

# RED MUSHROOM MEDLEY

## A POWERFUL BLOOD TONIC

### BOOSTS QI AND REGULATES FLUIDS



**Wuyi mushrooms** a special blood tonic that grows wild only on Wuyi Mountain in China. **Da Zao** Nourishes Blood, Calms the Spirit, Benefits the Spleen, Builds Qi, and Harmonizes the other ingredients.

**Long Yan Rou** Benefits the Heart and Spleen, Nourishes Blood, and Calms Shen.

**Adzuki beans** Strengthen and Nourish Blood, a very easy to digest, Yang bean.

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