

The Practical Herbal Reference For Everyone

Modern
**Herbal
Medicine**



Steven Horne and Thomas Easley

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Table of Contents

Introducing Modern Herbal Medicine.....	1
How to Use This Book	5
Putting Your Program Together.....	13
Tips for Using Herbs and Supplements.....	15
Conditions Section	17
Therapies Section.....	233
Herbal Formulas Section.....	263
Key Herbs Section	351
Nutrients Section	407
Companies.....	425
Herbal Formula Index.....	435
Property Definitions	450
Suggested Additional Reading	455
Want to Learn More?	456

Dedication by Thomas Easley

This book, or at least my half of it, is dedicated to my wife Terrie, who put up with me writing nonstop during our first year of marriage. I'd also like to thank my teachers, Rhonda, Phyllis and Steven, for showing me the power that Nature can have in healing. A special thanks goes to all of my family and friends for being mostly-willing test subjects of many horrible tasting concoctions and elixirs. Finally, I'd like to thank the thousands of people who have trusted me to help them find their healing path. Being a small part of their healing process is a sacred trust that I honor and appreciate more than words can describe.

Acknowledgements by Steven Horne

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The photos on the cover are (from left to right): flax flowers, arnica (heart-leafed) and red clover. You can read about these and other herbs in the Key Herbs Section of this book. Flax and arnica photos by Steven Horne; red clover photo is from photos.com.

Forward

Introducing Modern Herbal Medicine

Herbal medicine always has been, and always will be, the medicine of the people. For thousands of years human beings have survived on this planet because medicinal plants have been readily available to everyone. In fact, until a few generations ago, most parents and grandparents knew many home remedies and were able to treat common ailments without the aid of medical doctors. Herbal remedies have always been readily and freely available, to anyone who knew how to gather and prepare them.

Today, few people have this knowledge today and most of what people know about herbs is based on marketing hype or shallow information provided by mainstream media. Even those who do have the knowledge of how to pick and prepare their own herbal remedies often find it hard to do so because they live in urban environments, which makes gathering their own herbs difficult. Do-it-yourselfers can purchase bulk herbs to make their own teas, decoctions, tinctures or capsules, but many people just don't have the time to do this because they are busy with families, jobs and other priorities.

This is why the modern herb industry fulfills an important need. It allows people to “harvest” their herbal remedies from their local health food store or other retailer. These commercial herbal products are already packaged in a wide variety of convenient dosage forms, including: tea bags, capsules, tablets, alcohol tinctures, glycerin extracts and topical preparations. The only problem the consumer faces is trying to figure out which herbal remedies are right for them.

Unfortunately, herbal companies and health food store employees are restrained by law from making disease claims about their products, even if these claims are truthful. The only claims that can be made are vague *structure/function* claims, such as “this herb is good for your immune system” or “helps maintain healthy joints.”

So, in order to figure out what supplements they need people either have to visit a knowledgeable herbalist or do their own research in third-party literature. Which brings us to the purpose of this book. We designed it to help peo-

ple figure out which readily-available herbs and herbal formulas may be of benefit to them.

This would be a simple job if herbs had a one-to-one correlation with medical diagnosis. In other words, if we could put together a simple “cookbook” that said, “if you have arthritis take this” and “if you have a headache take that,” our task would be a simple one. Unfortunately, herbal medicine can't be reduced to such simple statements.

Working on Root Causes

What most people know about herbal remedies is limited to some very narrow and often misleading information. For instance, they may have heard that ginkgo is for memory, saw palmetto helps with benign prostatic hyperplasia (BPH) and St. John's wort is for depression. These ideas contain an element of truth, but they represent a weak symptomatic approach to using herbs.

Let's take St. John's wort for example. While it can be helpful for depression, most professional herbalists would not consider it the only, or even the best, antidepressant remedy in the plant kingdom. But the problem runs deeper than this. Depression is not really a disease; it is a symptom that can arise from many different root causes. Trying to directly treat depression without identifying why it is there is not what real herbalism is about.

A knowledgeable herbalist (or any other well-trained practitioner) wants to look past the symptom to see its underlying cause. In the case of depression, is it arising from the intestines, the liver, low thyroid or just a person's current life situation? And these are just a few of the possible causes. Depending on the cause, ginkgo, damiana, black cohosh, kava kava or a dozen other remedies might be more appropriate, and more effective, than St. John's wort.

Furthermore, St. John's wort isn't really an antidepressant, per se, at least not in the way an antidepressant drug works. Like all herbs it has multiple actions and affects multiple body systems. For starters, it is a nervine that calms anxiety and anxiety-related depression. It also aids repair when nerves have been damaged, is antiviral and

is also helpful for healing damaged intestinal mucosa. In short, St. John's wort isn't a "magic bullet" for a particular disease. It is a complex remedy that works on many underlying issues in multiple diseases.

So, this book is designed to help you start thinking like a well-trained herbalist, rather than just applying herbs for symptomatic relief. It provides you with several tools to help you do this.

First, in the *Conditions Section* of this book you'll find descriptions of 471 common health problems. Where possible, we differentiate probable underlying causes of these conditions. This allows you to select potential remedies based on root causes instead of trying to directly treat the condition or its symptoms.

This information is not just information gathered from books. Between them, the authors have 50 years of combined experience in working with clients, as well as connections with other experienced clinical herbalists. So, the insights are based on real-life experience with actual health problems in clients or the clinical experience of other trusted herbalists.

Second, we provide you with a *Therapies Section* containing 33 basic therapies that work on these underlying or root causes. These root causes give rise to multiple disease symptoms. These basic therapies are listed with the various conditions they may help to resolve.

These basic therapies are important, and the first resource a person should turn to in trying to get well. They are important because the body systems do not work in isolation from one another. Thus, you may perceive yourself as having multiple diseases, but these multiple conditions are likely arising from common root causes. As a famous herbalist of the early 1800s, Samuel Thomson, said, "Remove the cause and the effect will cease." So, as you look up various conditions you are working with, you may find that there are common underlying causes. This means these problems are likely interconnected and need to be treated as a whole.

Finally, we also introduce you to the idea of herbal energetics. All traditional systems of herbalism rely on energetic models to help a person select the remedies that are appropriate for them. Most professional modern herbalists use these systems as well. In the beginning of the book we provide you with an easy-to-understand Western energetic model and then give you the energetics of the single remedies throughout this book to help you choose what herb(s) are appropriate for a given situation.

The reliance on energetic systems is not because herbalists are trying to be mystical or obscure. Instead, energetics are helpful metaphors for explaining the broad pat-

terns of illness that herbs are best used to correct. Rather than looking at isolated disease symptoms, we are looking at patterns of symptoms. This approach matches the broad-acting benefits of herbal remedies better than the symptom→disease→treatment system typically used in modern medicine.

Single Herbs versus Herbal Formulas

This brings us to the second major purpose of this book. Most herb books focus primarily on single herbs. If they do discuss formulas, they are the formulas specific to a single herbalist or company.

Ironically, it's harder for a beginner to see results with single herbs than it is with well-crafted herbal formulas. It's the difference between using a rifle and a shot-gun. Using single herbs is like using a rifle. It has a lot of power, but you have to know how to aim it properly to hit the target. Single herbs work best when the person's overall condition matches the overall characteristics of the herb. In other words, they work best when the person has multiple symptoms or issues that closely match the overall pattern of health issues addressed by that herb.

A formula, on the other hand, is like a shotgun. You may not hit the target with as much concentrated force, but your aim doesn't have to be as good. This is because an herbal formula combines many herbs that work on multiple causes of a problem. Returning to the example of St. John's wort and depression, St. John's wort might help a person's depression IF it is the kind of depression that St. John's wort works best on (depression related to anxiety and intestinal problems).

However, if we mix several herbs together that work on several different underlying causes of depression, a person is more likely to get at least some benefit. This is partially because the formula is composed of herbs that address multiple potential root causes of a problem. It is also partly because the synergy of the ingredients often enhances the basic action, and because the multiple ingredients tend to counteract some of the other effects of the single herbs, which also lessens the chance of the remedy throwing the body out of balance in other ways.

To paraphrase Michael Moore, a famous southwestern herbalist, single herbs have subtle and deep actions. Combinations tone down those subtleties to a gray background noise and leave the predominate effects of the herb intact.

The Eclectics, a group of medical doctors who used herbs in the 19th century, emphasized utilizing the subtle effects of the herbs and matching all of a person's problems to one herb in their literature. However, most of the time, in actual practice, they resorted to tried and true formulas.

They, like many practitioners throughout recorded history, recognized that often times disease isn't subtle, it's in your face, and responds best to an herbal formula that addresses several aspects of the disease at the same time.

Traditional Chinese medicine (TCM) also relies heavily on formulas. Basic formulas are used for certain situations, with the ingredients being modified to fit individual needs. One can do a similar thing with commercial herbal formulas by taking a basic blend for a particular problem and also taking one or two more targeted single herbs or nutritional supplements at the same time.

This is why we focus heavily on herbal formulas available in the commercial marketplace. This book contains over 1200 herbal formulas from over 32 different herb companies. It also includes 239 single herbs, which are either available from those companies and/or are key herbs in the formulas. This means that you can readily find all of the herbal remedies discussed in this book at your health food store or online.

To make it easier to understand herbal formulas, we've categorized them into 102 product categories. This allows you to compare formulas with the same basic action or therapeutic purpose. You can easily compare differences in ingredients and dosage forms and look for an alternative to a favorite formula if you can't find it. We've not only explained how each of these categories of formulas can be used, we've also provided you with a list of key herbs to look for in these formulas (and highlighted those key herbs in the ingredient lists).

The goal is to help you to read the label for an herbal formula and have a good idea of what that formula might do based on the key ingredients it contains. Because different companies will often use different common names for the same herb, we've standardized the ingredient names to allow for easier comparison. This means that the name on the label may not exactly match name we use for the herb in the ingredient list, but it's the same plant.

One important note—it's nearly impossible for a book like this to be completely up to date because companies add and drop products regularly. They also change ingredients and product names occasionally. So, always check product labels carefully. If a particular formula has been discontinued, this book provides you with plenty of alternatives.

Will also provide additional information on the modernherbalmedicine.com website. Join our mailing list to be notified when we post more up-to-date information.

Herbs are Safe

A third objective for this book is to make people aware of the wide variety of very safe herbal products that are available in the marketplace. Mainstream media has caused many people to think that herbal medicine is somehow backward, unscientific and even dangerous. This is simply not true. Let's briefly examine the issue of the safety of herbal products.

First, modern herbal medicine is not primitive or unscientific at all. The body of scientific literature concerning herbs and herbal constituents is steadily growing as research on this topic is being carried out around the world. The companies we feature in this book are modern, high-tech companies. Many, if not most of them, have rigorous standards of quality control. Many of them employ qualified scientists, such as chemists and botanists, as well as experienced and well-trained herbalists, to ensure that their products are safe and reliable. You can learn more about each company in the *Companies Section* of the book.

In recent years strict GMPs (good manufacturing practices) have been established by the FDA for herbs and supplements. All major herb companies comply with these standards, which help ensure that the herbal products you purchase are safer than ever.

It is ironic that many people believe pharmaceutical drugs are safe, but herbs are dangerous. The public is led to believe that the FDA doesn't have the authority to remove unsafe products from the marketplace, which is not true. In fact, herbal products are actually held to a higher standard of safety than drugs.

Here's why we can make that claim. All drugs have some level at which they become toxic and therefore involve some measure of risk. Just listen to a TV ad for drugs and you'll hear a list of some of the common side-effects of a medication. This toxicity is considered acceptable because there is a risk/benefit ratio to a drug. If the benefits of the drug are believed to outweigh the risks of taking it, then the drug is considered safe.

In spite of the extensive testing that new drugs undergo, over half of them are removed from the marketplace within ten years due to dangerous side effects. There are also numerous documented cases of people dying from the side effects of prescription drugs each year.

In contrast, regulatory agents do not acknowledge any health benefits to herbal products. Therefore, there is no recognized risk/benefit ratio for herbal products or nutritional supplements. This means that it takes only a few documented cases of potential ill effects from an herb to cause it to be banned from the marketplace.

One example of this was the FDA ban on ephedra. When a number of “ephedra-related” deaths were reported in the media, the FDA banned the herb for sale in the United States. All of the deaths appear to have involved ephedra abuse, that is, taking doses of ephedra that greatly exceeded manufacturer recommendations for extended periods of time. The irony is that the principle active compound in ephedra, ephedrine, is still legal and is found in many over-the-counter medications for colds and weight loss, but herbal products which contain far smaller quantities of ephedrine have been banned.

In pointing this out, we want to make it clear that herbs are not without negative effects. It’s just that their potential negative effects are generally far less serious than the potential negative effects of most prescription and non-prescription drugs. There are botanicals remedies that do have a potential for toxicity (and we have covered some of these in this book), but many useful remedies have already been lost due to the fact that regulatory agencies do not accept any risk/benefit associated with these remedies.

The bottom line is that the relative risk of suffering adverse effects from a modern commercially-prepared herbal product are minuscule compared to the risk of suffering adverse reactions to over-the-counter or prescription drugs. In our own experience, and the experience of other professional herbalists we know, adverse reactions to commercial herbal products are rare and when they do occur are usually limited to digestive upset, headaches, rashes or other reactions that people sometimes get from foods. We cover how to deal with these adverse reactions in more detail on page 16.

Herbs are Effective

Finally, we want to discuss the issue of efficacy. Do herbal remedies actually work? The answer is a qualified *yes*. The qualification is this—herbs work, but don’t expect them to work like drugs. Allow us to elaborate.

Drugs are isolated chemical compounds and are used to rapidly relieve symptoms. Modern medicine is based on a rather straight-forward paradigm: Measure something in the body such as blood pressure, heart rate, cholesterol levels and so forth; determine that this measurement is out of normal range; then find a chemical compound that will push this measurement back into range.

Under this paradigm, if you have high blood pressure, you take a medication to lower it and you’re cured. If you have high cholesterol, you take a medication to lower it and it’s considered effective. If you have a pain, you take a drug to suppress it, and the problem is dealt with. If you expect herbs to act in the same way, you’ll be disappointed. It’s not that herbs can’t ease symptoms, it’s just that they’re not generally as good at doing this as drugs are, and they work primarily by addressing underlying causes, not fixing symptoms.

In contrast to drugs, herbs are complex mixtures of substances with multiple layers of biological activity. Many times we know what some of the so-called “active” constituents are, but each herb contains thousands of chemical compounds (like the foods we eat). These compounds interact with the body in complex ways, acting simultaneously on multiple body systems and functions. They may not provide rapid symptomatic relief, but they can do something which drugs generally don’t do—they can move the body back to normal function.

In traditional Chinese medicine, there is a concept of superior and inferior medicine. The medicines that produce rapid symptomatic relief are considered inferior medicines. Superior medicines are slow acting tonics that gradually help to restore the body to health and normal function. In our society, we reverse this. We think that superior medicine is anything that produces a rapid, demonstrable change in symptoms (like Western drugs) and that remedies which slowly act to restore health (like most herbs) are weaker, inferior remedies.

As we’ll discuss in the next section, *How to Use This Book*, we believe the Chinese are correct. When you correctly use herbs as tools to restore general health and resolve the underlying causes of disease, you’ll generally get good results. If you try to use them for rapid, symptomatic relief, you’ll probably be disappointed. This brings us back to the primary reason we wrote this book. A well-designed herbal formula contains many herbs that act on the body in multiple ways to gradually bring the body back to health. Our goal is to help you find the herbal formulas (and single herbs and nutritional supplements) that will help you achieve this goal.

Wishing you the best of health,

Steven Horne and Thomas Easley

How to Use This Book

How to put together an effective health program that addresses the root causes of illness, instead of just treating symptoms

Modern medical care isn't health care; it's disease care. It focuses on disease treatment and symptomatic relief, not on building health. As a result, people have been trained to think in terms of treating specific diseases, or seeking instant relief from annoying symptoms. People carry this attitude with them when they start using herbs and nutritional supplements. They want to use natural products as alternatives to drugs and expect supplements to achieve the same results—rapid symptomatic relief.

Unfortunately, that isn't what natural healing is all about. So, before you look up any health problem or ailment in the *Conditions Section* of this book and try to figure out how to “treat” that ailment naturally, please read this introductory material. It will not only help you get the most out of this book, it will also maximize your chances for success in improving and maintaining your health.

Remove the Cause

The following fictitious story illustrates the basic problem people encounter with modern medical care.

There was once a carpenter who was a little clumsy. He regularly hit his thumb with his hammer. Soon, his thumb became very swollen and inflamed. He went to a doctor who said, “That finger is badly inflamed, let me write you a prescription for an anti-inflammatory.”

The man took the medication and noticed that it helped the thumb a little, but because he kept striking it with the hammer, it continued to get worse. The pain was becoming difficult to bear. So the man went to another doctor. This one prescribed a painkiller.

The painkiller really helped take the pain away, but it also made the man's fingers a little numb so that he wound up hitting his thumb more than ever. Soon the thumb was very raw and badly damaged. So, the man sought out a third doctor, a surgeon, who said, “That thumb is badly diseased,

I think we should cut it off before it damages the rest of the body.”

Finally, the man went to an herbalist, who took a case history and suggested the man find a different job, since he was obviously too clumsy to be a good carpenter. The carpenter became a salesman and his thumb started to heal without drugs or surgery.

Although the causes of most people's health problems are much more subtle than this, the story illustrates the problem of treating the effect (symptom) without removing the cause. Unfortunately, much of what we encounter in modern medicine is exactly that—treating the symptom without removing the cause. The medical mindset is often oriented towards this symptomatic relief without investigating deeper into what's underneath the symptom.

The first thing one needs to understand if one wants to get consistent, effective results with natural health care is that natural health care isn't about easing symptoms. It's about dealing with root causes. As the herbalist Samuel Thomson, an herbalist who lived in the early 1800s, put so succinctly, “Remove the cause and the effect will cease.”

A Holistic Model of Disease

To help people understand how to get to the root causes of disease, we use a model we call The Disease Tree™. The idea for this model came from the writings of Samuel Thomson, who used a systematic approach to treating disease that he summarized in a short poem in his book, *New Guide to Health*. Part of that poem reads:

Let names of all disorders be,
Like to the limbs, joined to the tree,
Work on the root, and that subdue
And all the limbs will bow to you.
The limbs are colic, pleurisy,
Worms and gravel, gout and stone,
Remove the cause and they are gone.

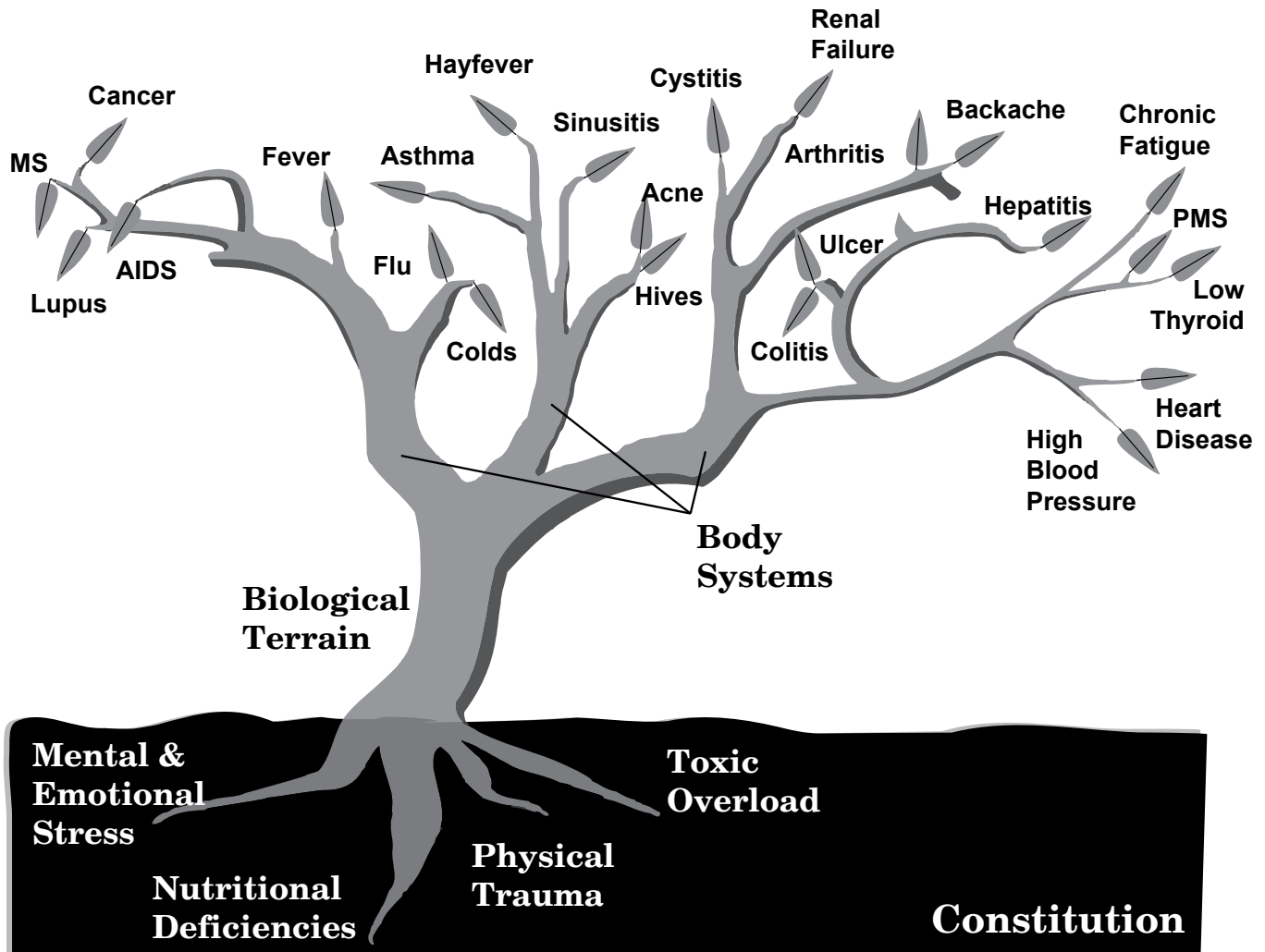


Figure 1—The Disease Tree™

Thomson's poetic metaphor helps us realize that focusing on specific disease symptoms is only attacking the "branches" of disease. Unless we work on the "roots" or underlying causes, the disease will simply get worse or manifest in a new form. Whenever a person takes a drug to relieve a symptom, or has some part of the body cut out, they are not being healed. To be healed is to be made whole, or in other words, to be restored to normal function or balance. Drugs and surgery only remove the branches. The root causes of the problem remain and will grow "suckers"—new diseases that will spring up in place of the old.

Most newcomers to natural health care are still thinking in terms of the symptom→disease→treatment model. They are looking for symptomatic relief. They want the branches of their disease tree to be pruned. Many inexperienced herbalists and natural health consultants try to accommodate this desire by recommending herbs and supplements to replace their medications; however, if the root causes are ignored, the results will be disappointing even if natural substances are used. In order to really correct the

problem, a person has to shift his or her focus away from disease symptoms and begin looking at root causes.

Shown in Figure 1, The Disease Tree™ is a model you can use to help clients understand what good health is really all about. Many successful consultants are now using this model to explain what they are doing with their clients. Here is a brief breakdown of the elements in this model.

Soil—Constitution

The first element in the model is the soil, which represents our constitution. This is a person's innate physical and emotional makeup.

We all know that genetics play some role in our health. Heart disease, cancer, diabetes and other chronic ailments tend to run in families. Not all constitutional tendencies are genetically based, since people in the same family often have similar diets, lifestyles and emotional issues, which predisposes them to similar health problems.

