

COMMON NAME	BOTANICAL NAME	PROPERTIES	INDICATIONS
Alfalfa	Medicago sativa	Alternative: nutritive; rich in vitamins and minerals; antiarthritic	Increasing overall nutrition and vitality; alkalinizing the blood and cleansing excess uric acid from system; pre and post natal tonic
Angelica <i>CONTRAINDICATED during pregnancy</i>	Angelica	Antiviral; warming; antispasmodic; digestive; emmenagogue	Colds, flu, coughs, digestion, menstrual cramps
Angelica Root (Dong Quai)	Angelica sinensis	Nutritive; builds blood and Qi; emmenagogue	Irregular menses; PMS infertility; anemia
Anise	Pimpinella anisum	Anodyne; antiseptic; antispasmodic; aromatic; carminative	Improve flavor of herbal formulas: effects digestive system and breaks up mucus blockage
American Ginseng	See Ginseng, American		
Artichoke Leaves	Cynara scolymus		Liver, gall bladder; cholestrol
Astragalus Root (Bu Zhong Yi Qi Tang)	Astragalus membranaceus	Adaptogen; antibacterial; antiviral	Enhancing immune system; pre and post surgical care; before, during and after chemotherapy or radiation
Astragalus	Astragalus	Adaptogenic	Immune support, energy
Balancing	Tinctures of raspberry; nettle; oatstraw; dandelion leaves; horsetail; chamomile flowers; rose petals; peppermint; and ginger		Female hormonal balance
Black Cohash Root <i>CONTRAINDICATED during pregnancy</i>	Cimicifuga racemosa	Cool; spicy sweet; acrid; slightly bitter; diaphoretic; antipyretic; antifungal; antibacterial	Cramps; pains; nervous conditions; regulates circulation of Qi
Boldo <i>CONTRAINDICATED for severe kidney disease or obstruction of the bile ducts</i>	Premus boldus	Antiseptic; stimulant; tonic	Bladder, urinary tract; gallstones
Boneset Flower and Leaf	Eupatorium perfoliatum	Analgesic; antipyretic; bitter	Stimulates white blood cells to consume more foreign agents; cough and fever; flu
Borage Flower and Leaf	Borago officinalis	Bitter, depurative; diaphoretic; emolient; tonic	Soothes and reduces inflammation; eyeswash

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Bupleurum Root (Chai Hu)	Radix bupleurum falcatum	Diaphoretic, antipyretic, anti- inflammatory; cool; acid, bitter	Liver, gall bladder, pericardium
Burdock Root (Niu Bang Zi)	Arctum lappa	Alternative; nutritive; antiarthritic; cleansing	Sluggish digestion; elimination; skin problems; general cleansing and detoxification
California Poppy <i>CONTRAINDICATED during pregnancy</i>	Eschschoizia california	Nervine; tonic	Relief of mind anxiety; sleep
Cayenne (Red) (The Fruit)	Capsicum annum	Antibacterial; antipyretic; antiseptic; antispasmodic, astringent; Cardiovascular toner; vulnerary	Wound healer; Increases the power of other herbs in a formula; helps digestion, best and purest stimulant in the herbal kinddom
Calendula Leaf and Flower	Calendula officianalis	Alternative; antiviral bacterial; antifungal; demulcent;	Sore throad and swollen glands; wound healing; post surgical scare; general skin care
Cascare Sagrada (Aged dried bark)	Rhamanus purshiana	Alternative; anthelmintic; bitter tonic; laxitive	Chronic constipation; colen cleanser and toner
Celery Seed	Apium graveolens	Alternative; antirheumatic; antiseptic; nervine; tonic; uterine stimulant	Dieses of chemical imbalance; helps balance acidity in the body
Chamomile (Whole Plant)	(German) Matriacaria recutita	Antispasmodic; digestive; nervine; anti-inflamantory; midly sedative	Indigestion; cramps; bloating; stress; nervousness; insomnia
Chaparral Leaves	Larrea tridentate	Alternative; anodyne; antibiotic; antioxidant; tonic	Helps cleanse deep into muscles and tissue walls; tones and rebuilds tissue
Cinnamon Bark <i>CONTRAINDICATED during pregnancy</i>	Ramulus	Diaphoretic	Induces sweating; warms
Codonosis Root (Dang Shen)	Codonosis pilosulae	Adaptogenic; demulcent; tonic	Strengthens lungs and spleen; structural healing; pre and post surgery; jet lag
Coltsfoot (leaves, flower, root)	Tussilago farfara	Anti-inflammatory; antitussive; astrigent; bitter demulcent; diuretic; expectorant	Coughs; asthma; bronchitis

