



Naturespirit Herbs

Harvesting from the wild since 1990



2024 Retail Catalog

To order by phone call (541) 846-7995

Monday to Friday - 9 am to 5 pm Pacific Time

info@naturespiritherbs.com - www.naturespiritherbs.com

10% discount on orders of \$180 or more

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-harvested sea vegetables, seaweed powders, seaweed capsules, wildcrafted herbs, medicinal mushrooms, 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

Harvesting and producing top quality seaweeds

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.

Seaweeds and health

Seaweeds (also known as sea vegetables, kelps or marine algae) are among the most nutritionally and therapeutically valuable foods on earth. They are concentrated sources of essential minerals, trace elements (including iodine and selenium), therapeutic sulfated polysaccharides (algins, fucoidans, laminarans, 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 person 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 per capita than any other culture in the world. Eating a small amount with each meal every day provides the greatest therapeutic health benefits. Additional seaweed, health, and thyroid information can be found at our website.

Whole Sea Vegetables

Our sea vegetables are delicious and nutritious wild foods. They come in a wide variety of colors, textures and flavors. Kelp Fronds and Sea Palm can be eaten right out of the bag as delicious salty snacks, like potato chips or jerky. Nori makes a great snack when it is toasted until crisp. Wakame and Kombu are best when cooked. All sea vegetables can be cooked and served alone, used in a wide variety of tasty recipes, or simmered in water to make a savory broth. They 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.

2 oz 1/2 lb Bulk

Kelp Fronds (*Nereocystis luetkeana*)

\$18.25 55.00 98.00/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 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 sulfated polysaccharides. Kelp Fronds will quickly "ground" the energy of a child that has eaten too much sugar! Bull Kelp is a Brown seaweed species.

Sea Palm (*Postelsia palmaeformis*)

\$16.75 49.00 86.00/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 helps "ground" their energy if they have had too much sugar. Sea Palm cooks tender in about 30 minutes. It is remarkably noodle-like in texture, and is excellent in pasta dishes, stir-fries, and salads. Sea Palm is a Brown seaweed species, and is a good source of minerals, trace elements, and sulfated polysaccharides.

Nori (*Pyropia spp.*)

\$18.25 55.00 98.00/lb

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. This is whole leaf Nori; it has not been processed into sheets for making sushi. Nori is a Red seaweed species, and is a great source of protein, carotenoids, vitamins, selenium, and sulfated polysaccharides.

Wakame (*Alaria marginata*)

\$16.75 49.00 86.00/lb

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), drained, and used in pasta or marinated dishes, salads, etc. Use the broth too! Wakame is a Brown seaweed species, and is a great source of calcium, potassium, selenium, and sulfated polysaccharides.

Kombu (*Laminaria setchellii*)

\$15.25 43.00 74.00/lb

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 species, and is a rich source of minerals, iodine and other trace elements, and sulfated polysaccharides.

"I appreciate that you are a small, trustworthy company, with the health of your customers, the earth and the sea in mind."

L. Sussman, Oregon

Seaweed Powders

Seaweed powders are a great way to add seaweeds to your daily diet. We keep a shaker bottle at our dinner table and use it as a salty condiment. Seaweed powders can also be added to smoothies or baked goods, used to thicken soups and sauces, or simply mixed into a cup of water or juice. Bladderwrack Powder is our favorite seaweed powder for therapeutic seaweed baths, facial masks and body wraps. Seaweed powders will retain their quality for two to three years if kept in airtight containers in a dark place. Seaweeds are natural products of the ocean, and may contain trace amounts of crustaceans or shellfish.

2 oz 1/2 lb Bulk

Six Mix Seaweed Powder (*Six seaweed species*) **\$19.00 58.00 104.00/lb**

A blend of six different Brown and Red seaweed species, providing broad-spectrum nutrition and health benefits. It is the same seaweed mix used in our Sea Vegetable Blend Capsules (see page 4). 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 4.5 grams.

Kombu-Wakame Powder (*Two seaweed species*) **\$16.00 46.00 80.00/lb**

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 sulfated polysaccharides. One level teaspoonful weighs about 4 grams.

Kelp Frond Powder (*Nereocystis luetkeana*) **\$18.00 54.00 96.00/lb**

Kelp Frond Powder is a naturally salty and savory condiment, ready to sprinkle on soups, salads, cooked vegetables, rice, popcorn etc. Of all the seaweeds, Bull Kelp Fronds are the highest in minerals and electrolytes, especially potassium and magnesium. They contain about three times as much potassium salt as sodium salt, an ideal balance of electrolytes. Kelp Frond powder is also an excellent source of trace elements (including iodine and selenium) and sulfated polysaccharides. Bull Kelp is a Brown seaweed species. One level teaspoonful weighs about 3.5 grams.

