Naturespirit Herbs

Sea Vegetables, Seaweed Capsules, Wildcrafted Herbs and Herbal Extracts
PO Box 150 • Williams OR 97544 • www.naturespiritherbs.com

2016 Wholesale Catalog

To order by phone call (541) 846-7995
Business hours are Monday through Friday
8:00 am to 5:00 pm Pacific Time

No Fukushima radioactivity detected in our seaweeds!
See our website for more information.

Naturespirit Herbs is our family business, started in 1990 and located in the Siskiyou Mountains of southwestern Oregon. We are harvesters of edible and medicinal wild seaweeds, herbs, and fungi. We are also health care practitioners with a deep understanding of the nutritional and medicinal uses of our products. We offer a complete line of wild sea vegetables, seaweed powders, seaweed capsules, wildcrafted herbs, herbal extracts and herbal extract formulas. We harvest everything in a respectful, ecologically sound way, and strive to provide the highest possible quality.

James Jungwirth & Kari Rein
Co-founders of Naturespirit Herbs

Seaweeds and Health

Seaweeds, also known as marine algae or sea vegetables, are a concentrated source of bioavailable minerals, electrolytes and trace elements. Because of their extremely high iodine content, seaweeds have been used for centuries in Europe and Asia to prevent and treat underactive thyroid conditions. Seaweeds also contain large amounts of therapeutic polysaccharides (algin, fucoidan, laminarin, carrageenans, agar, porphyran etc.), vitamins, carotenoids, polyphenols, chlorophylls and antioxidants.

Modern research suggests that eating seaweeds regularly can promote healthy thyroid and immune system function, facilitate the removal of heavy metals, radioactive elements, PCB's and dioxins from our bodies, inhibit cancers and metastases, prevent strokes, and reduce chronic inflammation, high blood pressure, high blood sugar, high cholesterol levels and atherosclerosis. In fact, the Japanese people's remarkable longevity and extremely low incidence of thyroid disease, cardiovascular disease and many cancers may partly be due to the fact that they have the world's highest per capita seaweed consumption.

How much is good to eat? Three to six grams of dried seaweed per day is a good average amount for nutritional or therapeutic purposes. That's about 2.5 to 5 pounds of seaweed per person per year. Additional seaweed, health and thyroid information can be found at our website.

About our Sea Vegetables and Seaweed Powders

Our sea vegetables and seaweed powders are nutrient-dense wild foods, harvested from the wild and rugged Northern California coast. The ideal growing conditions here support some of the most luxuriously abundant seaweed beds in the world.

We are ecologically responsible harvesters; each plant is trimmed by hand, in a way that allows it to continue to grow and reproduce. A maximum of 25% of any one species is harvested from an area per year. We return to the same beautiful seaweed "gardens" year after year, and have never observed negative impacts from our harvesting.

After harvesting, we rapidly air-dry our seaweeds at low temperatures, which preserves maximum flavor, nutrition and bioactivity. This is the key to excellent quality; you will not find higher quality seaweed products anywhere, at any price. We package them in clear food grade poly bags with colorful labels that include cooking instructions and recipes. Sea vegetables will retain their quality for 2-3 years if kept dry and away from light and heat.

Sea Vegetables and Seaweed Powders

	1 oz.	1/2 lb.	Bulk
Kelp Fronds *(Nereocystis luetkeana)*	**$6.60**	**$31.00**	**$58.00/lb.**

These delicate, crispy Bull Kelp fronds are ready to eat as a salty snack. They can also be crumbled and sprinkled on salads, cooked vegetables, rice, popcorn etc. Of all the seaweeds, Kelp Fronds have the highest content of minerals and electrolytes (especially potassium and magnesium). They are also a very good source of iodine and therapeutic polysaccharides (algin, fucoidan and laminarin). Kelp Fronds will quickly calm a child that has eaten too much sugar! Bull Kelp is a Brown seaweed.

Nori *(Porphyra spp.)*	**$6.40**	**$30.00**	**$56.00/lb.**

Nori has a deep, rich seafood taste, and makes a delicious snack as is or toasted until crisp. Toasted and crumbled Nori adds lots of flavor to breads, soups and sauces, and makes a savory sprinkle on salads, cooked vegetables, rice or popcorn. This is whole leaf Nori; it has not been processed into sheets for making sushi. Nori is a Red seaweed, and is a great source of protein, carotenes, vitamins, and porphyran, a therapeutic polysaccharide.

