Jean’s Greens

2018

Herbal Tea Works
& Herbal Essentials

(518) 479-0471
www.jeansgreens.com
Gifts for you and yours

Our retail location is in an historic building located on the shore of the Hudson River in Troy, NY.

Teas & Tea Accessories Pgs. 3-5
Find Elderberry Tonic and other healthy treats on Page 6

See page 31 for all our offerings for Hearth & Home, including these beautiful beeswax candles from Beehive Candles and soy candles from Good Earth

Check out all of the products for Health & Beauty from Birch Moon, Soothing Touch and many others! Pages 9-14

Follow us on Facebook and Instagram
Greetings from Jean’s Greens

Over this past year, something we have heard more and more, from customers, family and friends alike, is a yearning. A yearning to slow down, unplug, be more present and mindful, and to express gratitude for the many blessings in our lives. I have said it myself many times. So in this New Year, I have decided to make a change in my life. I am starting gently and slowly, one day a week to pause, take a deep breath, slow down, appreciate my blessings and take care of myself. It can be challenging to start, but experiencing a moment or two of peace each week has been such a worthwhile experience, that I invite you to join me. Choose one day to slow down, rest, enjoy a book, a movie, a walk, music, time with friends or loved ones, anything that brings you joy. Whatever you choose, let it be at a pace that doesn’t feel overwhelming. And let us at Jean’s Greens help. We have teas and herbs to help you relax and center yourself. New products to pamper your skin and body. Candles to ease yourself into meditation and relaxation, beautiful cards for reaching out to friends or ceremonial products to support your spirit. In beginning your new self-care practice, choose what feels right to you.

With those feelings in mind, we were particularly drawn to the inspiring and centering artwork of Michelle Wallace of Nature Mandala Art. We chose one of Michelle’s beautiful mandalas for our 2018 catalog cover. We hope you too find peace in her artwork, which is featured on notecards and her Nature Mandala Meditation Cards. With Michelle’s art you can carry the beauty of Vermont’s forests, fields and gardens with you. All of us here at Jean’s Greens wish you all the best on your own journey this year.

Peace and Green blessings,

Holly Applegate

HOW TO FIND US: From the South: 787 north to Green Island Exit (exit 8), right at end of ramp, right over Green Island bridge, right on River St, right again on River St. #225 on the right; From the North: Rt 87 South to Route 7 east, Take exit toward downtown, merge onto 6th Ave, right on Federal St., left on River St (do not cross bridge) then right onto River St, #225 is on the right; From the West Route 7 east, Take exit toward downtown, merge onto 6th Ave, right on Federal St., left on River St (do not cross bridge) then right onto River St, #225 is on the right

Visit website at www.jeansgreens.com
or follow us on Facebook and Instagram @shopjeansgreens

Please understand that we cannot provide you with medical advice, information about herb/drug interactions or help with questions regarding illness or injury. We suggest that you consult your health care provider or a licensed practitioner for assistance with these types of questions. Information & products in this catalog and on our web site are not intended to treat, cure, prevent or diagnose any disease and none of the statements have been evaluated by the Food and Drug Administration.

Catalog photography and design by
Lynn Huntington

Cover photo: by Michelle Wallace
© Nature Mandala Art
www.vtnaturemandala.com
Find more work from Lynn, Michelle and others on Page 29

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Retail Store Hours and Holiday Hours
Tues - Fri 10-5, Sat 10-3
Closed August 23rd - September 4th for conference and vacation and December 23rd - January 3rd
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Gift Certificates

A thoughtful gift for a relative or a friend. We will send the certificate with our free catalog to that special person or, if you prefer we will enclose it with your order.

Butterfly symbol indicates a new product
Herbal Tea Works!
Caffeine-free herbal teas, made from fresh dried, organic and wildcrafted herbs.

2 cups Loose Tea - $7.25          -       Package of 30 T-bags - $7.50
T Sample Pack 5 T-bags $1.50

Abdo-Mends . . . Soothe the gastric distress and restore internal balance with this traditional blend. *Marshmallow root, Oatstraw, Plantain, Meadowsweet, Catnip, Peppermint, Licorice root, Lemon Balm.*

Bend Blend . . . This blend is traditionally used to enhance freedom of movement and soothe painful joints. *Dandelion root, Burdock root, Chervicory root, White Willow bark, Red Clover, Nettle, Alfalfa, Parsley.*

Bright Idea . . . A special blend of herbs historically used to restore vitality and mental awareness. *Ginkgo, Gotu Kola, Lemon Balm, Peppermint.*


Face It . . . Beauty is not just skin deep! This traditional Mexican blend is used daily to improve skin from the inside out. *Burdock root, Figwort, Oatstraw, Sarsaparilla root, Yellow Dock root, Licorice root, Stevia.*

Fizzle Frazzle . . . Unwind after a stressful day with this relaxing, aromatic blend. *Lemon Balm, Chamomile, Lavender, Oatstraw, Rose petals, Chrysanthonum.*

For Your Eyes Only . . . Use a moistened T-bag as an eye pack, or make an infusion to use as eyewash and/or drink for irritated eyes. *Bilberry, Chickweed, Calendula, Lavender, Goldenseal leaf & Eyebright.*

Hearts Ease . . . Nourishing, toning and soothing for the heart and circulatory system. *Hawthorn berry, Oatstraw, Linden flower, Nettle, Spearmint, Hawthorn leaf & flower, Motherwort.*


Loosen Up . . . Traditional blend used to calm the nerves and body, loosen tight joints & muscles. Popular with chiropractors. *Meadowsweet, Chamomile, Lemon Balm, Marjoram, Passion Flower, Lavender, Oatstraw, Spearmint, Stevia.*

Mandala Centering Tea . . . A delicious blend which will assist with stress relief, centering and cleansing. *Spearmint, Orange peel, Dandelion leaf, Lavender, Lemon Balm, Roses.*

A Peaceful Place . . . A delicious relaxing blend. Perfect at day’s end for peace of mind. Created for the Wellness Center in Clifton Park, NY. *Oatstraw, Lemon Balm, Chamomile, Spearmint, Lavender, St. Johnswort.*

Phlemonade . . . Be kind to your lungs. Therapists use these herbs to reduce coughs & deep lung imbalances. *Wild Cherry bark, Coltsfoot, Echinacea root, Elecampane root, Peppermint, Pleurisy root, Licorice root, Mullein.*


P.P.T . . . . Give your kidneys a treat with this blend traditionally used to cleanse and nourish. *Dandelion leaf, Pipsissewa, Cleavers, Chickweed, Ginger root, Horsetail, Cornsilk.*


Herb Teas Continued

Sweet Slumber . . . Slip into dream time with a cup just before bed. Chamomile, Catnip, Passion Flower, Lemon Balm, Valerian root, Marshmallow root.

Vitamins . . . Refreshing, naturally sweet blend of herbs high in nature’s own vitamin C supplements. Delicious hot or iced! Rosehips, Hibiscus, Orange peel, Spearmint, Cinnamon, Lemongrass.

Women’s Blend . . . Daily tonic good for women of all ages, but especially during pregnancy and throughout the childbearing years. Nettle, Red Raspberry leaf, Red Clover, Oatstraw, Spearmint.


Special Blend?
We will blend your own special blend or one advised by your practitioner in our lab according to your instructions! Minimum order: 1 lb., $27.00

T-Samplers
Presented in an attractive gift box for you to sample, or for a friend.

Stress Relief Sampler . . . $12.00
Feel the tension disappear with each cup! 5 T-bags each of Abdo-Mends, Fizzle Frazzle, Hearts Ease, Loosen Up, Mandala Centering Tea, Sunnyside Up!

Traveler’s Sampler . . . $12.00
A special selection of 6 blends for the road-weary! 5 T-bags each of Abdo-Mends, For Your Eyes Only, Loosen Up, Phlemonade, Pollution Solution & Sweet Slumber.

Loose Only Herb Teas

2 Cup Package - $7.25

Bliss Tea Blend . . . Find your center, clear your mind, nourish and support your nervous system and rest easy with this delicious blend. Milky oat tops, Skullcap and Tulsi (Sacred Basil).


Herbal Magic Tea . . . A soothing blend of herbs from traditional magic and folklore. A perfect accompaniment to relaxation or spiritual meditation. Skullcap, Hyssop, Peppermint, Linden, Lavender, Elderflower & Rosemary.

Women’s Nursing Blend . . . A blend of herbs traditionally used by nursing mothers to enhance their milk supply. Fenugreek Seed, Fennel Seed, Oatstraw, Alfalfa & Blessed Thistle.

Tea Accessories
Tea Infuser . . . $3.50
Stainless steel mesh infuser with spring hinge handle. Ideal for brewing a single cup.

Tea Ball . . . $3.50 Stainless steel mesh tea ball. Conveniently brews a cup of tea.

Tea Strainer . . . $9.50 Decorative stainless Steel strainer to easily brew a single cup or an entire pot of tea.

Tea Sac . . . $8.50 100 paper infusers that are the perfect size for a single cup of tea.
**Black and Green Organic Teas**  
FT- Certified Fair Trade

**Assam Tea** - full bodied tea from the Assam region of India (FT) $9.50/4 oz.

**Earl Grey** - flavored with bergamot oil; available decaffeinated. (FT) $9.50/4 oz.

**Green Bancha** - steamed, unstopend green leaf produced later in harvest season; less caffeine than other green teas. (FT) $14.00/4 oz.

**Green Sencha** - handpicked at the peak of flavor high in the mountains of Japan, steamed to retain color and flavor. $13.00/4 oz.

**Gunpowder Green** - pinhead gunpowder, tightly rolled pellets which “bloom” gracefully in hot water. (FT) $8.50/4 oz.

**Irish Breakfast** - invigorating “wake-up” blend. (FT) $10.00/4 oz.

**Jasmine Tea** - green tea infused with the fragrant scent of jasmine flowers. (FT) $11.00/4 oz.

**Mango Ceylon** - light and sweet with the essence of mango and marigold petals. (FT) $12.00/4 oz.

**Orange Pekoe India FOP** - classic, light, brisk; available decaffeinated. (FT) $8.50/4 oz.

**Pu’erh Tea** - dark fermented tea from Yunnan province (FT) $12.00/4 oz.

**Rooibos Tea** - “red tea” high in antioxidants & completely caffeine free. (FT) $7.50/4 oz.

**Se Chung Oolong Tea** - semi-fermented and fired leaves produce this aromatic tea from China. (FT) $13.00/4 oz.

**Vanilla Rooibos** - all the benefits of Red Rooibos with organic vanilla aroma and flavor. Delicious! (FT) $14.50/4 oz.

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**Special Beverages**

**Four + One**

**Concentrated Formula!** In its original form it was commonly known as Essiac. Practitioners and herbalists have found the brew to be a nontoxic way to stimulate the self-healing capability of the body. Our formula contains the basic four ingredients: *Burdock Root, Sheep Sorrel, Slippery Elm, and Turkey Rhubarb Root* plus we’ve added *Red Clover* which has been historically used as a blood purifier. Recommend 1 oz. diluted with water twice per day on an empty stomach.

1 pint .............................................. $12.00  
1 case (12) Save $18  ....................$126.00  
4 oz. Dry Mix (to make your own) $10.00

**Other Beverages**

**Chill Chaser**

4 oz.........................$8.75 Our Chai Tea (loose). Warm up with a delicious blend of spices. Add milk and/or honey to taste. Now available decaffeinated. Please specify when ordering. *Orange Pekoe Tea, Cardamom, Cinnamon, Ginger root Nutmeg, Cloves, Coriander, Cayenne.*

**Coffee**

A variety of organic and fair trade blends *by Deans Beans*. $8.00/1/2 lb.  
Call for selection.

**Dandy Blend**

7.0 oz. $11.50; 14 oz. $19.95; 2 lb. $32.95; One Cup Sample Packs 3/$1.25;  
Box of 25 $10.00 Delicious! Instant dandelion beverage roasted to release the bitter substances, beneficial to liver and blood. Sweetened with fructose. Enjoy hot or cold.