Gigartina Powder (*Gigartina papillata*) **\$19.00 58.00 104.00/lb**

This is the same species of seaweed used in our Red Marine Algae Capsules (see page 4). Like its close relative Irish Moss (*Chondrus crispus*), Gigartina contains sulfated polysaccharides (carrageenans) known for their tonic effects on the immune system, lungs, and digestive tract. 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.

Bladderwrack Powder (*Fucus gardneri*) **\$16.00 46.00 80.00/lb**

Bladderwrack is a Brown seaweed species that has been used for centuries in Europe to support healthy thyroid function (also see Thyroid Support Formula on page 7). It is a very good source of trace elements (including iodine and selenium) and sulfated polysaccharides. Bladderwrack Powder has a very strong taste, and is best used as an ingredient in smoothies or mixed into a cup of water or juice. Bladderwrack Powder is our favorite seaweed powder for therapeutic seaweed baths, facial masks and body wraps (instructions provided at our website). One level teaspoonful weighs about 3 grams.

Seaweed Capsules

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. 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.

Our capsules contain no GMOs, corn, soy, yeast, wheat, gluten, milk or egg products, sugar, starch, additives or preservatives. Seaweeds are natural products of the ocean, and may contain trace amounts of crustaceans or shellfish. Seaweeds are among the most nutritionally and therapeutically valuable foods on earth. Detailed information about seaweeds, health, and thyroid function can be found at our website.

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

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

\$38.00 per bottle

A blend 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, trace elements (including iodine and selenium), sulfated polysaccharides, vitamins, carotenoids, chlorophylls, polyphenols and antioxidants. **Ingredients:** 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.

Red Marine Algae Capsules (*Gigartina papillata*)

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

\$38.00 per bottle

Gigartina papillata is a species of Red marine algae (seaweed). Like its Atlantic relative Irish Moss (*Chondrus crispus*), Gigartina 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.

Wild Medicinal Mushroom Mix

Finely cut and ready for making teas and broths

2 oz = \$34.00

1/2 lb = \$116.00

1 lb = \$220.00

Medicinal mushrooms are revered as health and longevity tonics in many cultures. This unique product is a blend of five different species of wild-harvested medicinal Polypore fungi, which we have sustainably harvested from healthy Pacific Northwest forests, carefully dried, and finely shredded. We selected these five species for their mild, pleasant flavor and broad-spectrum health benefits (immune-enhancing, immune-modulating, anti-inflammatory, antioxidant etc.). Most effective with long-term use. Wild medicinal mushrooms are usually much higher in bioactive compounds than cultivated mycelium products. Check out our website for more info.

Ingredients: Artist's Conk (*Ganoderma applanatum*), Oregon Reishi (*Ganoderma oregonense*), Turkey Tail (*Trametes versicolor*), Willow Conk (*Phellinus igniarius*) and Indian Paint Fungus (*Echinodontium tinctorium*).

Suggested use: Put a heaping tablespoonful (3-4 grams) in a pot with a quart of boiling water. Cover the pot and barely simmer for 2-4 hours. Alternatively, you can put it in a thermos with boiling water for 2-4 hours. If desired, add other herbs for additional flavor. Strain and serve (or use as a soup base).

Wildcrafted Herbs and Single Herb Extracts (tinctures)

We harvest more than 60 different species of medicinal wild plants, seaweeds, and fungi. We also produce over 100 different single herb extracts (tinctures). Our Wildcrafted Herbs Catalog and a list of our single herb extracts are available at our website.

Herbal Extract Formulas

Our herbal extract formulas are unique, and represent our knowledge and expertise as herbalists. Each formula includes a brief description of its specific health applications and ingredients. The full herbal extract formula descriptions, with dosages and other useful health info, are available at our website.

