

### Mineral Tea

*A nutritional blend, providing a wide range of trace minerals and other essential elements.* Alfalfa, Nettle, Oatstraw, Blue vervain, Chickweed, Kelp, Plantain, Raspberry leaf, Cayenne.

### Morning Blend Tea

*An enlivening and invigorating formula.* Gotu kola, Hibiscus, Rosemary, Cardamom, Orange peel, Ginger.

### Neurofort Tea

*A classic formula that soothes and nourishes the nervous tissue.* Black cohosh, Oatstraw, Skullcap, St. John's wort, Blue vervain, Chamomile, Valerian, Ginger, Lobelia.

### Ninth Month Tea

*Especially designed to support the expectant mother and prepare her for labor.* Blue cohosh, Motherwort, Nettle, Raspberry leaf.



### Peace of Mind Tea

*A soothing and relaxing blend that eases spasmodic pain and relieves headaches.* Borage, Chamomile, Passion flower, Skullcap.

### Perineal Wash

*A soothing and antiseptic formula that promotes tissue healing.* Plantain, Comfrey leaf, Comfrey root, Rosemary, Thyme, Yarrow, Calendula.

### Quiet Child Tea

*A pleasant tasting blend, entirely safe for children.* Calming and soothing. Catnip, Chamomile, Lemon balm, Skullcap, Spearmint.

### Spring Cleanse Tea

*A traditional blend of herbs used for their alterative action and to aid in the removal of toxins from the tissues.* Licorice, Nettle, Red clover, Burdock, Oregon grape, Chickweed, Fennel, Cleavers, Dandelion leaf & root, Peppermint.

### Sweet Devil Tea

*Promotes regular pancreas function and stabilizes blood sugar.* Blue vervain, Blueberry leaf, Burdock, Devil's club, Licorice.

### Valentines Tea

*Contains herbs traditionally used as tonic and strengthening agents for the circulatory system.* Hawthorn leaf & berries, Cramp bark, Motherwort, Prickly ash, Dandelion leaf, Linden, Rose petals.

### Venatone Tea

*Astringent and tonic herbs help to heal and strengthen blood vessel walls.* Hawthorn leaf, Blueberry leaf, Gotu kola, Linden, Prickly ash, Dandelion leaf, Yarrow.

### Vitalife Tea

*A tasty blend that nourishes the adrenal glands and regulates energy.* Damiana, Nettles, Basil, Ginkgo, Gotu kola, Rosemary, Lemongrass, Oatstraw, Sarsaparilla.

### Willow Blend Tea

*Contains herbs reputed to relieve inflammation in joints and to ease muscle pain.* Black Cohosh, Devil's claw, Meadowsweet, White willow bark, Celery seed, Prickly ash.

Information contained in this pamphlet is for educational purposes only. It is not intended to replace the advice of a qualified health professional.

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## Therapeutic Herbal Repertory

## Herbal Tea Blends for Pleasure and Health



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### AcidiTea

*An aromatic blend which eases acidity and relaxes spasmodic pain in the upper digestive system.* Peppermint, Aniseed, Fennel, Cinnamon, Lavender.

### After Dinner Tea

*A soothing blend that gently promotes digestive function and relieves dyspepsia.* Peppermint, Chamomile, Fennel, Ginger.

### Allerex Tea

*Contains herbs traditionally used for their strengthening effect on the mucous membranes and their anti-catarrhal properties.* Goldenrod, Licorice, Nettle, Plantain, Elderflowers, Wild indigo.

### Bitter Blend

*A helpful tea during detoxification programs, as a liver & digestive tonic.* Barberry, Burdock, Dandelion root, Fennel, Fringetree, Licorice, Milk thistle.

### BFC Fomentation

*Traditional recipe used as a liniment or taken internally as a tea to assist in healing bone, flesh, and cartilage conditions.* Comfrey root, White Oak bark, Gravel root, Marshmallow root, Mullein, Black walnut, Wormwood, Scullcap, Lobelia.

### Blossoming Belly (pregnancy)

*A nourishing and tonic tea blend, safe throughout pregnancy.* Nettle, Raspberry leaf, Lemon balm, Partridge berry, Alfalfa, Peppermint.

