

TCM 中醫學

TCM (Traditional Chinese medicine) has been originally developed in China with over 3,000 years of history. TCM treatments consist of herbs, Tuina (Classical Chinese massage), cupping and acupuncture, etc. It is the oldest, safest & most natural therapy in the world. It has been widely used in China, Korea and Japan, now becoming more & more popular in the West including UK.

HERB 中草藥

Herbal medicine is the result of combination between plants & foods which are used for keeping and restoring the normal body functions & treating most of diseases. The herbal formula for each patient varies & depends on the diagnosis by our experienced TCM practitioners. Herbal remedy is key therapy in this centre. Usually patients will feel difference after 7-14 days of herbal treatments.



TUINA 推拿

Tuina is a form of Chinese classical massage with hands-on body that uses Chinese Taoist and martial arts in an effort to bring the body from 'imbalance' into 'balance'. The practitioner may knead, roll, press, and rub the affected area for treatments of musculoskeletal conditions, arthritis, headache, neck or back pains, insomnia, stress, chest & abdominal pains etc.

ACUPUNCTURE 針灸

Acupuncture is regarded as a form of alternative medicine in the West. It is an important part of TCM. For over 3,000 years, it has been applied successfully to many conditions, such as headache, migraine, arthritis, gout, muscular and joint pains, back pains, sinusitis, obesity, depression, infertility, and menstrual problems etc.



• 2 Successful cases of infertility treated by Prof Enqin Zhang (Engin Can) with herbs

PROF ENQIN ZHANG (ENGIN CAN)

張恩勤 教授

A worldwide well-known TCM & herbal scholar & practitioner.

He started studying TCM (Traditional Chinese medicine) & herb at Shandong College of TCM in 1972, and then graduated from Shandong University of TCM in 1982 with master degree in TCM; and also obtained doctorate in alternative medicine from Medicina Alternativa Institute in 1992. He gets professorship from 6 Chinese & international universities & institutes.

Currently he is the member of ATCM UK & is qualified to practice TCM, herbal medicine, acupuncture and Tuina therapies in UK. Patients are coming to see him from all over the world including members of royal families. Additionally, he acts as president of UK Academy of Chinese Medicine and teaches acupuncture, massage and herbal medicine for postgraduates; he is the member of 'Clinical Curative Effects Evaluation Committee' of WFCMS (associated with WHO); the senior member of the Royal Society of Medicine UK; and Vice president & general secretary of ACMP, UK.

He can help patients with TCM & herbal therapies for following conditions: sinusitis, sore throat, Meniere's disease, tinnitus, hearing problem, gastritis, peptic ulcer, infection or stones in gallbladder, IBS, asthma, cough, headache, migraine, stress, insomnia, depression, hysteria, dizziness, hypertension, chest pain, palpitation, arthritis, gout, neck pain, lumbago, sciatica, osteomyelitis, nephritis, urinary infection, enuresis, prostatitis, infertility, hemorrhoid, acne, eczema, women diseases, hair loss, smoking and cancer patient's supports, etc.

Prof Enqin Zhang has written & published many TCM & herbal books, such as 'Research in Classical Herbal Formulas', published by Yellow River Press in 1989; 'A Practical English-Chinese Library of TCM', composed of 14 books, the first of its kind in the world, published by Shanghai TCM University Press in 1990; 'Shang Han Lun Study Guide' by People's Medical Publishing House in 2006, etc. He was awarded by Chinese State Council for his outstanding achievements in TCM & herbs in 1990.

He is practicing in this centre.

張恩勤 主任醫師 教授 國際著名中醫學者和臨床專家

從醫43年，臨床經驗豐富。現為英國皇家醫學會和英國中醫藥學會資深會員，世界中醫藥學會聯合會「臨床療效評價委員會」專家。先後師從著名傷寒專家導師李克紹教授和內婦科名醫呂同杰教授，盡得其傳。1982年山東中醫藥大學研究生畢業，醫學碩士；1992年獲 MEDICINA ALTERNATIVA INSTITUTE 院長 ANTON JAYASURIYA 教授授予的「替代醫學博士」。

擅治胃炎、潰瘍病、氣管炎、哮喘、失眠、抑鬱症、頸椎病、腰椎病、骨質炎、關節炎、痛風、肝膽病、心血管病、泌尿生殖病及性病、男性不育、女性不孕、鼻竇炎、咽喉炎、中耳炎、內耳眩暈、癰瘡、濕疹、帶狀疱疹、牛皮癬和脫發，以及戒烟和癌症的輔助治療等。

