



AMR300X

Recipes, cookware and special recipe ideas.

Intelligent Regimen Machine



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冬瓜薏米瘦肉湯

材料：

冬瓜 1/2大量杯

薏米 1/4小量杯

瘦肉 1小量杯

果皮 1小片

製作：

冬瓜(去皮洗淨)、瘦肉切粒(約1厘米立方)，陳皮浸軟去囊連同薏米放進壺身內，加水至1300ml水位線，按“濃湯”鍵，完成後加鹽調味即可享用。

Winter Melon Soup with Job's Tear and Lean Pork

Ingredients:

1/2 big cup winter melon ,1/4 small cup job's tear, 1 small cup lean pork, 1 small piece dried tangerine peel

Method:

Peel and rinse the winter melon.

Dice lean pork into pieces (about 1 cm cube).

Soak dried tangerine, peel and scrape off the pith.

Put in all ingredients along with job's tear into container; add water to 1300ml water line.

Press the "soup" button.

Season with salt. Serve.



蕃茄薯仔瘦肉湯

材料：

蕃茄2個

薯仔1個

瘦肉1小量杯

乾蔥頭1粒

製作：

蕃茄、薯仔(去皮)、瘦肉洗淨切粒(約1厘米立方)，連同乾蔥放進壺身內，加水至1300ml水位線，按“濃湯”鍵，完成後加鹽調味即可享用。

Pork Soup with Tomato and Potato

Ingredients:

2 tomatoes, 1 potato, 1 small cup lean pork, 1 dried onion

Method:

Rinse tomatoes, potato (peeled), lean pork and cut into pieces (about 1 cm cube),

Put all ingredients along with dried onion into the container, add water to 1300ml water line.

Press "soup" button.

Season with salt, Serve.



南瓜甘筍湯

材料：

南瓜1/3大量杯

甘筍1/4大量杯

薯仔1個

鮮忌廉50毫升

鮮奶150毫升

製作：

南瓜、甘筍、薯仔去皮洗淨切粒(約1厘米立方)放進壺身內，加水至1300ml水位線，按“濃湯”鍵，完成後加入鮮奶、鮮忌廉和鹽調味即可享用。

Pumpkin Carrot Soup

Ingredients:

1/2 big cup winter melon ,1/4 small cup job's tear, 1 small cup lean pork, 1 small piece dried tangerine peel

Method:

Peel and rinse the winter melon.

Dice lean pork into pieces (about 1 cm cube).

Soak dried tangerine, peel and scrape off the pith.

Put in all ingredients along with job's tear into container; add water to 1300ml water line.

Press the "soup" button.

Season with salt. Serve.



薯仔青豆湯

材料：

薯仔1個

青豆2小量杯

鮮奶150毫升

鮮忌廉50毫升

製作：

薯仔去皮洗淨切粒（約1厘米立方），連同青豆（洗淨）放進壺身內，加水至1300ml水位線，按“濃湯”鍵，完成後加入鮮奶、鮮忌廉和鹽調味即可享用。

Potato Pea Soup

Ingredients:

1 potato, 2 small cups pea, 150ml milk, 50ml fresh cream

Method:

Peel, rinse and dice potato into small pieces (about 1 cm cube), along with peas (rinsed), put all ingredients into the container, add water to 1300ml water line.

Press "soap" button.

Add milk and fresh cream.

Season with salt. Serve.



洋蔥蘑菇濃湯

材料：

洋蔥半個
蘑菇1/4大量杯
薯仔1個
火腿1片(大片)
鮮奶150毫升
鮮忌廉25毫升

製作：

洋蔥、薯仔(去皮)、火腿、蘑菇洗洗淨切粒(約1厘米立方)放進壺身內，加水至1000ml水位線，按“濃湯”鍵，完成後加入鮮奶、鮮忌廉和鹽調味即可享用。

Onion Mushroom Soup

Ingredients:

1/2 onion, 1/4 cup mushroom, 1 potato, 1 large slice of ham, 150ml milk, 25ml fresh cream

Method:

Rinse and dice onion, potatoes (peeled), ham, mushroom into pieces (about 1 cm cube).

