

Main Herb - Spine date seed



Traditionally used for calming and promoting sleep. Modern research has confirmed these bioactivities (1).



Main Herb - Rose flower bud
Traditionally used since 1644 AD to help with stress related mood swings and to promote blood circulation. Modern research has shown that rose bud extract exhibits neuroprotective and memory enhancing effects, alleviates depression and anxiety (2, 3).

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 (4).



科學研究來源:

1. Zhou et al. (2018) Suanzaoren Formulae for Insomnia: Updated Clinical Evidence and Possible Mechanisms. *Front. Pharmacol.*, 09 Feb.
2. 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.
3. S Nanda, PK Das (2015) Medicinal Efficacy of Rose Plant: A Mini Review; *PharmaTutor* 3 (10), 23-26.
4. Zhang et al. (2015) Medicinal uses, phytochemistry and pharmacology of the genus Uncaria. *J Ethnopharmacol.* 173, 48-80.