


Main Herbs –
Traditionally is used for vitality. Scientific researches ginseng as an adaptogen to fight possess the potent abilities physical and mental



Siberian ginseng. enhancing energy and have shown that Siberian against stress and fatigue. to alleviate fatigue both in fatigue (1).



1. Huang et al.(2011) Bioactivity-guided fractionation for anti-fatigue property of Acanthopanax senticosus. *J. Ethnopharmacol.* **133** (1):213-9.