What is claimed is:

1. A process for preparing an extract of *Crassocephalum crepidioides* comprising the steps of:

(a) contacting *Crassocephalum crepidioides* plant with 70% ethanol to obtain a suspension;

(b) separating the suspension into a solid portion and a liquid portion, and then collecting the liquid portion to obtain a crude extract;

(c) diluting the crude extract to a 60% ethanol extract;

(d) mixing the 60% ethanol extract with macroporous styrene-divinyl benzene resins;

(e) pouring the 60% ethanol extract and macroporous styrene-divinyl benzene resin mixture into a column;

(f) washing the column with ethanol at a volume of about 2- to 10-fold to the volume of the column;

(g) eluting the column with a solvent of ethanol:ethyl acetate (1:1) or ethyl acetate and collecting the eluted fractions at different time intervals; and

(h) analyzing each eluted fraction and determining which one is enriched in 1,2-di-O-α-linolenoyl-3-O-β-galactopyranosyl-sn-glycerol (dLGG) and contains phytol as the *Crassocephalum crepidioides* extract.

2. The process according to claim 1, wherein the *Crassocephalum crepidioides* plant is the whole plant.

3. The process according to claim 1, wherein the *Crassocephalum crepidioides* plant is selected from seeds, flowers, leaves, or any combination thereof.

4. The process according to any one of claims 1 to 3, wherein the *Crassocephalum crepidioides* plant is dried and powdered.

5. The process according to claim 4, wherein the *Crassocephalum crepidioides* plant is a dried plant and the ratio of the weight of the dried plant to the volume of the 70% ethanol solvent in step (a) ranges from 1:1 to 1:50.

6. The process according to claim 5, wherein the ratio of the weight of the dried plant to the volume of the 70% ethanol solvent in step (a) is about 1:10.

7. The process according to any one of the preceding claims, wherein the macroporous styrene-divinyl benzene resin is selected from Sepabeads SP70 and Sepabeads SP710.

8. The process according to claim 7, wherein the macroporous styrene-divinyl benzene resin is Sepabeads SP70.

9. The process according to claim 1, wherein the solvent used in step (g) is ethanol:ethyl acetate (1:1), and wherein the volume ratio of ethanol to ethyl acetate is about 1:1.