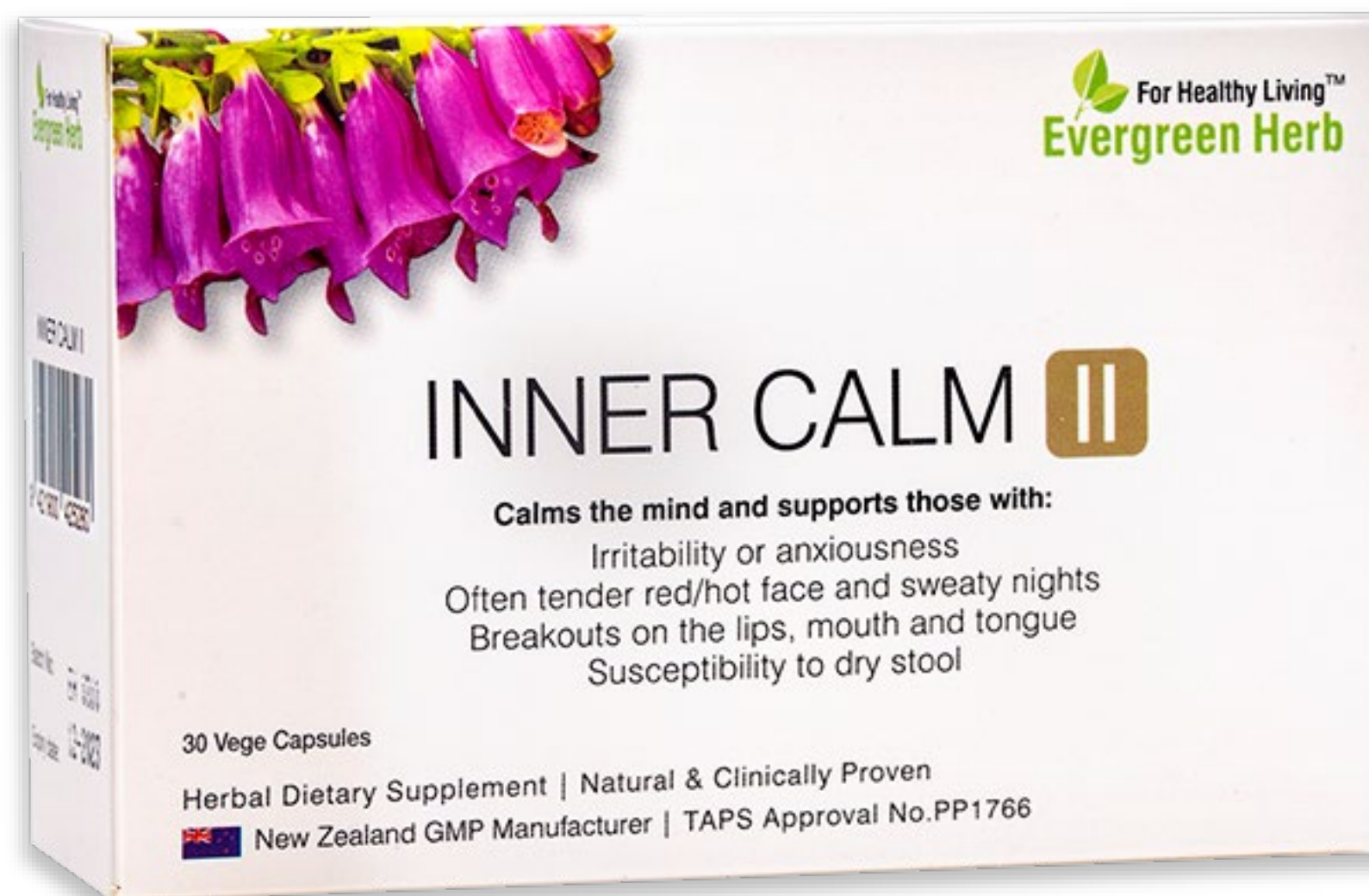


Main Herb - Rehmannia root

Traditionally used since pathogenic heat from the blood, the kidney. Modern scientific study promote calming and relax, has blood pressure. It regulates and thyroid hormone effects (1, 2).



1616 AD to remove enrich the blood and invigorate has revealed this herb can bilateral regulation effect on abnormal adrenal cortex levels, has anti-aging



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.