

Herose® User Guide for Psoriasis Patients

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



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CONTENTS

Ingredients
Functions
Indications
Dosage
Precaution
Contraindications
Product Storage
Packaging
Preview
Dr. Tang JingHua Clinical Research and Findings
Differentiation between Group A and Group B patients
Recommendation for Detoxification Program
Observation of improving symptoms
Characteristics and Signs during treatment
Side Effects
Erythrodermic Psoriasis
Psoriatic Arthritis
Available immunosuppressive drugs
Recent development of immunosuppressive biologic drugs
Contact

- Ingredients:** Rhizoma Zingiberis
Radix Salviae Miltiorrhizae
Radix Astragali
Ramulus Cinnamomi
Radix Paeoniae Alba
Radix Codonopsis Pilosula
Semen Coicis
- Functions:** Warming the *yang* and promoting blood circulation to reduce blood stasis, regulating and strengthening immune system.
- Indications:** Psoriasis (Plaque Psoriasis, Guttate Psoriasis, Inverse Psoriasis, Pustular Psoriasis)
Erythrodermic Psoriasis patients must consult doctor before starting treatment.
- 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.
14 years above, 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 immunosuppressive 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:

1. Current Western Medication:

Research shows that psoriasis is an immune system disorder where a type of white blood cell - a T-cell - triggers swelling and abnormal skin cell activity. Patients use various topical treatments, such as Corticosteroids, Calcipotriol, Methotrexate, Cyclosporin A, Etretnate, which consist mainly of steroids and immunosuppressants to control the production of bone marrow and white blood cells. These treatments are inconvenient for patients and may also cause unpleasant side effects. Several of the new treatments available to treat psoriasis and psoriatic arthritis are derived from living sources, such as viruses, animals and people. These new agents are called "biologic drugs." Biologics are developed by biotechnology (rather than pharmaceutical) companies. These new drugs target to suppress very specific parts of the immune response, not the entire immune system. The immune system is directed in part by T cells. Amevive (pronounced AM-uh-veev) is a

systemic biologic therapy manufactured by Biogen Inc and was approved in late January 2003 for the treatment of moderate to severe psoriasis. Amevive works by blocking and eliminating certain T-cell.

2. Traditional Chinese Medicine (TCM):

The researchers of Traditional Chinese Medicine believes the causes of psoriasis are bloodheat and deficiency of blood which is the internal igniter interacting with dryness-heat and pathogenic wind. Medicines that clean and remove heat from the blood are widely used. As a result, patients need a longer time to recover and relapses may occur. For instance, the ¹*Xiao Yin Pian* compiled in *China Pharmacopoeia* is formulated by the cooling stuff Ku Sen (Radix Sophorae Flavescentis), Jin Yin Hua (Flos Lonicerae), Chan Tui (Periostracum Cicadae), etc. with the purpose of cleaning and removing heat from the blood.

3. AmG-Herose Pharma's Research:

The Herose® Psoria Capsule approved as a Chinese Proprietary Medicine in Singapore, is developed by a group of doctors headed by military surgeon, Dr Tang Jinghua, who has over 30 years of experience in Traditional Chinese Medicine practice. 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) causes immune system disorder and also, psoriasis. He adopts the therapeutic method of warming the *yang* and promoting blood circulation to enhance and regulate immune system to treat psoriasis. **This treatment concept is a reverse of the treatment by immunosuppressive drugs. Therefore ALL immunosuppressants must be AVOIDED during treatment.** Herose® Psoria 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.

²Dr. Tang JingHua Clinical Research and Findings:

³A pilot clinical study was conducted in 1993 on 294 psoriasis patients from various age groups at Inner Mongolia Armed Force Police Hospital by our doctors and scientists. Of the 294 patients, 252 patients are still participating in our clinical study. The study has shown that whether patients achieve partial recovery or full recovery is very much dependent on the amount and type of immunosuppressant drugs previously taken. It takes our team of doctors 6 painstaking years to verify the result of this trial. According to our research study, we have managed to categorize two groups of patients, namely Group A and Group B.