Your constitution is what nature and early childhood have given you to work with. A person who has a strong

constitution can handle more physical stress than a person with a weaker constitution. In other words, under the same physical conditions, one person may thrive, while another will become ill.

You can't do much about your genetics, but your genetics don't doom you to poor health. New research in the field of epigenetics is showing that the body has mechanisms for regulating genetic expression. Adopting a healthier lifestyle, including better nutrition and mental attitudes, can alter how your genes are utilized in the cells, thus improving your health and preventing you from getting illnesses to which you may be genetically prone.

Roots—Environmental Stress

The roots of disease are the environmental stresses that overwhelm the ability of the physical body to maintain balance. There are four basic root causes of disease, as follows.

1. Physical Trauma. The body can be mechanically damaged. All physical damage, from burns and frostbite to cuts, lacerations and broken bones, causes damage to organs and tissues that can result in disease. In fact, physical trauma, if not addressed appropriately, can lay the foundation for more serious diseases later in life. For example, a damaged joint is more susceptible to developing arthritis than a joint that was never subjected to trauma.

Trauma is something modern medicine is very good at treating, but natural medicine can also help. Nutrition and herbs can help tissues repair themselves more quickly and prevent injured areas from developing into chronic problems later in life.

Although this book is not a manual for trauma care, it does contain some suggestions for dealing with various types of injuries in the *Conditions Section*. The *Therapies Section* contains descriptions of how to do Compresses, Epsom Salt Baths and Poultices, which can help with healing physical trauma.

2. Toxic Overload. Mechanical damage isn't the only way the body can be injured. We can be bitten by a snake, stung by a bee, or encounter a bed of poison ivy, all of which introduce chemical poisons that damage tissues. While these are generally considered forms of physical trauma, the fact that these poisons injure our health shows us that toxins can also be a root cause of disease.

In modern society we are exposed to many potentially toxic chemicals in the form of food additives, pesticides, household cleaning products, cosmetics, heavy metals, solvents and petrochemicals, xenoestrogens, prescription drugs and other chemicals. Since World War II we have developed over 80,000 chemicals that are utilized in modern society.

These toxins are likely the root cause of many modern ailments, including the high rate of cancer, autoimmune diseases and many neurological conditions such as autism and Alzheimer's disease. Reducing exposure to these substances and finding ways to help the body detoxify itself is an important component of treating many modern ailments.

Toxic waste can also come from within the body, which produces waste in the process of metabolism. This waste must be eliminated from the system or it will damage tissues. Adequate intake of water and fiber is essential to ridding the body of these wastes, but most people in modern society are dehydrated and don't get enough fiber. Damage to the eliminative systems can also contribute to a backlog of waste in the tissues. Whatever the reason, when wastes (or toxins) are not properly eliminated tissues are damaged and the roots of disease take hold.

We've listed a variety of therapies that can help deal with the root cause of toxicity in the *Therapies Section*. Examples include: Colon Cleanse, Drawing Bath, Fast or Juice Fast, Gall Bladder Flush, Heavy Metal Cleanse and Sweat Bath. These detoxification therapies are referred to under health problems they may apply to in the *Conditions Section*.

3. Nutritional Deficiencies. The body needs nutrients in order to function correctly. When essential nutrients are not present in a person's diet the body does not have what it needs to stay healthy. If levels of these nutrients are low, the body may not be able to efficiently resist other environmental stresses.

There are two main reasons most people in modern society are nutritionally deficient. The first is that they consume empty calories in the form of highly processed and refined foods such as refined sugar, high fructose corn syrup, white flour, processed vegetable oils, and canned and prepackaged foods. These foods provide calories, but are low in essential vitamins, minerals and phytonutrients needed to process and utilize those calories for energy and maintain tissue structures.

The solution is to eat more whole, natural foods that are minimally processed and refined, but even then, nutritional deficiencies can occur. Modern agricultural methods deplete the soil of minerals, resulting in produce that has reduced vitamin and mineral content. This is why some supplementation is often a necessity for people living in modern society, even when they eat whole foods.

All chronic illnesses probably involve nutrient deficiencies of one type or another. The bottom line is, a person must eat a healthy diet to avoid or recover from illness. Without a healthy diet, herbs and supplements will not be sufficient to ensure good health.

We've put together several basic therapies for dealing with the problem of nutritional deficiencies in the *Therapies Section* of this book. Examples include: Bone Broth, Gut Healing Diet, Low Glycemic Diet and Mineralization. These basic nutritional therapies are also referred to in the *Conditions Section* where they may be underlying causes of specific health issues.

We've also created a *Nutrients Section* where we cover 60 popular nutritional supplements (from 5-HTP to Zinc) that may address specific nutritional or biochemical imbalances that may be root causes of various ailments. These are also linked to the various health issues in the *Conditions Section*.

4. Mental and Emotional Stress. All of us encounter mental and emotional stress in relationships and life situations. Financial problems, marital problems and other emotional stresses also lay the foundation for disease. This critical root cause is often overlooked in both orthodox and alternative healing circles. People who continue to experience health problems no matter what they do, often have unresolved mental and emotional stress that must be dealt with before healing can occur. Approximately 50% of people's health issues can be related to unresolved mental and emotional stress. All serious chronic and degenerative diseases involve at least some stress component, so this aspect should always be addressed.

We also include therapies that work on the mental and emotional aspect of disease in the *Therapy Section*. Examples include: Affirmation and Visualization, Emotional Healing Work, Flower Essences and Stress Management. All of these are linked to conditions they may help to heal in the *Conditions Section*.

Disease as Disharmony

As these four environmental stressors overwhelm the capacity of a person's constitution to cope with them, the process of disease begins. This concept is expanded in Figure 2. Disease arises from the disharmony that results when our constitution cannot adapt or cope with our environment. The word "dis-ease" suggests this "lack of ease," which develops as these stresses overwhelm the adaptive mechanisms in the body.

This model of disease applies even to trauma. A young person slipping and falling on the ice might experience only a bruise, while an elderly person might fracture their hip. Disease is always a combination of constitutional factors (the internal strength and health of the body) interacting with environmental factors (nutrition, toxins, trauma and stressful circumstances).

Trunk—Biological Terrain

All of the cells of the body live in an internal "ocean" of lymphatic fluid, which is supplied from the blood stream. Just as the health of a plant depends on the health of the soil in which it is grown, so the health of our tissues depends on the composition of these bodily fluids, lymph and blood. An organic farmer knows that if he keeps the soil healthy, the plants he is growing will be healthy and resistant to insect damage and disease.

The fluid medium in which cells live is called the biological terrain and is represented by the trunk of the Disease Tree™. When our biological terrain is healthy, the cells of our body will be healthy—resistant to injury, infections and chronic and degenerative diseases.

All of the root causes of disease previously discussed have an adverse affect on the biological terrain. Just as there is only one trunk to the tree, the biological terrain represents the whole picture of a person's health. By helping to restore balance to the biological terrain, we will restore balance to the entire body.

There are six basic imbalances in biological terrain. Unlike modern reductionist medicine that seeks to isolate tissues and organs and study them independently, the six tissue state imbalances describe broad patterns of imbalance that can influence multiple systems and are fundamentally interconnected.

The six basic imbalances are irritation (heat), depression (cold), stagnation (dampness), atrophy (dryness), constriction (tension) and relaxation (atonic). These six imbalances can occur in combination (such as irritation and constriction or dampness and depression). Once you understand the basic imbalances you will be able to identify the more complex mixtures of imbalance.

The tissue states are uniquely suited to form the framework of using herbs for medicine because, like the tissue states and their description of broad imbalances, herbs also

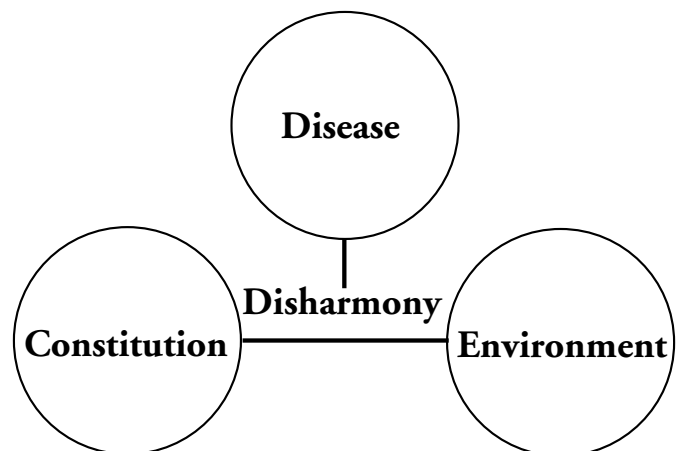


Figure 2—Disease as Disharmony

are broad acting in nature. While there are a few exceptions, most herbs have a multitude of chemical constituents that act on multiple areas of the body and through numerous mechanisms of action. Herbs, and the precise ways they act in the body, are so complicated that we truly understand the mechanisms of action of only a handful of herbs. This isn't a bad thing, because many diseases are very complicated and the current understanding of the exact process of disease is also lacking in many areas.

By moving away from a reductionist model of understanding disease, and seeing disease for what it really is—a breakdown of the interconnected mechanisms maintaining balance in the person's mind, body and spirit—we can more easily recognize the value of herbs and their complex actions.

When thinking about tissue states it is helpful to consider them not as stand-alone issues, but in comparison to other people and other tissue states. It is easy to describe a hot day if you live in an area that has cold days. But the subjective experience of a hot day is quite different for someone living in Hawaii than it is for someone living in Alaska. In a similar manner, the tissue states are easiest to identify if you have observed them in a large number of people.

This type of comparison is easy when you realize that the six tissue states represent three pairs of opposing qualities. To get a better idea of the tissue states, compare two people side by side and look at each set of qualities. Which is more hot, which more cool? Which one is dry, which one moist? Which is more tense, which is more relaxed? This will help you to grasp the concept.

This model of six tissue states was developed by a professional herbalist named Matthew Wood. You can learn more about it by reading *The Practice of Traditional Western Herbalism*. It is also found in his two-volume work *The Earthwise Herbal*. Here is a basic description of these three pairs of opposite qualities.

Energy Production

Irritation and **Depression** have to do with metabolism and energy generation. In irritation energy production is excessive; in depression it is deficient.

Irritation has a strong correlation to oxidation, inflammation and fever, which is why it is often referred to as “heat” in traditional herbalism. Tissues that are irritated are red and warm to the touch. Irritation is often accompanied by sharp pains. A red tongue, a rapid pulse, a ruddy (or reddish) complexion and hyperactivity are also signs of heat or irritation.

Irritation is often caused by chemical, infectious or metabolic irritants. In response to the irritant, the tissues increase their production of energy to throw off the irritant. Irritation (inflammation) is also the mechanism by which cells initiate the healing process. Part of the job of the inflammatory response is to destroy damaged cells and draw immune and stem cells to the area for tissue repair. Acute irritation isn't a bad thing; it's when that irritation becomes chronic that problems arise.

Irritation is treated herbally with cooling and moistening remedies. Directly cooling remedies are often anti-inflammatory and/or antioxidant. Often they are plants with a sour taste (like berries). Indirect cooling remedies or secondary cooling remedies are moistening remedies that typically have a slimy or mildly sweet taste. In our list of the energetic properties of an herb, we refer to remedies that reduce irritation as *cooling*.

Depression is the opposite of irritation. Tissues that are depressed are cool to the touch and pale, which is why it is often referred to in traditional herbalism as “cold.” If pain is present it is usually dull and achy. Other signs of tissue depression are hypoactive function, a pale complexion, a pale tongue and a slow pulse rate.

Tissue depression is tricky to treat because it can be mimicked by a false cold, caused by low thyroid function and anemia. Infection in depressed tissues can also give rise to a “false heat.” The key to identifying a general state of tissue depression is to look for a general feeling of fatigue, a pale or dark purple tongue and a slow pulse rate.

True tissue depression is treated herbally with warming remedies. These remedies are generally stimulating to circulation and/or metabolism. They are typically aromatic and/or pungent, qualities found in most kitchen spices. We refer to herbs that counteract tissue depression as *warming* in our list of an herb's energetic qualities.

It's important to understand that you aren't going to help balance the body if you treat a hot (irritated) condition with warming herbs, or a cold (depressed) condition with cooling herbs. So, pay attention to the energetics of the condition and select remedies with the correct properties.

Some herbs are neutral or balancing in their effects on energy production. We have labeled these remedies as *neutral* in their energetics.

Minerals and Fluids

Stagnation and **Atrophy** have to do with the balance between the solid (mineral) components of the body and the fluid (water and fat) components in the body. In stagnation, there is too much fluid with insufficient minerals

to move it. In atrophy, the mineral content is too high and there is not enough fluid to keep it in solution.

Stagnation can be seen when fluid accumulates in tissues. This can take the form of edema, swollen lymph nodes and sluggish flow of body fluids. In traditional herbalism, stagnation is often called “dampness.” Tissues that have stagnation are soft and spongy or hard and swollen to the touch. The tongue will be pale and damp and the pulse feels congested or slippery.

Stagnation was called *torpor* by the Eclectic physicians of the late 1800s and early 1900s. Herbs that removed this stagnation were called alteratives and have also been called blood purifiers. Generally speaking, herbs with a bitter taste fall into this category. Herbs that have this quality are listed as being *drying*.

Atrophy is seen when tissues become hard and brittle. With a loss of good fats and water, tissues become hard and inflexible or brittle. Traditional herbalism often refers to this tissue state as “dryness.” Many of the diseases of aging have this quality, such as bone spurs, the formation of arterial plaque, the stiffness of arthritis and the loss of elasticity in the lungs in emphysema. The dry wrinkled skin associated with aging and the brittle bones of osteoporosis are other examples of atrophy. The tongue tends to be dry and withered, and the pulse becomes thin and weak.

Herbs used to treat conditions of atrophy are sometimes called tonics, because they help to revitalize people when they become weak or sickly. Remedies for atrophy include many herbs with a slightly sweet or bland flavor, such as ginseng. Demulcents or mucilaginous herbs (we call them mucilants for short) are also useful for conditions of atrophy. We refer to these herbs as *moistening* in our list of an herb’s energetic properties.

Again, it won’t be helpful to use drying herbs with atrophy or moistening herbs with stagnation. However, some remedies actually help to balance the solids and liquids within the body. These could also be referred to as neutral, but to avoid confusion we have referred to them as *balancing* in our herbal energetics section.

Tissue Tone

The final pair of opposing imbalances has to do with muscle tension or tone. Muscles act as gates in the body to control the flow of energy and fluids. When muscles tense, flow is reduced or obstructed. Conversely, when tissue is damaged, or muscle tone becomes too relaxed, fluids can drain or leak from tissues. Constriction is the tissue state where muscles are overly tight and relaxation is where muscles are overly relaxed or tissues are damaged and leaking.

Constriction typically happens because muscles get tired from overuse. A muscle expends energy when it contracts, and it rebuilds an energy charge when it relaxes. When muscles fatigue, either due to excessive use or nutritional deficiencies, they spasm. This can not only cause sharp pain and constricted movement, it can also obstruct flow. Examples of conditions involving constriction include some cases of high blood pressure, tension headaches, asthma attacks and a spastic colon.

Conditions involving constriction can periodically relax causing the “dam” to break and excessive flow or secretion to occur. Alternating diarrhea and constipation, alternating fever and chills and migrating pains are examples of this. These are called “wind” disorders in some traditional systems of medicine.

Antispasmodics are the herbal remedies that are helpful for conditions of constriction. These remedies are generally acrid in flavor, although some nervines that are aromatic or slightly bitter also have this quality. We use the term *relaxing* to describe these remedies in our listings of an herb’s energetic properties.

Relaxation is when tissues are unable to hold fluids due to damage or loss of muscle tone. Examples of this include diarrhea, leaky gut, excessive mucus production, bleeding, urinary incontinence and excessive sweating.

Herbs containing tannins are used to tighten tissues and stop excessive drainage. These herbs are called astringents and have a slightly bitter and drying taste. We refer to remedies with this property as *constricting* under the herbal energetic listings.

Quick Key to Herbal Energetics

Here, in summary, is how the energetic qualities of herbs balance the biological terrain.

Cooling herbs reduce **irritation** and excess heat.

Warming herbs relieve **depression** and cold.

Neutral herbs are neither warming nor cooling.

Drying herbs treat **stagnation** and water retention.

Moistening herbs restore flexibility and tissue function in **atrophy**.

Balancing herbs help to bring tissues back to normal from either stagnation or atrophy.

Relaxing herbs ease muscle spasms and improve flow of energy and fluids by easing **constriction**.

Constricting herbs stop leakage by toning up tissue **relaxation**.

Nourishing herbs provide nutrients that help the body heal itself and restore normal function.

There is one final energetic property that sort of sits at the center and that is *nourishing*. Herbs that are nourishing in their energetic properties help to build up the body in general by providing nutrition that helps the body function normally.

Branches—Body Systems

The cells of our body need five things to survive—nutrients, water, oxygen, waste removal and a regulated temperature. When biological terrain is in balance, cells will have all of these needs met. In order to maintain this balance, which is called homeostasis, the body contains groups of specialized tissues that regulate the various requirements of homeostasis. These specialized tissues form organs and body systems.

The root causes of disease and the imbalances in biological terrain affect the structure and function of body systems so these systems are less able to perform their proper functions. This is where disease begins to manifest in the body. The major branches and limbs of The Disease Tree™ represent the body systems and tissues that are no longer able to help maintain homeostasis or normal biological terrain.

It is the malfunctioning body systems that eventually give rise to the specific disease symptoms we experience, so a major part of this natural healing model is to determine which body systems are affected. This allows you to use herbs, supplements and natural therapies that support the proper structure and function of these systems. This helps restore balance to the biological terrain, which helps a person recover and maintain health.

Besides having an effect on biological terrain, most herbs also have strong affinity for specific organs and tissues. These herbs become key herbs for certain imbalances within these body systems. This allows us to create categories of products based on their primary herbal ingredients. This categorization of products in the *Herbal Formulas* section is the most unique feature of this book.

Most of these product categories are linked to various systems of the body. Since malfunction of these body systems are involved in various disease states, we can link health problems in the *Conditions Section* to product categories in the *Herbal Formulas* section because these formulas contain key herbs for restoring health to the weakened body systems that are giving rise to the disease.

Here is a list of the body systems and the categories of products in the *Herbal Formulas* section to which they are linked. (Some categories fit in more than one system.)

Circulatory System: Cardiac Tonic, Cardiovascular Stimulant, Cholesterol Balancing, Hypotensive, Iron, Styptic/Hemostatic and Vascular Tonic Formulas.

Digestive System: Antacid, Carminative, Catnip and Fennel, Digestive Bitter Tonic, Digestive Enzyme, Digestive Tonic and Ulcer Healing Formulas.

Glandular System: Adaptogenic, Adrenal Tonic, Blood Sugar Reducing, Hyperthyroid and Hypothyroid Formulas.

Female Reproductive (Glandular) System: Female Aphrodisiac, Female Hormonal Balancing, Menopause Balancing, Menstrual Cramp, Nursing Aid, Phytoestrogen, PMS Relieving, Pre-Delivery, Pregnancy Tonic and Uterine Tonic Formulas.

Male Reproductive (Glandular) System: Male Aphrodisiac, Male Glandular Tonic and Prostate Formulas.

Hepatic System: Blood Purifier, Cholagogue, Cholesterol Balancing, General Detoxifying, Heavy Metal Cleansing, Hepatoprotective and Liver Tonic Formulas.

Immune System: Anti-Inflammatory, Antioxidant, Antibacterial, Anticancer, Antifungal, Antiviral, Cold and Flu, Drawing Salves, Ear Drop, Echinacea Blend, Essiac, Goldenseal & Echinacea, Immune Balancing, Immune Stimulating, Mushroom Blend, Sudorific and Topical Antiseptic Formulas.

Intestinal System: Anti-Diarrhea, Antiparasitic, Fiber Blend, Gentle Laxative, Intestinal Toning and Stimulant Laxative Formulas.

Lymphatic System: Blood Purifier, Echinacea Blend and Lymphatic Drainage Formulas.

Nervous System: Analgesic, Antidepressant, Antispasmodic, Brain and Memory Tonic, Brain Calming, Migraine/Headache, Nerve Tonic, Relaxing Nervine, Sleep and Topical Analgesic Formulas.

Respiratory System: Allergy-Reducing, Bronchodilator, Cough Remedy, Decongestant, Drying Cough/Lung, Expectorant, Lung and Respiratory Tonic. Moistening Lung/Cough, Quit Smoking and Sinus Decongestant Formulas.

Sensory Systems: Eye Wash and Vision Supporting Formulas.

Structural System: Anti-Itch, Dental Health, Drawing Salves, Joint Healing, Mineral, Poultice. Skin Healing, Tissue Healing, Topical Analgesic, Topical Antiseptic and Topical Vulnerary Formulas.

Urinary System: Diuretic, Kidney Tonic, Lithotriptic and Urinary Infection Fighting Formulas.

The remaining categories, Anti-Alcoholic, Energy-Boosting, Exercise, Superfood and Weight Loss, are not linked to specific body systems. They address specific health issues or needs.

Since herbs work primarily by restoring balance to biological terrain and by strengthening weak body systems, you'll get much better results with them when you start looking beneath the disease symptoms to the underlying imbalances in biological terrain and weakened body systems. As you grasp this concept, you'll become much more effective at selecting appropriate remedies to restore balance to the body.

A more detailed and complete understanding of this approach to biological terrain and body systems is found in some of the courses we offer at modernherbalmedicine.com, particularly the *ABC+D Approach to Natural Healing* and the *Nature's Pharmacy* courses.

Product Categories and Biological Terrain

Besides linking product categories to body systems, it is also worth noting that a few of the product categories also address general biological terrain issues. These include:

Irritation: *Anti-Inflammatory and Antioxidant Formulas*

Depression: *Cardiovascular Stimulant and Carminative Formulas*

Stagnation: *Blood Purifier and Lymphatic Drainage Formulas*

Atrophy: *Female Glandular Tonic and Male Glandular Tonic Formulas*

Constriction: *Antispasmodic, Bronchialdilator and Relaxing Nervine Formulas*

Relaxation: *Styptic/Hemostatic and Vascular Tonic Formulas*

Twigs and Leaves— Specific Disease Symptoms

Finally, we come to the twigs and leaves of the Disease Tree™. These represent the specific diseases and their symptoms. As we have already suggested, most people are only concerned with the treatment of symptoms. Treating symptoms is like pruning the tree. You may be able to eliminate certain branches by suppressing specific symptoms with drugs or by removing diseased tissues with surgery, but these actions do little or nothing to eliminate root causes, bring the biological terrain back into balance, or restore the normal function of body systems. Symptomatic approaches certainly do nothing to strengthen constitution. Treating symptoms (like pain) can be an essential part of a healing program, but the primary goal should be to work on the root of the problem, providing symptomatic relief only to make the person more comfortable or stable during the healing process.

If we focus only on the leaves and twigs (the disease and symptoms), our efforts are misplaced. When a person is obese, diabetic, suffering from depression, high blood pressure, low thyroid and arthritis—things seem very complicated. But this complication only exists when we are looking at the situation from the perspective of disease symptoms. All of these conditions are arising from the same root causes, the same biological terrain and the same imbalanced body systems. The body does not exist in pieces; it exists as a whole, and all of these disease symptoms are simply part of the pattern of the whole.

The body is self-healing when provided with the right tools and environment. So, if we simply remove the environmental stressors that are overcoming the person's natural constitution and support weak body systems while balancing the biological terrain, the body will heal itself to the extent it is able to do so.

With this background, we can now explain how to use this book to help you address the root causes of many health problems, instead of just treating the symptoms.

Putting Your Program Together

When we're sick, we naturally want relief from our illness. This means we have to take a look at our life to discover what may be causing our problems and what we can do to bring the body back to balance. The *Conditions Section* helps you do this.

