



Touch of Heaven's Organic Shop

Organic, the way God Intended!



- All of our products are either organic, wild harvested, cultivated without chemicals or fair trade.
- We only provide the finest quality for your satisfaction.
- From all of us here at Touch of Heaven's
Have an organically Blessed Day!

Summer Issue 09

Have an Organically Blessed Day!



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Ayate Soap Pouch AC-001 \$4.95	A great way to lather up & bath.
Ayate Washcloth OUT AC-002 \$5.00	This 100% natural washcloth is not only exfoliating but invigorating as well.
Incent Floral Holder AC-003 \$2.00	This is great for incent sticks or cones.
Incense Wooden Holder AC-004 \$3.10	Beautiful hand crafted incent
9 Piece Spice set AC-005 \$60.00	9 Piece spice set comes with all organic spices that are a treasure for cooking.
Large Cloth Tea Bags (3) AC-006 \$3.15	Handy to have in the kitchen & bath rooms.
Small Cloth Tea Bags (3) AC-007 \$2.90	Handy to have in the kitchen & bath rooms.
Magnetic Spice Tins AC-008 \$4.00	Magnetic Spice Tins are not only stylish but a space saver.
Marble Mortar & Pestle AC-009 \$13.50	This beautiful set is always handy in the kitchen.
Sleep Herb Pillow Mix AC-010 \$6.00	Great for helping you get a good night's sleep.
Dream Herb Pillow Mix AC-011 \$6.00	This is sure to send you to dreamy land.



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Tea Mesh Infuser AC-012 \$3.50	Mesh infusers are great for that perfect cup of coffee.
Tea Ball Small AC-013 \$3.50	This is a handy little gadget all kitchens should have one.
Large White Porcelain Mortar AC-014 \$8.50	Every kitchen should have a mortar & pestle set.
Small White Porcelain Mortar AC-015 \$7.50	Every kitchen should have a mortar & pestle set.
Nutmeg Grater AC-016 \$9.50	This is easy to handle & use.
Suribachi (Brown) AC-017 \$15.00	This is something that any herbalist should have & its beautiful design goes in any kitchen.
Suribachi Dragonfly AC-018 \$16.25	All herbalist should have one of these handy tools, elegant enough for any kitchen.
Spice & Pepper Grinder AC-019 \$16.75	This useful and convenient grinder is a must have for practically every pantry herbalist and spice cooker.
Mesh Tea Ball Large AC-020 \$8.50	This large mesh tea ball has many practical uses!
Aphrodite Aroma Spray AE-001 \$10.95	Sensual, spicy, and fun aroma spray.
Cucumber Mist Aroma Spray AE-002 \$11.95	Ahhh, keeping summer alive all year round.



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Evening Embrace Aroma Spray AE-003 \$9.95	What better way to help your body relax then with evening embrace.
Gaia Aroma Spray AE-004 \$8.95	This mixture of aroma is great for the down in the dump days, uplifting the spirit to a better, soothing place.
Green Tara Aroma Spray AE-005 \$9.95	Helps aide in emotional healing.
Moon Moods Aroma Spray AE-006 \$8.95	Helps calm & alleviate emotional offsets.
Bay Laurel Bar Soap BS-001 \$5.95	Invigorating, aromatic & 100% natural.
Cedar Bar Soap BS-002 \$5.95	Invigorating, aromatic & 100% natural.
Dead Sea Salt BS-003 \$5.50	Is good for bath product, scrubbing blends, nutrient, fine & mixes well with other ingredients.
Epsom Salt BS-004 \$4.00	Has great therapeutic benefits.
Herbal Salt Coastal BS-005 \$5.75	Good bathing salt
Herbal Bath Salt Relaxing BS-006 \$9.00	If you need to be pampered, this is the salt for you.
Himalayan BS-007 \$4.50	Most purest salts available for culinary, therapeutic & cosmetic uses.



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Juniper Soap BS-008 \$5.95	Invigorating, aromatic & 100% natural.
Kathy's Mint/Eucalyplus Body Wash BS-009 \$9.95	100% natural, long lasting bars of soap.
Kathy's Citrus Body Wash Gel BS-010 \$9.95	100% natural, long lasting bar soap.
Kathy's Lavender Body Wash Gel BS-011 \$9.95	100% natural, longer lasting bar soap.
Relaxing Bath Herb BS-012 \$5.75	Healing, purifying & splendid with such freshness to bath in.
Sage Bar Soap BS-013 \$5.95	Invigorating, aromatic & 100% natural.
Sea Salt, Coarse BS-014 \$4.00	All natural, great for cooking, scrubs, bath.
Sea Salt, Fine BS-015 \$4.00	Good for cooking, scrubs, Bath.
Oregon Tangerine Bar Soap BS-016 \$3.75	Finally a practical, economical and organic soap made from good folks who have an unwavering commitment to the protection of our natural world by planting 1
Oregon Forrest Bar Soap BS-017 \$3.75	Finally a practical, economical and organic soap made from good folks who have an unwavering commitment to the protection of our natural world by planting 1
Oregon Lavender/Oatmeal Bar Soap BS-018 \$3.75	Finally a practical, economical and organic soap made from good folks who have an unwavering commitment to the protection of our natural world by planting 1



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Oregon Mint Bar Soap BS-019 \$3.75	Finally a practical, economical and organic soap made from good folks who have an unwavering commitment to the protection of our natural world by planting 1
Oregon Honey/Oatmeal Bar Soap BS-020 \$3.75	Finally a practical, economical and organic soap made from good folks who have an unwavering commitment to the protection of our natural world by planting 1
Oregon Soap Unscented OUT BS-021 \$0.00	Finally a practical, economical and organic soap made from good folks who have an unwavering commitment to the protection of our natural world by planting 1
All Purpose Seasoning BD-001 \$7.00	This all purpose blend has a versatility that allows it to be dispersed amongst most dishes to add zest, flavor and panache.
Black Lava Salt BD-002 \$4.50	Black lava has an earthy flavor and smoky top note that distinguishes itself from many other finishing salts.
Cajun Spice BD-003 \$6.00	A fiery and savory blend of all spices typically associated with southern cooking.
Caribbean Blend BD-004 \$7.50	A zesty blend with a piquant flavor which can be applied to most dishes, however it is best suited for Caribbean style entrees.
Celery Salt BD-005 \$5.00	Most of us cook and season with salt, but adding celery to the infusion adds a whole new spectrum of flavor!
Chili Powder Blend BD-006 \$6.50	A real taste of the Southwest is faithfully expressed in this delightfully zesty blend created especially for Mexican and Southwest dishes.
Chinese 5 Spice Blend BD-007 \$6.00	A mixture used throughout China and parts of south-east Asia to season meats, poultry, and pan fried foods.
Curry BD-008 \$6.75	The most prominent of the exotic spices; this blend invokes the passionate cooking of Indian cuisine and deeply enriches the epicurean experience.



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Garam Masala BD-009 \$9.25	As a richer blend, it is recommended to use more sparingly, and is best served in pan fried foods and meats.
Garlic Pepper BD-010 \$5.75	A ubiquitous and easily adopted spice for nearly every dish you could imagine where a little Salt, Pepper and Garlic are needed.
Grilling Herbs BD-011 \$5.00	This blend packs a punch with its bold flavor and penetrating aroma which holds itself well against high heat and direct flame.
Herbs De Provence BD-012 \$6.75	Adds festive floral to seemingly bland dishes and is best reserved for some pastas, fish and most seafood.
Himalayan Pink Salt BD-013 \$4.25	Himalayan Pink Salt is one of the purest salts available for culinary, therapeutic and cosmetic uses.
Italian Seasoning BD-014 \$5.00	A piquant and zesty spice blend for all pastas, meats and salads, and a great way to liven up dishes with a seldom bland taste.
Lemon Pepper BD-015 \$6.00	This piquant and invigorating seasoning blend has just the right zest to add a memorable flavor to poultry and seafood.
Mediterranean Seasoning BD-016 \$6.25	Mediterranean cooking at its finest! Enjoy the sumptuous aroma of this fine blend so rapturous it makes the mouth water!
Mexican Seasoning BD-017 \$6.75	A fiesta for the taste buds! A truly invigorating blend of spices for Mexican dishes including tacos, grilled meats and sauces.
Red Alaea Salt BD-018 \$4.25	Salt is one of history's most sought after commodities, and is still used as a currency in some parts of the world.
Seasoning Salt BD-019 \$4.25	A ubiquitous and easily adopted seasoning for nearly every dish you could imagine where a little Salt, Pepper and zest are needed.



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Smoked Sea Salt BD-020 \$4.25	A new breed of natural smoked sea salt which we find stimulating to the taste buds and complimentary to North American culinary dishes.
Thai Curry Blend BD-021 \$6.50	A traditional seasoning used for the entire spectrum of Thai dishes and works just as wonderfully within Szechuan recipes.
West Indies Rub BD-022 \$5.00	An intoxicating and alluring blend which has been popularized by traditional Caribbean and Jamaican dishes, and is best in stir fry entrees, on fish, and as
Ashwaganda Root C-001 \$9.00	Eastern and Western herbal medicine use the dried root. Most notably, the dry, cut root. Berries of this plant are mildly toxic to the stomach and gastroin-
Astragalus Root C-002 \$9.00	The dried root in the form of tea, encapsulated or as an extract. Powder is mildly sweet and may be sprinkled on food or whipped into a shake or smoothie.
Bee Pollen C-003 \$9.50	From Oregon bees.
Bladderwrack C-004 \$9.00	Entire plant.
Burdock Root C-005 \$9.50	The washed and dried root, powdered.
California Poppy Herb C-006 \$9.50	Above-ground parts of the plant, dried.
Cascara Sagrada Bark C-007 \$8.75	Properly aged bark (generally 1 year).
Cat's Claw C-008 \$9.00	Bark.



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Cayenne C-009 \$9.00	The fruit, fresh or dried, chopped or powdered.
Cranberry C-010 \$10.00	Berry.
Cramp Bark C-011 \$10.00	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.
Damiana Leaf C-012 \$8.50	Leaf and leaf stems, dried.
Dandelion Root C-013 \$9.50	The whole root, dried, and cut.
Devil's Claw Root C-014 \$9.50	Sun dried tuber. Most prefer secondary tuber, and this is the form offered by Mountain Rose Herbs.
Dong Quai Root C-015 \$9.50	Root.
Echinacea Root C-016 \$9.00	The root, leaves, stems and flowers, of Echinacea purpurea, Echinacea angustifolia, or Echinacea pallida.
Eleuthero Root C-017 \$9.50	The dried root.
Epinedium C-018 \$9.00	The dried leaf.
Fenugreek Seed C-019 \$9.00	The fruit or "seeds," dried and used whole or ground.



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Feverfew C-020 \$9.00	Leaf, flower and occasionally the stem.
Garlic C-021 \$9.00	Bulb.
Ginger Root C-022 \$9.50	Dried, peeled rhizome, chopped. Chopped ginger is used to treat "wetter" conditions, such as treating or preventing infections, while powdered ginger is used
Ginkgo C-023 \$9.00	Leaves and nuts. Leaves are considered "sweeter" and have a gentle effect and are primarily used for cerebral circulation.
Ginseng Root C-024 \$11.50	The mature root, washed, dried and cut.
Gotu Kola Leaf C-025 \$9.00	Leaf. Either fresh or dried.
Guarana Seed C-026 \$9.00	Seed.
Hawthorn Berry C-027 \$9.00	The whole berry, dried, crushed and powdered.
Horsetail Herb C-028 \$9.00	The above-ground parts of the plant, dried, cut, and powdered.
Kava Kava Root C-029 \$10.25	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.
Licorice Root C-030 \$9.00	The root in dried form.



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Maca Root C-031 \$9.50	The whole powdered or sliced root in either raw or roasted form.
Marshmallow Root C-032 \$9.00	The dried root. Reputable suppliers test the product for its ability to swell when mixed with water. Marshmallow root does not swell as much as marshmallow
Milk Thistle Seed C-033 \$9.00	The threshed, dried seed.
Nettle Leaf C-034 \$9.00	Leaves.
Olive Leaf C-035 \$9.00	Dried leaves and leaf fragments.
Pau D' Arco Bark C-036 \$9.00	Inner bark.
Psyllium Seed C-037 \$9.00	Whole Seed without husk.
Reishi Mushroom (OUT) C-038 \$9.75	
Rhodiola Root (OUT) C-039 \$9.00	Root.
Saw Palmetto C-040 \$9.75	Berries, dried and cut or powdered.
Schisandra Berry C-041 \$9.00	The whole berry or powdered berry.



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Senna Leaf C-042 \$9.50	Dried leaf, and/or pods.
Shiitake C-043 \$10.25	Fungus (whole mushroom).
Skullcup Herb C-044 \$10.25	The above-ground parts of the plant, dried.
Slippery Elm Bark C-045 \$9.75	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.
Spirulina C-046 \$10.00	Dried and processed algae.
St. John's Wart C-047 \$9.00	The dried flowering tops and leaf.
Turmeric Root C-048 \$9.00	The rhizome, dried and ground.
Uva Ursi Leaf C-049 \$9.00	Dried leaves and stem fragments.
Valerian Root C-050 \$9.00	Dried root.
Vitex Berry C-051 \$8.75	Dried fruiting berry.
Wild Yam Root C-052 \$9.00	The dried tuber.



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Yucca Root C-053 \$10.00	Root.
Black Cohosh Root C054 \$10.25	Root.
Chlorella C-055 \$10.25	The entire plant, dried. The cell wall is practically impenetrable, and indigestible in most regards. When purchasing Chlorella, make sure the outer cell wall
Fo-Ti C-056 \$9.25	Two varieties are known. Traditional Chinese medicine call for a Fo-Ti which is cured in a traditional black bean sauce, however there is also a form known
Goldenseal Root C-057 \$11.25	Root.
Kelp C-058 \$9.25	Powdered or granulated whole kelp plant, which has been sun dried, cleaned and processed.
Maitake Mushroom C-059 \$9.50	The whole mushroom.
Osha Root C-060 \$11.25	Dried root.
Triphala C-061 \$9.25	Powdered or cut and usually in the form of tea. May be used as a capsule or extract.
White Willow Bark C-062 \$9.50	Bark.
Aloe Powder OUT CWC-001 \$5.50	Aloe gel releases natural salicylates, compounds related to aspirin, and relieves pain as it encourages healing.



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Chai Seed CWC-002 \$3.25	Most often used as a tincture or ointment. Can be encapsulated or taken as a tea.
Chlorella Powder OUT CWC-003 \$7.50	Powder to be added to drinks and smoothies, and may be made into a capsule or extract.
Jasmine Flowers CWC-004 \$4.00	Creams, washes, liniments, teas, and infusions.
Kava Kava Root CWC-005 \$9.75	Pulverized or powdered root to make a milky drink, liquid herbal extract, capsule, or cut root added to decoction tea.
Kava Kava Powder CWC-006 \$9.75	Pulverized or powdered root to make a milky drink, liquid herbal extract, capsule, or cut root added to decoction tea.
Lotus Flower Petals CWC-007 \$13.00	The flower petals and leaves are typically made into a tea or decoction for internal and external use. They may also be used as a garnish, smoked, floated in
Papaya Leaf OUT CWC-008 \$2.25	Infusions or teas, taken in small doses. For convenience it may be taken as a capsule or extract.
Rhodiola Root CWC-010 \$3.50	Teas, tinctures, and encapsulations.
Rhodiola Root Powder OUT CWC-011 \$3.75	Teas, tinctures, and encapsulations.
Roses, Pink CWC-012 \$4.00	Rose oil, rose water, ointments, and potpourri. Uses are very numerous and can be administered as a tea, poultice, bath herb, pillow mix, body spray, etc.
Sweetgrass Braid CWC-014 \$6.00	22-30 in long braids.



