

Ren Shen Tea (人參茶)

Ingredients:

人參 Renshen, Ginseng (Radix Ginseng) 5g

Directions:

Place Ginseng in a cup and cover the cup and let it simmer for 30 minutes before drinking. Use hot boiling water to make tea.

Functions:

To strengthen the immune system, reduce blood sugar, activate the nervous system, promote synthesis of protein and nucleic acid, enhance heart contraction, inhibits cancer cells.

It is regarded as medicine in Shen-Nong's Herbal Classics. If the correct amount is prescribed, it is safe for long-term consumption to prolong life.