



Organic Medicinal Mushroom Products

The mushrooms used in the following extracts and capsules are all certified organically grown by Fungi Perfecti® located in Port Townsend, WA. For more information about exact mg per capsule or per mL extract, please call us.

Cordyceps...Dong Chong Xia Cao (*Cordyceps sinensis*). Used in Traditional Chinese Medicine for the promotion of cardiovascular, reproductive and immune system strength.

#5608 1 oz bottle \$ 12.50
#1198 60 capsules \$ 15.00

Enokitake...Golden Needle Mushroom (*Flammulina velutipes*). Reputed to have anti-tumor and immune-enhancing benefits.

#5607 1 oz bottle \$ 15.00

Lion's Mane...Yamabushitake (*Hericum erinaceus*). Used for its anti-tumor, immune-stimulating, and nerve tonic properties.

#5609 1 oz bottle \$ 15.00

Maitake...Hen of the Woods (*Grifola frondosa*). Immune enhancer, liver tonic, anti-bacterial, antiviral and anti-tumor.

#5610 1 oz bottle \$ 18.00
#8347 60 capsules \$ 19.00

Reishi...Ling Chi (*Ganoderma lucidum*). Heralded benefits for the cardiovascular, nervous, respiratory and immune systems. Across-the-board health enhancer.

#5611 1 oz bottle \$ 15.00
#7065 60 capsules \$ 35.00

Royal Sun Agaricus...Himematsutake (*Agaricus brasiliensis*). Lowers cholesterol and regulates blood sugar, plus enhances immunity.

#5612 1 oz bottle \$ 18.00

Shiitake...Xiang Gu (*Lentinula blazei*). Benefits the cardiovascular and immune systems.

#5614 1 oz bottle \$ 12.00

Yun Zhi...Turkey Tail (*Trametes versicolor*). Immune-enhancer; kidney and liver tonic.

#5615 1 oz bottle \$ 15.00

Stamets 7-Mushroom Blend...Royal Sun Agaricus (*Agaricus brasiliensis*), Cordyceps (*Cordyceps sinensis*), Reishi (*Ganoderma lucidum*), Maitake (*Grifola frondosa*), Lion's Mane (*Hericum erinaceus*), Zhu Ling (*Polyporus umbellatus*), Yun Zhi (*Trametes versicolor*). For peak performance and health.

#5616 2 oz bottle \$ 25.00
#7172 60 capsules \$ 25.00

Topical Applications

Calendula, Comfrey, Coneflower Cream...fresh calendula flower extract, fresh coneflower, and fresh comfrey root are blended into a soothing, healing cream useful for dressings on cuts, burns, and abrasions.

#5131 1 oz \$ 6.50
#5132 4 oz \$ 16.00

Ear Drop Oil...soothes irritated ear tissue, relieves pain, and fights mild bacterial infections gently and effectively with: fresh mullein flower glycerite; fresh hypericum flower oil; certified organic garlic bulb oil; and olive oil.

#0818 1 oz \$ 9.00

Goldenseal, Propolis Cream...soothing, healing ointment for use with eczema, psoriasis, and rashes. With: propolis—a natural antibiotic agent; goldenseal; myrrh; and calendula.

#8068 1 oz \$ 6.50
#8071 4 oz \$ 16.00

Muscle Gel...classic sore muscle blend of arnica, St. John's wort, comfrey, purple coneflower, witch hazel, and calendula, in a natural base.

#3343 1.25 oz \$ 6.50
#7340 4 oz \$ 16.00

Opti Gel...ultrasound gel made with fresh plant extracts of whole plant arnica, comfrey root and St. John's wort, in a sonigel base. A great application for FHR checks during labor!

#7804 8 oz \$ 12.00

Tea Tree Oil Cream...organic tea tree oil extract in a cream containing sweet almond, safflower and avocado oils. Tea Tree Oil is known for its anti-microbial, anti-fungal, and anti-bacterial properties.

#7490 1 oz \$ 7.00
#4954 4 oz \$ 21.00

White Sage-Elder Flower Cream...an ointment of white sage blended with elderflower and calendula.

#7342 1 oz \$ 6.50
#7343 4 oz \$ 16.00

MEDICINAL MUSHROOMS Christopher Hobbs

This is the most complete work ever published on the cultural, health-promoting, and medicinal uses of mushrooms. Explore the rich traditions of healing fungi in Eastern and Western cultures, including the nutritional and health benefits of more than 100 species. Paperback, 2002. \$18.95
#6690 \$ 15.25

Throat Sprays

Wipe out cold symptoms, sore throats, and upper respiratory distress with these amazing herbal throat sprays. We've tried them and we're confident that you'll enjoy them as much as we do. Effective, convenient herbal relief. The following items are formulated for adults. For children's throat sprays, please see page 48 or visit us on-line.