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Ephedra Powder OUT CWC-015 \$0.00	Usually teas, but for convenience it may be taken as a capsule or extract.
Hazelnut Flavoring Extract ET-001 \$4.00	Contains 20% Organic Ethyl Alcohol
Lemon Flavoring Extract ET-002 \$4.95	Contains 50% Organic Ethyl Alcohol
Orange Flavoring Extract ET-003 \$4.95	Contains 50% Organic Ethyl Alcohol
Peppermint Flavoring Extract ET-004 \$6.00	Contains 50% Organic Ethyl Alcohol
Vanilla Flavoring Extract ET-005 \$13.25	Contains 35% Organic Ethyl Alcohol
Allergy Herbal Basket GB-001 \$60.00	3,6 or 9 plastic jars of herbs.
Anti Aging Herbal Basket GB-002 \$50.00	Comes with 3 small or 3 large plastic jars of herbs.
Anxiety Herbal Basket GB-003 \$60.00	Comes in 3,6 or 9 plastic jars of herbs.
Arthritis Herbal Basket GB-004 \$60.00	Come in 3, 6 or 9 plastic jars.
Asthma/Bronchitis Herbal Basket GB-005 \$50.00	Come in 3 small or 3 large plastic jars.



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Bowl Intestinal Track Herbal Basket GB-006 \$50.00	Comes in 3 small or 3 large plastic jars.
Cancer Herbal Basket GB-007 \$70.00	Comes in 3, 6 or 9 plastic jars.
Children's Herbal Basket GB-008 \$60.00	Comes in 3,6 or 9 plastic jars.
Cholesterol Herbal Basket GB-009 \$60.00	Comes in 3,6 or 9 plastic jars.
Circulation Herbal Basket GB-010 \$50.00	Comes in 3 small or 3 large plastic jars.
Cold & Flu Herbal Basket GB-011 \$60.00	Herbs come in 3,6,or 9 plastic spice jars.
Digestive Herbal Basket GB-012 \$40.00	Herbs come in 3 small or 3 large plastic jars.
Diabetes Herbal Basket GB-013 \$60.00	Herbs come in 3,6, or 9 plastic jars.
Fibromyalgia Herbal Basket GB-014 \$40.00	Herbs come in 3,6, or 9 plastic jars.
Hair Loss Herbal Basket GB-015 \$40.00	Herbs come 3 small or 3 large plastic spice jars.
Heart Ailment Herbal Basket GB-016 \$40.00	Herbs come 3 small or 3 large plastic spice jars.



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Hepatitis Herbal Basket GB-017 \$60.00	Herbs come in 3,6, or 9 plastic spice jars.
Herpies Herbal Basket GB-018 \$60.00	Herbs come in 3,6, or 9 plastic spice jars.
High Blood Pressure Herbal Basket GB-019 \$60.00	Herbs come in 3,6, or 9 plastic spice jars.
HIV/Aids Herbal Basket GB-020 \$40.00	Herbs come in 3 small or 3 large plastic spice jars.
Insects Herbal Basket GB-021 \$60.00	Herbs come in 3,6, or 9 plastic spice jars.
Liver Ailment Herbal Basket GB-022 \$60.00	Herbs come in 3,6, or 9 plastic spice jars.
Men's Health Herbal Basket GB-023 \$60.00	Herbs come in 3,6, or 9 plastic spice jars.
Migraines Herbal Basket GB-024 \$60.00	Herbs come in 3,6, or 9 plastic spice jars.
Rheumatism Herbal Basket GB-025 \$60.00	Herbs come in 3,6, or 9 plastic spice jars.
Sinus Herbal Basket GB-026 \$40.00	Herbs come in 3 small or 3 large plastic spice jars.
Skin Herbal Basket GB-027 \$60.00	Herbs come in 3,6, or 9 plastic spice jars.



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Thyroid Herbal Basket GB-028 \$60.00	Herbs come in 3,6, or 9 plastic spice jars.
Triglycerides Herbal Basket GB-029 \$40.00	Herbs come in 3 small or 3 large plastic spice jars.
Uterine Fibroids Herbal Basket GB-030 \$40.00	Herbs come in 3 small or 3 large plastic spice jars.
Weight Loss Herbal Basket GB-031 \$40.00	Herbs come in 3 small or 3 large plastic spice jars.
Women's Health Herbal Basket GB-032 \$70.00	Herbs come in 3,6, or 9 plastic spice jars.
Colon Cleansing Herbal Basket GB-033 \$60.00	Herbs come in 3,6, or 9 plastic spice jars.
Gift Certificates GC-001 \$5.00	Good towards your next purchase from Touch of Heaven's Organic Shop.
Gift Certificates GC-002 \$10.00	Good towards your next purchase from Touch of Heaven's Organic Shop.
Gift Certificates GC-003 \$25.00	Good towards your next purchase from Touch of Heaven's Organic Shop.
Gift Certificates GC-004 \$50.00	Good towards your next purchase from Touch of Heaven's Organic Shop.
Gift Certificates GC-005 \$75.00	Good towards your next purchase from Touch of Heaven's Organic Shop.



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Gift Certificates GC-006 \$100.00	Good towards your next purchase from Touch of Heaven's Organic Shop.
Agrimony HB-001 \$3.50	Agrimony is an herb in the rose family found near hedges and fences throughout England. Bearing yellow flowers with egg-shaped petals on spikes emanat-
Agrimony Powder HB-002 \$3.50	Agrimony is an herb in the rose family found near hedges and fences throughout England.
Alfalfa Leaf HB-003 \$2.50	Alfalfa is one of the oldest cultivated plants. It has been used for centuries for hay, but it has also been used for centuries as a human food.
Alfalfa Powder HB-004 \$2.75	As a food, alfalfa provides beta-carotene and vitamins C, E, and K (although it is not, as frequently claimed, a source of vitamin A).
Alfalfa Sprouting Seeds HB-005 \$3.00	Alfalfa is one of the oldest cultivated plants in the world, not only for livestock, but also for human consumption.
Angelica Root OUT HB-006 \$0.00	The plant has an intense yet sweet aroma more like carrots than like dill or fennel.
Angelica Root Powder HB-007 \$5.00	The plant has an intense yet sweet aroma more like carrots than like dill or fennel.
Anise Seed HB-008 \$2.75	Anise is a member of the family of plants that includes carrots, caraway, cumin, dill, fennel, and cilantro. Of all of these umbels, anise is the plant that
Anise Powder HB-009 \$3.50	Whole or ground fruits, although flavor is better if the fruits are stored whole and then ground just before use.
Anise Star Pods Powder HB-010 \$3.75	Anise star pods are hotter, more pungent, more bitter, and much more licorice-like than the European anise.



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Anise Star Pod HB-011 \$3.50	Ground star anise added to baked goods protects them from spoilage by bacteria or fungi.
Annatto Seed Powder HB-012 \$3.50	Annato is a South and Central American herb producing small, dark, red seeds with a faint, flowery odor.
Annatto Seed Whole HB-013 \$3.25	The intense red color of the seed is due to bixin in the seed coat.
Arnica Flower Whole HB-014 \$7.25	Arnica is a graceful woodland plant in the same family as the sunflower, native to Central Europe and the western United States.
Arrow Root Powder HB-015 \$3.00	It is valued chiefly for its thickening properties, and is often used in thickening clear sauces and glazes and jellies.
Artichoke Leaf OUT HB-016 \$3.50	The ancient Romans discovered that artichoke leaf was valuable as a digestive aid, making it a noble vegetable only to be consumed by the nobility and
Ashwaganda Root HB-017 \$3.75	Recent studies have attempted to popularize its use as a preliminary treatment for male infertility and impotence problems.
Ashwaganda Root Powder HB-018 \$4.50	Ashwaganda is India's native answer to Ginseng and it is currently being applied in Ayurvedic medicine to treat hypertension and stress related ailments.
Astragalus Root HB-019 \$4.00	A graceful, flowing plant with long stems bearing paired, pointed leaves and purple flowers, the astragalus is harvested for its roots that are white when
Astragalus Root Powder HB-020 \$4.00	Astragalus is the chief energy tonic of traditional Asian medicine.
Astragalus Root Slices HB-021 \$4.00	Astragalus is the chief energy tonic of traditional Asian medicine.



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Barley Grass Powder HB-022 \$3.25	Barley grass has been used in traditional Chinese medicine for at least 1800 years.
Beet Root Powder HB-023 \$4.00	Beet juice and beet powder are used to flavor carrot, celery, and other vegetable juices, and also to color a variety of foods.
Bilberry Fruit HB-024 \$9.25	The bilberry has a long history of medicinal use.
Bilberry Leaf HB-025 \$3.75	The European bilberry bush is a close relative of American blueberries, cranberries, and huckleberries.
Birch Leaf HB-026 \$3.25	The leaves have a pleasant odor but a bitter taste.
Black Cohosh Root HB-027 \$6.25	It became the key ingredient in Lydia Pinkham's Vegetable Compound, a wildly popular over the counter medicine for menstrual problems, infertility,
Black Cohosh Root Powder HB-028 \$7.25	Today, black cohosh remains one of the most popular remedies in the world for women's natural health.
Black Walnut Leaf HB-029 \$3.25	Black walnuts are smaller, harder, and more pungent than the English walnuts sold in grocery stores.
Blackberry Leaf HB-030 \$3.25	The blackberry is a berry that grows on small, bushy vines, each berry or drupe a cluster of small, black fruits.
Blessed Thistle HB-031 \$3.00	The blessed thistle is a weed with prickly leaves and yellow flowers surrounded by purple spikes.
Blue Flag Root HB-032 \$8.25	It grows in shallow water, and is similar in appearance to other wild iris, and is sometimes mistaken for them.



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Blue Vervain HB-033 \$3.75	Traditionally used as a tea, sometimes available in tea bags; also used in herbal teas.
Blue Violet Leaf HB-034 \$4.75	The European or sweet violet is cultivated for its beautiful and fragrant flowers that are also used in perfumes, flavorings, and herbal medicines.
Boneset OUT HB-035 \$3.75	Its name derives from its historical use in treating a viral infection known as break-bone fever.
Borage HB-036 \$4.75	At one time borage was an essential herb for bee-keepers, grown to help bees produce more honey.
Brahmi OUT HB-037 \$3.25	Its leaves are bright green and look almost like a succulent.
Brahmi Powder OUT HB-038 \$3.75	Because of its easy adaptability, it is a favorite foliage for aquariums both big and small.
Broccoli Sprouting Seed HB-039 \$5.75	Broccoli sprouts are added to salads, soups, pestos, pizzas, and wraps for flavor and texture.
Buchu Leaf HB-040 \$21.00	The leaves have a peppermint like aroma that increases as they are dried.
Buckthorn Bark HB-041 \$3.00	It has been used as a laxative since the seventeenth century, and it was brought to the United States with early settlers for that purpose.
Buckthorn Bark Powder HB-042 \$3.50	Buckthorn is a popular ingredient in European laxative extracts, tablets, and teas, and, oddly enough, added to sun block.
Bugleweed HB-043 \$4.20	It bears clusters of white, bugle like flowers where stems connect to leaves.



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Bupleurum Root HB-044 \$4.00	Bupleurum has been one of Traditional Chinese Medicine's most important herbs for releasing the exterior, that is, for treating allergies, infections, and
Bupleurum Root Powder HB-045 \$4.25	Bupleurum has been one of Traditional Chinese Medicine's most important herbs for releasing the exterior, that is, for treating allergies, infections, and
Burdock Root HB-046 \$3.50	In mid-summer, the plant blossoms into a dense array of globular flowers with sticky bracts that cling to passing animals and peoples.
Burdock Root Powder HB-047 \$3.50	The plant grows on roadsides and waste places and around field boundaries throughout Britain, Europe and North America; it is cultivated in Japan.
Cacao Beans Whole OUT HB-048 \$5.75	Cacao stimulates the production of serotonin and endorphins, and contains phenylethylamine and anandamide, two chemicals that elevate the mood and
Cacao Nibs HB-049 \$5.75	Cacao beans and nibs, the raw materials for making chocolate, are high in flavonoids, contain more antioxidants than most fruits and appear to lower chole-
Cacao Powder HB-050 \$4.50	Of course, we know cacao as the source of chocolate, the decadently delicious, luxurious guilty pleasure. There are, however, some very good reasons that
Calamus Root HB-051 \$3.75	The sharp edged calamus is a perennial semi aquatic plant that grows in marshes and on muddy banks of streams.
Calamus Root Powder HB-052 \$4.00	Chinese physicians of antiquity reported that calamus vaporized phlegm, but the word they used refers to not just physical phlegm but also the residues of dif-
Calendula flower Powder HB-053 \$10.00	The calendula was originally used as food rather than as an herb. It adds flavor and color to cereals, rice, and soups.
Calendula Flower Whole HB-054 \$8.00	The calendula was originally used as food rather than as an herb.



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California Poppy HB-055 \$7.75	California poppy is one of the oldest North American remedies for stress induced maladies including sensitivity to changes in the weather.
Caraway Seeds HB-056 \$2.00	The warming and aromatic seeds of the caraway plant are used to give a distinctive flavor to rye bread, cabbage, soups, pickles, teas, liqueurs, and spirits.
Cardamom Hulled HB-057 \$5.00	The sweetly aromatic cardamom is the fruit of a tropical plant related to ginger, and one of the worlds most expensive spices, after saffron and vanilla.
Cardamom Powder HB-058 \$5.75	It is the three seeds inside each pod, however, that are considered the spice.
Carob Powder HB-059 \$3.00	The carob is a tree in the same plant family as beans and peas. Its pods have been used for food for as long as 5,000 years.
Carob Cut HB-060 \$3.25	Most popular as a substitute for chocolate, carob powder was once deemed to essential to the opera, for saving the voices of performance weary sopranos.
Catnip Leaf & Flowers HB-061 \$4.00	A member of the mint, catnip attracts cats of all breeds and sizes, who often run up to the herb, paw it, roll in it, meow loudly, and then suddenly lose in-
Celandine HB-062 \$3.00	It has an odd and unpleasant odor and a bitter and pungent taste.
Centaury Herb HB-063 \$3.25	It acts on the kidneys and liver, purifies the blood, strengthens digestive function, increases stomach secretions to assist with the breakdown of food,
Chamomile Flower HB-064 \$4.00	Chamomile is a low growing relative of the sunflower native to Eastern Europe and now found around the world.
Chamomile Flower Powder HB-065 \$4.00	It is especially abundant in Hungary, Croatia, and Serbia, although chamomile grown in Egypt has an exceptionally high content of essential oils.



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Chaste Tree Berries Whole HB-066 \$2.75	Chaste tree is a small shrub native to the eastern Mediterranean and easily grown in warm climates around the world.
Chaste Tree Berry Powder HB-067 \$3.25	Its tart and peppery fruit has been used for over two thousands years, at least since the time of the Greek physician.
Chickweed HB-068 \$3.25	Chickweed is in the same plant family as cloves, and the fresh plant makes an interesting addition to a spring or summer salad.
Chickweed Powder HB-069 \$3.25	Chickweed is in the same plant family as cloves, and the fresh plant makes an interesting addition to a spring or summer salad.
Chicory Root Roasted HB-070 \$3.25	Chicory is a larger relative of the dandelion.
Chrysanthemum Flower OUT HB-071 \$0.00	The wild chrysanthemum is a sprawling, leafy plant with clusters of daisy like flowers at its crown.
Codonopsis Root OUT HB-072 \$4.00	The long, sweet taproot is used in herbal medicine.
Coltsfoot HB-073 \$3.25	Coltsfoot grows wild over much of Europe, and has been used traditionally to treat chest ailments for hundreds of years.
Comfrey Leaf HB-074 \$3.25	Comfrey leaf has a long history of use to promote the healing of bones and wounds, as well as internal use to treat a wide variety of ailments from arthritis
Comfrey Root HB-075 \$3.25	The root was especially valued for the slick mucilage that lines the inside of the hollow, woody stem and root.
Comfrey Root Powder HB-076 \$4.00	Ointments and oils containing comfrey are still allowed, and are used to promote rapid wound healing, including the healing of broken bones.