**Woodland Wake-up!**

6 oz. $9.00  
A robust Chaga beverage with a rich & mellow taste. Excellent herbal coffee substitute or wonderful mixed with your favorite coffee. *Roasted Dandelion root, Orange peel, Chaga Mushroom, Cinnamon.*
**Healthy Treats**

**Bee Pollen** . . . 4 oz. $13.00
One of nature’s most nutritionally balanced foods. Organic.

**Cranberry Snack Pack** . . . 4 oz. $7.00
Sweetened dried organic cranberries, with Lycii Berries & Crystalized Ginger.

**Crystallized Ginger** . . . $2.20 per oz.
Sugar coated certified organic ginger cubes; warming and delicious.

**Elderberry Tonic** . . . 4 oz. bottle $13.50
Delicious, warming winter tonic for people of all ages. Elderberry/brandy extract with Ginger syrup and Lime. By Jean’s Greens.

**Golden Milk Powder** . . . 4 oz. $17.00
Whisk into your favorite warm milk for a warming and nourishing drink. Organic turmeric, ashwagandha, ginger, cardamom, nutmeg and black pepper By Jean’s Greens.

**Mushroom Powder Blend** 8 oz. $22.00
6 mushroom full spectrum powder blend: Organic Reishi, Cordyceps, Turkey tail, Lion’s mane, Artist conk & Chaga mushroom powders. By Healing Spirits Herb Farm.

**Hot Cocoa Mix** . . . 12 oz. $9.50
A rich delicious blend of Fair Trade Organic Cocoa powder, Organic Sugar and Organic Non-fat Dry Milk. From Dean’s Beans.

**Restorative Herb Powder** . . 4 oz. $17.00
A deeply nourishing and supportive blend of herbs designed to enhance overall health and well-being, with an emphasis on immune and endocrine systems. Take over a period of time to feel vibrant and restored. Organic roots of Eleutherococcus senticosus, Ashwagandha, Astragalus, Codonopsis, Fo-ti, Shatavari, Ginger and Organic Hawthorn berries. By Woodland Essence.

**Ryan’s Kelp** . . . 1 oz. $5.50
High quality kelp that is hand harvested by Ryan Drum on the San Juan Islands off the coast of Washington state. Excellent source of essential minerals.

**Ford’s Wildflower Honey** . .
Organic Adirondack foothills wildflower, forest and field blend. Choose from Raw or Gently Heated 1 lb $9.00
Honey with Cinnamon $9.75 1 lb.

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**Herb & Spice Blends**

**Chili Seasons**: chili pepper, cumin, oregano, garlic. CO/SF.............2.00

**Curry Powder**: turmeric, coriander, cumin, fenugreek, cayenne, white pepper, yellow mustard, ginger, cinnamon, cardamom, cloves, nutmeg.
CO/SF..............................................2.00

**Fajita Seasons**: black pepper, onion & garlic powder, cumin, coriander, lemon peel, oregano, parsley, cayenne.
CO/SF..............................................2.25

**Garam Masala**: cardamom, cinnamon, clove, cumin, white pepper, coriander.
CO/SF..............................................2.50

**Gumbo File**: sassafras leaf powder.
SF.....................................................2.50

**Herbs de Provence**: basil, rosemary, thyme, parsley, marjoram, lavender and tarragon.
CO/SF..............................................1.95

**ItalianSeasons**: oregano, basil, garlic, marjoram, rosemary, sage, savory.
CO/SF..............................................1.95

**Lemon Pepper**: black pepper, onion, garlic, lemon peel, rosehips, celery seed, orange peel, citric acid, turmeric, savory, parsley, lemon oil.
CO/SF..............................................2.00

**Thai Seasons**: chili powder, lemongrass, star anise, coriander, garlic, lemon peel, ginger, onion, basil, cumin & cinnamon.
CO/SF..............................................2.00

**Pumpkin Pie Spice**: cinnamon, ginger, allspice, clove, nutmeg.
CO/SF..............................................3.00

**Zesty Seas**: Jean’s own blend of dulse, kelp, nettle seed, garlic granules & ground sesame seed.
CO/SF..............................................3.00
A line of tincture formulas devoted to preserving traditional methods of herbal wisdom, brought to you by Dina Falconi and Jean’s Greens.

What we can’t grow or find, we get from reputable sources of organic growers and wildcrafters. We carefully harvest each plant at peak potency and process them individually. We make simple extractions with spring water / organic grain alcohol ratios for optimal results.

We deeply love the spirit of the plant world and believe in Earth Energy as a form of healing. This energy goes into every bottle. Earthly Extracts offers you an opportunity to experience this Earth connection and begin the process of natural healing.

1 oz. - $13.00       2 oz. - $24.00       4 oz. - $44.00

**Allergy Relief** .. Sinus and allergy relief. *Osha, Elder flower, Calendula and Nettle.*

**Defense Formula** ... For immune system support. *Echinacea angustifolia root and purpura seed, Goldenseal root, Spilanthes, Prickly Ash bark, Calendula.*

**EZ Does It** ... Stress relief. *Milky oat tops, Chamomile, St. Johnswort, Skullcap, Lemon Balm.*

**Feverfew Remedy** ... For headaches. *Feverfew, Blue Vervain, St. Johnswort, Chamomile, Meadowsweet, Lavender.*

**Flu Away** ... Colds, flu, and fevers. *Elder flower, Yarrow, Boneset, Catnip flowering tops.*

**Love Potion - Female Toner** ... Nourishing and revitalizing. *Vitex berries, Raspberry leaf, Burdock root, Roses, Damiana leaf.*


**Mellow Moon** ... Menstrual discomfort. *Skullcap, Crampbark, Mugwort.*

**Move With Joy** ... More flexibility and less pain. *Devil’s Claw root, Yucca root, Sarsaparilla root, Prickly Ash bark, Burdock root, Dandelion root.*

**Mullein Plus** ... Deep lung congestion. *Mullein leaf, Marshmallow root, Elecampane root, Astragalus root, Bee Balm, Lobelia.*

**Peaceful Pulse** ... Heart tonic. *Hawthorn berry, Ginkgo leaf, St. Johnswort, Motherwort, Skullcap.*

**Piss Bliss** ... Soothing & cleansing. *Uva Ursi, Saw Palmetto berries, Marshmallow root, Cornsilk, Goldenrod.*

**Root Tonic** ... Rebuilds liver health. *Yellow Dock root, Burdock root, Dandelion root, Artichoke leaf, Milk Thistle seed.*

**Women’s Liberty** ... Menopausal formula. *Black Cohosh root, Vitex berries, Motherwort, Mugwort.*

**Zzz’s** ... Encourages sleep. *Hops, Chamomile, Skullcap, Catnip, Meadowsweet, Valerian root.*
Simple Extracts

1 oz. $12.00  2 oz. $22.00
Extracts provided by various northeast herbalists and Jean’s Greens.
Extracted in pure organic grain alcohol.
Made from freshly harvested herbs unless indicated: d-dried

Andrographis, Ashwagandha root
Astragalus root- d, Black Cohosh root
Black Walnut hull, Blue Vervain Boneset, Burdock root
Calendula, California Poppy Catnip, Cat’s Claw
Chickweed, Cleavers
Dandelion root, Dandelion leaf
Echinacea purpurea, Elderberry Elderflower, Elecampane root
Eleuthero, Feverfew, Ginkgo Goldenrod, Gravel Root
Hawthorn leaf & flower
Hawthorn berry, Hops
Japanese Knotweed, Lady’s Mantle
Lemon Balm, Lobelia
Meadowsweet, Milk Thistle - d
Motherwort, Milky Oat tops
Red Clover blossom, St. Johnswort
Shepherd’s Purse, Skullcap
Tulsi root, Tulsi Basil
Valerian root, Vitex - d
Wormwood, Yarrow
Yellow Dock root

American Ginseng call for availability

Goldenseal root $15.00

Glycerites from Woodland Essence

1 oz.. $10.00

Lavender glycerite
Lemon Balm glycerite
Rose glycerite
Tulsi/Sacred Basil glycerite

Elixirs, Syrups and Tonics

Aphrodite’s Syrup . . . 4 oz. $15.00
This blend is chock full of aphrodisiac herbs. Use on ice cream, in coffee or by itself. Contains unfiltered honey and respectfully harvested wild herbs:
Damiana leaf, Cinnamon bark, Kava Kava root, Rosehips & Vanilla extract. Contains 5% organic grain alcohol by volume.
By Mountain Rose Herbs.

Elderberry Tonic . . . 4 oz. bottle $13.50
 Delicious, warming winter tonic for people of all ages. Elderberry/brandy extract with Ginger syrup and Lime.
By Jeans Greens.

Energy Tonic . . . 4 oz. $12.99
Vitality by the spoonful. A delicious way to replenish a stressed, depleted body. Black Currant juice, American Ginseng root, Organic Oat tops, Raw Honey. By Roots Remedies.

Ginger Syrup . . . 4 oz. $15.00
Delicious taken alone or in tea. A great traveling companion. Contains pure unfiltered honey & fresh organic Hawaiian ginger root extract. Contains 5% certified grain alcohol by volume.
By Mountain Rose Herbs.

Osha Ultra Syrup . . .
4 oz. $15.00 This is our most potent & fast acting herbal cough syrup. Designed to cut through the thickest phlegm and get right to work on stubborn coughs. Can be taken alone or in tea as needed. Contains unfiltered Honey, water, alcohol and the following organic and respectfully wild harvested herbs: Elecampane Root, Osha Root, Marshmallow Root, Horehound Leaf, Mullein Leaf and Fennel Seed.
By Mountain Rose Herbs.

Sleep Tonic . . . 4 oz. $12.99

Stress Tonic . . . 4 oz. $12.99
By Roots Remedies.
Health and Beauty
Lotions & Creams

After the Sun Creme
2 oz. $12.00 Replenish sun damaged and older skin. *St. Johnswort flowers in olive oil with Jasmine and Lavender essential oils.*
*By Woodland Essence.*

Blue Chamomile Face Cream
2 oz. $14.00 Rich nourishing moisturizer made from an infusion of herbs selected for their skin enhancement properties, blended with all natural oils. *By Jean's Greens.*

Calendula Face Lotion
4 oz. cobalt pump bottle $14.00. For mature skin, a light and silky nourishing, unscented lotion. Contains healing *Calendula oil with Lemon Balm hydrosol & Shea butter.*
*By Birch Moon Herbals.*

Chaga Creme
2 oz. $14.00 A rich creme that addresses various skin anomalies; improves skin tone; deters rashes and skin discoloration.
*By Woodland Essence.*

Good Earth Lotions
4 oz. $8.00 This lotion is loaded with soy protein. It will leave your skin feeling silky and smooth. Absorbs wonderfully with no sticky residue. *Choose from Patchouli, Lemon Verbena, Lavender, Rosemary Mint or Sweet Basil Vanilla.*
*By Good Earth Soap.*

Eye Toner Cream
15 ml. $12.00 A delightful blend of herbs, oils and cucumber water. Absorbs easily and helps puffiness around the eyes without masking your natural glow.
*By Solstice Herbals.*

Kathy’s Healing Lotion
5 oz. $12.00 8 oz.. $19.98 16.5 oz. $39.98 This 100% organic lotion is amazing for severely dry skin. As an overall hand and body lotion, it softens your skin, stops itchy skin, heals, nurtures, soothes and works all day, even after you wash.
*By Kathy’s Family.*

Lavender Cream
2 oz. $12.00 A rich, super moisturizing cream for dry cracked hands, face, feet and body. Healing *Calendula oil and calming Lavender* in perfect combination. On your face, a pea sized amount is all you need for all day softness and protection. Unscented is also available.
*By Birch Moon Herbals.*

Spruce Cream
2 oz. $12.00 A super moisturizing cream for dry cracked hands and feet. *Calendula* oil is very healing. Spruce is uplifting and clears the head. Enjoy!
*By Birch Moon Herbals.*

X-ema Cream
2 oz. $12.00 An incredibly soothing blend of herbs to help ease the itch of eczema. Helps to heal inflamed, dry skin.
*By Birch Moon Herbals.*

Wild Rose Face Cream
2 oz.. $14.00 Luxurious, rich and sensual, Wild Rose is truly food for the skin. High in essential fatty acids, aids in rebuilding skin.
*By Holly Farms.*

Sage Blue’s Breast Balm
2 oz. $12.00 Formulated with flowers and oils that penetrate deeply to stimulate lymphatic flow and release toxins. Breast massage instructions included.
*By Jean’s Greens.*

Sage Blue’s Love Balm
2 oz. $12.00 Slippery and wild body lubricant. Mild pleasant scent - does not leave a greasy residue. Do not use with latex products. *By Jean’s Greens.*
Facial Oils & Wash

Pomegranate Argan Facial Oil
1 oz. $16.25  A blend of nourishing oils to hydrate and moisturize, for normal to mature skin. Organic and vegan. 
By Chagrin Valley.