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Comfrey Leaves	Symphytum officinalis	Anti-inflammatory; poultice; vulnerary	Heal wounds; knit bones; fractures; aching joints
Cramp Bark	Viburnum opulus	Antispasmodic; astringent; diuretic; emmenagogue; purifying	Painful menstruation; female regulator
Devil's Claw Root	Hapagohytum procumbens	Alternative; analgesic; anti-arthritic; anti-inflammatory; anodyne	Arthritis; rheumatism; gout; cleansing system
Digestive (see Tommy)	Tincture of peppermint, skullcap, lemon balm, angelica and lavender		Mild stomach upset such as from overeating
Echinacea Root	Echinacea purpurea; echinacea angustifolia	Alternative antibiotic; antiviral; antibacterial	Acute infections, sore throat; colds; glandular infections; cleanse lymphatic and glandular systems
Echinacea / Goldenseal <i>CONTRAINDICATED during pregnancy</i>	Tinctures of Echinacea and		Cold; flu; viral infections; bacterial infections
Elder Berry berries	Sambucas nigra; sambucas mexicana	Antiviral; diaphoretic; astringent	Colds, flu, coughs
Eleuthero Root (Siberian Ginseng) (Ci Wu Jia)	Eleutherococcus senticosus	Adaptogenic	Adrenals; immune system; healthy mood; mental alertness
Eyebright	Euphrasia officinalis	Anti-inflammatory; antiseptic; astringent; bitter; tonic	Eyewash; weak eyes; allergies
Female	Tinctures of red raspberry; peppermint; rose hips; hibiscus		Hormonal balancing
Fennel <i>CONTRAINDICATED if you have estrogen dependent breast cancer</i>	Foeniculum vulgare	Antispasmodic; galatagogue; carminative; demulcent	Coughs; colds; sore throat; indigestion, gas; bloating; increasing mother's milk
Fenugreek et al	Tinctures of boneset; fenugreek; mullein; horshradish and fennel		Soothing and cleansing mucus membranes

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Fenugreek Seeds <i>CONTRAINDICATED if you have estrogen dependent breast cancer</i>	Trigonella foenumgraecum	Alternative; aromatic; astringent; carminative; demulcent; <i>emollient; expectorant</i>	Sore throat; asthma; coughs, female tonics; cleansing mucus membranes
Feverfew	Chrysanthemum parthenium	Analegesic; anti-inflammatory; antimicrobial; nervine; tonic	Pain relief; migraine headaches; inflammation from arthritis
Focus	Tincture Gof Gingko; eleuthro and gotu kola		Concentration
Foti Root <i>CONTRAINDICATED during pregnancy</i>	Polygonum multiforum	Adaptogenic; nervice; nutritive	Energizing; calming; insomnia with nighmares; estrogen stimulant; PMS
Ginkgo Leaves; Seeds	Ginko Biloba	adaptogen; antifungal; astringent; nervine	Improves blood circulation to the central nervous system
Ginger Root	Zingiber officinale	Carminitive; anti-inflammatory; diaphoretic; anti-spasmodic	Cold; flu; cough; sluggish digestion; poor circulation; motion sickness
Ginseng (American) (Xi Yang Shen)	Panax quinquefolium	Tonic; cool; sweet; slightly bitter	Additional energy; support of cognitive function and physical stamina; stress; support immune function; assist in recovery from stressful occurrences
Ginseng (Siberian)	<i>See Eleuthro</i>		
Gogo	<i>See Burdock Root</i>		
Golden Seal <i>CONTRAINDICATED during pregnancy</i>	Hydrastis canadensis	Antibiotic; anti-inflammatory; antiseptic; astringent; toxin	Remove mucus; reduce inflammation; clear toxins; restore and strengthen liver and stomach
Gota Kola	Centella asiatic	Tonic, blood purifier; Anti-inflammatory; vulnerary; nervine	Increasing mental clarity; energy and vitality
Gavel Root	Eupatorium purpureum	Alterative; antilithic; diuretic; tonic	Kidneys/bladder; urinary tract; dissolve/expel stones
Gymnema (whole plant)	Gymnema sylvestre	Digestant; tonic	Blocks the taste of sugar in the system
Hawthorne Berries and Leaves	Crataegus oxyacantha	Cardio tonic; flavonoid rich; demulcent	Heart, circulatory system; connective tissue
Headache	Tinctures of skullcap; lemon bal; chamomile and feverfew	Nervine	Headache from stress; tension, overwork
Hops	Humulus lupulus	Anodyne; bitter; digestive; nervine	Insomnia; nervous tension; anxiety; indigestion

