



**Main Herbs - Hawthorn fruit**  
 Traditionally used since 1578 AD to improve digestion, eliminate stagnated food and blood stasis. Modern scientific research has verified its gastrointestinal regulating function and digestive enzyme promotion effects. Hawthorn exhibits anti-atherosclerosis and antihypertensive effects (1)..



**Main Herb - Cat's claw herb**  
 Traditionally used since 1368 AD for suppressing hyperactivity of liver and pathological heat. Modern research revealed this herb calms the body and helps with anti-hypertension and anti-convulsion effects (2).




1. Wu et al. (2014) *Crataegus pinnatifida*: Chemical Constituents, Pharmacology, and Potential Applications. *Molecules* **19**, 1685-1712.
2. Zhang et al. (2015) Medicinal uses, phytochemistry and pharmacology of the genus *Uncaria*. *J. Ethnopharmacol.* **173**, 48-80.