

HERB: Angelica

ORIGIN: Europe

PRODUCT/S: Counterattack – Illness Defense

Angelica is an important medicinal plant with health promoting properties that is used to treat many disorders. In traditional herbal medicine, the root of this plant is used to promote blood flow, to treat anemia, and is used as sedative or tonic agent. Angelica is a warming and tonic remedy, having a role to play in a wide range of illnesses. All parts of the plant will help relieve indigestion, gas, and colic.

HABITAT
Angelica grows in temperate regions in western Europe, Siberia, and the Himalayas.

HARVEST
Leaves and stems are harvested in early summer, seeds as they ripen in late summer, and roots in late Autumn.

KEY CONSTITUENTS
Flavonoids, coumarins, sterols, volatile oils, sugar, silica, terpenes

KEY ACTIONS
Antispasmodic, carminative, diuretic, expectorant, promotes sweating, stimulates gastric secretions.

ENERGETICS AND TASTE
Warming, earthy, woody, bitter



PARTS USED
The roots are used for medicine, the stems are often used for added flavor to candies and the leaves are edible.

HERBAL USES
Angelica’s warming, aromatic, pungent taste helps to move the fluids throughout the body whether it’s blood circulation, stimulating bile, menstruation, or phlegm in the respiratory tract. Also helps to alleviate colic, bloating, flatulence and/or indigestion.

CAUTIONS AND CONTRAINDICATIONS
Avoid during pregnancy or if trying to become pregnant. Women who experience heavy menstrual bleeding should also avoid during menstruation. Avoid using with any blood thinning drug like warfarin, salicylates, and anticoagulants.

HERB: Ashwagandha | ORIGIN: India

PRODUCT/S: Ready Up! – Energy & Focus

Ashwagandha, in Chinese medicine, has been used to improve vitality and to aid recovery after chronic illness. A popular herb today to support energy levels without stimulating your heart the way caffeine does. Ashwagandha also provides stress relief by supporting your adrenal glands to release normal levels of the stress hormone cortisol. It's most well-known for helping the body to promote a positive mindset and help promote mental clarity and concentration.

HABITAT
Found in India, the Mediterranean, and the Middle East.

HARVEST
Propagated from seed or cuttings in spring. The leaves are harvested in spring, and the fruit and root in autumn.

KEY CONSTITUENTS
Alkaloids, steroidal lactones, iron

KEY ACTIONS
Adaptogenic, tonic, mild sedative

ENERGETICS AND TASTE
Warming, sweet, bitter, dry, pungent.



PARTS USED
Leaves – contain the most withanolides, constituents that inhibit cancer cell growth. Root – is powdered or made into decoctions and taken as a strengthening and calming tonic. Berries – are chewed in India to help in convalescence

HERBAL USES
adaptogen, alterative, anti-inflammatory, antiseptic, antispasmodic, antitussive, aphrodisiac, anxiolytic, bitter, immunomodulator, thermogenic, sedative, stimulant.

CAUTIONS AND CONTRAINDICATIONS
Pregnant women should consult an experienced naturopathic provider before using ashwagandha, as it can have abortifacient properties in large doses. Ashwagandha is generally safe when taken in small doses, though large doses have been known to cause gastrointestinal upset such as diarrhea and vomiting. Decrease dosage if this occurs. Conduct research or email CorpsVigilance if you have further questions or concerns.

HERB: Black Cohosh | ORIGIN: United States

PRODUCT/S: No Quarter – Pain Reliever

Black Cohosh is probably most well-known for its ability to reduce pain associated with premenstrual syndrome. The root of Black Cohosh has been long used for women's complaints especially painful periods and problems associated with menopause. It also benefits rheumatic problems, including rheumatoid arthritis, nerve conditions such as tinnitus (ringing in the ears), and muscle problems.

HABITAT
Native to Canada and eastern parts of the U.S., growing as far south as Florida.

HARVEST
It is propagated from seed and the root is harvested in autumn

KEY CONSTITUENTS
Triterpene glycosides, isoflavones, isoferulic acid

KEY ACTIONS
Anti-inflammatory, sedative, antirheumatic, estrogenic, expectorant, hypotensive, nervine

ENERGETICS AND TASTE
Cooling, drying, relaxing, bitter, acrid taste



PARTS USED
Root – Dried root is the most commonly used herbal medicine.

HERBAL USES
Menopause, estrogenic properties, inflammation, sedative properties, arthritis, decreased estrogen and progesterone levels.

CAUTIONS AND CONTRAINDICATIONS
When used at the recommended dosage, no adverse effects are to be expected. The herb should not be used during pregnancy, except to assist birth.

HERB: Boneset

ORIGIN: Europe

PRODUCT/S: Counterattack – Illness defense

Boneset, also known as the “sweat plant” can be used to alleviate fevers by inducing sweat. When the body sweats, it will begin to cool down as well as release harmful toxins through the skin. Boneset is one of the best remedies for the relief of symptoms that accompany influenza. It will speedily relieve aches and pains and help the body deal with any fever present. Boneset may also be used to help clear the upper respiratory tract of mucus congestion.

HABITAT
Native to eastern North America

HARVEST
Found in meadows and marshlands. Gathered when in flowers in the summer.

KEY CONSTITUENTS
Sesquiterpene lactones, immunostimulatory polysaccharides, flavonoids.

KEY ACTIONS
Diaphoretic, bitter, laxative, tonic, antispasmodic, carminative, astringent

ENERGETICS AND TASTE
Cold, dry, & bitter taste



PARTS USED
Aerial part such as tops and leaves.

HERBAL USES
Allergic rhinitis with mucus, colds, flu, fevers, high fevers, influenza, malaria, laxative effect, rheumatic illness, skin conditions, and worms.

CAUTIONS AND CONTRAINDICATIONS
Boneset may cause allergic reactions in people sensitive to plants in the Asteraceae family.

HERB: Boswellia

ORIGIN: India

PRODUCT/S: No Quarter – Pain Reliever,

Several studies have shown that the anti-inflammatory actions of Boswellia help to ease pain, reduce swelling, and improve mobility in people with arthritis or osteoarthritis. There are both traditional reputations and modern research to consider using it in chronic lung problems, especially if there are asthmatic elements. Can be applied to the skin, externally, to reduce inflammation and pain and improve wound healing.

HABITAT
Grows in dry, hilly regions of India, North Africa, and the Middle East

HARVEST
Gum resins obtained by tapping Boswellia trees.

KEY CONSTITUENTS
Triterpene acid, essential oil, terpenols, monosaccharides, uronic acids, sterols, and tannins

KEY ACTIONS
Anti-arthritis, astringent, stimulant, expectorant, and antiseptic

ENERGETICS AND TASTE
Warming, dry. Bitter, Pungent



PARTS USED
Gum resin know as salai guggul for pain and inflammation are extracted from the bark.

