

KEY TO POSSIBLE BENEFITS CHART

MAJOR ORGANS

LUNGS

CARDIAC

PAIN

FEMININE

SEXUAL

MOOD

ENERGY

WEIGHT

SKIN & HAIR

SLEEP

IMMUNITY

GASTRO

BRAIN

BUGS/PARASITES

BONUS FACT!

NAME	POSSIBLE PROPERTY	WARNING
ASHWAGANDHA ROOT	PRO-HEART HEALTH	<i>* DO NOT USE IF PREGNANT</i>
	LOWER CHOLESTEROL	*CAUTION IF YOU HAVE AN AUTO-IMMUNE DISEASE
	ANTI-PAIN	*AVOID IF HAVING/JUST HAD SURGERY
	PRO-FERTILITY IN MEN	*CAUTION IF YOU HAVE A THYROID DISORDER
	ANTI-ANXIETY	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-FATIGUE	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	ANTI-ALZHEIMERS	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
		PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
BUTTERFLY PEA FLOWER	STABILIZE BLOOD SUGAR	*CAN CHANGE URINE COLOR
	ANTI-INFLAMMATORY	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-ANXIETY	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	BLOCK SYNTHESIS OF FAT CELLS	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	APPETITE SUPPRESSANT	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	CONTAINS ANTI-OXIDANTS	
	AIDS IN DIGESTION	
	CHANGES COLOR WITH PH CHANGE	
CALENDULA	ANTI-INFLAMMATORY	*POSSIBLE COUNTERACTIONS WITH SEDATIVES
	ANTI-MENSTRUAL PAIN	*POSSIBLE COUNTERACTIONS WITH BLOOD PRESSURE MEDICATIONS
	PRO-TISSUE REGROWTH	*POSSIBLE COUNTERACTIONS WITH DIABETIC MEDICATIONS
	HYDRATES SKIN	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-EAR INFECTION	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	ANTI-BACTERIAL	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI-STOMACHE UPSET	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	ANTI-ULCERS	
CATNIP	ANTISPASMATIC & BRONCHIODIALATOR	<i>* DO NOT USE IF PREGNANT</i>
	ANTI-INFLAMMATORY	*DO NOT USE IF YOU HAVE PELVIC INFLAMMATORY DISEASE
	ANTI-ANXIETY	*DIAPHORETIC
	SLEEP AID	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	GAS-RELIEVER	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	*CONTAINS NEPETALACTONE	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	THAT CATS LOVE!	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
CHAMOMILE	ANTI-CHEST COLD	*WATCH FOR ALLERGIC REACTIONS
	ANTI-FEVER	*CAUTION IF ALREADY USING; GARLIC, GINKGO, BILOBA, SAW PALMETTO
	ANTI-CANKER SORES & GENGIVITIS	OR ST JOHN'S WORT!
	ANTI-INFLAMMATORY	*CAUTION IF ALREADY USING SEDATIVES ,
	ANTI-ACID	ANTI-PLATELET DRUGS, ANTI-DEPRESSANTS, BENZOS,
	ANTI-DIARRHEA	OR ANTI-SEIZURE MEDICATIONS.
	GAS-RELIEVER	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI IBS & IBD	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	ANTI-HEARTBURN	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI-NAUSEA & VOMITING	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
CHRYSANTHEMUM	HEPATAPROTECTION	*CAN CAUSE SKIN TO BE SENSITIVE TO THE SUN!
	NEPHROPROTECTIVE	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-INFLAMMATORY	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE

