

## Guru Health Foods Herbal Selection - Spring 2025

**Alfalfa, Organic** - Rich in vitamins and minerals, supports digestion and detoxification.\*

**AllMan Strength, Jamaican** - Traditionally used to enhance vitality and male health.\*

**Aloe Ferox (Cape) Powder** - Laxative herb. Supports digestion, skin health, and detoxification.\*

**Amla Berry Powder, Org** - High in vitamin C, promotes immunity and skin health.\*

**Angelica Root** - Supports digestion, respiratory health, and circulation.\*

**Ashwagandha Powder** - Helps reduce stress, enhance energy, and support adrenal health. May increase testosterone and reduce cortisol.\*

**Ashwagandha Powder, Organic** - Same as above - Adaptogenic herb that aids in stress relief and overall well-being.\*

**Ashwagandha Root, Organic, C/S** - Same as above - Supports nervous system health and improves resilience to stress.\*

**Astragalus Powder, Organic** - Boosts immune function and supports heart health. May help raise white blood cell count.\*

**Barberry Root Powder, Organic** - Aids digestion, liver function, and immune support. Contains berberine.\*

**Basil Leaf, Organic** - Used as a spice. Contains antioxidants, supports digestion, and reduces inflammation.\*

**Bay Leaf, Organic** - Used in cooking or tea. Enhances digestion, supports respiratory health, and has antimicrobial properties.\*

**Beeswax Beads** - Used for making lip balms, lotions, salves, creams, soaps, and natural remedies for skin.\*

**Beet Powder, Organic** - Improves blood flow. Rich in nitrates, supports heart health and athletic performance.\*

**Bilberry Berry** - High in antioxidants, promotes eye health and circulation.\*

**Bilberry Leaf** - Supports blood sugar balance and urinary tract health.\*

**Black (Assam) Tea, Organic** - Contains caffeine. Rich in antioxidants, supports heart health and mental alertness.\*

**Black Cohosh, Organic** - Traditionally used for hormonal balance and menopausal support.\*

**Black Pepper, Medium Grind, Organic** - Enhances digestion, boosts metabolism, and improves nutrient absorption.\*

**Black Peppercorns, Organic** - Supports digestion, has antioxidant properties, and enhances bioavailability of nutrients.\*

**Black Walnut Hulls, Powder, Org** - Aids in parasite cleansing, digestion, and skin health.\*

**Black Wiss, Jamaican** - Traditionally used for overall vitality and wellness.\*

**Black Seeds, Powder** - Supports immune health, digestion, and inflammation reduction.\*

**Black Seeds, Whole** - Rich in antioxidants, promotes respiratory and immune health.\*

**Black Walnut Hulls, Organic** - Known for antifungal, antiparasitic, and digestive-supporting properties.\*

**Bladderwrack Powder, Organic** - Supports thyroid health due to its natural iodine content. Do not exceed recommended dosage.\*

**Blessed Thistle, Organic** - Aids digestion, liver health, and lactation support.\*

**Blood Wist, Jamaican** - Traditionally used to support circulation and blood purification.\*

**Boneset, Organic** - Supports immune function, especially during cold and flu season.\*

**Buchu Leaf Powder, Organic** - Promotes urinary tract health and detoxification.\*

**Buckthorn Bark** - Supports digestive health and gentle bowel cleansing.\*

**Burdock Root Powder, Organic** - Aids detoxification, skin health, and liver function.\*

**Burdock Root, Organic** - Same as above. Supports blood purification, skin health, and digestion.\*

**Butterfly Pea Flowers, Organic** - Rich in antioxidants, promotes brain function and skin health.\*

**Calendula, Organic** - Supports skin healing, reduces inflammation, and promotes wound care.\*

**Cardamom Seed, Whole, Decorticated, Org** - Aids digestion, freshens breath, and supports respiratory health.\*

**Cardamom Seed, Decorticated, Ground, Organic** - Same as above. Enhances digestion, improves circulation, and has antioxidant properties.\*

**Carob Powder, Roasted, Organic** - A caffeine-free chocolate alternative, supports digestion and heart health.\*

**Cascara Sagrada Bark** - A natural laxative that promotes bowel regularity and digestive health. It's best to be used for no more than 7-10 days consecutively.\*