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Cornflowers Whole HB-077 \$4.75	Cornflower is a common wildflower that has been cultivated as a garden flower for centuries.
Cornsilks HB-078 \$4.25	Corn silks are the silky tassels running the length of an ear of corn.
Couch (dog) Grass Root HB-079 \$3.25	You should not grow doggrass in your herb garden unless you are able to keep it well contained.
Cranberry Powder HB-080 \$25.00	Also anti-asthmatic and diuretic, the cranberry offers side-benefits beyond its traditional use in treating urinary tract infections.
Damiana Leaf HB-081 \$3.25	Small, yellow flowers bloom in summer and are followed by small fruits with a fig-like taste.
Damiana Leaf Powder HB-082 \$3.75	The Mayas used damiana as an aphrodisiac, but more specifically as a remedy for giddy love. The herb was considered more important for focusing sexual energy.
Dandelion Leaf HB-083 \$4.00	The common dandelion, enemy of well-kept lawns, is an exceptionally nutritious food.
Dandelion Root HB-084 \$4.00	Its leaves and root contain substantial levels of vitamins A, C, D, and B complex as well as iron, magnesium, zinc, potassium, manganese, copper, choline,
Dandelion Roasted Root OUT HB-085 \$4.00	In Traditional Chinese Medicine, the roots of various species of dandelions are also used as "herbs that cool the blood."
Dandelion Root Powder HB-086 \$4.00	They are used in teas and poultices for abscesses and sores, especially on the breast. They promote lactation and clear painful urinary dysfunction.
Devil's Claw Root HB-087 \$4.00	Its claw-like roots are used in medicines after they are chopped and allowed to dry in the sun for at least 3 days.



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Dog (couch) Grass HB-088 \$3.25	Dog grass is an invasive grass that grows well (many gardeners would say, too well) in regions with warm summers and cool or cold, damp winters.
Dong Quai Powder HB-089 \$6.25	Chinese herbal medicine has used dong quai to help women return to their natural hormonal and emotional states after the accumulation of toxins and
Dong Quai Root HB-090 \$6.00	Dong quai is a plant in the same family as celery, parsley, and carrots.
Echinacea Angustifolia Root HB-091 \$7.75	While the exact chemical compounds responsible for the plants healing efficacies are unclear, its therapeutic value is well known.
Echinacea Angustifolia Powder HB-092 \$8.00	The complex sugars of the herb are its immune stimulants.
Echinacea Purpurea Herb HB-093 \$2.75	Stimulating the immune system, the herbs can also be used to treat chronic yeast infections in women and to prevent urinary tract infections in both sexes.
Echinacea Purpurea Herb Powder HB-094 \$3.00	Its therapeutic value is well known.
Echinacea Purpurea Root HB-095 \$5.00	The roots are used in either cut or powdered form for capsules, fluid extracts, teas, and tinctures.
Echinacea Purpurea Root Powder HB-096 \$4.00	The roots are used in either cut or powdered form for capsules, fluid extracts, teas, and tinctures.
Elder Berries OUT HB-097 \$4.00	Israeli researchers have developed five formulas based on elderberry fruit that have been clinically proven to prevent and ameliorate all kinds of influ-
Elder Flowers HB-098 \$4.75	Native Americans used the flowers, berries, and bark of elderberry trees to treat fevers and joint pain for hundreds of years, but elderberrys real claim to



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Elecampane Root HB-099 \$3.75	Elecampane is a member of the same plant family as the sunflowers and ragweed, native to southern and eastern Europe but naturalized around the world.
Elecampane Root Powder HB-100 \$4.00	Elecampane is a member of the same plant family as the sunflowers and ragweed, native to southern and eastern Europe but naturalized around the world.
Eleuthero Root HB-101 \$3.25	It was dispensed to entire cities in Siberia for 10 weeks in early winter to prevent colds and flu, and used as a treatment for radiation exposure after the
Eleuthero Root Powder HB-102 \$4.00	Eleuthero is a woodland plant native to southeastern Siberia and the Korean peninsula, and adapted to the damp forests of British Columbia, Washington, Ore-
Epimedium Leaf HB-103 \$3.50	It is in the same plant family as barberry and Oregon grape root.
Epimedium Powder HB-104 \$3.50	The name of the herb in Mandarin, yin yang huo, roughly corresponds to weed for licentious goat.
Essiac Blend HB-105 \$7.75	Essiac was promoted and popularized by a Canadian nurse named Rene M. Caisse, who named the formula with her last name spelled backwards.
Eucalyptus Leaf HB-106 \$3.00	The eucalyptus is an evergreen tree native to Australia but naturalized to California and the Mediterranean countries.
Eyebright HB-107 \$5.00	Eyebright is an elegant, tiny English pasture plant, with deeply cut leaves and numerous, small, white or purplish flowers variegated with yellow.
Fennel Seed HB-108 \$2.75	Pliny's observation led to the popular use in Europe of a cooled tea of fennel seed which was used as a wash for eyestrain and eye irritations.
Fennel Seed Powder HB-109 \$3.00	Several liquors are flavored with fennel, including aquavit, gin, absinthe and fennouillete.



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Fenugreek Seed HB-110 \$2.25	Ancient Roman medicine used fenugreek as an aid to male potency.
Fenugreek Seed Powder HB-111 \$2.75	The name fenugreek comes from the Latin term <i>Foenum-graecum</i> , or <i>Greek hay</i> , the plant being used to scent moldy hay.
Feverfew HB-112 \$4.50	Feverfew was used to treat menstrual cramps in young women in <i>Greek medicine</i> , and also for colic, inflammation fever, insect bites, psoriasis, tooth-
Flax Seed HB-113 \$2.25	Flax seed has become popular in the mainstream market. It can be found in a number of forms, including oils, oil capsules, whole seeds, ground seeds, and as an
Fo-Ti Root HB-114 \$3.75	With a distinctive sweet yet bitter taste, fo-ti was thought to unblock the channels of energy through the body, allowing the escape of the pathogenic influ-
Fo-Ti Root Powder OUT HB-115 \$0.00	The plant is also used as a wash for itching and skin rashes.
Forsythia Fruit HB-116 \$3.75	Forsythia fruit is the fruit of those lovely bright yellow bushes that are often the first thing to bloom in spring in any northern climate.
Forsythia Fruit Powder HB-117 \$3.50	The fruit is used in traditional Chinese medicine to treat colds and viral infections that present with a fever.
Fumitory HB-118 \$3.50	Fumitory is a small climbing herb with weak stems, deeply indented leaves, and spikes of small flowers of a pinkish hue, topped with purple or, white.
Galangal Root HB-119 \$3.50	Galangal is an East Asian tropical shrub with lance like leaves, iris like flowers, and reddish brown, woody rhizomes.
Galangal Root Powder HB-120 \$3.75	Traditional Chinese Medicine uses galangal in formulas for the spleen to treat digestive problems and health conditions relating to a lack of the earth ele-



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Garcinia Fruit HB-121 \$3.75	While herbal supplements support a multitude of health conditions, the most popular ones are used for weight control.
Gentian Root OUT HB-122 \$8.75	The herb has been used in European herbal medicine throughout the 2200 years since its discovery. Gentian is also mentioned in the Ayurvedic Pharmacopoeia, recommending it for anorexia and sluggish digestion.
Gentian Root Powder HB-123 \$8.75	Gentian is also mentioned in the Ayurvedic Pharmacopoeia, recommending it for anorexia and sluggish digestion.
Ginger Root HB-124 \$3.75	Ginger is the most widely used and available herbal remedy on the planet, with billions of people using it every day as both food and medicine.
Ginger Root Powder HB-125 \$4.00	Ginger is used either fresh or dried in nearly two thirds of all traditional Chinese and Japanese herbal formulas. Fresh ginger is used to relieve dryness and
Ginkgo Leaf HB-126 \$3.50	The natural herb has a long history in Chinese medicine.
Ginkgo Leaf Powder OUT HB-127 \$4.00	In this U.S. it has been one of the ten best selling herbs for more than 5 years and a standardized extract of ginkgo leaf is presently one of the most fre-
Ginseng Root Powder (american) HB-128 \$7.00	There are actually three different herbs commonly called ginseng: Asian or Korean ginseng American ginseng and Siberian ginseng.
Ginseng Root Whole (american) HB-129 \$6.50	American ginseng is eleuthero's kinder and gentler cousin.
Goat's Rue HB-130 \$4.00	Goat's rue is a wild legume used during the Middle Ages to treat plague. It was also used to induce sweating to break fevers and to treat infections with
Goji Lycii Berries Whole HB-131 \$4.75	It has been used as a general nutrient tonic (Yin tonic) for many years and Chinese medicine refers to it as a cooling tonic.



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Golden Rod Herb HB-132 \$3.00	The same goldenrod that causes autumn allergies for millions has been used for centuries as a herbal medication by millions more.
Goldenseal Leaf OUT HB-133 \$6.25	The plant has a long history of medicinal use among the Native Americans of that region as an antibiotic and treatment for colds and stomach complaints.
Goldenseal Root HB-134 \$8,075.00	Recent research has isolated constituents in goldenseal which have broad spectrum antibiotic properties, as well as astringent and anti-inflammatory actions,
Goldenseal Root Powder HB-135 \$9.00	Goldenseal root has a long history of medicinal use among Native American tribes of the northeast, its native habitat.
Gotu Kola HB-136 \$3.75	Don't let its wild predomination scare you, Gotu Kola is also one of the largest cultivated crops and thrives under organic farming conditions.
Gotu Kola Powder HB-137 \$4.00	While popularly used as a food source in the form of leafy greens within Bangladesh, Thailand and Sri Lanka it also has been internationally recognized
Gum Arabic Powder HB-138 \$5.75	The plant only produces acacia gum under adverse conditions, such as poor soil, drought, or heat, and damaged trees produce more gum. For these reasons,
Gymnema Leaf OUT HB-139 \$3.00	Gymnema comes to us from mainland India and several parts of Africa and has a deep history rooted in Ayurvedic medicine.
Gymnema Leaf Powder HB-140 \$3.50	Currently it is one of the major botanicals being administered for those suffering from diabetes.
Hawthorn Berries HB-141 \$2.75	The hawthorn is a heart herb. The berry is yellowish brown to wine-red, oval, wrinkled, berry like fruit.
Hawthorn Berry Powder HB-142 \$3.50	Hawthorn berries are antispasmodic, cardiac, diuretic, sedative, tonic and vasodilator.



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Hawthorn Berry Flower HB-143 \$3.25	The hawthorn is a heart herb in the rose family.
Heather Flowers HB-144 \$4.50	Heather flowers are a traditional remedy in Swedish herbal medicine.
Helichrysum HB-145 \$6.00	Helichrysum is a traditional diuretic.
Hemp Seed Hulled HB-146 \$6.75	One of the most nutritious substances on earth.
Hibiscus Flowers HB-147 \$3.50	Regular consumption of hibiscus teas often lowers blood pressure, typically 8 to 12 mm/Hg.
Hibiscus Flowers Whole HB-148 \$3.25	Hibiscus is also used in many diet formulas.
Hibiscus Powder HB-149 \$3.75	Hibiscus is also used in many diet formulas.
Holy Basil Leaf HB-150 \$3.50	Holy Basil is used for common colds, headaches, stomach disorders, inflammation, heart disease etc.
Honeysuckle Flowers Whole HB-151 \$8.00	Honeysuckles are more useful for treating rashes and inflammation than for treating coughing and sneezing.
Hops Flowers Whole HB-152 \$8.25	Fresh hops provide bitters that stimulate digestion.
Horehound HB-153 \$4.00	Horehound is used to make cough medicines!



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Horse Chestnut HB-154 \$3.50	Horse Chestnut has been traditionally used to make a tea to treat diarrhea, strengthen varicose veins or chronic coughs with congestion.
Horsetail Shavegrass HB-155 \$3.00	Is possibly the most abundant source of silica in the plant kingdom, so much, in fact, the herb can be used for polishing tin pewter.
Horsetail Shavegrass Powder HB-156 \$3.25	Horsetail from European sources contains the anti-allergy compound quercetin, but the same herb from North American and Asian sources usually does not.
Hyssop Herb HB-157 \$3.25	Native to southern Europe, it is grown in gardens in cooler climates around the world. Hyssop has a minty taste that makes it a tasty addition to salads, pro-
Iceland Moss HB-158 \$3.75	Throughout history, Iceland moss has been used as both food and medicine by people in Iceland, Finland, Norway, Russia, and Sweden.
Juniper Berry HB-159 \$3.75	The purple, blue, violet, or blackish-brown fruits are harvested in early autumn for culinary and medicinal use.
Kudzu Root HB-160 \$3.25	Kudzu starch can be cooked into noodles and pastes, and the herb is completely non-toxic.
Kudzu Root Powder OUT HB-161 \$2.75	Herbally oriented physicians report an astonishing range of applications for kudzu.
Lady's Mantle HB-162 \$5.75	Although its leaves bear a striking resemblance to cilantro, lady,s mantle is in the rose family.
Lavender Flower HB-163 \$6.25	Lavender is aromatic perennial evergreen shrub. Its woody stems bear lavender or purple flowers from late spring to early autumn, although there are varie-
Lavender Flower Powder HB-164 \$6.75	Lavender was used as an after-bath perfume by the Romans, who gave the herb its name from the Latin lavare, to wash.



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Lemon Balm HB-165 \$3.75	Lemon balm is a mint with a distinctly lemony scent.
Lemon Peel HB-166 \$4.00	Although orange peel is more commonly prescribed in traditional Chinese and Ayurvedic medicine, lemon peel also stimulates the appetite by encouraging the
Lemon Peel Powder HB-167 \$4.00	Lemon peel is added to scores of herbal teas and herbal formulas for aroma and taste enhancement.
Lemon Verbena HB-168 \$4.00	Lemon verbena, sometimes called vervain, is generally acknowledged to be the most strongly scented and intense of the lemon scented plants.
Lemongrass HB-169 \$3.00	With its lemony scent and hint of rose aroma, lemon grass is an essential ingredient in Thai and Indonesian cooking.
Lemongrass Powder HB-170 \$3.00	Lemon grass grows wild in Indonesia, Indochina, and tropical Australia, and it is cultivated in southeast Asia and Sri Lanka as a culinary herb and in India as a
Licorice Root OUT HB-171 \$3.00	An astonishing number Chinese herbal formulas over 5,000 in fact use licorice to sweeten teas and to harmonize contrasting herbs.
Licorice Root Powder HB-172 \$4.00	Licorice is one of the most widely used herbs worldwide, used at least since the time of the great Chinese herbal master Zhang Zhong Zhing, about 190
Licorice Slices HB-173 \$3.75	Licorice is one of the most widely used herbs worldwide.
Licorice Sticks HB-174 \$2.75	Licorice root is one of the most widely used medicinal herbs worldwide and is the single most used herb in Chinese medicine today.
Linden Leaf & Flower HB-175 \$7.00	Native Americans of the First Nation used linden flowers for treating sick headaches and nervous stomach.



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Lobelia HB-176 \$9.25	The native American plant was often smoked as a way to relieve asthma, and because a substance in the leaves, lobeline, is similar in effect to nicotine, the
Lotus Leaf HB-177 \$3.25	The Sacred water lotus has been used in the Orient as a medicinal herb for well over 1,500 years.
Lotus Leaf Powder HB-178 \$3.75	Lotuses have long been held sacred by Buddhists, Hindus, and Egyptians, whom all believe that Lotus flowers bring prosperity, fertility, and allow the in-
Lovage Leaf HB-179 \$5.00	Quercetin is what makes lovage an excellent allergy cure.
Lovage Root HB-180 \$5.00	Its dark green leaves resemble cilantro, while the stalks resemble celery.
Lungwort HB-181 \$4.75	Lungwort has a high mucilage content, making it useful in treating chest and throat complaints.
Lycii (goji) Berries Whole HB-182 \$4.50	Lycii is also widely used as a general health tonic, capable of removing harmful toxins from the body.
Maca Powder HB-183 \$4.00	Maca root is being effectively administered to both men and women to help increase libid and physical endurance.
Mace Ground HB-184 \$6.25	The nutmeg tree is a native of the Banda Islands, a cluster of small volcanic islands historically known as the Spice Islands and now part of the province of
Mace Whole HB-185 \$6.25	Grated nutmeg seed, combined with eucalyptus oil, treats diarrhea. Nutmeg can be combined with citronella, cloves, ginger, and softened uncooked rice to
Maitake Mushroom HB-186 \$7.00	Maitake has proven itself to be an effective cancer fighter.



