



CHAMOMILE - *Matricaria chamomilla*

Carminative
Digestive relaxant
Bitter
Nervine sedative
Analgesic
Anti-inflammatory

TULSI/HOLY BASIL - *Ocimum tenuiflorum*

Adaptogen
Anti-microbial
Anti-oxidant
Immune enhancing
Anxiolytic

LICORICE - *Glycyrrhiza glabra*

Adaptogen
Adrenal restorative
Anti-inflammatory & demulcent
Laxative (mild)

SKULLCAP - *Scutellaria lateriflora*

Nervine tonic & sedative
Antispasmodic
Bitter
Hypotensive

KAWAKAWA - *Piper excelsum*

Antispasmodic
Circulatory stimulant
Diaphoretic
Tonic

LEMON VERBENA - *Aloysia citrodora*

Digestive tonic
Febrifuge
Sedative

LEMON BALM - *Melissa officinalis*

Nervine tonic & sedative
Antispasmodic & carminative
Cardiotonic
Antimicrobial

HIBISCUS - *Hibiscus*

Diuretic
Hypotensive
Cardiotonic

ROSE PETALS - *Rosa*

Cardiotonic
Astringent
Emotional heart tonic
Anti-inflammatory

PASSIONFLOWER - *Passiflora incarnata*

Analgesic
Nervine tonic
Cardiotonic & hypotensive

CALENDULA - *Calendula officinalis*

Anti-inflammatory
Antimicrobial
Demulcent & vulnerary
Lymphatic



HOPS - *Humulus lupulus*

Analgesic

Anaphrodisiacs

Bitter

Sedative nervine & hypnotic

Phytoestrogen

YELLOW DOCK - *Rumex crispus*

Hepatic

Laxative (mild)

Lymphatic & Depurative

Astringent

STINGING NETTLE - *Urtica dioica*

Diuretic

Anti-inflammatory

Nutritive

Detoxifier