



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 - Barbary Wolfberry
Traditionally used since 1578 AD to nourish the liver, kidney and blood. Randomized and placebo-controlled clinical studies have revealed that taking wolfberry can increase energy levels/stamina/athletic performance, reduce feelings of fatigue/tiredness including after exercise. It also exhibits anti-aging effects and neuroprotective effects in addition to being strong anti-oxidant in protecting against various peroxidation related conditions (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. Amagase et al. (2011) A review of botanical characteristics, phytochemistry, clinical relevance in efficacy and safety of Lycium barbarum fruit (Goji). *Food Research International* 44, 1702–1717.