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Marshmallow Leaf HB-187 \$3.00	The mucilages in blue malva flowers soothe sore throat caused by coughs and colds.
Marshmallow Root HB-188 \$3.50	Marshmallow is a perennial herb native throughout damp areas of northern Europe and western Asia.
Marshmallow Root Powder HB-189 \$3.75	The mucilages in blue malva flowers soothe sore throat caused by coughs and colds.
Meadowsweet HB-190 \$3.00	Its historical medicinal uses are confirmed enough that it is licensed as a standard medicinal tea in Germany, where it is used as a treatment for fever and
Meadowsweet Flowers Whole HB-191 \$4.75	It was one of the three sacred herbs renowned by Druids, along with vervain and water-mint.
Meadowsweet Powder HB-192 \$3.50	Its historical medicinal uses are confirmed enough that it is licensed as a standard medicinal tea in Germany.
Milk Thistle Seed HB-193 \$3.00	Milk thistle is a member of the sunflower family native to a narrow area of the Mediterranean, but grown for centuries throughout Europe and now a
Milk Thistle Seed Powder HB-194 \$3.50	Milk thistle was probably brought to North America as a coffee substitute, but its shiny black seeds covered with feathery tufts have a far longer history in
Mistletoe Herb HB-195 \$4.25	Small flowers mature in to sticky, greenish- or yellowish-white berries that remain on the plant throughout the winter.
Motherwort OUT HB-196 \$3.75	Motherwort is a mint with dull green, hairy leaves and an intensely bitter taste.
Mugwort HB-197 \$2.75	It was, in common with other herbs, such as ground ivy, used for flavoring beer before the introduction of hops.



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Mullein Flowers Whole HB-198 \$11.75	The flowers coat the mouth with a honey-like scent and a sweet taste.
Mullein Leaf HB-199 \$3.50	Traditionally used as a tea, and is frequently combined with other herbs in mixtures for treating cough.
Neem Leaf OUT HB-200 \$3.00	It is used to fight infection, both bacterial and viral, and to treat diarrhea, fever, burns, urinary disorders, skin diseases and inflammatory conditions.
Neem Leaf powder OUT HB-201 \$3.50	It has pesticide, germicide and medicinal properties, is resistant to termites and is often used in reforestation efforts.
Nettle Leaf HB-202 \$3.25	Its healing properties are as well known among various cultures and are part of folklore and tradition.
Nettle Leaf Powder HB-203 \$4.00	The nettle leaf and root both have medicinal properties, but each is more effective against different complaints. Nettle leaf is used traditionally as a diuretic.
Nettle Root HB-204 \$3.50	Nettle root is used as a treatment for prostate problems, including prostatitis and benign prostatic hyperplasia, a condition that affects men starting
Oat Tops Whole HB-205 \$7.00	Oat straw is a long-trusted additive to soaps and skin conditioners.
Oatstraw HB-206 \$2.75	Oat straw is, as its name suggests, the above-ground parts of the oat plant left after harvesting the grain.
Olive Leaf HB-207 \$3.00	Olive leaf teas have been used for thousands of years to lower fevers.
Olive Leaf Powder OUT HB-208 \$4.00	The well-known green to blue-black fruit of this tree yields a useful, edible oil.



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Orange Peel OUT HB-209 \$2.75	The little known fact is that there are substantially more enzymes, flavonoids, and phyto-nutrients in the peel of the Orange rather than the fruit.
Orange Peel Powder HB-210 \$2.75	Orange peel contains compounds that lower blood pressure.
Passion Flower HB-211 \$5.75	Relieving muscle tension, the herb lowers blood pressure and calms anxiety.
Passion Flower Powder HB-212 \$5.75	Relieving muscle tension, the herb lowers blood pressure and calms anxiety.
Peony White HB-213 \$3.00	White peony appears in a great variety of herbal formulas designed to resolve menstrual irregularities and complains of menopause.
Plantain Leaf HB-214 \$3.25	The leaves are edible, often used raw in salads and cooked as greens. Older leaves have a stronger, sometimes objectionable flavor, and can be tough and
Plantain Leaf Powder HB-215 \$4.00	Plantain is very high in vitamins A and C and in calcium.
Poke Root HB-216 \$3.75	Take pokerooroot tinctures for up to 2 weeks at a time to overcome the symptoms of colds, flu, sore throat, mastitis, or tonsillitis.
Privet Fruit HB-217 \$3.50	Known in Chinese as the "female chastity seed," privet fruit was an ancient remedy for premature graying of the hair, ringing of the ear, spots before
Psyllium Husk HB-218 \$3.50	Helps disorders in which easy bowel movements with a loose stool are desirable, in patients with anal fissures, hemorrhoids, following anal/rectal surgery.
Psyllium Husk Powder HB-219 \$4.00	Helps disorders in which easy bowel movements with a loose stool are desirable, in patients with anal fissures, hemorrhoids, following anal/rectal surgery.



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Psyllium Seed Powder HB-220 \$3.50	Helps disorders in which easy bowel movements with a loose stool are desirable, in patients with anal fissures, hemorrhoids, following anal/rectal surgery.
Psyllium Seed Whole HB-221 \$3.25	Helps disorders in which easy bowel movements with a loose stool are desirable, in patients with anal fissures, hemorrhoids, following anal/rectal surgery.
Raspberry Leaf OUT HB-222 \$3.25	Used to treat canker sores, cold sores, and gingivitis in persons of all ages and anemia, leg cramps, diarrhea, and morning sickness in pregnant women,
Red Clover Blossoms OUT HB-223 \$11.00	Red clover may help reduce the effects of PMS and menopause and reduce the pain associated with menstrual periods.
Red Clover Herb HB-224 \$4.00	Red clover may help reduce the effects of PMS and menopause and reduce the pain associated with menstrual periods.
Red Clover Sprouting Seeds HB-225 \$3.00	It is easy to recognize red clover by its fine leafy stems, its leaves of three, and its rose-pink oval flower heads.
Rehmannia Root Whole OUT HB-226 \$3.50	It is used to treat a plethora of medical disorders, most notably anemia, menopausal symptoms, bleeding, hypoglycemia, and ailments of the heart, kidney, or
Reishi Mushroom HB-227 \$5.50	At one time this mushroom was specifically used under the prestigious vestiges of the ruling class, but it has since made its way into the pantries of us com-
Reishi Mushroom Slices HB-228 \$6.25	Reishi is a polypore mushroom, growing in damp, dark forests and the occasional rotting log. Modern day demand has forced its cultivation in Japan, China and
Rhubarb Root HB-229 \$5.50	Rhubarb roots are dug in September or October after the stem and leaves of the plant are withered by frost.
Rosehips HB-230 \$3.00	They are one of the most concentrated sources of vitamin C available, which has led to rose hips being included in many common cold preventives and reme-



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Rosehips Powder HB-231 \$3.50	All this is wrapped up in the tart-sweet taste of the miniature fruits. They can be used to make jelly, jam, soup or oil.
Roses Pink HB-232 \$6.75	The rose has been valued for its beauty and its perfume for thousands of years. Because rose oil deteriorates rapidly with exposure to sun and wind, the
Roses Whole Buds HB-233 \$7.75	The rose has been valued for its beauty and its perfume for thousands of years.
Rue OUT HB-234 \$5.00	Early physicians considered rue an excellent protection against plagues and pestilence, and used it to ward off poisons and fleas.
Safflower Threads HB-235 \$6.50	Safflower is more familiar to westerners as the source of vegetable oil, but the petals of the native American plant make a pleasant tasting tea that has
Savory Winters HB-236 \$3.25	Winter savory is most often used as a culinary herb, imparting a spicy, peppery flavor to dishes in which it is used.
Saw Palmetto Berry HB-237 \$5.50	A miniature palm growing 2 to 4 feet high, the saw palmetto occupies sandy flatlands of the US from South Carolina to South Texas.
Saw Palmetto Berry Powder HB-238 \$5.75	French researchers isolated specific compounds with statistically demonstrable effects on the prostate. The whole berries, however, continue to be used with
Schisandra Berries HB-239 \$10.50	Schisandra is also known as Magnolia vine with its ability to grow upwards in a creeping fashion.
Schisandra Berries Powder HB-240 \$10.75	Its Chinese name is wu-wei-zi, which means five taste fruit. Schisandra has an usually sour, sweet, bitter, warm, and salty taste, hence the name "five taste".
Senna Leaf HB-241 \$2.75	The sennas are scrubby desert plants of North Africa. Senna has been used around the world for thousands of years as a laxative.



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Senna Leaf Powder HB-242 \$3.25	Senna has been used around the world for thousands of years as a laxative.
Senna Pods HB-243 \$3.25	The seed pods provide a gentler action, and are often recommended by herbalists to help relieve constipation and promote soft, easy stools.
Sesame Seed Whole HB-244 \$2.25	Although sesame seeds are a well known food, they also are a medicine.
Shatavari Root HB-245 \$3.00	Shatavari is highly regarded as an herb for women's health and it is the most important herb in Ayurvedic medicine for problems connected to women's ferti-
Shatavari Root Powder HB-246 \$3.75	Shatavari is a traditional Ayurvedic antispasmodic; an aphrodisiac, demulcent, digestive, diuretic, galactagogue, and is often used for infertility and for
Shavegrass (horsetail) HB-247 \$3.00	Horsetail, not to be confused with cat-tail, is possibly the most abundant source of silica in the plant kingdom, so much, in fact, the herb can be used for
Shavegrass (horsetail) Powder HB-248 \$3.25	Horsetail is possibly the most abundant source of silica in the plant kingdom, so much, in fact, the herb can be used for polishing tin pewter.
Sheep Sorrel HB-249 \$4.50	Sheep sorrel is widely regarded as a noxious weed with 45 of the fifty states reporting it as an intruder, but the small, creeping plant has a long-
Sheep Sorrel Powder HB-250 \$4.50	It has been used to treat diarrhea, cancer, fever and scurvy. While scientists are familiar with the effect of the various constituents, there have been no clini-
Shepherds Purse HB-251 \$3.00	All of the aboveground parts of the plant are used in herbal medicines.
Shepherds Purse Powder HB-252 \$3.50	Shepherd's purse is a temperate zone weed in the same plant family as cabbage, broccoli, mustard, and watercress.



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Shiitake Mushroom Powder HB-253 \$6.75	They have grown more popular in the US as the general population have embraced ethnic cooking, particularly Asian flavors, and their popularity has only
Shiitake Mushroom Whole OUT HB-254 \$6.25	The various nutrients found in shiitake mushrooms have been tested in animal and in vitro studies and found to reduce cholesterol, inhibit the growth of
Skullcap HB-255 \$6.25	Various species of skullcap are important in Traditional Chinese Medicine as herbs that clear heat and dry dampness.
Slippery Elm Bark HB-256 \$7.25	The inner bark of the branches is collected in spring for medicinal used.
Slippery Elm Bark Powder OUT HB-257 \$7.75	Slippery elm also served as a food during famine and for making porridge for small children and elderly persons.
Soap Nuts Whole HB-258 \$3.00	They have recently become a popular environmentally friendly alternative to chemical detergent, and are a gentle option for those with allergies to chemicals in
Speedwell HB-259 \$3.50	Speedwell is a small perennial herb that grows 6 to 12 inches high with petite, tooth-shaped oval flowers of pale blue, lavender and white.
Spinach Powder HB-260 \$3.50	Although Spinach is usually thought of as a food product, it can also be used medicinally and for its nutritional properties. It is excellent source of vita-
Spirulina Powder HB-261 \$7.50	The native peoples of Mexico, Africa and Asia have eaten spirulina and made it one of their major sources of protein. The blue green algae is plentiful
St. John's Wort HB-262 \$3.25	St. John's wort rose from virtual obscurity in the U.S. to become the fifth best selling dietary supplement in mainstream retail stores.
Stevia Leaf HB-263 \$3.50	Stevia is one of a family of plants that are native to South America and have been used for centuries to sweeten drinks and foods.



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Stevia Leaf Powder HB-264 \$3.75	Stevia leaves are said to be from 30 to 300 times sweeter than sugar * though the amount of sweetness varies from leaf to leaf and plant to plant. It is
Strawberry Leaf OUT HB-265 \$3.25	The strawberry plant is a creeping vine with indented leaves in groups of three growing on the stems below the flowers and fruit. Strawberries come in endless
Sumac Berries Whole HB-266 \$3.00	Sumac is a spice, comes from the berries of a wild bush that is native in all Mediterranean areas, especially in Sicily and southern Italy, and parts of the
Sumac Berries Powder HB-267 \$3.75	Sour and astringent, sumac berries are used in place of lemon peel in Lebanese and Turkish cooking. Sumac juice is added to salad dressings and marinades and
Sumac Leaf HB-268 \$3.00	Though the spice does not have much fragrance, the berries have a tart, tangy flavor due to the malic acid in them. Sumac leaves are astringent, diuretic,
Sunflower Petals HB-269 \$7.25	The sunflower is believed to be native to North America, but the plant grows in many areas today including Europe and Central America. The seeds are
Sweet Woodruff HB-270 \$4.00	Sweet Woodruff is an herbaceous mat-forming perennial native to Europe, North Africa and western Asia. Sweet Woodruff grows 6-12 inches white flow-
Tribulus Puncture Vine OUT HB-271 \$0.00	It is most popularly believed to improve sexual functioning, and is often used as an aphrodisiac. In various parts of the world, the puncture vine has been
Tribulus Puncture Vine Powder OUT HB-272 \$0.00	In addition, some clinical trials suggest that tribulus may lower both blood pressure and cholesterol and increase muscle mass, making it a popular supplement
Triphala Powder HB-273 \$3.50	Powdered or cut and usually in the form of tea. May be used as a capsule or extract.
Tulsi Holy Basil (OUT) HB-274 \$4.00	The leaf.



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Turkey Rhubarb Root HB-275 \$5.50	Dried root, chopped and powdered.
Turkey Rhubarb Root Powder HB-276 \$5.75	Dried root, chopped and powdered.
Turmeric Root Powder HB-277 \$2.75	The rhizome, dried and ground.
Uva Ursi HB-278 \$4.75	Dried leaves and stem fragments.
Valerian Root HB-279 \$4.75	Dried root.
Valerian Root Powder HB-280 \$4.75	Dried root.
Vanilla Bean Powder HB-281 \$8.50	Ripe and fermented fruit (pod), also called the bean.
Vanilla Bean Whole HB-282 \$11.50	Ripe and fermented fruit (pod), also called the bean.
Vervain Blue HB-283 \$3.75	The above-ground parts of the plant gathered before flowering, dried.
Violet Blue HB-284 \$4.75	Leaf and flowers.
Vitex Chaste Tree Berry Powder HB-285 \$3.25	Dried fruiting berry.



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Vitex Chaste Tree Berry Whole HB-286 \$2.75	Dried fruiting berry.
Wheat Grass Powder HB-287 \$5.50	The dried shoots, powdered. In Traditional Chinese Medicine, wheat grass may be "massed" or fermented before drying.
White Oak Bark HB-288 \$3.25	Dried or toasted bark. Gentle dry heat increases the concentration of volatile oils in the bark. Bark, ground before storage. Gentle heating concentrates
White Oak Bark Powder HB-289 \$3.50	Dried or toasted bark. Gentle dry heat increases the concentration of volatile oils in the bark. Bark, ground before storage. Gentle heating concentrates
White Peony Root HB-290 \$3.00	Root, dried and chopped or powdered.
White Willow Bark HB-291 \$3.50	Bark.
White Willow Bark Powder HB-292 \$3.50	Bark.
Wild Cherry Bark HB-293 \$2.75	Dried bark.
Wild Cherry Bark Powder HB-294 \$3.25	Dried bark.
Wild Lettuce HB-295 \$4.75	Dried leaf.
Wood Betony HB-296 \$4.25	The whole herb, collected in dry weather.