### Breath of Life Tea

*A traditional blend for all catarrhal conditions and chesty coughs.* Licorice, Wild cherry, Angelica, Anise, Elecampane, Horsetail, Marshmallow root, Mullein, Pleurisy Root.

### Calcium Tea

*A mineral-rich blend that promotes optimum nutrition for strong bones.* Oatstraw, Horsetail, Comfrey leaf, Lobelia.

### Clear River Tea

*A diuretic and antiseptic formula that is also soothing and reduces spasmodic pain in the urinary tract.* Goldenrod, Marshmallow root, Uva ursi, Yarrow, Cleavers, Cramp bark, Dandelion leaf, Gravel root.

### Dream Tea

*A relaxing blend that is reputed to induce clarity of dreams.* Mugwort, Damiana, Chamomile, Lavender, Borage.

### Easy Mover

*Encourages regular and complete bowel movements. For occasional use.* Licorice, Marshmallow root, Chamomile, Barberry, Cascara, Turkey rhubarb, Ginger.

### Evening Blend

*A relaxing blend that calms the mind and promotes a deep and restful sleep.* Borage, Chamomile, Lemon verbena, Lavender, Spearmint, Cardamom.

### Eyewash

*A slightly antiseptic formula for soothing inflammations and mild eye irritations.* Bayberry, Eyebright, Red raspberry, Goldenseal, Cayenne.



### Fibre Flow

*A gentle but persuasive bulk laxative with a soothing and healing action in the colon.* Psyllium seed, Oat bran, Bentonite clay, Fenugreek, Burdock, Marshmallow root, Slippery elm, Yellow dock, Stevia.

### Formula E Tea

*A traditional Objibwa formula for tissue cleansing and detoxification.* Burdock root, Sheep's sorrel, Red clover, Slippery elm, Turkey rhubarb, Blessed thistle, Kelp, Watercress.

### GastroFort Tea

*A pleasant tasting tea that stimulates digestive function and relieves gas or indigestion.* Chamomile, Lemon balm, Meadowsweet, Papaya leaves, Cinnamon, Fennel, Ginger, Licorice.

### Green Goddess Tea

*Relaxing and tonic herbs for the female reproductive system, promoting regularity of function.* Black haw, Chamomile, Vitex, Black cohosh, Ginger, Lemon balm, Motherwort, Nettle, Red Raspberry, Yarrow.

### Happiness Tea

*A bright and uplifting blend.* Lemon balm, Borage, Chamomile, Lavender, Rose petals.

### Immofort Tea

*A powerful blend of herbs to aid the body in fighting infections.* Cleavers, Echinacea, Licorice, Rosehips, Elderflowers, Lemongrass, Peppermint, Thyme.

### Inner Heat

*A traditional formula to be taken freely at the onset of a cold.* Boneset, Catnip, Elderflower, Peppermint, Chamomile, Yarrow.

### Inner Peace Tea

*A sweet tasting blend that relaxes the muscles and calms the mind.* Lemon balm, Linden, Chamomile, Lavender, Passion flower, Skullcap.

### L B Tonic

*A strong laxative formula that empties the bowel without griping or cramps.* Barberry, Cascara, Cayenne, Goldenseal, Ginger, Lobelia, Raspberry leaf, Rhubarb, Marshmallow root, Burdock, Caraway.

### Lighten up

*A blood cleanser tea that promotes elimination of wastes and weight loss.* Boldo, Burdock, Kelp, Nettle, Chickweed, Cleavers, Dandelion leaf, Fennel, Ginger.

### Man Alive Tea

*Contains herbs used traditionally to promote male health and tonify the prostate gland.* Damiana, Hydrangea, Oatstraw, Sarsaparilla, Nettle, Siberian ginseng, Ginger.

### Memory Tea

*Contains herbs used to enhance circulation to the brain and traditionally indicated for poor memory.* Basil, Borage, Ginkgo, Gotu Kola, Oatstraw, Rosemary, Periwinkle.

### Momma's Tea (postnatal)

*A special blend to enrich the milk and encourage lactation.* Blessed thistle, Blue vervain, Fennel, Nettle, Alfalfa, Marshmallow root.