	ANTI-CANCER	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI-OBESITY	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	IMMUNE REGULATION	
	CONTAINS ANTI-OXIDANTS	
	ANTI-MICROBIAL	
	BUG REPELLANT	
CLOVE	ANTI-PNEUMONIA	*CAUTION WITH STRAIGHT OIL KEEP IT AWAY FROM CHILDREN!
	CONTAINS EUGENOL	*DO NOT USE IF YOU HAVE LIVER DISEASE, BLOOD CLOTTING, OR
	ANTI-PAIN	IMMUNE DISORDERS
	ANTI-INFECTION	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
		YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
		BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
		PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
		*CAUTION INHILATION MAY BE LINKED TO LUNG DISEASE
CORNFLOWERS	PRO LIVER & GALBLADDER STIMULANT	*CAUTION IF YOU ARE ALLERGIC TO; RAGWEED, DAISIES,
	ANTI-CHEST COLD	OR OTHER RELATED PLANTS.
	ANTI-FEVER	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	PRO-MENSTRUAL DISORDERS	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	ANTI-YEAST INFECTION	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI-CONSTIPATION	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	WATER RETENTION	
DANDELION ROOT	PRO LIVER HEALTH	This plant may cause <u>allergic reactions</u> , particularly in people
	LOWER BLOOD SUGAR	with allergies to related plants such as ragweed. Contact
	LOWER CHOLESTEROL	dermatitis may also occur in those with sensitive skin.
	ANTI-HIGH BLOOD PRESSURE	According to an older review, dandelion may also interact with medications, including certain antibiotics
	ANTI-INFLAMMATORY	, anticoagulants, and blood sugar drugs. If you're taking prescription medications, consider consulting
	ANTI-CANCER	a healthcare professional before taking dandelion (43Trusted Source).
	PRO-BONE HEALTH	INFO CITED FROM- https://www.healthline.com/nutrition/dandelion-benefits#risks
	PRO-SKIN HEALTH	**ALWAYS SPEAK TO YOUR DR. ***
	Weight loss	
	AIDS IN DIGESTION	
	ANTI-CONSTIPATION	
	PRO-IMMUNE HEALTH	
	CONTAINS ANTI-OXIDANTS	
ELDERBERRY	PRO-LUNG HEALTH	*MUST COOK AT 180 DEGREES BEFORE USE TO REMOVE CYANIDE.
	STABILIZE BLOOD SUGAR	*DO NOT USE IF YOU ARE ALLERGIC TO HONEYSUCKLE
	LOWER CHOLESTEROL	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-HIGH BLOOD PRESSURE	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	SOOTHES SORE THROAT	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI-INFLAMMATORY	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	PRO-SKIN HEALTH	
	CONTAINS ANTI-OXIDANTS	
HORNY GOAT WEED	PRO-BLOOD FLOW	* DO NOT USE IF PREGNANT
	ANTI-BRITTLE BONES	*MIGHT SLOW BLOOD CLOTTING
	CONTAINS PHYTOESTROGENS	*CAUTION IF YOU HAVE HORMONE SENSITIVE CANCERS OR CONDITIONS!

	ANTI-E.D.	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
		YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
		BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
		PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
JASMINE	DIABETIC MANAGEMENT	<i>* DO NOT USE IF PREGNANT</i>
	MUSCLE RELAXANT	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-CANCER	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	AIDS DURING MENOPAUSE	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI-MENSTRUAL PAIN	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	APHRODISIAC	
	ANTI-ANXIETY	
	MOOD ENHANCEMENT	
	BOOST CONCENTRATION	
	SLEEP AID	
	CONTAINS ANTI-OXIDANTS	
	ANTI-PSORIASIS	
	ANTI-SEPTIC	
	PRO-IMMUNE HEALTH	
	AIDS IN DIGESTION	
LAVENDER	DIABETIC MANAGEMENT	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-INFLAMMATORY	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	RELIEVE HEAD PAIN	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI-MENSTRUAL PAIN	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	ANTI-ANXIETY	
	MOOD ENHANCEMENT	
	HYPNOTIC	
	PRO-TISSUE REGROWTH	
	PRO-HAIR CARE	
	ANTI-ACNE	
	BURN AID	
	ANTI-FUNGAL INFECTION	
	AIDS IN DIGESTION	
	SUPPORTS BRAIN FUNCTION	
	SLEEP AID	
	BUG REPELLANT	
LEMON BALM	CONTAINS EUGENOL	*CAUTION MAY CHANGE THYROID FUNCTION, REDUCE HORMONE LEVELS,
	ANTI-PAIN	AND INTERFERE WITH HORMONE REPLACEMENT THERAPY
	ANTI-MUSCLE SPASM	
	NUMBS TISSUE	
	MOOD ENHANCEMENT	
	ANTI-ANXIETY	
	ANTI-BACTERIAL	
	ANTI-INFECTION	
	ANTI-COLD SORE	
LEMON GRASS	PRO-HEART HEALTH	<i>* DO NOT USE IF PREGNANT</i>
	ANTI-HIGH CHOLESTEROL	*CAUTION IF USING TOPICALLY