**Cat's Claw Bark** - Boosts immune function, supports joint health, and reduces inflammation.\*

**Catnip Leaf, Organic** - Calming herb that supports relaxation, digestion, and sleep.\*

**Cayenne Pepper Flakes, Jamaican** - Stimulates circulation, aids digestion, and supports metabolism.\*

**Cayenne Pepper Powder, 35K HU, Organic** - Same as above. Enhances digestion, improves circulation, and boosts metabolism.\*

**Cayenne Pepper Powder, 75K HU, Organic** - Same as above. Supports cardiovascular health, metabolism, and detoxification.\*

**Cayenne Powder, 90,000 BTU, Organic** - Same as above. Promotes circulation, relieves pain, and supports digestion.\*

**Cerasee / Bitter Melon, Jamaican** - Aids blood sugar regulation, digestion, and detoxification.\*

**Ceylon Black Tea Orange Pekoe** - Rich in antioxidants, supports heart health and mental clarity. Contains caffeine.\*

**Chaga Mushroom, Organic** - Boosts immunity, fights oxidative stress, and supports overall wellness.\*

**Chamomile Flowers, Organic** - Promotes relaxation, improves sleep, and soothes digestion.\*

**Chanca Piedra, Jamaican** - Supports kidney health, aids in breaking down kidney stones, and promotes liver detox.\*

**Chaney Root, Jamaican** - Traditionally used to support blood health and overall vitality.\*

**Chaney Root, Powder, Jamaican** - Promotes circulation, boosts energy, and supports overall wellness.\*

**Chaparral Leaf** - Supports detoxification, skin health, and immune function. May cause damage to liver or kidneys if used long-term.\*

**Chaparral Leaf Powder** - Rich in antioxidants, promotes skin and liver health. May cause

damage to liver or kidneys if used long-term.\*

**Charcoal Powder, Activated** - Aids in detoxification, digestion, and poison absorption. Best taken on an empty stomach. Not for prolonged use.\*

**Chaste Berries, Organic** - Supports hormonal balance, menstrual health, and fertility.\*

**Chaste Tree Berry (Vitex) Powder, Organic** - Same as above. Aids in hormone regulation, PMS relief, and reproductive health.\*

**Chickweed Herb** - Supports weight management, skin health, and digestion.\*

**Chicory Root, Roasted, Organic** - Promotes digestive health, liver function, and serves as a coffee alternative.\*

**Chili Powder, Organic** - Enhances metabolism, digestion, and circulation.\*

**Chlorella Powder** - Rich in nutrients, supports detoxification and immune health. Aids in heavy metal detox.\*

**Cilantro Leaf, Org** - Aids in detoxification, digestion, and has antioxidant properties.\*

**Cinchona Bark** - Traditionally used for fever relief, digestion, and immune support.\*

**Cinnamon Leaf, Jamaican** - Supports digestion, circulation, and has antimicrobial properties.\*

**Cinnamon Powder, Ceylon, Organic FT** - Regulates blood sugar, supports heart health, and has anti-inflammatory properties.\*

**Cinnamon Sticks, Ceylon, Organic** - Same as above. Aids digestion, blood sugar balance, and has antioxidant properties.\*

**Cinnamon Sticks, Korintje, Organic** - Supports circulation, digestion, and immune health. Not to be used in large quantities.\*

**Cleavers Herb, Organic** - Promotes lymphatic drainage, detoxification, and urinary health.\*

**Cloves, Ground, Organic** - Supports digestion, dental health, and has antimicrobial properties.\*

**Cloves, Whole, Organic** - Same as above. Rich in antioxidants, aids digestion, and supports immune health.\*

**Coltsfoot Leaf** - Traditionally used for respiratory support and cough relief.\*

**Comfrey Leaf, Organic** - Supports wound healing, joint health, and inflammation reduction. Not recommended for internal use.\*

**Coriander Seed Powder, Org** - Aids digestion, supports blood sugar balance, and has antimicrobial properties.\*

**Cornsilk** - Promotes urinary tract health and supports kidney function.\*

**Cumin Seed, Ground, Organic** - Enhances digestion, boosts metabolism, and supports immune health.\*

**Curry Powder, Muchi** - A blend of spices that supports digestion, metabolism, and inflammation reduction.\*

**Damiana** - Traditionally used to support mood, relaxation, and reproductive health.\*

**Dandelion Leaf, Organic** - Supports detoxification, particularly for the kidneys, and promotes general wellness through its rich nutrient content.

