

- 1. Blended oils including:
 - Organic Greek Olive Oil
 - Organic Avocado Oil
 - Jojoba Oil
 - Grapeseed Oil
 - Coconut Oil
- 2. Beeswax: Used to treat wounds from abrasion, burns, and soothe joint pain. For nearly all of human history, beeswax has also been used to aid in speeding up the recovery of bruising. The antimicrobial, antiviral, antifungal, and anti-inflammatory properties of beeswax have been well-known throughout history and heavily utilized. The advent of Western medicine caused this glorious product to become one of the "forgotten" cures. Thankfully, researchers have been rectifying that mistake and proving its scientific benefits in recent years. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5487425/; https://www.ncbi.nlm.nih.gov/pmc/article/pii/s1005764516301407

https://www.sciencedirect.com/science/article/pii/S1995764516301407

3. Organic Beef Tallow (from Mennonite owned cows): Specifically chosen from this source due to the loving conditions during the life of the cattle, beef tallow has long been utilized for the moisture it provides and the efficient manner that the fatty acids in the tallow adhere to human cells. Beyond that, the fatty acids in tallow also reduce inflammation and redness, enhance skin elasticity, and is even shown to help protect your skin from various environmental damages that occur in daily life.

https://www.researchgate.net/publication/354375752 Beef tallow Extraction physicochemical p roperty fatty acid composition antioxidant activity and formulation of lotion bars

- 4. African Shea Butter: The moisturizing, anti-inflammatory, rich in Vitamin A and E, and emollient** properties all reduce swelling and have anti-aging benefits and an array of other benefits. <u>https://www.sciencepublishinggroup.com/article/10.11648/j.ajls.20140205.18</u>
- 5. Organic Turmeric: One of nature's more well-known antioxidant and anti-inflammatory gifts. <u>https://www.hopkinsmedicine.org/health/wellness-and-prevention/turmeric-benefits</u>

- 6. Organic Ginger: Antioxidant, anti-inflammatory, anticancer, antimicrobial, and contains a high concentration of antiviral compounds. Promotes healthy aging, reduces morbidity, and prolongs a healthy lifespan. <u>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9110206/</u>
- 7. Lemon Zest: High in antioxidants and Vitamins C, and D-limonene. Shown to also have antimicrobial and antifungal effects in scientific studies. <u>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6026940/;</u> <u>https://www.healthline.com/nutrition/lemon-peel#TOC_TITLE_HDR_5</u>



1. *Plantago major -* Broadleaf Plantain (the "weed," not the vegetable): Antimicrobial, antioxidant, anti-inflammatory, and even anti-tumor properties. It also has been shown to boost the immune system and to help treat ulcers, diarrhea, and fatigue. Biochemical constituents (flavonoids, terpenoids, alkaloids, and phenolic acid derivatives)

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5878035/

2. *Lamúum purpureum -* Purple Dead Nettle: Contains high levels of vitamin C, iron, and fiber. Medicinal qualities include: antioxidant, antimicrobial, anti-fungal, antiviral, anti-inflammatory, pain relief, astringent, purgative, diuretic, anti-nociceptive (definition link) activity, cytotoxicity (helping the body build antibodies), diaphoretic properties, and cytoprotective activity (defined as: an ability of prostaglandins to prevent gastric mucosal injury produced by a variety of ulcerogenic and necrotizing agents without inhibition of gastric acid secretion or without neutralizing intragastric acidity ** source**) It's clear to see why this little guy is one of my absolute favorite herbs to include in products!

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6571824/

- 3. Stellaría meðía Chickweed: Cooling and anti-inflammatory properties, flavonoids, saponins, vitamin C, linolenic acids, fatty acids, anti-obesity, antifungal, antibacterial, antioxidant, anti-proliferative, anti-inflammatory, analgesic, antidiabetic, and anxiolytic (anti-anxiety^{**}) activities, and even more secondary metabolites than listed. <u>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7284062/</u>
- 4. *Taraxacum -* Dandelion: Antibacterial, anti-inflammatory, antioxidant, antithrombotic, cytotoxic, anticancer, diuretic, probiotic, hypoglycemic, and immune response-boosting. Dandelion is a rich source of phenolic acids (chicoric acid, chlorogenic acid), flavonoids (luteolin derivatives, quercetin), and terpenes (sesquiterpene [anti-inflammatory and antibacterial

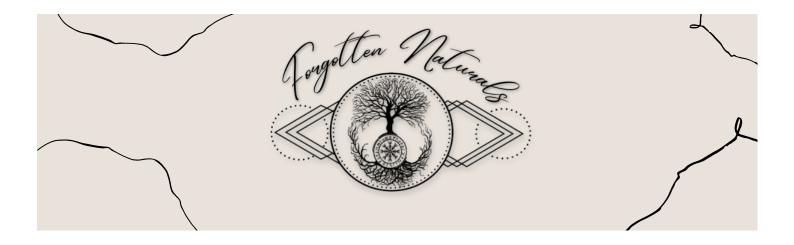
effects], phytosterols [anti-atherosclerotic<u>**</u>]). It is also a vital source of vitamins (A, C, E, K, and B) and minerals (calcium, sodium, magnesium, iron, copper, silicon, zinc, manganese, potassium [397 mg potassium/100 g])

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9002813/

5. *Lavandula* - Lavender: Anxiolytic (anti-anxiety^{**}), anti-inflammatory, antinociceptive^{**}, antioxidant, antimicrobial, and antiseptic. Used to alleviate pain from <u>headaches</u>, sprains, toothaches, sores, minor burns, and bug bites. These properties also treat fungal infections, wounds, eczema, acne, and joint and muscle pain. It can also be used to prevent hair loss and promote hair growth!

https://www.medicalnewstoday.com/articles/265922#benefits; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9357533/

- 6. Salvía Officínalis Dalmatian Sage: Natural astringent, antiseptic, antimicrobial, antioxidant, free radical protection, antispasmodic; contains anticancer, carminative** properties; polyphenols**, and flavonoids. Sage is used for pain relief and protecting the body against oxidative stress, angiogenesis, inflammation, and bacterial and viral infections. Sage also contains components that aid in memory retention and restoration. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4003706/#:~:text=For%20a%20long%20time%2_C%20sage,be%20considered%20for%20drug%20development
- 7. **Contains 1% or less of: Organic Citric Acid & Organic Arrow Root Powder (as natural preservatives)



This formula combines hydrating, soothing, and skin-restorative ingredients ideal for all skin types; aiming to provide hydration, soothe irritation, and support the skin's natural barrier, allowing you a broad spectrum of healing.

Thank you for putting your trust with us!