	ANTI-HIGH BLOOD PRESSURE	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	STIMULATES MENSTRUAL FLOW	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	ANTI-DANDRUFF	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI-BACTERIAL	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	ANTI-FUNGAL	
	ANTI-GINGIVITIS & THRUSH	
	AIDS IN DIGESTION	
	NEUROLOGICAL BENEFITS	
	BUG REPELLANT	
LION'S MANE	DIABETIC MANAGEMENT	*USE WITH CAUTION IF PREGNANT, SPEAK TO YOUR DOCTOR FIRST
	ANTI-STROKE	*WATCH FOR ALLERGIC REACTIONS
	ANTI-INFLAMMATORY	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-ANXIETY	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	IMPROVE SPEED	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI-ULCERS	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	PROMOTE NEW AND MATURE NERVE CELLS	
	ANTI-PARKINSONS	
	ANTI-HUNTINGTON'S DISEASE	
	ANTI-MULTIPLE SCLEROSIS	
	PRO-NERVE HEALTH	
	ANTI- CREUTZFELDT-JAKOB	
LOTUS	DIABETIC MANAGEMENT	*CAUTION, MIGHT INTERFERE WITH BLOOD SUGAR CONTROL DURING AND AFTER SURGERY
	ANTI-CHEST CONGESTION	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	REGULATE BLOOD PRESSURE	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	ANTI-CARDIOVASCULAR DISEASE	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	IMPROVES BLOOD CIRCULATION	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	ANTI-ANXIETY	
	SLEEP AID	
	CONTAINS ANTI-OXIDANTS	
	AIDS IN DIGESTION	
	ANTI-DIARRHEA	
MARSHMALLOW ROOT	DECREASE COUGH	* DO NOT USE IF PREGNANT
	PROTECTIVE LAYER FOR SKIN	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-INFECTION	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	PROTECTIVE LAYER FOR DIGESTIVE TRACT	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI-ULCERS	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	ANTI-DIARRHEA	
	ANTI-CONSTIPATION	
MEADOWSWEET	ANTI- RESP TRACT INFECTION	*CAUTION, POSSIBLY UNSAFE IF PREGNANT!!
	DECREASE SWELLING	*DO NOT USE IF ALLERGIC TO ASPIRIN; or if you cannot take NSAIDS, or if you have kidney disease
	CONTAINS SALICYLATES SIMILAR TO ASPIRIN!	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	RELIEVE HEAD PAIN	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	ANTI-HEARTBURN	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
		PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
MUGWORT	REGULATE BLOOD PRESSURE	* DO NOT USE IF PREGNANT

	MAY HELP WITH IRREGULAR PERIODS	*May interact with blood thinners.
	ANTI-ITCH	*Can increase blood glucose levels!!
	AIDS IN DIGESTION	*Contains Thujone which is toxic in LARGE amounts
	CONTAINS ANTI-OXIDANTS	
	ANTI-BACTERIAL	
	ANTI-FUNGAL	
MULLEIN	EXPECTORANT	*WATCH FOR ALLERGIC REACTIONS
	LOOSENS MUCUS	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-INFLAMMATORY	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	ANTI-VIRAL	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI-BACTERIAL	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	CONTAINS ANTI-OXIDANTS	
MYRRH	LOWER BLOOD SUGAR	* DO NOT USE IF PREGNANT
	ANTI-INFLAMMATORY	*CAUTION IF YOU ARE ON BLOOD THINNERS, COULD DECREASE THEIR EFFECTIVENESS
	ANTI-CANCER (PRIMARILY GYNECOLOGICAL)	*LARGE AMOUNTS CAN AFFECT HEART RATE
	ANTI-BACK PAIN	*CAUTION IF YOU ARE DIABETIC, CAN LOWER BLOOD SUGAR
	RELIEVE GUM SENSITIVITY	*MAY INTERFERE WITH BLOOD SUGAR BEFORE AND AFTER SURGERY
	ANTI-ECZEMA	*CAUTION DON'T TAKE IN LARGE DOSES OVER 2-4GR/ DOSE
	PRO-SKIN HEALTH & WOUND HEALING	*WATCH FOR ALLERGIC REACTIONS
	HYDRATES SKIN	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-BACTERIAL	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	ANTI-FUNGAL	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	ANTI BAD BREATH CAUSED BY BACTERIA	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	CONTAINS ANTI-OXIDANTS	
	ANTI-ULCERS	
	ANTI-DIARRHEA	
	ANTI-IBS	
	ANTI-PARASITE (TRICH. & GIARDIASIS)	
NETTLE LEAF	PRO- KIDNEY & BLADDER HEALTH	* DO NOT USE IF PREGNANT
	ANTI-ALLERGIES	*CAN INTERACT WITH HYPERTENSION OR ANTI-DIABETIC MEDICATIONS
	PRO-HEART HEALTH	* DO NOT USE WITH LITHIUM OR WARFIRIN
	REGULATE BLOOD PRESSURE	*CAN ALTER HORMONES WITH LONG TERM USE
	STABILIZE BLOOD SUGAR	*CAUTION IF YOU ARE ON BLOOD THINNERS
	ANTI-CANCER	*WATCH FOR ALLERGIC REACTIONS SUCH AS DIGESTIVE SYMPTOMS OR ITCHING
	ANTI-GOUT	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-UTI	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	PRO-NAIL PRODUCTION	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	PRO- SKIN & HEAIR HEALTH	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	PRO-IMMUNE HEALTH	
	NUTRIENT RICH; GREAT FOR HEALTH	
	GREAT DIURETIC	
OREGANO	CHOLESTEROL MANAGEMENT	In large doses, oregano oil may be toxic -- and even lethal.
	ANTI- HEARTBURN	Oregano may have diuretic effects.
	ANTI-INFLAMMATORY	Large amounts of oregano can upset the stomach.
	ANTI-CANCER	Oregano oil may cause rash when applied to the skin.
	Weight loss	Pregnant women should not take oregano in medicinal amounts because the oils they