**Dandelion Root, Organic** - Focuses on liver detoxification and digestive health, promoting gut function and aiding digestion through its bitter properties.

**Dill Weed, Organic** - Supports digestion, freshens breath, and has antimicrobial properties.\*

**Dog Blood Bush, Jamaican** - Traditionally used for reproductive health and menstrual

regulation.\*

**Dong Quai Root Powder, Organic** - Supports hormonal balance, circulation, and menstrual health.\*

**Dulse Leaf Flakes, Organic** - Rich in minerals, supports thyroid function and detoxification.\*

**Echinacea Purpurea Root, Organic** - Boosts immune function and helps combat colds and infections.\*

**Echinacea, Purpurea, Organic** - Supports immune health and reduces inflammation.\*

**Elder Flowers, Organic** - Aids in respiratory health, immune support, and fever relief.\*

**Elderberries, Organic** - Rich in antioxidants, supports immune function and cold relief.\*

**Elecampane Root, Org** - Traditionally used for respiratory support and lung health.\*

**Eleuthero, Siberian Ginseng, Organic** - Enhances energy, reduces stress, and supports immune health.\*

**Essiac Tea (Blend), Organic** - A traditional herbal blend that supports detoxification and immune function.\*

**Eucalyptus Leaf** - Supports respiratory health, congestion relief, and has antimicrobial properties.\*

**Eyebright** - Traditionally used for eye health, allergies, and sinus support.\*

**Fennel Seed, Organic** - Aids digestion, reduces bloating, and supports respiratory health.\*

**Fenugreek Powder, Organic** - Supports digestion, blood sugar balance, and lactation.\*

**Fenugreek Seed, Organic** - Same as above. Enhances digestion, supports hormonal balance, and boosts milk production.\*

**Feverfew, Organic** - Traditionally used for migraine relief and inflammation reduction.\*

**Four Vine Wiss** - A Jamaican herbal blend traditionally used for vitality and immune support.\*

**Garam Masala, Organic** - A flavorful spice blend that supports digestion and metabolism.\*

**Garlic Powder, Organic** - Boosts immune function, supports heart health, and has antimicrobial properties.\*

**Gentian Root** - Aids digestion, liver function, and appetite stimulation.\*

**Ginger Powder, Organic** - Supports digestion, reduces nausea, and has anti-inflammatory properties.\*

**Ginger Root, Pieces, Organic** - Same as above. Aids digestion, promotes circulation, and supports immune health.\*

**Ginkgo Leaf, Organic** - Enhances cognitive function, memory, and circulation.\*

**Ginseng Root Powder, American** - Supports energy, stress relief, and immune function.\*

**Ginseng Root Powder, Asian** - Boosts vitality, reduces fatigue, and supports overall wellness.\*

**Goldenrod, Organic** - Supports urinary tract health and reduces inflammation.\*

**Goldenseal Root Powder, Organic** - Possesses natural antibacterial properties. Aids immune function, digestion, and respiratory health. Do not use for more than 10-14 days continuously.\*