Sea Palm *(Postelsia palmaeformis)*	**$6.00**	**$26.00**	**$48.00/lb.**

Sea Palm fronds are slender, crispy, and ready to eat as a jerky-like snack. Kids love to nibble on Sea Palm, and it "grounds" their energy if they've had too much sugar. Cooked Sea Palm is remarkably noodle-like in texture, and is excellent in pasta dishes, stir-fries and salads. It cooks tender in about 30 minutes. Sea Palm is a Brown seaweed, and is a good source of minerals and therapeutic polysaccharides (algin, fucoidan and laminarin).

Wakame *(Alaria marginata)*	**$5.80**	**$25.00**	**$46.00/lb.**

Wakame has a very mild flavor, and is our favorite sea vegetable for cooking with rice or vegetable dishes. It is also very good when simmered until tender (about 30 minutes... save the broth!) and used in pasta dishes, salads and marinades. Wakame is a Brown seaweed, and is a great source of calcium, potassium and therapeutic polysaccharides (algin, fucoidan and laminarin).

Kombu *(Laminaria setchellii)*	**$5.60**	**$23.00**	**$42.00/lb.**

Kombu is a hearty sea vegetable that adds lots of flavor and body to soups and bean dishes. It takes 60 to 90 minutes to cook tender. Kombu is a Brown seaweed that is exceptionally high in iodine and therapeutic polysaccharides (algin, fucoidan and laminarin). It has been used for millennia in China and many other Asian countries to treat underactive thyroid conditions, with slow metabolism, sensitivity to cold, fatigue, depression, brain fog, weight gain, puffy face, dry skin, etc. (also see Kombu Powder below, Kombu Capsules on page 3 and Thyroid Support Formula on page 6). Not recommended for people with overactive thyroid conditions.

Sea Vegetable Powder *(A mix of Kombu and Wakame)*	**$5.80**	**$25.00**	**$46.00/lb.**

Once you try this you'll never go back to commercial kelp powders! Our Sea Vegetable Powder has a clean, fresh taste. Ready to use as a flavorful, salty seasoning on cooked vegetables, rice or popcorn, as an ingredient in breads and smoothies, for thickening soups and sauces, or simply mixed into a cup of water or juice. Sea Vegetable Powder is a good source of iodine, calcium, potassium and therapeutic polysaccharides (algin, fucoidan and laminarin). One level teaspoonful weighs about three grams.

Six Mix Seaweed Powder *(Six different seaweed species)*	**$7.20**	**$35.00**	**$66.00/lb.**

This is the same mix we use in our Sea Vegetable Blend Capsules (see page 3). It contains four Brown seaweed species and two Red seaweed species, providing a broad-spectrum nutritional and therapeutic supplement. Six Mix Seaweed Powder has a mild flavor, and may be sprinkled on food, added to smoothies or simply mixed into a cup of water or juice. Contains Kombu *(Laminaria setchellii)*, Wakame *(Alaria marginata)*, Kelp Fronds *(Nereocystis luetkeana)*, Sea Fern *(Cystoseira osmundacea)*, Gigartina *(Gigartina papillata)* and Iridea *(Iridea cordata)*. One level teaspoonful weighs about three grams.

Bladderwrack Powder *(Fucus gardneri)*	**N/A**	**$25.00**	**$46.00/lb.**

Bladderwrack is a Brown seaweed that has been used for centuries in Europe to treat underactive thyroid conditions, with slow metabolism, sensitivity to cold, fatigue, depression, brain fog, weight gain, puffy face, dry skin, etc. (also see Bladderwrack Capsules on page 3 and Thyroid Support Formula on page 6). It is a very good source of iodine and therapeutic polysaccharides (algin, fucoidan and laminarin). Bladderwrack powder has a strong flavor, and may be sprinkled on food, added to smoothies, or simply mixed into a cup of water or juice. Best if kept in a freezer for long term storage. Not recommended for pregnant women or people with overactive thyroid conditions. One level teaspoonful weighs about three grams.

Kombu Powder *(Laminaria setchellii)*	**N/A**	**$23.00**	**$42.00/lb.**

(See Kombu description above for nutritional and medical info). Kombu Powder has a mild flavor, and may be sprinkled on food, added to smoothies or simply mixed into a cup of water or juice. One level teaspoonful weighs about three grams.

Gigartina Powder *(Gigartina papillata)*	**N/A**	**$40.00**	**$76.00/lb.**

Gigartina is a Red seaweed that contains large amounts of carrageenans (antiviral and herpes-suppressing polysaccharides). Gigartina is also known for its tonic effect on the lungs and immune system, and may be helpful for chronic coughs, bronchitis, asthma, hay fever etc. (also see Red Marine Algae Capsules on page 3). Gigartina Powder has a pleasant flavor, and may be sprinkled on food, added to smoothies or simply mixed into a cup of water or juice. One level teaspoonful weighs about three grams.