他論著甚多，曾主編[經方研究]，黃河出版社1989年7月出版；世界第一套[英漢對照實用中醫文庫]14本，上海中醫藥大學出版社1990年4月出版；[中國傳統醫學叢書]27分冊（含藏醫），科學出版社1994年陸續出版；新著[傷寒論研習指導]英文版，人民衛生出版社2012年出版。其作品早已流傳到世界上80多個國家和地區。曾任英國醫學會、MIDDLESEX UNIVERSITY、WESTMINSTER UNIVERSITY 等圖書館，均可借到。1991年曾獲英國醫學學位委員會「突出貢獻獎」。先後擔任過山東中醫藥大學醫學院教授、國際替代醫學學院教授、臺灣臺北中醫藥學會名譽教授等。目前擔任英國中醫學院院長，與浙江中醫藥大學合辦中醫碩士、博士研究生教育以及多種進修班。他精通漢、英和土耳其語等，醫德高尚。前來就醫者，不乏皇家貴族、高官名流；更多為平民百姓。他都一視同仁，精心診治。

張教授現就在此診所坐堂行醫，每天應診。

其他專家

這裏是英國中醫學院的附屬診所，英國中醫學院的部分教授、專家，也在此坐堂行醫，但需提前 2-3 天預約。具體請查英國中醫學院官方網頁：www.uacm.co.uk

TCM & HERBS

Can Help You With Following:

Ear, Nose & Throat:

Sinusitis, rhinitis, hay fever, sore throat, tonsillitis, pharyngitis, ear infection, tinnitus, hearing problems, Meniere's disease etc.

Dermatological:

Acne, eczema, urticaria, psoriasis, dermatitis, shingles, fungal infection, herpes, alopecia, hair loss etc.

Internal:

Gastritis, peptic ulcer, IBS, constipation, diarrhea, colitis, hemorrhoids, cold & flu, headache, migraine, cough, asthma, bronchitis, palpitation, arrhythmia, chest pain, coronary heart disease, hypertension, hypotension, dizziness, paralysis etc.

Mental & Emotional:

Anxiety, panic attacks, restlessness, insomnia, stress, depression, hysteria etc.

Muscular & Skeletal:

Joint & muscle pain, arthritis, gout, stiff neck, neck or back pain, sciatica, frozen shoulder, sports injury, tennis elbow etc.

Genitor- Urinary & Reproductive:

Impotence, premature ejaculation, low sperm count, asthenospermia, prostatitis, irregular periods, endometriosis, menopause, morning sickness, infertility, uterine bleeding etc.

General Problems:

Weight problem, fatigue, lower energy level etc.

Addictions:

Alcohol, tobacco etc.

Prices 价格表 (Starts May 1, 2024)

Consultation 诊费:		£26
Herbal Granules 中药:	per day	£9
Deep Tissue Massage 推拿:	30 min	£35
	60 min	£65
Acupuncture 针灸:		£50
Cupping 拔罐:		£26
Ear Candle 耳烛:		£26

NOTES:

We have discount policy for regular customers:
Buy any 6 get 1 free; buy any 10 get 3 free.

OPENING HOURS:

Monday - Friday: 10 am - 8:30 pm

Saturday: 10 am - 7 pm

Sunday: 10 am - 6 pm

TUBE STATION:

King's Cross & St. Pancras

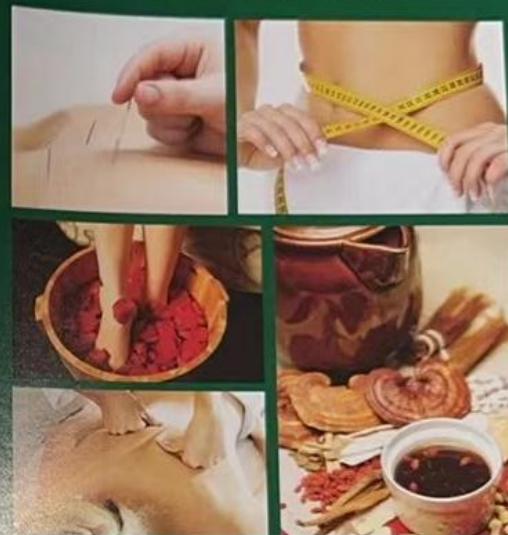
BUS: 17, 45, 46, 63, 259, N63

Get off at Swinton Street stop, close to our door.