**Gotu Kola, Organic** - Enhances cognitive function, circulation, and skin health.\*

**Grains of Paradise** - Supports digestion, metabolism, and has antioxidant properties.\*

**Green Tea, Jasmine, Organic** - Contains caffeine. Rich in antioxidants, promotes relaxation and metabolism.\*

**Grey Sea Salt, Fine Ground** - Provides essential minerals and supports electrolyte

balance.\*

**Guarana Powder** - Contains caffeine. Enhances energy, mental focus, and metabolism.\*

**Guava Leaf, Jamaican** - Supports digestion, blood sugar regulation, and immune health.\*

**Guinea Hen Weed, Jamaican** - Traditionally used for immune support and inflammation reduction.\*

**Gunpowder Green Tea, Organic** - Contains caffeine. High in antioxidants, supports metabolism and heart health.\*

**Gymnema Leaf Powder, Organic** - Helps regulate blood sugar and supports metabolic health.\*

**Hawthorn Berries, Organic** - Supports heart health, circulation, and blood pressure regulation.\*

**Hawthorn Berry, Powder Jamaican** - Same as above. Traditionally used for cardiovascular support and digestion.\*

**Hibiscus Flowers, Organic** - Rich in antioxidants, supports heart health and blood pressure balance.\*

**Hops** - Promotes relaxation, sleep, and digestive health.\*

**Horehound Herb** - Supports respiratory health, soothes coughs, and aids digestion.\*

**Horny Goat Weed Powder, Org, Jamaican** - Traditionally used to support libido, energy, and circulation.\*

**Horsetail** - Rich in silica. Promotes bone, hair, nail and joint health.\*

**Hydrangea Root, Org** - Supports kidney and urinary tract health.\*

**Hyssop Herb, Organic** - Aids respiratory health, digestion, and detoxification.\*

**Irish Breakfast Black Tea** - Contains caffeine. Bold, rich in antioxidants, supports energy and heart health.\*

**Irish Sea Moss Flakes, Organic (Chondrus crispus)** - Supports thyroid health, digestion, and immunity.\*

**Irish Sea Moss Powder, Organic (Chondrus crispus)** - Same as above. Rich in minerals, promotes skin, joint, and gut health.\*

**Irish Sea Moss, Powder, Organic, (Chondrus canaliculatas)** - Same as above. Enhances digestion, immunity, and skin health.\*

**Jack In The Bush, Jamaican** - Traditionally used for respiratory support and immune health.\*

**Juniper Berries, Organic** - Supports urinary tract, kidney health and digestion.\*

**Kelp Powder, Organic** - Rich in iodine, supports thyroid function and metabolism.\*

**Lavender Flowers, Organic** - Promotes relaxation, sleep, and stress relief.\*

**Lemon Balm, Organic** - Calms the nervous system, supports digestion, and aids sleep.\*

**Lemongrass, Organic** - Aids digestion, reduces inflammation, and supports immune health.\*

**Licorice Root** - Supports adrenal health, digestion, and respiratory function.\*

**Licorice Sticks** - Same as above. Traditionally used as chew sticks for soothing the throat and supporting digestion.\*

**Linden Flowers** - Promotes relaxation, supports respiratory health, and reduces stress.\*

**Maca, Organic** - Boosts energy, balances hormones, and supports libido.\*

**Marshmallow Root, Organic** - Soothes digestion, respiratory health, and inflammation.\*

**Matcha Green Tea Powder, Organic** - Contains caffeine. Rich in antioxidants, boosts energy, metabolism, and mental focus.\*