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Wormwood HB-297 \$3.25	The whole herb (leaf, stem and flowering parts).
Yarrow Leaf & Flower HB-298 \$3.50	Dried stems, leaves, and flowers.
Yellow Dock Root HB-299 \$3.75	Dried root, chopped.
Yellow Dock Root Powder HB-300 \$4.00	Dried root, chopped.
Yerba Mate HB-301 \$3.00	Dried leaves and leaf fragments, mixtures frequently include flowers.
Acai Berry Powder HB-302 \$17.50	Because the berries will start to spoil within 24 hours of being harvested, they must be quickly turned into juice, wine, or freeze dried and turned
Ajwain Seed HB-303 \$3.00	The seeds are used in all types of Middle Eastern and Indian cooking usually in their whole form.
Bitter Orange Peel HB-304 \$3.50	Bitter orange peel, and the oil derived from it, is used in many different things. As a flavoring agent it can be used in a wide variety of foods, and is used in
Black Seed HB-305 \$3.50	The seeds can be used as a tea by themselves, or added to coffee or tea for an evocative flavoring. The seeds can also be used in all manners of cooking
Black Walnut Hull Powder HB-306 \$3.00	Tinctures, pastes and slurries. Up to 1 teaspoon of the herb 3 times a week taken internally as a tea. Black walnut hulls contain juglone, a chemical that is
Cardamon Pods HB-307 \$5.25	Usually in cooking, but also in teas, tinctures, and infusions.



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Cleavers

HB-308

\$3.00

Cleavers Powder

HB-309

\$3.00

Usually taken as a tea, but can be eaten or ground fresh. Equally as suitable as an extract or capsule and may be lightly sprinkled on food as it has a fresh

Devils Claw Root Powder

HB-310

\$5.25

Capsules, tinctures, teas.

Epazote Herb

HB-311

\$4.50

Added to any dish as a spice, or used as a tea.

Frankincense Resin

HB-312

\$3.50

Powdered resin added to water, tincture, and very rarely as a tea. For internal use, sometimes mixed with myrrh or cress. In aromatherapy, frankincense

Fringe Tree Bark

HB-313

\$9.50

Traditionally used as a tea or fluid extract. May be combined with barberry, dioscorea, or euonymus for treating liver diseases.

Goldenseal Leaf Powder

HB-314

\$7.00

Tea infusion, tincture and sometimes found encapsulated.

Grapefruit Peel

HB-315

\$4.25

Peel is used as a tea, body scrub, in the bath and may also be used to make extracts.

Grapefruit Peel Powder

HB-316

\$4.25

Peel is used as a tea, body scrub, in the bath and may also be used to make extracts

Lemon Verbena Powder

HB-317

\$4.50

Tea infusions either hot or cold, and seldom found in food and capsules.

Linden Leaf & Flower Powder

HB-318

\$4.00

Mostly used as a Tea. Can be taken in both extract and capsule form.



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Myrtle Leaf HB-319 \$3.50	The leaves can be used as a tea, as well as cooking and grilling meats and vegetables. Used as firewood, it transmits a spicy aromatic flavor to whatever it is
Nettle Root Powder HB-320 \$4.25	Standardized extract, as a decoction, in capsules and incorporated into paste, creams and salves.
Orange Slices HB-321 \$5.25	The cut peel is traditionally used as a tea, and the powdered peel is used to add a sweet, fizzy flavor to drinks. Many cosmetics call for peel in either cut
Penny Royal HB-322 \$3.00	Pennyroyal is the smallest of the mint family, and has some very distinctive properties.
Periwinkle Herb HB-323 \$3.50	More often used as tincture, can be encapsulated or served as tea.
Rhubarb Root Powder HB-324 \$5.75	Traditionally used as a tea or tincture. Combined with cinnamon to relieve chronic constipation, Mugwort to relieve flank pain, peony for constipation and hemor-
Roses, Pink Powder HB-325 \$5.25	Rose oil, rose water, ointments, and potpourri. Uses are very numerous and can be administered as a tea, poultice, bath herb, pillow mix, body spray, etc.
Roses, Red HB-326 \$4.25	Rose oil, rose water, ointments, and potpourri. Uses are very numerous and can be administered as a tea, poultice, bath herb, pillow mix, body spray, etc. Sum-
Tansy HB-327 \$3.00	tea, fresh leaves
Witch Hazel Leaf HB-328 \$3.00	Teas, tinctures, creams. Witch hazel bark water is made with alcohol, but witch hazel leaf water can be made without alcohol.
Yarrow Leaf & Flower Powder HB-329 \$4.25	Tea infusions, juice (from the fresh herb), tinctures, as a compress, and in baths.



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Pennyroyal HB-331 \$3.00	Typically used as a tea infusion, and seldom found in extract and capsule form. The oil be used in cosmetics and for topical application.
Roses, Pink Powder HB-332 \$5.00	Uses are very numerous and can be administered as a tea, poultice, bath herb, pillow mix, body spray, etc.
Witch Hazel Leaf HB-333 \$3.00	Witch hazel is a leather-leafed deciduous shrub native to eastern United States. The bottoms of its leaves are dull gray, but the upward facing surfaces
Alfalfa Sprouting Loose Seed HG-001 \$3.00	Alfalfa is one of the oldest cultivated plants in the world, not only for livestock, but also for human consumption.
Broccoli Loose Seed HG-002 \$5.75	Broccoli sprouts are added to salads, soups, pestos, pizzas, and wraps for flavor and texture.
Basil Holy 100 Seed/Pack HG-003 \$3.50	
Black Cohosh 50 Seed/Pack HG-004 \$4.50	Herbaceous perennial.
Celery Loose Seeds HG-005 \$3.75	Can be used to make teas, but more often used in cooking.
Chia Loose Seed HG-006 \$3.50	Chia seeds can be ground into a powder and added to smoothies, used in baking or cooking, or substituted for Flax seeds in recipes.
Coriander Loose Seed HG-007 \$3.00	Coriander seed has been used to settle upset stomach in herbal traditions around the world, often combined with cardamom, caraway, fennel, and/or anise.
Dill Loose Seed HG-008 \$2.75	Dill seed actually isnt seed but the flat, oval, dark brown whole fruits of the herb. The term dill weed refers to the green leaves (and sometimes stems) of



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Borage 50 Seed/Pack HG-009 \$3.50	Annual, direct seed in mid-spring.
Burdock 100 Seed/Pack HG-010 \$3.50	Perennial or self seeding annuals.
Calendula 50 Seed/Pack HG-012 \$3.50	They have high levels of several amino acids, and are one of the best plant based sources for iron.
Angelica 100 Seed Pack HG-013 \$3.50	Great for medicinal gardens.
Arnica 50 Seed/Pack HG-014 \$4.50	Herbaceous perennial for cold and hardy zones.
Ashwaganda 100 Seed/Pack HG-015 \$4.50	Herbaceous perennial in the tropics, annual in temperate zones.
Astragalus 50 Seed/Pack HG-016 \$4.50	Herbaceous perennial.
Sweet Basil 100 Seed/Pack HG-017 \$3.50	Prolific producer.
California Poppy 500 Seed/Pack HG-018 \$3.50	Herbaceous perennial, self-seeding.
Catnip 200 Seed/Pack HG-0194. \$3.50	Herbaceous perennial.
Chamomile German 500 Seed/Pack HG-020 \$3.50	Annual.



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Chamomile Roman 500 Seed/Pack HG-021 \$5.00	Perennial ground cover.
Chickweed 200 Seed/Pack HG-022 \$3.50	Annual spreading ground cover.
Clary Sage 50 Seed/Pack HG-023 \$3.50	Biennial.
Comfrey 3.75 Seed Loose HG-024 \$3.75	Herbaceous perennial native to Europe.
Dandelion 200 Seed/Pack HG-025 \$3.50	Herbaceous perennial.
Echinacea Angustifolia 200 Seed/ HG-026 \$3.50	Herbaceous perennial.
Echinacea Purpurea 200 Seed/Pack HG-027 \$3.50	Herbaceous perennial. Sow seed outdoors in very early spring or fall.
Ephedra 50 Seed/Pack HG-028 \$4.75	Perennial.
Evening Primrose 200 Seed/Pack HG-029 \$3.50	Self-seeding biennial.
Feverfew 200 Seed/Pack HG-030 \$3.50	Herbaceous perennial.
Hyssop 100 Seed/Pack HG-031 \$3.50	Woody perennial.



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Kidzherbs Gift Pack

A wonderful gift idea at a great price.

HG-032

\$16.95

Lavender 100 Seed/Pack

Woody perennial.

HG-033

\$3.50

Lemon Balm 200 Seed/Pack

Herbaceous perennial, self seeding.

HG-035

\$3.50

Licorice 50 Seed/Pack OUT

Herbaceous perennial.

HG-035

\$0.00

Life Line Medicine Kit

This handsome, and conveniently packaged set of seeds is a great foundation primer for those wishing to start a medicinal herb garden.

HG-036

\$26.95

Lobelia 1000 Seed/Pack

Annual.

HG-037

\$3.50

Maca 100 Seed/Pack

Biennial, radish-like, rosette forming plant native to the high Peruvian Puna.

HG-038

\$4.50

Marshmallow 100 Seed/Pack

Herbaceous perennial.

HG-039

\$3.50

Meadowsweet 100 Seed/Pack

Herbaceous perennial.

HG-040

\$3.50

Milk Thistle 100 Seed/Pack OUT

Overwintering annual.

HG-041

\$0.00

Motherwort 200 Seed/Pack

Herbaceous perennial.

HG-041

\$3.50



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Nettle 200 Seed/Pack OUT HG-043 \$0.00	Herbaceous perennial.
Passion Flower 20 Seed/Pack HG-044 \$3.50	Herbaceous or woody vine.
Peppermint 100 Seed/Pack HG-045 \$3.50	Perennial.
Plantin 100 Seed/Pack HG-046 \$3.50	Herbaceous perennial.
Sage White Ceremonial HG-047 \$3.50	Herbaceous perennial.
Schisandra 20 Seed/Pack HG-048 \$4.50	Perennial woody vine.
Self Heal 100 Seed/Pack HG-049 \$3.50	Creeping herbaceous perennial.
Sheep Sorrel 300 Seed/Pack HG-050 \$3.50	Perennial grassland herb with rust colored flowers.
Shepherds Purse 300 Seed/Pack HG-051 \$3.50	Self-seeding annual.
Skull Cap 100 Seed/Pack HG-052 \$3.50	Creeping herbaceous perennial.
Spilanthes 200 Seed/Pack HG-053 \$3.50	Tropical perennial grown successfully as an annual in the temperate north.



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St. John's Wort 500 Seed/Pack HG-054 \$3.50	Perennial.
Stevia 25 Seed/Pack HG-055 \$5.50	Tender perennial shrub.
Sweet Annie 200 Seed/Pack HG-056 \$3.50	Annual herb native to China.
Valerian 100 Seed/Pack HG-057 \$3.50	Herbaceous perennial, creeping and self-seeding.
Vervain 200 Seed/Pack OUT HG-058 \$0.00	Herbaceous perennial.
Vitex Chase Tree 100 Seed/Pack HG-059 \$3.50	Perennial, deciduous shrub to small tree.
Wood Betony 100 Seed/Pack HG-060 \$3.50	Herbaceous perennial, very easy to start from seed.
Wormwood 300 Seed/Pack HG-061 \$3.50	Woody perennial.
yarrow 200 Seed/Pack HG-062 \$3.50	Perennial.
Red Clover Sprouting Loose Seed HG-11 \$3.00	It is easy to recognize red clover by its fine leafy stems, its leaves of three, and its rose-pink oval flower heads.
Arnica Flower Whole NSB-001 \$7.50	Fresh or dried flowers. The root is also used in European herbal preparations.



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Balm Gilead Bud OUT NSB-002 \$9.95	Unopened flower buds, dried before use.
Black Walnut Leaf NSB-003 \$3.25	Dried leaf.
Blood Root NSB-004 \$11.00	Root.
Blood Root Powder NSB-005 \$11.00	Root.
Calamus Root NSB-006 \$3.75	The rhizome, dried and chopped or ground.
Calamus Root Powder NSB-007 \$4.00	The rhizome, dried and chopped or ground.
Calendula Flowers Whole NSB-008 \$8.00	Dried flowers.
Chickweed NSB-009 \$3.25	Entire aerial part of plant.
Comfrey Leaf NSB-010 \$3.25	Leaf.
Comfrey Root Powder NSB-011 \$4.00	Root.
Corn Flowers Whole NSB-012 \$5.00	Flowers predominantly, but seldom the leaves and seeds.



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Kathys Geranium Lotion NSB-013 \$13.75	This lusciously divine lotion which contains organic ingredients is free of petroleum derived substances, artificial fragrances, and synthetic skin irritants.
Kathys Rosemary Lotion NSB-014 \$13.75	This lusciously divine lotion which contains organic ingredients is free of petroleum derived substances, artificial fragrances, and synthetic skin irritants.
Lip Balm NSB-015 \$3.10	Enjoy this certified organic lip balm with just the right healing herbs to treat the lips effectively.
Mandrake Whole NSB-016 \$4.00	For topical application only, usually in ointment or tincture.
Nasal Cleansing Pot NSB-017 \$13.75	Nasal cleaning has been performed for decades by millions of people with huge success and now with the assistance of a Nasal Cleansing Pot or Neti Pot you
Natural Deodorant Stone NSB-018 \$5.75	Natural deodorant stone made from mineral salt deposits, and is guaranteed to last 1-2 years.
Restorative Skin Oil NSB-019 \$10.25	This is currently the much revered formula for those dry-spell moments that our skin periodically endures.
Comfrey Root NSB-020 \$3.25	Oil infusion, salve, ointment, poultices and in certain cosmetics.
Catnip Leaf & Flower PT-001 \$4.00	Catnip attracts cats of all breeds and sizes!
Catnip Toy PT-002 \$8.00	The most fun is from this little innocuous toy!
Dog Shampoo PT-003 \$12.75	Your pet will adore this truly organic herbal cleansing Sitka's shampoo!



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Fidoderm Spray PT-004 \$8.95	Soothes and speeds the healing!
Flea Collar (cat) Rechargeable PT-005 \$7.50	Rechargeable fabric collar.
Glycerin Liquid OUT PT-006 \$9.50	Animals are herbalists too.
Goldenseal Blend Extract PT-007 \$10.50	For boosting the immune system.
Senior Blend Extract PT-008 \$10.50	Strengthening the nervous, digestive and circulatory tracts of older animals.
Tinkle Tonic Extract PT-009 \$9.90	Assist with reducing inflammation.
Tranquility Blend PT-010 \$9.90	Safely calming high anxiety and nervousness.
Vitality Blend Extract PT-011 \$9.90	Boosting immunity and improving resistance to stress.
Flea Collar (dog) Rechargeable PT-012 \$7.50	Rechargeable fabric collar.
Herbal Ear Rinse PT-013 \$10.75	A healthy and effective alternative to chemical ear cleaners.
Alfalfa/Yucca Blend Extract PT-014 \$10.50	Helpful for chronic joint inflammation.