4 oz = \$49.00

8 oz = \$93.00

16 oz = \$176.00

32 oz = \$333.00

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

Adaptogen Blend - Adaptogenic herbs are the ultimate health tonics: metabolic regulators that promote health and well-being, and help prevent the body and mind from over-reacting to stress (also see AdrenaTone). *Ingredients:* Extracts of Devil's Club, American Ginseng, Rhodiola, Ashwagandha, Schisandra, Gotu Kola, He Shou Wu, Reishi, Holy Basil, Nettle Seed, Spikenard Root and Spikenard Berry. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

AdrenaTone - Soothes the nervous system and supports healthy adrenal gland function when experiencing prolonged stress, nervous exhaustion, or adrenal fatigue (also see Liver Deficiency Tonic and Thyroid Support). *Ingredients:* Extracts of Ashwagandha, Devil's Club, Skullcap, Licorice, Milky Oats, Pulsatilla, Nettle Seed and Lobelia. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

Arnica-Cayenne Liniment - May be applied to bruises, sprains, sore muscles and arthritic joints to relieve pain and inflammation and to promote healing (also see Muscle Calm and Pain Formula). *Ingredients:* Extracts of Arnica, Cayenne, Bladderwrack, Yarrow, Balsam Poplar, Hyssop, Tobacco, Bleeding Heart, Sweet Clover and Myrrh. *Suggested use:* Apply to affected areas as needed. CAUTION: Contains Cayenne! For topical use only. Use with care and wash hands with soap after applying.

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. *Ingredients:* Extracts of Ginkgo, Gotu Kola, Rhodiola, American Ginseng, Calamus, Schisandra, Cereus, Bayberry, Prickly Ash and Rosemary. *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, Osha, Horehound, Pleurisy Root, Spikenard, Passionflower, Elecampane and Myrrh. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

CandAid ◇ Used internally to prevent or reduce an overgrowth of candida or other yeasts (also see Immune Support). *Ingredients:* Extracts of Pao D'arco, Usnea, Oregon Grape, Myrrh, Oregano, Sweet Root, Chaparro, Echinacea, Red Cedar and White Sage. *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. *Ingredients:* Extracts of Cascara Sagrada, Turkey Rhubarb, Licorice, Cayenne, Prickly Ash, Blue Flag, Goldenseal, Ginger, Lobelia and Bayberry. *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, colon, gall bladder and urinary tract cramps (also see Pain Formula). *Ingredients:* Extracts of Wild Yam, Cramp Bark, Baneberry, Silk Tassel, California Poppy, Peony, Lobelia, Passionflower Root, Ginger and Hops. *Suggested use:* 3-6 squirts (1/2-1 tsp.) in a little water up to 4X daily.

(Herbal Extract Formulas continued)

Digestive Bitters - Bitters are customarily taken before eating to stimulate the appetite and digestive juices and to prevent indigestion, gas, bloating etc. *Ingredients:* Extracts of Gentian, Angelica, Cardamom, Ginger, Calamus, Bayberry, Schisandra and Centaury. *Suggested use:* 15 to 30 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 (also see Cramp Calm and Liver Deficiency Tonic). *Ingredients:* Extracts of Dong Quai, Chaste Tree, American Ginseng, Blue Cohosh, Cotton Root, Ashwagandha, Sarsaparilla, Pulsatilla, 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 anti-viral, expectorant, decongestant, diaphoretic, and immune-stimulating qualities. We use this formula whenever we get exposed to a respiratory virus, at the first sign of sickness, and until we feel well again. (Also see Immune Support.) *Ingredients:* Extracts of Lomatium, Spikenard, Elderberry, Red Root, Iknish, Yerba Santa, Myrrh, Echinacea, Milkweed and Ginger. *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 (also see AdrenaTone and Thyroid Calm). Not recommended for people with bradycardia (abnormally slow heartbeat). *Ingredients:* Extracts of Hawthorn, Motherwort, Bugleweed, Passionflower, Cereus, Stream Orchid, Milky Oats and Skullcap. *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:* Extracts of Spikenard, Balsamroot, Elecampane, Wild Cherry, Iknish, Balsam Poplar, Lobelia, Yerba Santa, Yerba Mansa, and honey. *Suggested use:* 2 to 6 squirts (1/4 to 1 tsp.) as needed.

HypertensEase ♦ A broad-spectrum formula for supporting healthy blood pressure levels. It is composed of cardio-tonic, diuretic, vasodilating and blood-thinning herbs. *Ingredients:* Extracts of Hawthorn, Passionflower, Devil's Club, Bladderwrack, Dandelion, Red Root, Ashwagandha, Prickly Ash, Cayenne and Puncture Vine. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

Immune Support ♦ (Formerly called Lymph-Immune Tonic.) Keep your immune system in top shape! This combination of lymphatic and immune-stimulating herbs may be used to increase resistance to infectious diseases. *Ingredients:* Extracts of Echinacea, Red Root, Myrrh, Astragalus, Reishi, Baptisia, Devil's Club, Lomatium, Cayenne and Blue Flag. *Suggested use:* 30 to 60 drops (1-2 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, Chamomile, Licorice and Peppermint. *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 constipation and adrenaline stress (also see AdrenaTone and Digestive Bitters). *Ingredients:* Extracts of Oregon Grape, Milk Thistle, Blue Flag, Pleurisy Root, Yellow Dock, Schisandra, Prickly Ash, Ocotillo, and Devil's Club. *Suggested use:* 30 to 60 drops (1-2 squirts) in a little water up to 4X daily.

