
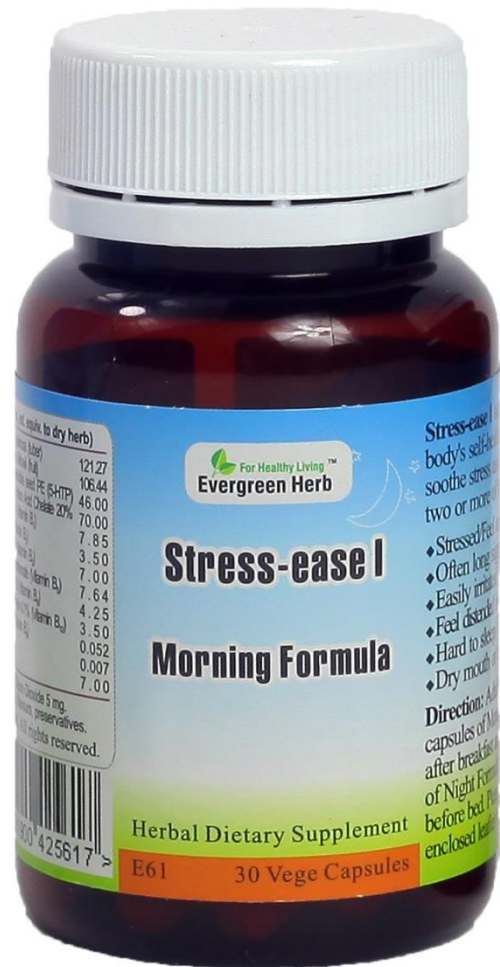


King herb - Rose Flower Bud
Traditionally used since 1644 AD to help with stress related mood swings and to promote blood circulation. Modern research has shown that rose bud extract exhibits neuroprotective and memory enhancing effects, alleviates depression and anxiety (1, 2).



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 (3).



1. Baser et al. (2012) A Review of the History, Ethnobotany, and Modern Uses of Rose Petals, Rose Oil, Rose Water, and Other Rose Products. *HerbalGram*. Issue 96, 40-53.
 2. S Nanda, PK Das (2015) Medicinal Efficacy of Rose Plant: A Mini Review; *PharmaTutor* 3 (10), 23-26.
 3. Jacob Schor (2011) Health Effects of Tart Cherries. *Natural Medicine J.* 3 (8).