



# Naturespirit Herbs

*Harvesting from the Wild since 1990*



## Retail Catalog Spring 2019

**To order by phone call (541) 846-7995**

**Monday thru Friday - 8:00 am to 5:00 pm Pacific Time**

**Check out our new website at [www.naturespiritherbs.com](http://www.naturespiritherbs.com)!**

Naturespirit Herbs LLC 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 that understand the therapeutic 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 and Kari Rein, co-founders of Naturespirit Herbs

### Seaweeds and Health

Seaweeds are also known as sea vegetables, kelps or marine algae. They are concentrated sources of essential minerals, trace elements (including iodine and selenium), therapeutic sulfated polysaccharides (algins, fucoidans, laminarins, carrageenans, agars, porphyrans etc.), vitamins, carotenoids, chlorophylls, polyphenols and antioxidants.

How much is good to eat? 3 to 5 grams of dried seaweed per day is a good average amount for nutritional and therapeutic purposes (that's about 2.5 to 4 pounds per year). This amount is based on the average Japanese diet. The Japanese people's remarkable health and longevity may be partly due to the fact that they eat more seaweed than any other culture in the world. Eating a small amount with each meal, each day provides the greatest therapeutic benefits.

Additional seaweed, health, and thyroid information can be found on our website.

### About our Sea Vegetables and Seaweed Powders

We harvest our seaweeds from the wild and rugged Northern California coast. The clean waters and ideal growing conditions support some of the most luxuriously abundant seaweed beds in the world.

We are ecologically responsible harvesters; each plant is harvested by hand, in a way that allows it to continue to grow and reproduce. 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.

Seaweeds will retain their quality for two to three years if kept in airtight containers in a dark place. Although we strive to produce perfectly clean sea vegetables, please inspect for small crustaceans or shellfish before eating. Seaweed powders and capsules may also contain trace amounts of crustaceans or shellfish.