About our Seaweed Capsules

Our vegetarian capsules contain 100% pure food grade seaweeds; no fillers or additives are used. Each bottle contains 60 grams of dried seaweed (compare this with other brands). We hand harvest our seaweeds from the wild and rugged Northern California coast, and rapidly air-dry them at low temperatures, which preserves maximum flavor, nutrition and bioactivity. This is the key to excellent quality; you will not find higher quality encapsulated seaweeds anywhere, at any price. We invite you to compare the clean fresh taste of the seaweeds in our capsules with other companies' products!

Seaweed Capsules
(10% discount on orders of 12 bottles or more)

Sea Vegetable Blend *(Six different seaweed species)*
(600 mg. per capsule, 100 capsules per bottle) $20.00 per bottle

Our Sea Vegetable Blend capsules contain a mix of four Brown seaweed species and two Red seaweed species, providing a broad spectrum of nutritional and therapeutic benefits. Contains Kombu *(Laminaria setchellii)*, Wakame *(Alaria marginata)*, Kelp Fronds *(Nereocystis luetkeana)*, Sea Fern *(Cystoseira osmundacea)*, Gigartina *(Gigartina papillata)* and Iridea *(Iridea cordata*). **Suggested use:** one to three capsules three times daily, with meals.

Bladderwrack *(Fucus gardneri)*
(600 mg. per capsule, 100 capsules per bottle) $17.00 per bottle

Bladderwrack is a Brown seaweed that has been used for centuries in Europe to treat underactive thyroid conditions, with slow metabolism, sensitivity to cold, fatigue, depression, brain fog, weight gain, puffy face, dry skin, etc. Avoiding chronic stress, excess sugar and carbs, wheat and soy products, chlorinated water, and fluoride toothpaste may also help (also see Thyroid Support Formula on page 6 and Adrena-Tone Formula on page 5). Bladderwrack is a very good source of iodine and therapeutic polysaccharides (algin, fucoidan and laminarin). Not recommended for pregnant women or people with overactive thyroid conditions. If the recommended dosage causes gas or loose stools, start with less. If possible, keep unopened bottles in a freezer to preserve maximum potency. **Suggested use:** one to three capsules three times daily, with meals.

Kombu *(Laminaria setchellii)*
(600 mg. per capsule, 100 capsules per bottle) $17.00 per bottle

Kombu is a Brown seaweed that is exceptionally high in iodine and therapeutic polysaccharides (algin, fucoidan and laminarin). It has been used for millennia in China and many other Asian countries to treat underactive thyroid conditions, with slow metabolism, sensitivity to cold, fatigue, depression, brain fog, weight gain, puffy face, dry skin, etc. Avoiding chronic stress, excess sugar and carbs, wheat and soy products, chlorinated water, and fluoride toothpaste may also help (also see Thyroid Support Formula on page 6 and Adrena-Tone Formula on page 5). Not recommended for people with overactive thyroid conditions. **Suggested use:** one to three capsules three times daily, with meals.

Red Marine Algae *(Gigartina papillata)*
(600 mg. per capsule, 100 capsules per bottle) $20.00 per bottle

Gigartina is a Red marine algae (seaweed) that contains large amounts of carrageenans (antiviral and herpes-suppressing polysaccharides). Gigartina is also known for its tonic effect on the lungs and immune system, and may be helpful for chronic coughs, bronchitis, asthma, hay fever etc. **Suggested use:** one to three capsules three times daily, with meals.

About our Herbs and Herbal Extracts

Bulk Wildcrafted Herbs – See our Wildcrafted Herbs Pricelist at our website (or ask us to mail you a copy). We harvest a wide variety of medicinal wild plants and fungi. Each herb is harvested during its optimal stage of development, in a way that causes minimal impact on future plant populations. However, we do not usually keep herbs in stock; we harvest them for people that order them. That way you always get fresh herbs, and valuable herbs never end up getting old in storage and going to waste.

Herbal Extracts and Formulas – Most of our herbal extracts and formulas are made with herbs that we have ethically harvested from healthy wild environments. Some are organically grown. A few high quality imported herbs (organic, unsprayed, non-irradiated etc.) are also used. Fresh herbs are chopped, macerated in one to two parts of certified organic 95% grain alcohol, then pressed and filtered. This produces a (1:1), (1:1.5) or (1:2) ratio of herb to alcohol. Dried herbs are powdered and macerated in four or five parts of a mix of organic grain alcohol and water (different herbs require different alcohol percentages for optimum extraction).