**Milk Thistle Powder, Organic** - Supports liver detoxification and overall liver health.\*

**Milk Thistle Seeds, Organic** - Same as above. Promotes liver function, detoxification, and antioxidant protection.\*

**Mistletoe, Organic** - Traditionally used for immune support and circulatory health.\*

**Moringa Powder, Organic** - Nutrient-dense, supports energy, immunity, and overall wellness.\*

**Moringa Leaves, Organic** - Same as above. Rich in vitamins and minerals, supports immune and metabolic health.\*

**Motherwort, Organic** - Traditionally used for heart health, stress relief, and hormonal balance.\*

**Mugwort** - Supports digestion, menstrual health, and relaxation.\*

**Mullein Leaf, Organic** - Promotes respiratory health and soothes coughs.\*

**Mustard Seed, Org** - Aids digestion, circulation, and has anti-inflammatory properties.\*

**Myrrh Gum Powder** - Supports oral health, immunity, and wound healing.\*

**Neem Leaf Powder, Org** - Promotes detoxification, skin health, and immune function.\*

**Neem Leaves, Organic** - Same as above. Supports immune health, skin care, and digestion.\*

**Neem, Org, Jamaican** - Same as above. Traditionally used for cleansing, immune support, and skin health.\*

**Nepali Black Tea** - Contains caffeine. Rich in antioxidants, supports heart health and mental alertness.\*

**Nettle Leaf, Org** - High in quercetin. Supports detoxification, joint health, and allergy relief.\*

**Nutmeg, Ground, Organic** - Aids digestion, supports cognitive function, and has calming properties.\*

**Oat Straw, Organic** - Nourishes the nervous system, promotes relaxation, and supports bone health.\*

**Olive Leaf, Organic** - Supports immune function, cardiovascular health, and inflammation reduction.\*

**Onion White Powder, Organic** - Enhances digestion, supports immune health, and has antimicrobial properties.\*

**Oolong Tea, Organic** - Contains caffeine. Supports metabolism, digestion, and provides antioxidants.\*

**Oregano, Mediterranean, Org** - Rich in antioxidants, supports immune and respiratory health.\*

**Oregon Grape Root** - Promotes liver function, digestion, and skin health.\*

**Papaya Leaf, Organic** - Supports digestion, liver health, and blood platelet production.\*

**Paprika, Org** - Rich in antioxidants, supports circulation, and enhances metabolism.\*

**Parsley Leaf Flakes, Organic** - Aids digestion, detoxification, and supports kidney health.\*

**Passion Flower Herb** - Promotes relaxation, sleep, and stress relief.\*

**Pau D'Arco** - Supports immune health, detoxification, and has antifungal properties.\*

**Pepper Elder, Jamaican** - Traditionally used for inflammation, joint pain, and immune support.\*

**Peppermint Leaf, Organic** - Aids digestion, relieves bloating, and promotes relaxation.\*

**Plantain Leaf, Organic** - Supports wound healing, digestion, and respiratory health.\*

**Prostate Tea, Jamaican** - A traditional herbal blend for prostate and urinary health.\*

**Psyllium Seed Husks Powder, Organic** - Supports digestive health, bowel regularity, and detoxification.\*

**Red Clover, Organic** - Promotes hormonal balance, detoxification, and skin health.\*

**Red Raspberry Leaf, Organic** - Supports reproductive health, digestion, and menstrual relief.\*

**Red Rose Petals, Organic** - Rich in antioxidants, supports relaxation, and skin health.\*

**Rhodiola Root, Organic** - Boosts energy, reduces stress, and supports cognitive function.\*

**Rooibos, Org** - Caffeine-free, rich in antioxidants, supports heart and skin health.\*

**Rosehips, Seedless, Organic** - High in vitamin C, supports immune and skin health.\*

**Rosemary Leaf Ground, Organic** - Aids digestion, memory, and circulation.\*

**Rosemary Leaf, Whole, Organic** - Same as above. Supports cognitive function, digestion, and circulation.\*

**Rue, Organic** - Traditionally used for circulation, digestion, and menstrual support.\*

**Sage Leaf, Organic** - Supports cognitive function, digestion, and respiratory health.\*

**Salt, Himalayan, Pink, Fine** - Rich in minerals, supports hydration and electrolyte balance.\*

**Sarsaparilla (Indian)** - Supports detoxification, joint health, and hormone balance.\*

**Sarsaparilla Powder, Indian, Organic** - Same as above. Rich in antioxidants, promotes skin health and detoxification.\*

**Sarsaparilla, Jamaican** - Traditionally used for vitality, circulation, and immune support.\*

**Sassafras Root Bark** - Traditionally used for detoxification, digestion, and respiratory health.\*

**Saw Palmetto Berries** - Supports prostate health, hormone balance, and urinary function.\*

**Saw Palmetto Powder, Organic** - Same as above. Aids in prostate support, hormonal balance, and hair health.\*

**Schisandra Berries** - Enhances energy, stress resilience, and liver function.\*

**Scullycap, Organic** - Promotes relaxation, nervous system support, and sleep.\*

**Search-mi-heart, Jamaican** - Traditionally used for cardiovascular and respiratory health.\*

**Sel Gris (Tamise) Sea Salt** - Mineral-rich, supports hydration and electrolyte balance.\*

**Semi Contra, Org, Jamaican** - Traditionally used for immune support and digestion.\*

**Senna Leaf, Organic** - Natural laxative. Supports digestion and natural bowel movement. It's best to be used for no more than 7-10 days consecutively.\*

