

Concentrated Herbal Granules vs. Raw Herbal Powders: A Detailed Comparison

	 <u>Phoenix Tianjiang Concentrated Herbal Granules</u>		 Raw Herbal Powders	
	Pros	Cons	Pros	Cons
Digestibility	More digestible as plant cell walls have been broken down in decoction process.		The herbs can be easily absorbed as the particles are very small. However the decoction is traditionally consumed and not the plant itself.	Raw herb powders are less digestible as the herbs have not been decocted. Some herbs are difficult to grind and can become fibrous. This can make the product difficult to swallow and can put extra strain on the digestive system. Examples include Huang Qi, Lu Gen, Zhu Ru.
Solubility	Phoenix Tianjiang Concentrated Granules have 100% solubility in hot water, leaving no sediment.	Binders may be used to allow solubility. We use Maltodextrin at just 5-10% of the final product. Maltodextrin is a long chain polysaccharide and a widely used food safe binder/stabiliser. It is made from starches and ours is certified gluten-free.	No binder used.	Poor solubility and will have sedimentation at the bottom.
Concentration	The concentration ratio is much higher than raw herb powders, therefore you can use much less product. Our granules are 2-3 times higher in concentration than other concentrated granule brands. Through years of research, we have devised the appropriate parameters for optimal extraction for each herb.	Concentrated herbal granules cannot be standardised to one specific concentration ratio, despite claims from many other brands. Herbs can have great differences in concentration. However, we standardise the ratio as closely as possible by adjusting the level of maltodextrin (binder) min. 5, max. 10%. We recommend that practitioners use the ratio 7:1 to obtain effective results. You cannot mix Phoenix Tianjiang concentrated granules with other brands as the concentration ratio may be much lower.	Concentration is higher than whole herbs, because the surface area increases as they are milled into a fine powder. Therefore you can use smaller dosages.	The concentration ratio is uncertain and herbs with a naturally low surface area (i.e. roots, barks, thick stems) can be potentiated. This can be problematic for practitioners as there is no standard equation to work out the dosage for each herb when they are powdered. The increased surface area also makes the herb vulnerable to oxidation and volatilisation. The majority of clinical research has been done on traditional methods and therefore you will need to carry out your own research to devise appropriate dosages.



Phoenix Tianjiang Concentrated Herbal Granules



Raw Herbal Powders

	Phoenix Tianjiang Concentrated Herbal Granules		Raw Herbal Powders	
	Pros	Cons	Pros	Cons
Active ingredient	All of our herbs have been analysed to ensure that each batch contains the appropriate level of active ingredient. Any batch that has too much or too less will not be used.		The active ingredient is released from plant cell walls.	
Essential Oils	Volatile essential oils are preserved using the Double Extraction Method. Tianjiang have carried out decades of research to achieve optimal extraction methods for each herb.		The majority of volatile essential oils remain in the herbs as they have simply been ground and not decocted.	
Herb combinations		Herbs are initially decocted as single herbs so that they can be sold individually. The herbs cannot be traditionally decocted within a formula to interact with one another.		Raw herb powders are not decocted at all and will not interact sufficiently when added to hot water.
Bacteria	The herbs are traditionally decocted prior to granulation, and so bacteria is killed in the process.	Vitamins and minerals can be degraded and lost through the cooking process.		As the powder is simply mixed into hot water, bacteria such as E.coli and salmonella may be present.
Pesticides/ Herbicides	We don't use pesticides or herbicides and provide a COA to prove that. However if there is any trace, it will be degraded during the decoction or cooking process.			Pesticides/herbicides may be used and will not be degraded as decoction is not carried out.
Shelf life		As we do not use corn-starch in our granules, they can be sensitive to moisture and can clump if improperly stored or not sealed tight.		Raw herb powders can be sensitive to moisture and can clump together if not stored in a cool dry place.
Price	As we maintain that our herbs are authentically grown and free from sulphur, pesticides and herbicides, our prices may seem higher. However we believe that quality is worth going the extra mile for. We also have many bulk buy discounts available.	More costly compared to raw herb powders due to the extra processing methods.	Cheaper than concentrated granules. You can make raw herbal powders yourself by purchasing dry herbs and blending/grinding them in your own clinic.	

For more information, please visit: www.phoenixmd.co.uk

Copyright © Phoenix Medical Ltd 2018. All rights reserved.