Rosehips & Sesame Facial Oil
1 oz. $16.25  A blend of hydrating oils to restore moisture and suppleness, for dry to mature skin. Organic and vegan. 
By Chagrin Valley.

Seabuckthorn Tamanu Facial Oil
1 oz. $22.50  Antioxidant rich oils, healing for inflamed, damaged skin, acne and scarring. For irritated or inflamed skin. Organic and vegan. 
By Chagrin Valley.

Buttercream Cleaning Face Wash
4 oz. $15.75  Moisturize and gently cleanse skin with natural oils, whipped butters and aloe soap. Organic and vegan. 
By Chagrin Valley.

Wild Rose Face Cream
2 oz. $14.00  Luxurious, rich and sensual, Wild Rose is truly food for the skin. High in essential fatty acids, aids in rebuilding skin. 
By Holly Farms.

Honey Blossom Face Scrub
4 oz. $10.00  Exfoliating cleanser for skin. Made with raw, local honey, ground apricot kernels, oats, white clay and a blend of herbs to heal, cleanse and soothe the skin. Excellent for any skin type. 
By Solstice Herbals.

Enjoy a relaxing bath

Bath Salt Soaks
8 oz. pkg. $4.00  For 1-2 baths. Epsom, dead sea and mineral salts combined with essential oils for a well earned and relaxing soak. Choose from: Cedar Sage restoring, Sore Muscle Soak tension relief, Lavender calming, or Balancing deep sleep. 
By Soothing Touch

Milk Bath with Rose Petals
2 oz. pkg. $2.50; $16.00 per lb. Ancient Babylonian formula to pamper your body and put you in the mood for love. Fragrance and beauty combine to make skin soft as silk and rose-scented. Goat Milk, Rose Petals, Dead Sea Mineral Salts, & Essential Oils. 
By Jean's Greens.

Mineral Salts Mustard Bath
2 oz. pkg. $2.50; $16.00 per lb. This therapeutic blend utilizes the warmth of mustard to open pores and release toxins. Leaves your skin feeling soothed and refreshed. 
By Jean's Greens.

Flower Body Powder
3 oz. $7.00  Lovely powder containing powdered lavender and rose petals with a light scent. Talc free. 
By Birch Moon Herbals.

Woodsy Body Powder
3 oz. $7.00  Deodorizing with powdered sage and fir needle essential oil. Talc free. 
By Birch Moon Herbals.

Special Care for Acne

Kryptonite Soap
6 oz. $10.00  For skin detox and acne. Improves complexion without drying out skin. Infused with Reishi Mushroom extractions, Matcha Tea, Calendula, Green Clay and Essential oils of Tea Tree, Bergamot and Grapefruit. By RAD.

Blemish Be Gone
1 oz. $5.50 or 2 oz. $10.00  Apply directly on blemish with a cotton ball. Just a little dab is all you need of this herbal combo in a Witch Hazel base. (formerly Pimple Juice) 
By Jeans Greens.
Camping & Trail Soap

French Bath Soap
200 g. Bar $6.00; 150 g. round $4.50  Pure vegetable soap, enriched with shea butter for long lasting soap with abundant creamy lather. Scents distilled in the city of Grasse in the south of France. Choose from Ginger Orange, Lavender, Linden, Ocean & Seaweed, or Lychee Rose. Imported by Echo France.

Goat Milk Oatmeal Soap
5.8 oz. Bar $8.95 A gentle face and body soap for sensitive and dry skin. Organic and vegan. By Chagrin Valley.

Holly Farms Soaps
3.5 oz. Bar $4.00 Hand made soaps with 100% vegetable oils. No artificial dyes or chemical preservatives. Choose from; Mountain Sage, Nutmeg-Orange, Northwoods, Cinnamon-Spice, Seaweed Scrub, Patchouli-Lime, Wild Blueberry, Lilac, Lemongrass-Clove, Lavender-Poppyseed or Almond Oat Scrub. By Holly Farms.

RAD Natural Body Bars
6 oz. Bar $10.00 Suitable for all skin types, made of all natural ingredients that will not strip skin of it’s natural oils. Chaga Body Bar Orange, Tangerine, Clementine & Patchouli. Moon Rock Bar Activated Charcoal, Black Current Seed Oil. Kryptonite Bar Calendula, Reishi, Matcha, Bergamot, Grapefruit and Tea Tree

Sea Salt & Seaweed Soap

Shampoo Bars
Conditioning natural shampoo in a solid bar. Cleans the hair and scalp without stripping away natural protective oils. Choose from Chamomile & Citrus, Rosemary & Lavender, or Nettle. Certified organic and vegan. 5.8 oz. bar for $8.95  By Chagrin Valley.

Neem Tea Tree Body & Hair Shampoo
5.8 oz. bar $8.95. For dry and irritated skin and scalp. Organic and vegan. By Chagrin Valley.

Dry Shampoo
For a quick fix in between shampoos, helps your hair to look clean and smell fresh. Choose from Light Hair or Dark Hair. Certified organic and vegan. 4.5 oz. for $18.50. By Chagrin Valley.

Hair Balm

Rainbow Henna
$1.75/ oz. Organic and without additives. Choose from; Neutral, Blonde, Marigold Blonde, Strawberry Blonde, Copper, Light Brown, Medium Brown, Dark Brown, Burgundy, Mahogany, Sherry, Red, or Black. Ask for our Free Henna Fact Sheet.
Baby & Mom Care

**Baby Powder**
3 oz. $7.00 Powdered flowers for your baby’s sweet sensitive skin. Mild, calming talc free scent. *By Birch Moon Herbals.*

**Diaper Salve**
1 oz. Travel Tin $6.00, 2 oz. $9.00, 4 oz. $17.00 Fast recovery from diaper rash. Soft for easy spreading. Calendula and Comfrey infused Olive oil, Beeswax, Lavender and essential oil. *By Birch Moon Herbals.*

**Fairy Mist**
1 oz. $7.00 Soothing for children when nothing else seems to work. Contains Lavender and flower essences. *By White Buffalo Herbs.*

**Postpartum Sitz Bath**
2 cups $9.00 A soothing and comforting blend of herbs traditionally used to support postpartum healing. Includes one reusable muslin bag. Comfrey leaf, Plantain, Lady’s mantle, Calendula, Lavender and Yarrow. *By Jean’s Greens.*

**Kid’s Vegan Sunscreen**
Broad spectrum SPF 50. Water resistant for 40 minutes. Great for adults too! 4 oz. $12.00 *By Nature’s Gate.*

**Women’s Nursing Blend**
A loose tea blend of herbs traditionally used by nursing mothers to enhance their milk supply. Fenugreek Seed, Fennel Seed, Oatstraw, Alfalfa & Blessed Thistle.

**Special Care for Lips**

**Heal All Salve Stick**
.15 oz. $4.00 Contains Comfrey and Calendula Oils, Shea Butter and Honey. *By Birch Moon Herbals.*

**Lip Balm Sticks**
.15 oz. $3.50 Soothes and protects. Call for our current selection. *By Birch Moon Herbals*

**Soothing Touch Lip Balm**
.25 oz. $4.00 Soothes and protects. Choose from Coconut Lime, Grapefruit, Peppermint, Pomegranate, or Unscented. *By Soothing Touch.*

Special Care For The Great Outdoors

**Buzz-Off!**
2 oz. $7.00 Jean’s secret formula of Witch Hazel with essential oil blend. Spray bugs away! *By Jean’s Greens.*

**Tick Repel Kit**
$19.95 Our DIY tick repel kit includes a 4 oz. glass bottle with sprayer, 1/2 oz. geranium essential oil and complete instructions. Makes approximately 15 - 4 oz. bottles. *By Jean’s Greens.*

**Itch Re-leaf**
4 oz. $10.00 A herbal spray to soothe “itchies”. Jewelweed, Mugwort, Plantain, Comfrey, Sweet Fern & Witch Hazel bark in Witch Hazel extract, preserved with 25% pure grain alcohol. *By Woodland Essence.*

**Treats for your Feet**

**Peppermint Foot Cream**
2 oz. $12.00 Peppermint essential oil and flower essence awaken, refresh and cool. A wonderful after shower treat. *By Birch Moon Herbals.*

**Peppermint Foot Powder**
3 oz. $7.00 This talc free powder is moisture absorbing, deodorizing and refreshing. *By Birch Moon Herbals.*
Healing Salves

All Purpose Salve
1 oz. $5.50; 2 oz. $10.00 Use for almost anything from rashes to bug bites, burns, wounds, inflammation, and more. Olive oil infusion of fresh Plantain, Comfrey leaf, St. Johnswort and Calendula, Beeswax and Tea Tree Oil. By Jeans Greens.

Cold Sore Relief Balm
1 oz. $9.00 Safe and healing for sensitive areas. Tea tree, Lemon Balm and Zinc. By Birch Moon Herbals.

Heat and Treat
2 oz. $11.00 Herbal liniment used to soothe and warm sore muscles, sprains, bruises and joints. Contains fresh infused oils of St. Johnswort & Arnica enhanced with essential oils. By Jean’s Greens.

Penetrating Joint Comfort Salve
3.5 oz. $16.50 Massage this fragrant salve into aching joints to bring warmth, comfort and flexibility. Organic and wildcrafted herbs with emu oil, flower essences and essential oils. By Woodland Essence

Warming Muscle Balm
3.5 oz. $16.50 A fragrant, relaxing balm to soothe the strained and sore muscles, releasing tension and cramping. Organic and wildcrafted herbs with essential oils and flower essences added. By Woodland Essence.

Project A Arnica Cream
4 oz. $20.00 Relief from joint and muscle pain and inflammation. Helpful with bruising. By RAD.

Body & Massage Oil

Organic Bath, Body & Massage Oil
4 oz. $4.99 Sooth and moisturize with this unique Ayurvedic blend of 6 carrier oils. Delicately scented with essential oils or unscented and made with herbal infusions. Choose from Lavender (relaxing), Peppermint Rosemary (muscle comfort), Sandalwood (rich & exotic) or Nut Free Lite (unscented). By Soothing Touch.

Herb Hill Salves

Gretchen Gould’s hand-crafted salves made from the oil of fresh plants grown on Herb Hill, Rensselaerville, NY.

List of ingredients available upon request.

1 oz. creme jars $6.50 each

Calendula Plus Traditional blend used for inflamed or itchy skin.

Calm Balm Especially formulated for women to ease tension.

Chest Rub Warms congestion of the lungs, soothes coughs.

Chick Epoxy Formulated for the itchy outbreaks of chicken pox; also effective for eczema.

Cutí Cure Strengthens nails & softens cuticles.

Flim Flam Jam A stimulating anti-inflammatory to aid circulation & ease arthritic joints.

Foot Warmer Encourage circulation to your extremities.

Fungal Jumble Addresses fungal based nail/foot problems.

Preparation “P” Soothing hemorrhoid relief.

Soothe ‘N Comfort Pain killing herbs, can be used for any discomfort.

Snooze Eze Use this and drift off into a relaxing sleep.

St. Johnswort A relaxing ‘simple’ to rub on muscles that ache or spasm.

Temple Rub To ease fatigue & headache.