Conditions Section

When you look up a health problem in the *Conditions Section* you'll find a description of the problem, followed by some suggestions for approaching it using herbs and other natural healing techniques.

Where a particular symptom or problem can have many causes, we've tried to address the most common underlying causes and provide you with information that will help you determine if those causes may apply to the person who has this problem. For each potential cause, we list therapies and remedies that may be helpful. Some conditions list many options as possible remedies because there are many possible root causes.

If you have multiple health problems, look them all up and see if some of the same root causes and therapies show up repeatedly. This is a clue that these may be major underlying factors in your health issues.

Some conditions are serious and potentially life-threatening. In these cases, self-treatment is not wise. Where we encourage you to seek medical attention, *please do so*. Even if you opt to go the natural route for these problems, you should be monitored by modern medical testing to make sure you're on the right track.

You may also want to seek out the help of a qualified herbalist or naturopath for serious health issues. Unfortunately, just because someone calls themselves an herbalist or naturopath, it doesn't mean they are competent. One way to find a competent herbalist is to look for an herbalist who is a Registered Herbalist (RH) with the American Herbalists Guild (AHG). The AHG has a peer-review process to ensure herbalists meet a basic standard of competence. However, many highly qualified herbalists choose not to be members of the AHG. We are creating a database of herbalists online at herbiverse.com where you can search for competent herbalists using a variety of search criteria.

Under each condition you will also find the following information.

Related Conditions: These are other health problems that may be associated with or have similar root causes to

the condition you are trying to resolve. These may be helpful in better understanding interrelated health problems.

Therapies to Consider: In the preceding pages, we've stressed the importance of working on root causes. The therapies listed under this heading do exactly that. So, before thinking about herbs and supplements, read about the recommended therapies listed under the condition. These therapies will help you address the root causes of that problem and should be your first approach to getting well. We have also indicated which root cause(s) a particular therapy addresses.

Herbal Formulas: These are the categories of herbal formulas that may be helpful for this condition. As previously indicated, these categories of formulas are restoring healthy structure and function to the imbalanced body systems underneath the disease and its symptoms. They also help to balance the biological terrain and may even help with some of the root causes. We've highlighted any formula categories that we feel are particularly helpful for each condition. Look these up in the *Herbal Formulas* section of the book.

Key Herbs: We've also listed single herbs that may be helpful for each condition. We've highlighted our favorite single herbs for each condition. When looking for appropriate herbal formulas, look for ones that contain several of the key herbs recommended for the condition.

Nutrients: In addition to herbal remedies, we've also listed some of the nutritional supplements that may be helpful for each condition. We've highlighted our favorites. Many formulas combine herbs and nutritional supplements, so this can also be a guide to finding the right formula for each condition.

Again, if you are working with multiple health conditions, look all of them up and note the Therapies to Consider, Herbal Formulas, Key Herbs and Nutrients for each. You will probably see some overlap. This will give you clues as to what you can do to balance the entire body and work on multiple conditions at the same time.

Therapies Section

After looking at the condition(s), consult the *Therapies Section* for diet and lifestyle changes that address the underlying causes of the health problems. This is a critical step in the healing process. Generally speaking, herbs and nutrients work best as part of an overall health program. They are called supplements because they are meant to supplement an otherwise healthy diet and lifestyle.

One of the fundamental problems with our modern approach to health care is the idea that we can pop a magic pill (drug, herb or supplement) and that's all we need. In

actuality, if we adopt good general health habits, a large portion of health problems would clear up on their own. We realize that there are a lot of conflicting theories about what constitutes a healthy diet and lifestyle. This may be partially due to the fact that we're all a little different biologically and "one size does *not* fit all" when it comes to nutrition. However, what we're recommending are things we have found to be clinically effective.

Herbal Formulas Section

It would be impossible to directly link the 1200+ formulas listed in this book directly to the different conditions. We've solved that problem by dividing the formulas into categories. This section contains 102 product categories, which will help you narrow your search in finding a formula that will work for you.

We've classified these formulas based on their key herbs. Key herbs are herbs with certain major therapeutic actions that may also be very strong remedies for specific body systems. Formulas whose main ingredients fit the key herbs that define that product category were included even if the name of the product on the label didn't exactly match the name of the category.

Many formulas fit into more than one category and some categories are subdivisions of other categories. We've indicated where a category has related product categories, so you can also look for formulas under those related sections. The key herbs that define that category are also listed and these same key herbs are highlighted in the ingredient lists of the actual formulas. This will help you rapidly spot formulas that contain key herbs you are looking for.

Formulas are listed in alphabetical order by product name. Each formula has the following information associated with it.

Company Name: The name of the company that makes the formula appears in italics before the formula name. We've listed all the companies in *Company Appendix*, including contact information and a brief description of the company. We focused primarily on major brands found in most health food stores. There are many smaller companies whose products we had to leave out for the sake of space.

Dosage Form: Each listing also tells what dosage form the product comes in. Dosage forms include capsules, tablets, alcohol tinctures, glycerites, vinegar extracts, bulk powders, liquids, lotions, lozenges, oils, salves and ointments, softgels, sprays, syrups and teas. This allows you to look for appropriate dosage forms for you needs.

Here are some things to consider in selecting dosage forms. Small children can't swallow capsules, so look for dosage forms like alcohol-free extracts, syrups, glycerites or teas. Alcohol extracts can also be used for children, but we recommend avoiding them for children under two. If you do wish to use an alcohol extract for a child under the age of two, pour a small amount of boiling water in a cup and add the extract to the water. Let it stand for about 10 minutes to allow some of the alcohol to evaporate.

Liquid dosage forms often work faster than capsules or tablets because the flavor and aroma of the herb have a direct effect on the body through the nervous system. Many nervines work well as herbal teas, for instance, as the act of making the tea and sipping it helps remind a person to relax. Other remedies, like Digestive Bitters, also don't work well in capsules or tablets.

Many nasty tasting herbs work better in capsules because it's easier to get people to take them regularly. There are even liquid gel capsules available where you can get a liquid form of the herb, but swallow it in a capsule to mask the taste.

There are also topical preparations such as oils, salves and lotions, lozenges that can be sucked on for coughs and sore throats, and even sprays. So, consider which dosage forms will work best for the situation you are addressing.

Ingredients: There is a list of ingredients for each product. Any ingredient that is a key herb for that product category has been highlighted.

Be aware that we standardized the herb names when compiling ingredients for this book. The label may list the same ingredient under a slightly different name. We've tried to include all commonly used names for that herb in parenthesis after the main trade name the plant is sold under. All herbs are listed in the order they appear on the product label. This does not mean that the first ingredient is the main herb in the formula and the last herb is in the least amount. Some companies choose to keep their formulas proprietary and don't list ingredients by percentages.

Non-Herbal Ingredients: We list any non-herbal ingredients separately, since the focus of this book is on herbs. However, sometimes these non-herbal ingredients are an important part of that product category. We chose not to list formulas that were primarily nutritional supplements with herbs added. We list only formulas where herbs form the bulk of the ingredients.

Please note that companies change product names, ingredients and dosage forms on a regular basis. Because of this some discrepancies are expected. Always double-check the actual product labels before purchasing any product.

Key Herbs Section

The formulas in this book contain over 700 single herbs, many of which are very obscure. The 239 singles we selected for the *Key Herbs Section* were chosen because they are key herbs in various product categories or they are important herbs of commerce. In addition to a brief description of some of the basic uses of each herb, we provide the following information for each herb in the *Key Herbs Section*.

Latin Name(s): This is the scientific name or names of the plant being discussed.

Warnings: Here we list any cautions about the use of this herb. We were overly cautious about these warnings, especially regards to pregnancy. That is, we've never personally seen these herbs cause some of these problems, but we wanted to make you aware of any potential problems with that herb. Part of these warnings are contraindications (cases in which a remedy shouldn't be used).

Energetics: This refers to how the herb affects biological terrain as previously discussed. It shows if the herb is warming, cooling or neutral; drying, moistening or balancing; and/or constricting, relaxing or nourishing.

Properties: These are the major actions of the herb upon the body. The definitions for the properties used in this book can be found in *Properties Appendix*.

Key Herbs: We've indicated any product categories in which this single herb is a key ingredient. This helps you see how the herb is used in modern herbalism.

Companies: Finally, we've included a list of companies that sell the herb as a single. This will help you locate a source for the herb if you feel you need it. Some herbs are not sold as singles by any of the companies included in the book, but can be found as ingredients in herbal formulas.

Nutrients Section

The *Nutrients Section* contains information on 60 nutritional supplements which can also be useful for the various conditions in this book. We include a description of each nutrient and appropriate dosages. These nutrients are linked to the conditions for which they may be helpful.

We do not list particular brands or sources for these nutrients. Some of these supplements are offered by the companies in this book, but all of them are readily available in health food stores and online.

Tips for Using Herbs and Supplements

Here are some guidelines for selecting appropriate therapies, herbs and supplements for your health problems, (or the health problems of others).

Don't try to do too many things at once. It can be overwhelming to make too many dietary changes or to take too many supplements. If your plan feels burdensome or overwhelming, pare it down to something you can comfortably handle. Otherwise, you are unlikely to follow through with the program.

This includes limiting the herbs and supplements you pick. There seems to be an almost universal belief in our society that "if a little is good, more is better." This is rarely the case. We find that people who take too many herbs and nutritional supplements generally don't get good results. It's a good idea to start with no more than 2-4 formulas or supplements. If you take too many things it's difficult to tell what's working and what is not.

Monitor your progress. When you put a program together to resolve a health problem, you need to monitor progress. Try keeping a journal or log where you can make notes about changes you observe. For serious health problems we recommend working with a competent health practitioner. (You can search for one at herbiverse.com.)

How Quickly Should You See Results?

People have been told that herbs and supplements are slow acting, so they will often take an herbal formula or supplement for a month or more without seeing any results. Herbs and supplements work faster than that!

The perception that herbs and supplements work slowly is due to the difference between healing and symptomatic relief. Drugs generally offer rapid symptomatic relief, but rarely do they actually restore a person's health. Herbs and supplements may not offer rapid symptomatic relief, but they can actually restore a person's health.

Healing takes time. There is no instant relief when it comes to healing a wound or a broken bone. The process takes time. The same is true for healing from chronic or degenerative conditions. It can take months to experience substantial recovery; however, it doesn't take months to start seeing results.

Generally speaking, herbs actually work quite rapidly in terms of speeding the healing process. So, here's a general guide to when you should start seeing results.

- With acute conditions, such as colds, flu and minor injuries, you'll generally see improvement in anywhere

from two to eight hours. If you see no improvement after 24 hours, what you're using probably isn't working. In this case, try something else. If the herb or supplement is helpful, you can take it until symptoms are gone and then generally for one to two more days to make sure everything has completely returned to normal.

- With chronic conditions, you will usually notice some improvement in 2-5 days if the herb or supplement is helpful. If you see no improvement after ten days, then the herb or supplement you are taking probably isn't going to work and you can re-evaluate and try something different. If the herb or supplement is helpful, then you can resume taking it and continue until the problem resolves itself. Once the problem is resolved, it is often helpful to continue taking it at a slightly lower dose for an additional 2-4 weeks. You will probably need to take the supplements for at least three to six months (and occasionally a year or two).
- If symptoms recur after discontinuing the product, you can start using the supplement again until symptoms subside. Then you may need to stay on a lower dose for several months to a year.
- With serious degenerative diseases, such as cancer, heart disease and diabetes, it may be hard to detect any subjectively noticeable improvement for a couple of weeks. This is why some type of objective monitoring is necessary to help determine if the program is working. If you see no improvement after four weeks, the program probably isn't working and needs to be re-evaluated.

Don't give up if you don't get it right the first time you try. Even well-trained, experienced practitioners don't always get a program right on the first try. In traditional Chinese medicine (TCM) it has been said that the first prescription is part of the diagnosis. The reason doctors "practice" medicine, is because they do the same thing. If their first prescription doesn't work, they re-evaluate and try something different. There's no harm in doing the same thing yourself, as long as you're using non-toxic herbs and supplements.

Adjusting Dosages

Herbal formulas will be accompanied by a manufacturer's suggested dose. Assume that this dose is meant for an average-sized adult (about 150 lbs.). If you are larger, you may need a slightly higher dose; smaller, you may need a lower dose. If you are sensitive to herbs, you may need to start with a lower dose.

If the herb or supplement is safe for children (and there is no suggested dose for children) adjust the dose by weight. So, for a 50 lb. child, take 1/3 of the suggested adult dose.

For smaller children take 1/4 of the recommended adult dose. For larger children adjust the dose upward.

Dosages with herbs are not as critical as they are with drugs because the potential for adverse reactions is much smaller. In addition, most manufacturer's recommend conservative, safe doses for the general public. In many cases you can safely double (or even triple) the recommended dosage. Still, when trying a new supplement it is a good idea to start with a smaller dose, make sure you tolerate the product well, and then adjust the dose upward if the supplement is having a positive effect but the dose isn't quite strong enough.

Dealing with Negative (Adverse) Reactions

We're all biochemically different and even with relatively safe herbs and supplements people will sometimes react negatively to a product. The most common adverse effects of herbs are digestive upset, nausea, diarrhea and headaches. Skin rashes can also occur. These reactions are not life-threatening. Some herbalists view these as "healing crisis" reactions, signs that the body is detoxifying and urge people to ignore these signs. We disagree.

Even if these signs are symptoms of detoxification, it means you're detoxifying too quickly. If these reactions occur, stop taking the herbs or supplements, drink lots of water and wait a few days. When symptoms have subsided, you can try taking the supplement in a lower dose. If symptoms reappear, stop taking the herb, formula or supplement and don't take it again. Otherwise, you can gradually increase the dose.

Unskilled herbalists sometimes blame all adverse reactions on a detoxification process; however, both herbs and nutritional supplements can have adverse reactions in some people. Examples of adverse reactions include (but are not limited to) increased anxiety, bloating, increased heart rate, increased blood pressure and dizziness. Again, these reactions are not life-threatening, but they are signs that the supplement or herb should be immediately discontinued.

If you go off the herb or supplement for a couple of days, the symptoms generally will stop (unless they are being caused by something other than the herb or supplement). To double-check if the herb or supplement was actually at fault (sometimes these apparent reactions are just co-incidences), you can again try the herb or supplement at a lower dose as described above.

If you have questions about adverse reactions, you may wish to consult with a competent herbalist. (If you don't know a competent herbalist, you can search for one at herbiverse.com.) Medical doctors generally know very little about herbs, so they are usually not reliable sources of information on herbs or nutritional supplements.

Companies

Contact information and a brief description of the companies whose products are featured in this book.

None of the companies listed below provided any kind of financial support to this book, and the classifications and descriptions we make about the single herbs and formulas are strictly our own.

In choosing the companies to feature in this book, we concentrated primarily on the most popular brands sold in health food stores. We also selected some lesser-known brands because of some of their unique formulas.

All of these companies are required to follow FDA GMP guidelines, but this doesn't mean that all of the companies manufacture to the same standards. We have not toured the manufacturing facilities of these companies, nor have we personally used all of their products. So, we encourage you to visit their websites and learn more about them, so you can decide which brands you want to rely on.

Just because a particular formula may not work for you, doesn't mean that a different formula won't work. You may have to try several formulas to determine which products and brands are best for your needs.

A. Vogel

<http://bioforceusa.com>

Phone: 518-828-9111

Address: 6 Grandinetti Drive
Ghent, NY 12075

Alfred Vogel established the company in Roggwil, Thurgau, Switzerland in 1963 to meet the increasing demand for his products. His aim was to provide effective natural remedies, a basic palette of healthy foodstuffs, books, and a monthly magazine containing reliable information on all aspects of health and natural living to a constantly growing number of people.

A. Vogel standardizes their plant remedies. They choose seed varieties of the highest quality, use the best cultivation methods, find the ideal time to harvest and follow a strictly controlled production process. A. Vogel's medicinal plants originate from its own cultivation, managed by contract

farmers and from approved wild gathering and sustainable cultivation projects which consider the needs of the resident population. The plants are cultivated according to the strict guidelines of BIO-SUISSE, that is without the use of fertilizers, insecticides, herbicides or fungicides. These procedures help them guarantee consistent effectiveness in their products.

Celestial Seasonings

<http://celestialseasonings.com>

Phone: 800-351-8175

Address: 4600 Sleepytime Dr.
Boulder, CO 80301

In 1969, a group of passionate young entrepreneurs founded Celestial Seasonings on the belief that their flavorful, all-natural herbal teas could help people live healthier lives. They harvested fresh herbs from the Rocky Mountains by hand, and then dried, blended and packaged them in hand-sewn muslin bags to be sold at local health food stores. By staying committed to their vision, the founders of Celestial Seasonings turned their cottage industry into an almost overnight success.

Today, Celestial Seasonings is one of the largest specialty tea manufacturers in North America. It serves more than 1.6 billion cups of tea every year, and it sources more than 100 different ingredients from over 35 countries. For more than 40 years, the experts at Celestial Seasonings have traveled to the ends of the earth to find the highest quality, most authentic ingredients for their teas.

Christopher's

<http://herbsfirst.com>

Phone: 801-228-1901

Address: 501 West 965 North, Suite 3
Orem, UT 84057

John Christopher was born with rheumatoid arthritis and told by several physicians that he would not live past the age of thirty. He was abandoned by his biological parents and left in an orphanage. Fortunately, he was adopted as a toddler by loving parents. Early on, his life was spared through the

426 - Eclectic Institute

use of medicinal herbs, and he was able to overcome the crippling effects of rheumatoid arthritis through the use of herbs, dietary changes, and alternative healing methods. Dr. Christopher went on to become one of the nation's leading authorities on herbal medicine, founding the School of Herbal Medicine. Many of today's top herbalists received some of their early training from Dr. Christopher.

Today, David Christopher carries on his father's tradition. Christopher carries Doctor Christopher's original formulas. It seeks to continue on the legacy of product excellence and caring service to customers begun by this pioneer in modern herbal medicine.

Eclectic Institute

<http://eclecticherb.com>

Phone: 800-332-4372

Address: 36350 S.E. Industrial Way
Sandy, OR 97055

The Eclectic Institute was founded in 1982 by naturopathic physicians, Edward Alstat and Michael Ancharski. At that time, Dr. Alstat was serving as the pharmacist for the Portland Naturopathic clinic at the National College of Naturopathic Medicine. Dr. Ancharski was the Clinic Director. In spite of having access to the latest botanical literature, research and practitioners, they could not find high quality, botanical preparations to use in their clinic. Most herbs on the commercial market simply were not pure, vital or fresh enough to meet their standards. They decided to develop and market their own line of botanical products using only organic herbs carefully grown and harvested and processed while fresh.

Doctors Alstat and Ancharski developed Organol, the only certified organic grape alcohol used in botanical liquid extracts. The company believes that organic grape alcohol offers distinct advantages over distilled grain alcohol. In addition to their line of organic alcohol extracts and alcohol-free glycerites, Eclectic Institute also utilizes freeze-drying to manufacture encapsulated products. They also grow many herbs on their own certified organic farm.

Gaia Herbs

<http://gaiaherbs.com>

Phone: 800-831-7780

Address: 101 Gaia Herbs Dr.
Brevard, NC 28712

Gaia Herbs is a certified organic grower and manufacturer of liquid herbal extracts. It is based in Western North Carolina. The Gaia Herb Farm, nestled in a pristine mountain valley, is one of the largest and most productive commercial medicinal herb farms in the United States. On this 250 acre farm, Gaia cultivates over 50 herbs, each of which is certified organic by Oregon Tilth.

A vertically integrated company, Gaia controls every stage of production from organic soil enrichment programs, seed selection, cultivation and harvesting, to research and analysis for correct harvest time. Gaia also tests to validate that their extracts contain the full spectrum of plant compounds, concentrating them to pre-determined levels. The company never purifies or isolates individual properties of its herb, but instead makes medicine that mirrors nature. In 2001, Gaia Herbs introduced its patented Liquid Phyto-Caps™, a technology that delivers a concentrated liquid extract in a vegetarian capsule.

Grandma's Herbs

<http://grandmasherbs.com>

Phone: 800-724-4689

Address: 221 West 200 South
Saint George, UT 84770

Since 1979 Grandma's Herbs has been in the business of helping people get well. Their herbal formulas were created by Master Herbalist, Joseph VanSeters. With over 30 years of study he has refined the companies formulas to meet people's health concerns. They seek out the best raw materials and use no fillers.

Herb Pharm

<http://herb-pharm.com>

Phone: 541-846-6262

Address: P.O. Box 116
Williams, OR 97544

Herb Pharm was founded in 1974 by Ed Smith and Sara Katz. Both Ed and Sarah are well-known and respect-

ed in the professional herbalists community. The Herb Pharm team also includes David Bunting, Herbal Affairs Manager overseeing quality control, and Julie Plunkett, Clinical Herbalist and Health Educator.

Located in a rural valley nestled in the Siskiyou Mountains of southern Oregon, Herb Pharm prides itself in growing its own herbs on an 85-acre organic herb farm certified by Tilth. They are certified Salmon Safe, Bee Friendly and as a Botanical Sanctuary through United Plant Savers. They employ time-honored sustainable agricultural techniques including crop rotation, cover cropping, natural weed control and composting to condition the soil. Herb Pharm is also dedicated to wildcrafting herbs in a responsible and sustainable manner. Throughout the hundreds of steps of their manufacturing processes – from planting the fields to shipping out the finished products – each and every step is controlled through FDA-mandated Good Manufacturing Practices and by strict inspections by their Analytical Laboratory and Quality Assurance Department. All finished batches are tested organoleptically (taste, odor, appearance) and microbiologically to ensure compliance, consistency and safety, as well as ensuring compliance to any label claims.

In recent years, Herb Pharm was awarded the Socially Responsible Business Award by a panel of leading natural products manufacturers, and received the Herbal Industry Leader Award from the American Herbal Products Association (AHPA) for laudable business practices. Ed and Sara believe that the herb and natural products industry should be a model of social and environmental responsibility. Just as the industry has changed the way millions of people view their food and healthcare, Herb Pharm also strives to be an inspiration for how businesses can positively contribute to society and the environment.

Herbalist & Alchemist

<http://herbalist-chemist.com>

Phone: 908-689-9020

Address: 51 South Wandling Ave.
Washington, NJ 07882

Located in rural northwestern New Jersey, Herbalist & Alchemist has been crafting high quality, traditional herbal products since 1981. Founded by internationally known ethnobotanist, clinical herbalist, lecturer, and author David Winston, RH (AHG) to manufacture quality herbal products for use with his patients, Herbalist & Alchemist products are based on his 40 years of clinical experience practicing Cherokee, Chinese and Western herbal medicine. Because of his exacting standards and extensive

knowledge, the herbal extracts they manufacture are widely used by clinical herbalists who value their quality and efficacy.

Herbalist and Alchemist's mission is to develop, manufacture and distribute herbal supplements that are of the highest quality, organically grown, ethically wild-crafted or sustainably harvested plant materials. Every employee is committed to achieving the highest standards of excellence possible. The company is dedicated to continually improving its knowledge base, processes and practices in order to maintain its position in the forefront of the herbal products community. Herbalist & Alchemist is likewise committed to providing education and information about the health benefits and uses of herbal medicine.

Herbs Etc.

<http://herbsetc.com>

Phone: 888-694-3727

Address: 1345 Cerrillos Rd.
Santa Fe, NM 87505

Herbs Etc. was founded by medical herbalist Daniel Gagnon. As a child and a young adult, Daniel suffered from eczema, asthma and allergies. His journey back to health is the driving force that motivates him to share the benefits of natural healing with other individuals. His number one goal is to develop effective herbal medicines that contain only natural and beneficial ingredients that have little or no side effects.