Herbal Extract Price Codes

Price Code	4 oz.	8 oz.	16 oz.	32 oz.
A	$24.00	45.60	86.40	163.20
B	$27.00	51.30	97.20	183.60
C	$30.00	57.00	108.00	204.00
D	$36.00	68.40	129.60	244.80

Herb Source and Use Codes

WC = Wildcrafted

OG = Organically Grown

US = Unsprayed

◊ = Not recommended for use during pregnancy

Δ = For external use only

⊕ = For health care professionals only

Single Herb Extracts

(This is a partial list of what we have in stock - the full list can be found at our website)

HERBAL EXTRACT	*PRICE CODE*
Anemone ⊕ ◊ *(Anemone occidentalis)* Fr Herb (1:1.5) WC	D
Balsam Poplar *(Populus balsamifera)* Dr Buds (1:5) WC	C
Balsamroot *(Balsamorhiza sagittata)* Fr Root (1:1.5) WC	B
Baneberry ◊ *(Actea rubra)* Fresh Root (1:1.5) WC	B
Bayberry *(Myrica californica)* Dried Root Bark (1:5) WC	C
Betony *(Pedicularis densiflora)* Fresh Herb (1:1) WC	B
Bladderwrack ◊ *(Fucus gardneri)* Fr Whl Plant (1:1) WC	B
Bleeding Heart ◊ *(Dicentra formosa)* Fresh Root (1:1) WC	C
Bugleweed *(Lycopus virginicus)* Fresh Herb (1:1.5) OG	A
Calamus ◊ *(Acorus calamus)* Fresh Root (1:1.5) OG	B
California Poppy ◊ *(Eschscholzia californica)* Fresh Whole Plant (1:1.5) WC	B
Cedar, Western Red ◊ *(Thuja plicata)* Fr Leaf (1:2) WC	A
Cilantro *(Coriandrum sativum)* Fresh Herb (1:1) OG	A
Coral Root ◊ *(Corallorhiza maculata)* Fresh Root (1:1.5) WC	D
Dandelion *(Taraxacum officinale)* Fresh Root (1:1) WC	A
Devil's Club ◊ *(Oplopanax horridum)* Fr Rt Brk (1:1.2) WC	C
Echinacea *(Echinacea purpurea)* Fr Rt, Flower & Seed (1:1.5) OG	B
Elderberry *(Sambucus caerulea)* Fresh Berry (1.4:1) WC	C
Feverfew *(Tanacetum parthenium)* Fresh Herb (1:1.5) OG	A
Figwort *(Scrophularia californica)* Fresh Herb (1:1) WC	B
Gigartina *(Gigartina papillata)* Fr Whole Plant (1:1) WC	C
Hawthorn *(Crataegus douglasii)* Fr Flwrng Tips (1:2) WC	C
Horsetail *(Equisetum telemateia)* Fresh Herb (1:1) WC	A
Indian Pipe ◊ *(Monotropa uniflora)* Fr Whl Plant (1:2) WC	D
Indian Warrior – see Betony	

HERBAL EXTRACT	*PRICE CODE*
Japanese Knotweed *(Polygonum cuspidatum)* Fresh Root (1:1.5) WC	B
Lomatium ◊ *(Lomatium dissectum)* Fresh Root (1:1.5) WC	C
Motherwort ◊ *(Leonurus cardiaca)* Fresh Herb (1:1.5) OG	A
Nettle Root *(Urtica dioica)* Fresh Root (1:1.5) WC	B
Nettle Seed *(Urtica dioica)* Fresh Seed (1:1) WC	C
Oat Seed *(Avena sativa)* Fresh Milky Seed (1:1.5) OG	A
Oregon Grape *(Mahonia aquifolium)* Fr Root (1:1.5) WC	B
Red Root *(Ceanothus cuneatus)* Dried Root (1:4) WC	C
Silk Tassel ◊ *(Garrya fremontii)* Dr Leafy Tips (1:4) WC	B
Skullcap *(Scutellaria lateriflora)* Fresh Herb (1:1) OG	A
Spikenard Berry *(Aralia californica)* Fr Berry (2:1) WC	D
Spikenard Root *(Aralia californica)* Fresh Root (1:1) WC	B
St. John's Wort *(Hypericum perforatum)* Fr Flowering Tips (1:1.5) WC	B
Stone Root *(Collinsonia canadensis)* Fresh Root (1:1) OG	B
Sweet Root *(Osmorhiza occidentalis)* Fresh Root (1:2) WC	C
Trillium *(Trillium ovatum)* Fresh Whole Plant (1:1.5) WC	D
Usnea ◊ *(Usnea spp.)* Dried Lichen (1:5) WC	B
Valerian, Sitka *(Valeriana sitchensis)* Fr Root (1:1.5) WC	C
Wild Indigo ◊ *(Baptisia australis)* Fresh Root (1:1) OG	A
Wild Lettuce *(Lactuca serriola)* Fresh Herb (1:1) WC	B
Yarrow *(Achillea millefolium)* Fresh Flower (1:1.5) WC	A
Yellow Pond Lily *(Nuphar polysepalum)* Fr Rt (1:1.5) WC	B
Yerba Mansa *(Anemopsis californica)* Fresh Root (1:1) OG	B
Yerba Santa *(Eriodictyon californicum)* Fr Lf (1:1.5) WC	A
Yew ◊ *(Taxus brevifolia)* Fresh Leafy Tips (1:1.5) WC	C