HERBAL USES
Heals and tighten inflamed mucous membranes. Helps with a sore throat, laryngitis, canker sores, and gum disease. Rheumatoid arthritis, ulcerative colitis, and psoriasis. Also, may benefit gout, asthma, hay fever, and nettle rash.

CAUTIONS AND CONTRAINDICATIONS
No serious safety issues have been noted. No drug, nutrient, or herb interaction have been reported or demonstrated.

HERB: Burdock

ORIGIN: United States

PRODUCT/S: Extraction Point – Liver Health, Steady Cadence – Hearth Health

Burdock has been used for centuries in holistic medicine to treat a variety of different conditions. Burdock contains multiple powerful antioxidants, including quercetin, luteolin, and phenolic acids which help reduce inflammation. It also helps remove toxins from the bloodstream to promote circulation in the surface of the skin.

HABITAT
Native to Europe and Asia, and temperate regions throughout the world. Including the U.S.

HARVEST
Seeds are harvested in summer and the whole plant in the high summer.

KEY CONSTITUENTS
Bitter glycosides, flavonoids, tannins, polyacetylenes, volatile oil, inulin, lignans

KEY ACTIONS
Detoxifying, mild diuretic, antiseptic, anti-inflammatory, illness defense.

ENERGETICS AND TASTE
Cooling, drying. Sweet.



PARTS USED
All parts of the plant can be used for food and medicinal purposes, but mostly the taproot is used, either fresh or dried.

HERBAL USES
Traditional remedy for gout, fevers, and kidney stones. Detoxifying herb, diuretic, acne, abscesses, local skin infections, rashes, eczema, and psoriasis.

CAUTIONS AND CONTRAINDICATIONS
May cause allergic reaction in people sensitive to plants in the Asteraceae family.

HERB: Calendula

ORIGIN: Egypt

PRODUCT/S: Counterattack – Illness defense. Wound, Burn & Bite, & Skin Therapy Salves.

Calendula is a Swiss Army knife in the herbal world. Not only superb for external use on sores and wounds, but it can also be taken internally to help treat stomach problems, gall bladder problems, and for detoxification.

HABITAT
Native to southern Europe, is cultivated in temperate regions around the world.

HARVEST
Flowers are harvested as they open in early summer, and dried in the shade.

KEY CONSTITUENTS
Triterpenes, resins, bitter glycosides, volatile oil, phytosterols, flavonoids, mucilage, carotenes.

KEY ACTIONS
Anti-inflammatory, muscle spasms, astringent, prevents hemorrhaging, heals wounds, detoxifying.

ENERGETICS AND TASTE
Bitter, sweet, salty.



PARTS USED
Dried flower heads are used in tinctures, infused oil, ointment, and creams.

HERBAL USES
Athlete's foot, bites & stings, breast tenderness and sore nipples, digestive infections, inflamed skin rashes, diaper rash, hives, varicose veins, wounds & bruises, and fevers.

CAUTIONS AND CONTRAINDICATIONS
May cause allergic reaction in people sensitive to plants in the Asteraceae family.

HERB: Catnip

ORIGIN: United States

PRODUCT/S: Decisive Victory – Calm Down

This herb settles the stomach, is a sedative, and stimulates sweating, reducing fevers. Catnip promotes relaxation and is beneficial for chronic stress and anxiety as well as supporting overall mental health. It is also a good herbal nervine for children and may be used to help calm hyperactivity.

HABITAT
Native to Europe and naturalized to North America.

HARVEST
Gathered when in flower in the summer and autumn.

KEY CONSTITUENTS
Iridoids, tannins, and volatile oil – alpha and beta – nepetalactone, citronellol and geraniol.

KEY ACTIONS
Sedative, stimulates sweating, febrifuge, carminative, anti-catarrhal

ENERGETICS AND TASTE
Cooling, warming. Aromatic, slightly bitter and astringent.



PARTS USED
The whole aerial parts are used, best harvested both when in bud and flowering.

HERBAL USES
Digestive support, immune support, mood support, supports a healthy inflammatory response, supports healthy blood flow, supports healthy healing, supports sleep, stress support

CAUTIONS AND CONTRAINDICATIONS
Catnip is generally considered to be a very safe remedy when given in therapeutic doses, often being given to children with feverish colds. Can stimulate blood flow to the uterus and bring on a delayed period due to causes other than pregnancy.

HERB: Cramp Bark | **ORIGIN: India**

PRODUCT/S: Frontal Assault – Migraine & Headache,

Cramp Bark (*Viburnum Opulus*) shows promising potential to relieve pain and promote healthy kidney function. Cramp Bark has also been touted for the prevention and treatment of muscle tension headaches.

HABITAT
Grows in woodlands, hedges, and thickets in Europe and eastern North America.

HARVEST
Bark from the branches is collected in spring and summer when the plant is in flower.

KEY CONSTITUENTS
Hydroquinone, coumarins, tannins, proanthocyanidins, polysaccharides

KEY ACTIONS
Antispasmodic, sedative, astringent, relaxant

ENERGETICS AND TASTE
Cool, drying. Bitter astringent



PARTS USED
Bark is peeled off the tree in strips during spring and summer. Care must be taken to leave enough bark for the tree to stay alive.

HERBAL USES
Muscle relaxer, improves blood flow, back pain, breathing difficulties, cramps & muscle spasms, period pain, poor circulation to hands & feet, spastic constipation, stomach spasm

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.

HERB: Dandelion

ORIGIN: Eastern Europe

PRODUCT/S: Extraction Point – Liver Health

Supports healthy digestive function and is useful for improving appetite, digestion, assimilation, and elimination. Dandelion root has an affinity for the liver and gallbladder and can be helpful for inflammation and congestion of these organs.

HABITAT
Grows wild in most parts of the world and is cultivated in Germany and France.

HARVEST
Young leaves picked in the spring. The root of 2-year-old plants is unearthed in autumn.

KEY CONSTITUENTS
Sesquiterpene lactones, triterpenes, polysaccharides. Leaf – Coumarins, carotenoids, minerals. Root – Taraxacoside, phenolic acid, minerals.

KEY ACTIONS
Diuretic, detoxifying, bitter tonic, alterative, nutritive, hepatic and digestive stimulant.

ENERGETICS AND TASTE
Cool, dry. Bitter, tangy



PARTS USED
Leaves – are juiced, eaten raw in salads, or dried for use in herbal preparations.

HERBAL USES
Detoxification, detoxification for hangover, acne & boils, constipation, fluid retention, hives.

CAUTIONS AND CONTRAINDICATIONS
May theoretically cause allergic reactions in people sensitive to plants in the Asteraceae family.

