

Main Herb - Flaxseeds

Traditionally used for relief of hard stool and 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).



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Main Herb – Mulberry

Traditionally used for moisturising.



Modern research revealed it exhibits strong antioxidant capacity, anti-obesity anti-nociceptive, anti-inflammatory, antimicrobial activities. It showed protective and therapeutic effects on liver, kidney, gastrointestinal tract, and female reproductive system (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. Lim et al. (2019) Pharmacological Properties of Morus nigra L. (Black Mulberry) as A Promising Nutraceutical Resource. *Nutrients.* **11** (2): 437.
4. S Nanda, PK Das (2015) Medicinal Efficacy of Rose Plant: A Mini Review; *Pharma Tutor* **3** (10), 23-26.