Herbal Extract Formulas

All herbal extract formulas are price code "C"
(See price codes and herb source/use codes on page 4)

Adaptogen Blend ◊ Adaptogenic herbs are the ultimate tonics: metabolic regulators that promote health and well-being and help keep the brain and body from going into stress mode. Best with long term use (also see Adrena-Tone Formula). *Ingredients:* Extracts of Eleuthero, American Ginseng, Devils Club, Rhodiola, Ashwagandha, Schisandra, Gotu Kola, Reishi, Holy Basil, Spikenard Root and Spikenard Berry. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Adrena-Tone ◊ Supports healthy adrenal gland function when experiencing prolonged stress and nervous exhaustion/adrenal fatigue, with low energy, anxiety, irritability, depression, brain fog, insomnia, etc. Best with long term use, some kind of relaxation practice, more sleep, B-vitamins, increased dietary fats, oils and proteins, and reduced sweets and starches (also see Liver Deficiency Tonic and Thyroid Support Formula). *Ingredients:* Extracts of Eleuthero, Licorice, Ashwagandha, Rhodiola, Schisandra, Skullcap, Oat Seed, Anemone, American Ginseng and Lobelia. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Brain Tonic ◊ This formula contains herbs for stimulating circulation, increasing oxygen supply to the brain and improving mental clarity, especially for older folks with poor memory function and atherosclerosis, tinnitus or general debility. Best with long term use and daily aerobic exercise. *Ingredients:* Extracts of Ginkgo, Gotu Kola, Rhodiola, Schisandra, Calamus, American Ginseng, Ashwagandha, Prickly Ash, Cereus, Bayberry, Rosemary and Oregano. *Suggested use:* 30 to 60 drops (1-2 squirts) in a little water up to 4X daily.

Breathe Deep ◊ A combination of decongestant, broncho-dilating, antispasmodic and anti-inflammatory herbs. Used to promote easier breathing for people with chronic lung conditions: asthma, bronchitis, bronchorrhea, emphysema, dyspnea etc. *Ingredients:* Extracts of Khella, Lobelia, Yerba Santa, Horehound, Passionflower Root, Cereus, Iknish, Elecampane, Hawthorn, Ginkgo, Feverfew and Myrrh. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Cand-Aid ◊ Used internally to inhibit candida and other yeasts. For best results use long term, avoid sugars and starches, eat more fats, oils and proteins, and use lots of yogurt, sauerkraut or probiotics (also see Lymph-Immune Tonic). *Ingredients:* Extracts of Pao D'arco, Spilanthes, Usnea, Myrrh, Oregano, Quassia, Sweet Root, Chaparro, Echinacea and Red Cedar. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Colon Tonic ◊ A gentle formula for improving colon tone, stimulating peristalsis and relieving chronic constipation. Best with daily aerobic exercise and increased intake of water and dietary fiber (vegetables, fruits, seaweeds, flax, psyllium etc.) *Ingredients:* Extracts of Cascara Sagrada, Turkey Rhubarb, Licorice, Yellow Dock, Cayenne, Prickly Ash, Blue Flag, Goldenseal, Ginger, Lobelia and Bayberry. NOTICE: This product contains Cascara Sagrada and Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada and Turkey Rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. *Suggested use:* 2-6 squirts (1/4 to 1 tsp.) in a little water up to 2X daily (mornings and evenings).

