



King herb - Hawthorn Fruit  
Traditionally used since 1578 AD to improve digestion, eliminate stagnated food and blood stasis. Modern scientific researches have verified its gastrointestinal function regulating and digestive enzyme promotion effects. Hawthorn fruit also exhibits anti-atherosclerosis and antihypertensive Effects (1).



King herb - Rehmannia 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 (2, 3).




1.Wu et al. (2014) Crataegus pinnatifida: Chemical Constituents, Pharmacology, and Potential Applications. *Molecules* **19**, 1685-1712.  
 2.Shah et al. (2010) Rehmannia glutinosa – A Phyto-pharmacological review. *Pharmacologyonline* **1**: 737-753.  
 3.Zhang et al. (2008) Rehmannia glutinosa: review of botany, chemistry and pharmacology. *J Ethnopharmacol.* **117** (2), 199-214.