

EXTRACTS

All extracts are produced using organic grain alcohol. The extracts are generally prepared from dried plant material, with a few important exceptions, and therefore represent a concentrated plant constituent profile.

Common	Botanical	Plant Part	Ratio
Agrimony	<i>Agrimonia eupatoria</i>	Dry Herb	1:3
Albizia	<i>Albizia lebbek</i>	Dry Bark	1:2
American Ginseng	<i>Panax quinquefolius</i>	Dry Root	1:3
Angelica	<i>Angelica archangelica</i>	Dry Root	1:3
Artemisia	<i>Artemisia annua</i>	Dry Leaf/Flower	1:4
Artichoke (Globe)	<i>Cynara scolymus</i>	Dry Leaf	1:3
Ashwagandha	<i>Withania somnifera</i>	Dry Root	1:2
Astragalus glycerite	<i>Astragalus membranaceus</i>	Dry Root	1:4
Bacopa	<i>Bacopa monnieri</i>	Dry Herb	1:2
Bayberry	<i>Myrica cerifera</i>	Dry Root Bark	1:3
Bilberry	<i>Vaccinium myrtillus</i>	Fresh Seed	1:1
Black Cohosh	<i>Actaea racemosa</i>	Dry Rhizome	1:3
Black Haw	<i>Viburnum prunifolium</i>	Dry Bark	1:3
Blue Cohosh	<i>Caulophyllum thalictroides</i>	Dry Root	1:2
Blue Flag	<i>Iris versicolor</i>	Dry Root/Rhizome	1:3
Boneset	<i>Eupatorium perfoliatum</i>	Dry Herb	1:3
Buchu	<i>Agathosma betulina</i>	Dry Leaf	1:3
Bugleweed	<i>Lycopus virginicus</i>	Dry Herb	1:3
Bupleurum	<i>Bupleurum chinense</i>	Dry Root	1:2
Burdock	<i>Arctium lappa</i>	Dry Seed	1:3
Butterbur	<i>Petasites hybridus</i>	Fresh Herb	1:1.2
Cactus	<i>Cactus grandiflorus</i>		1:1.5
California Poppy	<i>Eschscholzia californica</i>	Dry Herb	1:2
Calamus	<i>Acorus calamus</i>	Fresh Rhizome	1:1.5
Calendula	<i>Calendula officinalis</i>	Dry Flower	1:2
Canadian Goldenrod	<i>Solidago canadensis</i>	Dry Herb	1:3
Cardamom	<i>Elettaria cardamomum</i>	Dry Dect'd Seed	1:3
Cascara Sagrada	<i>Frangula purshiana</i>	Dry Aged Bark	1:3
Cassia	<i>Cinnamomum aromaticum</i>	Dry Bark	1:4
Cat's Claw	<i>Uncaria tomentosa</i>	Dry Leaf	1:2
Cayenne 52,00 BTU	<i>Capsicum annuum</i>	Dry Fruit	1:7
Celandine	<i>Chelidonium major</i>	Dry Herb	1:3
Celery	<i>Apium graveolens</i>	Dry Seed	1:3
Chamomile	<i>Matricaria recutita</i>	Dry Flower	1:2
Chaste Tree	<i>Vitex agnus-castus</i>	Dry Seed	1:2
Chinese Ginseng, red	<i>Panax ginseng</i>	Dry Root	1:2
Chinese Peony, red	<i>Paeonia lactiflora</i>	Dry Root	1:3
Chinese Peony, white	<i>Paeonia lactiflora</i>	Dry Root	1:2
Chinese Rhubarb	<i>Rhuem officinale</i>	Dry Root	1:3
Chinese Skullcap	<i>Scutellaria baicalensis</i>	Dry Root	1:2
Cleavers	<i>Galium aparine</i>	Fresh Herb	2:1
Coleus	<i>Coleus forskohii</i>	Dry Root	1:1
Corydalis	<i>Corydalis yanhusuo</i>	Dry Root	1:2