You’re So Vein Formulated to ease discomfort of varicose veins and aid circulation.
**General Health and Beauty Aids**

**Amazing Tooth Powder**
1 oz. $12.00 Feel the tingle with this natural and organic alternative dentifrice. Organic Horsetail, Spilanthes, Zeolites, Aztec Clay, Baking Soda, Stevia, Cloves, Myrrh and Peppermint Essential Oil. By Earthwalk Botanicals.

**Organic Daily Swish**
8 oz. $14.99 Sesame and coconut oils infused with ayurvedic herbs for overall health and hygiene. Based on ayurvedic oil pulling. By Banyan Botanicals.

**Herbal Gum Rinse**
1 oz. $11.00 2 oz. $20.00 Tones and strengthens gums, and freshens breath. Prepared with Echinacea purpurea, Spilanthes leaf and flower, White Oak bark, Calendula flowers, Plantain leaf and Myrrh gum extracted in organic grain alcohol and distilled water with Bloodroot extract and essential oil of Peppermint added. By Woodland Essence.

**Herbal Throat Spray**
1 oz. $11.00; 2 oz. $20.00 A soothing and antiseptic blend for tender throats. Fresh whole plant Echinacea purpurea, Usnea lichen, Sage, Thyme, Hyssop leaf, Licorice root, Goldenseal root, Myrrh resin and Propolis. With essential oil of either peppermint or orange added. Please indicate your choice. By Woodland Essence.

**Natural Deodorant Stick**
3.5 oz. $11.00 A non-toxic deodorant. Choose from regular or sensitive. For men, women and children. by Earthly Remedies by Erin

**Super Wound Wash**
1 oz. $12.00; 2 oz. $22.00 A strong extract blend of roots, leaves and flowers traditionally used for various skin conditions. Contains Calendula, St. Johnswort, Echinacea, Comfrey root & Usnea lichen in 50% alcohol. By Woodland Essence.

**Arnica Compound**
1/2 oz. $5.50 All purpose injury oil. From oil infusions of Arnica, Calendula, St. Johnswort, with essential oils of Rosehips and Chamomile. By Jean’s Greens.

**Rosemary Compound**
1/2 oz. Oil Blend or Salve $5.50 Massage gently over sinus area or lightly into nostrils to relieve congestion. Essential oils of Rosemary, Eucalyptus, Thyme and Lavender in Apricot Kernel Oil. By Jean’s Greens.

**Herbal Ear Drops**
1/2 oz. $5.50 Helps with imbalances in the ear canal. For people and their pets. Combination of Calendula, St. Johnswort, Mullein & Garlic oils. By Jean’s Greens.

**Essences and Elixirs**

**Boundaries in a Bottle**
2 oz. $25.00 An energetic spray, crafted from plant and gem essences and essential oils. For radiant protection, clearing and grounding.

**Heart Mender**
1 oz. $20.00 An elixir crafted from plant, gem and energetic essences for healing, strengthening, heartbreak and grief.

**Between the Worlds**
1 oz. $20.00 An elixir crafted from plant, gem and energetic essences for transcendence, transformation, self-determination and gender magic.

**YES! Liberation**
1 oz. $20.00 An elixir crafted from plant, gem and energetic essences for resilience and healing, buoys the heart and spirit, ignites courage and creativity.
**Aromamists**
*By White Buffalo Herbs*

These aromatherapy sprays are effective and lovely, using all organic ingredients, in blue cobalt glass spray bottles.

- 1 oz. $7.00
- 4 oz. $20.00

**Allergy Relief**: Said to relieve allergy symptoms. Spray a bit on hankie or face to relieve itchy eyes, runny nose, puffy face. *Lavender, German Chamomile and Lemon Balm*

**Aphrodisia**: Earthy scent, contains Patchouli and is said to elevate mood and act as a sexual stimulant.

**Arthritis Relief**: Said to provide topical relief for arthritis pain. *Boswellia, Lavender, Helichrysum & Peppermint*

**Concentration**: Traditionally used to increase concentration, highly improve focus and observation. Has been used to discourage appetite. Clean, citrus smell. *Organic Basil, Bergamot, Lavender and Grapefruit*

**Flash Relief**: Traditionally used during menopause to relieve hot flashes. *Clary Sage, Geranium, Lemon and Sage.*

**Flu Relief**: Relieves headaches and aids congestions. A great germ killer! *Eucalyptus & Lavender*

**Lavender Calm**: Helps headaches, nervousness and irritability. Also relieves stings, itchiness and sunburn. Sweet and fresh. *Lavender*

**Rose Comfort**: Opens the heart. Emotionally comforting and supportive. Traditional love potion. Smells like a fully open rose. *Turkish Rose*

**Tranquil-ez**: A flowery synergistic blend that is said to relieve anxiety and stress. Helps you cope! *Lavender, Palmarosa, & Rose Geranium*

**Wise Woman**: Helps to relieve exhaustion and mood swings generally associated with menopause. *Lavender, Clary Sage, Rose Geranium & Bergamot*

**Woodland Spirit**: Evokes the glorious smell of balsam boughs and shaded woodland glens. Redolent of the holidays. *Organic Balsam*

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**Spritzers**
*by Birch Moon Herbals*

Made with distilled water, hydrosols, pure essential oils and flower essences.

- 2 oz. glass spray bottles . . . $7.00 each

**Four Thieves Protection**: Essential oils of Clove, Cinnamon, Lemon, Eucalyptus, Rosemary, Tea Tree and Yarrow flower essence. Helps fight off viruses, mold and bacterial infection. Legend says it was used by thieves during the bubonic plague. Avoid when pregnant.

**Relaxing Mist**: *Chamomile hydrosol with Lavender and Sweet Orange essential oils* to calm and relax nerves. Rescue remedy for stress, trauma, shock.

**Sunshine**: *Grapefruit, Tangerine and Lemongrass with Lemon Balm* hydrosol for the winter blues or any time a spirit lifter is needed! *Witch Hazel flower essence* sends a warm glow and hope in time of doubt and anxiety. Spikenard is for “Dancing gracefully through life’s challenges” (Woodland Essence description).

**Sweet Dreams Mist**: Spray your children’s rooms with this before bed to ward off monsters! Contains *Chamomile and Lavender* to calm and induce a peaceful sleep, *Aspen flowers* for unknown fears.

**Burn Relief**: Cooling and healing for all minor burns. *Lavender, aloe, vitamin E with cooling peppermint in a spray.* 2 oz. $10.00
Woodland Essence

Woodland Flower Essences are liquid potentized extracts that hold the vibration of the forest.

1/2 oz. bottle - $9.00  Set of 9 - $65.00

TREE FLOWERS

Aspen, Quaking: Fearlessness in the face of the unknown.
Balsam Fir: Clarity, groundedness with inspiration.
Black Birch: Sharing one’s essence without fear.
Black Cherry: Encourages creativity and artistic expression.
Golden Birch: Brings light, understanding, hope in times of despair or depression. Enhances meditation and mental clarity.
Red Cedar: Courage, wisdom.
Flowering Dogwood: Simple elegance.
Hawthorn: Protection of the heart.
Hemlock, Eastern: Guiding through a transition.
Larch: Releasing self doubt.
Linden: Calming emotional turmoil.
Red Maple: Life affirming vitality.
Sassafras: Self love.
Scots Pine: Guidance on the right path.
Sugar Maple: Nurturing. Sweetness of life.
White Ash: Core integrity. Standing in one’s truth.
White Cedar: Protecting and purifying. Releases negativity.
White Pine: Stability, balance in thought and action.

FOREST FLOOR FLOWERS

Dwarf Ginseng: Integration.
Gaywings: Joyful purpose.
Goldthread: Appreciation.
Painted Trillium: Understanding effects of choices.
Purple Clematis: Support for deep hurt.
Starflower: Protection from negative influences.
Uva Ursi: Nurtures the feminine, creativity.
Wild Lily of the Valley: Lighten up!
Wild Sarsaparilla: Perseverance and endurance in times of struggle.

SHRUB FLOWERS

Arrowwood: Purity of intent.
Barberry: Accepting all aspects of life.
Beach Plum: Appreciate finest essence of life.
Elder: Magic and mystery. Protection.
Hobblebush: Relax, enjoy and let go.
Mountain Laurel: Clarity in time of confusion.
Ocean Rose: Opening to joy and abundance.
Wild Azalea: Confidence.
Wild Rose: Balance.
Witch Hazel: Uplifts the spirit.

AT RISK WOODLAND FLOWERS

Endangered native medicinal plant flower essences hold the plant spirit without risking the life force.

American Ginseng: Vitality.
Accepting personal power.
Black Cohosh: Courage in healing past experience.
Blue Cohosh: Sexuality as sacred.
Graceful aging.
Bloodroot: Embracing one’s inner light.
Goldenseal: Clarity to make room for new experiences.
Pink Lady Slipper: Creative expression of inner purpose.
Spikenard: Dancing gracefully through life’s challenges.
Trillium: Peaceful centeredness.
Wild Ginger: Grounded and rooted. Connecting with nature.

CHAKRA FLOWER ESSENCES

Birth: Healing all experiences with the birth process.
Creating: Creativity, enhances belief in oneself.
Interfacing: Maintaining self in relationship.
Heart: “I am enough!” Understanding and compassion.
Opening: Spiritual guidance and inner wisdom.
Throat: Finding one’s voice.
Knowing: Accessing and trusting one’s intuitive abilities.
Crown: Calms emotional stress.

Flower Essence Services

1 oz. bottles  $14.80

Five Flower Formula - Hand prepared formula using the same plant species and methods of the emergency combination of Dr. Edward Bach.

Self-Heal Flower Essence - Addresses the core issue of all healing work, the inner commitment to be well. May be taken from the bottle or mixed in water

Yarrow Environmental Solution - Used to strengthen the life force when one is exposed to environmental stresses and pollutants.
Capsules and Tablets
500 mg. capsules sold in bottles of 100 unless otherwise noted

Antiseptic Formula

Cold Care Caps
$12.50 Cold weather’s coming, don’t be caught unprepared. Slippery Elm, Goldenseal, Echinacea, Myrrh, Ginger, Cayenne.

Empowered Milk Thistle
100/500 mg $15.00 Each capsule contains 150 mg. Milk Thistle extract and 350 mg. powdered Milk Thistle.

E-Z Transition Caps

Five Mushroom Formula
$23.00 Contains 125 mg. Coriolus extract, 125 mg. Cordyceps extract, 100 mg. Maitake extract, 75 mg. Reishi extract, 75 mg. Shiitake extract.

Immune Booster Caps
$22.00 Yu Ping Feng San (10:1 Extract), Huang Qi (Astragalus Membranaceus Root), Bai Zhu (Atractylodes Rhizome), Fang Feng (Ledebouriella Root), Astragalus Extract Powder (Astragalus Membranaceus Root) (4% Polyphenols), Shiitake Extract Powder (Lentinula Edodes Fruiting Body) (6% Polysaccharides), Reishi Extract Powder(Ganoderma Lucidum Fruiting Body) (10% Polysaccharides)

Low Chol Caps
$12.50 Special formula for reducing cholesterol. Hawthorn berries, Yucca root, Prickly Ash, Oats, Yarrow, Dandelion root, Burdock, Turmeric.

NOAH Caps
$12.50 Popular formula to help build strong bones and healthier hair & nails. Nettle, Oatstraw, Alfalfa, Horsetail.

Nutri Caps
$12.50 Excellent all purpose daily supplement. Spirulina, Nettle, Alfalfa, Kelp.

Turmeric Caps
100/600 mg. $11.00 Turmeric promotes the body’s natural healthy inflammation response.

Women's Power Caps
$12.50 A good daily supplement for the busy woman. Dandelion root, Spirulina, Burdock, Dong Quai, Astragalus & Yellow Dock.

Capsules by Green Dragon Botanicals

Andrographis
100/450 mg capsules $16.00 Wild harvested bark from Peru, also part of LB Core Protocol.

Cat's Claw
100/375 mg capsules $16.00 Organic herb from India, also part of LB Core Protocol.

Japanese Knotweed
100/500 mg. $25.00 Wild harvested whole root from the Northeastern US. Japanese Knotweed has been used for healing by the people of Asia for thousands of years.

