

WUQING Herbal Pack 3.0 is suitable for 五清适用人群:

1. Those who experience metabolic disorder due to frequent overtime, business trips, sleeping late, that can lead to systemic toxins accumulation.
经常加班、出差、熬夜，导致代谢紊乱，全身毒堆积；
2. Alcohol drinker, smoker and people with liver or lungs damage.
长期饮酒、抽烟，伤肝损肺；
3. Those whose job involves sitting in front of a computer for a long time or those who seldom exercise.
长期坐办公室面对电脑，运动少；
4. Those who unwittingly experience lead and mercury built up in the body due to long term use of cosmetics.
长期使用化妆品造成铅汞沉淀；
5. Those who suffer from liver and kidneys damage due to long-term medication.
长期吃药伤害肝脏、肾脏；
6. Those who consume high-fat, high-calorie foods excessively, which leads to toxins accumulation in the body or systemic imbalance and obesity.
过量食用高脂、高热量食品，体内毒素就会滋生，造成机体失衡，引发肥胖；
7. Those on long-term oral contraceptives, which leads to imbalance in body functions.
长期口服避孕药，造成机体紊乱；
8. Those who overeat and consume spicy food excessively, which in turn increases the burden on gastrointestinal system and leads to toxins accumulation in the body.
贪食辛辣食物或暴饮暴食加重胃肠负担，毒素堆积；
9. Those who experience chronic constipation, which leads to toxins built up in the intestines and blood.
长期便秘，毒素堆积污染肠道、血液；
10. Those who experience mood swings or even neurological disorder because of overstress.
情绪波动大和生活工作压力大，造成神经功能紊乱，毒素堆积；
11. Those who have bad breath and itchy skin.
口臭、皮肤瘙痒。

Frequently asked questions 关于五清通体组合的几个小常识:

1. Why are we advised against consuming coffee, soda and other caffeinated drinks during the detoxification process? 为什么服用过程中禁止服用咖啡，可乐等含咖啡因的饮料？

A: Caffeine excites the sympathetic nervous system and suppresses the parasympathetic nervous system. As a result, the gallbladder relaxes while the sphincter of Oddi contracts. This hinders the excretion of bile and gallstones from the gallbladder, cystic duct, and common bile duct into the duodenum, rendering the detoxification process ineffective.

答: 因为咖啡因可兴奋人体的交感神经，而抑制副交感神经，此时胆囊舒张，奥狄氏括约肌收缩，因此，胆总管、胆总管内的胆汁及胆石不能按时排泄到 12 脂肠，最终“排毒垢”失败。

2. Can patients who are on hypertensive or diabetic medication stop taking the medicine during the detoxification process? 正在服用降压药、降糖药的患者排毒期间能否停止服药？

A: You may stop taking hypertensive or diabetic medicine from 2pm on the day of detoxification till 10am the following day. Please take the required medicine should you experience a sudden spike in blood pressure or blood sugar level. Adjust the dose as needed or seek consultation over the phone.

答: 排毒垢的当天下午 2pm 至次日上午 10am 可以停止服用降压药或降血糖药，如出现血压、血糖突然升高的现象，在此期间请服用降血糖和降压药，可适当减量或电话咨询。

3. What is the advice after detoxification? 排毒垢之后，应如何调理身体？

A: The first thing to do is to avoid bad habits such as overeating, drinking, smoking and taking high-fat, high-salt, high-sugar foods. Secondly, learn to relax your mind and stay positive always. This will help to lower blood viscosity and reduce the risk of illnesses. In short, WUQING Herbal Pack 3.0 cleanses the body from deep within and purifies the internal environment of our body.

答: 首先，避免不良的生活习惯，如暴饮暴食、饮酒、吸烟及服用高脂肪、高盐、高糖等食物；其次，避免负面心态和长时间的精神压抑，这些都会造成“体内垃圾”的沉积，日积月累形成由于血液黏稠而导致的各种疾病。总之，“五清通体组合”实际上是给身体内部作了一番深层清理，净化了身体的内部。



北方大陆
NORLAND

WUQING Herbal Pack 3.0 Targeted Detox Followed by Nourishment for Perfect Good Health

五清通体组合 3.0 版
精准排毒，即排即补

1. INNOVATIVE / 大创新

The world's first dual function detox + nourishment package

即排即补 世界首创

2. BREAKTHROUGH / 大突破

Holistic detox that combines deep cleansing and nutrients supplementation

深层排毒 全面排毒 安全补养

3. EXPERIENTIAL / 大感受

A safe and direct approach with long lasting effects, leaving you feeling cleansed and energetic

更净透 更精神 更安全 更直接 更持久



An established brand with more than a decade of experience. Experience deep cleansing and nourishment with a 72-hour time release formula.

10 年经典品牌 72 小时缓释 排补双效调节

MECHANISM OF WUQING HERBAL PACK 3.0

五清通体组合 3.0 版作用机理

WUQING Herbal Pack 3.0 is a dual action targeted formula. First, its active ingredients reach into the visceral cells to remove toxins built up in the organs such as the liver, kidneys, heart, spleen and lungs, thus clearing any obstruction in the hepatobiliary and intestinal detoxification channels. As a result, the toxins are dislodged from the organs and eliminated by our body's detox system, and our blood is also cleansed. Next, the tonics in the formula provide the essential nutrients concurrently to assist the body in recovery by repairing cells and tissues. The dual action works perfectly to remove toxins, provide nourishment, raise the immune system and promote healing to achieve the miraculous effect of total wellness.

