

Herose® User Guide for Eczema (AD) Patients

Herose™ Eze Capsule (Made in Singapore)
AmG-Herose™ ImmunO Capsule (Made in USA)

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Ingredients: Semen Coicis
Radix Codonopsis Pilosula
Radix Astragali
Radix Salviae Miltiorrhizae
Rhizoma Zingiberis
Ramulus Cinnamomi
Radix Paeoniae Alba

Functions: Normalize the functions of the immune system, eliminate dampness, strengthen the spleen and the stomach, and detoxify the kidney-*yang*.

Indications: Eczema (Atopic Dermatitis)

Dosage: 3-5 years, 450mg to be taken three times daily.

6-8 years, 900mg to be taken three times daily.
9-13 years, 1350mg to be taken three times daily.
Above 14 years, 1800mg to be taken three times daily.

Precaution: Avoid alcohol and direct sun light during treatment.
Avoid stress.
Have more rest.
No hot baths.
Refrain during pregnancy.

Contraindications: Corticosteroids or immunomodulator drugs.

Do's and Dont's during Herose Treatment

To avoid the disruption and render ineffectiveness of the treatment, sufferers are advised to refrain during the course of treatments not to take cooling herbs or fruits that may cause the *yang* component to remain in its original cold syndrome condition. Herose botanical extracted formulas has its therapeutic properties in warming the *yang* component and thus promoting blood circulation to enhance the immune system of the body.

Product Storage: In a cool dry place, protect from moisture.

Packaging: Singapore, 5 capsules (360mg each) to be taken three times daily.
USA, 4 capsules (450mg each) to be taken three times daily.
China, 4 capsules (450mg each) to be taken three times daily.

Preview:

Traditional Chinese Medication (TCM) Research:

The researchers of TCM believe the causes of Eczema are improper diet, dysfunction of the spleen in transport, damp-warm syndrome transformed into heat, the damp-heat pathogens accumulating in the body. Therefore, medicines that remove dampness and pathogenic heat from blood, cool the blood are widely used. Relapses may occur once treatment stops.

AmG-Herose Pharma's Research:

The Herose® Eze Capsule approved as a Chinese Proprietary Medicine in Singapore, is developed by a group of doctors headed by a military surgeon, Dr Tang Jinghua, who has over 30 years of experience in TCM. Based on his rich clinical experience, Dr Tang believes that what is commonly known in TCM as cold syndrome (insufficiency of both the spleen and the kidney) and stasis of body blood caused immune system disorder and also, eczema. He adopts the therapeutic method of tonifying the kidney-yang and promoting blood circulation and eliminating dampness to enhance and regulate immune system to treat eczema. **This treatment concept is a reverse of the treatment by**

immunosuppressive drugs. Therefore ALL immunosuppressants must be AVOIDED during treatment. Herose® Eze Capsule is a formulation that resulted from extensive modern experimental research and is an exclusive combination of 100% natural herbal ingredients which have no known toxicity and adverse side effects.

Herose Eze formulation is based on Dr. Tang's clinical research and pharmaceutical journals: *Overseas Medical Journal, Chinese Medicine, 1981,(2),53*; *Chinese Medical Research, Zhang Mingfa, 1992,(1):41*; *Chinese Medicine Pharmacology, Liang Shihua 1995,(3):27*; *New Medical Journal Shanghai 1st Medical School, HuaShang Hospital 1978,(8):48*.

Dr. Tang JingHua Clinical Research and Findings:

The clinical study has shown that the speed of recovery and whether patients achieve partial or full recovery is very much dependent on the amount and type of immunosuppressant drugs previously taken. According to our research study, we have managed to categorize two groups of patients, namely Group A and Group B.

Group A Patients – have not taken any corticosteroids or immunosuppressants:

Patients who have never been treated with corticosteroid or immunomodulators will experience a full recovery in approximately 120 days with the treatment of Herose® Eze Capsule. Approximately after 3 weeks of treatment, white circles will surround the existing lesions, fewer new rashes will appear and old rashes that appeared as thickened scaly rough patches will thin and reduce in size. After 3.5 months of treatment, the affected skin areas become white. The white color on the lesion area will change to the color of healthy skin after another 2-3 months with no further medication.

Group B Patients – have taken corticosteroids or immunosuppressants:

Patients who have previously taken immunomodulators must cease ALL immunomodulator drugs before commencing treatment with Herose Eze Capsule. Initially, the lesion areas become grayish due to the side effects of the immunomodulators taken earlier. Patients will experience gradual wavelike recovery process. Continuing treatment, the affected greyish skin area will either becomes fair or will be surrounded by white circle or has a white spot in its center, this indicates that the side effects of the Immunomodulators is almost eliminated. Further continuation of the treatment will change all lesions to the color of healthy skin.

