
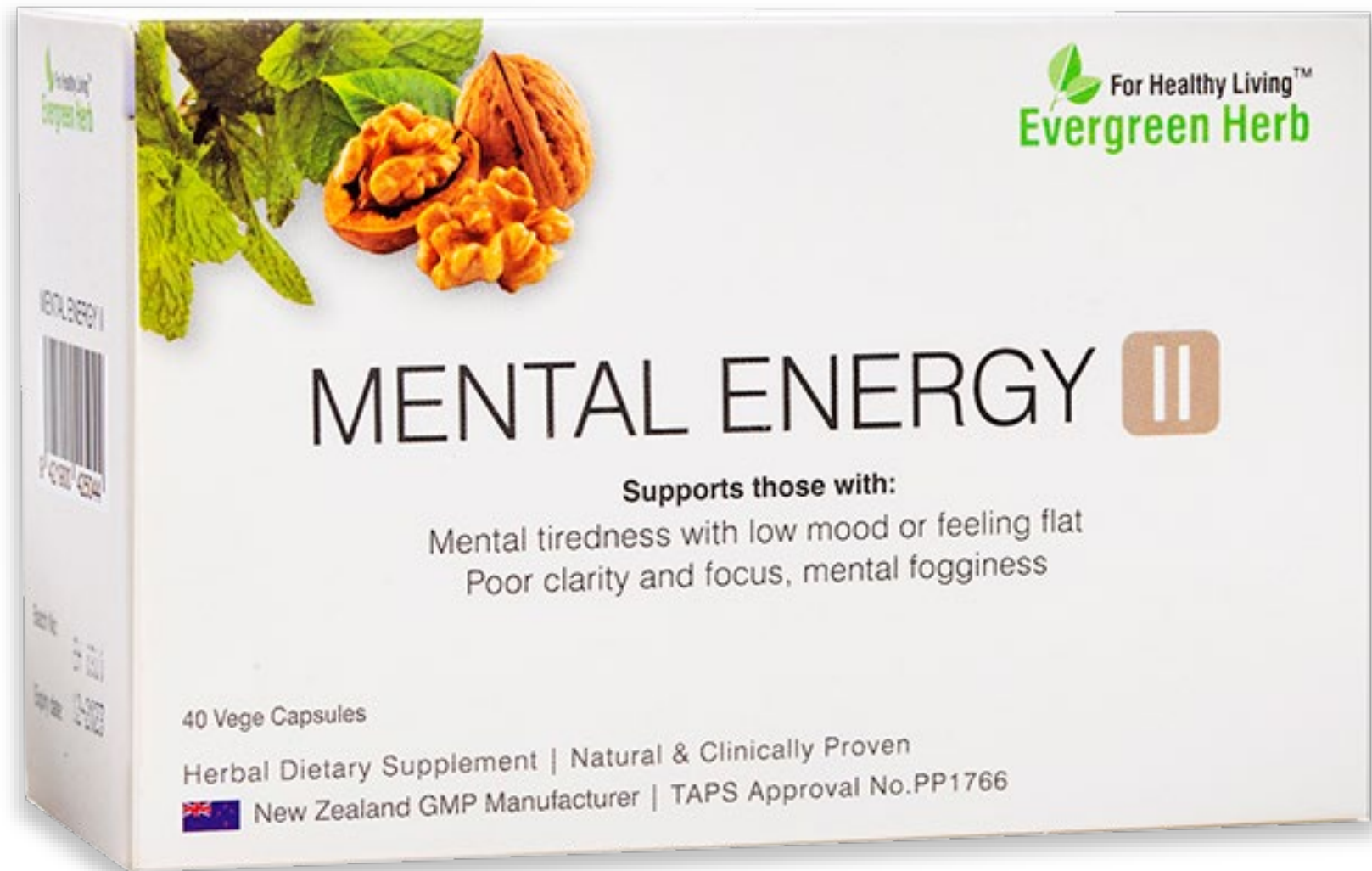


關鍵草本 — 瓜拉納豆, 核桃
 傳統上用來滋補腎精和補腦。現代科學研究發現瓜拉納豆及核桃提取物有強的抗氧化及捕獲體內自由基的活性。它們能改善學習和記憶功能, 還有抗衰老作用 (1)



關鍵草本 — 香檳玫瑰, 複合維生素B。傳統上用來解郁減壓, 促進血液循環。現代科學研究顯示香檳玫瑰花提取物和複合維生素B具有補腦增強記憶功能以及減緩抑郁焦慮的作用(2, 3)



科學研究來源:

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3. S Nanda, PK Das (2015) Medicinal Efficacy of Rose Plant: A Mini Review; *Pharma Tutor* 3 (10), 23-26.