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Horehound	Marrubium vulgare	Anti-inflammatory; bitter; expectorant	Sore throat; jungs; hoarshness; laryngitis; congestion;
Horsetail (Bare Stems)	Equisetum arvense	Diuertic; nutritive; purifier	Unary stones; kidney affections; eye care
Immune Tonic	Tinctures of reishi, maitake and shitaki Mushrooms with tinctures of astragalas, red clover, Oatstraw and Eleuthro	Alterative	Strengthens immune system
Interrupted ZZZZs	Tincture of eleuthro; reishi mushtoom; St. John's Wort		Goes to sleep; wakes up and can't get back to sleep
Juniper Berry berries	Juniperus communis	Carminative; diuretic	Digestion; assimilation; noninflammantory urinary disorders; with Goldenseal; regulate blood sugar levels
Kava Kava <i>CONTRAINDICATED during pregnancy. Do not use on a daily basis.</i>	Piper methystichumn	Nervine; antispasmodic	Nervousness; strss; pain Daily use can overtax lover and kidneys
Lavendar	Lavendula dentata	Analgesic; anti-bacterial; antiseptic nervine	Calming; soothing; restorative; sleep aid. Commonly used as in its essential oil form.
Lemon Balm Leaves	Melissa officinalis	Antiviral; carminative; nervine	Colds; flu; herpes; chicken pox; digestion; stress; insomnia; anxiety
Licorice Root (Can Cao) <i>CONTRAINDICATED if you have high blood pressure of estrogen dependent breast cancer</i>	Glycrrhiza glabra	Demulcent; anti-inflammatory; plytosteroids; midly	Irritation of throat and lungs; ulcers; female tonics; adrenal tonics; flavoring for bitter or less tasty herbals.
Linden Leaf & Flower	Lycium chinese	Nutritive; rich in beta carotine	Liver; blood; eyes; kidney; anemia; low energy
Lobellia dried flowers and leaves	Lobelia inflata	anti-asthmatic; antispasmodic; diaphoretic; expectorant	Coughs; anti smoking remedies
Lomatium Root	Lomatium dissectum	Anti bacterial; Anti viral	Upper respiratory
Lomatium / Osha <i>CONTRAINDICATED during pregnancy</i>	Tinctures of Lomatium and Osha		Lingering chest / respiratory issues
Maca Root (Peruvian Ginseng)	Lepidum mayeni	Adaptogenic; tonic	Hormonal balancing

