

Ashwagandha Root*withania somnifera*

ashwagandha root is a helpful sleep aid, useful for imbalances, adaptogenic, nerve.

Blackberry Leaf*rubus fruticosus*

blackberry leaf is traditionally used for sore throat, sore gums, or mouth ulcers. High in vitamin C, hydrolysable tannins, & flavanoids. Also good for digestion issues.

Blue Cornflowers*centaurea cyanus*

blue cornflowers can be used to treat fever, constipation, water retention, & chest congestion. Can be used as a tonic/bitters for liver/gallbladder stimulation.

Blue Lotus*nympheaea caerulea*

blue lotus, known as dream, chakra, or spiritual tea, can be used as a nervous system relaxant, to promote sleep, reduce stress/anxiety, aid relaxation, and heighten awareness.

Butterfly Pea Flowers*clitoria ternatea*

butterfly pea flowers antioxidant, & may help with blood sugar control, improvements in hair and skin health, & increased weight loss. The color of your tea will go from blue to purple when you add something acidic like lemon or lime.

Cacao Nibs Roasted*theobroma cacao*

cacao nibs are full of antioxidants and can be beneficial for your heart. They are a strong source of magnesium, and are a natural stimulant. Contains caffeine.

Calendula Flower Petals*calendula officinalis*

calendula flower petals can be used as a soothing first aid remedy, used topically on burns, cuts & skin irritations. It can also be an anti-inflammatory, anti-bacterial tea used to help treat UTI's, ulcers, congestion, & sore throat.

Cardamom Pods*elettaria cardamomum*

cardamom pods can help with digestion, freshen breath, balance blood sugar, lower blood pressure, stimulate circulation, and more!

Chamomile Flowers*matricaria chamomilla*

chamomile flowers make a traditional sleep-aiding herbal tea. They can also be used to soothe irritated or inflamed skin.

Ceylon Cinnamon Chips*cinnamomum verum*

ceylon cinnamon chips has a broad range from antioxidant to anti-inflammatory to anti-cancer properties. It can help with the cardiovascular system, allergies, inflammatory diseases such as cancer, type 2 diabetes, obesity, neurodegenerative, and heart diseases. It can also be beneficial in pain management, reducing muscle soreness and menstrual or age-related pain. It is antibacterial, neuroprotective, antidepressive, can help regulate blood sugar, and be good for the hair and skin!

Dandelion Root*taraxacum officinale*

dandelion root can support digestive and gastrointestinal health. It also can be helpful for liver and urinary health.

Echinacea Purpurea*echinacea purpurea*

echinacea purpurea can support immune health, help with colds, upper respiratory tract infections, urinary tract, and slow-healing wounds.

Eleuthero Root*eleutherococcus senticosus*

eleuthero root can be helpful with energy and reducing fatigue. It can also support cognitive function, increase low blood pressure, and enhance exercise.

English Lavender Flowers*lavandula*

lavender flowers are calming and are thought to provide relief from stress, depression, & migraines. Lavender is also an insect repellent.

Ginger Root*zingiber officinale*

ginger root supports healthy digestion, nausea, & works well in tangent with turmeric and black pepper as an anti-inflammatory.

Hyssop*hyssopus officinalis*

hyssop can aid in circulation and support upper respiratory illness, intestinal issues, asthma, cough, sore throat, and other illnesses.

Jasmine Flowers **jasminum officinale*

jasmine flowers can be used to reduce breast milk when weaning, aid in wound healing, & healing skin. Also can be used for stress relief.

Lemon Balm*melissa officinalis*

lemon balm can be used for digestive, immune, & nervous system support.

Lemon Verbena*aloysia citriodora*

lemon verbena can be used for digestive, immune, & nervous system support.

* not certified organic † wild crafted

Lemongrass*cymbopogon flexuosus*

lemongrass may help prevent the growth of some bacteria and yeast. It can be helpful for relieving pain & swelling, reducing fever, improving blood sugar and cholesterol levels, & is antioxidant.