五清通体 3.0 即排即补，其有效成分直接进入人体细胞，排毒成分剥离脏腑细胞中沉积的毒垢，从而快速有效的清除肝肾及心肺脾的深层毒垢，打通肝胆肠排毒通道，清除毒垢淤堵，净化血液，畅通脏腑。而滋补有效成分，则同时对受损细胞及组织，及时营养补充并进行修复。二者协同作用，从而快速有效的排毒滋补，提升人体免疫力，自愈力，从而达到一身轻松，全面调理的神奇功效。

DETOXIFICATION 排毒过程:

Step 1 第一步:

Cleans up the gastrointestinal tract including the duodenum, small intestine and large intestine of waste and stool to prepare the body for hepatobiliary detoxification.

清理胃肠管道垃圾和宿便，疏通十二指肠、小肠、大肠等消化系通道，为疏通肝胆通道做好准备；

Step 2 第二步:

Toxins in the liver, stones and lipid in the hepatic duct and bile duct are discharged into the duodenum after the initial clearing.

打通肝胆十二指肠通道，清空肝脏毒垢，肝管胆管内结石、油脂等排入十二指肠管；

Step 3 第三步:

The active ingredients in the product rapidly remove the built-up toxins from the various internal organs. The toxins are then transported to the liver through the blood.

产品有效成分能快速剥离五脏六腑细胞内毒垢，剥离后的毒垢经血液输送到肝脏；

Step 4 第四步:

The liver filters toxins in the blood, parasites and other harmful substances found within the gallbladder and discharge them into the duodenum to be excreted through bowel and bladder movement. 肝脏过滤血液中毒垢，胆囊内毒垢寄生虫等生虫等各种人体毒垢排出十二指肠，经消化系统排出体外。

OVERNIGHT DETOXIFICATION FOR GOOD HEALTH AND VITALITY

一夜通体排毒，健康生命活力

WUQING Herbal Pack 3.0 works deep within the cells to remove the toxins accumulated in the body within 16 hours. During this time, it cleanses the blood, clears toxins from the organs, unblocks the major pathways in the body, rejuvenates the organs, improves immunity and aids in recovery from serious illnesses!

五清通体组合打通人体深层细胞排毒系统，16 小时可清除体内堆积沉淀的全身毒素、净化血液、脏腑等全身各个器官组织、畅通全身，恢复整体器官的年轻态，提高免疫力、抵抗力，辅助重大疾病的康复！

Lipid Detoxification – Cleanses and purifies blood; improves high blood pressure, high blood lipid, high blood viscosity, atherosclerosis, coronary heart disease, stroke, etc.

排脂毒(血毒)-血液净化: 血压高、高血脂，高血粘、动脉粥样硬化、冠心病、脑中风等好转

Intestine Detoxification – For gastrointestinal comfort; improves constipation, bad breath, piles, colitis, intestinal obstruction, etc.

排肠毒-肠胃舒服: 便秘、口臭、痔疮、结肠炎、肠梗阻等好转

Kidney Detoxification – For stronger physique; strengthens kidney functions; improves nephrotic syndrome, prostatitis, sexual dysfunction, etc.

排肾毒-身体强壮: 肾虚、肾病综合症、前列腺炎、性功能障碍等好转

Hepatobiliary Detoxification - Full body relaxation; improves fatty liver, liver damage from alcohol, gallstones, cholecystitis, cirrhosis, etc.

排肝胆毒-全身轻松: 脂肪肝、酒精肝、胆结石、胆囊炎、肝硬化等好转

Lung Detoxification - Healthy breathing; clears pollutants from smoking and dust; unblocks lung cells; improves rhinitis, pharyngitis, asthma, etc.

排肺毒-呼吸畅快: 清除肺部烟毒、灰尘等，畅通肺细胞，鼻炎，哮喘等好转

Body Fluid Detoxification - Relieves stress from your body; improves ascites due to cirrhosis; reduces pleural effusion, kidney diseases, puffiness and obesity, etc.

排水毒-为生命减负: 肝硬化腹水、胸腔积液、肾脏疾病、虚胖和肥胖等好转

HOLISTIC DETOXIFICATION WORKS PRECISELY FROM DEEP WITHIN

精准排毒，深层排毒，通体排毒



VISIBLE RESULTS, LASTING GOOD HEALTH 效果看得见 健康到永远

See the results 看得到的毒素:

The toxins discharged from the body come in many shapes, forms of different colours. Expect to see lumps, crystalline waste, loose gallstones, uric acid crystals or even sand-like waste.

排出五颜六色、形状各异的块状或结晶状毒垢；还会有松散型胆结石、尿酸结晶片、沙砾状的多种毒垢。

Feel the difference 感受得到的健康:

Patients suffering from gallstones and cholecystitis will experience relief from pain when the stones are expelled. Migraine, numbness of hands and feet, chloasma and acne are gradually eliminated; symptoms of cirrhosis, ascites, liver damage from alcohol and chemical-induced liver damages achieve rapid relief and gradually disappear.

胆结石、胆囊炎患者，排出结石后，胆区疼痛缓解。偏头痛、手足麻木、黄褐斑、痤疮等淤积性疾病逐渐消失；肝硬化、肝腹水、酒精肝、以及其他化学性肝损伤的症状迅速缓解，逐步消失。

Measure the health parameters 检测得到的指标:

Triglycerides, cholesterol, blood viscosity and blood uric acid level show measurable decrease while stones in the body are either expelled from the body or reduce in size. Liver enzyme values such as GPT, GOT, GGT are also gradually reduced and liver function quickly improves!

甘油三脂、胆固醇、血粘度、尿酸下降，结石排出体外或减小。GPT、GOT、GGT 等血清转氨酶也逐渐降低，肝脏功能有所好转！