

**Main Herb - Rehmannia root**

Traditionally used since 1616 AD to remove pathogenic heat from the blood, enrich the blood and invigorate the kidney. Modern scientific studies have revealed this herb can calm and relax, has effect on blood pre-abnormal adrenal thyroid hormone levels, has anti-aging effects (1, 2).



**Main Herb – Griffonia seed, rose buds**

Traditionally used since 1644 AD to help with stress related mood swings, promote blood circulation. Modern research has shown that rose bud and griffonia seeds extract exhibits neuroprotective effects and enhances memory, alleviates depression and anxiety (3, 4).



**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 cheery can improve sleep quality. Tart cheery is a strong anti-oxidant with particularly high content of anthocyanins (5).



1. Shah et al. (2010) Rehmannia glutinosa – A Phyto-pharmacological review. *Pharmacology online* **1**: 737-753.
2. Zhang et al. (2008) Rehmannia glutinosa: review of botany, chemistry and pharmacology. *J Ethnopharmacol.* **117** (2), 199-214.
3. 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.
4. S Nanda, PK Das (2015) Medicinal Efficacy of Rose Plant: A Mini Review; *Pharma Tutor* **3** (10), 23-26.
5. Jacob Schor (2011) Health Effects of Tart Cherries. *Natural Medicine J.* **3** (8).