LB Core Protocol
336 capsules or 4oz. extract $44.00 Formula based on recommendations in Stephen Buhner’s Healing Lyme. Japanese Knotweed, Cat's Claw bark, Andrographis herb, Dandelion herb & Sarsaparilla.

Ayurvedic Tablets by Banyan Botanicals

Ashwagandha
90 tablets $20.95 Rejuvenating for vata and kapha. Promotes vitality and strength. General adaptogen for stress, promotes relaxation and sound restful sleep.

Triphala
Animal Relief Formula . . .
1 oz. $14.80 Calming and comforting for animals in transition or coping with trauma. Available as essence or a spray mist. By Flower Essence Services.

Bug Repellent Shampoo...
8 oz. w/tick repel $19.50. Leaves small amounts of essential oils in fur to ward off biting insects. Castile soap with Hemp, Eucalyptus, essential oils of Lemon, Rosemary, Geranium and Wormwood. Also contains Jojoba oil, citric acid and vitamin E. By Bonaturale.

Canine/Feline Mix . . .
2 oz. $10.95, 4 oz. $18.95. Seventeen ingredients to promote the nervous system, blood vessel integrity, tissue, skin, nails and a shiny coat. Purifies the blood, cleanses the body of heavy metals, expels worms and wards off biting insects. 1/4 tsp., per 20 lb. pet. By Bonaturale.

Catnip Sleeping Mat . . .
$18.00 Colorful cotton mat filled with organically grown catnip and polyester quilt batting. Generous 14” X 20” size, Washable and refillable. By Fields for All Thyme.

Detox Blend . . .
1 oz. $15.50 Use over an extended period of time to assist metabolic functions during acute or chronic cases of allergy or systemic imbalances related to liver dysfunction or excess toxicity. This glycerin based formula uses organically grown or ethically wildcrafted herbs Burdock, Dandelion, Milk Thistle, Red Clover, Alfalfa & Licorice in a tonic formula. By Animal’s Essentials.

Dog/Pet Shampoo Bar . . .

Fido Derm Herbal Spray . . .
4 fl. oz. $12.50 Fast itch-relief and quick healing to hot spots, abrasions, sunburn, flea and insect bites & fungal or bacterial infections of the skin. This glycerin based formula uses organically grown or ethically wildcrafted herbs. Aloe Vera juice, Calendula extract and essential oils of Tea Tree, Lavender and Carrot Seed. By Animal’s Essentials.

Fleaz Out . . .
4 oz. shaker cylinder $6.00 All natural flea powder for dogs, cats and all animals. Proven effective against fleas, lice and other biting insects. By Jean’s Greens.

Fresh Fur Dry Dog Shampoo . . .
4.5 oz. Bottle $18.99 Absorbs excess oils, leaves coat clean and shiny. Soothing and deodorizing. By Chagrin Valley

Goldenseal/Echinacea Blend . . .
1 oz. $15.50 A balanced blend of Echinacea purpurea, Goldenseal, Alfalfa, Garlic, Blue-Green Algae. Optimizes immune support while toning natural body functions. This glycerin based formula uses organically grown or ethically wildcrafted herbs. Recommended by veterinarians. By Animal’s Essentials.

Herbal Ear Drops . . .
1/2 oz. $5.50 Helps with imbalances in the ear canal. For people and their pets. Combination of Calendula, St. Johnswort, Mullein and Garlic Oils. By Jean’s Greens.

Myco Triplex . . .
1 oz. $15.50 An antioxidant tonic used to support natural immune function. Maitake mushrooms, Reishi mushroom and Cordyceps. By Animal’s Essentials.

Seasonal Allergy Support . . .
1 oz. $15.50 Support for seasonal and occasional allergies. Helps maintain normal histamine levels. Glycerin based formula of nettle, licorice root and burdock root. By Animal’s Essentials.

Tinkle Tonic . . .
1 oz. $15.50 An anti-inflammatory, soothing and tonifying combination of Couchgrass, Echinacea purpurea, Marshmallow, Dandelion and Horsetail. Designed to disinfect, soothe and protect the urinary tract without irritating the kidneys. This glycerin based formula uses organically grown or ethically wildcrafted herbs. Especially good for cats. By Animal’s Essentials.

Transquility Blend . . .
1 oz. $15.50 A balanced combination of four calming nerve tonics for acute anxiety disorders. This glycerin based formula uses organically grown or ethically wildcrafted herbs. Valerian, Skullcap, Oatstraw and just the right amount of Hops. By Animal’s Essentials.
## Do It Yourself Supplies

All those little extras that complete your “must have” list.

Priced per dozen.

### Clays

<table>
<thead>
<tr>
<th>Clay</th>
<th>1 oz.</th>
<th>1 lb.</th>
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</thead>
<tbody>
<tr>
<td>Bentonite (medicinal)</td>
<td>0.88</td>
<td>$14.00</td>
</tr>
<tr>
<td>White Cosmetic (Kaolin)</td>
<td>0.81</td>
<td>$13.00</td>
</tr>
<tr>
<td>French Green (Food Grade)</td>
<td>1.13</td>
<td>$18.00</td>
</tr>
<tr>
<td>Red Clay (Morocco)</td>
<td>1.31</td>
<td>$21.00</td>
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### Useful Additives

<table>
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<tr>
<th>Item</th>
<th>1 oz.</th>
<th>1 lb.</th>
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</thead>
<tbody>
<tr>
<td>Activated Charcoal food grade</td>
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</tr>
<tr>
<td>Arrowroot Powder (Organic)</td>
<td>1.39</td>
<td>$18.00</td>
</tr>
<tr>
<td>Beeswax</td>
<td>1.25</td>
<td>$16.00</td>
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<tr>
<td>Cocoa Butter</td>
<td>2.50</td>
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<tr>
<td>Dead Sea Mineral Salts</td>
<td>0.90</td>
<td>$11.00</td>
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<tr>
<td>Diatomaceous Earth (Food Grade)</td>
<td>1.00</td>
<td>$14.00</td>
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<tr>
<td>Grapefruit Seed Extract</td>
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<tr>
<td>Lanolin</td>
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<tr>
<td>Shea Butter</td>
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<td></td>
</tr>
<tr>
<td>Zinc Oxide Powder</td>
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### More Useful Additives

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<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Aloe Gel (Organic)</td>
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<tr>
<td>Castile Liquid Soap (Organic)</td>
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<td>$12.50</td>
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### Capsules

Minimum 100 caps per order

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<tbody>
<tr>
<td>Gel Caps ‘0’ (250 mg)</td>
<td>0.05 ea</td>
<td>$21.00</td>
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<tr>
<td>Gel Caps ‘00’ (500 mg)</td>
<td>0.06 ea</td>
<td>$32.00</td>
</tr>
<tr>
<td>Veggie Caps ‘0’ (250 mg)</td>
<td>0.06 ea</td>
<td>$40.00</td>
</tr>
<tr>
<td>Veggie Caps ‘00’ (500 mg)</td>
<td>0.07 ea</td>
<td>$47.00</td>
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</table>

Capsule Machine “0” or “00” ......23.00

### Organic Hydrosols

Lavender, Chamomile, or Rose

<table>
<thead>
<tr>
<th>Hydrosol</th>
<th>4 oz. Organic Hydrosol</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>7.00</td>
</tr>
</tbody>
</table>

### Natural Fragrance Water

Lavender, Orange Blossom, or Rosewater

<table>
<thead>
<tr>
<th>Fragrance Water</th>
<th>8 oz. Fragrance Water</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>8.75</td>
</tr>
</tbody>
</table>

### Bags and Cheesecloth

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muslin Culinary Bag (5” x 3”)</td>
<td>$0.60 ea</td>
</tr>
<tr>
<td>Cello Lined Bags (brown, 1/2 lb.)</td>
<td>$0.45 ea</td>
</tr>
<tr>
<td>Cheesecloth, unbleached cotton, 2 square yards</td>
<td>$5.50/pkg.</td>
</tr>
</tbody>
</table>
### Bulk Essential Oils
Aromatherapy Grade 10 ml.

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil, Holy</td>
<td>$7.50</td>
</tr>
<tr>
<td>Basil, sweet</td>
<td>$7.50</td>
</tr>
<tr>
<td>Bergamot</td>
<td>$7.50</td>
</tr>
<tr>
<td>Cajeput</td>
<td>$5.00</td>
</tr>
<tr>
<td>Camphor, white</td>
<td>$5.50</td>
</tr>
<tr>
<td>Cardamom</td>
<td>$42.00</td>
</tr>
<tr>
<td>Carrot Seed</td>
<td>$12.50</td>
</tr>
<tr>
<td>Cedarleaf (Thuja), European</td>
<td>$7.00</td>
</tr>
<tr>
<td>Cedarwood, Himalayan</td>
<td>$6.00</td>
</tr>
<tr>
<td>Chamomile, Blue Hungary</td>
<td>$45.00</td>
</tr>
<tr>
<td>Chamomile, Roman</td>
<td>$45.00</td>
</tr>
<tr>
<td>Cinnamon, bark</td>
<td>$20.00</td>
</tr>
<tr>
<td>Cinnamon, leaf</td>
<td>$6.00</td>
</tr>
<tr>
<td>Citronella</td>
<td>$6.50</td>
</tr>
<tr>
<td>Clary Sage</td>
<td>$12.00</td>
</tr>
<tr>
<td>Clove Buds</td>
<td>$7.50</td>
</tr>
<tr>
<td>Cypress</td>
<td>$5.50</td>
</tr>
<tr>
<td>Eucalyptus, Australia</td>
<td>$6.00</td>
</tr>
<tr>
<td>Fennel, sweet</td>
<td>$6.00</td>
</tr>
<tr>
<td>Fir, balsam</td>
<td>$7.50</td>
</tr>
<tr>
<td>Frankincense</td>
<td>$18.50</td>
</tr>
<tr>
<td>Geranium</td>
<td>$16.50</td>
</tr>
<tr>
<td>Ginger</td>
<td>$12.50</td>
</tr>
<tr>
<td>Grapefruit, white</td>
<td>$6.00</td>
</tr>
<tr>
<td>Juniper Berry</td>
<td>$6.50</td>
</tr>
<tr>
<td>Lavender, French</td>
<td>$8.00</td>
</tr>
<tr>
<td>Lemon</td>
<td>$5.50</td>
</tr>
<tr>
<td>Lemongrass</td>
<td>$5.50</td>
</tr>
<tr>
<td>Lemon Verbena</td>
<td>$17.50</td>
</tr>
<tr>
<td>Lime, cp</td>
<td>$7.00</td>
</tr>
<tr>
<td>Marjoram</td>
<td>$6.50</td>
</tr>
<tr>
<td>Melissa, rectified</td>
<td>$9.00</td>
</tr>
<tr>
<td>Myrrh</td>
<td>$24.00</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>$7.00</td>
</tr>
<tr>
<td>Orange, bitter</td>
<td>$7.00</td>
</tr>
<tr>
<td>Orange, sweet</td>
<td>$7.00</td>
</tr>
<tr>
<td>Oregano</td>
<td>$7.00</td>
</tr>
<tr>
<td>Palmarosa</td>
<td>$6.50</td>
</tr>
<tr>
<td>Patchouli, dark</td>
<td>$8.00</td>
</tr>
<tr>
<td>Pennyroyal</td>
<td>$5.50</td>
</tr>
<tr>
<td>Pepper, black</td>
<td>$9.50</td>
</tr>
<tr>
<td>Peppermint</td>
<td>$7.00</td>
</tr>
<tr>
<td>Pine Needle, Scotch</td>
<td>$5.50</td>
</tr>
<tr>
<td>Ravensara</td>
<td>$6.50</td>
</tr>
<tr>
<td>Rosemary, Spain</td>
<td>$7.00</td>
</tr>
<tr>
<td>Rosewood</td>
<td>$13.75</td>
</tr>
<tr>
<td>Sage</td>
<td>$6.00</td>
</tr>
<tr>
<td>Spearmint</td>
<td>$6.00</td>
</tr>
<tr>
<td>Spruce, black</td>
<td>$12.00</td>
</tr>
<tr>
<td>Tangerine</td>
<td>$6.50</td>
</tr>
<tr>
<td>Tea Tree</td>
<td>$7.00</td>
</tr>
<tr>
<td>Thyme, white</td>
<td>$11.00</td>
</tr>
<tr>
<td>Vetiver</td>
<td>$13.00</td>
</tr>
<tr>
<td>Wintergreen</td>
<td>$6.00</td>
</tr>
<tr>
<td>Yarrow</td>
<td>$33.50</td>
</tr>
<tr>
<td>Ylang Ylang</td>
<td>$10.50</td>
</tr>
</tbody>
</table>

