

GENERAL DOSING GUIDELINES

- We encourage the mother to always listen to her body, and adjust the dosage accordingly
- Often by Day 4 or 5 postpartum, start off on a higher dose, to help infuse your system
- Traditionally and according to the Materia Medica, the Journal of Traditional Chinese Medicine, Zī hé chē should be taken daily for 2 weeks
- After that, you can choose to continue taking them, or can choose to store them in the freezer for future use

CONCERNS AND CONTRAINDICATIONS

Fever

- Even a low-grade fever, you **should** stop taking the capsules
- You can resume taking the capsules once your fever has subsided

Jitters

- If you complain that you are feeling "jittery" or have an excess of energy, tingling hands, etc., the capsules are having a more powerful affect on your system. You **should lower** your dose to one capsule at a time instead of two
- Then adjust the number of capsules per day accordingly

Upset Stomach

- If you complain that the capsules upset her stomach, you should take them with food.
- Sometimes the capsules can loosen the bowels, which can be perceived as discomfort or nausea.

TCM Placenta Encapsulation or Zī hé chē



Headache

- A headache is an early sign of dehydration, and 9 times out of 10, when you drink more water, the headache is resolved
- Drink a full glass of water with every dose - at least 8oz, if not a full 16 oz

DOSAGE

- Losing the retain water postpartum, bleeding, and working hard to produce milk increase your daily intake needs for water.
- The placenta capsules will act on your system, trying to create more milk, which will tax you water resources even more

Day 1 to 4: 2 caps 3/day

Day 5 to 8: 2 caps twice/day

Day 9 to 14: 2 caps/day