

## Organic Gentian Root Extract Powder



Gentian (*Gentiana lutea*) root is an excellent bitter, that stimulates the appetite and digestion. Promotes the production of saliva, gastric juices, and bile which aid in digestion. Actions: Bitter, gastric stimulant, sialagogue, cholagogue, anti-microbial, emmenagogue, hepatic, tonic. Gentian root has been used for loss of appetite and stomach upset (indigestion). Having the efficacy of tonifying the heart and spleen and nourishing the blood to calm the mind, longan aril is an effective tonic usually administered for insufficiency of qi and blood due to impairment of the heart and spleen resulting from overstrain, manifested as palpitation, amnesia, and insomnia. Applied individually, it can be decocted or steeped in hot water to be taken orally to cure deficiency of qi and blood in the old and the weak during their convalescence.

### Benefits

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## Packing