### Specialty Oils
Natural cold pressed oils for cosmetic & medicinal uses.

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Argan Oil (organic)</td>
<td>$9.75/oz.</td>
</tr>
<tr>
<td>Apricot Kernel Oil</td>
<td>$15.00/pint</td>
</tr>
<tr>
<td>Coconut Oil (organic)</td>
<td>$12.00/16 oz. jar</td>
</tr>
<tr>
<td>Evening Primrose Seed Oil (org)</td>
<td>$5.00/oz.</td>
</tr>
<tr>
<td>Grapeseed Oil</td>
<td>$10.00/pint</td>
</tr>
<tr>
<td>Jojoba Oil</td>
<td>$2.25/oz.</td>
</tr>
<tr>
<td>Neem Oil</td>
<td>$4.00/oz.</td>
</tr>
<tr>
<td>Olive Oil, Extra Virgin (organic)</td>
<td>$9.50/pint</td>
</tr>
<tr>
<td>Rosehip Seed Oil (organic)</td>
<td>$7.50/oz.</td>
</tr>
<tr>
<td>Sweet Almond Oil</td>
<td>$11.50/pint</td>
</tr>
<tr>
<td>Vegetable Glycerin (organic)</td>
<td>$16.50/pint</td>
</tr>
<tr>
<td>Wheat Germ Oil (Vit. E unrefined)</td>
<td>$3.00/oz.</td>
</tr>
</tbody>
</table>

### Infused Oils
Specially made at Jean’s Greens with fresh plants organically grown or wildcrafted.

Infused in Organic Olive Oil.

- **Calendula, Chamomile, Comfrey Leaf, Plantain or Yarrow**
  $5.00/oz. 4 oz.. maximum

- **St. Johnswort Oil**
  $6.00 per oz. 4 oz.. maximum.
Plastic Cream Jars
Unbreakable white, wide mouth containers
1/4 oz..................................$10.75
1 oz....................................16.25

Lipstick Tubes
White plastic. Great for lip balm or solid perfume! ..................$9.75 / dozen

Roller Ball Applicators
Frosted blue cobalt, roll on applicator container with a black cap .35 oz..
$21.50/dozen

Glass Cream Jars
Pretty round jars, white caps
1 oz. ..................................$16.25
2 oz. ..................................16.75
4 oz. ..................................18.50

Plastic Lotion Bottles
Translucent plastic, low density, narrow mouth, white flip-spout caps
1 oz. ..................................$15.75
2 oz. ..................................14.25
4 oz. ..................................14.75
8 oz. ..................................15.50
16 oz. ..................................18.50

Glass Spice Jars
Standard round 2” jars, shaker insert and white cap.
3.5 oz. ..............$19.25/dozen.

Droppers and Caps
Glass Droppers Only - request by size
1/2 oz. ..........................$8.75/dz.
1 oz. .............................. 9.00/dz.
2 oz. .............................. 9.50/dz.
4 oz., Amber ..........................12.75/dz.
4 oz., Cobalt ..........................12.75/dz.

Caps Only ... Caps Fit Amber & Cobalt Boston Rounds
1/2 oz..., 1 oz.. & 2 oz. ............ .55 ea
4 oz., amber.. ........................... .60 ea
4 oz., cobalt.......................... .60 ea

Spray Misters
Spray Misters ... $13.00/dz.
Small fits 1 & 2 oz... amber or cobalt glass bottles & 1 oz... plastic lotion bottles.
Large fits 4 oz... cobalt glass bottles & 2, 4, or 8 oz... plastic lotion bottles.

Labelstick Tins
Labelstick tins ... Pretty silver tins with attached label on cover.
1/4 oz. .........................$12.25/dz.
1/2 oz. .........................12.75/dz.
1 oz. .............................14.25/dz.
2 oz. .........................16.25/dz.

Colored Glass Boston Rounds

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>black polyseal cap</td>
<td>glass droppers</td>
<td></td>
</tr>
<tr>
<td>Amber</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 dram vial</td>
<td>$10.75</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 dram vial</td>
<td>$12.75</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 dram vial w/ lined cap</td>
<td>12.75</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 ml. with orifice reducer</td>
<td>12.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 ml. with orifice reducer</td>
<td>14.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 oz...</td>
<td>14.75</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 oz...</td>
<td>15.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 oz...</td>
<td>16.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 oz...</td>
<td>18.75</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

|                |                |                |                |
| Cobalt Blue    |                |                |                |
| 1/2 oz...     | $18.75         |                |                |
| 1 oz...       | 20.00          |                |                |
| 2 oz...       | 21.75          |                |                |
| 4 oz...       | 24.75          |                |                |
Our herbs are high quality and require proper storage to retain their essence. Store in glass jars away from heat and light.

**Codes:**
- **o** - organic;
- **w** - wildcrafted;
- **gwc** - grown without chemicals;
- **bk** - bark;
- **flwr** - flower;
- **lf** - leaf;
- **rt** - root;
- **sd** - seed;
- **c/s** - cut & sifted;
- **pwd** - powder;
- **sl** - slice;
- **whl** - whole.

Priced per ounce - multiply by number of ounces ordered

**Minimum:** 1 ounce - **Maximum:** 2 lb. each herb per order

*Available in 1/2 oz. quantities.

Prices & availability subject to change.