King's Cross TCM (Traditional Chinese Medicine) & Herbal Centre UACM

英國中醫學院國王十字街專家門診



Free From Medical & Chemical
With Only Traditional Way &
Natural Herb Leading to Health

Top TCM & Herbal Practitioners To Serve You

• 名醫坐堂 • 各科俱全 • 藥優價廉

Tel: 020 3509 9050 / 078 461 934 88

E-mail: info@uacm.co.uk

prof.engincan@hotmail.co.uk

Website: www.uacm.co.uk

255 Gray's Inn Road, King's Cross
London, WC1X 8QT UK

(Opposite to Royal National
Throat Nose & Ear Hospital
皇家國民耳鼻喉醫院對面)



King' s Cross TCM (traditional Chinese Medicine) & Herbal Centre UACM 英国中医学院专家门诊

the affiliated clinic of UK Academy of Chinese Medicine The chief doctor

主诊医师: Prof Engin Zhang (Engin Can) , consultant in Chinese medicine and acupuncture.张恩勤教授，主任医师

Clinic Address 诊所地址 : 255 Gray's Road, London, WC1X 8QT UK

Open 开诊时间: Monday to Sunday 10am - 5pm .周一到周日上午十点到下午五点

(the nearest tube station is King's Cross St.Pancras, then walk 5 minutes to the clinic 最近的地铁站： 伦敦国王十字街)

Mobile Phone & WhatsApp 手机 : 07846193488. Landline : 02035099050.

WeChat 微信: drzhang1953

The school & clinic's Website 网址:www.uacm.co.uk

Prices 价格表

Consultation 诊费: £26

Herbal granules 中药:£ 9 /per day

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Cupping 拔罐: £26

Ear candle 耳烛: £26

Only consultation without buying medicine ;or remote consultation online for prescription 仅看医生求诊断但不买药； 或远程网上看病求处方的:£60

英国中医学院国王十字街中医诊所信息

主诊医师：张恩勤教授，主任医师。中医全科医师，尤擅长内科、妇科、皮肤科及各科疑难病症:如新冠感染及后遗症，疲劳综合症，感冒、流感，咳嗽、支气管炎、肺炎、肺结节、哮喘、肺气肿、肺心病，眩晕、高血压、高血脂、动脉粥样硬化、冠心病、心律失常，中风后遗症，雷诺氏病，脉管炎，下肢溃疡，网球肘、关节炎、颞下颌关节紊乱症、肩周炎、颈椎病、急慢性腰扭伤、腰椎病、坐骨神经痛、足底筋膜炎、骨髓炎，幽门螺旋杆菌感染、慢性胃炎、溃疡病、结肠炎、**IBS**、克隆氏病，胆囊炎、胆石症、肝病，白塞氏病，痔疮、肛周炎，遗尿、泌尿系感染、淋病、生殖器疱疹，尿路结石、肾炎、肾病综合征、早期肾功能不全，头痛偏头痛、失眠、焦虑、癔病、奔豚症、抑郁症、面神经麻痹、多发性神经炎、震颤麻痹、老年痴呆、**MS**, 月经不调、闭经、子宫肌瘤、卵巢囊肿、更年期、功能性子宫出血、痛经、白带异常、不孕症，妊娠反应，产后疾病，乳腺病，糖尿病及继发病、甲状腺病，精液异常、精囊炎、不育症、前列腺病、阳痿、早泄，小儿多发性抽动症、消化不良腹泻，脱发、斑秃，痤疮、寻麻疹、湿疹、带状疱疹、脂溢性皮炎、牛皮癣，鼻窦炎、花粉症，中耳炎、耳鸣、耳聋、美尼尔氏症，眼疾，减肥，戒烟，癌症和艾滋病的辅助治疗等。

张恩勤 **1972** 年起就学于山东省中医药专科学校中医专业，毕业后留校任教，随即被送往山东医学院楼德分院“山东省医学基础及免疫学师资班”；然后又送黑龙江中医药大学“卫生部全国中医院校伤寒论金匱要略师资班”深造。高考恢复后，**1979** 年成功考取了山东中医药大学李克绍教授伤寒论专业硕士研究生，**1982** 年毕业获医学硕士学位；**1992** 年获国际替代医学院院长 Prof. Dr. Sir Anton Jayasuriyad 授予的替代医学（即传统医学）博士学位。