HERB: Echinacea

ORIGIN: United States

PRODUCT/S: Counterattack – Illness Defense

Echinacea has a potent ability to counter infection and to aid the clearance of toxins from the body. It is commonly taken as a preventative and treatment of upper respiratory illness such as colds, flu, and coughs. Echinacea is loaded with antioxidants that help defend your cells against oxidative stress.

HABITAT
3 species are native to central parts of the U.S.

HARVEST
The leaves and flowers are gathered during flowering. The roots of a 4-year-old plants are lifted in autumn.

KEY CONSTITUENTS
caffeic acid, aklomides, phenolic acids, rosmarinic acid, and polyacetylenes

KEY ACTIONS
Immune modulator, antimicrobial, anti-inflammatory, detoxifying

ENERGETICS AND TASTE
Cooling. Acrid, numbing, earthy.



PARTS USED
Flower – is occasionally used for infection. Roots – of all three species have valuable immune-stimulating properties.

HERBAL USES
Acne & boils, bites & stings, chilblains, cold sores, coughs & bronchitis, earache, flu, sore throat & tonsillitis, canker sores, urinary & fungal infections.

CAUTIONS AND CONTRAINDICATIONS
Echinacea may cause allergic reactions in people sensitive to plants in the Asteraceae family. Theoretically, it may interfere with immunosuppressant therapy.

HERB: Elderberry | **ORIGIN: Europe**

PRODUCT/S: Counterattack – Illness Defense

Packed with antioxidants and vitamins, Elderberry is one of the most used medicinal plants in the world. High in Vitamin C, fiber, phenolic acids, a good source of flavanols, and rich in anthocyanins. Elderberry extract helps reduce the severity of common illnesses.

HABITAT
Native to Europe, elder thrives in woods, hedges, and in open areas. Found mostly in temperate regions.

HARVEST
The flowering tops are harvested in late spring and the berries are picked in early autumn.

KEY CONSTITUENTS
Flavonoids, anthocyanins, lectins, vitamins A & C

KEY ACTIONS
Illness defense, clears mucus, anti-inflammatory, diuretic, increases sweating.

ENERGETICS AND TASTE
Cooling / Pungent, slightly astringent, and slightly sweet.



PARTS USED
Flowering tops – reduces fevers and helps with coughs, colds, and flu. Berries – are nutritious and may be used as a mild laxative.

HERBAL USES
Allergic rhinitis, including hay fever, colds, flu, fevers, colds & congestion in children, earache due to chronic congestion.

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interaction have been reported.

HERB: Fenugreek

ORIGIN: United States

PRODUCT/S: Kinetic – Testosterone & Performance

Fenugreek has been used throughout history for its health promoting quality. In recent years fenugreek has become popular for its purported effects on testosterone. Testosterone is a sex hormone in both men and women that affects sexual function, energy levels, cognitive function, bone health and mood. Testosterone levels naturally decline as you get older. Fenugreek contains a compound called furostanolic saponins, which helps to increase testosterone production.

HABITAT
Native to North Africa and countries boarding the eastern Mediterranean.

HARVEST
Cultivated notably in India, the seeds are collected during the autumn months.

KEY CONSTITUENTS
Volatile oil, alkaloids, saponins, flavonoids, mucilage, protein, fixed oil, Vitamins A, B & C, and minerals.

KEY ACTIONS
Anti-inflammatory, antispasmodic, demulcent, digestive tonic, hypoglycemic, uterine stimulant.

ENERGETICS / TASTE
Warming / Nutty, sweet, bitter



PARTS USED
The seeds are usually made into a powder and taken as a supplement or made into a paste and applied to the skin.

HERBAL USES
The nourishing seeds are given to encourage weight gain, lower fever, treat gastritis and gastric ulcers, lowers blood cholesterol. Also, applied as a paste to treat abscesses, boils, ulcers, and burns.

CAUTIONS AND CONTRAINDICATIONS
Not recommended during pregnancy.

HERB: GINGER

ORIGIN: India

PRODUCT/S: *Extraction Point, Frontal Assault, Steady Cadence, Counterattack, Kinetic*

Ginger provides a range of applications for digestion, circulation, the reproductive system, and as a general anti-inflammatory. Ginger may help prevent or treat liver conditions by reducing oxidative stress on the liver, decreasing insulin resistance, and inhibiting inflammation. Ginger may help protect liver from toxic effects of drugs and slow down aging-related liver damage.

HABITAT
Native to Asia. Ginger flourishes in fertile soil and need plenty of water.

HARVEST
The rhizome is unearthed when the plant is 10 months old.

KEY CONSTITUENTS
Volatile oil (1-3%) – zingiberene (20-30%), oleoresin (4-7.5%) – gingerol, shogaols

KEY ACTIONS
Anti-inflammatory, circulatory stimulant, antiemetic, digestive stimulant, illness defense.

ENERGETICS AND TASTE
Warming, drying. Pungent, bittersweet



PARTS USED
Rhizome – contains high levels of a volatile oil that is warming and stimulating.

HERBAL USES
Chilblains, fevers, cold sores, constipation, digestive upsets, gas, colic, high blood pressure & arteriosclerosis, morning sickness, nausea & motion sickness

CAUTIONS AND CONTRAINDICATIONS
May interact with anticoagulant drugs, antacids, and platelet aggregation inhibitors. Consult a naturopathic doctor before use if you suffer from gastroesophageal reflux and other gastric diseases. Other contraindications may exist. Conduct research or email CorpsVigilance if you have further questions or concerns.

HERB: Ginkgo

ORIGIN: China

PRODUCT/S: Ready Up! – Energy & Focus

Ginkgo supplements are associated with several health benefits, most of which focus on brain function and blood circulation. Studies show that supplementing with ginkgo increases mental performance, improved memory, focus, attention span and perceived well-being.

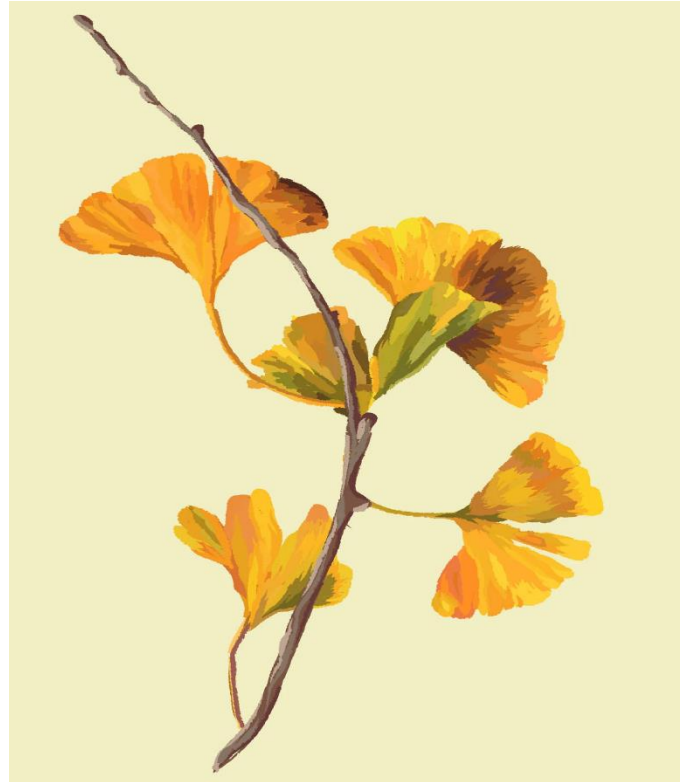
HABITAT
Native to China and grown in France and South Carolina U.S.

