



King herb - Rehmanna Root

Traditionally used since 1616 AD to remove pathogenic heat from the blood, enrich the blood and invigorate the kidney.

Modern scientific research has revealed that this herb can promote calming and relaxation, has bilateral regulation effect on blood pressure. It regulates abnormal adrenal cortex and thyroid hormone levels, and has anti-aging effects (1, 2).

1. Shah et al. (2010) Rehmanna glutinosa – A Phyto-pharmacological review. *Pharmacologyonline* **1**: 737-753.
 2. Zhang et al. (2008) Rehmanna glutinosa: review of botany, chemistry and pharmacology. *J Ethnopharmacol.* **117** (2), 199-214.