

## Wheat Seed

- **Constituents:**  
Starch, vitamin B, etc.
- **Pharmacology:**
  - Lower cholesterol <sup>(1)</sup>
  - Protect liver <sup>(1)</sup>
- **Clinical applications:**
  - Hot flashes
  - Male urination disturbance with hematuria <sup>(2)</sup>
- **References:**
  1. Zeng, S. Z., et al., Journal of Chinese Pharmacology, 1989, 24 (3): 149
  2. Li Z., editor, Modern Clinical Chinese Herbs, Beijing, TCM Science and Technology Publisher, 1994, 237