

ABSTRACT

The present invention relates to a health-care product composition for enriching asthenic disease, a preparation method therefor and use thereof. According to parts by mass, the raw materials required for preparing the composition 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. The method for preparing the health-care product composition for enriching asthenic disease comprises the following steps: the raw materials such as dandelion, bulbous vegetables, and condiment leafy vegetables are pulverized and mixed to obtain a solid mixture; the solid mixture is leached with purified water and filtered to obtain a leaching juice; the leaching juice is concentrated to obtain a concentrated liquid; ethanol is added to the concentrated liquid to precipitate and remove impurities so as to obtain a refining solution; the refining solution is subjected to embedding treatment so as to obtain an extracting solution; the extracting solution is lyophilized to obtain a lyophilized powder of the health-care product composition for enriching asthenic disease. The health-care product composition for enriching asthenic disease prepared by the method contains no hormones, has no obvious toxic and side effects, and has the efficacy of enriching asthenic disease, tonifying kidney and strengthening yang.