<table>
<thead>
<tr>
<th>Herb Name</th>
<th>Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1-oz.</td>
</tr>
<tr>
<td>AGRIMONY c/s (Agrimonia eupatoria)</td>
<td>1.38</td>
</tr>
<tr>
<td>ALFALFA LF c/s or pwd (Medicago sativa)</td>
<td>1.38</td>
</tr>
<tr>
<td>ALKANET RT c/s (Batschia canescens)</td>
<td>1.75</td>
</tr>
<tr>
<td>ALLSPICE whl or pwd (Pimenta dioica)</td>
<td>1.56</td>
</tr>
<tr>
<td>ANGELICA RT c/s (Angelica archangelica)</td>
<td>2.13</td>
</tr>
<tr>
<td>ANISE seed whl (Pimpinella anisum)</td>
<td>1.19</td>
</tr>
<tr>
<td>ANISE, Star Pods (Illicium verum)</td>
<td>1.81</td>
</tr>
<tr>
<td>ARNICA FLWR whl (Arnica montana)</td>
<td>6.63</td>
</tr>
<tr>
<td>ARROWROOT pwd (Maranta arundinacea)</td>
<td>1.38</td>
</tr>
<tr>
<td>ARTICHOKE LF c/s (Cynara scolymus)</td>
<td>1.88</td>
</tr>
<tr>
<td>ASHWAGANDHA RT c/s (Withania somifera)</td>
<td>1.81</td>
</tr>
<tr>
<td>ASHWAGANDHA RT pwd (Withania somifera)</td>
<td>1.81</td>
</tr>
<tr>
<td>ASTRAGALUS RT c/s or pwd (Astragalus membranaceus)</td>
<td>1.84</td>
</tr>
<tr>
<td>ASTRAGALUS RT sl (Astragalus membranaceus)</td>
<td>1.84</td>
</tr>
<tr>
<td>BASIL LF c/s (Ocimum basilicum)</td>
<td>1.72</td>
</tr>
<tr>
<td>BASIL, TULSI (Ocimum sanctum)</td>
<td>2.44</td>
</tr>
<tr>
<td>BAY LF whl (Laurus nobilis)</td>
<td>2.25</td>
</tr>
<tr>
<td>BILBERRY LF c/s or pwd (Vaccinium myrtillus)</td>
<td>1.56</td>
</tr>
<tr>
<td>BIRCH BK c/s (Betula alba)</td>
<td>1.31</td>
</tr>
<tr>
<td>BLACK COHOSH RT c/s or pwd (Cimicifuga racemosa)</td>
<td>2.38</td>
</tr>
<tr>
<td>BLACK HAW BK c/s (Viburnum prunifolium)</td>
<td>2.00</td>
</tr>
<tr>
<td>BLACK WALNUT HULL pwd (Juglans nigra)</td>
<td>1.81</td>
</tr>
<tr>
<td>BLACK WALNUT LF c/s (Juglans nigra)</td>
<td>2.00</td>
</tr>
<tr>
<td>BLESSED THISTLE c/s (Cnicus benedictus)</td>
<td>1.50</td>
</tr>
<tr>
<td>BLOOD RT c/s (Sanguinaria canadensis)</td>
<td>5.88</td>
</tr>
<tr>
<td>BLUE VERVAIN LF &amp; flwr (Verbena hastata)</td>
<td>1.75</td>
</tr>
<tr>
<td>BLUE VIOLET LF c/s (Viola tricolor)</td>
<td>1.63</td>
</tr>
<tr>
<td>BONESET LF c/s (Eupatorium perfoliatum)</td>
<td>1.69</td>
</tr>
<tr>
<td>BORAGE c/s (Borago officinalis)</td>
<td>2.00</td>
</tr>
<tr>
<td>BUCHU c/s (Agathosma betulina)</td>
<td>3.06</td>
</tr>
<tr>
<td>BUCKTHORN BK c/s (Rhamnus cathartica)</td>
<td>1.28</td>
</tr>
<tr>
<td>BUGLEWEED c/s (Cyanopus americanus)</td>
<td>2.00</td>
</tr>
<tr>
<td>Bupleurum RT c/s or pwd (Bupleurum chinense)</td>
<td>2.75</td>
</tr>
<tr>
<td>BURDOCK RT c/s or pwd (Arctium lappa)</td>
<td>1.75</td>
</tr>
<tr>
<td>CALAMUS RT c/s (Acorus calamus)</td>
<td>1.38</td>
</tr>
<tr>
<td>CALEDUNA FLWR whl (Caledunia officinalis)</td>
<td>2.75</td>
</tr>
<tr>
<td>CALEDUNA FLWR pwd (Caledunia officinalis)</td>
<td>2.44</td>
</tr>
<tr>
<td>CALEDUNA PETALS (Caledunia officinalis)</td>
<td>2.13</td>
</tr>
<tr>
<td>CALIFORNIA POPPY LF c/s (Eschscholzia californica)</td>
<td>2.56</td>
</tr>
<tr>
<td>CARDAMOM SD decorticated (Elettaria cardamomum)</td>
<td>2.75</td>
</tr>
<tr>
<td>CARDAMOM SEED pwd (Elettaria cardamomum)</td>
<td>2.75</td>
</tr>
<tr>
<td>CARDAMOM PODS (Elettaria cardamomum)</td>
<td>2.63</td>
</tr>
<tr>
<td>CASCARA SAGRADA BK c/s or pwd (Rhamnus pur)</td>
<td>1.56</td>
</tr>
<tr>
<td>CATNIP c/s (Nepeta cataria)</td>
<td>1.81</td>
</tr>
<tr>
<td>CATS CLAW BK c/s (Uncaria tomentosa)</td>
<td>1.50</td>
</tr>
<tr>
<td>CAYENNE pwd (40 M HU) (Capsicum annum)</td>
<td>1.63</td>
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<tr>
<td>-------------------------------------------------------</td>
<td>--------------</td>
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<tr>
<td>COMFREY LF c/s (Symphytum uplandicum)</td>
<td>1.50</td>
</tr>
<tr>
<td>COLTSFOOT c/s (Tussilago farfara)</td>
<td>1.44</td>
</tr>
<tr>
<td>CODONOPSIS (Codonopsis pilosula) c/s</td>
<td>3.69</td>
</tr>
<tr>
<td>CLOVES whl or pwd (Syzygium aromaticum)</td>
<td>2.44</td>
</tr>
<tr>
<td>CLEA VERS HERB c/s (Galium aparine)</td>
<td>1.38</td>
</tr>
<tr>
<td>ECHINACEA ANGUSTIFOLIA RT c/s or pwd</td>
<td>2.50</td>
</tr>
<tr>
<td>ECHINACEA ANGUSTIFOLIA HERB c/s</td>
<td>1.38</td>
</tr>
<tr>
<td>ECHINACEA ANGUSTIFOLIA RT c/s or pwd</td>
<td>2.88</td>
</tr>
<tr>
<td>DANDELION LF c/s (Taraxacum officinale)</td>
<td>1.50</td>
</tr>
<tr>
<td>DANDELION RT, raw c/s or pwd (Taraxacum officinale)</td>
<td>2.06</td>
</tr>
<tr>
<td>DANDELION RT roasted granules (Taraxacum officinale)</td>
<td>2.44</td>
</tr>
<tr>
<td>DEVIL'S CLAW RT c/s (Harpagophytum procum)</td>
<td>1.69</td>
</tr>
<tr>
<td>DILL WEED c/s (Anethum graveolens)</td>
<td>1.75</td>
</tr>
<tr>
<td>DONG QUAI c/s or pwd (Angelica sinensis)</td>
<td>2.38</td>
</tr>
<tr>
<td>ECHINACEA PURPURA EA RT c/s or pwd</td>
<td>2.88</td>
</tr>
<tr>
<td>ECHINACEA PURPURA EA HERB c/s</td>
<td>1.38</td>
</tr>
<tr>
<td>ECHINACEA PURPURA EA RT c/s or pwd</td>
<td>2.50</td>
</tr>
<tr>
<td>FENNEL SD whl (Foeniculum vulgare)</td>
<td>1.06</td>
</tr>
<tr>
<td>FO TI pwd &amp; c/s (Polygonum multiflorum)</td>
<td>1.75</td>
</tr>
<tr>
<td>FRENCH TIP BK c/s (Chionanthus virginicus)</td>
<td>3.13</td>
</tr>
<tr>
<td>GINGERS RT c/s or pwd (Zingiber officinale)</td>
<td>1.63</td>
</tr>
<tr>
<td>GINGERS RT c/s or pwd (Zingiber officinale)</td>
<td>2.20</td>
</tr>
<tr>
<td>GINGKO LF c/s or pwd (Ginkgo biloba)</td>
<td>1.56</td>
</tr>
<tr>
<td>GINSENG RT PANAX (Panax quinquefolius) Call for availability</td>
<td></td>
</tr>
<tr>
<td>GINSENG RT PANAX pwd (Panax quinquefolius) Call for availability</td>
<td></td>
</tr>
<tr>
<td>GOLDENROD c/s (Solidago canadensis)</td>
<td>1.38</td>
</tr>
<tr>
<td>GOLDENSEAL LF c/s (Hydrastis canadensis)</td>
<td>2.25</td>
</tr>
<tr>
<td>GOLDENSEAL RT c/s or pwd (Hydrastis canadensis)</td>
<td>7.05</td>
</tr>
<tr>
<td>GOTU KOLA c/s (Centella asiatica)</td>
<td>2.00</td>
</tr>
<tr>
<td>Item Description</td>
<td>1-8 oz.</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>GUARANA pwd (Paullinia cupana)</td>
<td></td>
</tr>
<tr>
<td>HAWTHORN BERRIES c/s (Crataegus laevigata)</td>
<td>1.38</td>
</tr>
<tr>
<td>HAWTHORN BERRIES whl or pwd (Crataegus monogyna)</td>
<td>1.38</td>
</tr>
<tr>
<td>HAWTHORN lf &amp; flwr c/s (Crataegus monogyna)</td>
<td>1.41</td>
</tr>
<tr>
<td>HIBISCUS FLWR c/s (Hibiscus sabdariffa)</td>
<td>1.50</td>
</tr>
<tr>
<td>HOPS FLWR (Humulus lupulus)</td>
<td>3.06</td>
</tr>
<tr>
<td>HOREHOUND c/s (Marrubium vulgare)</td>
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<td>HORSE CHESTNUT c/s (Aesculus hippocastanum)</td>
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<td>HORSETAIL c/s or pwd (Equisetum arvense)</td>
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<td>HYDRANGEA RT c/s (Hydrangea arborescens)</td>
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<td>HYSSOP c/s (Hyssopus officinalis)</td>
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<tr>
<td>IRISH MOSS c/s (Humulus crispus)</td>
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<td>KAVA KAVA RT c/s or pwd (Piper methysticum)</td>
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<tr>
<td>KELP granules or pwd (Asphodelus nodosum)</td>
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<td>LADY’S MANTLE c/s (Alchemilla vulgaris)</td>
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<td>LAVENDER FLWR whl or pwd (Lavandula officinalis)</td>
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<td>LEMON BALM c/s (Melissa officinalis)</td>
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<td>LEMON PEEL c/s (Citrus limon)</td>
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<td>LEMONGRASS c/s (Cymbopogon citratus)</td>
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<td>LICORICE RT c/s or pwd (Glycyrrhiza glabra)</td>
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<td>LINDEN flwr &amp; lf c/s (Tilia europea)</td>
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<td>LOBELIA pwd (Lobelia inflata)</td>
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<td>LOMATIUM RT c/s (Lomatium dissecutum)</td>
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<td>LYCII BERRIES whl (Lycium chinense)</td>
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<td>MACA ROOT pwd (Lepidium meyenii)</td>
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<td>MARJORAM c/s (Origanum marjorana)</td>
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<td>MARSHMALLOW RT c/s or pwd (Althea officinalis)</td>
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<td>MEADOWSWEET HERB c/s (Filipendula ulmaria)</td>
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<td>MILK THISTLE SD whl or pwd (Silybum marianum)</td>
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<td>MOTHERWORT HERB c/s (Leonurus cardiaca)</td>
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</tr>
<tr>
<td>MOTHERWORT HERB pwd (Leonurus cardiaca)</td>
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<tr>
<td>MUGWORT HERB c/s (Artemisia vulgaris)</td>
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<tr>
<td>MULLEIN LF c/s (Verbasmum thapsus)</td>
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<td>MUSTARD sd or pwd (Sinapis alba)</td>
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<td>MYRRH GUM pwd (Commiphora myrrha)</td>
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<td>NETTLE LF c/s or pwd (Urtica dioica)</td>
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<td>NUTMEG pwd or whl (Myristica fragrans)</td>
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<td>OATS, MILKY TOPS (Avena sativa)</td>
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<td>OATSTRAW c/s (Avena sativa)</td>
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<td>OATSTRAW pwd (Avena sativa)</td>
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<td>OLIVE LF c/s (Olea europaea)</td>
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<td>ORANGE PEEL c/s (Citrus sinensis)</td>
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<td>ORGANO c/s (Origanum vulgare)</td>
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<tr>
<td>OREGON GRAPE RT c/s or pwd (mahonia aquifolium)</td>
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<td>ORRIS RT peeled c/s or pwd (Iris germanica)</td>
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<td>OSHA RT c/s (Ligusticum porteri)</td>
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<td>PAPRIKA pwd (Capsicum annum)</td>
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<tr>
<td>PARSLEY LF flakes (Petroselinum crispum)</td>
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<td>PARSLEY RT c/s (Petroselinum crispum)</td>
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<tr>
<td>PASSIONFLOWER HERB c/s (Passiflora incarnata)</td>
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<td>PAU D’ARCO BK c/s or pwd (Tabebuia impetiginosa)</td>
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<tr>
<td>PENNYROYAL HERB c/s (Mentha pulegium)</td>
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<tr>
<td>Item</td>
<td>1-oz Price</td>
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<td>----------------------------------------------------------------------</td>
<td>------------</td>
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<tr>
<td>O REISHI MUSHROOM, RED SL (Ganoderma lucidum)</td>
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</tr>
<tr>
<td>W SPIRULINA, KONA, HI PWD (Spirulina platensis)</td>
<td>2.75</td>
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<tr>
<td>O SPILANTHES C/S (Spilanthes acmella)</td>
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<tr>
<td>W SPIKENARD RT C/S (Aralia racemosa)</td>
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<tr>
<td>O SPEARMINT LF C/S (Menta spicata)</td>
<td>1.63</td>
</tr>
<tr>
<td>W SOLOMON'S SEAL RT C/S or PWD (Polygonatum biflorum)</td>
<td>3.38</td>
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<tr>
<td>O RED CLOVER BLOSSOMS WHL (Trifolium pratense)</td>
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<tr>
<td>O RED CLOVER LEAF &amp; FLWR C/S (Trifolium pratense)</td>
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<tr>
<td>O RED RASPBERRY LF C/S (Rubus idaeus)</td>
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<tr>
<td>W RED ROOT C/S (Ceanothus americanus)</td>
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<tr>
<td>O REHMANIA SL COOKED OR SL RAW (Rehmania glutinosa)</td>
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<tr>
<td>W REISHI MUSHROOM, RED SL (Ganoderma lucidum)</td>
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<tr>
<td>W REISHI MUSHROOM, RED PWD (Ganoderma lucidum)</td>
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<tr>
<td>W RHODIOLA RT C/S OR PWD (Rhodiola rosea)</td>
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<td>ROSES, RED BUDS &amp; PETALS (ROSA CENFILIO)</td>
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<td>W ROSES, RED PETALS (ROSA CENFILIO)</td>
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<td>O ROSEHIPS C/S (ROSA CANINA)</td>
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<td>O ROSEMARY PWD OR WHL (ROSMARINUS OFFICINALIS)</td>
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<td>W RUE C/S (Ruta graveolens)</td>
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<td>W SAGE, CULINARY C/S (Salvia officinalis)</td>
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<td>W SAGE, WHITE WHL (Salvia apiana)</td>
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<td>W ST. JOHNSWORT LF &amp; FLWR C/S (Hypericum perforatum)</td>
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<td>W SARSAPARILLA RT, JAMAICAN C/S OR PWD (Smilax oomata)</td>
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<td>W SASSAFRAS RT BK C/S (Sassafras Albidum)</td>
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<td>W SAW PALMETTO C/S OR PWD (Serenoa Repens)</td>
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<tr>
<td>W SCHISANDRA BERRIES WHL (Schisandra Chinensis)</td>
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<td>W SEA SALT, COARSE</td>
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<td>W SEA SALT, FINE</td>
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<td>W SENNA LF WHL (Senna Alexandrina)</td>
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<td>W SESAME SEED, NATURAL WHL (Sesamum Indicum)</td>
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<td>W SHEEP SORREL C/S OR PWD (Rumex Acetosella)</td>
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<td>W SHEPHERD'S PURSE C/S (Capsella Bursa Pastoris)</td>
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<td>W SHITAKE MUSHROOMS C/S (Lentinula Edodes)</td>
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<tr>
<td>W SHITAKE MUSHROOMS PWD (Lentinula Edodes)</td>
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<tr>
<td>W SKULLCAP C/S (Scutellaria Lateriflora)</td>
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<tr>
<td>W SLIPPERY ELM BK COTTON CUT OR PWD (Ulmus Rubra)</td>
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<tr>
<td>W SOLOMON'S SEAL RT C/S (Polygonatum Biflorum)</td>
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<tr>
<td>W SPEARMINT LF C/S (Menta Spicata)</td>
<td>1.63</td>
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<tr>
<td>W SPIKENARD RT C/S (Aralia Racemosa)</td>
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<tr>
<td>W SPIRULINA, KONA, HI PWD (Spirulina Platensis)</td>
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<tr>
<td>W STEVIA LF C/S OR PWD (Stevia Rebaudiana)</td>
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<tr>
<td>W THYME LF C/S (Thymus Vulgaris)</td>
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<tr>
<td>W TURMERIC RT PWD (Curcuma Longa)</td>
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<tr>
<td>W TURKEY RHUBARB RT C/S OR PWD (Rheum Palmatum)</td>
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<tr>
<td>W USNEA LICHEN WHL (Usnea Barbata)</td>
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<tr>
<td>W UVA URSI LF C/S (Arctostaphylos Uva Ursi)</td>
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<tr>
<td>W VALERIAN RT C/S OR PWD (Valeriana Officinalis)</td>
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<tr>
<td>W VANILLA BEANS WHL (Vanilla Plantifolia)</td>
<td>5.00 each</td>
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<tr>
<td>W VITEX BERRIES WHL OR PWD (Vitex Agnus Castus)</td>
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<tr>
<td>W WHITE OAK BK C/S (Quercus Alba)</td>
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<tr>
<td>W WHITE WILLOW BK C/S (Salix Alba)</td>
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<tr>
<td>W WILD CHERRY BK C/S (Prunus Serotina)</td>
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1-8oz.  9-15 oz.  1 lb.