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Maitake Mushroom		Adaptogenic	Generally used in combination with other immune support tinctures
Marshmallow Leaf and Root	Althaca officianalis	Astringent; demulcent: diuretic; emmollient; galactagogue; nutritive; tonic; vulnerary	Gastro intestinal tract; internal inflammations; urinary tract; digestive tract; cleaning wounds (with cayenne)
Meadowsweet Leaf	Filipendula ulmaria	Anti-inflamantory; anodyne; Antipyretic; antaci;; antiseptic; diuretic	Fever; pain; gastric ulcers; urinary tract infections; rheumatism
Mistletoe Leaves <i>DO NOT USE BERRIES</i>	Viscum album	Antisposmodic; <i>nervine</i>	Calms nervous system
Motherwort Leaves <i>CONTAINDICATED during pregnancy</i>	Leonunus cardiaca	Cardia toner; emmenagogue; antispasmodic; <i>nervine</i>	monopause; heart tonic; nervous tension tension and anxiety
Mullein Leaves	Verbascum thasus	Demulcent; expectorant; tonic	coughs; lung infectons; tonic for upper respiratory tract
Myrrh Gum Resin	Balsamodendron myrrha	Alterative; antibiotic; antiseptic; astringent; tonic; vulnerary	Bathing open sores; cleanses colon; digestive issues
Nettle Leaves	Urtica dioica	Alterative; nutritive; tonic	Allergic responses; anemia; blood building; low vitality
Nettles / Eyebright	Tinctures of nettles and eyebright	See individual ingredients	Allergies
Oatstraw Stems, Seeds and Flowers	Avena sativa	Antidepressant; antispasmodic; demulcent; <i>nervine</i> ; nutritive; tonic	Calming; helps hold calcium in the body; high in silica
Oregon Grape Root <i>CONTRAINDICATED during pregnancy</i>	Mahonia aquifolium	Astringent; bitter; hepatic; alterative; antiseptic; antibacterial	Liver; stomach; sluggish digestion; poor eliminaton; acne; psoriasis; eczema
Osha Root <i>CONTRIANDICATED during pregnancy</i>	Lifuarixum poerwei	Antibacterial; antiviral	Viral colds and flu; lung and throat infections
Panax	See Ginseng (American)		

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Parsley Leaves, Roots and Seeds	Petroselinum sativum	Antirheumatic; antiseptic; antispasmodic; nervine; tonic	Liver; blood vessels; capillaries; arterioles
Passionflower Leaves	Passiflora incarnata	Nervine; antispasmodic;	Nervious tension; anxiety; insomnia; physical tension and pain
Pao D' Arco Inner Bark	Tabebuia heptaphylla	Antibacterial; antibiotic; antifungal	Blood purifier discourages fungi
Peppermint Leaves	Mentha x.piperita	Carminative; astringent diaphoretetic	Indigestion; gas; bloating; stomach flu; flavoring for less tasty herbal
Pygeum Bark	Prunus africana	Anti-inflammatory; diuretic; hormonal	Generally used in combination with saw palmetto for prostate issues
Red Clover Leaf and Flower <i>CONTRAINDICATED in large quantities if you have estrogen dependent breast cancer. DO NOT use 2 weeks prior to surgery</i>	Trifolium pratense	Alterative; blood purifier; nutritive; phytoestrogens	Nourishes and cleanses the blood; soothes coughs and colds; relaxes nerves; promotes health of the reproductive organs
Red Raspberry Leaf	Rubus strigosus; Rubus idaeus	Tonic; astringent	Uterine tonic; prenatal and post natal tonics; PMS, menopause
Rehmannia	Rehmannia glutinosa	Blood builder; tonic; hormonal balancer	Tonic for kidneys; adrenals; uterus; anemia; low vitality
Reishi Mushroom (Ling Zhi)	Ganoderma lucidum	Toner; nervine	Boosts immunity; general weakness; systemic support during chemotherapy and radiation
Rhodiola Root (Golden Root)	Rhodiola rosea	Adaptogen; antioxidant	Reduces stress and fatigue; stimulates nervous system
Rosehips Fruit	Rosa carnina	Antimicrobial; antiseptic; nutritive; tonic	Contains the entire vitamin C complex including bioflavonoids
Sage	Salvia officinalis	Antibacterial; antiviral; astringent; diaphoretic; nervine; tonic	Colds, flu; coughs; fever, achy muscles; brain and memory loss
St. John's Wort	Hypericum perforatum	Alterative; antibacteria; Antidepressant	Cleanse and heal wounds; relieve pain; ease anxiety; control viral infections, blood cleanser and purifier
Saw Palmetto Berries	Serenoa repen	Anti-inflammatory; diuretic; nervine	Benign prostatic hypertrophy (BPH); chronic bladder infections
Saw Palmetto and Nettles	Tinctures of Saw Palmetto and Nettles		Frequent urination and bladder irritation in men
Saw Palmetto and Phygeum	Tinctures of Saw Palmetto and Phygeum		Prostrate issues

