

洁尔阴 yin-care®
Herbal Wash

**14 EXTRACTED ANTI-PATHOGENIC HERBS
AND THEIR ESSENTIAL OILS**

She Chuang Zi Sm. Cnidii
 Shan Yin Hua Fl. Lonicerae
 Ai Ye Fo. A. Argyi
 Huang Bo Cx. Phellodendri
 Ku Shen Rx. Sophorae
 Cang Zhu Rhz. Atractylodis L.
 Yin Chen Hb. Artemesiae C.
 Bo He Hb. Menthae
 Zhi Zi Fr. Gardeniae
 Tu Jing Pi Cx. Pseudolarix
 Shi Chang Pu Rhz. Acori
 Huang Qin Rx. Scutellariae
 Du Huo Rx. Angelicae D.
 Di Fu Zi Fr. Kochiae



"It is refreshing to find a premier Chinese herbal product that has never been exported to the U.S. finally find its way here!" - Jake Fratkin, OMD

The Yin-care[®] Gynecological Applicator

For vaginal use, our easy-to-use Yin-care[®] applicator holds 100ml and features a built-in measuring system where each accordion section equals 10% of the total volume.

The diagram to the right represents a 10% dilution; the reservoir is filled with 10ml of Yin-care[®]'s Herbal Wash and 90ml of water.

Vaginal Use

HOW TO USE

Dilute prior to each use to preserve product integrity. Test a small amount of formula on the inside of elbow to determine the rare possibility of allergic reaction or sensitivity.

DILUTION

Yin-care[®]'s Herbal Wash is a concentrated liquid and will need to be diluted before each use.

INTERNAL USE

1. Fill reservoir with Yin-care[®]'s Herbal Wash and water dilution (see diagram above).
2. Screw on applicator tip. Adjust length of tip as per user's individual comfort for insertion.
3. Recommend a comfortable posture for insertion (stand in the shower or sit on the toilet).
4. Applicator tip inserts into vagina. Slowly squeeze reservoir's entire liquid contents into vagina and hold using kegel muscles for up to five minutes, then release.
5. Applicator tip and reservoir should be washed thoroughly with soap and warm water after each use.

*** To maintain vaginal biome balance, it is recommended using Yin-care[®]'s Herbal Wash at a 10% dilution twice a day for 4-6 days.**

The 3.4 oz. (100ml) bottle used twice daily at a 10% dilution will yield 10 applications for 5 days



CAUTION: Do not ingest. Use under the direction of your healthcare provider during pregnancy. Avoid using if menstruating, experiencing dry, cracked and broken skin or open sores. Unusual odor or discharge may indicate conditions for which a physician should be consulted. It is normal to feel a sensation of temporary warmth upon application. Test a small amount of formula on the inside of elbow to determine the possibility of allergic reactions or sensitivities. Discontinue use immediately if rash, irritation, or discomfort develops and contact your health professional.

Understanding Dilutions

1. Mix herbal wash with appropriate amount of water.
2. Apply by cream, washing, rinsing, rubbing, compress or with a cotton ball, pad, swab or applicator.
3. Apply according to condition.

DILUTIONS TABLE

1 unit Yin-care[®] + 9 units water/cream = 10% Yin-care[®] dilution

1 unit Yin-care[®] + 4 units water/cream = 20% Yin-care[®] dilution

2 unit Yin-care[®] + 3 units water/cream = 40% Yin-care[®] dilution

3 unit Yin-care[®] + 2 units water/cream = 60% Yin-care[®] dilution

4 unit Yin-care[®] + 1 units water/cream = 80% Yin-care[®] dilution

* Use the inner cap of Yin-care[®]'s Herbal Wash for easy unit measurement tool

25% Dilution



Mix 1 cap formula + 3 caps water

33% Dilution



Mix 1 cap formula + 2 caps water

50% Dilution



Mix 1 cap formula + 1 cap water

100% Dilution



Apply formula directly with cotton ball or swab

Other Applications

Yin-care[®]'s Herbal Wash may be applied externally using one, or all of the following methods:

CREAM

1. Use a compounding creme like Vanicream[™] or Glaxal Base.
2. Mix Yin-care[®]'s Herbal Wash to base cream for prescribed dilutions.

SITZ BATH

1. Mix Yin-care[®]'s Herbal Wash and water solution in a portable wash basin.
2. Apply solution to exterior of body for 15 minutes, twice a day.
3. Allow solution to dry.

SPRAY

1. Obtain small spray bottle and fill with prescribed dilution.
2. Spray on affected area, letting solution absorb and dry.
3. Repeat as needed.

COMPRESS

1. Apply prescribed dilution to cotton cosmetic pad. Affix pad as needed or overnight. Tissue or paper towel can be used to cling to larger areas.
2. For best results, pad must be damp when in contact with the skin.

BATH ADDITIVE

Add herbal concentrate to your bath water for a gentle 10-20 minute bath.

COLD SORES, SHINGLES

Cotton or tissue compress

ACNE

Spray on, then compress

INSECT BITES

Compress

ECZEMA, PSORIASIS

Cream or compress

POISON OAK & IVY

Tissue compress

FUNGUS, BACTERIA

Soak or compress

ATHLETES FOOT

Wash/rub or compress

Understanding Yin-care®'s Herbal Wash

Yin-care®'s Herbal Wash is an excellent branch style therapy and is often utilized in combination with internal herbal medicine to address existing underlying root causes. It is formulated for conditions of "excess" in dilutions of water ranging from 5-100% and can be applied as a rub, compress, rinse, soak or spray. Use with caution in cases of yin and/or blood deficiency.

TOPICAL

Acne, eczema, psoriasis, rash, rosacea, hemorrhoid:

10-50% | Compress, rub | 15-60 min/2-3x day

Shingles, cold sore, sty, athletes foot, poison oak/ivy:

50-100% | Compress, rub, rinse | 15-60 min/2-3x day

Fungal nail/toe/skin, insect bite, staph:

100% | Compress, rub | 15-60 min/2-3x day

GYNECOLOGICAL

Yeast, bacterial, fungal, trichomoniasis infection:

10% | Rinse, douche | 2x day/3-6 day course

Vulvitis:

10-50% | Compress, douche | 1 hr/2x day or overnight

Cervical dysplasia, cervicitis:

66% | Tampon, compress | Overnight 7-10 day, 1-3 courses

For additional inquiries regarding application of Yin-care®'s Herbal Wash, contact:
info@yaocompany.com



YAO Company

Denver, CO | Made in China