Common	Botanical	Plant Part	Ratio
Cranesbill	<i>Geranium maculatum</i>	Dry Root	1:3
Damiana	<i>Turnera diffusa</i>	Dry Herb	1:3
Dan Shen	<i>Salvia miltiorrhiza</i>	Dry Root	1:3
Dandelion	<i>Taraxacum officinale</i>	Dry Root	1:2.5
Devil's Claw	<i>Harpagophytum procumbens</i>	Dry Root	1:3
Devil's Club	<i>Oplopanax horridus</i>	Dry Root Bark	1:3
Dong Quai	<i>Angelica sinensis</i>	Dry Root	1:2
Echinacea	<i>Echinacea angustifolia</i>	Dry Root	1:3
Elecampane	<i>Inula helenium</i>	Dry Root	1:3
Eleuthero	<i>Eleutherococcus senticosus</i>	Dry Root	1:2
Eyebright	<i>Euphrasia stricta</i>	Dry Herb	1:3
False Unicorn	<i>Chamaelirium luteum</i>	Dry Root	1:5
Fennel	<i>Foeniculum vulgare</i>	Dry Seed	1:3
Feverfew	<i>Tanacetum parthenium</i>	Dry Herb	1:3
Fringe Tree	<i>Chionanthus virginicus</i>	Dry Bark	1:3
Gentian	<i>Gentiana lutea</i>	Dry Root	1:3
Ginger	<i>Zingiber officinale</i>	Dry Root	1:3
Ginkgo	<i>Ginkgo biloba</i>	Dry Leaf	2:1
Goldenseal	<i>Hydrastis canadensis</i>	Dry Root/Rhizome	1:3
Gotu Kola	<i>Centella asiatica</i>	Dry Herb	1:2
Grindelia	<i>Grindelia spp.</i>	Dry Flower	1:3
Gymnema	<i>Gymnema sylvestre</i>	Dry Leaf	1:1
Hawthorn	<i>Crataegus spp.</i>	Dry Frt/Lf/Flwr	1:2
Holy Basil	<i>Ocimum tenuiflorum</i>	Dry Herb	1:3
Hops	<i>Humulus lupulus</i>	Dry Strobile	1:3
Horse Chestnut	<i>Aesculus hippocastanum</i>	Dry Seed	1:2
Hydrangea	<i>Hydrangea arborescens</i>	Dry Root	1:3
Jamaican Dogwood	<i>Piscidia piscipula</i>	Dry Bark	1:2.5
Jujube	<i>Ziziphus jujuba</i>	Dry Seed	1:3
Juniper	<i>Juniperus communis</i>	Dry Fruit	1:3
Kava (Pharma Kava)	<i>Piper methysticum</i>	Dry Rhizome	1:1
Khella	<i>Ammi visnaga</i>	Dry Seed	1:3
Lady's Mantle	<i>Alchemilla xanthochlora</i>	Dry Herb	1:3
Lemon Balm	<i>Melissa officinalis</i>	Dry Herb	1:3
Licorice	<i>Glycyrrhiza glabra</i>	Dry Root	1:1
Linden	<i>Tilia x vulgaris</i>	Dry Leaf/Flower	1:3
Lobelia	<i>Lobelia inflata</i>	Fresh Herb Seed	1:1.5
Marshmallow (glycerite)	<i>Althaea officinalis</i>	Dry Root	1:6
Meadowsweet	<i>Filipendula ulmaria</i>	Dry Herb	1:3
Milk Thistle	<i>Silybum marianum</i>	Dry Seed	1:1
Motherwort	<i>Leonurus cardiaca</i>	Dry Herb	1:3
Mugwort	<i>Artemisia vulgaris</i>	Dry Herb	1:3
Mullein	<i>Verbascum thapsus</i>	Dry Flower	1:3
Myrrh	<i>Commiphora molmol</i>	Dry Resin	1:3
Neutralizing Cordial			
Oat	<i>Avena sativa</i>	Fresh Spikelet	1:1.5
Ocotillo	<i>Fouquieria splendens</i>	Fresh Bark	1:1.5
Orange	<i>Citrus chinensis</i>	Dry Peel	1:3
Oregon Grape	<i>Mahonia aquifolium</i>	Dry Root	1:3
OSHA	<i>Ligusticum porteri</i>	Dry Root	

