



Tinctures

Bayberry Root Extract
\$9.00
TN-004

Powders, teas, tinctures, and poultices. The tea should be drunk hot. Poultices are usually made by combining bayberry and slippery elm. In some countries a strong bark

Bilberry Extract
\$9.50
TN-005

Leaf, fruit.

Black Cohosh Extract
\$9.00
TN-006

Root.

Cactus Extract
\$9.00
TN-012

Fresh Cactus

Corn Silk Extract
\$9.25
TN-025

Dried silk, whole or powdered.

Calendula Extract
\$9.00
TN-013

Dried flowers.

Coltsfoot Extract
\$9.00
TN-024

Leaves, and sometimes the buds and flowers

California Poppy Extract
\$9.50
TN-014

Above-ground parts of the plant, dried.



Tinctures

Catuaba Extract

Bark.

\$9.50

TN-017

Cascara Sagrada Extract

Properly aged bark (generally 1 year).

\$9.25

TN-015

Cat's Claw Extract

Bark.

\$9.00

TN-016

Cramp Bark Extract

Dried bark, harvested in the autumn before leaves change color, or in the spring before leaves open. The leaves and fruit are used in laxatives.

\$9.50

TN-026

Cayenne Extract

The fruit, fresh or dried, chopped or powdered.

\$9.00

TN-018

Celandine Extract

The above-ground parts of the plant, dried, cut and/or powdered.

\$9.00

TN-019

Chamomile Extract

Flowers

\$9.00

TN-020

Cleavers Extract

Usually the above ground parts of the plant, dried and chopped.

\$9.00

TN-23



Tinctures

Chaste Tree (Vitex) Extract

Dried fruiting berry.

\$9.00

TN-021

Chickweed Extract

Entire aerial part of plant.

\$9.00

TN-022

Damiana Extract (OUT)

Leaf and leaf stems, dried.

\$0.00

TN-027

Dandelion Extract

The whole leaf, dried, and cut.

\$9.00

TN-028

Devil's Claw Extract

Sun dried tuber. Most prefer secondary tuber, and this is the form offered by Mountain Rose Herbs.

\$9.00

TN-029

Dong Quair Root Extract

Root.

\$9.00

TN-030

Echinacea Purpurea Extract

The root, leaves, stems and flowers, of Echinacea purpurea, Echinacea angustifolia, or Echinacea pallida.

\$9.50

TN-031

Elder Berry Extract

Most commonly the flowers or berries. Dried fruits are less bitter than fresh. The stems and leaves are poisonous.

\$9.00

TN-032



Tinctures

Elecampane Extract \$9.00 TN-033	Roots and rhizomes dug from 2- to 3-year-old plants, dried and cut.
Eleuthero Root Extract \$9.50 TN-034	The dried root.
Eyebright Extract \$9.00 TN-035	Leaf, stem and small pieces of the flowers.
Fenugreek Extract \$9.00 TN-036	The fruit or "seeds," dried and used whole or ground.
Gentian Root Extract \$9.00 TN-037	Dried, mature root.
Ginko Extract \$9.00 TN-038	Leaves and nuts. Leaves are considered "sweeter" and have a gentle effect and are primarily used for cerebral circulation.
Gravel Root Extract \$9.00 TN-043	Root.
Ginseng American Extract (OUT) \$0.00 TN-039	The mature root, washed, dried and cut.



Tinctures

Horsetail Extract
\$9.00
TN-047

The above-ground parts of the plant, dried, cut, and powdered.

Juniper Extract
\$9.00
TN-050

The berries, whole, ground, or rubbed through a sieve. To prevent loss of essential oil, juniper berries should not be ground, crushed, or rubbed until just before use. The herb

Kava Kava Extract
\$10.50
TN-051

Whole roots, with the smaller rootlets that tendril from the main shaft being higher in active compounds. Powdered root is its main form for consumption to date.

Lady's Mantle Extract
\$9.50
TN-052

The above-ground parts of the plant, dried.

Licorice Root Extract
\$9.00
TN-053

The root in dried form.

Milk Thistle Extract
\$9.00
TN-054

The threshed, dried seed.

Motherwort Extract
\$9.00
TN-055

All the above-ground parts of the plant, gathered after flowering, dried, and cut.

Muir Puama Extract
\$10.50
TN-056

Bark and root.



Tinctures

Myrrh Gum Extract

\$9.50

TN-057

Dried exudates (resin) from the bark.

Nettle Liquid Extract

\$9.25

TN-058

Leaves.

Oats Extract

\$9.25

TN-059

The threshed and dried stem and leaf, and the dried or fresh milky tops.

Oregon Grape Root Extract

\$9.25

TN-060

Root.

Osha Root Extract

\$9.25

TN-061

Dried root.

Passion Flower Extract

\$9.25

TN-059

Dried leaves and stems. Passionflower powder must be stored at temperatures below 77 degrees F (25 degrees C), and should be used within six months of purchase.

Pau D'Arco Extract

\$9.25

TN-063

Inner bark.

Pipissew Extract

\$9.50

TN-064

Dried leaf usually, although all parts of the plant including stems are medicinally active.



Tinctures

Plantain Extract

\$9.25

TN-065

The whole leaf and some stem is acceptable.

Prickly Ash Extract

\$9.25

TN-067

The bark or the fruit, dried and chopped. The powder is better for poultices than the chopped bark. The chopped bark is better for making teas and tinctures than the pow-

Pleurisy Extract

\$9.50

TN-066

Root and sometimes the leaves and plant.

Red Clover Extract

\$9.25

TN-068

Flowers and sometimes the leaf and flower.

Red Root Extract

\$9.25

TN-069

Root bark.