HARVEST
Leaves and fruit are harvested in Autumn

KEY CONSTITUENTS
Flavonoids, ginkgolides, bilobalides

KEY ACTIONS
Circulation tonic, anti-inflammatory, anti-asthmatic, anti-allergenic, antispasmodic

ENERGETICS AND TASTE
Cooling. Sweet, mildly bitter.



PARTS USED
Leaves – Improve circulation. Used in tinctures, tablets, and fluid extracts. Seeds – are used for urinary problems and wheezing.

HERBAL USES
Failing memory, vaginal discharge, weak bladder, multiple sclerosis, high blood pressure & arteriosclerosis.

CAUTIONS AND CONTRAINDICATIONS
May have an additive effect when used with other antiplatelet agents. However, ginkgo has demonstrated a very low incidence of side effects and a relative lack of reported drug interactions.

HERB: Gotu Kola

ORIGIN: Sri Lanka

PRODUCT/S: Ready Up! – Energy & Focus, Corpsman Up! – Wound Salve

Gotu Kola is believed to promote longevity and is considered a potent elixir of life. Gotu kola protects the brain from the harmful effects of free radicals. Free radical damage, also known as oxidative stress, occurs when unattached oxygen molecules attack cells. Antioxidants neutralize damaging free radicals, rendering them harmless. Gotu kola activates the release of brain-derived neurotrophic factor (BDNF), a protein that acts like fertilizer for your brain, encouraging new brain cell formation. It works by encouraging dendrite branching, increasing brain plasticity, and facilitating communication between brain cells. It also increases nerve growth factor (NGF), a protein which stimulates the growth of new nerve cells and safeguards existing ones.

HABITAT
Native to India and the southern U.S. Also, in tropical and subtropical parts of Australia.

HARVEST
Usually gathered wild, Gotu Kola can be cultivated from seed in spring. Aerials are harvested throughout the year.

KEY CONSTITUENTS
Triterpenoid saponins, alkaloids, bitter principles.

KEY ACTIONS
Wound healer, tonic, anti-inflammatory, sedative, peripheral vasodilator.

ENERGETICS AND TASTE
Cooling. Bitter



PARTS USED
Aerial parts – have valuable tonic and cleansing properties.

HERBAL USES
Wounds healing, brain function, eczema, maintaining vitality.

CAUTIONS AND CONTRAINDICATIONS
Although side effects are rare, some people may experience upset stomachs, headaches, and drowsiness.

HERB: Hawthorn

ORIGIN: Europe

PRODUCT/S: Steady Cadence – Hearth Health

Hawthorn has been praised over the centuries for its heart elevating properties and for supporting healthy circulation and cardiovascular functions. Known by many herbalists as a superior heart tonic. Like the Hawthorn flowers and leaf, the berries are considered a gentle heart tonic. Hawthorn berries have an abundance of antioxidant flavonoids which are beneficial for treating high blood pressure and congestive heart failure. They also strengthen blood vessels and treat blood clots, restoring overall heart health.

HABITAT
Trees grow along roadsides, and in the thickets and fields throughout the British Isles and in the northern hemisphere.

HARVEST
Trees are cultivated from cutting, flowering tops are harvested in late spring and berries in late summer.

KEY CONSTITUENTS
Polyphenols, proanthocyanins, bioflavonoids, triterpenoids, coumarins, amines.

KEY ACTIONS
Cardiotonic, circulatory tonic, lowers blood pressure, antioxidant.

ENERGETICS AND TASTE
Sweet, sour, astringent. Warming, dry.



PARTS USED
Flowing tops – Contain trimethylamine, which stimulates circulation. Berries – help the heart to function normally.

HERBAL USES
Heart remedy, blood pressure, poor memory

CAUTIONS AND CONTRAINDICATIONS
May enhance the activity of cardioactive drugs and the cardiac glycosides digitoxin and digoxin.

HERB: Hops

ORIGIN: United States

PRODUCT/S: Decisive Victory – Calm Down

Hops are loaded with antioxidants, polyphenols, and oils such as linalool, which helps with oxidative stress. Studies have shown that Hops also has the ability to reduce depression, anxiety, and stress. The bitterness of hops largely accounts for this herb’s ability to strengthen and stimulate digestion. Hops are also sedative and make a valuable remedy for sleeplessness and excitability.

HABITAT
Indigenous to Europe and Asia. Grown commercially in Europe and northern America.

HARVEST
Flowers of the female plant are picked in early autumn and dried as low temperatures.

KEY CONSTITUENTS
Bitter principles, flavonoids, polyphenolic tannins, estrogenic substances.

KEY ACTIONS
Sedative, soporific, antispasmodic, aromatic bitter.

ENERGETICS AND TASTE
Cooling, drying. Bitter, pungent.



PARTS USED
Strobiles – female flowers may be used fresh but are more commonly dried for their sedative and bitter action.

HERBAL USES
Relaxes smooth muscles, depress central nervous system, sedative, tension, anxiety, headaches, aid digestion, insomnia.

CAUTIONS AND CONTRAINDICATIONS
Sedative effect may accentuate marked depression. The sedative effect may also potentiate the effects of alcohol or of existing sedative therapy.

HERB: Horny Goat Weed | **ORIGIN: China**

PRODUCT/S: Kinetic – Testosterone & Performance Boost

Horny Goat Weed, is also known as barrenwort, bishop’s hat, fairy wings, or yin yang huo. It has been used to treat kidney and bone diseases. Regular consumption of this herb will improve mineral uptake, thus lowering the risk of osteoporosis. It assists in our natural aging process, increasing bone mineral density helps to keep the body strong. It has been purported to increase testosterone production, increasing oxygen levels (particularly in post-menopausal women), and increase libido.

HABITAT
Southern areas of China, European countries, and central and northeastern Mexico.

HARVEST
Harvest flowers in late spring and early summer.

KEY CONSTITUENTS
Icariin, phytoestrogens, icariin, epimedin, lignans, ionone’s.

KEY ACTIONS
Antioxidant, anti-inflammatory, flavonoids, immunomodulatory.

ENERGETICS AND TASTE
Warming, drying. Bitter pungent, aromatic



PARTS USED
The stems and leaves are used in traditional medicine as a tonic.