Herbs, Etc. has their own certified organic manufacturing facility. The company uses fresh or dried whole herbs grown on family-owned, certified organic farms. They use a proprietary extraction process known as kinetic maceration, which involves putting the herbs, alcohol and water in a hermetically sealed container and tumbling them non-stop for 12 hours. They also use a cryogenic or ultra-cold grinding process to ensure optimum potency of the active constituents.

Herbs for Kids

<http://herbsforkids.com>

Phone: 800-648-2704

Address: 1500 Kearns Blvd., Suite 200
Park City, UT 84060

Herbs for Kids was founded in 1990 by herbalist and expectant mother, Sunny Mavor. Sunny has counseled and taught about the joy of herbs at stores, schools and sympos-

428 - Irwin Naturals

siums across the nation. With a background as a practicing herbalist and in retail natural food management, she knew the difficulty of finding herbal products acceptable for children. She wished to create an alternative to alcohol-based products, as most adult formulas often use herbs too strong for children. Also, the typical adult dosage forms (capsules, tablets and teas) are difficult to administer to children.

Sunny created the first company dedicated to Earth-reviving herbal health care for children. Her background as an herbalist has allowed her to create alcohol-free blends that are gentle, safe and effective, and taste good so children will be willing to take them. Even the most bitter of herbs are blended to have a flavor that goes down easily. Herbs for Kids remains the premiere line of traditional herbal extracts for children.

Irwin Naturals

<http://irwinnaturals.com>

Phone: 800-297-3273

Address: 5310 Beethoven Street
Los Angeles, CA 90066

Irwin Naturals is committed to developing solution-oriented formulas that exceed the highest standards for quality and purity. They invest heavily in research to produce cutting edge formulas. They utilize a Liquid Soft-Gel technology to deliver their formulas.

Nature's Answer

<http://naturesanswer.com>

Phone: 800-439-2324

Address: 85 Commerce Dr.
Hauppauge, NY 11788

Nature's Answer is a family-owned and operated company dedicated to total health. It was started in 1972, when owner Frank D'amelio created a business from his true passion. From the age of seven Frank Sr. had a powerful interest in the healing and restorative powers of plants. He remembers consulting with his grandmother about the healing powers of herbs until her death. He continued his studies into natural healing and studied botany, herbal healing and chemistry. He dedicated himself to launching a business that would produce high quality herbal extracts and nutritional products to help support, promote and enhance healthier lifestyles.

With one of the most comprehensive herbariums in the world, Nature's Answer has identified Mother Nature's Advanced Botanical Fingerprint Technology™ for over

800 unique plant reference standards. These authenticated samples serve as the standard by which all incoming raw material is judged. They use extraction techniques that capture the holistic balance of each herb.

All the herbs they process are wildcrafted or organically grown with minor exceptions. Whenever possible, they endeavor to use wildcrafted herbs, as both traditional practitioners and current scientific assays confirm the higher activity of herbs grown wild in their natural environment. Having over 40 years experience with wildcrafters and herbal sources; they work to ensure the long term protection of the plant species in the wild.

Nature's Answer holds many certifications, including GMP, NSF (National Safety Foundation), Kosher and Organic (QAI certification). They combine the best of traditional herbal remedies, vitamins and minerals with their knowledge of innovative scientific techniques and phytopharmaceutical manufacturing, to deliver high-quality, naturally-derived products for the entire family.

Nature's Herbs (TwinLab)

<http://twinlab.com/brands/natures-herbs>

Phone: 212-651-8500

Address: 632 Broadway, Suite 201
New York City, NY 10012

TwinLab was created in 1968 when founder David Blechman leveraged his 20 years of expertise in the pharmaceutical industry to develop and market a liquid protein supplement. Working out of his family's garage, he and his wife named their developing business TwinLab, after the couple's two sets of twins. Sales soared, and in the 1980s, TwinLab branched out to a broader range of vitamins, minerals, herbs and teas.

Since 1968, the TwinLab brand has produced innovative, high performance health and wellness products. In addition to the extensive line of vitamins, minerals and sports nutrition formulas of its namesake brand, TwinLab Corporation manufactures and sells the Nature's Herbs line of herbs and phytonutrients.

TwinLab's plant in American Fork, UT, is a NSF GMP registered facility from which they manufacture, package and distribute over 1,000 products. The NSF program verifies that TwinLab's manufacturing plant has met NSF International's stringent independent registration process guidelines. Facilities registered GMP by NSF conform to the highest verification process including ongoing monitoring via two annual facility inspections, to ensure continued compliance with program requirements. TwinLab

also operates its own Research & Development facility in Grand Rapids, MI.

Nature's Sunshine Products

<http://naturesunshine.com>

Phone: 800-223-8225

Address: 2500 West Executive Parkway, Suite 500
Lehi, UT 84043

Nature's Sunshine Products was a pioneer in encapsulating herbs and has been a leader in quality control for herbal products. Products from this company are sold via network marketing and are not usually found in health food stores. However, we included a few unique products they offer because we have had personal experience with them.

Nature's Way

<http://naturesway.com>

Phone: 800-962-8873

Address: 3051 West Maple Loop Dr., Suite 125
Lehi, UT 84043

Back in the late 1960s, Tom Murdock, founder of Nature's Way, needed a solution to help his gravely ill wife. After trying conventional medicine without success, they turned to the traditional Native American knowledge of medicinal plants growing in the Arizona desert. As a result, she recovered and lived an additional 25 years. Motivated by a passion to spread natural healing, Tom and his family moved back to the mountain valleys of Utah county, where they started Nature's Way.

Nature's Way is located in what has been called the "silicon valley of the herb industry." They have been a pioneering leader in herbal medicine for over 40 years. It was the first major supplement company to be certified as an organic food processor. The company was also the first to bring clinically proven, European phytomedicines to the U.S. market. It has founded donor groups to protect the world's rain forests and provide nutritional supplements to the poor of developing nations. Nature's Way has a state-of-the-art, pharmaceutically licensed, GMP manufacturing facility and continually updates and reinvests in it.

NatureWorks

<http://vitasprings.com/natureworks.html>

Phone: 626-579-2668

Address: 2003 N. Tyler Ave.
South El Monte, CA 91733

NatureWorks is a European company that is famous for making a traditional formula created by Paracelsus in the 16th century known as Swedish Bitters.

New Chapter

<http://newchapter.com>

Phone: 800-543-7279

Address: 90 Technology Drive
Brattleboro, VT 05301

Paul Schulick developed a passion for healing when he accompanied his pediatrician dad on house calls. He recognized that healing wasn't just about medicine, it was also about the loving care his father showed his patients. He started studying alternative healing in the early 1970s and formalized his training by becoming a Master Herbalist through The School of Natural Healing. He and his wife Barbi Schulick founded New Chapter in 1982 in Brattleboro, Vermont.

Recognizing the tremendous healing potential of ginger in the early 1990s, Paul integrated supercritical extraction technology into a full line of ginger products. By 1994, while searching for a reliable source of organic ginger, Paul partnered with Steven Farrell to found Luna Nueva, the first organic and now Biodynamic blue ring ginger farm in Costa Rica. New Chapter believe in using whole food, not synthetic chemical isolates. They use modern science to validate the effectiveness of their products. Most New Chapter products are certified organic and are GMP (Good Manufacturing Practices) certified by NSF International, the world's leading expert in independent GMP audits and product safety.

NOW Foods

<http://nowfoods.com>

Phone: 888-669-3663

Address: 244 Knollwood Dr., Suite 300
Bloomington, IL 60108

NOW Foods manufactures a comprehensive line of natural health products, including dietary supplements, sports nutrition, natural foods, and personal care items.

430 - Olbas

Many NOW products are manufactured with organic, raw and non-GMO ingredients, as well as many trademarked ingredients. They have been committed to product excellence since 1968. Its company philosophy is a simple one; high quality nutrition products should not be considered a luxury available only to the wealthiest.

NOW takes great pride in providing value in products and services that empower people to lead healthier lives. NOW is one of the top-selling brands in health food stores. NOW's technical staff and scientific consulting group includes twelve PhD's and one M.D. NOW Foods has developed peer-reviewed, official AOAC and USP methods for the testing of glucosamine, and is currently offering similar methods for SAME, chondroitin, L-Carnitine and L-Arginine.

NOW was the first for-profit business in Illinois' DuPage County to receive the Earth Flag for Business. It received the Illinois Governor's Award for Pollution Prevention, and was further recognized by Clear Air Counts for its ongoing environmental efforts. NOW conducts seasonal, community-based Forest Preserve cleanup days, provides ongoing safety and environmental education to all employees, and maintains a robust recycling program. NOW believes in the preservation of good health through natural products, education, and sound science. Its personal commitment to a natural lifestyle is the underpinning of its commitment to produce quality natural products.

Olbas

<http://pennherb.com/Olbas-Remedies>

Phone: 800-523-9971

Address: 10601 Decatur Road
Philadelphia, PA 19154

It was in Switzerland, over 100 years ago, that herbalists and botanists developed a blend of pure essential oils that came to be known as Olbas Oil. The name Olbas is an acronym for Oleum Basileum, or "Oil from Basle." Basle is enviably nestled on the border of Switzerland, Germany and France in the very heart of Europe, and to this day it is a center of pharmaceutical research in Switzerland. Olbas products are now sold worldwide. The official importer for Olbas products is the Penn Herb Company.

Planetary Herbals

<http://planetaryherbals.com>

Phone: 800-606-6226

Address: P. O. Box 1760
Soquel, CA 95073

For over 30 years, Planetary Herbals has been integrating the wisdom and principles of the planet's three major herbal traditions—Ayurveda, traditional Chinese medicine (TCM), and Western herbalism—into each of their formulas. Their formulas address body systems, not just symptoms. The majority of their core formulas have been derived from the clinical practice of Michael Tierra, Planetary Herbal's chief formulator and one of the world's foremost and well-respected clinical herbalists. Michael first introduced the Triphala compound to the U.S. natural products market nearly 40 years ago, was primarily responsible for the reintroduction of Echinacea back into modern herbal practice, and was one of the first to bring Ashwagandha seeds into the U.S.

Today, Planetary Herbals has one of the best quality assurance teams in the industry, with expertise in traditional herbal assessment skills, analytical chemistry and biology. Its wildcrafted, organic, non-GMO verified Triphala remains its flagship product and is an example of the quality of their products. For those seeking true and lasting healthcare in their lives, each of Planetary Herbals' 200+ formulas, liquids and single herb products reflects the knowledge of its expert herbalists, decades of human clinical experience, and its extensive knowledge of modern pharmacological science.

Renew Life

<http://renewlife.com>

Phone: 800-830-1800

Address: 198 Palm Harbor Blvd. (Alt. 19) South
Palm Harbor, FL 34683

ReNew Life was established in 1997 by Brenda Watson and her husband Stan. Brenda has become one of the nation's leading authorities on natural digestive health, detoxification and internal cleansing. She is the author of 5 books on this topic, and she has helped millions of people live longer, healthier lives through improved digestion. For more than a decade RenewLife has been making quality products and functional foods using only the purest ingredients found in nature. Their philosophy is that only through proper digestion and a sensible diet can we obtain the nutrients necessary to improve our overall well being.

The ReNew Life manufacturing process utilizes cutting-edge technology and equipment to produce a quality end product. They adhere to strict cGMP (current Good Manufacturing Practice) standards to ensure the consistency and reliability of each of its natural supplements. They do not use flow agents or lubricants to operate their machinery, opting for a slower manufacturing process that does not require these chemicals.

RidgeCrest Herbals

<http://rcherbals.com>

Phone: 801-978-9633

Address: 3683 West 2270 South #A
Salt Lake City, UT 84120-2306

RidgeCrest Herbals is a Utah corporation with deep roots in the natural products industry. Started in 1986, it evolved into a manufacturer and distributor of over-the-counter herbal medicines and other herbal formulations, sold primarily to natural healing professionals (chiropractors, midwives and naturopaths). In 1994, new management and capital came in, and the company was launched in a new direction. To reflect the changes in the company's function, the name was changed to Ridgecrest Herbals in 1996.

As the company's new founders, Clyde St. Clair and Paul Warnock brought unique and valuable assets to their mission of providing eclectic, innovative and effective herbal and homeopathic remedies for professionals and individuals. In 1998, Ridgecrest Herbals established ClearLungs as the best-selling natural lung product in the US market, and a number of other products were also category leaders. But in 2001, health problems forced the two partners to withdraw from the business, and an outside sales management firm was brought in, with Paul's son, Matt, asked to serve as president in 2005.

Since 2005, the company has consistently grown its product line and revenues, moving to a new facility with room for more expansion in 2009. All manufacturing is done in the United States, to company specifications, by highly qualified contract manufacturers. They stand behind their products with an unconditional satisfaction guarantee.

Solaray

<http://nutraceutical.com/about/brands/solaray.cfm>

Phone: 800-669-8877

Address: 1400 Kearns Blvd.
Park City, UT 84060

Solaray began in 1973 as a pioneer in formulating and marketing blended herbal products with complementary effects. Since its inception, Solaray has focused on encapsulated products, which offer rapid disintegration and are easy to swallow. By 1984, Solaray became a full line manufacturer, carrying not only high quality herbs, but also a full line of vitamins, minerals and specialty products. Today, Solaray nutraceuticals are sold under many brand names in over 60 countries.

Solaray's passion for helping people become healthier can be seen in its team members and its state-of-the-art manufacturing facility. With the latest technology and committed personnel, Solaray can ensure that quality controls are applied at every level. Solaray knows what goes into their products because every product is subjected to rigorous testing and screening protocols. The process may vary by ingredient, but typically includes organoleptic (taste, touch, smell) testing to compare it to previous batches, and lab assays for microbial, identity, purity and potency validation. Only when an ingredient has passed all of the required assays is it released to manufacturing. Solaray adheres to all current good manufacturing practices (cGMP) and an independent auditing firm audits their facilities, laboratory and manufacturing protocols for compliance with the latest regulations.

Tiger Balm

<http://tigerbalm.com/>

Phone: 510-887-1899

Address: 3536 Arden Road
Hayward, CA 94545-3908

Tiger Balm is a Chinese company that makes a popular line of topical analgesic products. It began when Aw Chu Kin, a Chinese herbalist working in the Emperor's court, left China and set up a small medicine shop called Eng Aun Tong in Rangoon in the late 1870s. There he would make and sell his special ointment that was effective in relieving all kinds of aches and pains.

When Aw Chu Kin died in 1908, he left his business to his sons Aw Boon Haw (meaning 'gentle tiger') and Aw Boon Par (meaning 'gentle leopard'). They took the business to Singapore and successfully sold their ointment

432 - Traditional Medicinals

to surrounding countries like Malaysia, Hong Kong and various cities in China. Aw Boon Haw was the marketing genius who named the product Tiger Balm. Today, Tiger Balm has a 100 year-old track record of success and can be purchased in 100 countries.

Traditional Medicinals

<http://traditionalmedicinals.com>

Phone: 866-972-6879

Address: 4515 Ross Road
Sebastopol, CA 95472

In early 1974, three young friends started Traditional Medicinals in the back of a small herb shop along the Russian River in Northern California. The company was founded with the intention of providing herbal teas for self care, while preserving the knowledge and herbal formulas of Traditional Herbal Medicine. At the time, traditional herbal tea infusions had all but faded away in the United States. And never before had these reliable formulas been available in convenient tea bags. Over the decades that followed, the company introduced millions of health conscious consumers to traditional herbal tea formulas.

Traditional Medicinals uses pharmacopoeial grade herbs in its products and bases its formulations on the principles and practice of Traditional Herbal Medicine. It uses herbs that are farmed or wild crafted under organic certification. It works with Fair Trade and other certification organizations for the monitoring of equitable trade practices in its supply chain. Traditional Medicinals never uses herbs sterilized by irradiation or ethylene oxide, and it never uses genetically-modified ingredients. The company has incorporated clinical testing and scientific understanding to ensure the reliability of its products, while retaining its reverence for the beauty and mystery of Nature. They are also committed to sustainable harvesting.

Urban Moonshine

<http://urbanmoonshine.com>

Phone: 802-428-4707

Address: 255 South Champlain St., Suite 3
Burlington, VT 05401

Jovial King is the founder and formulator of Urban Moonshine. She has studied herbal medicine for many years, with an array of terrific teachers including completing apprenticeships with Brigitte Mars, Guido Mase, Rosemary Gladstar, and Hart Brent.

Urban Moonshine is a family business whose mission is to rekindle the relationship between herbal medicine and the modern world. They hope to inspire people to bring herbal medicine “out of the cupboard and onto the counter” in everyday life. That is why they have spent long hours creating a product line that embodies beauty, simplicity and the best quality ingredients. Urban Moonshine is deeply committed to being a socially and environmentally conscious company and makes every effort to support local farmers, cut back on waste and look for green alternatives in their everyday use of resources and packaging.

Urban Moonshine is Certified Organic by the Northeast Farming Association of Vermont (NOFA). They support local farmers by sourcing their ingredients locally whenever possible. They are also a member of United Plant Savers, American Herbal Products Association, NorthEast Herbal Association, and the American Herbalists Guild. Urban Moonshine is GMP compliant and takes great care in quality control and product safety.

Vitanica

<http://vitanica.com>

Phone: 800-572-4712

Address: P.O. Box 1299
Tualatin, OR 97062

Vitanica takes pride in their service and responsiveness to women's health. All of their products are formulated based on scientific research and/or clinical research and experience as conducted by Dr. Tori Hudson in her women's health practice. Dr. Hudson is a well-respected authority on natural healthcare for women.

Vitanica is committed to using the highest quality, premium grade organic or wildcrafted herbs available. Their herbs and extracts are selected on the basis of purity, bioactivity, and maximal therapeutic benefit. Their product line is run in small batches to ensure the freshest products possible, and the entire line uses vegetarian-friendly, plant-based capsules.

Western Botanicals

<http://westernbotanicals.com>

Phone: 800-651-4372

Address: 768 East 1950 North
Spanish Fork, UT 84660

Western Botanicals was established in 1996 with the goal of establishing an herbalist in every home. The company is staffed by health-minded individuals and licensed

healthcare professionals. They believe that natural herbs are whole foods that build health, in contrast to chemicals designed to simply suppress symptoms. This is why they have built their business with the home herbalist in mind.

Western Botanicals purchases high quality organic and wildcrafted herbs available to ensure pesticide and herbicide free products. They are an organic certified manufacturer through Oregon Tilth and USDA. They are a GMP compliant facility and use HPTLC equipment to identify their raw materials, which are also tested for microbes and foreign materials.

White Flower

<http://chineseherbsdirect.com/white-flower-m-45.html>

Phone: 877-252-5436

Address: 2675 SkyPark Dr., Suite 102
Torrance, CA 90505

This Chinese company makes a famous topical analgesic oil, which is imported into the United States and sold in many health food stores and other outlets.

Yerba Prima

<http://yerba.com>

Phone: 800-488-4339

Address: 740 Jefferson Avenue
Ashland, OR 97520

Yerba Prima specializes in high quality dietary fiber products, herbal products and internal cleansing/detoxification products. The company was founded in 1980 by a group of health conscious individuals in the San Francisco Bay Area who were learning about the benefits of internal cleansing. Yerba Prima pioneered the first whole body internal cleansing program and first natural dietary fiber line in the U.S. natural products market. After many years in Oakland, California, the company relocated in 1991 to a custom designed corporate office and manufacturing facility in Ashland, Oregon.

From the beginning, Yerba Prima has been dedicated to producing only the highest quality products. Their two primary goals in developing and marketing products are:

1. Products that really work, that provide real benefits for people, and
2. Products that are safe for people to use.

Because they are dedicated to ensuring that their products improve or maintain health, they are continually studying scientific research about herbs and dietary fiber

and they consult with leading researchers. This ensures that their products are based on what has been proven effective.

Manufacturing takes place in accordance with Good Manufacturing Practices (GMPs) that are stricter than normal industry standards to ensure the safety, purity and efficacy of all Yerba Prima products. Extensive testing is done at each step of the manufacturing process, beginning with testing of all incoming ingredients and packaging materials used in Yerba Prima products. Additional microbiological, chemical and physical tests take place during and after each manufacturing cycle to ensure product quality.

Yogi Tea

<http://yogiproducts.com>

Phone: 800-964-4832

Address: 950 International Way
Springfield, OR 97477

The story of Yogi tea began in 1969 when Yogi Bhanjan, a teacher of holistic living, started teaching yoga in the West. He shared the wisdom and knowledge of Ayurveda and healthy living that he had mastered in India with his students while serving a specially spiced tea, which they affectionately named "Yogi Tea." In 1984 this blossomed into the Yogi Tea Company. Packages of the rough, dried spices began to appear in natural foods stores throughout Southern California. As demand increased, the spices were more finely ground, packaged and sealed into individual tea bags. By 1986, Yogi Tea was distributed nationwide.

The holistic teachings of Ayurveda and healthy living are the inspiration behind Yogi. They have continued to expand and evolve their tea blends to address specific health, creating specialized herbal formulas, blended for both flavor and purpose.

Karta Purkh Singh Khalsa, who has studied yoga and Ayurveda for over 40 years, and is currently the president of the American Herbalists Guild (AHG), formulates products for Yogi Tea in conjunction with their research and development team. Yogi Tea strives to support the health and well-being of their consumers by incorporating the highest-quality natural and organic ingredients in their teas.

To ensure consistency and quality, Yogi ingredients are meticulously reviewed and tested for insecticides, pesticides and heavy metals. Yogi Tea follows the USDA's National Organic Program (NOP) for all ingredients, and their facility is Organically Certified by Quality Assurance International (QAI), an independent third party organic certifier.

Yogi tea believes the purpose of business is to serve. It was founded on that belief and still uses it as in guiding principle: “Feel Good, Be Good, Do Good.” The holistic teachings of Ayurveda and healthy living are the inspiration behind Yogi and are reflected in how they develop our products.

Zand

<http://zand.com>

Phone: 800-241-0859

Address: 1441 West Smith Road
Ferndale, WA 98248

Zand combines the best of American and European herbal medicine with the wisdom of traditional Chinese medicine. They embrace the principles of Traditional Chinese Medicine by developing formulas that address the whole body, not just the primary illness. These products are made using today’s science and manufacturing technology. The company manufactures its products according to the highest nutraceutical standards, in a facility operating according to FDA pharmaceutical regulations. They are an NSF registered facility.

For over 25 years, Zand has been committed to supporting the herbal industry, herb growers and vendors with a commitment to organic, pesticide-free, sustainable agricultural practices, and long-term purchase and growing agreements. They believe these efforts help to ensure growth of the herbal supply chain, the quality of herbs for their products, and more importantly, help to maintain a healthy and balanced planet.

Company Abbreviations

These are the abbreviations we use to refer to a company’s products in the Herbal Formula Index starting on the next page.

AV	A. Vogel
CR	Christopher’s
CS	Celestial Seasonings
EI	Eclectic Institute
GH	Gaia Herbs
GH	Grandma’s Herbs
H&A	Herbalist & Alchemist
HE	Herbs Etc.
HK	Herbs for Kids
HP	Herb Pharm
IN	Irwin Naturals
NA	Nature’s Answer
NC	New Chapter
NF	NOW Foods
NSP	Nature’s Sunshine Products
NW	Nature’s Way
NWS	NatureWorks
OL	Olbas
PH	Planetary Herbals
RC	RidgeCrest Herbals
RL	Renew Life
SR	Solaray
TB	Tiger Balm
TL	Nature’s Herbs (TwinLab)
TM	Traditional Medicinals
UM	Urban Moonshine
VT	Vitanica
WB	Western Botanicals
WF	White Flower
YP	Yerba Prima
YT	Yogi Tea
ZD	Zand

Herbal Formula Index

If you find an herbal formula and want to know what category it fits into, you can look it up here. This index tells you which product category or categories we've classified that formula under. We've also used a two-letter abbreviation for the company that makes it. A key to these abbreviations can be found on the previous page.