毕业后留校任教，先后担任过山东中医药大学伤寒论教研室讲师、主治医师和进修部主任/“西医学习中医系”主任；**1982-1992** 年再师从山东中医药大学第一附属医院院长吕同杰教授临床研习和实践。张教授论著甚多，曾主编【经方研究】，黄河出版社 **1989** 年出版；他主编过世界第一套【英汉对照实用中医文库】**14** 册，上海中医药大学出版社 **1990** 年出版；他还编译了英文版【伤寒论研习指导】，**2012** 年人民卫生出版社出版等。张恩勤 **1991** 年曾获国务院学位委员会“突出贡献”奖。

张教授现任英国中医学院院长，英国皇家医学会高级成员，英国中医药学会资深会员，世界中医药联合会评审授予的主任医师，上海中医药大学客座教授，陕西中医药大学特聘教授，国际替代医学学院教授，台湾台北中医药学会荣益教授。他 **2012** 年创办英国中医学院及其附属国王十字街专家门诊，在伦敦开办各种中医药针灸培训班；与上海中医药大学等合办中医博士硕士研究生班。周一到周日，上午教学，下午看病。与英国医师化验室合作，开展各种化验检查项目。兼任世界中医药联合会临床疗效评价委员会理事，世界针灸立法委员会委员。精通汉语、英文和土耳其语等，易与沟通。不论是皇家贵族，还是平民百姓，都一视同仁，精心诊治。还为海内外患者提供网上服务，通过微信视频在线观看诊断病情，然后以特快专递寄药等。

英国中医学院国王十字街专家门诊/Prices 价格表

Consultation 诊费: £26

Herbal granules 中药:£ 9 /per day

Deep tissue Massage 推拿: 30 min/£35; 60 min/£65

Acupuncture 针灸: £50

Cupping 拔罐: £26

Ear candle 耳烛: £26

Only consultation without buying medicine ;or remote consultation online for prescription 仅看医生求诊断但不买药；或远程网上看病求处方的: £60

诊所地址： 255 Gray's Inn Road, London, WC1X 8QT， UK.

最近地铁站： King's Cross Pancras, 出站后走 5-9 分钟左右.

开诊时间： 周一到周日上午十点到下午五点。

手机 07846193488;

坐机 02035099050

微信： drzhang1953

学校和诊所的网页： www.uacm.co.uk

Detailed information on “ King’ s Cross TCM (Traditional Chinese Medicine) & Herbal Centre UACM”

Chief consultant: Professor Enqin Zhang (Engin Can) , consultant in Chinese medicine and acupuncture .

He is good at diagnosis and treatment of internal medicine and gynecology as well as the difficult diseases and conditions in various departments with herbal medicine and acupuncture.

Graduated from Shandong University of Traditional Chinese Medicine in 1982 with master's degree in medicine and doctorate in alternative medicine in 1992.

Currently he is the director of UK Academy of Chinese Medicine, a senior member of the Royal Society of Medicine, and a senior member of the ATCM. Visiting professor of Shanghai University of Traditional Chinese Medicine, Distinguished Professor of Shaanxi University of Traditional Chinese Medicine.

Right now he is cooperating with Shanghai University of Traditional Chinese Medicine teaching postgraduates for doctoral and master’ s degrees as well as the local UK students in Chinese medicine and acupuncture training courses in London. Therefore he usually teaches in morning and sees patients in afternoon.

Love writing, wrote and published many books.He was chief author and editor of the world's first TCM series of "A Practical English-Chinese Library of Traditional Chinese Medicine” composed of 14 books, published by Shanghai University of Traditional Chinese Medicine Press in 1990. He won the "Outstanding Contribution" award from the Academic Degrees Committee of the Chinese State Council in 1991. Additionally Prof Zhang is the expert of the Clinical Efficacy Evaluation Committee of the World Federation of Chinese Medicine and a member of the World Acupuncture Legislative Committee.

Clinic address: 255 Gray’ s Inn Road, London, WC1X 8QT, UK.

(The nearest train station is King’ s Cross Pancras, about 5 minutes’ walk after the King’ s Cross St. Pancras station to the clinic).

Open hours: 10 am -5pm, from Monday to Sunday.