HERBAL USES
Treat high blood pressure, hardening of the arteries, low libido, symptoms associated with menopause, osteoporosis, brain injury, hay fever, and fatigue.

CAUTIONS AND CONTRAINDICATIONS
The side effects are minor and rare when taken over a few months’ time. In rare cases it can cause nosebleeds, dizziness, and rapid heartbeat.

HERB: Lavender

ORIGIN: France

PRODUCT/S: No Quarter – Pain Reliever

Lavender is traditionally used as a pain relief solution, most specifically it can soothe the neuropathy troubled nerves. It is also very effective in relieving joint pain and sore muscles. It was described by the herbalist John Parkinson (1640) as being of “especially good use for all griefs and pains of the head and brain.”

HABITAT
Native to France and the western Mediterranean.

HARVEST
Cultivated worldwide for its volatile oil. It is propagated from seed or cuttings and needs a sunny position. Flowers are picked in the morning in high summer.

KEY CONSTITUENTS
Volatile oil, containing over 40 constituents, and flavonoids.

KEY ACTIONS
Antispasmodic, relieves anxiety, antidepressant, neuroprotective

ENERGETICS AND TASTE
Drying, Cooling. Bitter.



PARTS USED
Flowers – are harvested toward the end of flowering when the petals have begun to fade.

HERBAL USES
Back pain, bites & stings, burns & sunburns, earache, headaches & migraines, insomnia, neuralgia, stiff & aching joints.

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.

HERB: Lemon Balm | **ORIGIN: United States**

PRODUCT/S: Decisive Victory – Calm Down

Lemon Balm has many useful benefits including protecting the heart and liver, lowering high triglycerides, and improving cholesterol syntheses in the liver. Traditionally, lemon balm has been used to treat anxiety and insomnia. Its mild sedative effect is a well-known feature. There’s also some evidence that lemon balm helps improve hyperactivity, concentration problems and impulsiveness in children. Research shows its potential to improve problem solving, math skills, concentration, and alertness.

HABITAT
Native to southern Europe, western Asia, and northern Africa.

HARVEST
The aerial parts are picked from early summer onward and are best harvested just before the flowers open.

KEY CONSTITUENTS
Volatile oil (citral, caryophyllene oxide, linalool, citronellal), flavonoids, triterpenes, polyphenols, tannins.

KEY ACTIONS
Relaxant, antispasmodic, increases sweetening, carminative, antiviral, nerve tonic.

ENERGETICS AND TASTE
Can be warming & cooling. Sour taste.



PARTS USED
Aerial parts – are used in a variety of preparations as a calming remedy.

HERBAL USES
Anxiety, depression, tension, cold sores, chicken pox, shingle, flu with muscle aches & pains, nausea due to emotional problems, stomachache.

CAUTIONS AND CONTRAINDICATIONS
Lemon balm may interfere with the action of thyroid hormones.

HERB: Licorice

ORIGIN: India

PRODUCT/S: Extraction Point – Liver Health

The root of the licorice plant has been used medicinally for thousands of years. The root contains over 300 compounds, some of which have multiple health benefits. Specifically for the liver, licorice root repairs and improves liver enzymes. Recent findings show that it protects liver cells against inflammation and oxidative stress. Other results suggest that consumption of licorice extract during alcohol consumption may support improved liver health compared with drinking alcohol alone.

HABITAT
Grows wild in southeastern Europe and southwestern Asia, but it is now extensively cultivated.

HARVEST
The roots of 3–4-year-old plants are unearthed in late autumn.

KEY CONSTITUENTS
Triterpene saponins, isoflavones, polysaccharides, phytosterols.

KEY ACTIONS
Anti-inflammatory, expectorant, demulcent, adrenal agent, mild laxative.

ENERGETICS AND TASTE
Moistening, Cooling. Sweet, Bitter.



PARTS USED
Root- Harvested in autumn, has valuable anti-inflammatory properties.

HERBAL USES
Constipation, coughs & bronchitis, loss of appetite & vomiting, canker sores, oral thrush.

CAUTIONS AND CONTRAINDICATIONS
Side effects are minimal if daily intake is less than 10 mg. Consult your naturopathic doctor if you have anemia, high blood pressure, or are pregnant before beginning the use of any herb.

HERB: Maca

ORIGIN: Peru

PRODUCT/S: Ready Up! – Energy & Focus

Maca root is widely used as a powerful energy supplement that revitalizes the body without causing excessive stimulation, jitters, or other negative effects. That’s because it simply balances the body’s organs, including the endocrine system, adrenals and thyroid helping to bring the body into natural homeostasis.

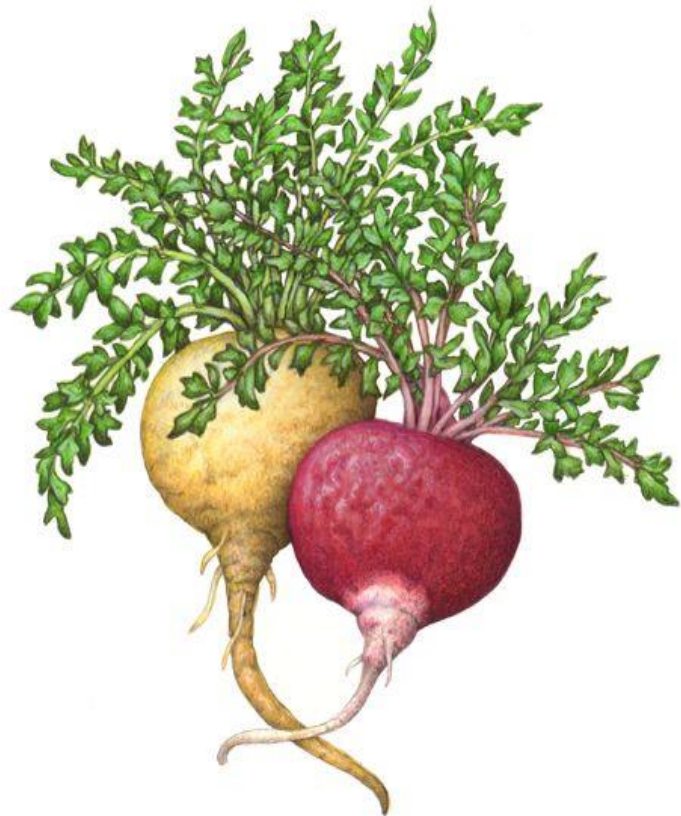
HABITAT
Native to the high Andean mountains. Known for being some of the most difficult climates in the world for a plant.

HARVEST
The root is harvested eight to nine months after sowing the seeds.

KEY CONSTITUENTS
Berta-ecdysone, alkaloids, amino acids, fatty acids, calcium, glucosinolates, iron.