## Sea Vegetables and Seaweed Powders

|  | 1 oz.         | 1/2 lb.        | Bulk               |
|--|---------------|----------------|--------------------|
| <b>Kelp Fronds</b> ( <i>Nereocystis luetkeana</i> )  | <b>\$7.80</b> | <b>\$41.00</b> | <b>\$76.00/lb.</b> |
| <p>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 are the highest in minerals and electrolytes, especially potassium and magnesium. They are also an excellent source of trace elements (including iodine and selenium) and therapeutic polysaccharides. Kelp Fronds will quickly "ground" the energy of a child that has eaten too much sugar! Bull Kelp is a Brown seaweed.</p>   |               |                |                    |
| <b>Nori</b> ( <i>Porphyra spp.</i> )   | <b>\$7.80</b> | <b>\$41.00</b> | <b>\$76.00/lb.</b> |
| <p>Nori (also known as Laver) has a deep, rich, umami seafood taste, and makes a delicious snack when 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, and popcorn (also see Nori Flakes below). 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, carotenoids, vitamins, selenium, and therapeutic polysaccharides.</p>   |               |                |                    |
| <b>Sea Palm</b> ( <i>Postelsia palmaeformis</i> )  | <b>\$6.80</b> | <b>\$34.00</b> | <b>\$62.00/lb.</b> |
| <p>Sea Palm Fronds are slender, crispy, and ready to eat as a jerky-like snack. Kids love to nibble on Sea Palm, and it helps "ground" their energy if they have 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, trace elements, and therapeutic polysaccharides.</p>  |               |                |                    |
| <b>Wakame</b> ( <i>Alaria marginata</i> )  | <b>\$6.80</b> | <b>\$34.00</b> | <b>\$62.00/lb.</b> |
| <p>Wakame has a very mild flavor, and is one of our favorite sea vegetables for cooking with rice or vegetable dishes. It is also very good when simmered until tender (about 30 minutes) and used in pasta dishes, salads, and marinades. Save and use the broth too! Wakame is a Brown seaweed, and is a great source of calcium, potassium, selenium, and therapeutic polysaccharides.</p>  |               |                |                    |
| <b>Kombu</b> ( <i>Laminaria setchellii</i> )   | <b>\$6.40</b> | <b>\$30.00</b> | <b>\$54.00/lb.</b> |
| <p>Kombu is a hearty and nutritious sea vegetable that adds lots of flavor and body to soups, broths and bean dishes. It takes 60 to 90 minutes to cook tender, so it holds together well in dishes that require long cooking times. Kombu is a Brown seaweed, and is a rich source of minerals, iodine and other trace elements, and therapeutic polysaccharides.</p>   |               |                |                    |
| <b>Kombu-Wakame Powder</b> ( <i>Sea Vegetable Powder</i> )   | <b>\$6.60</b> | <b>\$32.00</b> | <b>\$58.00/lb.</b> |
| <p>Formerly called Sea Vegetable Powder. Once you try this, you'll never go back to commercial kelp powders! Our Kombu-Wakame 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. Kombu-Wakame Powder is a good source of iodine, selenium, calcium, potassium and therapeutic polysaccharides. One level teaspoonful weighs about 4 grams.</p>  |               |                |                    |
| <b>Six Mix Seaweed Powder</b> ( <i>Six different seaweed species</i> )   | <b>\$8.20</b> | <b>\$45.00</b> | <b>\$84.00/lb.</b> |
| <p>A mix of six different Brown and Red seaweed species, providing broad-spectrum nutrition and health benefits. This is the same seaweed mix used in our Sea Vegetable Blend Capsules (see page 3). 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 (<i>Laminaria setchellii</i>), Wakame (<i>Alaria marginata</i>), Kelp Fronds (<i>Nereocystis luetkeana</i>), Sea Fern (<i>Cystoseira osmundacea</i>), Gigartina (<i>Gigartina papillata</i>) and Iridea (<i>Iridea cordata</i>). One level teaspoonful weighs about 4.5 grams.</p> |               |                |                    |
| <b>Nori Flakes</b> ( <i>Porphyra spp.</i> )  | <b>\$8.20</b> | <b>\$45.00</b> | <b>\$84.00/lb.</b> |
| <p>Nori Flakes have a deep, rich, umami seafood taste. They make a savory sprinkle on salads, cooked vegetables, rice or popcorn, and add lots of flavor to breads, soups and sauces. Nori (also known as Laver) is a Red seaweed, and is a great source of protein, carotenoids, vitamins, and therapeutic polysaccharides. One level teaspoonful weighs about 1.5 grams.</p>   |               |                |                    |
| <b>Gigartina Powder</b> ( <i>Gigartina papillata</i> )   | <b>\$8.40</b> | <b>\$47.00</b> | <b>\$88.00/lb.</b> |
| <p><i>Gigartina papillata</i> is a Red marine algae (seaweed). It contains sulfated polysaccharides known for their tonic effects on the immune system, lungs, and digestive tract. This is the same seaweed species used in our Red Marine Algae Capsules (see page 3). Gigartina Powder has a pleasant, Dulse-like 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 4 grams.</p>   |               |                |                    |

## (Seaweed Powders continued)

1 oz.

1/2 lb.

Bulk

### **Bladderwrack Powder** (*Fucus gardneri*)

N/A

\$32.00

\$58.00/lb.

Bladderwrack is a Brown seaweed that has been used for centuries in Europe to support healthy thyroid function (also see Bladderwrack Capsules below and Thyroid Support Formula on page 7). It is a very good source of minerals, trace elements (including iodine and selenium), and therapeutic polysaccharides. Compared to our other seaweed powders, Bladderwrack Powder has a very strong taste. It is best used as an ingredient in smoothies or mixed into a cup of water or juice. One level teaspoonful weighs about three grams. You can also use Bladderwrack Powder for a therapeutic seaweed bath, facial mask or body wrap (instructions are included on our website).

## About our Seaweed Capsules

Seaweed capsules are the most convenient way to add seaweeds to your daily diet. Each bottle of our vegetarian capsules contains 60 grams of pure food grade dried seaweed (compare this with other brands).

We sustainably hand harvest our seaweeds from the wild and rugged Northern California coast. The clean waters and ideal growing conditions support some of the most luxuriously abundant seaweed beds in the world. After harvesting, we rapidly air-dry our seaweeds at low temperatures, which preserves maximum flavor, nutrition and bioactivity. You will not find higher quality seaweed capsules anywhere, at any price.