Common	Botanical	Plant Part	Ratio
Partridge Berry	<i>Mitchella repens</i>	Dry Herb	1:5
Passionflower	<i>Passiflora incarnata</i>	Fresh Herb	1:1
Plantain	<i>Plantago major</i>	Dry Leaf	1:3
Pleurisy Root	<i>Asclepias tuberosa</i>	Dry Root	1:3
Poke	<i>Phytolacca americana</i>	Fresh Root	1:1.5
Prickly Ash, Southern	<i>Zanthoxylum clava-herculus</i>	Dry Bark	1:3
Propolis		Dry Resin	1:3
Pulsatilla	<i>Pulsatilla pratensis</i>	Fresh Plant	1:1.2
Red Raspberry	<i>Rubus idaeus</i>	Dry Leaf	1:3
Red Root	<i>Ceanothus americanus</i>	Dry Root	1:3
Rehmannia, processed	<i>Rehmannia glutinosa</i>	Dry Root	1:3
Rehmannia, raw	<i>Rehmannia glutinosa</i>	Dry Root	1:2
Reishi	<i>Ganoderma lucidum</i>	Dry Fruiting Body	1:1
Rosemary	<i>Rosmarinus officinalis</i>	Dry Leaf	1:3
Sage	<i>Salvia officinalis</i>	Dry Leaf	1:3
Sarsaparilla, decocted	<i>Smilax ornata</i>	Dry Root	1:2
Saw Palmetto	<i>Serenoa repens</i>	Dry Fruit	1:2
Schisandra	<i>Schisandra chinensis</i>	Dry Fruit	1:2
Shatavari	<i>Asparagus racemosus</i>	Dry Root	1:4
Shepherd's Purse	<i>Capsella bursa-pastoris</i>	Fresh Plant	1:1
Skullcap	<i>Scutellaria lateriflora</i>	Dry Herb	1:3
St. John's Wort	<i>Hypericum perforatum</i>	Fresh Herb (Tops)	1:2
Stevia	<i>Stevia rebaudiana</i>	Dry Leaf	1:3
Stinging Nettle, fresh	<i>Urtica dioica</i>	Fresh Leaf	1:1
Stoneroot	<i>Collinsonia canadensis</i>	Fresh Root	1:1
Throat Spray			
Thuja	<i>Thuja occidentalis</i>	Dry Leaf	1:3
Turmeric	<i>Curcuma longa</i>	Dry Rhizome	1:3
Usnea	<i>Usnea</i> spp.	Dry Lichen	1:3
Valerian, dry	<i>Valeriana officinalis</i>	Dry Root	1:3
Wild Cherry	<i>Prunus</i> spp.	Dry Frmtd Bark	1:3
Wild Indigo	<i>Baptisia tinctora</i>	Dry Root	1:3
Wild Yam	<i>Dioscorea villosa</i>	Dry Root	1:3
Willow Bark	<i>Salix lucida</i>	Dry Bark	1:5
Witch Hazel	<i>Hamamelis virginiana</i>	Fresh Leaf	1:1
Wood Betony	<i>Stachys officinalis</i>	Dry Herb	1:3
Yarrow	<i>Achillea millefolium</i>	Dry Flower	1:3
Yellow Dock	<i>Rumex crispus</i>	Dry Root	1:3
Yerba Mansa	<i>Anemopsis californica</i>	Dry Root	1:3
Yerba Santa	<i>Eriodictyon californicum</i>	Dry Leaf	1:3

SPIRITS

Extract spirits are used mainly for flavoring and their energetic components to herbal tinctures. Spirits are made using food-grade essential oils (10%) and organic grain alcohol (90%). Spirits are very potent. The total amount of spirits used is 1% based on the total milliliters of the herbal formulation.

- Aromatic Spirits (cardamom 4%, orange 3%, cinnamon 2%, fennel 0.5%, clove 0.25%, ginger 0.25%)
- Calming Spirits (lavender 5% and lemongrass 5%)
- Mint Blast Spirits (peppermint 4%, spearmint 4%, wintergreen 2%)
- Tangy Citrus Spirits (mandarin 4%, orange 4%, grapefruit 2%)

Spirit Quantity

Tincture	Spirit
30 ml (1 oz)	.3 ml = 12 drops
60 ml (2 oz)	.6 ml = 24 drops
120 ml (4 oz)	1.2 ml = 48 drops
180 ml (6 oz)	1.8 ml = 72 drops
240 ml (8 oz)	2.4 ml = 96 drops
480 ml (16 oz)	4.8 ml = 192 drops

CONCENTRATES

BOTANICAL

Cranberry Concentrate (cranberry & apple concentrates and essence)

Cratoxy (*Crataegus spp.* fruit solid extract – unsweetened)

Black Cherry Concentrate (*Prunus serotina*)

Elderberry Concentrate (*Sambucus spp.*) – unsweetened

PART/RATIO

95% Cranberry; 87% Apple

¼ tsp = 2000 mg

70% juice

70% juice