KEY ACTIONS
Adaptogenic, anti-diabetic, antioxidant, aphrodisiac, neuroprotective, thyroid supportive

ENERGETICS AND TASTE
Nutty, earthy



PARTS USED
Root – generally used in powdered form, due to its ease of use, and long shelf life.

HERBAL USES
Adaptogen, depression, hypertension, osteoporosis, antioxidant, prostatic hyperplasia, athletic performance, fertility, menopause, hormones, and thyroid support.

CAUTIONS AND CONTRAINDICATIONS
Population studies have been conducted on maca, resulting in no toxicological indications from prolonged use of high dosages of maca as a nutritional agent.

HERB: Marshmallow | **ORIGIN: Italy**

PRODUCT/S: *Corpsman Up! – Wound Salve*

Marshmallow root is a popular natural skin care ingredient due to its anti-inflammatory and antioxidant properties. Used for skin conditions including infection of the hair follicle, eczema, and other dermatitis. Externally, the herb is often used as an ingredient in drawing ointments for abscesses and boils and as an emollient for varicose veins and ulcers.

HABITAT
Native to Europe and naturalized in the Americas.

HARVEST
The aerial parts are gathered in summer and the root is unearthed in autumn

KEY CONSTITUENTS
37% starch, 11% mucilage, 11% pectin, flavonoids, phenolic acids, sucrose, and asparagine.

KEY ACTIONS
Demulcent, emollient, diuretic, anti-inflammatory, expectorant.

ENERGETICS AND TASTE
Cooling, moistening. Sweet.



PARTS USED
Roots – counters excess stomach acid, peptic ulceration, and gastritis. The root is used in an ointment for boils and abscesses, and for inflammation. Leaves – treat cystitis and frequent urination. Bring relief to dry coughs, bronchial asthma, chronic bronchitis, and pleurisy. Flowers – are applied to help soothe inflamed skin.

HERBAL USES
Acute respiratory disease, gastroenteritis, peptic ulcer, cystitis, urethritis, inflammation of the mouth and throat, inflamed hemorrhoids and wounds, burns and scalds, bed-sores, abscesses, boils, and skin ulcers.

CAUTIONS AND CONTRAINDICATIONS
Marshmallow may delay absorption of other drugs taken at the same time.

HERB: Milk Thistle

ORIGIN: Europe

PRODUCT/S: Extraction Point – Liver Health

Also known as Silymarin is considered an antioxidant and an anti-inflammatory. In the United States, it's one of the most used herbal supplements for the liver. Milk Thistle Seed can keep toxins from attaching to liver cells and hold free radicals in check. Studies show that Milk Thistle Seed may help ease symptoms from liver disease like jaundice, cirrhosis, liver cancer, and fatty liver disease.

HABITAT
Native to the Mediterranean, Europe and is naturalized in California.

HARVEST
Flower heads are picked in full bloom in early summer and the seeds are collected in late summer.

KEY CONSTITUENTS
Flavonolignans, bitter principles, polyacetylenes.

KEY ACTIONS
Liver protective, chemoprotective, anticancer, anti-allergenic, breast-milk production.

ENERGETICS AND TASTE
Sweet, bitter.



PARTS USED
Flower heads – are eaten as a tonic food and can be used in remedies. Seeds – contain silymarin, which protects the liver.

HERBAL USES
Liver health, increase breast-milk production, depression, melancholy diseases

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.

HERB: Nettle

ORIGIN: Europe

PRODUCT/S: Steady Cadence – Heart Health

Research has shown that Nettle leaf extract helps boost the production of nitric oxide (NO) in the human body. Nitric oxide works by dilating the blood vessels, resulting in enhanced flow of blood throughout the body.

HABITAT
Grows in temperate regions worldwide

HARVEST
The shoots are picked in spring, aerial parts are picked in summer, roots are harvested in autumn.

KEY CONSTITUENTS
Flavonoids, amines, glucoquinone, minerals, plant sterols, phenols.

KEY ACTIONS
Diuretic, tonic, astringent, prevents hemorrhaging, anti-allergenic, reduces prostate enlargement, anti-inflammatory.

ENERGETICS AND TASTE
Cool, Dry. Earthy.



PARTS USED
Aerial parts – are eaten as a tonic vegetable and used to make medicinal preparations. Root – has important diuretic properties that make it useful for prostate problems. Seeds – protect the liver.

HERBAL USES
Allergic, anemia due to heavy menstrual bleeding, bites & stings, mild asthma, diaper rash, hives, nosebleeds.

CAUTIONS AND CONTRAINDICATIONS
Fresh nettle causes urticaria if applied topically. Internal use may theoretically decrease the efficacy of anticoagulant drugs.

HERB: Oat Straw

ORIGIN: United States

PRODUCT/S: Decisive Victory – Calm Down

Traditionally, Oat Straw has been used to relieve stress, anxiety, and depression. Some research suggests that Oat Straw may improve mood by inhibiting the enzyme phosphodiesterase type 4. Oats is one of the best remedies for “feeding” the nervous system, especially when under stress. Oats may be used with most of the other nervines, both relaxant and stimulant, to strengthen the whole nervous system.

HABITAT
Native to northern Europe and grown worldwide as a cereal crop.

HARVEST
They are harvested in late summer.

KEY CONSTITUENTS
Saponins, alkaloids, sterols, flavonoids, silicic acid, starch, proteins, vitamins, minerals.

KEY ACTIONS
Sedative, antioxidant, analgesic, relaxant, neuroprotective, nutritive tonic, antidepressant, nervine

ENERGETICS AND TASTE
Cooling, moist. Sweet.



PARTS USED
Dried seeds and straw

HERBAL USES
Depression & decreased vitality, eczema, nervous exhaustion & stress, poor sleep.

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.

HERB: Passionflower

ORIGIN: India

PRODUCT/S: Decisive Victory – Calm Down

Pharmacological research shows the herb to have sedative, tranquilizing, and sleep-inducing properties. Clinical trials found that passionflower was as effective in relieving anxiety and is best known as a remedy for insomnia and disturbed sleep patterns and is useful for short-term bouts of sleeplessness. This herb is widely acknowledged to be a good medicine for anxiety, tension, irritability, and insomnia.

HABITAT
Native to southern U.S. and to central South America

HARVEST
The aerial parts are gathered when the plant is flowering or in fruit.

KEY CONSTITUENTS
Flavonoids, amino acids, cyanogenic Glycosides, indole alkaloids.

KEY ACTIONS
Sedative, antispasmodic, tranquilizing.

ENERGETICS AND TASTE
Cool, dry. Bitter.



PARTS USED
Aerials – are picked as needed for relaxing infusions

HERBAL USES
Insomnia, gentle sedative, pain relief, tranquilizing effects, sleeplessness due to backache.

CAUTIONS AND CONTRAINDICATIONS
No known side effects.