	AIDS IN DIGESTION	contain could reach the baby and harm it or may cause miscarriages.
	ANTI-OXIDANT PROPERTIES	And people taking lithium should avoid oregano.
	ANTI-BACTERIAL	You should also be very careful of using oregano oil if you are on blood thinners
	ANTI-FUNGAL	or medicines for diabetes.
	PRO-IMMUNE HEALTH	People should also avoid oregano if they have allergies to certain herbs such as:
	ANTI-MICROBIAL	BASIL, LAVENDER, HYSSOP, MARJORAM, MINT, SAGE, AND THYME
	BUG REPELLANT	INFO CITED FROM https://www.webmd.com/vitamins-and-supplements/oregano-uses-and-risks
PASSION FLOWER	ANTI-INFLAMMATORY	
	ANTI-ANXIETY	
	ANTI-ADHD BENEFITS	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	SLEEP AID	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
		PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
PEPPERMINT	ANTI-ALLERGIES	*CAUTION IF: YOU HAVE A HIATUS HERNIA, GERD, IRREGULAR HEARTBEAT, OR HAVE HEMOLYTIC
	DECONGESTANT	ANEMIA PLEASE SPEAK TO YOUR DOCTOR FIRST
	ANTI-MENSTRUAL PAIN	*MAY INTERACT WITH CYCLOSPORINE, STOMACHE ACID REDUCTION MEDICATIONS, ULCER
	ANTI-FATIGUE	MEDICATIONS, HYPERTENSION MEDICATIONS, OR CALCIUM CHANNEL BLOCKERS
	PRO-SKIN HEALTH	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-VIRAL	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	ANTI-NAUSEA & VOMITING	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	AIDS IN DIGESTION	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	ANTI-IBS	
PURPLE SEA MOSS	DECREASE BLOOD SUGAR	* FULL OF IODINE WHICH IS GOOD FOR HYPOTHYROIDISM, HOWEVER CAN BE BAD IN BIG DOSES!!
	ANTI-INFLAMMATORY	*WATCH FOR ALLERGIC REACTIONS
	PRO-WEIGHT LOSS FULL OF FIBERS	*MAY CAUSE GUT INFLAMMATION, DO NOT USE IF YOU HAVE CROHNS
	PRO-NAIL PRODUCTION	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	PRO- SKIN & HEAIR HEALTH	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	RICH IN VITAMIN B AND C	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	PACKED WITH ESSENTIAL MINERALS	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	NUTRIENT RICH	
	ANTI-HYPOTHYROIDISM	
	CONTAINS ANTI-OXIDANTS	
	PROMOTES GOOD GUT BACTERIA	
	ANTI-PARKINSONS DISEASE	
REISHI	DECREASE BLOOD SUGAR	*POSSIBLE LONG TERM EFFECTS ON THE LIVER
	INCREASE GOOD CHOLESTEROL	*PAUSSIBLE INTERACTIONS WITH ANTICOAGULANTS OR IMMUNOSUPPRESANTS
	ANTI-CANCER	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	MOOD ENHANCEMENT	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	ANTI-FATIGUE	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	PRO-IMMUNE HEALTH	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	ANTI-OXIDANT PROPERTIES	
ROSE	RELAXING	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	PROMOTES COLLAGEN HEALTH	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	PRO-SKIN HEALTH	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	RICH IN VITAMIN A& E	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	CONTAINS ANTI-OXIDANTS	

