



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 (1, 2).



Main Herb - Rose flower bud

Traditionally used since 1644 AD to help with stress related mood swings and to promote blood circulation. Modern researches have shown that rose bud extract exhibits neuroprotective and memory enhancing effects, alleviates depression and anxiety (2, 3).



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2. Chen et al. (2013) Phytochemical and pharmacological studies on Radix Angelica sinensis. *Chinese Journal of Natural Medicines* **11** (6), 577-587.
3. Baser et al. (2012) A Review of the History, Ethnobotany, and Modern Uses of Rose Petals, Rose Oil, Rose Water, and Other Rose Products. *Herbal Gram*. Issue 96, 40-53.
4. S Nanda, PK Das (2015) Medicinal Efficacy of Rose Plant: A Mini Review; *Pharma Tutor* **3** (10), 23-26.