HERB: Peppermint

ORIGIN: United States

PRODUCT/S: No Quarter – Pain Reliever

This herb has many benefits, such as treating motion and morning sickness. It also helps with muscle cramps, relaxing nerves and improving circulation. When applied to the skin, peppermint relieves pain and reduces sensitivity. When taken as a tincture, it relieves muscle aches, headaches, migraines, and digestive weakness.

HABITAT
Grown throughout Europe, Asia, and North America.

HARVEST
Harvested just before it flowers in summer, in dry sunny weather.

KEY CONSTITUENTS
Volatile oil, flavonoids, phenolic acids, triterpenes.

KEY ACTIONS
Antispasmodic, stimulates sweating, analgesic, carminative.

ENERGETICS AND TASTE
Cooling & warming, drying. Slightly spicy.



PARTS USED
Aerial parts – are distilled for their volatile oil and used in a variety of preparations.

HERBAL USES
Digestive headaches, eczema, nausea with headaches, neuralgia, gas & bloating.

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.

HERB: Plantain

ORIGIN: United States

PRODUCT/S: Scorched Earth – Burn & Bite Salve

Plantain is one of the most powerful natural remedies for reducing inflammation from insect bites, bee and wasp stings, mosquito and flea bites, or other insect bites. Along with soothing stings and bits, Plantain is also great for treating bruises, burns and skin problems, like dermatitis and ulcers.

HABITAT
Native to India and Southeast Asia.

HARVEST
Fruit is generally picked when immature and allowed to ripen. Leaves are gathered as required.

KEY CONSTITUENTS
Flavonoids, rich in vitamin B, C, and E, Potassium, serotonin, and noradrenaline, tannins, oleanolic acid, plant acids.

KEY ACTIONS
Vulnerary, expectorant, demulcent, anti-inflammatory, astringent, diuretic, antimicrobial.

ENERGETICS AND TASTE
Cooling, drying. Salty, bitter, sweet.



PARTS USED
Leaf, aerial parts, root. Ripe banana fruit is gently laxative, while unripe fruit is astringent and used to treat diarrhea. Aerials and roots are used in lotions, ointment, and compress to treat inflamed sores, boils, wounds, and bruises.

HERBAL USES
Gentle expectorant soothes inflamed and sore membranes. Plantain is one of Western herbalists primary topical healing agents, used as a lotion, ointment, compress, or poultice for cuts and bruises. It may be applied topically for hemorrhoids and skin ulcerations.

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.

HERB: Rhodiola

ORIGIN: United States

PRODUCT/S: Ready Up! – Energy & Focus

Rhodiola is great for fighting both mental and physical fatigue. If you don't get enough sleep, have chronic fatigue, or wake up with brain fog, Rhodiola is a great supplement to take in the morning. It's also a great choice if you are working out a lot or doing a lot of physical training or labor.

HABITAT
Indigenous to mountainous and Arctic regions of the northern hemisphere. Including Canada, Scotland, Scandinavia, Russia, and Alaska.

HARVEST
Mostly collected from the wild, harvested in late April and early May.

KEY CONSTITUENTS
Phenylpropanoids, salidroside, flavonoids, monoterpenes, triterpenes.

KEY ACTIONS
Adaptogen, antidepressant, aids in mental performance, anti-inflammatory.

ENERGETICS AND TASTE
Cooling. Sweet



PARTS USED
Root – helps support physical and mental endurance and to counter effects of stress.

HERBAL USES
Maintaining vitality, promotes mental and physical ability, resist mental and physical fatigue, ease depression, and help fight bronchitis and pneumonia.

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.

HERB: Rosemary

ORIGIN: Morocco

PRODUCT/S: Steady Cadence – Heart Health

A friend not only to the digestive system, but also the nervous and circulatory systems, rosemary has long been used to increase circulation to the brain, improving focus and memory. Rosemary has a longstanding reputation as a tonic, invigorating herb, imparting zest for life that is to some degree reflected in its distinctive aromatic taste.

HABITAT
Native to the Mediterranean, grows in southern Europe, and throughout the world.

HARVEST
The branches are gathered during the summer after flowering and dried in the shade.

KEY CONSTITUENTS
Volatile oil, flavonoids, tannins, rosmarinic acid, diterpenes.

KEY ACTIONS
Tonic, stimulant, stringent, nervine, anti-inflammatory, antioxidant.

ENERGETICS AND TASTE
Warming. Bitter.



PARTS USED
Leaves – are gathered in summer and used in preparations or distilled for their oil.

HERBAL USES
Migraine, premenstrual syndrome, sore throats, tired & aching muscles.

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.

HERB: Skullcap

ORIGIN: United States

PRODUCT/S: *Frontal Assault – Migraine & Headache, Decisive Victory – Calm Down*

Skullcap is a medicinal plant with long historical use. It is widely known for its gentle, relaxing effects, particularly for anxiety and other nervous conditions. Skullcap has also been used to relieve tension headaches by relaxing the muscles, more specifically the ones located on the neck and back of spine.

HABITAT
Native to North America and grows in Canada.

HARVEST
The aerial parts of 3–4-year-old plants are harvested in the summer.

KEY CONSTITUENTS
Flavonoids, bitter iridoids, volatile oil, tannins.

KEY ACTIONS
Sedative, nervine tonic, antispasmodic, mild bitter.

ENERGETICS AND TASTE
Cooling, drying. Bitter.



PARTS USED
Aerial parts – are harvested in summer for use in a number of calming preparations.

HERBAL USES
Anxiety, depression, tension, migraine, panic attacks & headaches. Supports and nourishes the nervous system, and calms and relieves stress and anxiety.

CAUTIONS AND CONTRAINDICATIONS
Skullcap can potentiate the effects of sedative medications.

HERB: Slippery Elm | **ORIGIN: China**

PRODUCT/S: Scorched Earth – Burn & Bite Salve

Slippery Elm, in traditional Native American medicine, is used to treat wounds and burns. Slippery Elm contains mucilage, which helps form a coating over mucous membranes that may provide short-term relief from pain and inflammation.

HABITAT
Native to U.S. and Canada and most commonly grown in the Appalachian Mountains.

HARVEST
The inner bark of the trunk and branches is collected in spring

KEY CONSTITUENTS
Mucilage, composed of galactose, 3-methyl galactose, rhamnose, and galacturonic acid residues.

KEY ACTIONS
Demulcent, emollient, nutrient, astringent, anti-inflammatory.

ENERGETICS AND TASTE
Warm, Slightly Bitter.



PARTS USED
Inner bark

HERBAL USES
Acidity & indigestion, acne & boils, constipation in children, hemorrhoids, as a poultice for wounds, boils, ulcers, and inflamed eyes.

CAUTIONS AND CONTRAINDICATIONS
Slippery elm may slow the absorption of orally administered drugs.