Mobile phone and WhatsApp 07846193488;

Clinic:02035099050

WeChat: drzhang 1953

School and clinic website : www.uacm.co.uk

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中药煎煮方法

中药煎煮过程中会发生变化：一是药物有效成份的溶出；二是药物中各种生理活性成份进行化合反应。因煎煮方法与汤剂疗效密切相关，所以掌握正确的煎煮方法至关重要。

1.清洗：

煎煮前一般没有必要淘洗。如的确觉得草药有些脏，可在浸泡前迅速用水漂洗一下，切勿浸泡冲洗，以防易溶于水的有效成份大量丢失，从而影响中药疗效。

2.器具：

有盖的闷罐或砂锅为好，因为材质稳定，导热均匀，热力缓和，煎出的药液质量较高；但砂锅孔隙较多易“串味”，且易破碎，因此可选用搪瓷锅，不锈钢锅或玻璃容器代替；不能使用铜、铁、铝、锡等器具，以免中药的一些成份发生化学反应而改变药性，影响疗效。



3.浸泡

煎煮前浸泡有利于有效成份的充分溶出，缩短煎煮时间。用洁净冷水，水量超过药面 2～3 厘米，浸泡 30 分钟-1 小时（滋补药可多泡些时间），以药材浸透为原则。忌用沸水浸泡，以免中药表面的蛋白质、淀粉很快受热凝固或糊化，使部分高分子物质形成胶体，有效成分难以溶出，影响疗效。第二遍用水量可酌减。

4.煎煮

治疗一般疾病，一剂药煎煮 2 次为宜。先用急火煮沸，水沸后计算煎煮时间，头煎 20～25 分钟，二煎 15～20 分钟；治疗感冒的解表药头煎为 10～15 分钟即可，二煎 10 分钟，并趁热服用；滋补药头煎为 30～40 分钟，二煎为 25～30 分钟。

煎药时应搅拌、防止药液溢出、煎干、烧焦，尽量少开锅盖；煎完后应立即榨渣取汁，成人药取汁 200-300 毫升，儿童取汁 100-150 毫升，若药液过多，可浓缩后再服。若不慎煎干、烧焦，会产生很多有毒物质，则弃之。

先煎：质地坚硬、不易溶解的药物如龙骨、牡蛎、龟板、生石膏等，要敲碎后先煮沸 30 分钟，再和其他药同煎；有些毒性较大的药物如川乌、附子、天南星、生半夏需先煎 1～2 小时，以降低或消除毒性，再加入其他药同煎。

后下：气味芳香、含挥发油成分的中药如薄荷、藿香、细辛、砂仁、白豆蔻等应在其他药即将煎好时加入锅中，同煮 2～3 分钟即可，以免其挥发逸散，降低疗效。

包煎：花粉类及细小种籽类药物如松花粉、蒲黄、葶苈子、菟丝子、苏子等煎煮时多浮于液面不能与水充分接触；含淀粉、粘液质较多的药物如车前子、白芨等煎煮过程中易粘锅糊化；附绒毛药物如旋复花、枇杷叶等煎煮时毛绒悬于汤中刺激咽喉与消化道，易引起咳嗽、呕吐；故以上药物均需装入纱布袋中煎煮。

另煎：贵重、量少的中药，如鹿角、羚羊角、人参、西洋参等，为了保存其有效成分，防止同煎时被其他药物吸附，宜单独另煎，其汁液兑入煎好的汤药中服用。

冲服：对于一些难溶于水的贵重药物，如牛黄、麝香、三七、羚羊角等，应先研成细粉，待汤药煎好后投入，搅匀内服；另有紫雪散、琥珀末及竹沥油、生姜汁、鲜生地汁等用时兑于汤药中同饮，或用药液送服。

泡服：质轻、量少、含挥发油较多的中药如菊花、藏红花、胖大海、番泻叶等用半杯药汁趁热浸泡，加盖 10～15 分钟后，即可服用。

烊化：对一些胶类或糖类，粘性大的药物如阿胶、龟板胶、鹿角胶、蜂蜜、饴糖等，为避免与其他药物同煎易结于锅底焦化及粘附他药，宜先隔水加热，使其烊化，然后冲入已煎好的药汁中服用。

