



**Serving size:** 1 cup of 250ml.

**Benefits:** Helps to **boost memory power with Cold Body System (Cold Body System's symptoms: anaemia, cold limbs, pale complexion, pale lips, brittle nails, tongue: pale color & sensitive to cold weather or air-conditioned environment)**, improve age-related macular degeneration (AMD), attention deficit-hyperactivity disorder (ADHD), cardiovascular system, circulatory system, **depression**, premenstrual syndrome (PMS) & **stress**, promote lung & skin health, etc.

### Ingredients

Dried Ginkgo Leaves – 5 pieces (1/2 gram).

Dried Rose Buds – 3 pieces (1 gram).

Maltose or Honey 1 teaspoon or as desired.

Hot boiling water 1 cup of 250ml.

**\* Daily recommended usage: Dried Ginkgo leaves 4-12 grams & Dried Rose Buds 1.5-6 grams.**

### **Preparation**

(1) Rinse **dried Chrysanthemum, dried Ginkgo Leaves & dried Rose Buds** with tap or distilled water & discard water. Then rinse again with hot water & discard water.

(2) Add washed ingredients to 1 cup of hot boiling water, cover with a lid & steep for 10 to 15 minutes. After 15 minutes, remove lid then add maltose or honey, stir well & drink.

### **Note**

(1) Suitable for everyone especially those who have **depression or memory problems** **(For Cold Body System)** at 1-3 cups daily and for children **aged 12 years old** at ½ cup every 2-3 days once.

(2) Best time to consume this tea is in the morning & before 3.00 pm because Ginkgo leaves may cause **insomnia from the increased neurophysiological activation especially for those with insomnia problems.**

(3) **Ginkgo Leaves** might cause severe anemia in people have G6PD enzyme (**Glucose-6-Phosphate Dehydrogenase**) deficiency so take in moderation or avoid using **Ginkgo Leaves** if you have G6PD deficiency.

(4) There is a concern that **Ginkgo Leaves** might cause If you have ever had a seizure, do not consume **Ginkgo Leaves**.

(5) Moderate intake of **Ginkgo Leaves** for those who are on **blood thinning medications** or have **bleeding disorders** because **Ginkgo Leaves** may slow down blood clotting.

(6) **Ginkgo Leaves** might interfere with **diabetes medication** so if you have diabetes, monitor your blood sugar closely, therefore take in moderation.

(7) **Ginkgo Leaves** have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding **so take in moderation.**

(8) **Ginkgo Leaves** might increase the **risk of bleeding during and after surgery**. Stop taking it at least 2 weeks before a scheduled surgery.

**Caution:** To drink this tea infusion at an interval of ½ to 1 hours from medications.

**Reference:** [Boost Your Memory Power The Natural Way!](#), [Ginkgo Leaves Peppermint Tea \(For Heaty Body System\)](#), [Ginkgo Nuts Walnuts Soup](#)