

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 (1, 2).



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 (3, 4).



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 antioxidant with particularly high content of anthocyanins (5).



1.Shah et al. (2010) Rehmannia glutinosa – A Phyto-pharmacological review. *Pharmacologyonline* 1: 737-753.
2.Zhang et al. (2008) Rehmannia glutinosa: review of botany, chemistry and pharmacology. *J Ethnopharmacol.* 117 (2), 199-214.
3.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.
4.S Nanda, PK Das (2015) Medicinal Efficacy of Rose Plant: A Mini Review; *PharmaTutor* 3 (10), 23-26.
5.Jacob Schor (2011) Health Effects of Tart Cherries. *Natural Medicine J.* 3 (8).