	AIDS IN DIGESTION	
SAGE	POSSIBLE CHOLSETEROL BENEFITS	*CAUTION WITH STRAIGHT OIL KEEP IT AWAY FROM CHILDREN!
	STABILIZE BLOOD SUGAR	*CAUTION CAN BE DANGEROUS IN VERY LARGE DOSES, STICK TO 3-6 CUPS PER DAY
	AIDS DURING MENOPAUSE	*WATCH FOR ALLERGIC REACTIONS
	ESTROGEN LIKE PROPERTIES	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	MOOD ENHANCEMENT	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	HIGH IN VITAMIN K	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	CONTAINS MAGNESIUM, ZINC AND COPPER	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	CONTAINS ANTI-OXIDANTS	
	ANTI-COLD SORE	
	IMPROVE COGNATIVE FUNCTION	
SLIPPERY ELM BARK	SOOTHES SORE THROAT	* DO NOT USE IF PREGNANT
	CAN UNCREASE MUCOUS PRODUCTION	*WATCH FOR ALLERGIC REACTIONS
	ANTI-CONSTIPATION	*COULD DECREASE EFFECTIVENESS OF OTHER MEDICATIONS;
	ANTI-ULCER	DO NOT TAKE UNTIL ATLEAST 1 HOUR AFTER TAKING OTHER MEDICATIONS.
	AIDS WITH SKIN DISORDERS	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
		YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
		BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
		PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
VALERIAN ROOT	RELIEVE HEAD PAIN	*CAUTION FOR DROWSINESS, HEADACHE, UPSET STOMACHE, AND VIVID DREAMS
	AIDS DURING MENOPAUSE	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-MENSTRUAL PAIN	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
	MOOD ENHANCEMENT	BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
	RELAXING	PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
	ANTI-OCD	
	SLEEP AID	
WHITE WILLOW BARK	CONTAINS SALICYLATES SIMILAR TO ASPIRIN!	* DO NOT USE IF PREGNANT
	ANTI-INFLAMMATORY	*Caution may cause diarrhea, heartburn, or vomiting
	ANTI-OSTEOARTHRITIS	*WATCH FOR ALLERGIC REACTIONS
	ANTI-FEVER	*DO NOT USE IF ALLERGIC TO ASPIRIN; or if you cannot take NSAIDS, or if you have kidney disease
	ANTI-MUSCLE PAIN	*PLEASE NOTE ANY PRESCRIBED/OVER THE COUNTER MEDICINE
	ANTI-FLU	YOU ARE CURRENTLY TAKING WITH THE SAME POSSIBLE
		BENEFICIAL PROPERTY WILL CAUSE A DIFFERENT REACTION;
		PLEASE SPEAK WITH YOUR DR BEFORE USING BOTH!
YARROW	ANTI-STOMACHE CRAMP	* DO NOT USE IF PREGNANT
	ANTI-ECZEMA	*DO NOT USE IF TAKING LITHIUM
	PRO-SKIN HEALTH	*Contains Thujone which is toxic in LARGE amounts
	ANTI-IBS	*DO NOT USE IF ALLERGIC TO RAGWEED RELATED PLANTS!!
	BUG REPELLANT	