- A. Patients who have never been treated with immunosuppressants will experience a full recovery in approximately 100 – 120 days with the treatment of Herose® Psoria Capsule. Patients will notice symptoms will improve beginning in the upper part of the body and gradually moving downwards towards the feet. Approximately after 3 weeks of treatment, white circles will surround the existing lesions. New rashes will cease gradually and old rashes with thickened scaly rough patches will thin and will reduce in size. After 3.5 months of treatment, the affected skin areas become white, and will take on the color of healthy skin after another 2-3 months without any further intake of Herose Psoria Capsule.

¹ *China Pharmacopoeia* 2000 edition Volume 1 by National Pharmacopoeia Committee, published by Chemical Industry Publishing House, Page 569-570.

² "Clinical Report on 252 Cases of Psoriasis" by Dr. Tang Jinghua, Tang Yuqiu, *Inner Mongolia Journal of Traditional Chinese Medicine* ISSN1006-0979 CN15-1101/R, Vol.21 No.6 Page 19, published on 20th December 2002.

³ "Psoriasis, Herose Psoria Capsule Clinical Study" by *Healthy Times* January/February 2004

It has been noted that the success rate of treatment for patients in this category is approximately 96%.

B. For patients who have previously taken immunosuppressants, they must cease all immunosuppressive drugs before starting treatment with Herose Psoria Capsule. The improvement of the symptoms usually begins in the lower part of the body and gradually progress upwards or start in all parts of the body concurrently during the treatment. Head lesions will recover last. About 30 days after intake of the Herose® Psoria Capsule, existing lesions should shrink and produce lesser amount of scales and be thinner. Relapses will occur but the severity and frequency will progressively decrease during the treatment. It has been noted that success rate of treatment for patients in this category is of approximately 87%. There are 3 distinct patterns of recovery for Group B Patients:

- B-1** When treatment begins, the affected skin areas become grayish, caused by the side effects of the immunosuppressants taken earlier. With continued treatment, the affected grayish skin area will either stay grayish, or become fair and surrounded by white circles or has white spots in the centers. This indicates that the side effects of the immunosuppressants taken earlier are being eliminated. Further continuation of the treatment will change the color of all lesions to white, which indicate that relapses may not occur anymore;
- B-2** During treatment, the lesions disappear and the affected skin areas become grayish with no whitening of the lesions. This scenario indicates that the side effects of the immunosuppressants taken before still persist and the probability of a relapse is high. Continue treatment until the grayish color lesions turn into the healthy skin color. In some cases, the grayish color lesion may need 2 to 3 years to turn into color of healthy skin.
- B-3** In approximately 6-7% of patients, recovery starts in the center of the lesion and expands towards the periphery (Ring Type Recovery). The rashes reduce and disappear towards periphery from center point. Patients in this category will take a relatively longer time to achieve full recovery.

Differentiation between Group A and Group B Patients

If patients' medical records are not available, the healing process with treatment of Herose Psoria Capsule (as mentioned in **Dr. Tang JingHua Clinical Research and Findings & Healing Guide with Diagram for Psoriasis Patients**) can help to differentiate Group A and Group B patients:

Group A patients who have previously not taken any corticosteroids or immunosuppressants will show the recovery process as detailed below:

- Improvement begins in the upper part of the body and gradually progress downwards, towards the feet, and
- The affected areas should become fair.

Group B patients who have previously taken corticosteroids or immunosuppressants will recover in the following way:

- Improvement begins in the lower part of the body and gradually progress upwards or starting in all parts of the body concurrently, and
- The affected areas become grayish.

