

## Traditional Uses for Individual Herbs

**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.

**Aloe Vera, Powder, Organic** - Traditionally used to support digestive health, promote skin wellness, and maintain gentle 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.

**Astragalus Root, C/S, Organic** - Same as above. Traditionally used to strengthen immune function, support energy levels, and promote longevity.

**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.

**Bentonite Clay Powder** - Natural detoxifying clay used to bind toxins and support internal cleansing. Also used in skincare for deep pore purification.

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

**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.

**Blackberry Leaf, C/S, Organic** - Supports digestive health and may help soothe the throat. Traditionally used for mild astringent 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.

**Boldo Leaf, C/S** - Supports liver function, digestion, and bile production. Traditionally used for detoxification and digestive relief.

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

**Borage, Organic** - Traditionally used to support adrenal balance and promote a healthy inflammatory response.

**Brahmi (Bacopa) Leaf, C/S, Organic** - Enhances memory, focus, and cognitive function. Traditionally used as a brain tonic and adaptogen.

**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 Pods, Org** - Same as above.

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

**Cayenne Pepper Powder, 50K HU, Organic** - Same as above.

**Cayenne Powder, 90,000 HU, 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.

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

**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 Tree 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.

**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.

**Comfrey Root, Powder, Organic** - Traditionally used for external applications to support skin healing and joint comfort. Not recommended for internal use.

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

**Coriander Seed, Whole, Org** - Same as above.

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

**Cramp Bark, Pieces, Organic** - Traditionally used to support uterine comfort, ease menstrual cramps, and promote overall reproductive wellness.

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

**Cumin Seeds, Whole, Organic** - Aromatic spice that aids digestion, supports metabolism, and adds flavor to a variety of dishes.

**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 Leaf Powder, Organic** - Same as above.

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

**Dandelion Root, Powder, Organic** - Same as above.

**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.

**English Breakfast Black Tea, Organic** - Contains caffeine. Bold, malty black tea with a rich, smooth flavor and a brisk finish. Strong, classic, and traditionally full-bodied.

**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, Whole, Organic** - Aids digestion, reduces bloating, and supports respiratory health.

**Fennel Seed, Powder, Organic** - Same as above.

**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.

**Frankincense Tears, Organic** - Traditionally used to support inflammation response, immune health, and overall wellness. Also used in incense and topical preparations.

**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, Red** - Boosts vitality, reduces fatigue, and supports overall wellness.

**Ginseng Root, Whole, Red** - Same as above.

**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.

**Guaco Mikania, Jamaican** - Traditionally used to support clear respiratory function and promote comfortable breathing, with additional use for maintaining healthy inflammatory balance.

**Guarana Seed 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, Dried, Organic** - Rich in antioxidants, supports heart health and blood pressure balance.

**Hibiscus Flowers, Powder, Organic** - Same as above.

**Hops, Whole, Organic** - Promotes relaxation, sleep, and digestive health.

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

**Horny Goat Weed Leaf** - Traditionally used to support libido, energy, and circulation, while promoting overall vitality.

**Horny Goat Weed Powder, Org, Jamaican** - Same as above. Traditionally used to enhance stamina, support reproductive health, and promote 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.

**Kava Kava Root** - Traditionally used to promote relaxation, reduce stress, and support restful sleep. May support mood and nervous system balance. May cause drowsiness. Avoid alcohol. Not recommended for individuals with liver conditions. Consult a healthcare professional before use.

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

**King of the Forest (Cassia Alata), Jamaican** - Traditionally used to support skin health and promote healthy fungal balance, while aiding gentle detoxification.

**Kola Nut, Organic** - Traditionally used to support natural energy, enhance alertness, and promote healthy digestion through its gentle stimulating properties.

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

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

**Lemon Verbena Leaf, Organic** - Traditionally used to support relaxation, ease occasional digestive discomfort, and promote a calm, balanced mood.

**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.

**Lion's Mane, Powder, Organic** - Traditionally used to support cognitive health, promote mental clarity, and maintain healthy nervous system function.

**Liver Cleanse Tea, Blend, Organic** - A combination of herbs traditionally used to support liver function, promote detoxification, and aid digestion.

**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.

**Moringa Seeds, Organic** - Traditionally used to support healthy energy levels, aid digestion, and promote a balanced inflammatory response through their rich nutrient profile.

**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.

**Mustard Seed, Powder, Organic** - Same as above.

**Mustard Seed, Brown, Organic** - Supports digestion and circulation and is rich in glucosinolates with antioxidant and 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, Pieces, Organic** - High in quercetin. Supports detoxification, joint health, and allergy relief.

**Nettle Leaf, Powder, Organic** - Same as above.

**Nettle Root, Powder, Organic** - Traditionally used to support prostate health, urinary function, and hormonal balance, especially in men's wellness formulations.

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

**Nutmeg, Whole, Organic** - Same as above.

**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.

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

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

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

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

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

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

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

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

**Rose Buds & Petals, Organic** - Same as above.

**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.

**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. Contains naturally occurring safrole; internal use is not recommended.

**Saw Palmetto Berries, C/S, Organic** - 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.

**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.

**Senna Pods, Whole, Organic** - Natural laxative. Supports digestion and promotes bowel regularity. Best used for no more than 7-10 days consecutively.

**Shatavari Root Powder, Organic** - Traditionally used to support hormonal balance, reproductive health, and overall vitality, especially in women's wellness.

**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 Bark, Powder, Organic** - Soothes digestion, throat health, and inflammation.

**Slippery Elm Bark, Pieces, 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.

**Speedwell, Organic** - Traditionally used to support respiratory health, digestion, and overall detoxification.

**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.

**Tribulus, Organic** - Traditionally used to support healthy vitality, endurance, and reproductive function, while promoting overall energy balance.

**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.

**Valerian Root, Powder, Organic** - Same as above.

**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 Tea with White Peony, Organic** - Contains caffeine. Traditionally used to support antioxidant protection, promote gentle energy, and maintain healthy immune function.

**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, Organic** - Supports hormonal balance, may ease menstrual discomfort, and promotes digestive health.

**Wild Yam Root, Powder, Organic** - Traditionally used to support digestive comfort, promote healthy hormonal balance, and maintain overall vitality.

**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. May affect cardiovascular and nervous system; use with caution.

Most herbal teas are typically prepared using 1 teaspoon of herb per 8 oz of water. For denser or heavier herbs, a simmer or gentle boil for 5–15 minutes is recommended to fully extract their constituents. Lighter materials such as leaves and flowers generally require shorter steeping times. Powders may be stirred directly into hot water or added to smoothies; due to their concentration, some may only require 1/4-1/2 teaspoon per serving.

*DISCLAIMER: This information is to educate the consumer on widely accepted uses of common herbs. It is not intended to diagnose, treat, cure or prevent any disease or condition. If you have, or think you have, a condition which requires medical attention, a health care professional should be consulted. This informational reference guide is not intended to medically prescribe or promote the use of herbs for health conditions, and is in no way intended as a substitute for medical consultation.*