CLAIMS

1. A health-care product composition for enriching asthenic disease, characterized in that according to parts by mass, the raw materials for preparing the health-care product composition for enriching asthenic disease comprise:

5 to 40 parts of dandelions, 10 to 120 parts of bulbous vegetables, 10 to 100 parts of condiment leafy vegetables, and 8 to 16 parts of fruits; wherein the bulbous vegetables are selected from at least one of scallion, onion and garlic; the condiment leafy vegetables are selected from at least one of Chinese chive, celery and coriander; the fruits are selected from at least one of grape, blueberry, blackcurrant, lemon, tangerine, orange, litchi, cherry, longan aril, strawberry, pineapple, coconut, pitaya, yacon, durian, noni fruit, *Solanum mammosum L.* and tomato.

2. The health-care product composition for enriching asthenic disease according to claim 1, characterized in that according to parts by mass, the raw materials for preparing the health-care product composition for enriching asthenic disease further comprise: 0 to 6 parts of edible seeds, which are selected from at least one of barbary wolfberry fruit, emblic, seabuckthorn fruit, oat, tartarian buckwheat, natto, mulberry fruit, walnut seed, sesame, tree peony seed, passion fruit, bitter apricot seed, peach seed, carthamus seed, perilla fruit, cushaw seed, bitter gourd seed, pine seed, moringa seed, seed of *Lepidium meyenii Walp.*, okra seed, hawthorn fruit, cacao bean and coffee bean.

3. The health-care product composition for enriching asthenic disease according to claim 1, characterized in that according to parts by mass, the raw materials for preparing the health-care product composition for enriching asthenic disease further comprise 0 to 6 parts of jinhua fungus of tea seeds and 0 to 6 parts of pine pollens.

4. The health-care product composition for enriching asthenic disease according to claim 1, characterized in that according to parts by mass, the raw materials for preparing the health-care product composition for enriching asthenic disease further comprise: 0 to 6 parts of condiment materials, which are selected from at least one of ginger, cinnamon, fennel, star anise, pepper fruit, *Ligusticum chuanxiong Hort*., pricklyash peel and clove.

5. Use of the health-care product composition for enriching asthenic disease according to any one of claims 1 to 4 for the preparation of a health-care medicine, a health-care beverage or chocolate.

6. A method for preparing the health-care product composition for enriching asthenic disease according to any one of claims 1 to 4, characterized in that the method comprises the following steps: the raw materials are pulverized, mixed, and then subjected to leaching treatment in purified water at

70°C to 80°C so as to obtain a leaching juice.

7. The method for preparing the health-care product composition for enriching asthenic disease according to claim 6, characterized in that after the step of the leaching treatment, the method further comprises the following step:

the leaching juice is concentrated to obtain a concentrated liquid having a

relative density of 1.18 to 1.20;

and an embedding medium having a volume of 0.3% to 6% of the concentrated liquid volume is added for embedding treatment so as to obtain an extracting solution.

8. The method for preparing the health-care product composition for enriching asthenic disease according to claim 7, characterized in that when

~~concentration is performed, the reverse osmotic pressure is 30 kg/cm^2 to 150 kg/cm^2, and the embedding medium is β-cyclodextrin or porous starch.~~

~~9. The method for preparing the health-care product composition for enriching asthenic disease according to claim 7, characterized in that after the step of concentration treatment and before the step of embedding treatment, the method further comprises the following steps: ethanol solution with an volume 3 times the volume of the concentrated liquid is added to precipitate and remove the impurities so as to obtain a refining solution, wherein the volume percentage content of ethanol in the ethanol solution is higher than 70%.~~

~~10. The method for preparing the health-care product composition for enriching asthenic disease according to claim 7, 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°C to -35°C so as to prepare a lyophilized powder.~~

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.