



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 can increase energy levels, stamina, athletic performance, reduce feelings of fatigue or tiredness including after exercise. It also exhibits anti-aging effects and neuroprotective effects in addition to the strong anti-oxidant in protecting against various peroxidation conditions (1).



Main Herb - Chinese Angelica

Traditionally used since 1616 AD to enrich blood, promote blood circulation and to treat chronic constipation in the elderly, as well as menstrual disorders when used as a female remedy. Modern scientific researches have verified its effect of promoting blood circulation and detoxifying, known as a beauty tonic for clearing blemishes and making skin have a healthy glow. Chinese Angelica is also an anti-oxidant and has radio-protective, neuroprotective and anti-aging effects (2, 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. Debanjali Bain (2015) Pharmacological and Biochemical Action of *Angelica Sinensis* (Dong Quai): Natural Product with Therapeutic Potential. *International Journal of Recent Research in Life Sciences*. **2** (3), 8-23.
3. Chen et al. (2013) Phytochemical and pharmacological studies on *Radix Angelica sinensis*. *Chinese Journal of Natural Medicines* **11** (6), 577-587.