



Spárga

- 1:3 tincture of *Asparagus officinalis* stems/leaves
- With dropper

30 ml : 31002



Stevia

- 1:3 tincture of *Stevia rebaudiana* leaf
- With dropper

30 ml : 31020

60 ml : 31021



The Rio Health range, is a range of 26 tinctures of mainly South American botanicals. Each is provided in a glass bottle with dropper for easy dispensing. Most of the plants are grown in Peru where they are ecologically wildcrafted.

Unlike tablets and capsules which need to be broken down by the digestive system, tinctures absorb readily by the body.

No excipients are needed so each tincture contains only water, alcohol and the botanical ingredient(s). Tinctures also readily permit easy titration (increasing of dose slowly upward), which is an important consideration for adults and children alike.



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Barberry Leaf

- 1:3 tincture of *Berberis vulgaris* leaves
- With dropper

30ml : 31000



Condurango

- 1:3 tincture of *Marsdenia condurango* vine bark
- *Marsdenia condurango* is aka Eagle Vine
- With dropper

30 ml : 31006



Maca Red

- 1:3 tincture of Maca (*Lepidium meyenii*) red root
- With dropper

30ml : 31011



Otoba (Banderilla)

- 1:3 tincture of *Otoba parvifolia* bark
- With dropper

30 ml : 31014
60 ml : 31015



Cat's Claw Plus

- 1:3 tincture of full-spectrum *Uncaria tomentosa* bark plus 100% pure carrier-free Cat's Claw extract powder standardized to 4% oxindole alkaloids
- Aka Uña de Gato, Samento, Saventaro and Vilcacora
- With dropper

30 ml : 31023
60 ml : 31024



Hercampuri

- 1:3 tincture of *Gentianella alborosea* leaves
- With dropper

30 ml : 31007



Manayupa (Burbur)

- 1:3 tincture of *Desmodium molliculum* leaves and stems
- *Desmodium molliculum* is aka Manayupa or Burbur
- With dropper

30 ml : 31001



Palo Santo (Tangarana)

- 1:3 tincture of Palo Santo (*Triplaris peruviana*) bark
- With dropper

30 ml : 31022



Cecropia (Takuna)

- 1:3 tincture of *Cecropia strigosa* bark
- Aka Takuna
- With dropper

30 ml : 31003
60 ml : 31004



Huacapurana

- 1:3 tincture of Huacapurana (*Campsiandra angustifolia*) bark
- *Campsiandra angustifolia* is aka Cumandá
- With dropper

30 ml : 31008



Manayupa-P'nella

- 1:3 tincture of *Desmodium molliculum* leaves/stems (50%) and *Pimpinella anisum* leaves/stems (50%)
- *Desmodium molliculum* is aka Manayupa or Burbur
- With dropper

60 ml : 31018



Parsley

- 1:3 tincture of Parsley (*Petroselinum crispum*) leaves
- With dropper

30 ml : 31016



Chanca Piedra

- 1:3 tincture of *Phyllanthus niruri* leaves and stems
- Aka Quebra Pedra, Bhumyamalaki and Stone Breaker
- With dropper

30 ml : 31005



Maca Black

- 1:3 tincture of Maca (*Lepidium meyenii*) black root
- With dropper

30 ml : 31009



Matapalo (Mistletoe)

- 1:3 tincture of *Phoradendron crassifolium* herb
- With dropper

30 ml : 31012



P'Nella (Anise)

- 1:3 tincture of *Pimpinella anisum* leaves/stems
- With dropper

30 ml : 31017



Cilantro Plus

- Tincture blend of 50% *Chlorella vulgaris* (1:8), 25% Seaweed (*Chondracanthus chamissoi*) (1:88) and 25% Cilantro (*Coriandrum sativum*) leaf (1:6)
- With dropper

30 ml : 31026



Maca Mixed

- 1:3 tincture of Maca (*Lepidium meyenii*) root (50% black maca, 50% red maca)
- With dropper

30 ml : 31010



Mulateiro Plus

- 1:3 tincture of Yarrow (*Achillea millefolium*) flowers/leaves stems (70%) and Mulateiro (*Calycophyllum spuceanum*) bark (30%)
- With dropper

30 ml : 31013



Quina

- 1:3 tincture of *Cinchona calisaya* bark
- With dropper

30 ml : 31019