Seaweeds are natural products of the ocean, and may contain trace amounts of crustaceans or shellfish.

## Seaweed Capsules

**(10% discount on orders of 5 bottles or more)**

### **Sea Vegetable Blend** (*Six different seaweed species*)

**(600 mg. per capsule, 100 capsules per bottle)**

**\$30.00 per bottle**

Our Sea Vegetable Blend capsules contain a mix of six different Brown and Red seaweed species, providing broad-spectrum nutrition and promoting healthy thyroid, cardiovascular, digestive, and immune system function. Seaweeds are concentrated sources of essential minerals and trace elements (including iodine and selenium), therapeutic polysaccharides, vitamins, carotenoids, chlorophylls, polyphenols and antioxidants. Contains Kombu (*Laminaria setchellii*), Wakame (*Alaria marginata*), Kelp Fronds (*Nereocystis luetkeana*), Sea Fern (*Cystoseira osmundacea*), Gigartina (*Gigartina papillata*) and Iridea (*Iridea cordata*). Suggested use is two capsules daily, with meals, or as directed by your health care practitioner.

### **Bladderwrack** (*Fucus gardneri*)

**(600 mg. per capsule, 100 capsules per bottle)**

**\$25.00 per bottle**

Bladderwrack is a Brown seaweed that has been used for centuries in Europe to support healthy thyroid function (also see Thyroid Support Formula on page 6). It is a very good source of iodine, selenium, and therapeutic polysaccharides (algins and fucoidans). Suggested use is two capsules daily, with meals, or as directed by your health care practitioner. If the recommended dosage causes gas or loose stools, start with less. Not recommended for pregnant women or people with overactive thyroid conditions. If possible, keep unopened bottles in a freezer to preserve maximum potency.

### **Kombu** (*Laminaria setchellii*)

**(600 mg. per capsule, 100 capsules per bottle)**

**\$25.00 per bottle**

Kombu is a Brown seaweed that has been used for millennia in traditional Chinese medicine to support healthy thyroid function (also see Thyroid Support Formula on page 7). Kombu is a concentrated source of iodine and therapeutic polysaccharides (algins, fucoidans, and laminarins). Suggested use is two capsules daily, with meals, or as directed by your health care practitioner. Not recommended for people with overactive thyroid conditions.

### **Red Marine Algae** (*Gigartina papillata*)

**(600 mg. per capsule, 100 capsules per bottle)**

**\$30.00 per bottle**

*Gigartina papillata* is a Red marine algae (seaweed). It contains sulfated polysaccharides (carrageenans) known for their tonic effects on the immune system, lungs and digestive tract. Gigartina is also an abundant source of essential minerals, trace elements, vitamins, carotenoids, chlorophylls, polyphenols and antioxidants. Suggested use is two capsules daily, with meals, or as directed by your health care practitioner.

# Wildcrafted Herbs

**Our Wildcrafted Herbs Catalog is available on our website. We also sell herbs in smaller quantities on our Etsy store.** 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. Our harvest area is the Klamath-Siskiyou bioregion of southwestern Oregon and northwestern California.

Wildcrafted herbs are harvested to order, and are only available in season. Please order before the season starts. We do not usually keep herbs in stock; we go out and harvest them for people that order them. This means that you always get freshly harvested herbs. Commercially available herbs are often several years old.

## About our Herbal Extracts and Formulas

**We produce about 100 different single herb extracts, but do not have room to list them here. Please feel free to ask about prices and availability.**

Most of our herbal extracts 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).

Our herbal extract formulas are unique, and represent our knowledge and expertise as herbalists. Each formula includes a description of its specific health applications, recommended dosage, and other pertinent health info.