- 15-Day Weight Loss Cleanse & Flush (IN):** *General Detoxifying and Weight Loss Formulas*
- 5-HTP Power (NSP):** *Adaptogen and Sleep Formulas*
- 5-W (NSP):** *Pre-Delivery Formulas*
- Açai Power Berry Pure-Body Cleanse (IN):** *Antioxidant Formulas*
- Active Herbal (ZD):** *Adaptogen Formulas*
- AdaptaMax (NSP):** *Adaptogen Formulas*
- Adrenal Assist (VT):** *Adrenal Tonic Formulas*
- Adrenal Balance Compound (H&A):** *Adaptogen Formulas*
- Adrenal Caps (SR):** *Adrenal Tonic and Adaptogen Formulas*
- Adrenal Fatigue Fighter (RC):** *Adrenal Tonic Formulas*
- Adrenal Formula (CR):** *Adrenal Tonic Formulas*
- Adrenal Health (GH):** *Adaptogen Formulas*
- Adrenal Support (HP):** *Adrenal Tonic Formulas*
- Adrenotonic (HE):** *Adrenal Tonic Formulas*
- AF Compound (H&A):** *Antifungal Formulas*
- African Mango Diet Support (NF):** *Weight Loss Formulas*
- AKN Skin Care (NW):** *Skin Healing Formulas*
- ALJ Capsules (NSP):** *Decongestant and Cough Remedy Formulas*
- ALJ Liquid (NSP):** *Expectorant and Decongestant Formulas*
- All Cell Detox (NSP):** *General Detoxifying Formulas*
- Aller-Leaf (GH):** *Allergy-Reducing Formulas*
- Allergy Defense (GH):** *Allergy-Reducing Formulas*
- Allergy Formula (WB):** *Allergy-Reducing Formulas*
- Allergy Formula Syrup (WB):** *Allergy-Reducing Formulas*
- Allergy Season Formula (ZD):** *Allergy-Reducing and Liver Tonic Formulas*
- Allertone (NA):** *Sinus Decongestant and Antibacterial Formulas*
- Allertonic (HE):** *Allergy-Reducing Formulas*
- AlliBiotic Non-Drowsy CF (NF):** *Antiviral and Antibacterial Formulas*
- Aloelax (NW):** *Stimulant Laxative Formulas*
- AloeMaxLax (NW):** *Stimulant Laxative Formulas*
- Alterative Compound (H&A):** *Blood Purifier and Anticancer Formulas*
- Andrographis Respiratory Wellness (PH):** *Antibacterial and Immune Stimulating Formulas*
- Anti-Gas Formula (with Lobelia) (NSP):** *Carminative Formulas*
- Anti-Gas, Chinese (NSP):** *Carminative Formulas*
- Anti-Inflammation Formula (WB):** *Anti-Inflammatory Formulas*
- Anti-Parasite Formula (WB):** *Antiparasitic Formulas*
- Anti-Plague (WB):** *Antibacterial Formulas*
- Antioxidant Green Tea (CS):** *Antioxidant Formulas*
- Antispasmodic Formula (CR):** *Antispasmodic and Bronchialdilator Formulas*
- Anxiety Free (RC):** *Relaxing Nervine Formulas*
- Anxiety Soother (HP):** *Relaxing Nervine Formulas*
- AP Compound (H&A):** *Antiparasitic Formulas*
- Appetite Formula (CR):** *Weight Loss Formulas*
- APS-II (with White Willow Bark) (NSP):** *Analgesic Formulas*
- Arjuna CardioComfort (PH):** *Cardiac Tonic Formulas*
- Artemisia Combination (NSP):** *Antiparasitic Formulas*
- Artery Blend SP-9 (SR):** *Cardiovascular Stimulant Formulas*
- Arthritis Rub (TB):** *Topical Analgesic Formulas*
- Aspirea Compound (H&A):** *Analgesic Formulas*
- Astragalus Formula (ZD):** *Immune Balancing and Immune Stimulating Formulas*
- Astragalus Jade Screen (PH):** *Immune Stimulating Formulas*
- Astragalus Plus Extract (NF):** *Immune Balancing and Immune Stimulating Formulas*
- Astragalus Supreme (GH):** *Immune Balancing and Adaptogen Formulas*
- Astragalus Supreme (GH):** *Immune Balancing Formulas*
- Astragalus/Echinacea Compound (H&A):** *Antibacterial and Immune Stimulating Formulas*
- Athlete's Power (HP):** *Exercise Formulas*
- Atomic Echinacea (EI):** *Immune Stimulating Formulas*
- Attention Calm Formula (WB):** *Brain Calming Formulas*
- Attention Calm Syrup (WB):** *Brain Calming Formulas*
- Attention Daily Herbal Drops (GH):** *Brain Calming Formulas*
- Attention Focus Formula (WB):** *Brain Calming Formulas*
- Avena Sativa Oat Complex for Men (PH):** *Male Glandular Tonic Formulas*
- Avena Sativa Oat Complex for Women (PH):** *Female Hormonal Balancing Formulas*
- Babies Tum-Ease (EI):** *Carminative Formulas*
- Bacopa-Ginkgo Brain Strength (PH):** *Brain and Memory Tonic Formulas*
- Beauty Facial Cream (CR):** *Topical Vulnerary Formulas*
- Bedtime (YT):** *Sleep Formulas*
- Bee Power Energy Formula (CR):** *Energy-Boosting Formulas*

436 - Bengal Spice

Bengal Spice (CS): *Carminative Formulas*

Berry DeTox (YT): *Blood Purifier Formulas*

Berry Enerji Green Tea Energy Shot (CS): *Energy-Boosting Formulas*

Berry Kombucha Energy Shot (CS): *Energy-Boosting Formulas*

Bilberry Complex (NF): *Vision Supporting Formulas*

Bilberry Extra Strength (YP): *Vision Supporting Formulas*

Bilberry Eye Complex (PH): *Vision Supporting Formulas*

Bilberry Eye Support Formula (CR): *Vision Supporting Formulas*

Bitters Compound (H&A): *Digestive Bitter Tonic Formulas*

Bitters Extra (VT): *Digestive Bitter Tonic and Digestive Enzyme Formulas*

Black Cohosh-Kava Kava (EI): *Analgesic and Antispasmodic Formulas*

Black Drawing Ointment (CR): *Drawing Salve Formulas*

Black Ointment (NSP): *Drawing Salve Formulas*

Black Walnut & Wormwood (NA): *Antiparasitic Formulas*

Black Walnut & Wormwood (NA): *Antiparasitic Formulas*

Black Walnut Complex (NA): *Antiparasitic Formulas*

Black Walnut-Wormwood G (EI): *Antiparasitic Formulas*

Black Walnut-Wormwood O (EI): *Antiparasitic Formulas*

Bladder Formula (CR): *Diuretic Formulas*

Bladdex (NA): *Urinary Infection Fighting Formulas*

Bloat-Away (IN): *Diuretic Formulas*

Blood Blend SP-11A (SR): *Blood Purifier Formulas*

Blood Circulation Formula (CR): *Cardiovascular Stimulant Formulas*

Blood Cleanser Phase I (GH): *General Detoxifying Formulas*

Blood Cleanser Phase II (GH): *General Detoxifying, Blood Purifier and Anticancer Formulas*

Blood Cleanser Phase III (GH): *General Detoxifying and Anticancer Formulas*

Blood Cleanser Phase IV (GH): *General Detoxifying and Blood Purifier Formulas*

Blood Cleansing Tea (WB): *Blood Purifier Formulas*

Blood Detox Formula (WB): *Blood Purifier Formulas*

Blood Pressure (GH): *Hypotensive Formulas*

Blood Pressure Formula (RC): *Hypotensive Formulas*

Blood Pressure Health (NF): *Hypotensive Formulas*

Blood Pressure Support (HP): *Hypotensive Formulas*

Blood Pressure Take Care (NC): *Hypotensive Formulas*

Blood Pressurex (NSP): *Hypotensive Formulas*

Blood Stream Formula (CR): *Blood Purifier Formulas*

Blood Sugar Balance (EI): *Blood Sugar Reducing Formulas*

Blood Sugar Balance (RC): *Hypoglycemic Formulas*

Blood Sugar Formula (NSP): *Blood Sugar Reducing Formulas*

Blood Sugar with Gymnema (NW): *Blood Sugar Reducing Formulas*

Blood Support (EI): *Blood Purifier Formulas*

Body Balance (GH): *Female Hormonal Balancing Formulas*

Body-Type Vata (IN): *Adaptogen Formulas*

Bone & Tissue Blend SP-34 (SR): *Mineral Formulas*

Bone, Flesh & Cartilage (NW): *Tissue Healing Formulas*

Bone/Skin Poultice (NSP): *Tissue Healing Formulas*

Bountiful Blend (WB): *Superfood Formulas*

Bowel Cleanse (RL): *Fiber Blend Formulas*

Bowel Detox (NSP): *General Detoxifying Formulas*

BP-X (NSP): *Blood Purifier Formulas*

Brain & Memory (HP): *Brain and Memory Tonic Formulas*

Brain Circulation Formula (WB): *Brain and Memory Tonic Formulas*

Brain Elevate (NF): *Brain and Memory Tonic Formulas*

Brain-Protex w/ Huperzine A (NSP): *Brain and Memory Tonic Formulas*

Brainstorm (NA): *Brain and Memory Tonic Formulas*

Breast Enhance (NSP): *Phytoestrogen Formulas*

Breath Tonic Peppermint (HP): *Carminative Formulas*

Breath Tonic Spearmint (HP): *Carminative Formulas*

Breathe Deep (YT): *Decongestant Formulas*

Breathe Easy (TM): *Decongestant Formulas*

Bronchial Blend SP-22 (SR): *Expectorant Formulas*

Bronchial Formula (NSP): *Lung and Respiratory Tonic Formulas*

Bronchial Wellness Herbal Syrup (GH): *Decongestant Formulas*

Bronchial Wellness Tea (GH): *Decongestant Formulas*

Bronchosan (AV): *Expectorant Formulas*

Broncitone (NA): *Decongestant and Cough Remedy Formulas*

Bubble-B-Gone (NA): *Carminative Formulas*

Buddy Bear Gentle Lax (RL): *Gentle Laxative Formulas*

Bug Itch Relief (HE): *Anti-Itch Formulas*

Bupleurum Calmative Compound (PH): *Nerve Tonic Formulas*

Bupleurum Liver Cleanse (PH): *Liver Tonic Formulas*

Burdock/Red Root Compound (H&A): *Lymphatic Drainage and Blood Purifier Formulas*

Butterbur Extra (VT): *Migraine/Headache Formulas*

Butterbur with Feverfew (NF): *Migraine/Headache Formulas*

C Food Complex (NC): *Immune Stimulating Formulas*

C-C-C Cream (EI): *Topical Vulnerary Formulas*

C-X (NSP): *Female Hormonal Balancing Formulas*

Calm Breath (HP): *Bronchialdilator Formulas*

Calm Child (PH): *Brain Calming Formulas*

Calm Child Herbal Syrup (PH): *Brain Calming Formulas*

Calm Restore Herbal Drops (GH): *Relaxing Nervine Formulas*

Calm Waters (HP): *Kidney Tonic Formulas*

Calming (YT): *Relaxing Nervine Formulas*

Candida Clear (NF): *Antifungal Formulas*

Candida Digest (PH): *Digestive Tonic Formulas*

Candida Quick Cleanse (ZD): *Antifungal Formulas*

CandidaStat (VT): *Antifungal and Antibacterial Formulas*

CandiGONE (RL): *Antifungal Formulas*

Candistroy (IN): *Antifungal Formulas*

- CapsiCool (NW):** *Cardiovascular Stimulant Formulas*
- Caramel Apple Spice Slim Life (YT):** *Weight Loss Formulas*
- Cardiaforce Tonic (AV):** *Cardiac Tonic Formulas*
- Cardio + (WB):** *Hypotensive Formulas*
- Cardio Assurance (NSP):** *Cardiac Tonic Formulas*
- Cardio Calmpound (H&A):** *Hypotensive Formulas*
- CardioBlend (VT):** *Cardiovascular Stimulant Formulas*
- CardioNutriv (NA):** *Hypotensive Formulas*
- Carminitive Compound (H&A):** *Carminative Formulas*
- Catnip & Fennel Extract (2 fl. oz.) (NSP):** *Catnip & Fennel Formulas*
- Cayenne & Garlic (NW):** *Cardiovascular Stimulant Formulas*
- Cayenne & Ginger (SR):** *Cardiovascular Stimulant Formulas*
- Cayenne Heat Massage Oil (CR):** *Topical Analgesic Formulas*
- Cayenne Ointment (CR):** *Topical Analgesic Formulas*
- Cayenne With Garlic (SR):** *Cardiovascular Stimulant Formulas*
- Celery Seed Extract (NF):** *Vascular Tonic Formulas*
- Cellular Blend SP-29 (SR):** *General Detoxifying Formulas*
- Chai Black (YT):** *Carminative and Energy-Boosting Formulas*
- Chai Green (YT):** *Carminative Formulas*
- Chai Rooibos (YT):** *Carminative Formulas*
- Chamomile - Catnip kid (EI):** *Carminative Formulas*
- Chamomile - Catnip O (EI):** *Carminative Formulas*
- Chamomile Calm (HK):** *Relaxing Nervine Formulas*
- Chamomile Sleep (PH):** *Sleep Formulas*
- Chamomile with Lavender (TM):** *Relaxing Nervine Formulas*
- Change-O-Life (NW):** *Menopause Balancing Formulas*
- Changes for Women AM/PM Formula (ZD):** *Menopause Balancing Formulas*
- Chaste Berry-Vitex Extract (NF):** *Female Hormonal Balancing Formulas*
- Cherry Bark Blend (HK):** *Decongestant and Cough Remedy Formulas*
- Chest Comfort (CR):** *Cold and Flu Formulas*
- Chest Rub (GH):** *Decongestant Formulas*
- Children's Herbal (HP):** *Carminative, Relaxing Nervine and Cold and Flu Formulas*
- Children's Winter Health (HP):** *Cold and Flu Formulas*
- Chocolate Smooth Move (TM):** *Stimulant Laxative Formulas*
- CholestBlend (VT):** *Cholesterol Balancing Formulas*
- Cholester-Reg II (NSP):** *Cholesterol Balancing Formulas*
- Cholesterol (GH):** *Cholesterol Balancing Formulas*
- Cholesterol Blend SP-31 (SR):** *Fiber Blend Formulas*
- Cholesterol Health (HP):** *Cholesterol Balancing and Liver Tonic Formulas*
- Cholesterol Maintenance (GH):** *Cholesterol Balancing Formulas*
- Cholesterol Support (NF):** *Cholesterol Balancing Formulas*
- CholestGar (PH):** *Cholesterol Balancing Formulas*
- Chronic Condition Skin Salve (GH):** *Topical Vulnerary Formulas*
- Cinnamon Apple Spice (CS):** *Carminative Formulas*
- Cinnamon Glucose Balance (PH):** *Blood Sugar Reducing Formulas*
- Circulation Blend SP-11B (SR):** *Cardiovascular Stimulant Formulas*
- Circulatory Support (EI):** *Cardiac Tonic Formulas*
- Citrus ENERJI Green Tea Energy Shot (CS):** *Energy-Boosting Formulas*
- Citrus Kombucha Energy Shot (CS):** *Energy-Boosting Formulas*
- CL-7 Formula (TL):** *Moistening Lung/Cough Formulas*
- Clarity Compound (H&A):** *Brain and Memory Tonic Formulas*
- Classic India Spice (YT):** *Carminative Formulas*
- Cleanse & Detox Tea (GH):** *Blood Purifier and Cholagogue Formulas*
- Cleanse Today (ZD):** *Hepatoprotective and Liver Tonic Formulas*
- CleanseMORE (RL):** *Stimulant Laxative Formulas*
- CleanseSMART (RL):** *General Detoxifying Formulas*
- Cleansing Fiber (ZD):** *Fiber Blend Formulas*
- Cleansing Laxative (ZD):** *Stimulant Laxative Formulas*
- Cleansing Support (EI):** *Essiac Formulas*
- ClearLungs Chest Rub (RC):** *Decongestant Formulas*
- ClearLungs Classic (RC):** *Decongestant and Lung and Respiratory Tonic Formulas*
- ClearLungs Extra Strength (RC):** *Lung and Respiratory Tonic Formulas*
- ClearLungs Liquid (RC):** *Lung and Respiratory Tonic Formulas*
- Cold Care P.M. (TM):** *Antiviral and Cold and Flu Formulas*
- Cold Season (YT):** *Cold and Flu Formulas*
- Cold Season Immune Formula (CR):** *Cold and Flu Formulas*
- Colon Blend SP-12 (SR):** *Stimulant Laxative Formulas*
- Colon Care Caps (YP):** *Fiber Blend Formulas*
- Colon Care Formula (YP):** *Fiber Blend Formulas*
- Colon Cleanse Formula (WB):** *Stimulant Laxative Formulas*
- Colon Cleanse Syrup (WB):** *Stimulant Laxative Formulas*
- Colon Comfort Formula (WB):** *Intestinal Toning Formulas*
- Colon Detox Formula (WB):** *Fiber Blend Formulas*
- Colon Motility Blend (VT):** *Digestive Enzyme and Gentle Laxative Formulas*
- Comfree Pepsin with Algin (SR):** *Intestinal Toning Formulas*
- Comfrey Compound (GH):** *Topical Vulnerary Formulas*
- Comfrey Ointment (CR):** *Topical Vulnerary Formulas*
- Comfrey/Calendula Ointment (H&A):** *Topical Vulnerary Formulas*
- Complete Cat's Claw Complex (PH):** *Immune Stimulating Formulas*
- Complete Tissue & Bone Formula (CR):** *Tissue Healing Formulas*
- Complete Tissue Massage Oil (CR):** *Topical Vulnerary Formulas*
- Complete Tissue Ointment (CR):** *Topical Vulnerary Formulas*
- Complete Tissue Repair Oil (WB):** *Topical Vulnerary Formulas*
- Complete Tissue Repair Syrup (WB):** *Tissue Healing Formulas*
- Compound Arnica Oil (H&A):** *Topical Vulnerary and Topical Analgesic Formulas*
- Compound Biotic (EI):** *Antiviral Formulas*
- Compound Elixir (EI):** *Expectorant Formulas*
- Compound Herbal Biotic (EI):** *Antiviral Formulas*

438 - Compound Herbal Elixir

Compound Herbal Elixir (EI): *Expectorant and Decongestant Formulas*

Compound Mullein Oil (H&A): *Ear Drop Formulas*

Congest Free (HE): *Sinus Decongestant Formulas*

Connective Tissue Tonic (HP): *Tissue Healing and Skin Healing Formulas*

Constipation Stop (RL): *Stimulant Laxative Formulas*

Continence with Flowtrol (SR): *Kidney Tonic Formulas*

Cool Cayenne (SR): *Cardiovascular Stimulant Formulas*

Cool Cayenne with Butcher's Broom (SR): *Vascular Tonic and Cardiovascular Stimulant Formulas*

Cordyceps Power CS-4 (PH): *Energy-Boosting and Exercise Formulas*

Cramp Bark Comfort (PH): *Menstrual Cramp Formulas*

Cramp Bark Extra (VT): *Menstrual Cramp Formulas*

Cramp ReLeaf (HE): *Antispasmodic Formulas*

Cran-Aid (TM): *Urinary Infection Fighting Formulas*

Cran-Bladder ReLeaf (HE): *Urinary Infection Fighting Formulas*

Cranberry Bladder Defense (PH): *Urinary Infection Fighting Formulas*

CranStat Extra (VT): *Urinary Infection Fighting Formulas*

Critical Liver Support (RL): *Liver Tonic Formulas*

D-Flame (NF): *Anti-Inflammatory Formulas*

Daily Fiber Caps (YP): *Fiber Blend Formulas*

Daily Fiber Formula (YP): *Fiber Blend Formulas*

Daily Gentle Cleanse (IN): *Hepatoprotective and Gentle Laxative Formulas*

Daily Multi-Detox (RL): *General Detoxifying Formulas*

Daily Prostate Defense (IN): *Prostate Formulas*

Damiana Male Potential (PH): *Male Glandular Tonic and Prostate Formulas*

Decaf India Spice Chai Tea (CS): *Carminative Formulas*

Decongest Herbal Formula (ZD): *Decongestant Formulas*

Deep Health (Deep Chi Builder) (HE): *Adaptogen and Immune Stimulating Formulas*

Deep Heat Oil (WB): *Topical Analgesic Formulas*

Deep Heat Ointment (WB): *Topical Vulnerary and Topical Analgesic Formulas*

Deep Liver Support (GH): *Immune Balancing Formulas*

Deep Muscle Massage (GH): *Topical Analgesic Formulas*

Deep Sleep (HE): *Sleep Formulas*

Defense System (GH): *General Detoxifying and Immune Stimulating Formulas*

Deliverase (GH): *Pre-Delivery Formulas*

Depression Formula (WB): *Antidepressant Formulas*

Deprezac (HE): *Antidepressant Formulas*

DermaCillin (HE): *Topical Antiseptic Formulas*

Dermal Health (HP): *Skin Healing Formulas*

DeTox (YT): *Blood Purifier Formulas*

Detox Blend SP-25 (SR): *Fiber Blend Formulas*

Detox Support (NF): *Blood Purifier Formulas*

Devil's Claw - Yucca (EI): *Joint Healing and Anti-Inflammatory Formulas*

DiarEASE (RL): *Anti-Diarrhea Formulas*

Diet Slim Tea (GH): *Weight Loss Formulas*

Diet-Slim (GH): *Weight Loss Formulas*

Digestion Aid Formula (WB): *Carminative Formulas*

Digestion Blend SP-27 (SR): *Carminative and Digestive Bitter Tonic Formulas*

Digestive Aid (AV): *Digestive Bitter Tonic Formulas*

Digestive Bitters (HP): *Digestive Bitter Tonic Formulas*

Digestive Bitters Tonic (4 fl. oz.) (NSP): *Digestive Bitter Tonic Formulas*

Digestive Comfort (PH): *Digestive Tonic Formulas*

Digestive Grape Bitters (PH): *Digestive Bitter Tonic Formulas*

Digestive Support (EI): *Digestive Bitter Tonic Formulas*

Dong Quai - Wild Yam (EI): *Female Hormonal Balancing and Menstrual Cramp Formulas*

Dong Quai Supreme (GH): *Female Hormonal Balancing Formulas*

Dong Quai with Damiana (SR): *Female Hormonal Balancing Formulas*

Dragon's Dream Ointment (H&A): *Topical Analgesic Formulas*

DreamOn (RC): *Sleep Formulas*

E & Selenium Food Complex (NC): *Antioxidant Formulas*

E-KID-nacea (NA): *Echinacea Blend Formulas*

E.P.B. (EI): *Echinacea Blend Formulas*

Ear & Nerve Formula (CR): *Antispasmodic Formulas*

Ear Drops (EI): *Ear Drop Formulas*

Ear Oil with Mullein & St. John's Wort (GH): *Ear Drop Formulas*

Early Alert (HE): *Antibacterial and Immune Stimulating Formulas*

Earth's Nutrition (WB): *Superfood Formulas*

Easy Now (TM): *Relaxing Nervine Formulas*

Eater's Digest (TM): *Carminative Formulas*

Eater's Digest Peppermint (TM): *Carminative Formulas*

Ech-Astragalus (EI): *Immune Stimulating Formulas*

Ech-Astragalus kid (EI): *Immune Stimulating Formulas*

Ech-Goldenseal (EI): *Goldenseal & Echinacea Formulas*

Ech-Goldenseal Spray (EI): *Goldenseal & Echinacea Formulas*

Ech-Goldenseal Spray (EI): *Topical Antiseptic Formulas*

Echinace (YP): *Echinacea Blend Formulas*

Echinacea & Goldenseal (NA): *Goldenseal & Echinacea Formulas*

Echinacea & Goldenseal Glycerite (NF): *Goldenseal & Echinacea Formulas*

Echinacea & Goldenseal Plus (NF): *Blood Purifier and Goldenseal & Echinacea Formulas*