<table>
<thead>
<tr>
<th>Item Description</th>
<th>1-8oz.</th>
<th>9-15 oz.</th>
<th>1 lb.</th>
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<td>WILD LETTUCE HERB c/s (Lactuca virosa)</td>
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<td>1.48</td>
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<td>WILD YAM RT c/s or pwd (Discorea villosa)</td>
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<td>2.48</td>
<td>38.00</td>
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<td>WITCH HAZEL BK c/s (Hamamelis virginiana)</td>
<td>1.69</td>
<td>1.54</td>
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<td>WOOD BETONY HERB c/s (Stachys officinalis)</td>
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<td>1.54</td>
<td>23.00</td>
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<td>WORMWOOD c/s (Artemisia absinthium)</td>
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<td>1.54</td>
<td>23.00</td>
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<tr>
<td>YARROW fwr c/s (Achillea millefolium)</td>
<td>2.00</td>
<td>1.85</td>
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<td>YARROW fwr pwd (Achillea millefolium)</td>
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<td>1.35</td>
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<td>YELLOW DOCK RT c/s or pwd (Rumex crispus)</td>
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<td>1.48</td>
<td>22.00</td>
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<tr>
<td>YERBA MATE GREEN c/s (Ilex paraguariensis)</td>
<td>1.63</td>
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<tr>
<td>YERBA SANTA LF c/s (Eriodictyon californicum)</td>
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<td>YOHIMBE BK c/s (Corynanthe yohimbe)</td>
<td>2.63</td>
<td>2.48</td>
<td>38.00</td>
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Codes: o - organic; w - wildcrafted; gwc - grown without chemicals; bk - bark; flwr - flower; lf - leaf; rt - root; sd - seed; c/s - cut & sifted; pwd - powder; sl - slice; whl - whole.

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**Worthy Organizations**

Jean’s Greens supports these organizations and we invite you to consider becoming involved through membership and support.

**United Plant Savers** is a nonprofit membership organization dedicated to the conservation and cultivation of at-risk native medicinal plants. Their mission is to conserve and restore native medicinal plants and their habitat in the United States and Canada. Through research and education, UpS works to ensure an abundant renewable supply of medicinal plants for future generations. To contact UpS, use their web site at www.unitedplantsavers.org, their phone, 740-742-3455, or write to them at P.O. Box 147, Rutland, OH 45701.

**The Northeast Herbal Association (NEHA)** started in 1991, when a group of Northeastern herbalists came together to exchange ideas, knowledge, resources and to lend each other support. This tradition continues today. Their web site offers a place to post classified ads and calendar listings. Members receive an annual directory - a way to link members and their area of expertise. Through membership dues they award environmental/educational grants and grants to benefit children. I invite you to visit the NEHA web site, www.northeastherbal.org and become a member!

**Herbalists Without Borders**
A non-profit local to global network of volunteers devoted to providing compassionate care to communities and countries in need, impacted by natural disasters, violent conflicts, poverty, traumas and access barriers to health and wellness. www.herbalistwithoutborders.weebly.com.

**Organization of Nature Evolutionaries O.N.E.**
Advocates for equal rights for earth and all her beings. www.natureevolutionaries.com

**Gifts**

More information on inside covers.

Candles: Please see page 31.

**Cards:**
Beautiful 5” X 7” watercolor and photo notecards, printed using green technology. Original art by Lynn Huntington
$3.50 each or 3 for $10.00.

A charming variety of 3” x 5” herbal card watercolors by Patricia Martha Friedman.
$1.40 each or 8 cards for $10.25

3 1/2 “x4” Mandala photo cards. Created from fresh blossom “mandalas” by Michelle Wallace of VTnaturemandal.com
$3.50 each

4 1/4 x 5 1/2 Petal People cards. Prints of original pressed flower designs by Martha Starke. $4.95 each

**Ceramic Mugs:** Handmade by potter Doug Hansel. With or without handle $28.00 each

**Dream Pillows:** Herbs and colors chosen with intention to fulfill the purpose of each dream pillow. Choose Happiness and Joy, Deep Sleep, Spiritual Connection, Banish Fears and Nightmares. $18.00
By Fields for All Thyme.

**Eye Pillows:** Soothing relief for tired eyes and mind. Made with Flaxseed and Lavender. Can be used hot or cold. Removable silk cover $18.00.
By Fields for All Thyme.

**Meditation Cards:** Pocket size photo cards to provide daily meditation inspiration. Pack of 30 cards $12.00 by Michelle Wallace of VTnaturemandal.com

**Neck Wrap:** Evenly distributed weight for calming pressure. The removable cover is machine washable. Can be used hot or cold. Available in Lavender or Unscented. $28.00 each. By Fields for All Thyme.
JEAN’S GREENS Herbal Tea Works!
225 River St
Troy, NY 12180

ORDERED BY:
Name ___________________________________________
Business Name ______________________________________
Address ____________________________________________

Daytime Phone # ___________________________________ Fax/#e-mail ____________________________

<table>
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<tr>
<th>Amt/Qty</th>
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<th>Price ea</th>
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Payment: Check or M.O. enclosed _____
($20 service charge on returned checks)
Charge my Discover_____MC ____VISA _____

Card # ___________________________________________
Expires _____________ CVC Code ____________

SHIPPING & HANDLING
Please Note: These are guidelines, shipping rates are adjusted down or up to reflect actual costs.

<table>
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<th>Weight</th>
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<tr>
<td>over $100.00</td>
<td>18.75</td>
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Subtotal
NYS Tax (NY residents only for non-food items)
S&H
UPS Surcharge
COD
TOTAL

Orders over $100, choose a free chart pg. 31

Come Visit our Shop! - Hours are:
CLOSED SUN-MON
Tues to Fri. 10 am to 5 pm
Saturday 10 am to 3 pm
Closed Aug. 23rd - Sept. 4th for conference and vacation
Closed Dec. 23rd to Jan. 3rd for the holidays and inventory
Please call for other holiday hours.

Send an e-mail to orders@jeansgreens.com for international shipping costs.

PLEASE NOTE: All prices are subject to change. We do our best to keep costs down, but factors beyond our control sometimes cause price increases. Thank you for your understanding.
**Hearth and Home**

**Bee Hive Candles**
Handcrafted Beeswax Candles
100% pure beeswax candles with
100% cotton wick,
long lasting and hypo-allergenic.
Made in the USA.

- 2” x 6” Pillar Candle: $15.95
- 3” x 3” Pillar Candle: $18.95
- 3” x 6” Pillar Candle: $29.95
- Votive (each): $3.00
- Tea Light (6 pack): $8.50
- 8” Taper (2 pack): $9.95

6 oz. Aromatherapy beeswax travel tin candle. Choose from Clarity, Well Being, Sensuality or Energizing. $13.00 each

**Good Earth Candles**
Good Earth soy candles are made from non-GMO soy wax, which is biodegradable environmentally friendly. They use a cotton fiber, lead-free wick.

- 8 oz.: $11.95
- Available in Eucalyptus, Tibetan Black Tea, Rosemary Mint, Lavender, Lemongrass, Lilac or Sweet Basil Vanilla
- 16 oz.: $15.95
- Available in Grapefruit, Nag Champa, Vanilla, Patchouli or Bamboo

**Coventry Creations**
“Handmade when the moon is right”

**Affirmation Candles**...$10.50 each
Focus your intentions to heal and empower.
Your thoughts are the first step in creating the life you desire. Choose from Angel, Grief, Healing, Meditation, Success, Guardian Protector or Tranquility.

**Blessed Herbal Candles**...$12.00 each

**Mayan Hands**
Baskets and ornaments, fair trade and hand made in Guatemala. One of a kind items, call for our current selection.

**Mini Charts**
Laminated, full color, 6” x 9” charts
Select one as our gift to you with an order of $100 or more or purchase for $4.00 each

- Aromatherapy-Top 30
- Astrology Made Easy
- Ayurveda Made Easy
- Biodynamic Growing
- Dream Interpretation
- Easy Herb Growing
- Using Essential Oils
- Gardener’s Know How
- Homeopathy
- Practical Feng Shui
- Reflexology- Foot
- Reflexology-Hand
- Seed Collecting & Saving
- The Seven Chakras
- Traditional Chinese Medicine
Vibrational Sprays from Moon Wise

Aura Shield Spray . . . 2 oz. $12.25
Use this spray to protect and strengthen or heal tears in your aura. Great to use in the workplace. California White Sage base with essences of Yarrow and Stitchwort.

Northeast Smudge Spray . . . 2 oz. 13.25
Made with plants of the Northeast that have been used for hundreds of years as smudge. Sweet Fern, Juniper and White Pine base with essential oils and flower essences.

Sage Lavender Spray . . . 2 oz. $12.25
Use this vibrational spray to clear away stagnant energy and usher in peace and calm. California White Sage base with Lavender.

Sage Spray . . . 2 oz. $12.25
Use this spray for peace and calm. California White Sage

Zelda’s Smudge-its . . . $10.00 each
Smudge sticks made with love and care by Zelda Hotaling. For all your smudging needs. Generously sized smudge sticks. Three choices of cedar and sage combined with sweetgrass, lavender or mugwort.

Liquid Smudge . . . 4 oz.. $13.00

More Ceremonials
Cedar Tips Western Red ....................1.50 oz.
Copal Oro (Gold) pieces ..................... 2.50 oz.
Frankincense Tears ........................... 2.50 oz.
Myrrh Gum pea size .......................... 2.50 oz.
Palo Santo ............................................$5.50
Sweet Grass Braids ........................... 12.50 ea.
White Sage whole ........................... 2.13 oz. or 30.00 lb.
Abalone Shells ................................. 9.00 ea.
Charcoal Disc  roll of 10 .................... 4.00 ea.

Handcrafted Bone Jewelry
designs by Christopher Miller
Made with cattle bone & black buffalo horn. Each piece is strung on a strong braided nylon cord joined with a reliable barrel clasp.
Colors: (W) Off-white (Bone) or (B) Black (Horn)

Acorn ......................................................... 25.00 (W&B)
Crescent Moon ....................................... 18.00 (W&B)
Crescent Moon & Star .......................... 34.00 (W&B)
Crescent Moon & Star earrings ............. 34.00 (W&B)
Dolphin .................................................... 42.00 (W&B)
Dragon .................................................... 58.00 (W)
Heart ...................................................... 18.00 (W)
Nautilus ............................................... 25.00 (W)
Oak Leaf ............................................... 26.00 (W)
Scallop Shell .......................................... 25.00 (W)
Tiny Star ............................................... 25.00 (W)
Wave ...................................................... 42.00 (W)
Especially for You & Yours
Treat yourself or a friend to a gift from Jean’s Greens!

Pocket size meditation cards. Choose a card for each day and make that your daily meditation. Pack of 30/$12.00.

See page 29 for Gifts and Cards
Mugs and bowls are hand made by potter Doug Hansel. Each a one of a kind, call for our current selection.

See the full selection of soaps on Page 11

Be sure to peruse our entire collection of books to entertain, inform and instruct. Books for DIY projects, handbooks for herbalists, cookbooks and field guides and more to give you plenty of “Food for Thought” on pages 27-28

Essences & Elixers by Dori Midnight Apothecary
Page 14

Products for your loving pets on page 18

Petal People Cards by Martha Starke
Page 29