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## Herbs

Ashwagandha Root, <i>Withania somnifera</i> .....	74	Hibiscus Flower, <i>Hibiscus sabdariffa</i> .....	42
Astragalus Root, <i>Astragalus membranaceus</i> .....	73	Lemon, <i>Citrus limon</i> .....	43
Basil, <i>Ocimum basilicum</i> .....	50	Marjoram, <i>Origanum majorana</i> and Greek Oregano, <i>Origanum vulgare</i> .....	50
Cedar, <i>Thuja occidentalis</i> .....	57	Mint, <i>Mentha</i> sp. (Lamiaceae or Mint family) .....	29, 43
Chamomile, <i>Matricaria chamomilla</i> .....	29	Mint, peppermint, <i>Mentha piperita</i> .....	51
Cilantro/ Coriander, <i>Coriandrum sativum</i> .....	51	Mugwort, <i>Artemisia vulgaris</i> .....	58
Cilantro, <i>Coriandrum sativum</i> .....	43	Parsley, <i>Petroselinum crispum</i> .....	51
Common Purslane, <i>Portulaca oleracea</i> .....	45	Plantain, <i>Plantago major</i> & <i>Plantago lanceolata</i> .....	46
Dill, <i>Anethum graveolens</i> .....	51	Rosemary, <i>Rosmarinus officinalis</i> .....	50
Elder, <i>Sambucus Nigra</i> , <i>S.</i> <i>Canadensis</i> .....	40	Sage, <i>Salvia officinalis</i> .....	50
Eluthero Root, <i>Eleutherococcus senticosus</i> .....	73	Tarragon, <i>Artemesia dracunculus</i> .....	51
Fennel, <i>Foeniculum vulgare</i> .....	28	Thyme, <i>Thymus vulgaris</i> .....	50
Garlic, <i>Allium Sativum</i> .....	62	Tulsi or Holy Basil, <i>Ocimum sanctum</i> .....	73
Ginger, <i>Zingiber officinale</i> .....	29	White Sage, <i>Salvia apiana</i> .....	57
Goji Berry, <i>Lycium barbarum</i> .....	73		



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