



# Blue Poppy

THE CHOICE OF PRACTITIONERS SINCE 1982

According to the Food and Drug Administration, there are eight categories of potential food allergens. Of these eight, only the following four categories contain herbs that are used in Blue Poppy internal formulas.

#### Tree Nuts

Bai Guo  
Shen Qu  
Tao Ren  
Xing Ren

#### Wheat

Fu Xiao Mai  
Shen Qu  
Mai Ya  
Yi Tang

#### Soy

Dan Dou Chi  
*May Contain Soy*  
He Shou Wu (processed  
with soy)

#### Crustacea

Mu Li  
Shi Jue Ming

On average, most of these potential allergens compromise very little of the herbs present in any given formula with a few exceptions where these herbs are the main constituent of a formula. Furthermore, over the course of 16 years producing herbal formulas, we have not had an "adverse allergenic response" to any Blue Poppy formulas when taken appropriately and under the supervision of a practitioner.

The following formulas contain these potential allergens with the amounts per serving listed in milligram in blue. Serving size for Blue Poppy Classics/Originals is 1500 mg and for Great Nature Classics is 2,250 mg.

BPC= Blue Poppy Classic

GNC= either Great Nature Classic or Great Nature Contemporary

1) An Mien Pian

GNC Shen Qu 225 mg

2) Anti-nue Boost the Qi

He Shou Wu 57 mg

3) Bao He Wan

BPC Shen Qu 174.6 mg

GNC Shen Qu 264.6 mg

4) Black Dragon

He Shou Wu 75 mg, Mai Ya 57 mg

5) Bu Yang Huan Wu Tang

GNC Tao Ren 306.9 mg

6) Chai Hu Mu Li Long Gu Tang

BPC Mu Li 180 mg

7) Chai Hu Jia Long Gu Mu Li Tang

GNC Mu Li 375 mg

8) Change & Enrich

Fu Xiao Mai 50 mg

9) Clear Vessel

He Shou Wu 165 mg

10) Dang Gui Yin Zi

He Shou Wu 132.6 mg

11) Forever Yang

Bai Guo proprietary amount

12) Free the Flow

He Shou Wu 55 mg, Tao Ren 41 mg

13) Gan Mai Da Zao Wan

GNC Xiao Mai 1451.7 mg

14) Gan Mao Ling

GNC Xing Ren 225 mg

15) Gui Zhi Fu Ling Wan

BPC Tao Ren 273 mg

16) Impediment Magic

Tao Ren 24.8 mg

17) Little Pearl

Shen Qu 22 mg, Mai Ya 22 mg

18) Ma Zi Ren Wan

Xing Ren GNC 281.4 mg

19) Ning Sou San

GNC Xing Ren 219.5 mg



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20) Phoenix Rising

Tao Ren 28 mg

21) Qing Fei Tang

GNC Xing Ren 132.3 mg

22) Qing Qi Hua Tan Wan

BPC Xing Ren 177 mg; GNC 249.9 mg

23) Quiet Nites

Shen Qu 22 mg

24) Run Chung Wan

BPC Tao Ren 225 mg, Xing Ren 225 mg

GNC Tao Ren 249.9 mg, Xing Ren 249.9 mg

25) Sang Ju Yin

GNC Xing Ren 259.8 mg

26) Shou Wu Pian

GNC He Shou Wu 563 mg

27) Tao Hong Si Wu Tang

GNC Tao Ren 275 mg

28) Tian Ma Gou Teng Yin

BPC Shi Jue Ming 49 mg

GNC Shi Jue Ming 375 mg

29) Xiao Jian Zhong Tang

GNC Yi Tang 562.5 mg

30) Xue Fu Zhu Yu Tang

BPC Tao Ren 144 mg

GNC Tao Ren 346.5 mg

31) Yin Qiao San

BPC Dan Dou Chi 122.8 mg

GNC Dan Dou Chi 184.2 mg

32) Zhen Gan Xi Feng Tang

GNC Mai Ya 117 mg, Mu Li 182.7 mg

33) Zou Gui Wan

GNC Zhi Shou Wu 257 mg