Cramp Calm ◊ A blend of antispasmodic herbs used to relieve painful menstrual, stomach, intestinal, gall bladder or urinary tract cramps (also see Pain Formula). *Ingredients:* Extracts of Wild Yam, Cramp Bark, Baneberry, Silk Tassel, California Poppy, Western Peony, Lobelia, Skullcap, Passionflower Root and Ginger. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Digestive Bitters – Bitters are traditionally taken before eating to stimulate the appetite and digestive juices and to prevent indigestion, gas, bloating etc. Best with long term use. *Ingredients:* Extracts of Gentian, Angelica, Cardamom, Ginger, Calamus, Prickly Ash, Bayberry, Schisandra and Centaury. *Suggested use:* 15 to 30 drops in a little water 15 minutes before eating.

Female Tonic ◊ This is a hormonal tonic/PMS formula for women with long or irregular menstrual cycles, estrogen-dominance PMS distress (water retention, headaches, emotional etc.) and crampy, slow-onset menses. Best with long term use and regular consumption of Brown seaweeds (also see Liver Deficiency Tonic). *Ingredients:* Extracts of Dong Quai, Chaste Tree, Blue Cohosh, Cotton Root, American Ginseng, Ocotillo, Anemone, Baneberry and Oregon Grape. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Flu Season ◊ For the prevention and relief of colds, influenza, viral bronchitis, etc. Made with herbs known for their antiviral, expectorant, immune-stimulant and diaphoretic qualities. Our family and friends rely on this one during flu season! *Ingredients:* Extracts of Lomatium, Iknish, Spikenard, Balsamroot, Ginger, Echinacea, Myrrh, Red Root, Oregano, Cayenne and Yerba Santa. *Suggested use:* 2 to 6 squirts (1/4 to 1 tsp.) in a little water up to 4X daily.

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(See price codes and herb source/use codes on page 4)

Heart Calm ◊ For nervous heart conditions such as tachycardia, palpitations and arrhythmias, often accompanied by a sensation of panicky tightness in the chest and shortness of breath. Best with long term use (also see Adrena-Tone and Thyroid Calm Formulas). *Ingredients:* Extracts of Hawthorn, Motherwort, Cereus, Passionflower, Lily-of-the-Valley, Bugleweed, Skullcap, Oat Seed and Eleuthero. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Herbal Cough Syrup – This tasty and concentrated syrup is locally renowned. It is made with expectorant, demulcent and antispasmodic herbs that help move phlegm and promote easier breathing. *Ingredients:* Spikenard, Balsamroot, Elecampane, Wild Cherry, Iknish, Balsam Poplar, Lobelia, Yerba Santa and Yerba Mansa in a honey/alcohol base. *Suggested use:* 2 to 4 squirts or 1/4 to 1/2 teaspoon as needed.

Herbal Liniment Δ Applied to bruises, sprains, aching muscles and arthritic joints to stimulate circulation and relieve pain and inflammation (also see Muscle Calm and Pain Formulas). *Ingredients:* Extracts of Arnica, Cayenne, Hyssop, Yarrow, Balsam Poplar, Wormwood, Tobacco, Bleeding Heart, Melilot, Yerba Mansa and Horse Chestnut. *Suggested use:* Apply to affected areas as needed. CAUTION: Contains Cayenne! Use with care and wash hands with soap after applying.

Hypertens-Ease ◊ A tonic formula for people with high blood pressure (essential hypertension). It is composed of cardio-tonic, diuretic, vasodilating, blood thinning, and cholesterol-reducing herbs. Best with long term use, regular aerobic exercise, increased consumption of Brown seaweeds, vegetables, fats, oils and proteins, and decreased consumption of sugar and starches. *Ingredients:* Extracts of Hawthorn, Passionflower, Eleuthero, Bladderwrack, Dandelion, Red Root, Feverfew, Prickly Ash, Cayenne and Puncture Vine. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Kids Comfort – A combination of gentle, time-tested herbs for babies and small children, used for fevers, coughs, belly-aches, gas, colic, constipation, teething, agitation and sleeplessness. *Ingredients:* Extracts of Catnip, Fennel, Peppermint, Chamomile, Lemon Balm and Licorice. *Suggested use:* 15 to 30 drops in a little water as needed.