Echinacea & Goldenseal Root (NA): *Goldenseal & Echinacea Formulas*

Echinacea 50/50 Ang./Purp. (NF): *Echinacea Blend Formulas*

Echinacea and Elderberry (SR): *Antiviral Formulas*

- Echinacea Complex (NW):** *Echinacea Blend Formulas*
- Echinacea Defense Force (PH):** *Immune Stimulating Formulas*
- Echinacea Elder Herbal Syrup (TM):** *Antiviral Formulas*
- Echinacea Goldenseal (HP):** *Antibacterial and Decongestant Formulas*
- Echinacea Goldenseal (GH):** *Goldenseal & Echinacea Formulas*
- Echinacea Goldenseal Propolis Throat Spray (GH):** *Topical Antiseptic Formulas*
- Echinacea Goldenseal Supreme (GH):** *Immune Stimulating and Goldenseal & Echinacea Formulas*
- Echinacea Goldenseal Supreme, Alcohol-Free (GH):** *Antibacterial Formulas*
- Echinacea Goldenseal Supreme, Extra-Strength (GH):** *Antibacterial Formulas*
- Echinacea Immune Support (YT):** *Immune Stimulating Formulas*
- Echinacea Plus (TM):** *Echinacea Blend Formulas*
- Echinacea Plus Elderberry (TM):** *Antiviral and Sudorific Formulas*
- Echinacea Premium Blend (EI):** *Echinacea Blend Formulas*
- Echinacea Purpurea, Angustifolia (SR):** *Echinacea Blend Formulas*
- Echinacea Red Root Supreme (GH):** *Lymphatic Drainage and Antibacterial Formulas*
- Echinacea Root with Goldenseal Root (SR):** *Goldenseal & Echinacea Formulas*
- Echinacea Root with Vitamin C & Zinc (SR):** *Cold and Flu Formulas*
- Echinacea Supreme (GH):** *Echinacea Blend Formulas*
- Echinacea Supreme (GH):** *Echinacea Blend Formulas*
- Echinacea Supreme, Extra-Strength (GH):** *Echinacea Blend Formulas*
- Echinacea Triple Source (HE):** *Echinacea Blend Formulas*
- Echinacea-Astragalus (EI):** *Immune Stimulating Formulas*
- Echinacea-Elderberry Syrup (PH):** *Antiviral and Cold and Flu Formulas*
- Echinacea-Goldenseal (EI):** *Goldenseal & Echinacea Formulas*
- Echinacea-Goldenseal (EI):** *Goldenseal & Echinacea Formulas*
- Echinacea-Goldenseal (EI):** *Goldenseal & Echinacea Formulas*
- Echinacea-Goldenseal Liquid Extract (PH):** *Goldenseal & Echinacea Formulas*
- Echinacea-Goldenseal O (EI):** *Goldenseal & Echinacea Formulas*
- Echinacea-Goldenseal with Olive Leaf (PH):** *Goldenseal & Echinacea Formulas*
- Echinacea-Oregon Grape (EI):** *Antibacterial and Immune Stimulating Formulas*
- Echinacea-Goldenseal (NW):** *Goldenseal & Echinacea Formulas*
- Echinacea, Astragalus & Reishi (NW):** *Immune Stimulating Formulas*
- Echinacea/Astragalus (HK):** *Antiviral Formulas*
- Echinacea/Eyebright (HK):** *Sinus Decongestant Formulas*
- Echinacea/Golden Seal (NSP):** *Goldenseal & Echinacea Formulas*
- Echinacea/GoldenRoot Blackberry (HK):** *Antibacterial Formulas*
- Echinacea/GoldenRoot Orange (HK):** *Antibacterial Formulas*
- Echinacea/Goldenseal (WB):** *Goldenseal & Echinacea Formulas*
- Echinacea/Goldenseal Compound (H&A):** *Goldenseal & Echinacea Formulas*
- Egyptian Licorice Mint (YT):** *Carminative Formulas*
- Egyptian Licorice (YT):** *Carminative Formulas*
- Elderberry - Red Root (EI):** *Antiviral Formulas*
- Elderberry, Zinc & Echinacea Syrup (NF):** *Antiviral and Cold and Flu Formulas*
- Eldertussin Elderberry Syrup (HK):** *Decongestant Formulas*
- Emotional Relief (H&A):** *Antidepressant Formulas*
- Energizer Green Tea Ginger Tonic (NC):** *Carminative and Energy-Boosting Formulas*
- Energy Tonic (UM):** *Adaptogen Formulas*
- Energy Vitality (GH):** *Energy-Boosting Formulas*
- Erigeron/Cinnamon (HP):** *Styptic/Hemostatic Formulas*
- Essential Skin Care (WB):** *Topical Vulnerary Formulas*
- Essiac Formula (WB):** *Essiac Formulas*
- Essiac Tonic (HE):** *Essiac Formulas*
- EstroPause Menopause Support (IN):** *Menopause Balancing Formulas*
- EstroSoy (NW):** *Phytoestrogen Formulas*
- EstroSoy Plus (NW):** *Phytoestrogen Formulas*
- Estrotone (NC):** *Female Hormonal Balancing Formulas*
- EveryDay Detox (TM):** *Hepatoprotective Formulas*
- EveryDay Detox Lemon (TM):** *Blood Purifier Formulas*
- Ex-Stress (NW):** *Relaxing Nervine Formulas*
- Eye Blend SP-23 (SR):** *Vision Supporting Formulas*
- Eyebright Bayberry Supreme (GH):** *Vision Supporting Formulas*
- Eyebright-Plus (GH):** *Vision Supporting Formulas*
- False Unicorn & Lobelia (CR):** *Female Hormonal Balancing Formulas*
- Fast Lane Caffeinated Black Tea (CS):** *Energy-Boosting Formulas*
- Fat Grabbers (NSP):** *Fiber Blend Formulas*
- Feelin' Groovy Tea (NF):** *Immune Stimulating Formulas*
- Fem Rebalance (VT):** *Female Hormonal Balancing Formulas*
- Fem-Aid (GH):** *Female Hormonal Balancing and Uterine Tonic Formulas*
- Fem-Restore (GH):** *Female Hormonal Balancing and Uterine Tonic Formulas*
- Female Balance Formula (WB):** *Female Hormonal Balancing Formulas*
- Female Balance (NF):** *Female Hormonal Balancing Formulas*
- Female Caps (SR):** *Female Hormonal Balancing Formulas*
- Female Complex (NA):** *Female Hormonal Balancing Formulas*
- Female Hormone Blend SP-7C (SR):** *Female Hormonal Balancing Formulas*
- Female Libido Enhancer (GH):** *Female Aphrodisiac Formulas*
- Female Libido Tonic (HP):** *Female Aphrodisiac Formulas*
- Female Reproductive Formula (CR):** *Female Hormonal Balancing Formulas*
- Female Toner (TM):** *Female Hormonal Balancing and Uterine Tonic Formulas*
- Female Tonic Formula (CR):** *Female Hormonal Balancing and Uterine Tonic Formulas*
- Fenu-Thyme (NW):** *Sinus Decongestant Formulas*

440 - Fenugreek & Thyme

Fenugreek & Thyme (NF): *Sinus Decongestant Formulas*

Fenugreek-Thyme (TL): *Sinus Decongestant Formulas*

Fertility Blend SP-1 (SR): *Male Glandular Tonic and Female Hormonal Balancing Formulas*

Feverfew - Guarana (EI): *Migraine/Headache Formulas*

Feverfew Head Aid (PH): *Migraine/Headache Formulas*

Feverfew Jamaican Dogwood Supreme (GH): *Analgesic Formulas*

Fiber Plus Caps (YP): *Stimulant Laxative Formulas*

Fiber Plus Powder (YP): *Fiber Blend and Stimulant Laxative Formulas*

Fiber Smart (RL): *Fiber Blend Formulas*

Fiber-Tastic (RL): *Fiber Blend Formulas*

First Cleanse (RL): *General Detoxifying Formulas*

Fitness Formula (H&A): *Exercise Formulas*

Flex-Ability (PH): *Joint Healing Formulas*

Flex-Ability (PH): *Joint Healing Formulas*

Flexible Joint (HP): *Joint Healing Formulas*

Flu and Virus Formula (WB): *Cold and Flu Formulas*

Flush & Be Fit (RL): *General Detoxifying Formulas*

Focus Formula (H&A): *Brain Calming Formulas*

Fresh Breath (GH): *Topical Antiseptic Formulas*

Fresh Green Black Walnut Wormwood Complex (NF): *Antiparasitic Formulas*

Friar's Balsam (HP): *Topical Antiseptic Formulas*

Full Moon-Women's Anti-Spasmodic (H&A): *Menstrual Cramp Formulas*

Full Tilt Tea (NF): *Energy-Boosting Formulas*

Fungus Fighter (HP): *Antifungal Formulas*

GABA Ease (VT): *Sleep Formulas*

GaiaKid's Sniffle Support Herbal Drops (GH): *Antiviral and Sinus Decongestant Formulas*

GaiaKids Cough Syrup for Dry Coughs (GH): *Moistening Lung/Cough Formulas*

GaiaKids Cough Syrup for Wet Coughs (GH): *Drying Cough/Lung Formulas*

GaiaKids Cough Syrup with Honey & Lemon (GH): *Decongestant and Cough Remedy Formulas*

GaiaKids Ear Drops (GH): *Ear Drop Formulas*

GaiaKids Echinacea Goldenseal (GH): *Goldenseal & Echinacea Formulas*

GaiaKids Kids Defense Herbal Drops (GH): *Immune Stimulating Formulas*

GaiaKids Sleep & Relax Herbal Syrup (GH): *Relaxing Nervine Formulas*

GaiaKids Tummy Tonic Herbal Drops (GH): *Carminative Formulas*

GaiaKids Warming Chest Rub (GH): *Topical Analgesic Formulas*

Gall Bladder Formula (NSP): *Carminative Formulas*

Garlic & Parsley (NW): *Cardiovascular Stimulant Formulas*

Garlic and Parsley (SR): *Cardiovascular Stimulant Formulas*

Garlic Super Complex (NA): *Cardiovascular Stimulant Formulas*

GarliCare with Cool Cayenne (SR): *Cardiovascular Stimulant Formulas*

Garlicin HC (NW): *Cardiac Tonic Formulas*

Garlicin CF (NW): *Antibacterial Formulas*

Gas & Bloating (GH): *Carminative Formulas*

Gas & Bloating Tea (GH): *Carminative Formulas*

Gas Relief (TM): *Carminative Formulas*

Gas-Eze (CR): *Carminative and Digestive Enzyme Formulas*

Gastritix (NW): *Carminative Formulas*

Gastro Calm (HP): *Carminative Formulas*

Gastro Health Concentrate (NSP): *Ulcer Healing Formulas*

Gentian-Angelica Bitters (EI): *Digestive Bitter Tonic Formulas*

Gentle-Man (H&A): *Male Glandular Tonic and Nerve Tonic Formulas*

Gentlelax (H&A): *Stimulant Laxative Formulas*

GI Blend SP-20 (SR): *Digestive Bitter Tonic Formulas*

Ginger (YT): *Carminative Formulas*

Ginger Aid (TM): *Carminative Formulas*

Ginger Supreme (GH): *Anti-Inflammatory Formulas*

Ginger Warming Compound (PH): *Cardiovascular Stimulant and Cold and Flu Formulas*

Ginger Yerba Maté (TM): *Energy-Boosting Formulas*

Ginkgo - Gotu Kola (EI): *Brain and Memory Tonic Formulas*

Ginkgo - Gotu Kola (EI): *Brain and Memory Tonic Formulas*

Ginkgo & Hawthorn Combination (NSP): *Cardiovascular Stimulant Formulas*

Ginkgo Awareness (PH): *Brain and Memory Tonic Formulas*

Ginkgo Biloba Extract (NF): *Brain and Memory Tonic Formulas*

Ginkgo Clarity (YT): *Brain and Memory Tonic Formulas*

Ginkgo Extra Strength (YP): *Brain and Memory Tonic Formulas*

Ginkgo Gotu Kola Supreme (GH): *Brain and Memory Tonic Formulas*

Ginkgo/Horse Chestnut Compound (H&A): *Vascular Tonic Formulas*

Ginkgold Eyes (NW): *Vision Supporting Formulas*

Ginseng (Siberian) and Gotu Kola (SR): *Brain and Memory Tonic Formulas*

Ginseng & Royal Jelly (NF): *Energy-Boosting Formulas*

Ginseng and Damiana (SR): *Male Aphrodisiac and Adaptogen Formulas*

Ginseng Classic (PH): *Energy-Boosting Formulas*

Ginseng Elixir (PH): *Digestive Tonic Formulas*

Ginseng Plus Formula (WB): *Adrenal Tonic Formulas*

Ginseng Revitalizer (PH): *Digestive Tonic Formulas*

Ginseng Schisandra Supreme (GH): *Adaptogen Formulas*

Ginseng Supreme (GH): *Adaptogen Formulas*

Ginseng Vitality (YT): *Energy-Boosting and Adaptogen Formulas*

Ginseng/Schisandra Compound (H&A): *Adaptogen Formulas*

Ginza-Plus (IN): *Adaptogen Formulas*

Glandular System Formula (CR): *Lymphatic Drainage and Bronchialdilator Formulas*

- Glandular System Massage Oil (CR):** *Lymphatic Drainage and Ear Drop Formulas*
- Glucocut Blend Sp-5 (SR):** *Blood Sugar Reducing and Diuretic Formulas*
- Glucosamine-MSM Herbal (PH):** *Joint Healing Formulas*
- Glycemic Health (GH):** *Blood Sugar Reducing Formulas*
- Go With The Flow Tea (NF):** *Diuretic Formulas*
- Golden Ginger (TM):** *Carminative Formulas*
- Goldenseal - Propolis Cream (EI):** *Topical Antiseptic Formulas*
- Good Mood (HP):** *Antidepressant Formulas*
- Green Memory (EI):** *Brain and Memory Tonic Formulas*
- Green PhytoFoods (NF):** *Superfood Formulas*
- Green Tea Blueberry Slim Life (YT):** *Weight Loss Formulas*
- Green Tea Energy (YT):** *Energy-Boosting and Antioxidant Formulas*
- Green Tea Goji Berry (YT):** *Antioxidant Formulas*
- Green Tea Kombucha (YT):** *Antioxidant Formulas*
- Green Tea Kombucha Decaf (YT):** *Antioxidant Formulas*
- Green Tea Lemon Ginger (YT):** *Carminative Formulas*
- Green Tea Muscle Recovery (YT):** *Exercise Formulas*
- Green Tea Pomegranate (YT):** *Antioxidant Formulas*
- Green Tea Rejuvenation (YT):** *Antioxidant Formulas*
- Green Tea Slim Life (YT):** *Weight Loss Formulas*
- Green Tea Super Antioxidant (YT):** *Antioxidant Formulas*
- Green Tea Triple Echinacea (YT):** *Echinacea Blend Formulas*
- Green Tea with Ginger (TM):** *Carminative Formulas*
- Grief Relief Compound (H&A):** *Antidepressant Formulas*
- Guggul Cholesterol Compound (PH):** *Cholesterol Balancing Formulas*
- Gum-omile Oil (HK):** *Topical Analgesic Formulas*
- Gypsy Cold Care (TM):** *Cold and Flu and Sudorific Formulas*
- Hair & Skin (NW):** *Mineral Formulas*
- Hair Blend SP-38 (SR):** *Mineral Formulas*
- Hair, Skin & Nail Support (GH):** *Mineral Formulas*
- Happy Colon (WB):** *Stimulant Laxative Formulas*
- HAS Original Blend (NW):** *Sinus Decongestant and Decongestant Formulas*
- Hawthorn - Cactus (EI):** *Cardiac Tonic Formulas*
- Hawthorn Berry Syrup (WB):** *Cardiac Tonic Formulas*
- Hawthorn Heart (PH):** *Cardiac Tonic Formulas*
- Hawthorn Plus Extractacap (NA):** *Cardiac Tonic Formulas*
- HB Pressure Tonic (HE):** *Hypotensive Formulas*
- Head Soother (HP):** *Migraine/Headache Formulas*
- Headache Formula (WB):** *Migraine/Headache Formulas*
- Headache Take Care (NC):** *Migraine/Headache Formulas*
- Heal (GH):** *Tissue Healing Formulas*
- Healthy Fasting (YT):** *Hypoglycemic Formulas*
- Healthy Heart Compound (H&A):** *Cardiac Tonic Formulas*
- Healthy Kid's Compound (H&A):** *Antiviral and Antibacterial Formulas*
- Healthy Menopause Tonic (HP):** *Menopause Balancing Formulas*
- Healthy Prostate Tonic (HP):** *Prostate Formulas*
- Healthy Skin Tonic (H&A):** *Skin Healing Formulas*
- Healthy Veins Tonic (HP):** *Vascular Tonic Formulas*
- Heart & Circulatory Health Capsules (AV):** *Cardiovascular Stimulant Formulas*
- Heart Blend SP-8 (SR):** *Cardiac Tonic Formulas*
- Heart Caps (SR):** *Cardiac Tonic Formulas*
- Heart Formula (WB):** *Cardiac Tonic Formulas*
- Heart Health (HP):** *Cardiac Tonic Formulas*
- Heart Plus (GH):** *Cardiac Tonic Formulas*
- Heart Tea (TM):** *Cardiac Tonic Formulas*
- Heavy Mineral Bugleweed Formula (CR):** *Heavy Metal Cleansing Formulas*
- HepaFem (VT):** *Blood Purifier and Cholagogue Formulas*
- Herb Cough Elixir (EI):** *Expectorant and Cough Remedy Formulas*
- Herb Pharm Original Salve (HP):** *Topical Vulnerary Formulas*
- Herb-Cal (H&A):** *Mineral Formulas*
- Herba Tussin (TM):** *Decongestant and Cough Remedy Formulas*
- Herba Tussin Herbal Syrup (TM):** *Decongestant and Cough Remedy Formulas*
- Herbal Antiseptic (WB):** *Topical Antiseptic Formulas*
- Herbal Biotic (EI):** *Antiviral Formulas*
- Herbal Calcium (WB):** *Mineral Formulas*
- Herbal Calcium Formula (CR):** *Mineral Formulas*
- Herbal Colon Cleanser & Tonic (GH):** *Stimulant Laxative Formulas*
- Herbal Cough Syrup (CR):** *Expectorant and Cough Remedy Formulas*
- Herbal Cough Syrup (WB):** *Moistening Lung/Cough Formulas*
- Herbal Detox (HP):** *Antibacterial, Blood Purifier and Anticancer Formulas*
- Herbal Digest Tea (GH):** *Digestive Bitter Tonic Formulas*
- Herbal Diuretic (GH):** *Diuretic Formulas*
- Herbal Ear Drops (WB):** *Ear Drop Formulas*
- Herbal Eyebright (CR):** *Sinus Decongestant and Eye Wash Formulas*
- Herbal Eyebright Formula (WB):** *Vision Supporting Formulas*
- Herbal Eyewash Formula with Cayenne Pepper (WB):** *Eye Wash Formulas*
- Herbal Eyewash Formula without Cayenne Pepper (WB):** *Eye Wash Formulas*
- Herbal Guard (YP):** *Gentle Laxative Formulas*
- Herbal Iron Formula (CR):** *Iron Formulas*
- Herbal Iron Yeast Free (NWS):** *Iron Formulas*
- Herbal Libido Formula (CR):** *Male Aphrodisiac and Female Aphrodisiac Formulas*
- Herbal Mouthwash Concentrate (WB):** *Topical Antiseptic Formulas*
- Herbal Parasite Syrup (CR):** *Antiparasitic Formulas*
- Herbal Pause w/Estro G-100 (NF):** *Menopause Balancing Formulas*
- Herbal Respiratory Relief (HP):** *Decongestant Formulas*
- Herbal Snuff Powder (WB):** *Decongestant Formulas*

442 - Herbal Super Tonic

Herbal Super Tonic (WB): *Expectorant and Cardiovascular Stimulant Formulas*

Herbal Throat Spray (WB): *Topical Vulnerary Formulas*

Herbal Thyroid Formula (CR): *Energy-Boosting and Hypothyroid Formulas*

Herbal Tooth & Gum Powder (CR): *Dental Health Formulas*

Herbal Tooth Powder (WB): *Dental Health Formulas*

HerbalMist (ZD): *Antiviral and Antibacterial Formulas*

Herbaprofen (HE): *Analgesic Formulas*

Himalayan Apple Spice (YT): *Carminative Formulas*

Hinga Shtak (PH): *Digestive Tonic Formulas*

Histamine Blend SP-33 (SR): *Expectorant and Allergy-Reducing Formulas*

Honey Lavender Stress Relief (YT): *Relaxing Nervine Formulas*

Honey Lemon Ginseng Green Tea (CS): *Energy-Boosting Formulas*

Honey Lemon Throat Comfort (YT): *Expectorant Formulas*

Honey Vanilla White Tea Chai Tea (CS): *Carminative and Cardiovascular Stimulant Formulas*