Put all ingredients into the container; add water to 1000ml water line.

Press "soup" button.

Add milk and fresh cream.

Season with salt. Serve.



Nutrition and Health

西瓜雪梨汁

材料：

西瓜2/5大量杯

雪梨1/5大量杯

製作：

西瓜、雪梨去皮去核洗淨切粒(約1厘米立方)，放入壺身內，加熱水至1300ml水位線，按“果汁”鍵，完成後即可享用。

功效：含維生素C，清涼解渴。

Watermelon Pear Juice

Ingredients:

2/5 big measuring cup watermelon, 1/5 big measuring cup pear

Method:

Peel, remove seeds, rinse and dice watermelon and pear into pieces (about 1 cm cube).

Put all ingredients into the container, add boiled water to 1300ml water line, press "juice" button. Serve.

Benefit:

Enriches Vitamin C, cooling and thirst-quenching.



荔枝蘋果汁

材料：

荔枝10粒
蘋果1/4大量杯

製作：

荔枝、蘋果去皮去核洗淨切粒(約1厘米立方)放入壺身內，加熱水至1300ml水位線，按“果汁”鍵，完成後即可。另可按個人喜好加入蜂蜜享用。

功效：補腦健身，開胃益脾。

Lychee Apple Juice

Ingredients:

10 lychees, 1/4 big measuring cup apple

Method:

Peel, remove the core, rinse and dice lychees and apple into small pieces (about 1 cm cube).

Put all ingredients into the container, add boiled water to 1300ml water line.

Press "Juice" button. Add honey as per need. Serve.

Benefit:

Promote brain and body fitness, stimulate appetite and strengthen spleen.



木瓜鮮奶

材料：

木瓜1/3大量杯
鮮奶900毫升

製作：

木瓜去皮去核洗淨切粒(約1厘米立方)放入壺身內，加入鮮奶按“果汁”鍵，完成後即可享用。

功效：含多種礦物質和維生素，增強抵抗力。

Papaya Milk

Ingredients:

1/3 big measuring cup papaya, 900ml milk

Method:

Peel, remove seeds, rinse and dice papaya into pieces (about 1 cm cube)

Put the ingredient into the container and add milk.

Press "juice" button. Serve.

Benefit:

Contain a variety of minerals and vitamins, enhance immunes system.



香蕉蜜桃鮮奶

材料：

香蕉1條

蜜桃1個

鮮奶900毫升

製作：

香蕉、蜜桃去皮去核洗淨切粒(約1厘米立方) 放入壺身內，加入鮮奶按“果汁”鍵，完成後即可享用。

功效：豐富維他命，嫩滑肌膚。

Peach Banana Milk

Ingredients:

1 banana, 1 peach, 900ml milk

Method:

Peel and remove core from the peach, dice banana and peach into pieces (about 1 cm cube)

Put all the ingredients into the container and add milk,

Press "juice" button, Serve.

Benefit:

Rich in vitamins, tender skin



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香蕉奶昔

材料：

香蕉1條
鮮奶1升
香草雪糕50克
糖適量。

製作：

香蕉去皮切粒(約1厘米立方)放入壺身內，加入鮮奶、香草雪糕按“果汁”鍵，完成後即可享用。

功效：腸通便，促進新陳代謝。

Banana Milkshake

Ingredients:

1 banana, 1 liter milk, 50g vanilla ice-cream, sugar

Method:

Peel and dice banana (about 1 cm cube).

Put into the container and add milk, vanilla ice-cream.

Press "juice" button. Serve.

Benefit:

Nourish intestinal tract, remove waste, promote metabolism.



百合綠豆羹

材料：

百合1/2小量杯

綠豆1/2小量杯

大米1/3小量杯

製作：

將料洗淨放入壺身內，加水至1300ml水位線，按“豆沙”鍵，完成後按個人喜好加入糖，按“果汁”鍵，完成後即可享用。

功效：滋陰清火、養心安神、補腦、抗衰老。

Lily Bulb and Green Bean Sweet Soup

Ingredients:

1/2 small cup lily bulb, 1/2 small cup green beans, 1/3 small cup of rice

Method:

Rinse and put all the ingredients into the container.