Valerian Extract

\$9.25

TN-080

Dried root.

White Oak Extract

\$9.50

TN-081

Dried or toasted bark. Gentle dry heat increases the concentration of volatile oils in the bark. Bark, ground before storage. Gentle heating concentrates healing volatile oils in

Wild Cherry Extract

\$9.25

TN-082

Dried bark.



Tinctures

Boneset Extract
\$9.25
TN-009

The entire plant is medicinal, including leaf, stem and flower, but typically only the above-ground parts are collected. The herb is dried and chopped.

Buchu Extract
\$9.25
TN-010

Dried leaf and small flowers.

Burdock Extract
\$9.25
TN-011

The washed and dried root, powdered.

Reishi Mushroom Extract
\$13.50
TN-070

The whole mushroom top, with as little shaft as possible. The larger the mushroom the better.

Sarsaparilla Extract
\$9.25
TN-071

Root.

Saw Palmetto Extract
\$9.25
TN-072

Berries, dried and cut or powdered.

Schisandra Extract
\$9.50
TN-073

The whole berry or powdered berry.

Shepherd's Purse Extract
\$9.25
TN-074

Seedpods, crushed before making tea.



Tinctures

Skull Cap Extract

\$9.25

TN-075

The above-ground parts of the plant, dried.

Slippery Elm Extract

\$9.25

TN-076

The chopped bark is suitable for poultices. Use ground bark for tea. The inner bark is preferred and this is what Mountain Rose Herbs exclusively offers.

St. John's Wort Extract

\$9.25

TN-077

The dried flowering tops and leaf.

Usnea Extract

\$9.25

TN-078

The dried thallus or lichen strands of collected plants.

Uva Ursi Extract

\$9.25

TN-079

Dried leaves and stem fragments.

Wild Yam Extract

\$9.25

TN-083

The dried tuber.

Wood Betony Extract

\$9.25

TN-084

The whole herb, collected in dry weather.

Worm Wood Extract

\$9.25

TN-085

The whole herb (leaf, stem and flowering parts).



Tinctures

Black Cohosh-Kava Kava Extract \$10.50 CTN-001	Assists in reducing cramps, muscular pain and helps to promote general pain relief.
Black Walnut-Wormwood Extract \$10.00 CTN-002	Assists in intestinal cleansing and anti-parasite support.
Devils Claw-Yucca Extract \$10.00 CTN-003	Assists in the reduction of joint inflammation and arthritic discomfort.
Dong Quai-Wild Yam Extract \$10.00 CTN-004	Aids female hormonal & pre-menstrual balance.
Echinacea Premium Extract \$10.50 CTN-005	Superior immune system support.
Echinacea-Goldenseal Extract \$10.00 CTN-006	Supports immune system and helps provide additional protection against infections.
Ginko-Gotu Extract \$10.00 CTN-007	Helps to support normal function of adrenal & nervous systems.
Huckleberry-Devils Club Extract \$9.75 CTN-008	Helps to support a healthy blood sugar balance.



Tinctures

Kava Kava-California Poppy Extract Helpful for anti-anxiety support and supporting relaxation.
\$10.50
CTN-009

Male Formula Extract Helpful in supporting endurance, stamina and general vitality for men.
\$10.50
CTN-010

Milk Thistle-Dandelion Extract Helpful for supporting healthy liver function.
\$10.00
CTN-011

Motherwort-Black Cohosh Extract Aids female hormonal balance.
\$10.00
CTN-012

Nettles-Eyebright Extract Promotes relief and reduces discomfort associated with nose & sinus type allergies.
\$10.00
CTN-013

Red Clover-Burdock Extract Helpful for promoting healthy skin, and liver support. Assists in the elimination of toxins.
\$10.50
CTN-014

Saw Palmetto-Nettles Extract Encourages healthy prostate function and supports a healthy urinary tract for men.
\$10.00
CTN-015

Skull Cap-Oats Extract Helps to encourage relaxation and acts as a nervine tonic.
\$10.50
CTN-016



Tinctures

St John's Wort-Lemon Balm Extract Helpful for maintaining emotional balance and general relief from nervous anxiety.
\$10.00
CTN-017

Uva Ursi-Horsetail Extract Promotes a healthy urinary system.
\$10.50
CTN-018

Valerian-Passion Flower Extract Helpful for promoting relaxation and aiding in ones sleep.
\$10.00
CTN-019

Vitex-Burdock Extract Assists emotional and hormonal balance relative to a woman's menstrual cycle.
\$10.50
CTN-020

Vitex-Dong Quai Extract Helpful for encouraging hormonal balance and grace during pre-menopause.
\$10.50
CTN-021

Black Walnut-Wormwood *Glycerite* Anti-parasite and intestinal support.
\$9.75
GTN-001

Burdock *Glycerite* Helpful for general blood health and for liver support.
\$9.75
GTN-002

Camomile-Catnip *Glycerite* A mild sedative, especially helpful in times of high anxiety and over-excitement.
\$10.00
GTN-003



Tinctures

Dandelion Glycerite

\$10.00

GTN-004

A splendid herb, used for general liver support.

Echinacea Glycerite

\$10.00

GTN-005

Very helpful in supporting and enhancing a healthy immune system.

Hawthorn Glycerite

\$9.75

GTN-006

Helpful for general heart and blood pressure support.

Milk Thistle Glycerite

\$10.00

GTN-007

A splendid herb, used for general liver support.

Oats Glycerite

\$10.00

GTN-008

A great ally in calming nervous system.

Valerian Glycerite

\$9.75

GTN-009

Helpful in encouraging relaxation and restful sleep.