## Herbal Extract Formula Prices and Use Codes

**4 oz. - \$40.00**

**8 oz. - \$76.00**

**16 oz. - \$144.00**

**32 oz. - \$272.00**

**Δ = For external use only**

**◇ = Not recommended for use during pregnancy**

## Herbal Extract Formulas

**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). *Ingredients:* Extracts of Eleuthero, Devil's Club, American Ginseng, Ashwagandha, Rhodiola, Schisandra, Gotu Kola, Reishi, Holy Basil, Nettle Seed, Spikenard Root and Spikenard Berry. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

**Adrena-Tone** ◇ A formula for soothing the nervous system and supporting healthy adrenal gland function when experiencing prolonged stress, nervous exhaustion, or adrenal fatigue. Best with long term use, daily aerobic exercise, some kind of relaxation practice, more sleep, B-vitamins, increased consumption of vegetables, fats, oils and proteins, and reduced consumption of starches and sugars (also see Liver Deficiency Tonic and Thyroid Support). *Ingredients:* Extracts of Ashwagandha, Devil's Club, Licorice, Oat Seed, Sarsaparilla, Schisandra, Anemone, Baneberry and Lobelia. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

**Arnica-Cayenne Liniment** Δ This liniment can be applied to bruises, sprains, aching muscles and arthritic joints (also see Muscle Calm and Pain Formula). *Ingredients:* Extracts of Arnica, Cayenne, Yarrow, Balsam Poplar, Wakame, Hyssop, Tobacco, Bleeding Heart, Sweet Clover and Myrrh. *Suggested use:* Apply to affected areas as needed. CAUTION: Contains Cayenne! Wash hands with soap after applying. For topical use only.

## (Herbal Extract Formulas continued)

**Brain Tonic** ◇ Contains herbs for stimulating circulation, increasing oxygen supply to the brain, and improving mental clarity, especially for older folks with poor memory function and general debility. Best with long term use and daily aerobic exercise. *Ingredients:* Extracts of Ginkgo, Gotu Kola, Rhodiola, American Ginseng, Calamus, Schisandra, Cereus, Bayberry, Rosemary and Prickly Ash. *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. *Ingredients:* Extracts of Khella, Lobelia, Yerba Santa, Yerba Mansa, Horehound, Passionflower, Iknish, Elecampane, 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 prevent or reduce an overgrowth of candida or other yeasts. For best results use long term, avoid sugars and starches, eat more fats, oils and proteins, and use lots of sauerkraut and probiotics (also see Lymph-Immune Tonic). *Ingredients:* Extracts of Pao D'arco, Spilanthes, Usnea, Oregon Grape, Myrrh, Oregano, Sweet Root, Chaparro, Echinacea and Red Cedar. *Suggested use:* 60 to 90 drops (2-3 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 seed, psyllium etc.) *Ingredients:* Extracts of Cascara Sagrada, Turkey Rhubarb, Licorice, 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:* 60 to 90 drops (2-3 squirts) in a little water up to 3X daily.

**Cramp Calm** ◇ A blend of herbs traditionally 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:* 3-6 squirts (1/2-1 tsp.) in a little water up to 4X daily.

**Digestive Bitters** - Bitters are customarily 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, Bayberry, Schisandra and Centaury. *Suggested use:* 10 to 20 drops in a little water 15 minutes before eating.

**Female Tonic** ◇ A reproductive tonic for women with long or irregular menstrual cycles, frequent PMS distress 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, American Ginseng, Blue Cohosh, Cotton Root, Ashwagandha, Sarsaparilla, Anemone, Baneberry and Oregon Grape. *Suggested use:* 30 to 60 drops (1-2 squirts) in a little water up to 4X daily.

**Flu Season** ◇ Made with herbs known for their antiviral, expectorant, immune-stimulating, and diaphoretic qualities. Our family and friends rely on this one during cold and flu season! *Ingredients:* Extracts of Lomatium, Iknish, Spikenard, Balsamroot, Ginger, Echinacea, Myrrh, Oregano, Cayenne and Yerba Santa. *Suggested use:* 3 to 6 squirts (1/2 to 1 tsp.) in a little water up to 4X daily.

