

Main Herbs – Milk thistle

Traditionally used since 1626 AD to alleviate liver and gall bladder illness. Modern research has verified that milk thistle acts as a hepatoprotective agent to liver damage. Milk thistle enhances liver activity of thistle stimulates the repair of thistle detoxification (1).



Main Herb - Rehmannia root

Traditionally used since 1616 AD to remove pathogenic heat from the blood, invigorate the kidney. Modern herb can promote calming regulation effect on blood abnormal adrenal cortex levels, has anti-aging effect (2, 3). Research has revealed this and relax, has bilateral pressure. It regulates and thyroid hormone aging effect (2, 3).



1. Thakur et al. (2017) A Review on Pharmacological Aspects of Milk Thistle. *World Journal of Pharmacy and Pharmaceutical Sciences* 6 (1), 247-263.
2. Shah et al. (2010) Rehmannia glutinosa A Phyto-pharmacological review. *Pharmacology online* 1: 737-753.
3. Zhang et al. (2008) Rehmannia glutinosa: review of botany, chemistry and pharmacology. *J. Ethnopharmacol.* 117 (2), 199-214.