



Main 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 this herb can promote calming and relax, has bilateral regulation effect on blood pressure. It regulates abnormal adrenal cortex and thyroid hormone levels, has anti-aging effects (1, 2).



Main Herb - Tart Cherry  
Traditionally used since 1061 AD to nourish the kidney and the blood, enhance transformation function of the spleen. Placebo-controlled clinical study report that tart cheery can improve sleep quality. Tart cheery is a strong anti-oxidant with particularly high content of anthocyanins (3).



1. Shah et al. (2010) Rehmannia glutinosa A Phyto-pharmacological review. *Pharmacology online* **1**: 737-753.
2. Zhang et al. (2008) Rehmannia glutinosa: review of botany, chemistry and pharmacology. *J. Ethnopharmacol.* **117** (2), 199-214.
3. Jacob Schor (2011) Health Effects of Tart Cherries. *Natural Medicine J.* **3** (8).