



King herb - Walnut
 Traditionally used since 1578 AD to tonify the kidney vitality and nourish the brain. Modern scientific research has found that walnut extract has strong antioxidants and potent free radical scavenging activities. It also improves learning and memory functions, in addition to an anti-aging effect (1).



King herb - Tart Cherry
 Traditionally used since 1061 AD to nourish the kidney and the blood, enhance transformation function of the spleen. Placebo-controlled clinical studies report that tart cheery can improve sleep quality. Tart cheery is also a strong anti-oxidant with particularly high content of anthocyanins (2).




1. Jaiswal et al. (2017) Juglans Regia: A Review of its Traditional Uses Photochemistry and Pharmacology. *Indo American Journal of Pharmaceutical Research* 7 (09), 390-398.
 2. Jacob Schor (2011) Health Effects of Tart Cherries. *Natural Medicine J.* 3 (8).