

减肥减脂

针对肥胖人群，此类人长期肥胖，脾胃功能不协调，长期饮食不规律。

薏苡仁：0.5 克
荷叶：0.3 克
连翘叶：0.4 克
火麻仁：0.5 克
带籽山楂：0.4 克
冰糖：0.3 克



The Herbal Order

制法：

将六种药材混合一起放在一起制成一个茶包，放入 400-500 克水，在热水壶中煮 10 分钟后可以饮用。以上是一个茶包的量，茶包煮水后可多次饮用。

一日三个茶包，早中晚各服用一个茶包。15 天见效（因人而异）

作用：

减肥降脂、提升脾胃协调功能。

Weight Loss & Fat Reduction Formula

This formula is designed for individuals with chronic obesity who suffer from spleen-stomach disharmony and irregular dietary habits over a long period.

【Ingredients (Per Tea Bag)】

- Coix Seeds: 0.5 grams
- Lotus Leaves: 0.3 grams
- Forsythia Leaves: 0.4 grams
- Hemp Seeds: 0.5 grams
- Hawthorn Fruits with Seeds: 0.4 grams
- Rock Sugar: 0.3 grams

【Preparation Method】

1. Mix all six ingredients thoroughly to make one tea bag.
2. Place the tea bag into 400 – 500 grams of water, bring to a boil in an electric kettle for 10 minutes, and then it is ready for drinking.
3. The infused tea bag can be reused for multiple servings.

【Administration & Onset of Effect】

- Take 3 tea bags per day—one each in the morning, noon, and evening.
- Visible effects can be observed in 15 days (effects vary from person to person).

【Efficacy】

It helps reduce weight and body fat, and improves the coordination function of the spleen and stomach.