


Main Herb – Walnut,  
Guarana seed. Traditionally used since  
1578 AD to tonify kidney vitality  
and nourish the brain. Modern  
scientific research has found that  
walnut extract has strong antioxidant  
and free radical scavenging activity.  
It improves learning and memory  
functions, in addition to an anti-aging  
effect (1).



Main Herb - Tart cherry  
Traditionally used since 1061 AD  
to nourish the kidney and blood,  
enhance transformation function  
of the spleen. Placebo-controlled  
clinical studies report that tart  
cherry can improve sleep quality.  
Tart cheery is a strong anti-oxidant  
with particularly high content of  
anthocyanins (2).



1. Jaiswal et al. (2017) Juglans Regia: A Review of its Traditional Uses Photochemistry and Pharmacology. *Indo American Journal of Pharmaceutical Research* 7 (09), 390-398.
2. Jacob Schor (2011) Health Effects of Tart Cherries. *Natural Medicine J.* 3 (8).