CLAIMS

1. A method for preparing a health-care product composition for enriching asthenic disease, comprising the following steps:

(1) according to parts by mass, 25 parts of dandelions, 35 parts of scallions, 10 parts of Chinese chives, 8 parts of mixtures of grapes with blueberries and blackcurrants, 3 parts of jinhua fungus of tea seeds, 3 parts of pine pollens, 3 parts of mixtures of cushaw seeds with bitter gourd seeds and sesame seeds, and 3 parts of gingers are pulverized and mixed so as to obtain a solid mixture;

(2) 800 ml of purified water are added to said solid mixture; the mixture is subjected to leaching for 100 minutes after temperature raising to 70 ℃, and filtered to obtain a leaching juice;

(3) the leaching juice is concentrated to obtain a concentrated liquid having a relative density of 1.18 under a pressure of a reverse osmotic pressure of 30 kg/cm^2;

(4) ethanol solution (70% by volume percentage content of ethanol) with an volume 3 times the volume of the concentrated liquid is added to the concentrated liquid to precipitate and remove impurities so as to obtain a refining solution;

(5) β-cyclodextrin having a volume of 0.3% of the concentrated liquid volume is added to the refining solution, stirred and mixed for embedding treatment so as to obtain an extraction solution;

(6) according to parts by mass, 3 parts of glucose and 0.01 parts of table salt are added to the extraction solution and the mixture is heated to 76.6 ℃ for sterilization for 2 minutes so as to prepare a liquid beverage of the health-care product composition for enriching asthenic disease.

2. Use of the health-care product composition for enriching asthenic disease according to claim 1 for the preparation of a health-care medicine, a health-care beverage or chocolate.

3. The method for preparing the health-care product composition for enriching asthenic disease according to claim 1, characterized in that after the step of embedding treatment, the method further comprises the following step: the extracting solution is lyophilized at a temperature of -70 ℃ to -35 ℃ so as to prepare a lyophilized powder.