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Detox Blend Extract PT-015 \$10.50	Blend of toning and purifying herbs.
Animal Healing Salve PT-016 \$12.95	Helping your animal with their cuts & scrapes.
Animal Herbal Liniment PT-017 \$12.00	Cleaning, and disinfecting external wounds.
All Spice Powder SP-001 \$4.00	The allspice is a myrtle tree most commonly found in Jamaica.
All Spice Whole SP-002 \$3.50	It gets its name from the unique combination of aromas in its fruit, a blending of the tastes of cinnamon, cloves, and nutmeg with just a little peppery heat.
Basil Leaf SP-003 \$2.75	Fresh basil leaves have a unique aroma not even approximated by any other herb, making them an essential ingredient in cuisines of countries all over the
Basil Leaf, Holy SP-004 \$3.25	It is a very important herb in ayurvedic medicine, and has only recently been discovered and revered by western medicine.
Bay Leaf Whole SP-005 \$4.50	Bay laurels do not withstand heavy frost but require hot, dry summers for production of concentrated essential oils.
Black Pepper Ground SP-006 \$3.25	Black, white, and green peppercorns all come from the same plant, but they are harvested at different times and handled in different ways.
Black Seed Whole SP-008 \$2.75	Black cumin is an annual herbaceous plant with fine foliage and delicate pale bluish purple or white flowers.
Dulse Flakes SW-001 \$5.25	Dulse is an excellent source of phytochemicals and minerals, and a superior source of iodine.



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Dulse Powder SW-002 \$5.00	The entire plant, dried and cut.
Kelp Powder SW-003 \$2.50	Powdered kelp can be easily included in practically every dish.
Bladderwrack SW-004 \$3.25	Added to soups and stocks, taken as tablets, as an extract, or drunk as a tea 2-3 times a day.
Bladderwrack Powder SW-005 \$3.25	Modern research reveals that bladderwrack can be an alternative to soy is supporting women's health.
Irish Moss SW-006 \$3.75	It is harvested to make carrageenan, a thickening agent for jellies, puddings, and soups, and is a traditional herbal remedy in Ireland.
Irish Moss Powder SW-007 \$3.75	The powder is appropriate for making herbal combinations for coughs and colds, but the whole plant is best for treating indigestion.
Nori Flakes SW-008 \$5.50	Nori is perhaps best known here in the U.S. as a wrap for sushi, but it has a long history of use in traditional Chinese Medicine.
Wakame Whole SW-009 \$6.75	Wakame is a seaweed that looks and tastes like a slippery spinach.
Sea Lettuce SW-010 \$5.50	Sea lettuce is a bright green algae composed of lobed, ruffled edged leaves that are sheet like and do resemble a leaf of lettuce. It has almost no stalk
Black Peppercorn Whole SP-007 \$2.75	Nowadays black pepper is common around world and used in the cuisine of almost every nation.
Birds Eye Chili Whole SP-009 \$5.00	The tasty hot peppers have long been used in many of the world's cuisines, but their greatest use in health comes from, surprisingly, conventional medicine.



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Cayenne (chili) Powder SP-010 \$3.25	History The Capsicum family includes bell peppers, red peppers, paprika, and pimento, but the most famous medicinal members of the family are cayenne
Celery Seed SP-011 \$3.00	The fruit or "seed" is grayish green to brown with a characteristic, slightly bitter, spicy taste.
Celery Seed Powder SP-012 \$3.25	Too much celery seed can overpower a dish, whereas a little brings out flavors in other foods. Celery seed is used in pickles, casseroles, and Bloody Marys.
Chili Flakes SP-013 \$3.00	The tasty hot peppers have long been used in many of the world's cuisines, but their greatest use in health comes from, surprisingly, conventional medicine.
Chili Whole SP-014 \$3.25	The Capsicum family includes bell peppers, red peppers, paprika, and pimento, but the most famous medicinal members of the family are cayenne and chile.
Chive Rings SP-015 \$13.50	History If you're a vegan and you don't make chicken soup, what do you take for a cold? The answer from Traditional Chinese Medicine is to make a soup with
Cilantro Leaf SP-016 \$3.25	Cilantro is the leaf of the herb most the world knows as coriander. Cilantro has been used to settle upset stomach in Latin American herbal healing traditions,
Cinnamon Chips SP-017 \$2.50	One of the world's most familiar spices is an up and coming treatment for diabetes, weight control, and hypoglycemia.
Cinnamon Powder SP-018 \$2.00	One of the world's most familiar spices is an up and coming treatment for diabetes, weight control, and hypoglycemia.
Cinnamon Sticks SP-019 \$2.75	That modern medicine would finally be finding applications for cinnamon isn't surprising.
Cinnamon Sweet SP-020 \$3.25	Traditional Chinese Medicine still uses cinnamon as a warming agent to fight infections occurring when there is cold or fatigue and to increase the activity



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Cinnamon Powder Sweet OUT SP-021 \$3.25	Cinnamon has been used as a herbal medicine in China for at least 4,000 years.
Cleavers Powder SP-022 \$3.00	The entire plant is used in herbal medicine, harvested just before it blooms in early summer.
Clove Powder SP-023 \$4.25	The aromatic flowers and oil of clove has been used for culinary and medicinal uses for centuries.
Clove Whole SP-024 \$4.25	Over the course of centuries, cloves have been used to alleviate pain, prevent and treat bacterial infection, ease toothaches, treat worms and relieve con-
Coriander Seed SP-025 \$2.50	Coriander seed has been used to settle upset stomach in herbal traditions around the world, often combined with cardamom, caraway, fennel, and/or anise.
Coriander Seed Powder SP-026 \$3.00	Coriander is the seed of the herb most Americans know as cilantro.
Cumin Powder SP-027 \$3.00	Pungent, sharp, and slightly sweet, the greenish brown powder of this herb is an essential ingredient in Mexican cuisine.
Cumin Seed Whole SP-028 \$3.00	Cumin is the seed of a small plant in the carrot family. Pungent, sharp, and slightly sweet, the greenish brown powder of this herb is an essential ingredient
Curry Leaf SP-029 \$3.25	Curry Leaf is reported to have medicinal properties and is widely used in Southeast Asian cuisine especially in vegetarian dishes much like bay leaves and
Dill Seed SP-030 \$2.75	The easy to grow dill weed has become an essential ingredient in cuisines around the world.
Dill Weed SP-031 \$3.25	The term dill weed refers to the green leaves and sometimes stems of the plant. Dill seed and dill weed have different chemical compositions, different uses



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Garlic Powder SP-032 \$2.50	Garlic is odiferous, tasty, and medicinal.
Garlic Granules SP-033 \$2.75	The first medical textbook known to have discussed the use of garlic in medicine was the Collection of Commentaries on the Classic of the Materia Medica
Garlic Minced SP-034 \$2.50	Garlic is odiferous, tasty, and medicinal.
Lemon Thyme SP-035 \$3.25	Lemon Thyme is often used to add a refreshing lemon like flavor to cooked foods and teas. It is also added to potpourri or herbal pillows for its pleasant scent
Marjoram SP-036 \$2.75	It needs a hot climate to develop its full aroma, but it loses some of its flavor when it is dried.
Mustard Seed Brown SP-037 \$2.00	Brown mustard is a flowering plant in the same family as arugula, horseradish, watercress, and wasabi.
Mustard Seed Yellow SP-038 \$2.00	Most people would be surprised to learn that yellow mustard isn't yellow. The white herb powder is made yellow in the prepared condiment by the addition of
Mustard Seed Yellow Powder OUT SP-039 \$3.00	Dijon mustard is the condiment without the turmeric but with a relatively high concentration of mustard flour, Bordeaux mustard contains vinegar, sugar, and
Nutmeg Powder SP-040 \$5.00	Nutmeg isn't really a nut, but the kernel of an apricot like fruit. The closely related is an arillus, a thin leathery tissue between the stone and the pulp.
Nutmeg Whole OUT SP-041 \$4.75	The oil is rubbed on the abdomen for stomachaches and on the forehead for headaches.
Onion Powder SP-042 \$3.00	The familiar garden vegetable has many medicinal applications, is easy to grow and can be administered in a multitude of ways.



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Onion Granules SP-043 \$3.00	Is easy to grow and can be administered in a multitude of ways.
Onion Minced SP-044 \$3.00	The familiar garden vegetable has many medicinal applications, is easy to grow and can be administered in a multitude of ways.
Oregano Leaf SP-045 \$3.00	Oregano is a warm and aromatic yet slightly bitter herb in the mint family. Good quality oregano has a pungency that numbs the tongue.
Paprika Powder SP-046 \$3.75	Most commonly known as a culinary herb, paprika shares the medicinal qualities of most varieties of red pepper, the capsicums.
Paprika Roasted Powder SP-047 \$3.50	Its spiciness varies depending on the proportion of seed, rind and fruit in the ground powder and other varieties have been developed including smoked or
Parsely Leaf SP-048 \$3.75	While all of us know parsley as a condiment and garnish, most of us never consume its most flavorful part, the root. Parsley has been an important food
Parsely Root SP-049 \$5.75	While all of us know parsley as a condiment and garnish, most of us never consume its most flavorful part, the root.
Pepper Ground Black SP-050 \$3.25	To make black pepper, the clusters are plucked when they are not quite ripe. They are then left in piles to ferment.
Pepper Black Whole SP-051 \$3.00	Black pepper has been cultivated for thousands of years on the Malabar coast of southwestern India, in the region defined by the modern state of Kerala.
Pepper White Ground SP-052 \$3.75	To make white pepper, the berry is picked fully ripe. Its outer shrunken skin is rubbed off, exposing the dried, grayish-white pepper inside.
Peppercorn SP-053 \$3.00	Nowadays black pepper is common around world and used in the cuisine of almost every nation.



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Peppermint Leaf OUT SP-054 \$3.25	The familiar mint scent is the aroma of peppermint. Peppermint contains an essential oil that is unique to other mints for its quality and flavor. Artificial pep-
Poppy Seed SP-055 \$3.25	The familiar black poppy seeds used to flavor noodles, breads, and bagels and to make poppy seed kolachi (a Czech pastry) are produced by the same plant
Rosemary Leaf SP-056 \$2.75	Rosemary is an aromatic evergreen mint that grows to a height of about three feet.
Sage Leaf SP-057 \$4.00	The common garden sage has been known and used for culinary and medicinal purposes for centuries.
Seasoning Salt SP-058 \$2.50	Seasoning for nearly every dish you could imagine.
Spearmint Leaf SP-059 \$3.00	Spearmint has served as an important medicinal herb for millennia.
Tarragon SP-060 \$7.75	Tarragon is an aromatic herb cultivated for its sweet, anise-like flavor. The fresh leaves and stems are used in cooking, and at least one master chef has
Thyme Leaf SP-061 \$3.75	An aromatic herb in the mint family, thyme grows to a height of fifteen inches (about 40 cm), with small rounded leaves and pink flowers on woody stems. This
White Pepper Whole SP-062 \$3.75	Peppercorns are the fruit of <i>Piper nigrum</i> , an evergreen climbing vine.
White Pepper Ground SP-063 \$3.75	White pepper has a milder, more delicate flavor than black pepper, and is useful for adding a peppery flavor to light colored sauces and soup without adding
All Purpose Seasoning SP-064 \$6.95	Add zest to all your cooking.



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Pepper Green Whole SP-064 \$7.75	Traditionally added to food throughout history.
Cajun Spice SP-065 \$3.25	A fiery & Savory Blend of spices.
Pepper Pink Whole SP-065 \$11.00	Traditionally added to food throughout history.
Caribbean SP-066 \$3.75	Great on caribbean style foods but can be applied to other dishes as well.
Chili Powder Blend SP-067 \$3.50	This is a delightfully zesty blend of spices.
Chinese 5 Spice SP-068 \$3.25	Deep, alluring & exotic mixture of spices.
Curry Leaf SP-069 \$3.50	The most prominent exotic blend of spices.
Garam Masla SP-070 \$5.00	Like Curry but far deeper in taste.
Garlic Pepper SP-071 \$3.00	Garlic & Pepper are both great tasting spices. Goes on any dish.
Herbs De Provence SP-072 \$3.50	This adds a festive of taste to bland dishes.
Italian Seasoning SP-073 \$2.50	A zesty blend of spices for all dishes.



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5th Chakra Tea TC-001 \$5.25	Formerly Throat Soother tea. A warm & fruity decoction blend, sure to improve communication.
Black Tea TC-002 \$9.00	This rare and exotic tea from the Himalayan region of Nepal is truly complex and has the flavor characteristics of both a green and a black tea.
Blossoms of Health Tea OUT TC-003 \$5.30	Beautiful to look at, deliciously tasty and, it's good for you.
Chamomile Flower TC-004 \$4.00	An aromatic, and flavorful tea made from whole organic Chamomile flowers and now Fair Trade certified!
Chamomile Tea TC-005 \$4.75	An aromatic, and flavorful tea made from whole organic Chamomile flowers and now Fair Trade certified!
Chai Tea TC-006 \$6.00	A warm, piquant, and delightful Chai made from 100% certified organic materials.
Ceylon Tea TC-007 \$5.50	Ceylon tea comes from partially fermenting young tea leaves and is revered as a lively classic with a smooth taste that is not too bitter to the palate. It makes a
Dawn Chorus Tea TC-008 \$5.25	Gentle, yet full of heart and substance, this delicately balanced tea is a perfect way to start the day, and offers just the right amount of pick-me-up dur-
Darjeeling Tea TC-009 \$5.25	A true unblended Darjeeling tea from fresh, green, subtle leaves.
Dream Tea TC-010 \$5.40	This infusion blend is based on an ancient formula said to evoke powerful and colourful dreams.
Earl Gray Tea TC-011 \$5.00	An exceptionally rich black tea, fermented to perfection with a complementary pinch of bergamot oil.



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Oolong Tea TC-012 \$7.00	A succulent tea especially palatable for those that do not enjoy the sharpness typical of green teas.
Orange Spice Tea TC-013 \$5.25	A warm, soothing, Ceylon tea blend with just the right ingredients to give toasts to.
Easy Day Tea TC-014 \$5.00	A truly superb, and herbalicious beverage aptly titled Easy Day tea because of its unabashed simplicity.
Echinacea Root Tea TC-015 \$5.75	Full flavored with a rich, rooty, yet smooth and mellow taste.
Evening Repose Tea TC-016 \$5.15	When the sun sets over the mountains and the new moon dips her silvery softness in to the clouds.
Fairytale Tea TC-017 \$5.25	When the sun sets over the mountains and the new moon dips her silvery softness in to the clouds.
Flashes Tea TC-018 \$5.15	This cooling and slightly astringent infusion blend is very helpful in soothing those hot "power surges".
Forest Tea TC-019 \$5.75	Formerly known as Lung Tea, this warm and decongesting tea is great for the respiratory and chest area with a rich and comforting taste.
Gun Powder Green Tea TC-020 \$4.50	A hearty, strong, green tea that is rolled in small pellets and was aptly awarded its title, because of its resemblance to the pellets used for gunpowder am-
Happy Man Tea TC-021 \$5.75	An all around tonic and balancer just for men!
Happy Tummy Tea TC-022 \$5.25	Support your healthy stomach with this soothing and yummy drink.



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Herbal Tea Sampler TC-023 \$11.95	Finally a perfect way to sample our most popular and tasty herbal loose leaf teas.
Hibiscus High Tea TC-024 \$5.15	The red flowering tropical hibiscus plant gives this infusion drink its unique taste and wonderful colour.
Honeybush Tea TC-025 \$3.50	A super fruity delight that is naturally sweet and almost unbelievable!
Kukicha Twig Tea TC-026 \$5.50	This is probably one of the most opulent blends from the green tea family.
Lemon Tea TC-027 \$4.75	A powerfully refreshing cup of tea blended with the finest organic herbs.
Memory Zest Tea TC-028 \$5.15	A mentally refreshing and good tasting infusion beverage, to help give you feelings of clarity and precision.
Mint Tea TC-029 \$4.75	Delightful, refreshing and invigorating are a few words that come to mind after savoring this tea.
Moon Ease Tea TC-030 \$5.75	An indispensable and satisfying infusion blend perfect for that time of the month.
Oregon Chai Tea TC-031 \$6.00	A warm, piquant, and delightful Chai made from 100% certified organic materials.
Peace Tea TC-032 \$5.40	This is a gentle and calming nervine blend; a chance for reflection while providing an opportunity to imagine a peaceful world.
Persephone's Tea TC-033 \$5.15	Going down to the underworld and rising up renewed.