Liver Deficiency Tonic ◊ A constitutional tonic for people with deficient liver function, with dry skin, allergies, unstable blood sugar, difficult digestion of fats, oils and proteins, and a tendency toward adrenaline stress and constipation. Best with long term use, increased consumption of vegetables, fats, oils and proteins, and decreased consumption of sugar and starches (also see Adrena-Tone and Digestive Bitters). *Ingredients:* Extracts of Oregon Grape, Yellow Dock, Milk Thistle, Prickly Ash, Blue Flag, Buckbean, Red Root, Ocotillo, Schisandra and Devil's Club. *Suggested use:* 30 to 60 drops (1-2 squirts) in a little water up to 4X daily.

Lymph-Immune Tonic ◊ For chronic immune deficiency (seem to be sick all the time, with colds, influenza, sinus infections, tonsillitis, mononucleosis, EBV, CMV, candida, mycosis, etc.). The cause may be an underactive thyroid (see Thyroid Support Formula), chronic stress (see Adrena-Tone Formula), colon flora dysbiosis (use probiotics), excessive dietary sugars and starches, or protein deficiency. Best with long term use. *Ingredients:* Extracts of Echinacea, Red Root, Astragalus, Myrrh, Stillingia, Reishi, Ocotillo, Baptisia, Devil's Club, Lomatium and Blue Flag. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Meno-Peace ◊ These herbs have a long history of use in relieving the discomforts of menopause: hot flashes, sweating, anxiety, heart palpitations, insomnia, etc. *Ingredients:* Extracts of Dong Quai, Motherwort, Bugleweed, Licorice, Oat Seed, Anemone, Baneberry, Cereus, Blue Cohosh and Devil's Club. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Mental Alertness ◊ This formula contains herbs known for their ability to improve mental alertness, focus and clarity, without being too stimulating. We keep it handy for when we feel tired but don't want to use caffeine. (If you want caffeine, see Wake Up Formula.) *Ingredients:* Extracts of Calamus, Schisandra, Gotu Kola, Rhodiola, American Ginseng, Rosemary, Peppermint and Nettle Seed. *Suggested use:* 30 to 60 drops (2-4 squirts) in a little water up to 4X daily.

Mouth and Gum Tonic – A stimulating antiseptic mouthwash for the prevention and relief of inflamed or receding gums, mouth sores, sensitive teeth and pyorrhea. Also useful as a gargle for sore or strep throat. Tingly and refreshing! *Ingredients:* Extracts of Cinnamon, Cloves, Peppermint, Myrrh, Prickly Ash, Bloodroot, Bayberry, Spilanthes, Bistort and Stevia. *Suggested use:* 10 to 20 drops in a little water (and a pinch of sea salt and baking soda) as a mouthwash or gargle, or just put a few drops on your toothbrush!

Muscle Calm – This muscle relaxant formula is used internally for painful muscle spasms and stiffness (lower back pain, leg cramps, etc.) from hard work, strains or injuries (also see Herbal Liniment and Pain Formula). It may also be used as a relaxing adjunct to massage and bodywork. *Ingredients:* Extracts of Betony, Scullcap, Western Peony, St. John's Wort, Aspen, Baneberry, Bleeding Heart and Yerba Mansa. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

All herbal extract formulas are price code "C"
(See price codes and herb source/use codes on page 4)

Pain Formula ◊ May be used internally or topically for relieving pain from injuries, headaches, toothaches, arthritis, neuralgia etc. (also see Muscle Calm Formula). *Ingredients:* Extracts of California Poppy, Skullcap, Bleeding Heart, Aspen, St. John's Wort, Melilot, Hedge Nettle, Motherwort and Baneberry. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Pollen Season – Formulated for the prevention and relief of hay fever and sinus allergies (best with long term use). It may also be used as a simple decongestant for head colds, wet asthma or other wheezy/watery/drippy lung and nose conditions. *Ingredients:* Extracts of Yerba Santa, Yerba Mansa, Ambrosia, Bayberry, Feverfew, Horehound, Inside-Out Flower, Red Root, Horseradish and Oregon Grape. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Pros-Tone – Used to maintain prostate health, relieve chronic prostate conditions and soothe any related urinary tract symptoms. Best with long term use, regular aerobic exercise and regular consumption of Brown seaweeds (also see Venous Tonic Formula). *Ingredients:* Extracts of Saw Palmetto, Red Cedar, Nettle Root, Dong Quai, American Ginseng, Cotton Root, Stone Root, Pygeum, Eryngo and Baneberry. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Relaxation – A combination of sedative herbs to promote relaxation and a good night's sleep. *Ingredients:* Extracts of Valerian, Skullcap, Passionflower, Catnip, Anemone, Oat Seed, Wild Lettuce, St. John's Wort, Bugleweed, California Poppy and Ashwagandha. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Thyroid Calm ◊ These are herbs for overactive thyroid conditions, with fast metabolism, nervousness, anxiety, insomnia, fatigue, rapid heartbeat, heart palpitations, hand tremors, sweating, weight loss etc. Best with long term use (also see Adrena-Tone and Heart Calm Formulas). *Ingredients:* Extracts of Bugleweed, Motherwort, Cereus, Oat Seed, Reishi, Skullcap, Devil's Club and American Ginseng. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Thyroid Support ◊ Formulated to enhance the effectiveness of our Bladderwrack and Kombu capsules (see page 3) in stimulating underactive thyroid conditions, with slow metabolism, sensitivity to cold, fatigue, depression, brain fog, weight gain, puffy face, dry skin, etc. (also see Adrena-Tone Formula). Avoiding chronic stress, excess sugars and starches, wheat and soy products, chlorinated water, and fluoride toothpaste may also help. Best with long term use. *Ingredients:* Extracts of Ashwagandha, Gotu Kola, Guggulu, Rhodiola, Blue Flag, Anemone, Prickly Ash, Reishi, Nettle Seed, Eleuthero and American Ginseng. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

