

## **LingZhi BoHe Decoction ( 靈 芝 薄 荷 )**

### **Ingredients:**

靈 芝 LingZhi, Lucid Ganoderma (Ganoderma Lucidum seu Japonicum) 2g

薄 荷 BoHe, Peppermint (Herba Menthae) 5g

谷 芽 GuYa, Rice Sprout (Fructus Oryzae Germinatus) 5g

### **Directions:**

Slice Lucid ganoderma, cut peppermint, toast rice sprout, Decoct Lucid and rice sprout and add white sugar to taste. Put peppermint into the decoction and continue simmering for 10 minutes, serve hot.

### **Functions:**

To replenish brain essence and refresh mind.

### **Indications:**

Irritability in summer, fatigue and irritability due to *qi* deficiency.