HERB: Tribulus Terrestris | ORIGIN: China

PRODUCT/S: Kinetic – Testosterone & Performance Boost

Though Tribulus Terrestris has been used as a form of herbal medicine for centuries, Tribulus supplements have recently become popular because of how they influence sexual health and improve athletic performance. Tribulus is a popular supplement among athletes because of its androgenic effects, or how it stimulates testosterone production.

HABITAT
Native to southern Eurasia and Africa.

HARVEST
The flowers are harvested when they are in full bloom.

KEY CONSTITUENTS
Protodioscin, prototribestin, harmala alkaloids, tribulosin.

KEY ACTIONS
Testosterone production, low libido, tonic, male tonic, estrogen in females, androgenic in males, fertility enhancer, cardiotonic.

ENERGETICS AND TASTE
Cooling. Bitter.



PARTS USED
Leaves and aerial parts.

HERBAL USES
Cardioprotective, infertility, low libido, mild laxative,

CAUTIONS AND CONTRAINDICATIONS
No known side effects reported in human studies.

HERB: Turmeric

ORIGIN: India

PRODUCT/S: Extraction Point – Liver Health, Overwatch – Skin Therapy

The liver loving spice helps to protect the liver against damage caused by free radicals, toxins, alcohol, and waste products and supports healthy liver detoxification. Turmeric is a potent natural ingredient for skin lightening and revealing glow. It has been shown to treat acne breakouts, atopic dermatitis, slow skin ageing, help with psoriasis, reduce dark circles, and moisturize dry skin.

HABITAT
Native to India and southern Asia.

HARVEST
The rhizome is unearthed in the winter.

KEY CONSTITUENTS
Curcumin, Volatile oil, Bitter Principles, Resin.

KEY ACTIONS
Anti-inflammatory, lowers cholesterol levels, anti-platelet, antioxidant.

ENERGETICS AND TASTE
Warming. Bitter, astringent.



PARTS USED
Rhizome – is carefully unearthed and broken into sections. It is boiled or steamed before drying.

HERBAL USES
Arthritis & allergies, circulatory disorder, skin conditions, athlete’s foot, nausea & motion sickness.

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.

HERB: Valerian

ORIGIN: United States

PRODUCT/S: Frontal Assault – Migraine & Headache Relief

Valerian contains a substance called Valerenic acid. Valerenic acid is known to have a sedative and relaxing effect on the brain which has been shown to relieve migraine headache symptoms. Valerian helps relieve stress and has become an increasingly popular remedy in recent years. It is a safe, nonaddictive relaxant that reduces nervous tension and anxiety and promotes restful sleep.

HABITAT
Native to Europe and northern Asia, valerian grows wild in damp conditions.

HARVEST
The roots and rhizome of 2-year-old plants are unearthed in autumn.

KEY CONSTITUENTS
Volatile oil, iridoids, alkaloids

KEY ACTIONS
Sedative, relaxant, relieves muscle spasms, relieves anxiety, lowers blood pressure.

ENERGETICS AND TASTE
Warming, slightly drying. Bitter.



PARTS USED
Root and rhizome – are harvested in autumn when they contain the highest level of active ingredients.

HERBAL USES
Chronic anxiety, insomnia, nervous exhaustion, premenstrual syndrome, sleeplessness due to backache.

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.

HERB: Vervain

ORIGIN: Bulgaria

PRODUCT/S: Frontal Assault – Migraine & Headache

Vervain has many benefits including anti-inflammatory, anti-anxiety relaxant, cardioprotective, and even boost gum health. Inflammation is the root cause of most diseases so decreasing inflammation in the body can improve many different common health concerns, including migraines and tension headaches.

HABITAT
Grows wild throughout Europe, North Africa, China, and Japan.

HARVEST
The aerial parts are harvested in summer when the plant is in flower.

KEY CONSTITUENTS
Bitter iridoids, volatile oil, alkaloids, triterpenes, flavonoids.

KEY ACTIONS
Nervine, tonic, mild bitter, mild antidepressant.

ENERGETICS AND TASTE



PARTS USED
Aerial parts – have a tonic effect on the nervous system and digestion and have been used medicinally for thousands of years in Europe and China.

HERBAL USES
Headaches, migraines, nervous exhaustion, premenstrual syndrome, digestive disorder, mild antidepressant.

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.

HERB: Yarrow

ORIGIN: Europe

PRODUCT/S: Counterattack – Illness Defense

Yarrow has many health benefits, which include the ability to dilate the pores and blood vessels under the skin, with in turn can help our bodies get rid of toxins. Helps alleviate inflammation and can be taken for sore throat, stomachache, and some respiratory conditions.

HABITAT
Native to Europe and western Asia. Found growing in temperate regions throughout the world.

HARVEST
The aerial parts are picked in summer when in flower.

KEY CONSTITUENTS
<p> Volatile oil with variable content, sesquiterpene lactones, flavonoids, alkaloids, triterpenes, phytosterols, tannins. </p>

KEY ACTIONS
<p> Antispasmodic, astringent, bitter tonic, increases sweating, lowers blood pressure, reduces fever, mild diuretic, stops internal bleeding. </p>

ENERGETICS AND TASTE
Cooling, dry. Bitter, pungent/aromatic.



PARTS USED
Aerial parts – contain flavonoids, which are thought to give yarrow its antispasmodic properties.

HERBAL USES
<p> Healing wounds, reduces heavy menstrual bleeding, cleansing wounds, colds & flu, digestive infections, fever, varicose veins. </p>

CAUTIONS AND CONTRAINDICATIONS
Hypersensitivity to yarrow and other plants in the Asteraceae family has been reported.

HERB: Yerba Mate | **ORIGIN: Brazil**

PRODUCT/S: Ready Up! – Energy & Focus

If you struggle to stay focused and energized throughout the day, yerba just might be able to help. Yerba is effective because its leaves provide you with caffeine and one other stimulant called theobromine. Theobromine is a stimulant that is found in chocolate. Theobromine and caffeine work together to provide you with an energy boost that lasts all day.

HABITAT
Native to California, Oregon, and northern Mexico.

HARVEST
Harvest new growth sometime in the early to late summer.

KEY CONSTITUENTS
Volatile oil, flavonoids (including eriodyctiol), resin.

KEY ACTIONS
Expectorant, bronchodilator, carminative.

ENERGETICS AND TASTE
Warming. Bitter, sweet.



PARTS USED
Leaves – are used in traditional native American medicine.

HERBAL USES
Used for colds, laryngitis, bronchitis, asthma, hay fever, and cough with poor expectoration. Aids in digestion and is used for the treatment of bladder infections. Externally, it can be applied to bruises, inflammations, and rheumatic pain.

CAUTIONS AND CONTRAINDICATIONS
No side effects or drug interactions have been reported.