*** STAFF FAVORITE!**

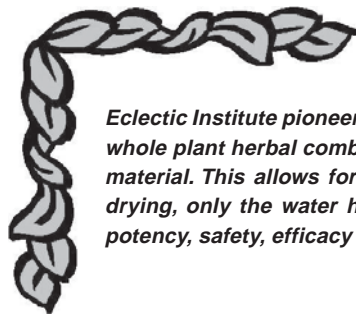
Echinacea-Goldenseal Throat Spray, Orange...effective immune support with: wild Echinacea angustifolia root; goldenseal root; woad root; slippery elm inner bark; kosher vegetable glycerin; sweet Valencia orange essential oil. Organic grape alcohol content: 17%.
#8396 1 oz bottle \$ 9.00

Elderberry-Red Root Throat Spray...Red root is a lymphatic stimulant useful in tonsillitis, sore throats, swollen lymph nodes and fluid filled cysts. Elderberry is scientifically acclaimed for use against influenza. Contains: elderberry; red root; Echinacea purpurea root and seed; slippery elm root; cayenne fruit; and kosher vegetable glycerin. Organic grape alcohol: 21%.
#4333 1 oz bottle \$ 9.00

Lomatium-Osha Throat Spray...for the relief of upper respiratory infections. Both antiviral and antibacterial, this spray decreases inflammation, strengthens immunity, and is particularly useful for those coughs or bronchial conditions that tend to hang on too long. Soothing for sore throats and other soft tissue, it promotes expectoration. Contains: osha; lomatium root; Echinacea angustifolia root; Echinacea purpurea root, flower and leaf; Echinacea purpurea seed; slippery elm inner bark; licorice root; lemon balm leaf; yarrow flower and leaf; Echinacea pallida root; Echinacea tenesseeensis root; and kosher vegetable glycerin. Organic grape alcohol content: 28%.
#2726 1 oz bottle \$ 9.00

Propolis-Astragalus Throat Spray...Propolis has been shown to have broad-spectrum antimicrobial activity against numerous pathogenic microbes, including *Staph*, *Strep*, *Shigella* and *candida*, as well as clinical effectiveness against gingivitis and mouth ulcers—including oral herpes. Astragalus has immune-enhancing properties. Includes: fresh propolis resin; astragalus root; Echinacea purpurea root and dried seed; slippery elm inner bark; and kosher vegetable glycerin. Organic grape alcohol content: 26%.
#7021 1 oz bottle \$ 9.00

Eclectic Institute Products



Eclectic Institute pioneered the use of freeze-drying in herbal medicine, and now leads the way in providing freeze-dried concentrated whole plant herbal combinations. By utilizing the freeze drying process, Eclectic is able to provide the next best thing to fresh plant material. This allows for a longer shelf life while still retaining the activity, color, aroma, and taste of the fresh plant. With freeze drying, only the water has been removed. Remember, all of the herbs below are organic or wildcrafted, so you're assured great potency, safety, efficacy and value.

Fresh Freeze-Dried Concentrate Combinations

Concentrate Combination Herbs, 45 vegetarian capsules per bottle

Black Walnut & Wormwood...These herbs have been historically used to help rid the body of worms, parasites and their eggs. Black Walnut hulls are a source of soluble fiber, and are safe and gentle relief for constipation. Wormwood was used by traditional herbalists to improve digestion, fight worms, and stimulate menstruation. Contains black walnut, wormwood flower and leaf, clove flower, Chinese wormwood leaf. 350 mg capsules.
#3773 \$ 17.00

Burdock & Red Clover...This combination of cleansing herbs is beneficial in removing wastes from circulation and improving their secretion. Has mild laxative, diuretic and astringent actions, making it useful for skin eruptions, improving digestion, nourishing the blood and supporting the liver. Contains burdock root, red clover flower, yellow dock root, nettles leaf, and dandelion root in 285 mg capsules.
#3774 \$ 17.00

Chaste Tree & Dandelion...For PMS relief! Chaste Tree has been shown to improve PMS symptoms. Dandelion, a liver support herb, helps metabolize hormones. This blend of herbs is high in magnesium, calcium, potassium and iodine. Contains chaste tree berry, dandelion, bladderwrack & ginger root in 340 mg capsules.
#5079 \$ 17.00