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Quite Child Tea TC-034 \$5.15	Refreshing minty flavour and a calming influence.
Rooibos Green Tea TC-035 \$4.00	The attribute that makes this tea an unusual variety when compared to Red Rooibos tea, is that it is completely unfermented, it contains a slightly herbal af-
Rooibos Red Tea TC-036 \$3.50	An exquisite certified organic and fair trade certified red tea from the highest mountain peaks of South Africa.
Tea Sampler TC-037 \$14.95	Finally a perfect way to sample our most alluring and exotic organic green, black and red teas.
Vita Blend Tea TC-038 \$5.15	Delicious healthy blend to help support general well-being.
White Peony Tea TC-039 \$6.50	White tea is picked early in the season when the buds are still fresh, young and tender.
White Silver Needle TC-040 \$15.75	This exceptional tea is one of the rarest and finest organic teas available in the world.
Winter Spice Tea TC-041 \$5.15	A warming winter blend and a great stress reducer.
Wise Woman Tea TC-042 \$5.15	A wonderful menopause infusion blend to celebrate our emerging wise woman within.
Woman's Balancing Tea TC-043 \$5.15	Rich, healthy, delicious and full of flavor, this is a balancing and toning infusion blend ideal for every day.
Woman's Freedom Tea TC-044 \$5.15	A liberating, enjoyable and flavourful herbal decoction designed specifically for harmonizing a woman's balance.



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Yerba Mate Tea TC-045 \$3.00	Yerba Mate is a lightly stimulating beverage from South America that has a mild amount of caffeine with just the right kick.
Fidnemed Nighttime Tea TC-046 \$5.25	Fidnemed means a sacred and quiet forest grove.
English Breakfast Tea TC-047 \$4.25	A classic, and now organic!
Lapsang Souchang TC-048 \$5.75	This intoxicating and alluring tea has one of the most powerful flavors and is best suited for those with established tastes for tea.
Mango Ceylon Tea TC-049 \$5.50	A delightfully zesty Ceylon blend from Sri Lanka.
21st Century Tea OUT TC-050 \$6.15	There are so many ways that our immune systems can be overwhelmed ... air, water, workplace, stress etc.
Firefly Chai Tea TC-051 \$6.50	A warm, piquant, and delightful herbal Chai made from 100% certified organic materials.
Herbal Coffee Tea TC-052 \$5.50	Enjoy this deep and invigorating coffee alternative made from 100% organic herbal ingredients!
Jasmine Tea TC-053 \$4.75	A fabulous "all purpose" tea made from freshly picked green tea leaves semi-fermented within fresh Jasmine flowers to impart a distinct floral aroma and
Ancient Forest Tea TC-054 \$10.00	This handsome tea is worthy of all our esteem and veneration because it comes to us exclusively from stands of protected ancient growth tea plants in the
Assam Tea TC-055 \$4.50	By far the most popular and palatable black tea, Assam has proven its superiority by consistently delivering a full-bodied flavor, which is both dark and



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Chrysanthemum Embrace TC-056 \$14.00	Luscious green tea leaves are sewn in a bouquet around a white Chrysanthemum flower.
Dawn's Delight, 10 Flowering Buds TC-057 \$26.00	This superbly divine tea is made with rare white tea buds which are tightly sewn over a cornucopia of alluring flowers including Amaranth, Jasmine, Chrysan-
Evening Stars TC-058 \$14.00	In this splendid tea, white tea leaves are sewn together around three chrysanthemum flowers.
Jade Elegance TC-059 \$14.00	Rich emerald green tea leaves are hand woven and shaped into cone-shaped bundles.
Rosebud Revealed 10 Flowering Buds TC-060 \$26.00	Designed by skilled artisans from the Yunnan province in China, these fine white tea leaves are hand tied with cotton thread around a delicate Amaranth
Velvet Lantern TC-061 \$14.00	This tea originates in the Yunnan province of China, where new buds are plucked, carefully prepared, dried, and then sewn into small lantern shapes.
Dao Ren Tea TC-062 \$7.25	This exceptionally delicate green tea gets its name from the famous Dao Ren Peak in the Zhejiang province of China and has rich and complex history dating
Genmaicha Tea TC-063 \$9.50	Genmaicha is a flavorful Japanese classic which includes a stunning combination of whole, fresh Green Sencha leaves combined with roasted organic brown
Green Sencha Leaf Tea TC-064 \$13.00	This organic green sencha leaf tea from Japan is a delicate, stimulating beverage made from the season's fresh harvest of the first young leaves.
Ancient Forests Tea TC-065 \$10.00	This handsome tea is worthy of all our esteem and veneration because it comes to us exclusively from stands of protected ancient growth tea plants in the
Jasmine Pearls Tea TC-066 \$15.00	This delectable organic tea is made from the long and graceful leaves of the tea plant with slender silver buds which are hand rolled into tight pearls.



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Matcha Tea TC-067 \$27.00	Matcha tea is a deeply alluring beverage containing rich historic roots within Japanese tea drinking ceremonies.
Seasons of Discontent Tea OUT TC-068 \$0.00	Formerly Allergy Season Tea, this refreshingly cool, minty flavored infusion blend with its citrus undertone can assist you with the discomfort & symptoms
Rooibos Vanilla Tea TC-069 \$5.75	This lusciously flavored tea contains all of the benefits of regular Rooibos but with a rich and delightful organic Vanilla flavor.
The Blue Tea TC-071 \$5.25	Beat those down in the dumps feelings with this wonderful and great tasting infusion. 3-4 minutes for brewing.
Nepalese Black Tea TC-70 \$9.00	Particularly delightful in the mornings and afternoons.
Echinacea Premium Extract CTH-005 \$10.50	Superior immune system support.
Black Cohosh-Kava Kava Extract CTN-001 \$10.50	Assists in reducing cramps, muscular pain and helps to promote general pain relief.
Black Walnut-Wormwood Extract CTN-002 \$9.75	Assists in intestinal cleansing and anti-parasite support.
Devils Claw-Yucca Extract CTN-003 \$9.75	Assists in the reduction of joint inflammation and arthritic discomfort.
Dong Quai-Wild Yam Extract CTN-004 \$9.75	Aids female hormonal & pre-menstrual balance.
Echinacea-Goldenseal Extract CTN-006 \$9.75	Supports immune system and helps provide additional protection against infections.



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Ginko-Gotu Extract CTN-007 \$9.75	Helps to support normal function of adrenal & nervous systems.
Huckleberry-Devils Club Extract CTN-008 \$9.75	Helps to support a healthy blood sugar balance.
Kava Kava-California Poppy Extract CTN-009 \$10.50	Helpful for anti-anxiety support and supporting relaxation.
Male Formula Extract CTN-010 \$10.50	Helpful in supporting endurance, stamina and general vitality for men.
Milk Thistle-Dandelion Extract CTN-011 \$9.75	Helpful for supporting healthy liver function.
Motherwort-Black Cohosh Extract CTN-012 \$9.75	Aids female hormonal balance.
Nettles-Eyebright Extract CTN-013 \$9.75	Promotes relief and reduces discomfort associated with nose & sinus type allergies.
Red Clover-Burdock Extract CTN-014 \$10.50	Helpful for promoting healthy skin, and liver support. Assists in the elimination of toxins.
Saw Palmetto-Nettles Extract CTN-015 \$9.75	Encourages healthy prostate function and supports a healthy urinary tract for men.
Skull Cap-Oats Extract CTN-016 \$10.50	Helps to encourage relaxation and acts as a nerve tonic.
St John's Wort-Lemon Balm Extract CTN-017 \$9.75	Helpful for maintaining emotional balance and general relief from nervous anxiety.



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Uva Ursi-Horsetail Extract CTN-018 \$10.50	Promotes a healthy urinary system.
Valerian-Passion Flower Extract CTN-019 \$9.75	Helpful for promoting relaxation and aiding in ones sleep.
Vitex-Burdock Extract CTN-020 \$10.50	Assists emotional and hormonal balance relative to a woman's menstrual cycle.
Vitex-Dong Quai Extract CTN-021 \$10.50	Helpful for encouraging hormonal balance and grace during pre-menopause.
Black Walnut-Wormwood Glycerite GTN-001 \$9.75	Anti-parasite and intestinal support.
Burdock Glycerite GTN-002 \$9.75	Helpful for general blood health and for liver support.
Camomile-Catnip Glycerite GTN-003 \$9.25	A mild sedative, especially helpful in times of high anxiety and over-excitement.
Dandelion Glycerite GTN-004 \$9.25	A splendid herb, used for general liver support.
Echinacea Glycerite GTN-005 \$9.25	Very helpful in supporting and enhancing a healthy immune system.
Hawthorn Glycerite GTN-006 \$9.75	Helpful for general heart and blood pressure support.
Milk Thistle Glycerite GTN-007 \$9.25	A splendid herb, used for general liver support.



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Oats Glycerite GTN-008 \$9.25	A great ally in calming nervous system.
Valerian Glycerite GTN-009 \$9.75	Helpful in encouraging relaxation and restful sleep.
Angelica Extract TN-001 \$9.25	As a tea, in capsules and as an herbal extract
Ashwaganda Extract TN-002 \$9.50	Tea decoction from the root, liquid herbal extract, herbal capsules (non-standardized) Dried crushed or powdered roots can be applied to food or directly
Astragalus Extract TN-003 \$9.50	The dried root in the form of tea, encapsulated or as an extract. Powder is mildly sweet and may be sprinkled on food or whipped into a shake or smoothie.
Bayberry Root Extract TN-004 \$9.25	Powders, teas, tinctures, and poultices. The tea should be drunk hot. Poultices are usually made by combining bayberry and slippery elm. In some coun-
Bilberry Extract TN-005 \$9.50	Leaf, fruit.
Black Cohosh Extract TN-006 \$9.25	Root.
Black Wlanut Extract TN-007 \$9.50	The powdered hull.
Blessed Thistle Extract TN-008 \$9.25	Dried leaves, stems, and flowers.
Boneset Extract TN-009 \$9.25	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.



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Buchu Extract TN-010 \$9.25	Dried leaf and small flowers.
Burdock Extract TN-011 \$9.25	The washed and dried root, powdered.
Cactus Extract TN-012 \$9.25	Fresh Cactus
Calendula Extract TN-013 \$9.25	Dried flowers.
California Poppy Extract TN-014 \$9.50	Above-ground parts of the plant, dried.
Cascara Sagrada Extract TN-015 \$9.25	Properly aged bark (generally 1 year).
Cat's Claw Extract TN-016 \$9.25	Bark.
Catuaba Extract TN-017 \$9.50	Bark.
Cayenne Extract TN-018 \$9.25	The fruit, fresh or dried, chopped or powdered.
Celandine Extract TN-019 \$9.25	The above-ground parts of the plant, dried, cut and/ or powdered.
Chamomile Extract TN-020 \$9.25	Flowers



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Chaste Tree (Vitex) Extract TN-021 \$9.25	Dried fruiting berry.
Chickweed Extract TN-022 \$9.25	Entire aerial part of plant.
Coltsfoot Extract TN-024 \$9.00	Leaves, and sometimes the buds and flowers
Corn Silk Extract TN-025 \$9.25	Dried silk, whole or powdered.
Cramp Bark Extract TN-026 \$9.50	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.
Damiana Extract TN-027 \$9.25	Leaf and leaf stems, dried.
Dandelion Extract TN-028 \$9.25	The whole leaf, dried, and cut.
Devil's Claw Extract TN-029 \$9.25	Sun dried tuber. Most prefer secondary tuber, and this is the form offered by Mountain Rose Herbs.
Dong Quair Root Extract TN-030 \$9.25	Root.
Echinacea Purpurea Extract TN-031 \$9.50	The root, leaves, stems and flowers, of Echinacea purpurea, Echinacea angustifolia, or Echinacea pallida.
Elderberry Extract TN-032 \$9.25	Most commonly the flowers or berries. Dried fruits are less bitter than fresh. The stems and leaves are poisonous.



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Elecampane Extract TN-033 \$9.25	Roots and rhizomes dug from 2- to 3-year-old plants, dried and cut.
Eleuthero Root Extract TN-034 \$9.50	The dried root.
Eyebright Extract TN-035 \$9.25	Leaf, stem and small pieces of the flowers.
Fenugreek Extract TN-036 \$9.25	The fruit or "seeds," dried and used whole or ground.
Gentian Root Extract TN-037 \$9.25	Dried, mature root.
Ginko Extract TN-038 \$9.25	Leaves and nuts. Leaves are considered "sweeter" and have a gentle effect and are primarily used for cerebral circulation.
Ginseng American Extract TN-039 \$15.00	The mature root, washed, dried and cut.
Goldenrod Extract TN-040 \$9.25	The above-ground parts of the plant, ground and chopped.
Goldenseal Extract TN-041 \$10.50	Root.
Gotu Kola Extract TN-042 \$9.25	Leaf. Either fresh or dried.
Gravel Root Extract TN-043 \$9.25	Root.



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Hawthorn Liquid Extract TN-044 \$9.25	The whole berry, dried, crushed and powdered.
Hops Extract TN-045 \$9.25	The cone and grains of the hops flower, dried and cut.
Horehound Extract TN-046 \$9.25	The above-ground parts of the plant, dried and cut.
Horsetail Extract TN-047 \$9.25	The above-ground parts of the plant, dried, cut, and powdered.
Hydrangea Extract TN-048 \$9.25	Dried rhizome and roots.
Hyssop Extract TN-049 \$9.25	Above-ground parts of the plant dried and cut, and essential oil. Some vendors offer the more traditional hyssop flowers, without stem or leaf.
Juniper Extract TN-050 \$9.25	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
Kava Kava Extract TN-051 \$10.50	Whole roots, with the smaller rootlets that tendril from the main shaft being higher in active compounds. Powdered root is its main form for consump-
Lady's Mantle Extract TN-052 \$9.50	The above-ground parts of the plant, dried.
Licorice Root Extract TN-053 \$9.25	The root in dried form.
Milk Thistle Extract TN-054 \$9.25	The threshed, dried seed.



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Motherwort Extract TN-055 \$9.25	All the above-ground parts of the plant, gathered after flowering, dried, and cut.
Muiru Puama Extract TN-056 \$10.50	Bark and root.
Myrrh Gum Extract TN-057 \$9.50	Dried exudates (resin) from the bark.
Nettle Liquid Extract TN-058 \$9.25	Leaves.
Oats Extract TN-059 \$9.25	The threshed and dried stem and leaf, and the dried or fresh milky tops.
Passion Flower Extract TN-059 \$9.25	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
Oregon Grape Root Extract TN-060 \$9.25	Root.
Osha Root Extract TN-061 \$9.25	Dried root.
Pau D'Arco Extract TN-063 \$9.25	Inner bark.
Pipissew Extract TN-064 \$9.50	Dried leaf usually, although all parts of the plant including stems are medicinally active.
Plantain Extract TN-065 \$9.25	The whole leaf and some stem is acceptable.



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Pleurisy Extract TN-066 \$9.50	Root and sometimes the leaves and plant.
Prickly Ash Extract TN-067 \$9.25	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.
Red Clover Extract TN-068 \$9.25	Flowers and sometimes the leaf and flower.
Red Root Extract TN-069 \$9.25	Root bark.
Reishi Mushroom Extract TN-070 \$13.50	The whole mushroom top, with as little shaft as possible. The larger the mushroom the better.
Sarsaparilla Extract TN-071 \$9.25	Root.
Saw Palmetto Extract TN-072 \$9.25	Berries, dried and cut or powdered.
Schisandra Extract TN-073 \$9.50	The whole berry or powdered berry.
Shepherd's Purse Extract TN-074 \$9.25	Seedpods, crushed before making tea.
Skull Cap Extract TN-075 \$9.25	The above-ground parts of the plant, dried.
Slippery Elm Extract TN-076 \$9.25	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.



