


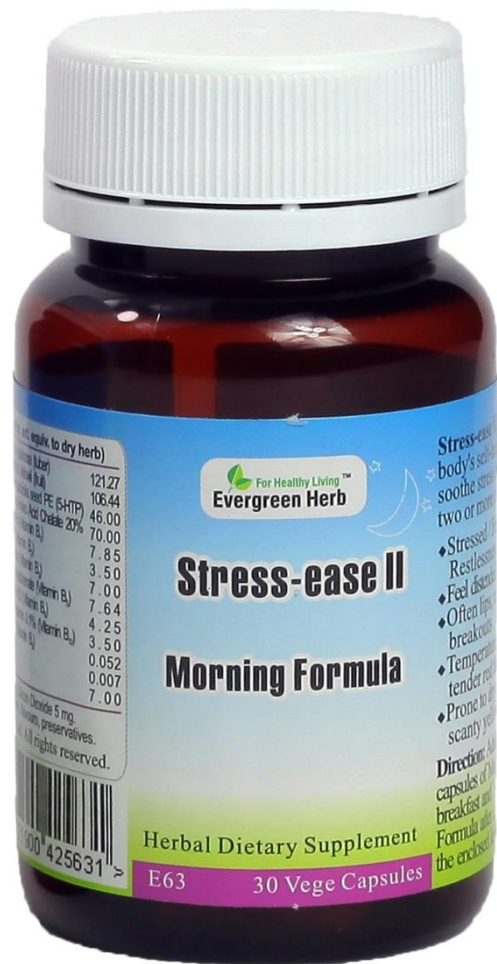
King herb - Rose Flower Bud

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 - 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 (3, 4).



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