



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 - Rehmannia root
 Traditionally used since 1616 AD to remove pathogenic heat from the and invigorate the kidney. Modern scientific study has revealed this herb can promote calming and relax. It regulates abnormal adrenal cortex and levels, has anti-aging effects (2, 3).




1. Wu et al. (2014) Crataegus pinnatifida: Chemical Constituents, Pharmacology, and Potential Applications. *Molecules* **19**, 1685-1712.
2. Shah et al. (2010) Rehmannia glutinosa – A Phyto-pharmacological review. *Pharmacology online* **1**: 737-753.
3. Zhang et al. (2008) Rehmannia glutinosa: review of botany, chemistry and pharmacology. *J Ethnopharmacol.* **117** (2), 199-214.