Horehound Blend (HK): *Expectorant and Moistening Lung/Cough Formulas*

Hormonal Changease Formula (CR): *Menopause Balancing Formulas*

Horse Chestnut Cream (PH): *Vascular Tonic Formulas*

Horse Chestnut Vein Strength (PH): *Vascular Tonic Formulas*

Hoxsey Red Clover Supreme (GH): *Anticancer Formulas*

HRT Companion (VT): *Female Hormonal Balancing and Phytoestrogen Formulas*

HS II (NSP): *Cardiac Tonic Formulas*

Huckleberry - Devil's Club (EI): *Blood Sugar Reducing Formulas*

HY-A (NSP): *Hypoglycemic Formulas*

Immubooost Blend SP-21 (SR): *Antibacterial Formulas*

Immucalm (CR): *Immune Balancing Formulas*

Immune Adapt Caps (H&A): *Immune Balancing Formulas*

Immune Adapt (H&A): *Immune Balancing Formulas*

Immune Balance Compound (H&A): *Immune Balancing Formulas*

Immune Boost (NA): *Antibacterial and Immune Stimulating Formulas*

Immune Boost (IN): *Immune Stimulating Formulas*

Immune Boost Formula (WB): *Immune Stimulating Formulas*

Immune Boost Syrup (WB): *Immune Stimulating Formulas*

Immune Defense (HP): *Immune Stimulating Formulas*

Immune Enhancer (GH): *Immune Stimulating Formulas*

Immune Renew (NF): *Immune Balancing Formulas*

Immune Stimulator (NSP): *Mushroom Blend Formulas*

Immune Support (EI): *Antiviral Formulas*

Immune Support Echinacea Ginger Tonic (NC): *Antibacterial Formulas*

Immune Symmetry (VT): *Immune Stimulating Formulas*

Immune System Formula (CR): *Immune Stimulating Formulas*

Immune Tonic (UM): *Immune Balancing Formulas*

Immune Zoom (UM): *Immune Stimulating Formulas*

Immune-Virus Tea (WB): *Blood Purifier and Anticancer Formulas*

ImmuneAttack (HP): *Antibacterial Formulas*

Immuno-Shield All Season Wellness (IN): *Immune Stimulating Formulas*

ImmunoBoost (HE): *Immune Stimulating Formulas*

Immunotonic (NA): *Immune Balancing Formulas*

ImmuTain SP-40 (SR): *Immune Balancing Formulas*

IN-X (NSP): *Antibacterial Formulas*

India Spice Chai Tea (CS): *Carminative and Cardiovascular Stimulant Formulas*

Indigestion STOP (RL): *Digestive Enzyme Formulas*

Infection Formula (CR): *Antibacterial Formulas*

Infla-Profen (GH): *Joint Healing and Anti-Inflammatory Formulas*

Inflama-Care (PH): *Analgesic and Anti-Inflammatory Formulas*

Inflama-Dyne (NA): *Anti-Inflammatory Formulas*

Inflamma Response (HP): *Analgesic and Anti-Inflammatory Formulas*

Insight Compound (H&A): *Vision Supporting Formulas*

Insure Immune Support (ZD): *Antibacterial Formulas*

Insure Organic Immune Support Unflv (ZD): *Antibacterial Formulas*

Internal Cleanse & Detox (IN): *Intestinal Toning Formulas*

Intestinal Blend SP-24 (SR): *Antiparasitic Formulas*

Intestinal Bowel Soother (RL): *Intestinal Toning Formulas*

Intestinal Bowel Support (RL): *Intestinal Toning Formulas*

Intestinal Calmpound (H&A): *Intestinal Toning Formulas*

Intestinal Soothe & Build (NSP): *Intestinal Toning Formulas*

Intestinal Support (EI): *Antiparasitic Formulas*

Intestinal Tract Defense (HP): *Antiparasitic Formulas*

IntestiNew (RL): *Intestinal Toning Formulas*

Iron Extract (H&A): *Iron Formulas*

Iron Extra (VT): *Iron Formulas*

Itch Ointment (CR): *Anti-Itch Formulas*

Ivy Itch ReLeaf (HE): *Topical Vulnerary and Anti-Itch Formulas*

J. Kloss Anti-Spasmodic Compound (H&A): *Antispasmodic Formulas*

Jammin' Lemon Ginger Herbal Tea (CS): *Carminative Formulas*

Joint & Muscle Warming Rub (HP): *Topical Analgesic Formulas*

Joint Blend SP-2 (SR): *Joint Healing Formulas*

Joint Comfort (YT): *Joint Healing Formulas*

Joint Formula (CR): *Joint Healing Formulas*

Joint Health (GH): *Joint Healing and Anti-Inflammatory Formulas*

Joint Relief Formula (WB): *Joint Healing Formulas*

Joy Tonic (UM): *Relaxing Nervine Formulas*

Juniper Berry Combination (TL): *Diuretic Formulas*

Jurassic Green (CR): *Superfood Formulas*

"Just for Kids" Cold Care (TM): *Cold and Flu and Sudorific Formulas*

"Just for Kids" Nighty Night (TM): *Relaxing Nervine and Sleep Formulas*

"Just for Kids" Throat Coat (TM): *Expectorant Formulas*

"Just for Kids" Tummy Comfort (TM): *Carminative Formulas*

- Kalenite Cleansing Herbs (YP):** *General Detoxifying Formulas*
- Kava Cool Complex (HE):** *Relaxing Nervine Formulas*
- Kava Kava - Calif. Poppy (EI):** *Relaxing Nervine Formulas*
- Kava Stress Relief (YT):** *Relaxing Nervine Formulas*
- Kick Back Tea (NF):** *Relaxing Nervine Formulas*
- Kick-It (GH):** *Quit Smoking Formulas*
- Kid-e-Calc (GH):** *Mineral Formulas*
- Kid-e-Calc (CR):** *Mineral Formulas*
- Kid-e-Col (GH):** *Catnip & Fennel Formulas*
- Kid-e-Col (CR):** *Catnip & Fennel Formulas*
- Kid-e-Dry (CR):** *Kidney Tonic Formulas*
- Kid-e-Mins (GH):** *Mineral and Superfood Formulas*
- Kid-e-Reg (GH):** *Gentle Laxative Formulas*
- Kid-e-Reg (CR):** *Gentle Laxative Formulas*
- Kid-e-Soothe (GH):** *Immune Balancing Formulas*
- Kid-e-Soothe (CR):** *Moistening Lung/Cough Formulas*
- Kid-e-Trac (GH):** *Brain Calming Formulas*
- Kid-e-Trac (CR):** *Relaxing Nervine Formulas*
- Kid-e-Well (CR):** *Cold and Flu and Sudorific Formulas*
- Kid's Calmpound Glycerite (H&A):** *Relaxing Nervine, Brain Calming and Nerve Tonic Formulas*
- Kid's Tummy Relief (H&A):** *Carminative Formulas*
- Kidalin (HE):** *Brain Calming Formulas*
- KidLAX (RL):** *Gentle Laxative Formulas*
- Kidney (GH):** *Diuretic Formulas*
- Kidney Bladder Complex (AV):** *Kidney Tonic Formulas*
- Kidney Blend SP-6 (SR):** *Diuretic Formulas*
- Kidney Caps (SR):** *Kidney Tonic Formulas*
- Kidney Formula (CR):** *Diuretic Formulas*
- Kidney Support Compound (H&A):** *Kidney Tonic Formulas*
- Kidney Tonic (HE):** *Kidney Tonic Formulas*
- Kidney-Bladder (NW):** *Diuretic Formulas*
- Kidney/Bladder Formula (WB):** *Diuretic Formulas*
- Kidney/Bladder Formula/Tea Combo (WB):** *Diuretic and Lithotriptic Formulas*
- Kidney/Bladder Tea (WB):** *Diuretic and Lithotriptic Formulas*
- KidneyAid (RC):** *Kidney Tonic Formulas*
- Kids Insure Herbal Formula Orange-Banana (ZD):** *Antibacterial Formulas*
- Kids Insure Herbal Formula Raspberry (ZD):** *Antibacterial Formulas*
- Kids' Immune Protect (PH):** *Immune Stimulating Formulas*
- Kokoro EstroHerb Cream (GH):** *Phytoestrogen Formulas*
- Kudzu Recovery (PH):** *Anti-Alcoholic Formulas*
- Kudzu/St.John's Wort (NSP):** *Anti-Alcoholic Formulas*
- Lactation Support (GH):** *Nursing Aid Formulas*
- Lactation Support Tea (GH):** *Nursing Aid Formulas*
- Lactation Tea (WB):** *Nursing Aid Formulas*
- LactationBlend (VT):** *Nursing Aid Formulas*
- LaxaBlend (VT):** *Stimulant Laxative Formulas*
- LaxaTea Wellness Tea (CS):** *Stimulant Laxative Formulas*
- Leg Veins with Tru-OPCs (NW):** *Vascular Tonic Formulas*
- Legendary Intestinal Cleanser and Tonifier (PH):** *Gentle Laxative Formulas*
- Lemon Echinacea Throat Coat (TM):** *Lung and Respiratory Tonic Formulas*
- Lemon Ginger (YT):** *Carminative Formulas*
- LifeShield Breathe (NC):** *Mushroom Blend Formulas*
- LifeShield Immunity (NC):** *Mushroom Blend Formulas*
- LifeShield Liver Force (NC):** *Mushroom Blend Formulas*
- LifeShield Mind Force (NC):** *Mushroom Blend Formulas*
- Liniment (TB):** *Topical Analgesic Formulas*
- Liv-Cleanse Formula (YP):** *Hepatoprotective Formulas*
- Liver (GH):** *Blood Purifier Formulas*
- Liver & Gall Bladder Formula (CR):** *Cholagogue Formulas*
- Liver Blend SP-13 (SR):** *Cholagogue Formulas*
- Liver Caps (SR):** *Hepatoprotective Formulas*
- Liver Cleanse (GH):** *Blood Purifier and Liver Tonic Formulas*
- Liver Defense (PH):** *Liver Tonic Formulas*
- Liver Detox (RL):** *Liver Tonic Formulas*
- Liver Detox Tea (WB):** *Blood Purifier Formulas*
- Liver Detoxifier & Regenerator (NF):** *Liver Tonic Formulas*
- Liver Gallbladder Drops (AV):** *Cholagogue Formulas*
- Liver Gallbladder Tablets (AV):** *Hepatoprotective Formulas*
- Liver Health (HP):** *Liver Tonic Formulas*
- Liver Health (GH):** *Hepatoprotective Formulas*
- Liver Support (EI):** *Liver Tonic Formulas*
- Liver Support (NA):** *Blood Purifier and Liver Tonic Formulas*
- Liver Support (NA):** *Liver Tonic Formulas*
- Liver Take Care (NC):** *Hepatoprotective and Heavy Metal Cleansing Formulas*
- Liver Tone (NA):** *Liver Tonic Formulas*
- Liver Tonic (HE):** *Cholagogue Formulas*
- Liver Transition Formula (CR):** *Liver Tonic Formulas*
- Liver/Gallbladder Formula (WB):** *Blood Purifier Formulas*
- Liver/Gallbladder Formula/Tea Combo (WB):** *Hepatoprotective and Cholagogue Formulas*
- LiverClean (RC):** *Cholagogue Formulas*
- Lobelia/Skunk Cabbage (HP):** *Antispasmodic and Bronchialdilator Formulas*
- Lomatium - Osha (EI):** *Antiviral Formulas*
- Lomatium - Osha Spray (EI):** *Antiviral Formulas*
- Lomatium & St. John's Wort (NA):** *Antiviral Formulas*
- Loquat Respiratory Syrup (PH):** *Expectorant and Moistening Lung/Cough Formulas*
- Loquat Respiratory Syrup for Kids (PH):** *Decongestant and Moistening Lung/Cough Formulas*
- Love Your Heart (RL):** *Cardiac Tonic Formulas*

444 - Loviral

Loviral (HE): *Antiviral Formulas*

Lower Back Support (PH): *Joint Healing Formulas*

Lower Bowel Formula (CR): *Stimulant Laxative Formulas*

Luminous (VT): *Mineral Formulas*

Lung & Bronchial Formula (CR): *Lung and Respiratory Tonic and Moistening Lung/Cough Formulas*

Lung Caps (SR): *Expectorant and Moistening Lung/Cough Formulas*

Lung Relief Antispasmodic Compound (H&A): *Expectorant and Bronchialdilator Formulas*

Lung Relief Cold/Damp Compound (H&A): *Decongestant and Drying Cough/Lung Formulas*

Lung Relief Cold/Dry Compound (H&A): *Lung and Respiratory Tonic and Moistening Lung/Cough Formulas*

Lung Relief Hot/Damp Compound (H&A): *Drying Cough/Lung Formulas*

Lung Relief Hot/Dry Compound (H&A): *Moistening Lung/Cough Formulas*

Lung Support (EI): *Decongestant and Bronchialdilator Formulas*

Lung Tonic (HE): *Expectorant and Lung and Respiratory Tonic Formulas*

Lungs Plus Formula (WB): *Decongestant and Drying Cough/Lung Formulas*

Lycopom (NC): *Prostate and Antioxidant Formulas*

Lymph Gland Cleanse (NSP): *Lymphatic Drainage and Antibacterial Formulas*

Lymph Gland Cleanse-HY (NSP): *Lymphatic Drainage and Antibacterial Formulas*

Lymphatic Drainage (NSP): *Lymphatic Drainage Formulas*

Lymphatonic (HE): *Lymphatic Drainage and Antibacterial Formulas*

Lysine Extra (VT): *Antiviral Formulas*

Maitake (EI): *Mushroom Blend Formulas*

Male Caps (SR): *Male Glandular Tonic Formulas*

Male Complex (NA): *Male Aphrodisiac Formulas*

Male Formula (EI): *Male Aphrodisiac Formulas*

Male Libido (GH): *Male Glandular Tonic and Male Aphrodisiac Formulas*

Male Libido Enhancer (GH): *Male Aphrodisiac Formulas*

Male Sexual Vitality (HP): *Male Glandular Tonic Formulas*

Male Stamina Blend Sp-15B (SR): *Male Aphrodisiac Formulas*

Male Tonic Formula (CR): *Male Glandular Tonic Formulas*

Male Urinary Tract Formula (CR): *Diuretic and Prostate Formulas*

Master Gland Formula (CR): *Brain and Memory Tonic Formulas*

Maternal Symmetry (VT): *Pregnancy Tonic and Uterine Tonic Formulas*

Mayan Cocoa Spice (YT): *Carminative Formulas*

Melissa Ointment (WB): *Topical Vulnerary Formulas*

Melissa Supreme, Alcohol-free (GH): *Relaxing Nervine Formulas*

Memory (GH): *Brain and Memory Tonic Formulas*

Memory Blend SP-30 (SR): *Brain and Memory Tonic Formulas*

Memory Plus Formula (CR): *Brain and Memory Tonic Formulas*

Men's Formula (H&A): *Male Glandular Tonic Formulas*

Men's Prostate Tonic (H&A): *Prostate Formulas*

Men's Rebuild Internal Cleansing System (YP): *General Detoxifying Formulas*

Men's Rebuild (YP): *Male Glandular Tonic Formulas*

Men's Virility Power (NF): *Male Aphrodisiac Formulas*

MenoChange (PH): *Menopause Balancing Formulas*

Menopause (GH): *Menopause Balancing Formulas*

Menopause Support (EI): *Menopause Balancing and Phytoestrogen Formulas*

Menopause Support (NF): *Menopause Balancing Formulas*

Menopautonic (HE): *Menopause Balancing Formulas*

Menstrual Blend SP-7B (SR): *Styptic/Hemostatic and Uterine Tonic Formulas*

Menstrual Relief Hormone Balance (IN): *PMS Relieving Formulas*

Mental Alertness (GH): *Brain and Memory Tonic Formulas*

MERC-Free Cleanse (RL): *Heavy Metal Cleansing Formulas*

Metabo Balance Wellness Tea (CS): *Weight Loss Formulas*

Metabolic Blend SP-18 (SR): *Weight Loss Formulas*

Metaburn Herbal Weight Formula (CR): *Weight Loss Formulas*

Migra-Free (HE): *Migraine/Headache Formulas*

Migraine Relief (RC): *Migraine/Headache Formulas*

Milk Thistle Extra Strength (YP): *Hepatoprotective Formulas*

Milk Thistle Liver Cleanse (IN): *Hepatoprotective and Cholagogue Formulas*

Milk Thistle Yellow Dock Supreme (GH): *Blood Purifier Formulas*

Milk Thistle-Dandelion (EI): *Hepatoprotective Formulas*

MindBlend (VT): *Brain and Memory Tonic Formulas*

MindTrac (CR): *Brain and Memory Tonic Formulas*

Mint Magic (CS): *Carminative Formulas*

Minty Ginger (HK): *Carminative Formulas*

Mood Aid (NW): *Antidepressant Formulas*

Mood Balance (EI): *Antidepressant Formulas*

Mood Blend SP-39 (SR): *Antidepressant Formulas*

Moroccan Pomegranate Rooibos Tea (CS): *Antioxidant Formulas*

Mother's Lactation (HP): *Nursing Aid Formulas*

Mother's Milk (TM): *Nursing Aid Formulas*

Mother's Tea (WB): *Pregnancy Tonic Formulas*

Motherwort - Black Cohosh G (EI): *Female Hormonal Balancing Formulas*

Motherwort - Black Cohosh O (EI): *Female Hormonal Balancing Formulas*

Mouth Tonic (HE): *Topical Antiseptic and Dental Health Formulas*

Mullein Lung Complex (PH): *Decongestant and Lung and Respiratory Tonic Formulas*

Mullein/Garlic (HP): *Ear Drop and Antibacterial Formulas*

Mullein/Garlic Ear Drops (HE): *Ear Drop Formulas*

Multi Gland Caps for Men (SR): *Male Glandular Tonic Formulas*

- Multi Gland Caps for Women (SR):** *Female Hormonal Balancing Formulas*
- Multi-Fiber Cleanse (IN):** *General Detoxifying Formulas*
- Muscle Pain Relief Spray (CR):** *Topical Analgesic Formulas*
- Muscle Rub (TB):** *Topical Analgesic Formulas*
- Muscle/Joint Tonic (H&A):** *Anti-Inflammatory Formulas*
- Mushroom Complete (SR):** *Mushroom Blend Formulas*
- Mushrooms Seven Source (HE):** *Mushroom Blend Formulas*
- Mycetoblend (EI):** *Mushroom Blend Formulas*
- Myelin Sheath Support (PH):** *Nerve Tonic Formulas*
- Nasal Support (EI):** *Allergy-Reducing Formulas*
- Natural Change Blend SP-7D (SR):** *Menopause Balancing Formulas*
- Natural Detox Wellness Tea (CS):** *Blood Purifier Formulas*
- Natural Laxative (GH):** *Stimulant Laxative Formulas*
- Natural Laxative Tea (GH):** *Stimulant Laxative Formulas*
- NaturALL-Calm (GH):** *Relaxing Nervine Formulas*
- Nature's Biotic (GH):** *Antibacterial Formulas*
- Nature's C Complex (WB):** *Cold and Flu Formulas*
- Nature's Three (NSP):** *Fiber Blend Formulas*
- NatureWorks Swedish Bitters (NW):** *Digestive Bitter Tonic Formulas*
- Nausea Ease (VT):** *Carminative Formulas*
- Neck & Shoulder Rub (TB):** *Topical Analgesic Formulas*
- Neck and Shoulders Support (PH):** *Joint Healing Formulas*
- Nerve Blend SP-14 (SR):** *Relaxing Nervine Formulas*
- Nerve Calm Formula (WB):** *Relaxing Nervine and Antispasmodic Formulas*
- Nerve Comfort Formula (CR):** *Analgesic and Relaxing Nervine Formulas*
- Nerve Formula (CR):** *Antispasmodic Formulas*
- Nerve Repair Formula (WB):** *Nerve Tonic Formulas*
- Nervine (GH):** *Relaxing Nervine Formulas*
- Nervine Tonic (HE):** *Relaxing Nervine Formulas*
- Nervous System Tonic (HP):** *Nerve Tonic Formulas*
- Nettles - Eyebright (EI):** *Allergy-Reducing Formulas*
- Nettles & Eyebright (HK):** *Allergy-Reducing Formulas*
- NeuroZyme (NC):** *Brain and Memory Tonic Formulas*
- Neutralizing Cordial (EI):** *Digestive Bitter Tonic and Antacid Formulas*
- Neutralizing Cordial (HP):** *Digestive Bitter Tonic and Antacid Formulas*
- Nicotine Relief (GH):** *Quit Smoking and Bronchialdilator Formulas*
- Night Nervine (GH):** *Relaxing Nervine and Sleep Formulas*
- Nighttime Tea (NF):** *Sleep Formulas*
- Nighty Night Valerian (TM):** *Sleep Formulas*
- Nose Ointment (CR):** *Topical Vulnerary Formulas*
- OctaPower (SR):** *Energy-Boosting Formulas*
- Oil of Garlic (CR):** *Ear Drop Formulas*
- Ojibwa Herbal Cleansing Tea (NF):** *Anticancer Formulas*
- Ojibwa Tea Concentrate (NF):** *Essiac Formulas*
- Olbas Analgesic Salve (OL):** *Topical Analgesic Formulas*
- Olbas Cough Syrup (OL):** *Cough Remedy Formulas*
- Olbas Herbal Bath (OL):** *Topical Analgesic Formulas*
- Olbas Herbal Tea (OL):** *Cold and Flu Formulas*
- Olbas Inhaler (OL):** *Decongestant Formulas*
- Olbas Lozenges (OL):** *Decongestant Formulas*
- Olbas Oil (OL):** *Topical Analgesic Formulas*
- Olbas Pastilles (OL):** *Cough Remedy Formulas*
- Old Indian Syrup for Kids (PH):** *Expectorant and Decongestant Formulas*
- Old Indian Wild Cherry Bark Syrup (PH):** *Expectorant and Drying Cough/Lung Formulas*
- Olive Leaf Extract with Echinacea (NF):** *Antiviral and Antibacterial Formulas*
- Oolong & Matcha Tea (IN):** *Energy-Boosting Formulas*
- Opti-Recovery (VT):** *Tissue Healing and Blood Purifier Formulas*
- Oral Health Tonic (HP):** *Dental Health Formulas*
- Organic Brain Support (IN):** *Brain and Memory Tonic Formulas*
- Organic Essential Detox (RL):** *Blood Purifier Formulas*
- Organic Herbalmist Throat Spray (ZD):** *Antiviral and Antibacterial Formulas*
- Organic Total Body Cleanse (RL):** *General Detoxifying Formulas*
- Organic Triple Fiber (RL):** *Fiber Blend Formulas*
- Original 7 Mushrooms (EI):** *Mushroom Blend Formulas*
- Original Bitters (UM):** *Digestive Bitter Tonic Formulas*
- Osha Root Cough Syrup (HE):** *Expectorant and Drying Cough/Lung Formulas*
- Osha Supreme (GH):** *Antibacterial and Decongestant Formulas*
- Osteo Herb (H&A):** *Mineral Formulas*
- Osteo Herb (H&A):** *Mineral Formulas*
- Pain Relief Formula (WB):** *Analgesic Formulas*
- Pain Relieving Patch (TB):** *Topical Analgesic Formulas*
- Pain-Aid (GH):** *Analgesic Formulas*
- Pancreaid (H&A):** *Blood Sugar Reducing Formulas*
- Pancreas Formula (CR):** *Blood Sugar Reducing Formulas*
- Pancreas Support Formula (WB):** *Blood Sugar Reducing Formulas*
- Pancreas-Aid (GH):** *Blood Sugar Reducing Formulas*
- Para-Shield (GH):** *Antiparasitic Formulas*
- ParaFree (HE):** *Antiparasitic Formulas*
- ParaGONE for Kids (RL):** *Antiparasitic Formulas*
- ParaGONE (RL):** *Antiparasitic Formulas*
- Parasites & Worms (GH):** *Antiparasitic Formulas*
- Parastrophy (IN):** *Antiparasitic Formulas*
- Passion Potion (HE):** *Female Aphrodisiac Formulas*
- Pau d'Arco - Usnea (EI):** *Antifungal Formulas*
- Pau D'Arco Deep Cleansing (PH):** *Blood Purifier Formulas*
- Peach DeTox (YT):** *Carminative Formulas*
- Peak Defense (HE):** *Cold and Flu Formulas*