溶化：如芒硝、玄明粉等亦可溶化冲入汤剂中服用。

5.服法

将煎煮 2 次的中药液体合并，搅拌均匀后分为 2 份，分别于早晚服用，成人每剂 300 毫升分 2 次服，学龄期儿童 200 毫升分 2 次服，婴幼儿 100 毫升分 2 次服。

服药时间应根据病人的病情和药物的作用来决定。一般的药最好在饭后 1 小时服；补养药品宜空腹服，易吸收；健胃药或对胃肠有刺激的汤药以进食稍后再服，以助疗效并减轻对胃的刺激；服用清热解表药后，不宜吹风，并观察有无出汗和体温、脉搏的变化；润肠的泻药空腹服，易使积滞物泻出；驱虫药在空腹时服，应在早上空腹服。能提高杀虫效果，服后注意大便变化；调经药应在经前服用；安神的药物宜临睡前服用。中老年人用于滋补身体的补益中药最好是在饭前服用，特别是早晨空腹时服，有利于滋补成份的吸收。

药汁冷了应热一下再服用；大多数中药宜乘温服下；发汗药须热服以助药力；而清热中药最好放凉后服用。

机煎中药：煎煮机是一种有电控装置的全封闭煎药容器，利用水煎沸及其产生的蒸气一次性使药物的成份充分地煎出。煎药方便，可提高工作效率，减轻工作量，保证中药疗效，符合卫生学要求，不易霉变。

机煎中药服用较方便。一般情况下，机煎中药是包装在医用塑胶袋中，包装过程在全封闭无菌状态下进行。袋装药液抗挤压、不易破损，每包药液可在常温下，能保存 10 天左右。服药时，只需将药包放进热水内浸泡约 10～20 分钟即可饮用。微波炉加热后服用也可。

服用中药汤剂的注意事项

服用中药应讲究服用时间、服用温度和禁忌，才能获得如期的疗效。

服用时间 一般来说，病在心腹以下者宜饭前服；病在心腹以上者宜饭后服。

服药温度 大多数汤药宜温服，止吐药或清热药、解毒药及真寒假热证所用的热药、滋补药，应冷服。

服药忌口 一般不宜多食豆类、肉类、生冷及其他油煎等不宜消化的食物。

如何服中药浓缩颗粒

中药配方颗粒是遵循中医药理论，采用现代制药技术，仿照传统中药汤剂煎煮的方式，将中药饮片经浸提、浓缩、干燥等工艺精制而成的单味中药产品。

冲泡服用方法：将一剂药中的三分之一量（3 药勺，每勺=1.5 克）倒入杯中，然后用开水冲化、搅拌均匀溶解后，待变温后服下，因为太热会烫伤食道黏膜。一般一日三次，饭前半小时服用，或饭后半小时后饮用。

对治疗失眠的中药浓缩颗粒，一般下午放学后或下班后服一日量的一半，晚上临睡前再服另一半量（一般是 4-4.5 药勺=6.5-7 克左右）。因为早上、上午服药会导致发困、思睡，对学习或工作不利。

对学龄期儿童、婴幼儿，应该将一日药量分为 4-6 次服用为宜，以免引起呕吐。

一般来说，对肠胃有刺激的药宜饭后服；补益药，泄下通便宜饭前空腹服；安神的药物宜临睡前服用。

注意事项：若经沸水冲后颗粒还没完全溶化的，可放在小火上煮 2~3 分钟，促使其完全溶化。颗粒剂经小火煮片刻后，药物之间发生反应产生协同作用，可提高疗效。



How to cook raw herbs

1. Buy a casserole.



2. Put the herbs into the casserole and add water to cover the level of the herbs;

3. Bring it to a boil, then simmer for 15-20 minutes;

4. Filter and take the herbal tea;

5. Then add a small amount of water, boil for about 10 minutes, and then filter to get the herbal tea. Combine the two concoctions / herbal tea liquid together, drink half in the morning and half in the afternoon.

How to use herbal concentrated granules

1. Put 3 spoons of herbal concentrated granules into a cup;
2. Add half a cup of boiling water;
3. Stir well and dissolve evenly;
4. Drink after the temperature drops to warm. Usually three times a day, three spoons each time.
5. If you have a bad stomach drink it after a meal; if you have a good stomach , take it before a meal.
6. Patients with insomnia should not take it in the morning when going to work. Instead, they can take 4 and half spoons before and after dinner and 4 and half spoons before going to bed.

Notice: 1 spoon of herbal granules =1.5 grams

