

化痰止咳定喘

贝母：0.5 克
桔梗：1 克
陈皮：0.5 克

以上是一次的药材粉末药量，如果是汤剂则药量乘以 10。但为了节约药材建议用药材粉末。

一日两次，早晚服用。7 天为一个疗程（因人而异）

该方治疗肺中有痰且伴随咳嗽气喘的症状，能够在短时间快速缓解症状。

Phlegm-Resolving, Cough-Relieving and Asthma-Calming Formula

【Powder Dosage (Single Dose)】

- *Fritillaria cirrhosa*: 0.5 gram
- *Platycodon grandiflorum*: 1 gram
- *Pericarpium Citri Reticulatae*: 0.5 gram

【Decoction Dosage (Single Dose)】

Multiply the powder dosage by 10. However, using medicinal powder is recommended to save herbal materials.

【Administration】

Take twice a day, once in the morning and once in the evening. A treatment course lasts 7 days (it varies from person to person).

【Indications & Efficacy】

This formula is indicated for symptoms of phlegm retention in the lungs accompanied by cough and asthma, and can rapidly relieve such symptoms in a short period of time.