**Heart Calm** ◇ Promotes healthy and regular heart function in people with nervous heart conditions. Best with long term use (also see Adrena-Tone and Thyroid Calm). Not recommended for use by people with bradycardia (slow heartbeat). *Ingredients:* Extracts of Hawthorn, Passionflower, Motherwort, Bugleweed, Cereus, Lobelia, Skullcap, Oat Seed and Devil's Club. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

**Herbal Cough Syrup** - This tasty and concentrated syrup is made with expectorant, demulcent and antispasmodic herbs to help soothe the lungs, 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 (1/4-1/2 tsp.) as needed.

## (Herbal Extract Formulas continued)

**Hypertens-Ease** ◇ An herbal formula for supporting healthy blood pressure levels. It is composed of cardio-tonic, diuretic, vasodilating and blood-thinning herbs. Best with long term use, regular aerobic exercise, increased consumption of Brown seaweeds, vegetables, fats, oils and proteins, and decreased consumption of sugars and starches. Not recommended for use by people with low blood pressure. *Ingredients:* Extracts of Hawthorn, Passionflower, Devil's Club, Bladderwrack, Dandelion, Red Root, Ashwagandha, Milkweed, Prickly Ash, Cayenne and Puncture Vine. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

**Joint-Ease** - Contains anti-inflammatory, diuretic and circulatory stimulant herbs for supporting joint integrity and mobility. Best with long term use and regular consumption of seaweeds, vegetables, and bone broth or gelatin (also see Pain Formula and Arnica-Cayenne Liniment). *Ingredients:* Extracts of Boswellia, Figwort, Gotu Kola, Yerba Mansa, Aspen, Buckbean, Reishi, Horsetail, Yucca and Prickly Ash. *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:* Depending on the size of the child, 5 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 sugars and starches (also see Adrena-Tone and Digestive Bitters). *Ingredients:* Extracts of Oregon Grape, Milk Thistle, Yellow Dock, Schisandra, Buckbean, Prickly Ash, Ocotillo, Milkweed, Blue Flag and Devil's Club. *Suggested use:* 30 to 60 drops (1-2 squirts) in a little water up to 4X daily.

**Lymph-Immune Tonic** ◇ Chronic lymphatic and immune system deficiency may be caused by underactive thyroid function (see seaweeds and Thyroid Support), stress (see Adrena-Tone), colon flora dysbiosis (use probiotics), excessive dietary sugars and starches, or protein deficiency (eat more meat and fish). Best with long term use. *Ingredients:* Extracts of Echinacea, Red Root, Myrrh, Astragalus, Reishi, Stillingia, Baptisia, Devil's Club, Cayenne and Blue Flag. *Suggested use:* 30 to 60 drops (1-2 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 (also see Heart Calm). *Ingredients:* Extracts of Dong Quai, Motherwort, Bugleweed, Licorice, Oat Seed, Blue Cohosh, Yellow Pond Lily, Baneberry, Ashwagandha and Devil's Club. *Suggested use:* 30 to 60 drops (1-2 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 some handy for when we feel tired but don't want to use caffeine. (If you want caffeine, see Wake Up Formula.) *Ingredients:* Extracts of Schisandra, Rhodiola, Gotu Kola, Calamus, American Ginseng, Rosemary, Peppermint and Nettle Seed. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

**Mouth and Gum Tonic** - A stimulating antiseptic mouthwash. Tingly and refreshing! *Ingredients:* Extracts of Cinnamon, Cloves, Peppermint, Myrrh, Prickly Ash, Bloodroot, Bayberry, Spilanthes, Bistort and Stevia. *Suggested use:* 10 to 15 drops in a little water (you can also add a pinch of sea salt and baking soda) as a mouthwash, or just put a couple drops on your toothbrush!

**Muscle Calm** ◇ This skeletal muscle relaxant formula is used internally for painful muscle spasms and stiffness, from hard work, strains or injuries (also see Arnica-Cayenne Liniment and Pain Formula). It can also be used for general relaxation, as a sleep aid, or to loosen up the muscles before getting a massage or bodywork. *Ingredients:* Extracts of Betony, Skullcap, St. John's Wort, Western Peony, Aspen, Lobelia, Baneberry, Bleeding Heart and Yerba Mansa. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

**Pain Formula** ◇ Contains herbs traditionally used for relieving pain (also see Muscle Calm). *Ingredients:* Extracts of California Poppy, Skullcap, Bleeding Heart, Aspen, St. John's Wort, Sweet Clover, Hedge Nettle, Motherwort and Baneberry. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily, or topically as needed.

