




Main Herb - Flaxseeds
 Traditionally used for relief of hard stool, regulating Qi. Modern research indicated that taking flaxseed oil can relax the body, reduce skin sensitivity, improves skin barrier function (1). Other study has found that women who used flaxseed to reduce the number of anovulatory cycles. They also attained a more favorable progesterone to estrogen ratio (2).



Main Herb – Chlorella
 Traditionally used for detox and boosting immunity. Modern research shows that chlorella has good immunostimulatory effect, enhances natural killer cell activity (3).



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 (4).




1. Neukam et al. (2011) Supplementation of flaxseed oil diminishes skin sensitivity and improves skin barrier function and condition. *Skin Pharmacol Physiol.* **24** (2):67-74.
2. Phipps, et al. (1993). Effect of flax seed ingestion on the menstrual cycle. *J. of Clinical Endocrinology & Metabolism*, **77** (5):1215 – 1219.
3. Kwak et al. (2012) Beneficial immunostimulatory effect of short-term Chlorella supplementation: enhancement of Natural Killer cell activity and early inflammatory response. *Nutrition Journal* 11, 53.
4. S Nanda, PK Das (2015) Medicinal Efficacy of Rose Plant: A Mini Review; *Pharma Tutor* **3** (10), 23-26.