

## COVID-19 Recovery Formula

### 【Prescription】

Platycodon grandiflorum: 10 grams,

Fritillaria: 8 grams,

Anemarrhena asphodeloides: 6 grams,

Ephedra sinica: 6 grams,

Poria cocos: 8 grams,

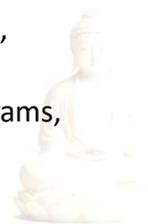
Dioscorea opposita: 8 grams,

Lindera aggregata: 6 grams,

Fennel seeds: 6 grams,

Lycium barbarum: 6 grams,

Astragalus membranaceus: 6 grams



The Herbal Order

### 【Indications】

Persistent cough, spleen-stomach weakness, body soreness and fatigue after COVID-19 infection, and recovery from COVID-19 sequelae.

### 【Preparation and Administration】

This is the dosage for one person, one dose per day, with a treatment course of 7 – 15 days. Place the medicinal materials in the pot in the order shown in the diagram and decoct twice consecutively.

- First decoction: Add 3 bowls of clear water. Bring to a boil over high heat until steam escapes from the pot lid, then switch to low heat and decoct until only half a bowl of medicinal liquid remains in the pot. Pour out the liquid.

- Second decoction: Add 2 bowls of clear water. Bring to a boil over high heat until steam escapes from the pot lid, then switch to low heat and decoct until only half a bowl of medicinal liquid remains in the pot. Pour out the liquid.

Mix the two batches of decocted liquid thoroughly and finish it in two divided doses a day. Children may take the dose in multiple smaller portions. For infant patients, breastfeeding can be given half an hour after the mother takes the medicinal liquid.

### 【Contraindications】

A light diet is recommended during the medication period; use with caution in pregnant women.