446 - Phytocalm

- Phytocalm (H&A):** *Sleep Formulas*
- Phytocillin (HE):** *Antifungal and Antibacterial Formulas*
- Phytodent (H&A):** *Dental Health Formulas*
- PhytoEstrogen Herbal (VT):** *Phytoestrogen Formulas*
- Phytoestrogen Tonic (HP):** *PMS Relieving and Menopause Balancing Formulas*
- Pituitary Caps (SR):** *Adaptogen Formulas*
- Plantain Goldenseal Salve (GH):** *Drawing Salve Formulas*
- PlantiOxidants (PH):** *Antioxidant Formulas*
- PMS Comfort Tonic (HP):** *PMS Relieving Formulas*
- PMS Support (EI):** *PMS Relieving Formulas*
- PMS Tea (TM):** *Diuretic Formulas*
- PMS with Vitamin B6 & 5-HTP (NW):** *PMS Relieving and Menstrual Cramp Formulas*
- Pollen Defense (HP):** *Allergy-Reducing Formulas*
- Pomegranate Green Tea (CS):** *Antioxidant Formulas*
- Pomegranate Xtreme ENERJI Green Tea Energy Shot (CS):** *Energy-Boosting Formulas*
- Pomegranate Xtreme Kombucha Energy Shot (CS):** *Energy-Boosting Formulas*
- Positive Teens & Kids (PH):** *Brain Calming Formulas*
- Power Cleanse (RL):** *General Detoxifying Formulas*
- Power to Sleep PM (IN):** *Sleep Formulas*
- Pregnancy Prep (VT):** *Pregnancy Tonic and Female Hormonal Balancing Formulas*
- Pregnancy Tea (TM):** *Pregnancy Tonic and Uterine Tonic Formulas*
- Prenatal Formula (CR):** *Pre-Delivery Formulas*
- Propolis - Astragalus (EI):** *Topical Antiseptic Formulas*
- Propolis Plus Extract (NF):** *Antibacterial Formulas*
- Prost-Answer (NA):** *Prostate Formulas*
- Prosta-Strong (IN):** *Prostate Formulas*
- Prostate (GH):** *Prostate Formulas*
- Prostate 5LX (NC):** *Prostate Formulas*
- Prostate Blend SP-16 (SR):** *Prostate Formulas*
- Prostate Caps (SR):** *Prostate Formulas*
- Prostate Health (GH):** *Prostate Formulas*
- Prostate Health Clinical Strength (NF):** *Prostate Formulas*
- Prostate Plus Formula (CR):** *Prostate Formulas*
- Prostate Plus Formula (WB):** *Prostate Formulas*
- Prostate Support (EI):** *Prostate Formulas*
- Prostate Support (NF):** *Prostate Formulas*
- Prostate Take Care (NC):** *Prostate Formulas*
- Prostate Tea with Nettle Root (TM):** *Prostate Formulas*
- Prostate with Saw Palmetto (NW):** *Prostate Formulas*
- Prostatonic (HE):** *Prostate Formulas*
- ProstEase (RC):** *Prostate Formulas*
- Prostol (NW):** *Prostate Formulas*
- ProstSupport w/Ester C (NA):** *Prostate Formulas*
- Pygeum & Saw Palmetto (NF):** *Prostate Formulas*
- Queueze Ease Tea (NF):** *Carminative Formulas*
- Quick Colon Cleanse #1 (CR):** *Stimulant Laxative Formulas*
- Quick Colon Powder #2 (CR):** *Fiber Blend Formulas*
- Quick Defense (GH):** *Antibacterial Formulas*
- Quick Digest (ZD):** *Digestive Enzyme Formulas*
- Quick Digest Citrus (ZD):** *Digestive Enzyme Formulas*
- Rash Formula Ointment (CR):** *Topical Vulnerary Formulas*
- Raspberry Passion Perfect Energy (YT):** *Energy-Boosting Formulas*
- Reckless Blood Tonic (H&A):** *Styptic/Hemostatic Formulas*
- Red Clover - Burdock (EI):** *Blood Purifier Formulas*
- Red Clover Cleanser (PH):** *Blood Purifier Formulas*
- Red Clover Plus Extract (NF):** *Blood Purifier Formulas*
- Red Clover Supreme (GH):** *Blood Purifier Formulas*
- Red Clover with Prickly Ash Bark (NW):** *Blood Purifier Formulas*
- Red Raspberry - Squawvine (EI):** *Menstrual Cramp and Uterine Tonic Formulas*
- Reflux Relief (GH):** *Antacid Formulas*
- Refreshing Mint Vital Energy (YT):** *Energy-Boosting Formulas*
- Rehmannia Endurance (PH):** *Energy-Boosting Formulas*
- Rehmannia Vitalizer (PH):** *Energy-Boosting Formulas*
- Reishi Mushroom Supreme (PH):** *Immune Balancing Formulas*
- Rejuve Gentle Daily Fiber (GH):** *Fiber Blend Formulas*
- Relax-Eze (CR):** *Relaxing Nervine Formulas*
- Relaxation Support (EI):** *Relaxing Nervine Formulas*
- Relaxed Mind (YT):** *Relaxing Nervine Formulas*
- Relaxing Sleep (HP):** *Sleep Formulas*
- Relief Blend SP-10 (SR):** *Analgesic and Migraine/Headache Formulas*
- Remember Now (HE):** *Brain and Memory Tonic Formulas*
- Replenish Compound (H&A):** *Menopause Balancing Formulas*
- Respiration Blend SP-3 (SR):** *Lung and Respiratory Tonic Formulas*
- Respiratonic (HE):** *Expectorant Formulas*
- Respiratory Calmpound (H&A):** *Allergy-Reducing and Bronchialdilator Formulas*
- Respiratory Defense (GH):** *Decongestant Formulas*
- Respiratory Relief (GH):** *Cough Remedy Formulas*
- Respiratory Relief Syrup (CR):** *Expectorant and Antibacterial Formulas*
- Respiratory Support & Defense (IN):** *Decongestant Formulas*
- Rest Easy Tea (WB):** *Relaxing Nervine Formulas*
- Rhubarb & Butternut (SR):** *Stimulant Laxative Formulas*
- Sambucus Elder Berry Spray (NA):** *Topical Antiseptic Formulas*
- Sambucus Immune Syrup (NW):** *Antiviral Formulas*
- Saw Palmetto - Nettles (EI):** *Prostate Formulas*
- Saw Palmetto & Nettle Root with Pumpkin (SR):** *Prostate Formulas*
- Saw Palmetto Classic (PH):** *Prostate Formulas*
- Schizandra Adrenal Complex (PH):** *Adrenal Tonic Formulas*
- Scudder's Alterative Compound (GH):** *Anticancer Formulas*

Sen Sei Menthol Rub (CR): *Decongestant Formulas*

Sensual Enhancement Formula (WB): *Male Aphrodisiac Formulas*

Serenity Compound (H&A): *Relaxing Nervine Formulas*

Serenity Herbal Elixir (GH): *Relaxing Nervine Formulas*

Serenity with Passionflower (GH): *Relaxing Nervine Formulas*

Seven Precious Mushrooms (H&A): *Mushroom Blend Formulas*

SF (NSP): *Weight Loss Formulas*

Shiitake Mushroom Supreme (PH): *Liver Tonic Formulas*

Shiitake–Maitake Standardized (NW): *Mushroom Blend Formulas*

Silent Night with Valerian (NW): *Sleep Formulas*

Singer’s Saving Grace (HE): *Decongestant Formulas*

Sinus & Lung Extract (CR): *Sinus Decongestant Formulas*

Sinus & Respiratory (NC): *Sinus Decongestant and Decongestant Formulas*

Sinus Allergy Formula (WB): *Sinus Decongestant Formulas*

Sinus Plus Formula (CR): *Sinus Decongestant Formulas*

Sinus Support Compound (H&A): *Sinus Decongestant Formulas*

Sinus Take Care (NC): *Sinus Decongestant Formulas*

SinusClear (RC): *Sinus Decongestant Formulas*

SinusFree (PH): *Sinus Decongestant Formulas*

Skin Blend SP-4 (SR): *Blood Purifier Formulas*

Skin Detox (YT): *Skin Healing Formulas*

Skullcap - Oats (EI): *Antispasmodic and Bronchialdilator Formulas*

Skullcap St. John’s Wort Supreme (GH): *Nerve Tonic Formulas*

Sleep (GH): *Sleep Formulas*

Sleep & Relax (GH): *Sleep Formulas*

Sleep & Relax Tea (GH): *Relaxing Nervine and Sleep Formulas*

Sleep Blend SP-17 (SR): *Sleep Formulas*

SleepBlend (VT): *Sleep Formulas*

SleepThru (GH): *Sleep Formulas*

Sleepytime Decaf Lemon Jasmine Green Tea (CS): *Sleep Formulas*

Sleepytime Herbal Tea (CS): *Sleep Formulas*

Sleepytime Kids Goodnight Grape Herbal Tea (CS): *Sleep Formulas*

Sleepytime Sinus Soother Wellness Tea (CS): *Relaxing Nervine Formulas*

Sleepytime Vanilla Herbal Tea (CS): *Sleep Formulas*

Slim (with Caffeine) (GH): *Weight Loss Formulas*

Slim Too (Caffeine Free) (GH): *Weight Loss Formulas*

Slow Flow (VT): *Styptic/Hemostatic and Uterine Tonic Formulas*

Slumber (CR): *Sleep Formulas*

Slumber (NA): *Sleep Formulas*

Slumber (NA): *Sleep Formulas*

Smoke Free (HE): *Lung and Respiratory Tonic and Quit Smoking Formulas*

Smoke Out (CR): *Quit Smoking Formulas*

Smoke Take Care (NC): *Antioxidant Formulas*

Smoker’s ResQ (H&A): *Quit Smoking Formulas*

Smokers’ Cleanse (RL): *Quit Smoking Formulas*

Smooth Move Chamomile (TM): *Stimulant Laxative Formulas*

Smooth Move Peppermint (TM): *Stimulant Laxative Formulas*

Smooth Move Senna (TM): *Stimulant Laxative Formulas*

Smooth Move Senna Capsules (TM): *Stimulant Laxative Formulas*

Soluble Fiber Caps (YP): *Fiber Blend Formulas*

Soluble Fiber Formula (YP): *Fiber Blend Formulas*

Soothing Caramel Bedtime (YT): *Sleep Formulas*

Soothing Coconut & Aloe Natural Laxative (IN): *Gentle Laxative Formulas*

Soothing Mint Get Regular (YT): *Stimulant Laxative Formulas*

Soothing Oak & Ivy (HP): *Topical Vulnerary Formulas*

Soothing Throat Spray (HP): *Antiviral Formulas*

Sore Throat Spray (AV): *Topical Antiseptic Formulas*

Sound Sleep (GH): *Sleep Formulas*

Spleen Activator, Chinese (NSP): *Digestive Tonic Formulas*

St John’s Wort (GH): *Topical Vulnerary Formulas*

St. John’s Good Mood (TM): *Antidepressant Formulas*

St. John’s Wort - Lemon Balm (EI): *Antidepressant Formulas*

St. John’s Wort Blues Away (YT): *Antidepressant Formulas*

St. John’s Wort Emotional Balance (PH): *Antidepressant Formulas*

Stamina Ginseng Ginger Tonic (NC): *Energy-Boosting and Digestive Tonic Formulas*

Steel-Libido (IN): *Male Aphrodisiac Formulas*

Steel-Libido Red (IN): *Male Aphrodisiac Formulas*

Stings & Bites Ointment (CR): *Topical Vulnerary Formulas*

Stingzzz Cool Soothing Gel (HK): *Topical Vulnerary Formulas*

Stomach Blend SP-20B (SR): *Ulcer Healing Formulas*

Stomach Comfort (CR): *Catnip & Fennel Formulas*

Stomach Comfort, Chewable (NSP): *Antacid Formulas*

Stomach Ease (YT): *Antacid Formulas*

Stomach Tonic (HE): *Carminative and Antacid Formulas*

Stone Breaker (HP): *Lithotriptic Formulas*

Stone Dissolve Tea (WB): *Lithotriptic Formulas*

Stone Free (PH): *Lithotriptic Formulas*

Stone Root - Witch Hazel (EI): *Vascular Tonic Formulas*

Stop-Ache (CR): *Analgesic Formulas*

Stress Advantage (NC): *Adaptogen Formulas*

Stress Free (PH): *Relaxing Nervine Formulas*

Stress Manager (HP): *Adaptogen Formulas*

Stress ReLeaf (HE): *Adaptogen and Relaxing Nervine Formulas*

Stress Response (GH): *Adaptogen Formulas*

Stress Take Care (NC): *Adaptogen Formulas*

Stress-Defy (IN): *Relaxing Nervine Formulas*

Sugar Metabolism (HP): *Blood Sugar Reducing Formulas*

Sugar Plum Spice (CS): *Carminative Formulas*

Sunny Mood (IN): *Antidepressant Formulas*

Super Adrenal Support (WB): *Adrenal Tonic Formulas*

448 - Super Antioxidant

Super Antioxidant (NSP): *Antioxidant Formulas*

Super Antioxidants (NF): *Antioxidant Formulas*

Super Cleanse (IN): *General Detoxifying Formulas*

Super Garlic Immune Formula (CR): *Antibacterial Formulas*

Super Green Super Food (IN): *Superfood Formulas*

Super Kids Salve (HK): *Topical Vulnerary Formulas*

Super Kids Throat Spray (HK): *Antibacterial and Immune Stimulating Formulas*

Super Lax (GH): *Stimulant Laxative Formulas*

Super Thisilyn (NW): *Liver Tonic Formulas*

Supercritical Antioxidants (NC): *Antioxidant Formulas*

Supercritical Diet & Energy (NC): *Energy-Boosting and Weight Loss Formulas*

Supreme Cleanse (GH): *General Detoxifying Formulas*

Swedish Bitters (NWS): *Digestive Bitter Tonic Formulas*

Sweet Açai Mango Zinger Ice Herbal Tea (CS): *Antioxidant Formulas*

Sweet Dreams Formula (WB): *Sleep Formulas*

Sweet Tangerine Positive Energy (YT): *Energy-Boosting Formulas*

Sweet Wild Berry Zinger Ice Herbal Tea (CS): *Antioxidant Formulas*

Sweetish Bitters Elixir (GH): *Digestive Bitter Tonic Formulas*

SystemWell Ultimate Immunity (NW): *Immune Stimulating Formulas*

Tei Fu Essential Oil (NSP): *Topical Analgesic Formulas*

Temp Assure (HK): *Cold and Flu and Sudorific Formulas*

Tension Relief (H&A): *Relaxing Nervine and Nerve Tonic Formulas*

Tension Tamer (CS): *Relaxing Nervine Formulas*

TestoJack 200 (NF): *Male Aphrodisiac Formulas*

Think O2 (TM): *Brain and Memory Tonic Formulas*

Thisilyn Cleanse (Mineral) (NW): *Blood Purifier Formulas*

Thisilyn Daily Cleanse (NW): *Fiber Blend Formulas*

Thisilyn Digestive CLEANSE (NW): *Stimulant Laxative Formulas*

Thistle Cleanse Formula (ZD): *Blood Purifier Formulas*

Thistles Compound (H&A): *Hepatoprotective Formulas*

Three Spices Sinus Complex (PH): *Carminative and Sinus Decongestant Formulas*

Throat Coat (TM): *Intestinal Toning Formulas*

Throat Coat Herbal Syrup (TM): *Expectorant and Moistening Lung/Cough Formulas*

Throat Coat Lemon Echinacea (TM): *Decongestant, Cough Remedy and Moistening Lung/Cough Formulas*

Throat Comfort (YT): *Expectorant Formulas*

Throat Shield Lozenges (GH): *Topical Antiseptic Formulas*

Throat Shield Spray (GH): *Topical Antiseptic Formulas*

Throat Shield Tea (GH): *Decongestant and Moistening Lung/Cough Formulas*

Thymus Plus Caps (SR): *Goldenseal & Echinacea Formulas*

ThyroFem (VT): *Hypothyroid Formulas*

Thyroid (GH): *Hypothyroid Formulas*

Thyroid Blend SP-26 (SR): *Hypothyroid Formulas*

Thyroid Calming (HP): *Hyperthyroid Formulas*

Thyroid Calmpound (H&A): *Hyperthyroid Formulas*

Thyroid Complete (NA): *Hypothyroid Formulas*

Thyroid Formula (WB): *Hypothyroid Formulas*

Thyroid Lifter (HP): *Hypothyroid Formulas*

Thyroid Lift (PH): *Hypothyroid Formulas*

Thyroid Maintenance Formula (CR): *Hypothyroid Formulas*

Thyroid Support (GH): *Hypothyroid Formulas*

Thyroid Thrive (RC): *Hypothyroid Formulas*

Tiger Balm Extra (TB): *Topical Analgesic Formulas*

Tiger Balm Regular (TB): *Topical Analgesic Formulas*

Tiger Balm Ultra (TB): *Topical Analgesic Formulas*

TLC Tea (NF): *Cold and Flu Formulas*

Tonic Blend SP-28 (SR): *Adaptogen Formulas*

Total Body Cleanse (RL): *General Detoxifying Formulas*

Total Body Rapid Cleanse (RL): *General Detoxifying Formulas*

Total Kidney Detox (RL): *Urinary Infection Fighting Formulas*

Tranquilnite (NC): *Sleep Formulas*

Trauma Drops (HP): *Tissue Healing Formulas*

Trauma Oil (HP): *Topical Analgesic Formulas*

Tri-Cleanse Complete Internal Cleanser (PH): *Fiber Blend Formulas*

Triphala (PH): *Gentle Laxative Formulas*

Triphala Fruit (GH): *Gentle Laxative Formulas*

Triphala Laxative (PH): *Gentle Laxative Formulas*

Triphala-Garcinia Program (PH): *Weight Loss Formulas*

Tummy Tea (WB): *Carminative Formulas*

Turkey Rhubarb Formula (WB): *Stimulant Laxative Formulas*

Turmeric & Ginger (NA): *Anti-Inflammatory Formulas*

Turmeric Supreme (GH): *Anti-Inflammatory Formulas*

Ultimate Cleanse (IN): *Blood Purifier Formulas*

Ultimate Echinacea (NSP): *Echinacea Blend Formulas*

Ultimate Echinacea (H&A): *Echinacea Blend Formulas*

Ultimate Fiber Cleanse (IN): *Fiber Blend Formulas*

Ultimate Ginseng (HE): *Adaptogen Formulas*

Ultra Raspberry Ketone (WB): *Weight Loss Formulas*

Uplift (VT): *Antidepressant Formulas*

Urinary Support (GH): *Antibacterial and Urinary Infection Fighting Formulas*

Urinary Support & Flush (IN): *Diuretic Formulas*

Urinary System Support (HP): *Kidney Tonic and Urinary Infection Fighting Formulas*

Urinary Tract Support (EI): *Diuretic and Urinary Infection Fighting Formulas*

Urinary with Cranberry (NW): *Diuretic and Urinary Infection Fighting Formulas*

Usnea Uva Ursi Supreme (GH): *Antibacterial and Urinary Infection Fighting Formulas*

UT Compound (H&A): *Urinary Infection Fighting Formulas*

- Uterine Balance (EI):** *Menstrual Cramp Formulas*
- Uterine Tonic (H&A):** *Female Hormonal Balancing and Uterine Tonic Formulas*
- UTIIntensive (RC):** *Urinary Infection Fighting Formulas*
- Uva Ursi - Horsetail (EI):** *Urinary Infection Fighting Formulas*
- Uva Ursi - Horsetail Cranberry (EI):** *Urinary Infection Fighting Formulas*
- Uva Ursi Diurite (PH):** *Diuretic and Urinary Infection Fighting Formulas*
- Valerian - Passion Flower (EI):** *Relaxing Nervine and Sleep Formulas*
- Valerian - Passion Flower (EI):** *Relaxing Nervine and Sleep Formulas*
- Valerian Combination (TL):** *Sleep Formulas*
- Valerian Complex (AV):** *Sleep Formulas*
- Valerian Easy Sleep (PH):** *Sleep Formulas*
- Valerian Nighttime (NW):** *Sleep Formulas*
- Valerian Poppy Supreme (GH):** *Relaxing Nervine Formulas*
- Valerian Super Calm (HK):** *Relaxing Nervine Formulas*
- Vanilla Spice Perfect Energy (YT):** *Energy-Boosting Formulas*
- Vari-Gone (NSP):** *Vascular Tonic Formulas*
- Vari-Gone Cream (NSP):** *Vascular Tonic Formulas*
- Vascular Support (WB):** *Hypotensive Formulas*
- VB Herbal Bolus (CR):** *Poultice Formulas*
- Vein Support (EI):** *Vascular Tonic Formulas*
- Vein Supreme (NF):** *Vascular Tonic Formulas*
- Vein Tonic (HE):** *Vascular Tonic Formulas*
- VeinoBlend (VT):** *Vascular Tonic Formulas*
- Venous Blend SP-32 (SR):** *Vascular Tonic Formulas*
- Very Berry Antioxidant Blend (SR):** *Antioxidant Formulas*
- Very Cranberry (IN):** *Urinary Infection Fighting Formulas*
- Vi Protection Blend (HK):** *Antiviral Formulas*
- Vibrant Energy (HE):** *Energy-Boosting and Adrenal Tonic Formulas*
- Virattack (HP):** *Antiviral Formulas*
- Vision Enhancement (GH):** *Vision Supporting Formulas*
- Vision with Lutein & Bilberry (NW):** *Vision Supporting Formulas*
- VisionAid (RC):** *Vision Supporting Formulas*
- Vita Greens & Berries (PH):** *Superfood Formulas*
- Vitalerbs (CR):** *Superfood Formulas*
- Vitex Elixir (GH):** *Female Hormonal Balancing Formulas*
- VX Immune Support (H&A):** *Antiviral Formulas*
- Warming Circulation Tonic (HP):** *Cardiovascular Stimulant Formulas*
- Water Out (NF):** *Diuretic Formulas*
- WaterX (RC):** *Diuretic Formulas*
- Weightless (TM):** *Weight Loss Formulas*
- Weightless Cranberry (TM):** *Weight Loss Formulas*
- Weightloss Formula (WB):** *Weight Loss Formulas*
- Well Child (PH):** *Antiviral and Cold and Flu Formulas*
- Well Child Immune Chewable (PH):** *Immune Stimulating Formulas*
- White Flower Analgesic Balm (WF):** *Topical Analgesic Formulas*
- White Willow - Feverfew (EI):** *Analgesic and Migraine/Headache Formulas*
- White Willow with Feverfew Std. (NA):** *Analgesic Formulas*
- Whole Body Defense (GH):** *Immune Stimulating Formulas*
- Wild Yam-Black Cohosh Complex (PH):** *Menopause Balancing Formulas*
- Willow Aid (PH):** *Analgesic Formulas*
- Willow Pain Response (HP):** *Analgesic Formulas*
- Willow/Garlic Ear Oil (HK):** *Ear Drop Formulas*
- Woman's Moon Cycle (YT):** *Female Hormonal Balancing Formulas*
- Woman's Mother to Be (YT):** *Pregnancy Tonic Formulas*
- Woman's Nursing Support (YT):** *Nursing Aid Formulas*
- Woman's Passage (VT):** *Menopause Balancing and Antidepressant Formulas*
- Women's Balance (GH):** *Female Hormonal Balancing Formulas*
- Women's Calmpound (H&A):** *Relaxing Nervine and Female Hormonal Balancing Formulas*
- Women's Dong Quai Tonifier (PH):** *Female Hormonal Balancing Formulas*
- Women's Dong Quai Treasure (PH):** *Female Hormonal Balancing Formulas*
- Women's Formula (H&A):** *Female Hormonal Balancing Formulas*
- Women's Libido (GH):** *Female Aphrodisiac Formulas*
- Women's Phase II (VT):** *Menopause Balancing Formulas*
- Women's Phase I (VT):** *PMS Relieving Formulas*
- Women's Renew (YP):** *Female Hormonal Balancing Formulas*
- Women's Renew Internal Cleansing System (YP):** *General Detoxifying Formulas*
- Women's Reproductive Health (HP):** *Uterine Tonic Formulas*
- Women's Transition Compound (H&A):** *Menopause Balancing Formulas*
- Wormwood Black Walnut Supreme (GH):** *Antiparasitic Formulas*
- X-Ceptic (CR):** *Antibacterial and Topical Antiseptic Formulas*
- Yeast Arrest Suppositories (VT):** *Antifungal Formulas*
- Yeast Balance (EI):** *Antifungal Formulas*
- Yeast Blend SP-7A (SR):** *Antifungal Formulas*
- Yeast ReLeaf (HE):** *Antifungal Formulas*
- Yellow Dock Skin Cleanse (PH):** *Skin Healing Formulas*
- Yin Chiao Classic (PH):** *Cold and Flu Formulas*
- Yin Chiao-Echinacea Complex (PH):** *Decongestant and Immune Stimulating Formulas*
- Yohimbe and Saw Palmetto (SR):** *Male Aphrodisiac Formulas*
- Yohimbe-Plus (IN):** *Male Aphrodisiac Formulas*
- Zyflamend Breast (NC):** *Anti-Inflammatory and Antioxidant Formulas*
- Zyflamend Nighttime (NC):** *Anti-Inflammatory Formulas*
- Zyflamend Prostate (NC):** *Prostate Formulas*
- Zyflamend Tiny Caps (NC):** *Anti-Inflammatory Formulas*
- Zyflamend Whole Body (NC):** *Anti-Inflammatory Formulas*