BIBLIOGRAPHY

- Aleksic, MSc, Ana. 2019. Longan Fruit Health Benefits + Side Effects & Dosage -SelfHacked. https://selfhacked.com/blog/longan-fruit/. [Accessed 23 March 2020].
- Anonymous. 2020. Benefits of Drinking Osmanthus Tea. http://www.zestaceylontea.com/blog/benefits-of-drinking-osmanthus-tea/. [Accessed 19 March 2020].
- Anonymous. 2020. Calorie Chart, Nutrition Facts, Calories in Food | MyFitnessPal
 | MyFitnessPal.com.
 https://www.myfitnesspal.com/food/calories/herbal-tea-719889221.
 [Accessed 30 April 2020].
- Anonymous. 2020. Calories in Bottled Mineral Water | CalorieKing https://www.calorieking.com/us/en/foods/f/calories-in-water-bottledmineral-water/O1tX9BW_Tk-e9zfoQZqQKg. [Accessed 30 April 2020].
- Anonymous. 2020. Calories in Chinese Rock Sugar and Nutrition Facts. https://www.fatsecret.com/calories-nutrition/generic/chinese-rock-sugar. [Accessed 30 April 2020].
- Anonymous. 2020. Dried Longan Meat | Po Wing Hong. http://www.powing.com/products/dried-longan-meat. [Accessed 20 March 2020].
- Anonymous. 2014. Longan Fruit (Long Yan Rou) | Chinese Herbs Healing. http://www.chineseherbshealing.com/longan-fruit/. [Accessed 19 March 2020].

- Anonymous. 2020. Longan nutrition facts and health benefits |HB times. https://www.healthbenefitstimes.com/longan/. [Accessed 19 March 2020].
- Anonymous. 2020. Nutrition facts for Goji berries, dried, recommended daily values and analysis. https://www.nutritionvalue.org/Goji_berries%2C_dried_nutritional_value.ht ml. [Accessed 21 March 2020].
- Anonymous. 2020. Osmanthus Tea : Blend Recipes, Steeping Guide and Health Benefits | Teasenz. https://www.teasenz.com/osmanthus-tea#.Xo3ZZlMzZ-U. [Accessed 23 March 2020].
- Anonymous. 2010. Osmanthus Tea-Tea-Healthy Drinks. http://www.homeremedycentral.com/en/drinks/tea/osmanthus-tea.html. [Accessed 20 March 2020].
- Anonymous. 2020. Peach Resin | Po Wing Hong. http://www.powing.com/products/peach-resin. [Accessed 19 March 2020].
- Anonymous. 2020. Snow Fungus Benefits | Natural Health Guide. https://www.indigo-herbs.co.uk/natural-health-guide/benefits/snow-fungus. [Accessed 23 March 2020].
- Anonymous. 2020. WS060 TREMELLA MUSHROOM FOR FACIAL SKIN MAINTENANCE, LUNG CLEANSIN – Starhaw. https://starhaw.com/products/tremella. [Accessed 25 March 2020].
- Barhum, Lana. 2018. 7 goji berry benefits backed by science. https://www.medicalnewstoday.com/articles/322693#takeaway. [Accessed 19 March 2020].

- Carey, Elea and Gotter, Ana. 2019. 8 Healthy Facts About the Goji Berry. https://www.healthline.com/health/goji-berry-facts#takeaway. [Accessed 21 March 2020].
- Chan, Joe. 2018. Ingredient: Peach Gum. https://guide.michelin.com/sg/en/article/wellness/the-asian-secret-tobeautiful-skin-peach-gum. [Accessed 19 March 2020].
- Farrell, Kevin. 2018. Get to know peach gum, the Chinese health-food sensation coming stateside.
 https://www.10best.com/interests/food-culture/get-to-know-peach-gum-the-chinese-health-food-sensation-coming-stateside/. [Accessed 19 March 2020].
- Mokubao. 2020. 5 Amazing Health Benefits of Peach Gum. https://pohhengchan.wordpress.com/2018/05/26/3-delicious-ways-forbeautiful-skin-with-peach-gum/. [Accessed 20 March 2020].
- Phyllis A. Balch, CNC. 2002. Medicinal Benefits of Snow Fungus | Herb Museum. http://www.herbmuseum.ca/content/medicinal-benefits-snow-fungus. [Accessed 23 March 2020].
- Rohland, Tracy. 2020. Ways to Use Goji Berries | Down to Earth Organic and Natural. https://www.downtoearth.org/health/vitamins-supplements/ways-to-usegoji-berries. [Accessed 21 March 2020].
- Shaikh, Farah. 2020. 12 Amazing Health Benefits of Osmanthus Tea. https://www.foodsforbetterhealth.com/osmanthus-tea-33165. [Accessed 20 March 2020].

- Thomas. 2018. 12 Health Benefits Of Osmanthus Tea reliablecounter blog. https://www.reliablecounter.com/blog/12-health-benefits-osmanthus-tea/. [Accessed 21 March 2020].
- Wong, Cathy. 2020. Goji Berry Nutrition Facts and Health Benefits. https://www.verywellfit.com/can-goji-berries-improve-your-health-89054. [Accessed 25 March 2020].