Add water to 1300ml water line.

Press the "bean paste" button.

Add sugar as per need.

Press the "juice" button. Serve.

Benefit:

Tonify yin and clear fire, calm the nerves, nourish brain, anti-aging.



Nutrition and Health

花生蓮子羹

材料：

花生 (炒香)
蓮子各1/2小量杯
大米1小量杯

製作：

將料洗淨放入壺身內，加水至1300ml水位線，按“豆沙”鍵，完成後按個人喜好加入糖，按“果汁”鍵，完成後即可享用。

功效：益氣補腎、降血脂、健脾胃、止瀉痢。

Peanut Lotus Seed Sweet Soup

Ingredients:

Peanuts (roasted), 1/2 small cup lotus seed, 1 small cup of rice

Method:

Rinse and put all the ingredients into the container.

Add water to 1300ml water line.

Press the "bean paste" button.

Add sugar as per need.

Press the "juice" button. Serve.

Benefit:

Tonify qi & kidney, lower blood lipids; strengthen spleen and stomach, ease diarrhea



陳皮紅豆沙羹

材料：

紅豆1小量杯
大米1小量杯
陳皮1小片

製作：

將材料洗淨，陳皮浸軟去囊切碎放入壺身內，加水至1300ml水位線，按“豆沙”鍵，完成後按個人喜好加入糖，按“果汁”鍵，完成後即可享用。

功效：健脾益胃、利尿消腫、通氣除煩。

Red Bean Sweet Soup

Ingredients:

1 small cup red bean, 1 small cup of rice, 1 small piece of dried tangerine peel

Method:

Rinse all ingredients.

Soak dried tangerine peel until soft. Scrape off the pith and chop into pieces.

Put all ingredients into the container and add water to 1300ml water line.

Press the "bean paste" button. Add sugar as per need.

Press the "juice" button. Serve.

Benefit:

Strengthen spleen and stomach, promote urination & release edema, remove unpleasant mood.



Nutrition and Health

粟米瘦肉粥

材料：

粟米粒1小量杯
大米1小量杯
瘦肉1/2小量杯

製作：

將材料洗淨，瘦肉切粒（約1厘米立方）放入壺身內，加水至1300ml水位線，按“豆沙”鍵，完成後按個人喜好加入鹽調味即可享用。

功效：和中益腎、除熱消渴。

Corn and Pork Congee

Ingredients:

1 small cup corn, 1 small cup of rice, 1/2 small cup lean pork

Method:

Rinse and put all the ingredients into the container.

Add water to 1300ml water line.

Press the "bean paste" button.

Add sugar as per need.

Press the "juice" button. Serve.

Benefit:

Tonify yin and clear fire, calm the nerves, nourish brain, anti-aging.



甘荀肉碎粥

材料：

甘荀1小量杯
肉碎1/2小量杯
大米1小量杯

製作：

將材料洗淨，甘荀切粒（約1厘米立方）放入壺身內，加水至1300ml水位線，按“豆沙”鍵，完成後按個人喜好加入鹽調味即可享用。

功效：抗氧化、降膽固醇。

Carrot Minced Pork Congee

Ingredients:

1 small cup carrot, 1/2 small cup minced pork, 1 small cup of rice

Method:

Rinse carrot and rice, dice carrot into pieces (about 1 cm cube).

Put all ingredients into the container; add water to 1300ml water line.

Press the "bean paste" button.

Season with salt. Serve.

Benefit:

Antioxidant, lower cholesterol.



Nutrition and Health

黃豆豆漿

材料：

黃豆1小量杯
冰糖適量

製作：

黃豆洗淨放入壺身內，加水至1300ml水位線，按“快速豆漿”鍵，完成後按個人喜好加入冰糖，按“果汁”鍵，完成後即可享用。

功效：抗氧化、降膽固醇。

建議：加入3-5粒杏仁於材料中，完成後更鮮更濃。

Soybean Milk

Ingredients:

1 small cup soybean, rock sugar

Method:

Rinse soybean and put into the container, add water to 1300ml water line.