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Schisandra Berries	Schisandra chinensis	Adaptogenic	Immune tonic
Shitake Mushroom	Lentinus edodes	Adaptogenic; anti-viral	Immune system; systemic support during chemotherapy and radiation treatment; environmental allergies
Siberian Ginseng	See Eleuthro		
Skullcap	Scutellaria lateriflora	Nervine; antispasmodic	Anxiety; stress; insomnia; PMS and menopause; physical tension and pain; pain associated with herpes, shingles and sciatica
Stop!	Tinctures of feverfew; lavender; peppermint		Migraine type headaches
Strong Bones	Tinctures of alfalfa; horsetail, nettles; oatstraw; red clover; peppermint		Supportive of skeletal structure
Suma (Brazilian Ginseng)	Pfaffia paniculata	Adaptogen; demulcent; tonic; nutrient	Like Siberian ginseng (Eleuthro); increases energy; strengthens immune system; fortifies hormones (estrogen)
Swedish Bitters	Aloe, myrr, saffron, senna leaf, camphor, rhubarb root, zedoary, manna, theriac, venezian, carline thistle root, angelica root		Overall body system supportive tonic
Uva Ursi	Arctostaphylos uvaursi	Anti-lithic; astringent; diuretic tonic	Urinary system; kidneys; bladder
Valerian Root	Valeriana officinalis	Nervine; sedative; antispasmodic	Anxiety; stress; insomnia; muscle tension and
Vitex (Chaste Berry)	Vitex agnus-castus	Hormonal balancing galactogogue	Balancing progesterone levels; PMS, menopause; irregular menstrual cycles
White Willow Bark	Salix alba	Alterative; analgesic; anti-inflammatory, antipyretic	Nerve sedative, cleanse wounds, reduce fever
Wild Cherry Bark	Prunus virginiana	Astringent; expectorant; nervine; tonic	Loosen mucus; loosen phlegm in throat and chest; asthma
Wild Lettuce	Lactuca spp.	Anodyne; nervine mild sedative	Cramps, coughs; arthritis pain; urinary tract infections
Witch Hazel Bark	Hamamelis virginiana	Anti-inflammatory; antiseptic; astringent; tonic	Wound and skin cleanser; insect bites; sunburn; strained muscles; arthritic joints

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Woman's	Tinctures of vitex; lady mantle, red raspberry; nettles; oatstraw; peppermint		PMS
Yam Root (Wild)	Dioscorea viollosa	Anti-inflammatory; anti spasmodic; blood purifier; nervine; relaxant; tonic	Glandular balancing (female); expell gas; pain with gallstones
Yarrow Flowers	Archillea milefolium	Anti-viral; anti- bacterial; diaphoretic; anti- inflammatory; astringent	Colds; flu; systemic infections; sore throat; tonsillitis
Yerba Santa Leaves	Eriodictyon californicum	Expectorant; astringent; anti- bacterial;	Upper respiratory infections; drippy sinuses from colds or allergies; cleansing and toning upper respiratory passages
Yucca Root	Yucca baccata; Yucca glauca	Alterative; antibacterial; anti- infalmmatory; astringent	Intestinal problems; reduce inflammation of joings (natuaral cortisone)
ZZZZs	Tinctures of valerian; poppy; kava kava; chamomile; catnip		Cant't sleep due to tension; overwork and mental strain