



TEAS | contain caffeine unless otherwise noted

ROOIBOS TEA +** \$2.50/oz

Fruity, sweet, rounded, mild and smooth with a refreshingly herbal texture. Caffeine-free.

GUNPOWDER GREEN TEA +** \$3.00/oz

A hearty, strong, green tea that is rolled in small pellet to preserve freshness.

NEPALESE BLACK TEA ** \$4.00/oz

Smooth, hearty, and complex. Has flavor characteristics of both green and black tea.

WHITE PEONY TEA ** \$3.50/oz

Fresh aroma with a delicate and smooth taste.

PU'ERH TEA +** \$3.50/oz

Deep and earthy, with light notes of smoke and moss.

JASMINE TEA +** \$4.00/oz

Jasmine flowers and green tea impart a distinct floral aroma and flavor.

OOLONG TEA ** \$3.50/oz

Fermented less than black tea but more than green. A happy medium.

EARL GREY TEA +* \$3.50/oz

An exceptionally rich black tea, fermented to perfection with a complementary pinch of bergamot oil.

TISANES | \$4.00/oz

BEDTIME BLEND

Chamomile, Lemon Balm, Passionflower, Peppermint, Valerian

CALMING FOCUS BLEND

Eleuthero, Holy Basil, Lemon Balm, Passionflower, Rhodiola

CANDIDA BLEND

Burdock Root, Cinnamon, Clove, Echinacea, Gymnema, Lemongrass, Oregano, Pau d'Arco

COUGH & COLD BLEND

Astragalus, Ginger, Lemon Balm, Licorice, Echinacea, Eucalyptus, Marshmallow, Nettle, Slippery Elm

DAILY TONIC

Holy Basil, Lemongrass, Lemon Verbena, Licorice, Nettle, Rhodiola, Rooibos

GUT HEALING BLEND

Cat's Claw, Chamomile, Clove, Fennel Seed, Gentian Root, Marshmallow, Nettles, Peppermint, Slippery Elm

HANGOVER BLEND

Dandelion Root, Fennel Seed, Ginger, Licorice, Milk Thistle, Nettle, Slippery Elm, Turmeric

MORNING BLEND

Chicory Root, Cinnamon, Maca, Marshmallow, Rhodiola

PMS BLEND

Angelica Root, Black Cohosh, Burdock Root, Cramp Bark, Lemon Balm, Nettle, Raspberry Leaf

* Cultivated without chemicals

+ Fair Trade

☆ Kosher

✿ Organic

❖ Wildharvested

DRIED HERBS, ROOTS, FLOWERS, & SPICES

ANGELICA ROOT ** \$2.50/oz

Increases appetite, reduces bloating & gas, reduces cramps, stimulates the secretion of gastric juices.

ASHWAGANDHA ROOT ** \$2.50/oz

Adaptogenic, anti-inflammatory, improves sleep and reaction to stress, reduces anxiety and depression without causing drowsiness, enhances libido, stabilizes blood sugar, helps lower cholesterol. (Allergen info: nightshade)

ASTRAGALUS ROOT ** \$2.50/oz

Strengthens the immune system, improves heart health, stabilizes blood sugar. Has antibacterial and anti-inflammatory properties and can be used internally or externally.

BITTER MELON (BITTER GOURD) ** \$2.50/oz

Lowers blood sugar levels, may suppress growth of certain types of cancer cells, great source of essential vitamins and minerals.

BLACK COHOSH ROOT ** \$3.50/oz

Supports women's health, treats women's hormone-related symptoms, including PMS, menstrual cramps, and menopausal symptoms.

BURDOCK ROOT ** \$2.00/oz

Has blood cleansing and skin healing properties, treats arthritis and gout, can be used internally or externally, and is a great source of essential vitamins and minerals.

CALENDULA FLOWER ** \$2.50/oz

Treats sore throat and mouth, can be used externally for inflamed skin, varicose veins, and hemorrhoids.

CAT'S CLAW ** \$2.00/oz

Anti-inflammatory for joints and digestive system. Treats gout, arthritis, chronic pain, chronic fatigue syndrome, and IBS. Clears the intestines. Supports the immune system. (Take with lemon juice.)

CHAMOMILE FLOWER ** \$2.50/oz

Calms inflammation, reduces muscles spasms and cramps, promotes sleep, treats IBS, treats bacterial-related illness and infection. Can be used externally for eczema, acne, wounds, and hemorrhoids.

CHICORY ROOT (ROASTED) ** \$2.00/oz

Tastes like coffee! Can be used as a coffee substitute for those trying to cut back. Supports digestion and is high in vitamin C and antioxidants.