Press "the grain" button.

Season with rock sugar;

Press the "juice" button, Serve.

Benefit:

Tonify body, clear heat, ease phlegm, remove waste, lower blood pressure, increase breast milk.

Recommendation:

Put 3-5 almonds in the ingredients, make the milk fresher and thicker.

Nutrition and Health

益智豆漿

材料：

黃豆2/3小量杯

核桃1/3小量杯

黑芝麻 (炒香) 1/3小量杯

冰糖適量

製作：

材料洗淨放入壺身內，加水至1300ml水位線，按“五穀”鍵，完成後按個人喜好加入冰糖，按“果汁”鍵，完成後即可享用。

功效：益智補腦。

Intelligent Soybean Milk

Ingredients:

2/3 small cup soybean, 1/3 small cup walnut, 1/3 small cup black sesame (roasted),
rock sugar

Method:

Rinse all the ingredients and put into the container; add water to 1300ml water line.

Press the "grain" button.

Add sugar as per need,

Press the "juice" button. Serve.

Nutrition and Health

紅棗杞子豆漿

材料：

紅棗(去核) 10粒
杞子 1/4小量杯

黃豆 3/4小量杯
冰糖 適量

製作：

材料洗淨放入壺身內，加水至1300ml水位線，按“五穀”鍵，完成後按個人喜好加入冰糖，按“果汁”鍵，完成後即可享用。

Soybean Milk with Red Date and Goji

Ingredients:

10 red dates (pitted), 1/4 small cup goji, 3/4 small cup soybean, rock sugar

Method:

Rinse all the ingredients and put into the container.
Add water to 1300ml water line.
Press the "grain" button, after completion.
Add sugar as per need,
Press the "juice" button. Serve.

Benefit:

Tonify internal and Qi, improve the nutrient cardio muscle and prevent disease of cardiovascular.



Nutrition and Health

杏仁糊

材料：

杏仁2/3小量杯
大米2/3小量杯
冰糖適量

製作：

材料洗淨放入壺身內，加水至1300ml水位線，按“五穀”鍵，完成後按個人喜好加入冰糖，按“果汁”鍵，完成後即可享用。

功效：肺熱、潤心肺、治咳嗽。

Almond Sweet Soup

Ingredients:

2/3 small cup almonds, 2/3 small cup of rice, rock sugar

Method:

Rinse all the ingredients and put into the container.

Add water to 1300ml water line.

Press the "grain" button; add sugar as per need.

Press the "juice" button. Serve.

Benefit:

Tonify body, clear heat, ease phlegm, remove waste, lower blood pressure, increase breast milk.

Recommendation:

Remove heat in lung, nourish heart and lung, cure cough.

Nutrition and Health

芝麻糊

材料：

黑芝麻(炒香) 1小量杯

大米1小量杯

冰糖適量

製作：

材料洗淨放入壺身內，加水至1300ml水位線，按“五穀”鍵，完成後按個人喜好加入冰糖，按“果汁”鍵，完成後即可享用。

功效：

延緩衰老、潤心肺、益氣力。

Sesame Sweet Soup

Ingredients:

1 small cup of black sesame (roasted), 1 small cup of rice, rock sugar

Method:

Rinse all the ingredients and put into the container.

Add water to 1300ml water line.

Press the "grain" button; add rock sugar as per need.

Press the "juice" button. Serve.

Benefit:

Delay-aging, nourish heart and lung, tonify qi and energy.



Nutrition and Health

美容茶

材料:

玫瑰花12-15朵

檸檬乾1片

甘草5片

製作:

將用料洗淨放入壺身內，注水至900ml水位線，按“花茶”鍵，完成收按個人喜好，加入冰糖或蜂蜜即可享用。

Beauty Tea

Ingredients:

12-15 dried roses, 1 dried lemon, 5 slices licorice

Method:

Rinse all the ingredients and put into the container.

Add water to 900ml water line.

Press the "flower tea" button.