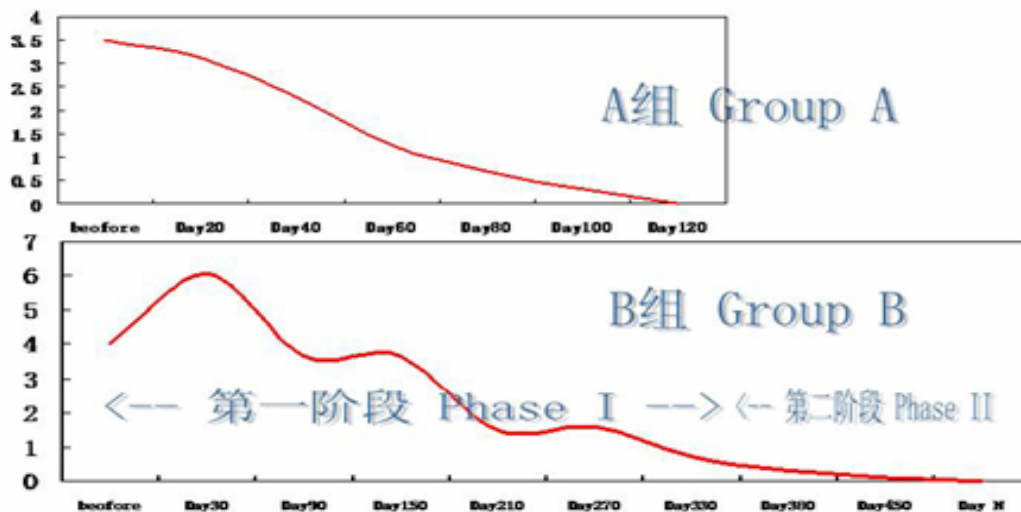
Observation of improving symptoms:

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 Psoria 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 cacostmia. These are normal signs to indicate that the body is expelling toxins.

3. Swelling & Pain in the limbs

If more than 70% of the area of limb is affected by psoriasis, swelling and pain will incur on the limb's lesions because the rashes block respiration and perspiration of the skin. This is normal reaction. Consult your own doctor for treatment with antibiotics: e.g., Penicillin etc.

4. 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.

5. Fever & Common Cold

Fever due to common cold will worsen psoriasis. Continue treatment with Herose® Psoria Capsule during the fever.

6. Women's Menstruation

Menstruation might worsen psoriasis This is a normal situation, continue treatment.

7. Hair Perming and Coloring

The chemicals in hair perming or coloring lotions might irritate the skin and worsen psoriasis. Avoid any hair perming or coloring for two months after full recovery.

8. Hypertensive Patients and Diabetic Patients

During treatment with Herose® Psoria 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.

9. Arteriosclerosis Patients

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

10. Avoid immunosuppressants 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 Effect: Herose® Psoria Capsule is an exclusive combination of 100% natural herbal ingredients and has no known toxicity and adverse effects.

⁴Erythrodermic Psoriasis:

“Erythrodermic psoriasis: A form of psoriasis characterized by widespread reddening and scaling of the skin, often accompanied by itching or pain. Symptoms may be precipitated by severe sunburn, use of oral steroids, or a drug-related rash.”

Erythrodermic Psoriasis patients must consult doctor before and during treatment.

⁵Psoriatic Arthritis

Psoriatic arthritis is a specific type of arthritis. It causes inflammation in and around the joints, usually the wrists, knees, ankles, lower back and neck..

⁴ National Institutes Of Health www.niams.nih.gov/hi/topics/psoriasis/psoriafs.htm

⁵ National Psoriasis Foundation www.psoriasis.org

Current therapy for arthritis can relieve pain, reduce swelling, help keep joints working properly and possibly prevent further tissue damage. Physicians will choose treatments based on the type of psoriatic arthritis, its severity and an individual's reaction to treatment.

NSAIDs (Nonsteroidal anti-inflammatory drugs) are usually the first step of treatment for arthritis. NSAIDs and/or Aspirin are sufficient treatment for many people over time. Talk with your doctor before beginning an Aspirin regimen.

DMARD stands for "disease-modifying antirheumatic drug." They are medications that can slow or stop the progression of disease and joint erosion. Most of these drugs have significant potential side effects and therefore must be used with care. This includes Corticosteroid, Azathioprine (brand name Imuran), Cyclosporine, Sulfasalazine and Methotrexate (MTX).