CINNAMON BARK ** \$2.00/oz

One of the healthiest spices on the planet. Lowers blood sugar levels, reduces risk of heart disease, fights bacterial and fungal infections, and has a plethora of other impressive health benefits.

CLOVES +** \$2.50/oz

Helps relax the smooth lining of the GI tract, which can alleviate vomiting, diarrhea, intestinal gas, and stomachaches.

CRAMP BARK ** \$4.50/oz

Most commonly used as a women's herb for helping with painful menstruation. Used for migraine, asthma, biliary colic (from gall stones), renal colic (from kidney stones), indigestion or bowel disturbances where cramp is the key feature.

DANDELION ROOT ** \$2.50/oz

Supports the gall bladder and the liver. Has a mild laxative effect.

ECHINACEA ROOT ** \$4.00/oz

Boosts the immune system to help combat colds, urinary tract infections, upper respiratory tract infections, and slow-healing wounds. Anti-inflammatory. Has historically been used as a painkiller.

ELEUTHERO ROOT (SIBERIAN GINSENG) ** \$2.50/oz

Adaptogenic, increases energy, combats fatigue, reduces anxiety, improves reaction to stress, lowers blood sugar, and boosts the immune system

EUCALYPTUS LEAF ** \$2.50/oz

Treats respiratory problems including chest congestion, bronchitis, bronchial cough, sinusitis, sore throat and laryngitis. Is a natural antibacterial agent.

DRIED HERBS, ROOTS, FLOWERS, & SPICES

(continued)

GENTIAN ROOT ✨ ✨ \$3.00/oz

A popular bitter root that improves sluggish digestion, poor appetite, or flatulence when taken before or after meals.

GINGER ROOT ✨ ✨ \$2.00/oz

Anti-inflammatory, nausea reliever and digestive aid. Treats menstrual cramps, indigestion, and arthritis.

GINSENG ROOT ✨ ✨ \$12.00/oz

Energy booster. Combats fatigue and improves concentration. Stabilizes blood sugar, treats respiratory tract infections, supports weight loss. Those sensitive to caffeine and other stimulants should be cautious with this herb.

GYMNEMA LEAF (GURMAR) ✨ ✨ ✨ \$2.00/oz

Stabilizes blood sugar, combats candida infections, treats constipation and minor digestive complaints.

HIBISCUS FLOWER ✨ ✨ \$2.00/oz

Stimulates appetite, dissolves phlegm, treats constipation, and supports cholesterol and blood pressure maintenance. High in antioxidants. (Allergy Info: Hibiscus flowers are often intercropped with peanuts. Caution for individuals with severe peanut allergies.)

HOLY BASIL (TULSI) ✨ ✨ \$2.00/oz

Great choice for an all-around health tonic. Treats asthma, bronchitis, colds, diabetes, earache, fever, flu, headache, heart disease, high cholesterol, malaria, mercury poisoning, stress, tuberculosis, ulcers, upset stomach, and viral hepatitis. Can be applied externally for ringworm.

HOPS FLOWER ✨ ✨ \$4.00/oz

Mainly used to treat anxiety, restlessness, and difficulty sleeping. May help with menstrual cramps and menopausal symptoms. Combine with valerian root to aid sleep.

HORSETAIL ✨ ✨ \$2.00/oz

Supports kidney function, treats urinary tract infections, and is a strong diuretic. High in silica. Combine with calcium to increase bone density.

KAVA KAVA ROOT ✨ ✨ \$3.00/oz

Has a strong calming effect. Treats anxiety, restlessness, sleeplessness, and stress-related symptoms such as muscle tension or spasm. May have Valium-like effects at high doses. Harmful to the liver if used long-term.

LAVENDER FLOWER ✨ ✨ \$3.00/oz

Improves mood. Treats restlessness, insomnia, muscle spasms, and abdominal discomfort.

LEMON BALM ✨ ✨ \$2.50/oz

Reduces anxiety, improves mood, and promotes relaxation and sleep. Reduces intestinal gas.

LEMON VERBENA ✨ ✨ \$2.50/oz

Contains volatile oils that possesses a soothing effect. Strengthens the nervous system, aids in digestive disorders, minimizes fevers, and eases colon spasms. Has anti-spasmodic, de-stressing, and expectorant properties.

LEMONGRASS ✨ ✨ \$2.00/oz

Treats digestive tract spasms, stomachache, high blood pressure, convulsions, pain, vomiting, cough, achy joints, fever, the common cold, and exhaustion.

LICORICE ROOT ✨ ✨ \$3.00/oz

Great for stomach ulcers, heartburn, colic, and ongoing inflammation of the lining of the stomach. Treats sore throat, bronchitis, cough, and infections caused by bacteria or viruses. Can be used externally for eczema.