**Sheep Sorrel, Organic** - Rich in antioxidants, supports detoxification and immune health.\*

**Shepherd's Purse** - Traditionally used for circulatory and menstrual support.\*

**Shiitake Mushrooms, Organic** - Supports immune function, heart health, and overall vitality.\*

**Slippery Elm, Organic** - Soothes digestion, throat health, and inflammation.\*

**Soursop Leaves** - Rich in antioxidants, supports immune health and relaxation.\*

**Soursop Leaves, Powder, Organic** - Same as above. Promotes immune function, relaxation, and digestion.\*

**Spearmint Leaf, Organic** - Aids digestion, supports hormonal balance, and freshens breath.\*

**Spirulina Powder, Organic** - Nutrient-dense, boosts energy, detoxification, and immune health.\*

**Spirulina, Blue, Organic** - High in protein and antioxidants, supports brain and skin health.\*

**St. John's Wort, Organic** - Traditionally used for mood support and nervous system health.\*

**Star Anise** - Aids digestion, respiratory health, and has antimicrobial properties.\*

**Star Anise Powder, Organic** - Same as above. Supports digestion, immunity, and has antioxidant benefits.\*

**Stevia Powder, Organic** - Naturally sugar-free, zero-calorie sweetener.\*

**Strong Back Root, Jamaican** - Traditionally used for vitality, stamina, and joint health.\*

**Thyme Leaf, Organic** - Supports respiratory health, has antimicrobial properties, and aids digestion.\*

**Tongkat Ali, Powder** - Enhances energy, supports testosterone levels, and may improve libido and athletic performance.\*

**Tulsi (Holy Basil), Organic** - Adaptogenic herb that reduces stress, supports immune function, and promotes respiratory health.\*

**Turkey Rhubarb Root Powder** - Traditionally used as a gentle laxative, supports digestive health, and promotes detoxification.\*

**Turmeric Root Powder, Organic** - Powerful anti-inflammatory and antioxidant, supports joint health, and aids digestion.\*

**Uva Ursi, Organic** - Supports urinary tract health, has antimicrobial properties, and promotes kidney function.\*

**Valerian Root, Organic** - Known for its calming effects, supports sleep quality, and helps reduce anxiety.\*

**Vervain, Blue, Jamaican** - Traditionally used to support relaxation, ease tension, and promote liver health.\*

**Vervain, Blue, Org** - Same as above. Helps with relaxation, supports digestion, and may promote a healthy nervous system.\*

**Wheatgrass Powder, Organic** - Rich in chlorophyll, vitamins, and minerals, supports detoxification and boosts energy.\*

**White Oak Bark, Organic** - Astringent and anti-inflammatory, supports skin health and aids digestion.\*

**White Oak Bark, Powder, Organic** - Same as above. Used for its astringent properties, supports wound healing and digestive health.\*

**White Pepper, Organic** - Supports digestion, has anti-inflammatory properties, and may aid in metabolism.\*

**White Willow Bark, Organic** - Natural source of salicin, supports pain relief and reduces inflammation.\*

**Wild Cherry Bark** - Traditionally used to support respiratory health and soothe coughs.\*

**Wild Yam Root, wild harvested** - Supports hormonal balance, may ease menstrual discomfort, and promotes digestive health.\*

**Wormwood, Organic** - Supports digestive health, has antiparasitic properties, and may aid liver function.\*

**Yarrow Flowers, Organic** - Supports wound healing, aids digestion, and promotes circulatory health.\*

**Yellowdock Root** - Supports liver health, promotes detoxification, and aids digestion.\*

**Yerba Mate, Organic** - Contains caffeine. Rich in antioxidants, enhances energy, and supports mental clarity.\*

**Yohimbe Bark** - Traditionally used to support circulation, may enhance libido, and boost



energy.\*

Most herbal teas recommend using 1 tsp of herb per 8oz of water. If it is a heavy, dense herb, we recommend boiling it for 5-15 minutes. Lighter herbs like leaves and flower require less time, or can be added to boiled water and steeped. Powders can be added to hot water. Because of their high concentration, some powders may require only 1/2 tsp.

*\*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare professional before adding new supplements to your routine, especially if you are pregnant, nursing, taking medication, have a medical condition, or are planning a medical procedure. Discontinue use if any adverse reactions occur.*