Add rock sugar or honey as per need. Serve.

止咳茶

材料:

羅漢果1/2個

薄荷葉8片

玉蝴蝶5片

製作:

將用料洗淨放入壺身內，注水至900ml水位線，按“花茶”鍵，完成收按個人喜好，加入冰糖或蜂蜜即可享用。

Cure Cough Tea

Ingredients:

1/2 mangosteen, 8 slices mint leaf, 5 slices jade butterfly

Method:

Rinse all the ingredients and put into the container.

Add water to 900ml water line.

Press the "flower tea" button.

Add rock sugar or honey as per need. Serve.

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安寧茶

材料:

月見草16朵

百合花5朵

蝴蝶花5克

製作:

將用料洗淨放入壺身內，注水至900ml水位線，按“花茶”鍵，完成收按個人喜好，加入冰糖或蜂蜜即可享用。

Good Sleep Tea

Ingredients:

16 dried evening primrose, 5 dried lilies, 5g pansies

Method:

Rinse all the ingredients and put into the container.

Add water to 900ml water line.

Press the "flower tea" button.

Add rock sugar or honey as per need. Serve.

清熱茶

材料:

金銀花15克

薄荷葉10片

金蓮花8朵

製作:

將用料洗淨放入壺身內，注水至900ml水位線，按“花茶”鍵，完成收按個人喜好，加入冰糖或蜂蜜即可享用。

Remove Heat tea

Ingredients:

15g dried honeysuckle, 10 slices mint leaf, 8 dried nasturtiums

Method:

Rinse all the ingredients and put into the container.

Add water to 900ml water line.

Press the "flower tea" button.

Add rock sugar or honey as per need. Serve.

Nutrition and Health

醒神茶

材料：

薄荷葉8片，金盞花10朵

製作：

將用料洗淨放入壺身內，注水至900ml水位線，按“花茶”鍵，完成後按個人喜好加入冰糖或蜂蜜即可享用

Refreshing tea

Ingredients:

8 slices mint leaf, 10 calendulas

Method:

Rinse all the ingredients and put into the container.

Add water to 900ml water line.

Press the "flower tea" button.

Add rock sugar or honey as per need. Serve.

洛神花茶

材料：

洛神花茶15克

薄荷葉10片

製作：

將用料洗淨放入壺身內，注水至900cmI水位線，按“花茶”鍵，完成收按個人喜好，加入冰糖或蜂蜜即可享用。

功效：

清肺熱、利咽喉，對支氣管炎、咳嗽、喉痛等有很好的效果。

Roselle Tea

Ingredients:

15g Roselle, 10 slices Mint Leaf

Method:

Rinse all the ingredients and put into the container.

Add water to 900ml water line.

Press the "flower tea" button.

Add sugar or honey as per need. Serve.

Nutrition and Health

五彩茶

材料：

銀花、杭菊、麥冬、紅花各10克，甘草2-3片

製作：

將用料洗淨放入壺身內，水至900ml水位線，按“花茶”鍵，完成後按個人喜好，加入冰糖或蜂蜜即可享用

功效：

止咳平喘，消暑去熱

Multicolored tea

Ingredients:

10g dried honeysuckle, 10g dried chrysanthemum, 10g radix, 10g dried safflower, 2-3 slices licorice

Method:

Rinse all the ingredients and put into the container.

Add water to 900ml water line.

Press the "flower tea" button.

Add rock sugar or honey as per need. Serve.

Benefit:

Stop cough and smooth asthma, remove heat.

羅漢果減肥健身茶

材料：

羅漢果半個

山楂片30克

蜂蜜適量

製作：

將用料洗淨放入壺身內，注水至900ml水位線，按“花茶”鍵，完成後按個人喜好，加入蜂蜜即可享用。

Light & Fit Mangosteen Tea

Ingredients:

1/2 mangosteen, 30g hawthorn slice, honey

Method:

Rinse all the ingredients and put into the container.

Add water to 900ml water line.

Press the "flower tea" button.

Add honey as per need. Serve.