Marshmallow Root*althaea officinalis*

marshmallow root can support the respiratory, digestive, and urinary tract.

Milk Thistle Seed*silybum marianum*

milk thistle seed can support the liver's natural detoxification process.

Moringa*moringa oleifera*

moringa has been known to fight inflammation, lower blood sugar levels, lower cholesterol, protect the liver, protect against arsenic toxicity, improve lactation, and more. It is rich in vitamins and minerals, rich in amino acids, rich in antioxidants, and an antiseptic.

Mugwort*artemisia vulgaris*

mugwort has been reported to encourage lucid dreaming, ward off spirits, & was historically used to flavor beer.

Mullein Leaf*verbascum thapsus*

mullein leaf is an expectorant and a demulcent (helps the body expel excess mucous and soothes mucous membranes with an anti-inflammatory coating).

Neem Leaf*azadirachta indica*

neem leaf has been shown to be immunomodulatory, antiinflammatory, antihyperglycemic, antiulcer, antioxidant, antimutagenic, & anticarcinogenic.

Nettle Leaf*urtica dioica*

nettle leaf can be used for relieving allergies, muscle aches, gout symptoms, and arthritis relief.

Orange Peel*citrus x aurantium*

orange peel is high in vitamin C, fiber, antioxidants, and other nutrients. Benefits include a strengthened immune system, reduced inflammation, better oral health, and clearer skin. Orange peel tea can also be brewed to aid in healing from a hangover.

Passionflower*passiflora incarnata*

passionflower is calming, & has been used to help with sleep, anxiety, stress, ADHD, heart rhythm, menopausal symptoms, & pain.

Peppermint Leaf*mentha piperita*

peppermint leaf may ease digestive issues, relieve tension headaches and migraines, freshen your breath, relieve clogged sinuses, improve energy, relieve menstrual cramps, or improve sleep.

Plantain Leaf*plantago lanceolata*

plantain leaf can be used to support mucus in airways, reduce inflammation, or to make a salve for wounds, inflamed skin, or insect bites.

Red Clover Blossoms*trifolium pratense*

red clover blossoms can be used medicinally for cancer, whooping cough, respiratory problems, and skin inflammations. It is also good for the immune system, helps produce more white blood cells, and can aid in lowering cholesterol and blood pressure.

Red Raspberry Leaf*rubus idaeus*

red raspberry leaf has been used as a uterine tonic and general pregnancy tea for centuries. It can increase blood flow to the uterus and aid in the uterine muscle fibers. It can also offer relief of nausea, increase in milk production, & increase in uterine tone.

Rose Buds & Petals*rosa centifolia*

rose buds & petals are thought to improve digestion, blood circulation, nourish the skin, & uplift moods.

Shatavari*asparagus racemosus*

shatavari can promote a health reproductive system, gently soothes the digestive tract, soothes and supports the respiratory tract, promotes healthy energy levels and strength, supports the immune system, contains naturally occurring antioxidants.

Spearmint Leaf*mentha spicata*

spearmint leaf is high in antioxidants, may help balance hormones, lower blood sugar, & improve digestion. It also has been used to reduce stress and improve memory.

Turmeric Root*curcuma longa*

turmeric root has been traditionally used for skin disorders, upper respiratory support, joint health, & the digestive system. It also has been known to help arthritis, allergies, liver disease, depression, and more. Combine with ginger and black pepper for an amazing antiinflammatory.

White Willow Bark*salix alba*

white willow bark has been used to relieve pain in the body and is antiinflammatory. It contains salicin, which is similar to aspirin.

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All our herbs are sourced from eco-friendly, naturally minded farms, and are ethically sourced.

The information provided on potential health benefits of herbs have not been evaluated by the U.S. Food & Drug Administration. This information is not intended to be used to diagnose, treat, cure or prevent any disease.

Always seek the advice of a qualified healthcare provider for personalized medical advice.