## (Herbal Extract Formulas continued)

**Pollen Season** - Formulated for people that suffer from hay fever and sinus allergies; best with long term use. It may also be used as a simple decongestant for other wheezy/watery/drippy lung or nose conditions. *Ingredients:* Extracts of Yerba Santa, Yerba Mansa, Ambrosia, Bayberry, Feverfew, Horehound, Inside-Out Flower, Pao d'Arco, Horseradish and Oregon Grape. *Suggested use:* 30 to 60 drops (1-2 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 consumption of Brown seaweeds (also see Venous Tonic). *Ingredients:* Extracts of Saw Palmetto, Nettle Root, American Ginseng, Pygeum, Stone Root, Eryngo, Red Cedar, Dong Quai, Cotton Root and Baneberry. *Suggested use:* 30 to 60 drops (1-2 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, 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 calming excessive thyroid function and any associated nervous heart conditions. Best with long term use (also see Adrena-Tone and Heart Calm). *Ingredients:* Extracts of Bugleweed, Motherwort, Lemon Balm, Cereus, Oat Seed, Reishi, Skullcap, Devil's Club and American Ginseng. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

**Thyroid Support** ◇ Formulated to support healthy thyroid function and metabolism (also see Seaweed Capsules, Seaweed Powders, Adrena-Tone and Adaptogen Blend). Avoiding chronic stress, eating more seaweeds, vegetables, fats, oils, and proteins, eating less grain, and avoiding gluten, soy, sugar, chlorinated water, and fluoride may also help. Best with long term use. *Ingredients:* Extracts of Ashwagandha, Gotu Kola, Nettle Seed, Guggulu, Blue Flag, Reishi, Anemone, Oregon Grape and Devil's Club. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

**Traveler's Insurance** ◇ Composed of immune-stimulating and antimicrobial herbs to protect the digestive tract from vacation-ruining "gut bugs" (also see Cramp Calm Formula). *Ingredients:* Extracts of Chaparro, Oregon Grape, Echinacea, Myrrh, Astragalus, Lomatium, Oregano, Quassia, Garlic and Usnea. *Suggested use:* 30 to 60 drops (1-2 squirts) in a little water up to 4X daily.

**Urinary Tract Tonic** - For supporting urinary tract health, preventing infections, and soothing chronic irritation. 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 Horsetail, Corn Silk, Pipsissewa, Nettle Seed, Marshmallow, Bidens, Eryngo, Red Cedar and Astragalus. *Suggested use:* 60 to 120 drops (2 to 4 squirts) in 8 ounces of water up to 4X daily.

**Venous Tonic** ◇ A combination of herbs traditionally used to support venous tone and drainage in the legs, rectum, prostate, cervix, uterus etc. 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 60 drops (1-2 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). 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:* 3 to 6 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 provided here 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.**

# Retail Ordering Information

Naturespirit Herbs (541) 846-7995  
PO Box 150 info@naturespiritherbs.com  
Williams OR 97544 www.naturespiritherbs.com

**Ordering from our Website** - You may now purchase our seaweed products through our online store. However, we do not yet have online ordering for our herbal extracts or bulk wildcrafted herbs. Please order those by phone or by email.

**Ordering by Phone** - Call (541) 846-7995. 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 call us with your credit card info.

**Payment and Terms** – We accept payment by credit card, PayPal, check, money order 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** - Shipping and handling is \$10.00 flat rate for all retail orders shipped by US Postal Service, UPS Ground, or FedEx Ground to destinations in the continental USA. If you want your order to be expedited, or if you live outside the continental USA, you pay actual shipping cost, with a \$10.00 minimum. Please allow 1 to 3 business days for processing your order.

**Returns** - Please contact us for a return authorization before returning anything. Unopened seaweed products and herbal extracts may be returned within 30 days of the invoice date. We do not refund shipping costs unless we have made a mistake.

**Prices and availability are subject to change without notice.**