Echinacea & Goldenseal...Formulated to support the body's immune system through its anti-viral and anti-bacterials properties. The most common combination of herbals for use against infectious disease, colds, and flu. Each 350 mg capsule contains: Echinacea angustifolia root; Echinacea purpurea flower, leaf and root Echinacea tennesseensis root; Echinacea pallida; goldenseal root.
#5617 \$ 8.75

Ginkgo & Gotu Kola...Well known combination of herbs for increasing memory and stimulating mental performance. Each 350 mg capsule contains: Ginkgo biloba leaf; gotu kola.
#5618 \$ 8.75

Horsetail & Nettles...An excellent herbal mineral for bone and joint support! Highly absorbable, water-soluble silica, calcium, magnesium, phosphorus, iodine and trace minerals. Contains: horsetail leaf, nettle leaf, and watercress leaf. 390 mg capsules.
#4615 \$ 17.00

Milk Thistle & Dandelion...Prevents or reduces liver damage from toxins and viruses by purifying the liver, and stimulating digestion and bile secretion. Contains: milk thistle seed, dandelion, artichoke leaf, beet root, goldenseal root, curcumin extract. 400 mg capsules.
#7346 \$ 17.00

Uva Ursi & Marshmallow...For urinary tract support and relief from UTIs. The herbal ingredients are antiseptic against bacteria, anti-inflammatory, diuretic, with an anesthetic effect on the bladder. Contains: uva ursi leaf, marshmallow root, goldenseal root, quackgrass root, kava kava root, cornsilk. 390 mg capsules.
#6155 \$ 17.00

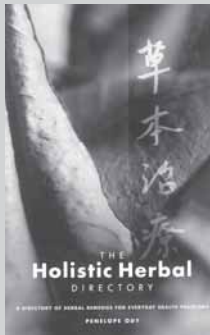
Valerian & Passion Flower...Valerian is a safe, strong, pain-relieving herb that is also an effective sedative for insomnia, anxiety, depression and mental exhaustion. Passionflower, too, is a safe sedative and nervine that is high in flavonoids. Contains: valerian root, skullcap flower and leaf, passion flower, German chamomile. 250 mg capsules.
#5619 \$ 8.75

White Willow & Feverfew...Natural headache relief from the anti-inflammatory properties of white willow. Safe relief for earaches, toothaches, and painful menstruation, as well as arthritis and sore muscles and tendons. Feverfew's vasodilating properties make it useful for migraine prevention. Each 250 mg capsule has: white willow bark; ginger root; black cohosh root; feverfew flower and leaf; kava kava root.
#5620 \$ 8.75

Fresh Freeze-Dried Botanical Singles

45 capsules per bottle

#4766	Alfalfa, 200 mg	\$ 8.75
#3008	Black Cohosh Root, 550 mg	\$ 8.75
#6151	Blue Cohosh Root, 450 mg	\$ 8.75
#8229	Burdock Root, 500 mg	\$ 8.75
#3130	Cranberry, 300 mg	\$ 8.75
#3124	Dandelion Leaf, 150 mg	\$ 8.75
#6182	Dandelion Root, 400 mg	\$ 8.75
#4992	Garlic, 550 mg	\$ 8.75
#1818	Ginger Root, 300 mg	\$ 8.75
#1767	Horsetail, 375 mg	\$ 8.75
#5415	Kava Kava, 350 mg	\$ 8.75
#4938	Nettle Leaf, 300 mg	\$ 8.75
#7424	Passionflower, 200 mg	\$ 8.75
#7430	Red Raspberry, 300 mg	\$ 8.75
#5414	Red Clover, 200 mg	\$ 8.75
#6154	Uva Ursi, 350 mg	\$ 8.75
#7428	Valerian Root, 425 mg	\$ 8.75
#9693	Yellow Dock, 475 mg	\$ 8.75



THE HOLISTIC HERBAL DIRECTORY
Penelope Ody

A Directory of Herbal Remedies for Everyday Health Problems. In this beautifully arranged and artfully crafted directory, a best-selling herbal expert offers a side-by-side comparison of Western, Chinese and Ayurvedic treatments to more than 100 illnesses. Colorful illustrations and tabbed dividers guide the reader through the body and offer herbal suggestions for common ailments. Each section concludes with a one-page "Holistic Health Tips" that include lifestyle suggestions as well. Hardcover, 2004. \$12.99

#4167 \$ 10.50