MACA ROOT POWDER ✨ ✨ \$4.00/oz

Energy booster. Treats anemia, chronic fatigue, depression, infertility, osteoporosis, memory problems, low libido. Supports the immune system. Women: treats female hormone imbalance, menstrual problems, and symptoms of menopause. Men: treats erectile dysfunction.

MARSHMALLOW ROOT ✨ ✨ \$2.50/oz

A soothing herb that treats sore throat and dry cough. Coats the digestive system which may help ease the pain of ulcerative colitis and Crohn's, and prevent stomach ulcers from perforation. Aids in healing leaky gut.

MILK THISTLE SEED ✨ ✨ \$2.00/oz

Supports healthy liver function and stimulates bile secretion.

NETTLE LEAF ✨ ✨ \$3.00/oz

Great choice for an all-around health tonic. Has been used to treat allergies, anemia, asthma, blood toxicity, cancer, diabetes, diarrhea, eczema, enlarged spleen, kidney stones, hay fever, lung congestion, osteoarthritis, poor circulation, upset stomach, urinary tract infections, and urinary tract inflammation. Can be applied externally for muscle aches, oily scalp, oily hair, and hair loss.

OREGANO LEAF ✨ ✨ \$2.50/oz

Treats indigestion, heartburn, bloating, and low stomach acidity. Has antimicrobial and antifungal properties against a large array of fungi and bacteria, including Candida albicans.

PARSLEY ROOT ✨ ✨ \$2.00/oz

Treats flatulence, indigestion, spasms and menstrual disorders. Parsley root extract is useful for treating chronic liver and gallbladder diseases because it has diuretic, blood purifying and hepatic qualities. Supports kidney health. High in folic acid.

PASSIONFLOWER ✨ ✨ \$2.50/oz

Mild sedative and anxiety reducer. Helps promote sleep.

PAU D'ARCO BARK ✨ ✨ \$2.00/oz

Used to treat a wide range of infections, including Candida albicans. (Take with lemon juice.)

PEPPERMINT LEAF ✨ ✨ \$2.50/oz

Supports the gastrointestinal tract, gallbladder, and stimulates healthy bowel function. Useful to those suffering with IBS.

PSYLLIUM HUSK POWDER ✨ ✨ \$2.00/oz

Fibrous plant that promotes regularity, colon health, and overall digestive health. Mix with water or add to smoothies for healthier bowel movements.

RASPBERRY LEAF ✨ ✨ \$2.00/oz

Naturally high in magnesium, potassium, iron and b-vitamins which make it helpful for nausea, leg cramps, and improving sleep. Its specific combination of nutrients make it extremely beneficial for the female reproductive system.

RHODIOLA ROOT ✨ ✨ \$5.00/oz

Adaptogenic, anti-inflammatory, improves sleep and reaction to stress, reduces anxiety and depression without causing drowsiness, increases concentration, improves cognitive ability.

ROSEMARY LEAF ✨ ✨ \$3.00/oz

Stimulates the immune system, increases circulation, and improves digestion. Contains anti-inflammatory compounds that may reduce the severity of asthma attacks. Has been shown to improve concentration.

SKULLCAP ✨ ✨ \$3.00/oz

Treats anxiety, epilepsy, pain, and recovery from addiction. Calms the central nervous system.

SLIPPERY ELM BARK ✨ ✨ \$3.50/oz

Soothes sore throats, relieves coughs, and relieves diarrhea and stomach issues. Mucilaginous consistency does a good job of soothing and coating the mouth, throat, stomach, and intestines, relieving acid reflux, Crohn's Disease, ulcerative colitis, diarrhea, diverticulitis, and IBS. Can be used externally to treat heal wounds, burns, ulcers, psoriasis and other skin conditions.

SPEARMINT LEAF ✨ ✨ \$2.50/oz

Supports the gastrointestinal tract, gallbladder, and stimulates healthy bowel function. Useful to those suffering with IBS.

SPIRULINA POWDER ✨ ✨ \$2.50/oz

A natural algae powder that is incredibly high in protein and a good source of antioxidants, B-vitamins, calcium and other nutrients. Mix with water or add to smoothies for an immune system and digestive system boost.

ST. JOHN'S WORT ✨ ✨ \$2.00/oz

Known to be a mild anti-depressant. Can be used to support healthy mood and promote emotional well-being.

TURMERIC ROOT POWDER ✨ ✨ ✨ \$2.00/oz

A powerful anti-inflammatory. Is being studied for treatment of arthritis, IBS, cystic fibrosis, and cancer.

VALERIAN ROOT ✨ ✨ \$3.00/oz

Promotes sleep and reduces anxiety. Has mild sedative effects. Combine with hops for better sleep.

* Cultivated without chemicals

+ Fair Trade

☆ Kosher

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