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St. John's Wort Extract TN-077 \$9.25	The dried flowering tops and leaf.
Usnea Extract TN-078 \$9.25	The dried thallus or lichen strands of collected plants.
Uva Ursi Extract TN-079 \$9.25	Dried leaves and stem fragments.
Valerian Extract TN-080 \$9.25	Dried root.
White Oak Extract TN-081 \$9.50	Dried or toasted bark. Gentle dry heat increases the concentration of volatile oils in the bark. Bark, ground before storage. Gentle heating concentrates
Wild Cherry Extract TN-082 \$9.25	Dried bark.
Wild Yam Extract TN-083 \$9.25	The dried tuber.
Wood Betony Extract TN-084 \$9.25	The whole herb, collected in dry weather.
Worm Wood Extract TN-085 \$9.25	The whole herb (leaf, stem and flowering parts).
Yarrow Extract TN-086 \$9.25	Dried stems, leaves, and flowers.
Yucca Extract TN-086 \$9.25	Root.



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Yellow Dock Extract TN-087 \$9.25	Dried root, chopped.
Yerba Mansa Extract TN-088 \$9.00	Dried root.
Cleavers Extract TN-23 \$9.25	Usually the above ground parts of the plant, dried and chopped.
Anti-Itch HG-013. \$9.25	An indispensable and effective ally in the post-exposure treatment of Poison Oak, Poison Ivy and Stinging Nettles.
Bug Repellant HG-014 \$6.50	Unlike conventional bug repellents which contain harmful chemicals and synthetic repellents, this 100% natural alternative provides maximum protec-
Alkanet Root WH-001 \$3.50	Alkanet root is primarily used as a dyeing and coloring agent, especially for fabrics, soap, and lip balm.
Alkanet Root Powder WH-002 \$3.75	Alkanet root is primarily used as a natural dyeing agent.
Balm of Gilead Buds OUT WH-003 \$0.00	Balm of Gilead buds are added to ointments.
Barberry Root Bark WH-004 \$3.50	Barberry is used to stabilize blood pressure and to normalize heart rhythms to prevent stroke.
Barberry Root Bark Powder OUT WH-005 \$3.75	Barberry is used to stabilize blood pressure and to normalize heart rhythms to prevent stroke.
Bayberry Root Bark WH-006 \$4.00	Inducing productive coughs that release phlegm.



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Bayberry Root Bark Powder WH-007 \$3.75	Inducing productive coughs that release phlegm.
Bee Pollen WH-008 \$4.00	Bee pollen packs the punch!
Bee Pollen Powder WH-009 \$4.00	Bee pollen packs the punch!
Benzoin Gum Powder WH-010 \$4.25	Benzoin is used to complement mayapple for treatment of warts.
Birch Bark WH-011 \$3.25	Teas of the bark may also relieve joint pain associated with osteoarthritis, rheumatoid arthritis, or gout.
Birch Bark Powder WH-012 \$3.50	Teas of the bark may also relieve joint pain associated with osteoarthritis, rheumatoid arthritis, or gout.
Bitter Melon Fruit WH-013 \$4.50	The bitter melon is typically stuffed, curried, or pickled.
Black Haw Bark WH-014 \$4.00	Black haw is a stronger uterine relaxant than cramp bark.
Black Haw bark Powder WH-015 \$4.00	Black haw is used to treat health problems caused by uterine contractions.
Black Walnut Hull Powder WH-016 \$2.75	Black walnut hulls are used to treat intestinal worms.
Blackberry Root WH-017 \$5.00	This herb can be drunk as a tea.



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Blackberry Root Powder WH-018 \$5.50	This herb can be drunk as a tea.
Blood Root WH-019 \$11.00	Although blood root is used to make commercial toothpastes and mouthwashes, the main use of the herb in herbal medicine is treating skin tags.
Blood Root Powder WH-020 \$11.00	Blood root is a far less expensive way to handling the problem.
Blue Cohosh Root WH-021 \$3.75	Blue cohosh stimulates uterine activity.
Blue Cohosh Root Powder WH-022 \$4.00	Most frequently used as a tincture.
Boldo Leaf WH-023 \$2.75	This can be taken as teas and infusions, or as a capsule or extract.
Butchers Broom Root WH-024 \$4.00	The root is used in herbal medicine.
Butchers Broom Root Powder WH-025 \$4.00	The root is used in herbal medicine.
Butterbur Root WH-026 \$9.75	Modern research suggests that butterbur root extract may be useful in treating the symptoms of seasonal rhinitis (allergies) and prevent migraines.
Butternut Bark WH-027 \$3.50	The butternut is a walnut with leaves like the black walnut but a grayish, deeply furrowed bark.
Butternut Bark Powder WH-028 \$4.00	Butternut bark powder is used to make a syrup for treating tapeworms.



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Cascara Sagrada Bark WH-029 \$3.00	Teas are hard to drink but have a gentler laxative action.
Cascara Sagrada Bark Powder WH-030 \$4.00	The herb is harvested in the form of quills and pieces of bark, allowed to age at least a year before use in laxative preparations.
Cat's Claw Bark WH-031 \$2.75	The traditional application of cat's claw has been to treat rheumatoid arthritis.
Cat's Claw Bark Powder WH-032 \$3.00	For convenience it may be taken as a capsule.
Catuaba Bark WH-033 \$3.00	Catuaba is used in capsules, teas, and tinctures.
Catuaba Bark Powder WH-034 \$3.25	It bears orange and yellow flowers that produce a yellowish-brown, inedible fruit.
Cedar Berry Whole WH-035 \$7.75	Berries may be crushed, added whole to food as a flavoring/preservative, steeped in boiling water to make a tea or infusion, or eaten fresh or dried.
Cedar Leaf Tips WH-036 \$3.50	Today, it is mainly used in homeopathy for acute and chronic infections of the upper respiratory tract.
Chaparral WH-037 \$2.25	Chaparral can have a remarkable healing effect.
Club Moss WH-038 \$4.50	Club moss is an evergreen related to ferns that is native to Europe.
Club Moss Powder OUT WH-039 \$0.00	Today, the only part of the plant used medicinally is the powdered spores by which it reproduces.



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Cramp Bark WH-040 \$10.00	The berries are eaten like cranberries, although moderation is recommended.
Cramp Bark Powder WH-041 \$10.00	The leaves and fruit are used in laxatives.
Cranesbill Root WH-042 \$6.25	Cranesbill is an unusually rich source of tannins.
Cranesbill Root Powder WH-043 \$6.75	It is so rich in tannins that it is a traditional astringent for bleeding, and an essential tool of Russian herbal medicine for treating diarrhea.
Devil's Club Root Bark WH-044 \$16.75	This herb can be drunk as a tea.
Frankincense Powder Resin WH-045 \$3.25	Powdered resin added to water, tincture, and very rarely as a tea. For internal use, sometimes mixed with myrrh or cress.
Frankincense Powder WH-046 \$3.25	Frankincense relieves cramps, corrects loss of focus, and reverses fatigue.
Fringe Tree Bark WH-047 \$9.75	The almost-odorless root bark is gathered, washed, and dried for medicinal use.
Gravel Root WH-048 \$4.25	The Iroquois called a decoction of gravel root "little medicine water" because of its healing properties.
Gravel Root Powder WH-049 \$4.25	It was used largely to treat urinary problems, especially kidney stones or gravel.
Guarana Seed Powder WH-050 \$5.00	Guarana is a name that is becoming familiar in the mainstream consumer world as a caffeine substitute in "energy drinks".



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Guarana Seed Whole WH-051 \$5.00	The seeds of the berry are dried, roasted and then brewed to make a drink that is at first bitter and slightly astringent, then sweet.
Guggul Gum WH-052 \$4.50	Guggul gum seems to be living up to its traditional medicinal uses.
Heal All (self heal) WH-053 \$4.00	More recently, heal all has been used in combination with bugleweed to treat Graves disease, a disorder of the thyroid.
Hydrangea Root WH-054 \$3.75	Traditionally used as a tea or in sugar syrup. May also be taken as a capsule or extract. Found in cosmetic preparations.
Hydrangea Root Powder WH-055 \$4.00	The grayish roots used in herbal medicine have little odor but a sweet and pungent taste.
Jamaican Dogwood Bark WH-056 \$4.50	Dogwood is a tropical shrub in the legume family with its native roots in the West Indies, Mexico, South Texas, and parts of the Pacific Northwest.
Jamaican Dogwood Bark Powder WH-057 \$6.25	Jamaican Dogwood is a powerful sedative.
Kola Nut WH-058 \$3.00	The nut is also thought to improve the flavor of any food and to counteract the effects of drinking tainted water.
Kola Nut Powder WH-059 \$3.00	Throughout Western Africa, a small piece of nut is chewed before each meal to promote digestion.
Mandrake Root WH-060 \$4.00	The mandrake is a relative of barberry and golden-seal found in the eastern half of North America.
Muir Puama Bark WH-061 \$3.00	Can be taken as a tea.



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Muiru Puama Bark Powder WH-062 \$3.00	Muiru puama is used to treat fatigue, muscular weakness, and sexual debility, and is used to prevent baldness.
Myrrh Gum Powder WH-063 \$4.00	Used in conjunction with other ingredients for the development of many cosmetic applications.
Myrrh Gum Resin WH-064 \$3.75	It is included in formulas to treat uterine fibroids, although it is not used alone.
Oregon Grape Root WH-065 \$3.50	Also used as tea, tincture and it may be administered in capsule form.
Oregon Grape Root Powder WH-066 \$4.00	Oregon grape root is a tall, evergreen, flowering shrub that grows among the firs, spruces, and pines of the mountainous American Northwest.
Orris Root WH-067 \$5.00	In ancient times the iris was a symbol of power and majesty used as the original scepter.
Orris Root Powder WH-068 \$5.00	Usually taken as powder, infusion, or tincture, can be encapsulated.
Osha Root Whole WH-069 \$11.00	Tinctures and extracts vary widely in concentration; be sure to follow instructions on the label. Also used in steams and saunas.
Partridgeberry Herb WH-070 \$13.00	Partridgeberry is an evergreen herb that grows in the woodlands of North America.
Patchouli Leaf WH-071 \$5.75	The fresh leaves can help aid healing in burns, and in aromatherapy, it is used to calm nerves and control appetite, relieve depression, stress and lack of sex-
Patchouli Leaf Powder WH-072 \$7.50	The essential oil may be used to treat acne, dry skin, fungal infections, dermatitis, dandruff and eczema.



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Pau d' Arco Bark WH-073 \$2.50	Can be taken as a tea, tincture or encapsulation.
Pau d' Arco Bark Powder WH-074 \$2.50	Most herbal practitioners attribute the healing power of the herb to its tannins.
Pipsissewa WH-075 \$3.75	The leaves have very little scent until they are rubbed to release a pleasant but mildly "puckery" scent.
Pipsissewa Powder WH-076 \$4.00	All parts of the plant including stems are medicinally active.
Pleurisy Root WH-077 \$4.75	Pleurisy weed is better known in parts of the country as butterfly weed. Its a popular plant in country gardens, and is known to attract butterflies, particularly
Pleurisy Root Powder WH-078 \$5.00	Much of the plant is edible, including the young shoots, flower buds and stems.
Prickly Ash Bark WH-079 \$6.75	The chopped bark is better for making teas and tinctures than the powdered bark.
Prickly Ash Bark Powder WH-080 \$6.75	Traditional Chinese Medicine uses prickly ash to warm the "middle burner," the energies in the middle of the body that power the immune response and help
Pygeum Bark WH-081 \$3.75	Chopped bark may be slightly more effective for treating prostate infections. Bark powder may be slightly more effective for treating prostate
Pygeum Bark Powder WH-082 \$4.00	Typically younger men (under 30) with prostate infections need about twice as a large a dose as older men (over 50) with prostate enlargement.
Quassia Bark WH-083 \$3.25	The herb is extremely bitter, the name amargo means "bitter" in Spanish.



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Quassia Bark Powder WH-084 \$3.50	Usually taken in the form of an infusion, in capsules, or tincture.
Red Root WH-085 \$4.50	Red root is a shrub also known as white snowball for its clusters of white flowers borne in early summer. Its root is bitter and its root tea has a "bite."
Red Root Powder WH-086 \$5.00	Red root was used as a substitute for tea during the American Revolutionary War.
Sage White Ceremonial WH-087 \$5.50	In addition to being burned as incense, white sage has medicinal uses.
Sage White Ceremonial Piece WH-088 \$0.00	White sage is a flowering perennial that is native to the Southwest U.S.
Sandalwood Red Powder WH-089 \$5.00	Only the dark-colored heartwood is used.
Sarsaparilla Root (indian) WH-090 \$3.50	Sarsaparilla enjoyed an unprecedented popularity as a "spring tonic", believed to help detoxify the body of poisons and toxins accumulated over the course of
Sarsaparilla Root Powder (indian) WH-091 \$4.00	Modern science suggests that some of the constituents in sarsaparilla may indeed be useful in medicine, particularly to treat skin conditions and general mal-
Sarsaparilla Root (jamaican) WH-092 \$5.75	Modern medicine and science seem to confirm many of the traditional uses of sarsaparilla root.
Sassafras Leaf WH-093 \$4.00	The leaf is primarily used to thicken and to season. It should be simmered gently, and never boiled.
Sassafras Root Bark WH-094 \$7.25	Almost always found as a beverage or tea.



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Sassafras Root Bark Powder WH-095 \$7.00	Sassafras bark oil is used to flavor medicines and candy and in some perfumes.
Self Heal (heal all) WH-096 \$4.00	The leaves of heal all are edible and are often used in soups and salads.
Soapwort Root OUT WH-097 \$0.00	A member of the clove family, soapwort is a low-growing perennial shrub with a thick tap root used in herbal medicines and for making soaps.
Solomon's Seal Root OUT WH-098 \$5.25	Teas, with other herbs. May also be taken as a capsule or extract.
Spikenard Root OUT WH-099 \$7.75	Spikenard root belongs to the same family as the ginseng root and is prized for many of the same reasons.
Suma Root WH-100 \$4.25	Because of the vast array of constituents contained within Suma, this plant is being thoroughly explored, used and studied for treatment surrounding many of
Suma Root Powder WH-101 \$4.25	Western herbal medicine uses the dried root in whole, cut or powdered form.
Tonka Beans WH-102 \$4.00	In addition to its historical use in flavoring cookies, cakes and cream dishes, Tonka beans are sometimes used to flavor snuff and pipe tobacco.
Usnea WH-103 \$8.75	Usually used to make cough and cold lozenges.
Watercress WH-104 \$5.75	The botanical name for the plant comes from a Roman term meaning "twisted nose."
White Sage WH-105 \$5.50	In addition to being burned as incense, white sage has medicinal uses.



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Wild Yam Root WH-106 \$4.00	Teas, infusions, capsules, and added to creams and ointments. Seldom found in liquid extract form. Combined with cinnamon to treat chronic infection.
Wild Yam Root Powder WH-107 \$4.50	It is, however, extremely useful for many gynecological complaints.
Wild Yam Root, Granules WH-108 \$3.75	Seldom found in liquid extract form.
Witch Hazel Bark WH-109 \$4.00	Both the bark and the leaves are used in herbal medicine.
Witch Hazel Bark Powder WH-110 \$4.25	Witch hazel bark water is made with alcohol, but witch hazel leaf water can be made without alcohol.
Yerba Santa WH-112 \$4.25	Yerba santa is a sticky-leafed evergreen native to the southwestern United States.
Yerba Santa Powder WH-113 \$7.25	It was given its name ("holy weed") by Spanish priests impressed with its medicinal properties.
Yohimbe Bark WH-114 \$3.75	Traditionally used as a tincture. Seldom found in an encapsulated form, and while it may be taken as a tea, it has a fairly unpleasant taste.
Yohimbe Bark Powder WH-115 \$4.25	Unlike chopped bark, the powder does not require an acid (such as lemon juice) to be added to the water with which the tincture is taken for maximum effect.
Yucca Root WH-116 \$4.00	This herb is usually in tea, capsules and as an extract.
Yucca Root Powder WH-117 \$4.00	In northern New Mexico, healers use a tea brewed from yucca leaves to treat asthma and headaches.

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