Herose® Psoria Capsule does help on Psoriatic Arthritis patients, after the psoriasis skin lesions have improved with the treatment with Herose® Psoria Capsule, the pain and swelling and stiffness on the affected joints caused by arthritis can be relieved progressively. Meanwhile we suggest Nonsteroidal anti-inflammatory drugs (NSAIDs): This includes over-the-counter medications such as Aspirin and Ibuprofen as well as prescription products; the main purpose of these medications is to decrease the symptoms of psoriatic arthritis, including inflammation, joint pain and stiffness.

⁶Available immunosuppressive drugs (External and Internal use) :

“Definition: Any chemical substance that suppresses the immune response, in addition to being used to prevent organ rejection, immunosuppressant drugs are also used to treat such severe skin disorders as psoriasis and such other diseases as rheumatoid arthritis, Crohn's disease (chronic inflammation of the digestive tract) and patchy hair loss (alopecia areata). Some of these conditions are termed "autoimmune" diseases, indicating that the immune system is acting against the body itself.”

Azathioprine (Imuran),
 Cyclophosphamide (Cytoxan),
 Cyclosporine (Sandimmune, Neoral),
 Mycophenolate Mofetil (CellCept),
 Daclizumab (Zenapax),
 Prednisone (Deltasone),
 Muromonab-CD3 (Orthoclone OKT3),
 Sirolimus (Rapamycin; Rapamune),
 Tacrolimus (Prograf),
 Ethyliminum,
 Retinoids,
 Methotrexate (MTX),
 5-Hydroxyurea,
 Hydroxyurea,
 Kenacomb,
 Isotretinoin,
 Mycophenolate mofetil, MMF,
 Sirolimus(rapamycin, SRL),
 Dexamethasone,
 Hydrocortisone,
 Betamethasone,
 Clocortolone,

⁶ Pharmacy Drug Index http://www.mythos.com/pharmacy/Index_DrugName.aspx ;
Psoriasis 3rd edition by Henry H Roenigk, Jr of Northwest University Medical School, Chicago, Illinois and Howard I Maibach of University of California School of Medicine, San Francisco, California, published by Marcel Dekker Inc.
Immunobiology: The Immune System in Health and Disease. 5th edition by Travers, P..New York: Garland Publishers, 2001

Desonide,
 Diflorasone,
 Desoxietasone,
 Etretinate Tigason,
 Etc...

⁷Recent development of immunosuppressive biologic drugs:

“**Alefacept (brand name Amevive)**, manufactured by Biogen Inc, is designed to block a misstep in the immune system-the activation of T cells. Activated T cells fuel the development of psoriasis lesions by causing skin cells to develop and mature at an accelerated rate. Amevive (pronounced AM-uh-veev) became available to consumers in February 2003. Amevive is given by intravenous (IV) or intramuscular (IM) injection. Treatment consists of 12 weekly injections. Patients who take the drug are required to have their T-cell counts checked weekly through a blood test. Patients are eligible for a second course after a minimum waiting period of 12 weeks. Initiation of a second course will depend on how well the patient responded and the how much the symptoms improved.”

“**Efalizumab (brand name Raptiva)**, manufactured by Genentech Inc and Xoma Inc, is an antibody that is mostly similar to other human antibodies so it can slip under our immune system's radar without being marked as "foreign." Once inside, Raptiva blocks immune system reactions that lead to the formation of psoriasis lesions. Because Raptiva is a protein, it would be digested if taken orally. Raptiva is given by subcutaneous (under the skin) injection once a week. Once it is stopped, the symptoms of the disease eventually return.”

“**Etanercept (brand name Enbrel, pronounced EN-brell)**, manufactured by Immunex Inc, was the first treatment approved in January 2002 by the U.S. Food and Drug Administration specifically for psoriatic arthritis. Enbrel works by inhibiting tumor necrosis factor-alpha (TNF-alpha), an immune-system chemical messenger. There is a risk of serious, even life-threatening, infections in some people, especially if their immune system is already compromised. The drug may be temporarily discontinued in people who have active infections, such as lung infections or flu.”

Contact

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