Patient in category B will take a relatively longer time to recover fully. The time needed for total recovery and the percentage of gradual development during the treatment is determined by the type and the amount of the corticosteroids or immunomodulator drugs taken before. The more corticosteroid is applied or consumed, the slower and more erratic is the recovery.

Upon full recovery, the elasticity of affected skin areas will become normal healthy skin.

Observation of improving symptoms:

- 1. The flakes on the lesion**
 - More flakes drop off from the lesions.
 - The size of dropped flakes is smaller.
 - The lesions' thickness became thinner.

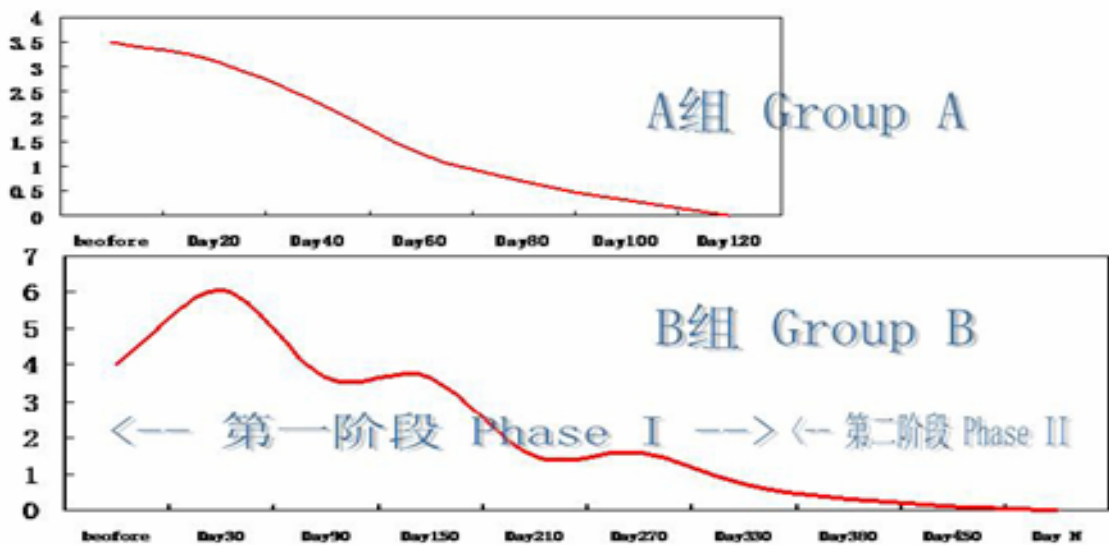
- 2. The color of the lesion**
 - The original cardinal red color of the lesion turns to a darker red or pink color.
 - White circles surrounding the lesions can be observed at an angle.

- 3. The itchiness of the lesion**
 - The lesions itch less.
 - The itchiness is more confined to evening and early morning hours.
 - Dry Itch can be experienced on recovering lesions, caused by the tightening of the skin and shrinkage of the lesions. Apply Vaseline or milk or moisturizer to relieve the itch.

Characteristics and signs during treatment

1. Gradual Development

Patients who have previously taken immunomodulator drugs will recover gradually in a wavelike process due to the side effect of immunomodulators, especially on the skin areas where the corticosteroid ointment was frequently applied. The initial wavelike situation may occur within 10 - 20 days after treatment with Herose Eze Capsule as shown in the diagram below for Group B Patients. Each peak of the wave represents a relapse. However, the severity and frequency of relapses will reduce progressively with continued treatment.



2. Bowel and Excretion

During the treatment, some patients will feel dryness in their mouth and thirst. The color of patients' excretion will be darker and the odor of excretion and urine will be of smelly cacoshmia. These are normal signs to indicate that the body is expelling toxins.

3. Partial Dry Fissure

If the lesion size is larger than 3m x 3cm, dry fissure and painful bleeding will occur on the recovering lesion, as blood circulation improved. Apply Vaseline on the affected skin area. DO NOT apply corticosteroid or immunomodulator cream or ointment.

4. Hypertensive Patients and Diabetic Patients

During treatment with Herose® Eze Capsule, Hypertensive Patients and/or Diabetic Patients must check their blood pressure and/or urine glucose index. If the blood pressure and/or urine glucose index are dropped, the dosage of Hypertension and/or Diabetes drugs must be reduced accordingly.

5. Arteriosclerosis Patients

If the arteriosclerosis patients feel dizzy during the treatment, they should reduce the dosage of Herose® Psoria Capsule accordingly.

6. Avoid immunomodulators or corticosteroid

After full recovery, be aware that immunomodulator or corticosteroid or anti-cancer drugs taken internally or externally may suppress your immune system and trigger eczema again.

Side Effects:

Herose® Eze Capsule is an exclusive combination of 100% natural herbal ingredients and has no known toxicity and adverse effects.

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