Traveler's Insurance ◊ For the prevention and relief of vacation-ruining horrors such as traveler's diarrhea, giardia, shigellosis, amoebic dysentery, protozoa, parasites etc. (also see Cramp Calm Formula). *Ingredients:* Extracts of Chaparro, Oregon Grape, Chaparro, Oregon Grape, Lomatium, Oregano, Quassia, Garlic, Usnea, Eleuthero, Astragalus, Echinacea and Myrrh. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Urinary Tract Tonic – This formula can be used for chronic irritation or infection of the urinary tract (bladder, kidneys etc.) Drinking more water, avoiding sugars and starches, eating more vegetables, fats, oils and proteins, and using probiotics, sauerkraut or yogurt may also help. *Ingredients:* Extracts of Corn Silk, Pipsissewa, Horsetail, Marshmallow, Nettle Seed, Bidens, Eryngo, Echinacea and Myrrh. *Suggested use:* 3 to 6 squirts or 1/2 to 1 tsp. in 8 ounces of water up to 4X daily.

Venous Tonic ◊ Used to relieve varicose veins, hemorrhoids, and other aching, congested conditions of the uterus, cervix, prostate, or legs. Best with long term use (also see Liver Deficiency Tonic). *Ingredients:* Extracts of Stone Root, Witch Hazel, Horse Chestnut, Prickly Ash, Ocotillo, Red Root, Baneberry and Gotu Kola. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Wake Up ◊ Made with three of nature's finest caffeine herbs; causes less restlessness than coffee. Extremely convenient! We keep a bottle in our car to use if we feel drowsy (also see Mental Alertness Formula). Contains caffeine; do not use if sensitive to caffeine. Not recommended for use by pregnant or nursing women or by children under 18 years old. *Ingredients:* Extracts of Guarana, Yerba Mate and Green Tea. *Suggested use:* 1 to 3 squirts in a little water up to 4X daily.

You have the freedom as well as the responsibility to decide what to put into your own body.
The medical information in this catalog has not been evaluated by the FDA, and is for educational purposes only.
It is not intended to replace your own good judgment or the advice of a qualified health care professional.

Wholesale Ordering Information

Naturespirit Herbs
PO Box 150
Williams OR 97544

www.naturespiritherbs.com
info@naturespiritherbs.com
Phone (541) 846-7995

Wholesale Accounts – Please contact us if you would like to set up a wholesale account. Minimum wholesale order size is $100.

Ordering by Phone – Our business hours are Monday through Friday, 8:00 am to 5:00 pm Pacific Time.

Ordering by email – We welcome email orders. However, for security reasons, please do not email your credit card info.

Payment and Terms – You can pay by credit card, check, money order, PayPal or bank wire. All orders must be prepaid unless other arrangements have been made. When credit is established, payment is due 30 days from the invoice date. There is a 2% monthly late charge on overdue accounts and a $25.00 fee for bounced checks.

Shipping and Handling – Is paid by the customer, with an $8.00 minimum. We can ship by USPS, UPS or FedEx.

Prices and Availability – Are subject to change without notice.

Returns – Please contact us for a return authorization before returning anything. Our policy is to refund unopened items if they are returned within 30 days of the invoice date.

Bulk Wildcrafted Herbs – Our Wildcrafted Herbs Pricelist is available at our website (or ask us to mail you a copy).