



Main Herb – Griffonia seed, rose buds
Traditionally used since 1644 AD to help with stress related mood swings and to promote blood circulation. Modern researches have shown that rose bud and Griffonia seeds extract exhibits neuroprotective and memory enhancing effects, alleviates depression and anxiety (1, 2).



Main Herb - Tart cherry
Traditionally used since 1061 AD to nourish the kidney and blood, enhance transformation function of the spleen. Placebo-controlled clinical study reports that tart cherry can improve sleep quality. Tart cherry is a strong anti-oxidant with particularly high content of anthocyanins (3).



科學研究來源:

1. 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.
2. S Nanda, PK Das (2015) Medicinal Efficacy of Rose Plant: A Mini Review; *Pharma Tutor* **3** (10), 23-26.
3. Jacob Schor (2011) Health Effects of Tart Cherries. *Natural Medicine J.* **3** (8).