MAJOR ORGANS

CHRYSANTHEMUM

CORNFLOWERS

JASMINE

LAVENDER

NETTLE LEAF

LUNGS / BREATHE EASY

CATNIP

CHAMOMILE

CLOVE

CORNFLOWERS

MARSHMALLOW ROOT

MEADOWSWEET

MULLEIN

NETTLE LEAF

PEPPERMINT

CARDIAC

ASHWAGANDHA ROOT

BUTTERFLY PEA FLOWER

LEMON GRASS

MUGWORT

NETTLE LEAF

SAGE

PAIN

ASHWAGANDHA ROOT

BUTTERFLY PEA FLOWER

CALENDULA

CATNIP

CHAMOMILE

CHRYSANTHEMUM

CLOVE

CORNFLOWERS

HORNY GOAT WEED

JASMINE

LAVENDER

LEMON BALM

MEADOWSWEET

MULLEIN

NETTLE LEAF

PASSION FLOWER
SLIPPERY ELM BARK
VALERIAN ROOT
WHITE WILLOW BARK
YARROW

FEMININE

CALENDULA
CORNFLOWERS
JASMINE
LAVENDER
LEMON GRASS
MUGWORT
NETTLE LEAF
PEPPERMINT
SAGE
VALERIAN ROOT

SEXUAL / AROUSAL

ASHWAGANDHA ROOT
HORNY GOAT WEED
JASMINE
SAGE

MOOD

ASHWAGANDHA ROOT
BUTTERFLY PEA FLOWER
CATNIP
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LAVENDER
LEMON BALM
PASSION FLOWER
ROSE
SAGE
VALERIAN ROOT

ENERGY

ASHWAGANDHA ROOT
JASMINE
PEPPERMINT

WEIGHT/ GET FIT

BUTTERFLY PEA FLOWER
CHRYSANthemUM

SKIN & HAIR

CALENDULA
LAVENDER
LEMON GRASS
MARSHMALLOW ROOT
MUGWORT
NETTLE LEAF
PEPPERMINT
ROSE
SLIPPERY ELM BARK
YARROW

UNWIND/SLEEP

CATNIP
JASMINE
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PASSION FLOWER
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IMMUNITY

BUTTERFLY PEA FLOWER
CALENDULA
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JASMINE
LAVENDER
LEMON BALM
LEMON GRASS
MARSHMALLOW ROOT
MUGWORT
MULLEIN
NETTLE LEAF
PEPPERMINT
ROSE
SAGE
WHITE WILLOW BARK

GASTRO

BUTTERFLY PEA FLOWER
CALENDULA
CATNIP
CHAMOMILE
CORNFLOWERS
JASMINE
LAVENDER
LEMON GRASS
MARSHMALLOW ROOT
MEADOWSWEET
MUGWORT
MYRRH
NETTLE LEAF
PEPPERMINT
ROSE
SLIPPERY ELM BARK
YARROW

BRAIN

ASHWAGANDHA ROOT
LAVENDER
LEMON GRASS
SAGE

BASE BLENDS

Organ-Espresso

sweet mushroom and possible anti-ache ground blend

16.99

REISHI
LION'S MANE
SLIPPERY ELM BARK
MARSHMALLOW ROOT
WHITE WILLOW BARK

Here Comes The Sun

day time base 'tea' blend

20.99

CHRYSANTHEMUM
HORNY GOAT WEED
LEMON BALM
NETTLE LEAF
PEPPERMINT

Can't Fight The Moonlight

21.99

CALENDULA
CATNIP

evening base 'tea' blend

CHAMOMILE
LAVENDER
PASSION FLOWER

ELEVATE

possible mood stabilizer base 'tea' blend

19.99	ASHWAGANDHA ROOT
	BUTTERFLY PEA FLOWER
	CATNIP
	JASMINE PEARLS
	LAVENDER
	PASSION FLOWER
	ROSE
	SAGE

INNER' PEACE

Possible Gastro-Ease base 'tea' blend

21.99	PEPPERMINT
	SLIPPERY ELM BARK
	MARSHMALLOW ROOT
	CALENDULA
	CHAMOMILE

HOUSE ON FIRE

Possible anti-ache base 'tea' blend

19.99	ASHWAGANDHA ROOT
	WHITE WILLOW BARK
	CLOVE
	JASMINE PEARLS
	LAVENDER
	MEADOWSWEET
	NETTLE LEAF
	PEPPERMINT

It's in the air

possible 'inhalant' replacer

19.99	CALENDULA
	LAVENDER
	MARSHMALLOW ROOT
	MUGWORT
	MULLEIN
	PASSION FLOWER
	PEPPERMINT
	ROSE
	SAGE

Bodied

bath soak' base blend

19.99

CALENDULA
CHAMOMILE
LAVENDER
LEMON BALM
LEMON GRASS
MEADOWSWEET
NETTLE LEAF
PEPPERMINT
ROSE
SAGE