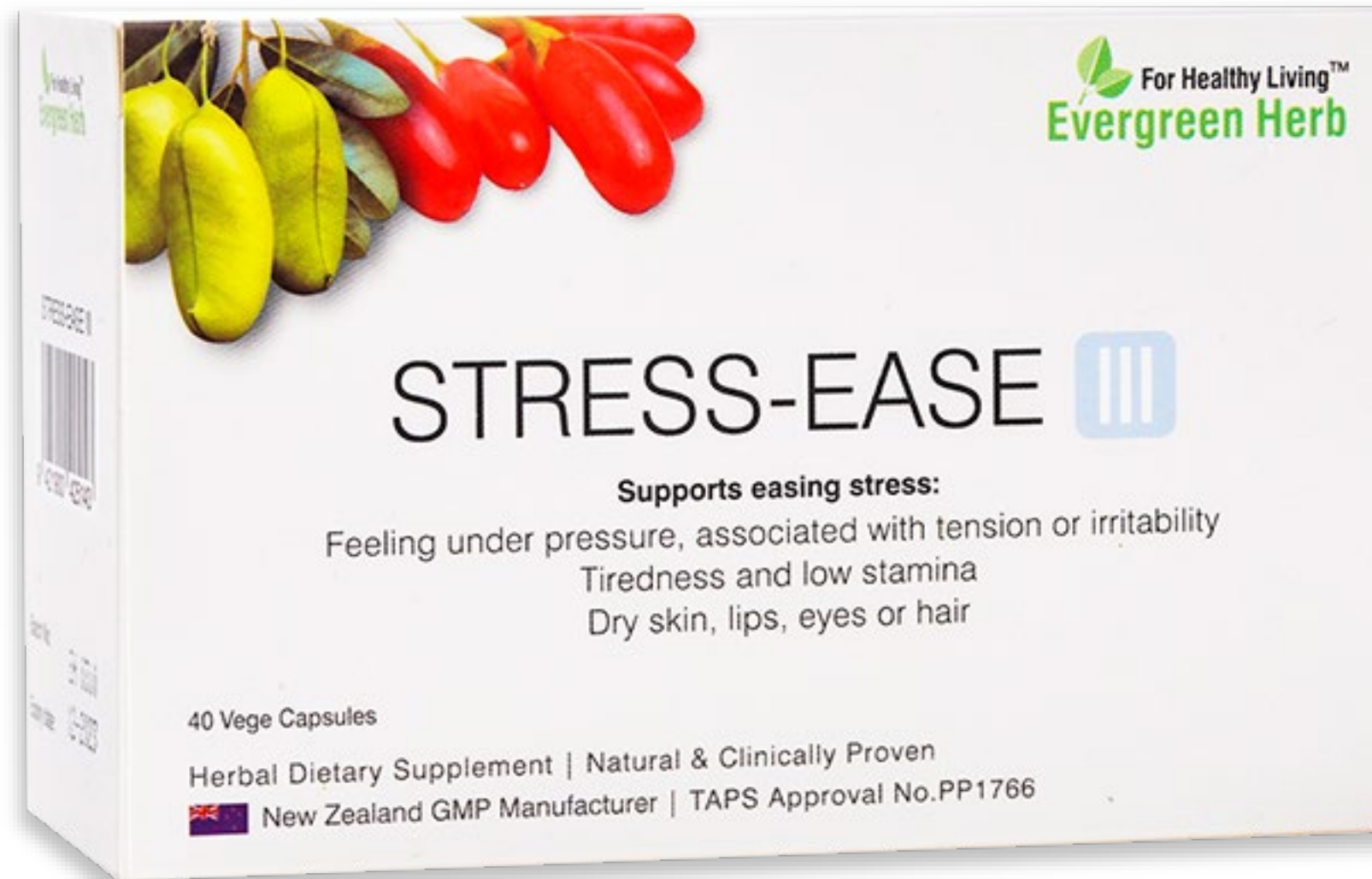




Main Herb – Griffonia seed, rose buds  
Traditionally used since 1644 AD to help with stress related mood swings and to promote blood circulation. Modern researches have shown that rose bud and Griffonia seeds extract exhibits neuroprotective and memory enhancing effects, alleviates depression and anxiety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



Main Herbs - Barbary wolfberry  
Traditionally used since 1578 AD to nourish the liver, kidney and blood. Randomized double-blind clinical studies have revealed that taking wolfberry increases energy level/stamina, athletic performance, reduce feelings of fatigue or tiredness including after exercise. It also exhibits anti-aging effects and neuroprotective effects in addition to the strong antioxidant in protecting against various peroxidation conditions (3).



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. Amagase et al. (2011) A review of botanical characteristics, phytochemistry, clinical relevance in efficacy and safety of *Lycium barbarum* fruit (Goji). *Food Research International* **44**, 1702–1717.