qi Revitalizing Herbal Soup
第30天 天麻益智汤
Tian- Ma Energizing Herbal Soup

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。食用分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.