



Main Herbs - Barbary wolfberry

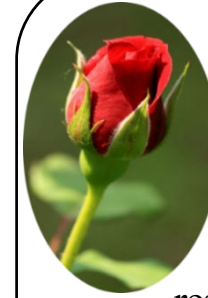
Traditionally used since 1578 AD to nourish the liver, kidney and blood. Randomized double-blind clinical studies have revealed that taking wolfberry increases energy level, stamina, athletic performance, reduce feelings of fatigue or tiredness including after exercise. It also exhibits anti-aging effects, neuroprotective effects in addition to the strong anti-oxidant in protecting against various peroxidation conditions (1).

Main Herbs – Siberian ginseng

Traditionally is used for enhancing energy and vitality. Modern study has shown that Siberian ginseng as fight against stress possesses potent fatigue both in mental

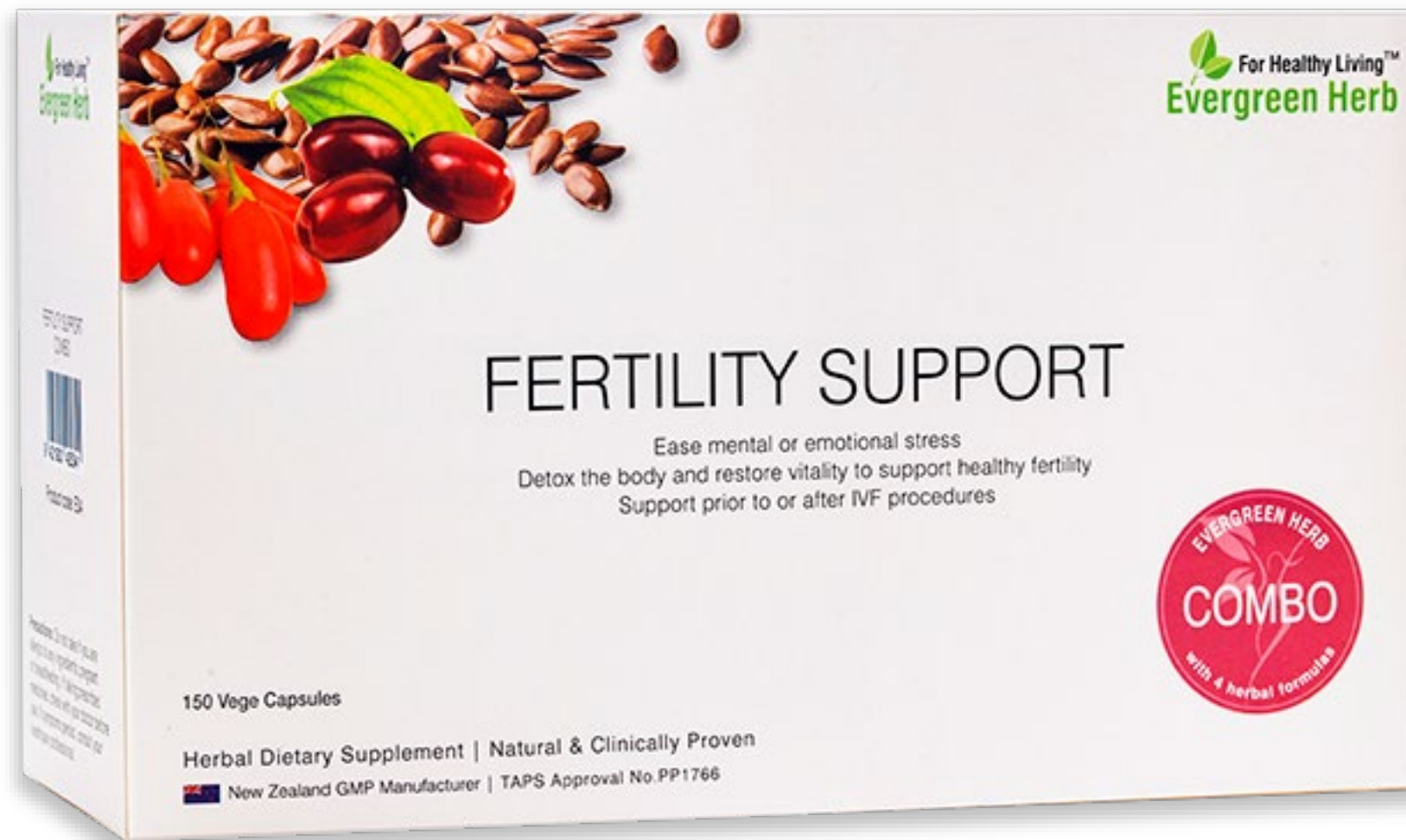


an adaptogen to and fatigue. It has shown that ability to alleviate physical and fatigue (2).



Main Herb - Rose buds

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 effect, enhances memory, alleviates depression and anxiety (3).



1. 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.
2. Zhang et al.(2011) Bioactivity-guided fractionation for anti-fatigue property of Acanthopanax senticosus. *J. Ethnopharmacol.* **133** (1):213-9.
3. S Nanda, PK Das (2015) Medicinal Efficacy of Rose Plant: A Mini Review; *Pharma Tutor* **3** (10), 23-26.