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檸檬金蓮花茶

材料：

金蓮花10克

製作：

將用料洗淨放入壺身內，注水至900ml水位線，按“花茶”鍵，完成收按個人喜好，加入適量檸檬汁和蜂蜜即可享用。

功效：

清熱解毒，常飲可除口臭。

Nasturtium Tea

Ingredients:

10g Nasturtium

Method:

Rinse **all** the ingredients and put into the container.

Add water to 900ml water line.

Press the "flower tea" button.

Add sugar or lemon or honey as per need. Serve.

Benefit:

Clear heat in lungs, nourish throat, sooth bronchitis, cough and sore throat etc.

小提示

- 花果茶可自行調配，但要注意花果特性，如減壓安神請勿與提神醒腦的作配搭。
- 玫瑰花屬中性，可以與其他花果作配搭，若覺得沖出來的花果茶味道不好，可加入幾朵玫瑰花作調配。
- 想喝甜花果茶，除可加入冰糖外，蜂蜜絕對是最佳撰擇，因蜂蜜同屬大自然與花果相當配合。

Tips

- Pay attention to the characteristics of each fruit and floral, please do not mix the ingredients with contrast functions, such as decompression vs. refreshing.
- Rose is neutral, it can match with many fruits, add some rose to a drink can enhance the flavors.
- Besides sugar, honey is the perfect match to each flower and is definitely the best choice to add to flower nectar.

Nutrition and Health

花果特性

- 玫瑰花 : 消除疲勞, 調氣活血, 調經利尿, 改善內分泌失調, 美白祛斑。
紅花 : 活血通經, 去瘀止痛。
木蝴蝶 : 潤肺舒肝, 和胃生肌, 改善聲音沙啞, 止咳嗽。
紅巧梅 : 降火補血, 健脾胃, 通經絡, 消炎祛斑。
洛神花 : 降血壓、膽固醇, 助消化、減肥, 改善睡眠。
金蓮花 : 消炎解毒 (口腔炎、結膜炎、扁桃線炎)。
羅漢果 : 清肺止咳, 利咽喉, 滑腸通便。
玉蘭花 : 祛風散寒, 宣肺通鼻, 舒緩頭痛、經痛、鼻塞等。
苦丁 : 清熱消暑, 養血益氣, 補腎健脾, 滋肝明目。
番石榴 : 可預防高血壓、糖尿病。
杭菊 : 清肝明目, 養肝養眼, 清淨五臟, 排毒健身。
茉莉花 : 清虛火, 去積寒, 平肝解鬱。
勿忘我 : 提高免疫力, 護膚養顏, 美白防斑, 促進肌膚新陳代謝。
薄荷葉 : 醒腦提神, 消除胃脹, 幫助消化, 去除口臭。

Floral characteristics

- Rose : remove fatigue, regulate qi and blood circulation, regulate menstruation diuretic, improve internal secretions disorders, whitening and lighten freckles.
Safflower : promote blood circulation, remove bruise and stop pain.
Wood butterfly : nourish liver and lungs, regulate stomach, improve voice hoarse, cure cough.
Red Qiaomei : remove fire and tonify blood, strengthen spleen and stomach, relieve rigidity of tendons and muscles, anti-inflammatory and lighten freckles.
Roselle : lower blood pressure and cholesterol, aid in digestion, lose weight, improve sleep.
Nasturtium : anti-inflammatory and detoxification (stomatitis, conjunctivitis, tonsillitis).
Mangosteen : clear the lung and stop cough, nourish throat, nourish intestines and remove wastes.
Magnolia : remove coldness, comfort lungs and nose, relieve headaches, menstrual pain, stuffy nose etc.
Bitter D : remove heat, nourish qi, kidney and spleen, nourish liver and strengthen eyesight.
Guava : prevent high blood pressure and diabetes.
Chrysanthemum : tonify and strengthen eyesight and liver, purify internal organs, detoxes and fitness.
Jasmine : Improve immunity, skin care beauty, whitening anti-plaque, and promote skin metabolism.
Mint leaf : refresh mind, eliminate bloating, help digestion, and remove bad breath.



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