


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 - 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, effect on blood pressure. It regulates abnormal adrenal cortex and levels, has anti-aging effects (3, 4).



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. Shah et al. (2010) Rehmannia glutinosa – A Phyto-pharmacological review. *Pharmacology online* **1**: 737-753.
4. Zhang et al. (2008) Rehmannia glutinosa: review of botany, chemistry and pharmacology. *J Ethnopharmacol.* **117** (2), 199-214.