MenoPeace ♦ These herbs have a long history of use in relieving the discomforts of menopause. *Ingredients:* Extracts of Dong Quai, Motherwort, Bugleweed, Licorice, Milky Oats, Baneberry, Blue Cohosh, 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. *Ingredients:* Extracts of American Ginseng, Rhodiola, Schisandra, Ginkgo, Rosemary, Calamus and Nettle Seed. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

(Herbal Extract Formulas continued)

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:* 5 to 15 drops in a little water (and maybe a pinch of sea salt and baking soda) as a mouthwash, or just put a couple drops on your toothbrush!

Muscle Calm - This muscle relaxant formula is used internally for lower back pain, 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 massage or bodywork. *Ingredients:* Extracts of Indian Warrior, Skullcap, Hops, Aspen, Peony, 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 180 drops (2-6 squirts) in a little water up to 4X daily, or topically as needed.

Pollen Season - Formulated for people that suffer from hay fever and sinus allergies. 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, Ragweed, 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.

ProsTone ♦ Used to maintain prostate health, relieve chronic prostate conditions and soothe any related urinary tract symptoms (also see Venous Tonic). *Ingredients:* Extracts of Saw Palmetto, Nettle Root, American Ginseng, Stone Root, Eryngo, Baneberry, Red Cedar, Dong Quai and Cotton Root. *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, Hops, Catnip, Pulsatilla, Milky Oats, Wild Lettuce, St. John's Wort and California Poppy. *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 (also see AdrenaTone, Heart Calm, and Medicinal Mushroom Mix). *Ingredients:* Extracts of Bugleweed, Motherwort, Lemon Balm, Cereus, Milky Oats, Reishi, Skullcap and Devil's Club. *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, Medicinal Mushroom Mix, AdrenaTone and Adaptogen Blend). *Ingredients:* Extracts of Ashwagandha, Gotu Kola, Nettle Seed, Guggulu, Blue Flag, Pulsatilla, Reishi, Oregon Grape and Prickly Ash. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

Urinary Tract Tonic - For supporting urinary tract health, preventing infections, and soothing chronic irritations. *Ingredients:* Extracts of Horsetail, Corn Silk, Pipsissewa, Marshmallow, Nettle Seed, Bidens, Yerba Mansa, Eryngo, Red Cedar and Astragalus. *Suggested use:* 60 to 120 drops (2-4 squirts) in 8 oz. 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 (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.

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

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Phone: (541) 846-7995
Email: info@naturespiritherbs.com
Website: www.naturespiritherbs.com
Instagram: [@naturespiritherbs](https://www.instagram.com/naturespiritherbs)

Ordering online

All seaweed products and our Medicinal Mushroom Mix may be purchased at our online store. Our herbal extracts and wildcrafted herbs must be ordered by phone or by email.

Ordering by phone - call (541) 846-7995

Our business hours are Monday through Friday, 9 am to 5 pm Pacific Time.

Ordering by email - info@naturespiritherbs.com

We welcome email orders. However, for security reasons, please do not email your credit card info. Email your order and your phone number and a good time to call you.

Minimum retail order size is \$25

Volume discount - 10% discount on orders of \$180 or more

Payment and terms

We accept payment by credit card, PayPal, check, money order or bank wire. There is a 2% monthly charge on overdue accounts and a \$25 fee for bounced checks.

Shipping and handling

Shipping and handling is \$10 flat rate for all retail orders shipped by US Mail to destinations in the continental USA. Orders that include 8 oz. or more of herbal extracts are shipped via UPS Ground, and you pay actual shipping cost. If you want your order to be expedited, or if you live outside the continental USA, you pay actual shipping cost. Please allow 1 to 3 business days for processing your order. We are not responsible for packages that have been damaged, delayed or lost by the shipper. If your product arrives damaged or delayed (or does not arrive at all) please notify us immediately so we can file a claim.

Returns

Please contact us for a return authorization before returning anything. Unopened items may be returned within 30 days of the invoice date. We do not refund shipping costs unless we have made a mistake.

Our Wildcrafted Herbs Catalog is available at our website

We harvest over 60 different species of medicinal wild plants and fungi. We also sell some wildcrafted herbs at our Etsy store.

Thank you for supporting our family business!