

	Herb	Form	Take For	Obtained From	Specific Preperation	Side Effects	Catagory
1	<b>Alfalfa &amp; Broccoli Sprouts</b>	Seeds, Whole Food	•Gut Health	•Grocery Store	Wash seeds, place in a jar, and let sit in dark until sprouted	-	Whole Food
2	<b>Aloe Vera</b>	Extract, Topical Gel	•Acute Injury	•Grocery Store	-	-	Topical
3	<b>Amalaki</b>	Capsule	•Anticancer •Gut Health •Respiratory Disease •Vitamin C Deficiency	•CAM/Herbal Prationer •Online	-	-	Ayurvedic, CAM, Capsule
4	<b>Amol</b>	Internal and External Tonic	•Acute Injury (Soothes Aches) •Clear Skin •Muscle Relaxer •Overall Health	•Family/Friend •Specialty Store	-	Positive	Topical
5	<b>Anise</b>	Seeds, Tea	•Common Illness •Sore Throat	•Family/Friends •Grocery Store	-	-	Ayurvedic, Common Illness, Culinary, Tea
6	<b>Apple Cider Vinegar</b>	Vinegar, Fermented Beverage	•Cleansing •Digestion •Gerd	•Grocery Store	-	-	Non Herb
7	<b>Arnica</b>	Capsule	•Acute Injury (Soothes Aches and Pains, Bruises) •Chronic Injury •Muscle Relaxer	•Family/Friends •Online •Speciality Store	-	-	Ayurvedic, Capsule, Chinese
8	<b>Artichoke</b>	Tea	•Overall Health	•Grocery Store •Specialty Store	-	-	Tea
9	<b>Ashwagandha</b>	Capsule	•Immune Booster •Overall Health	•CAM/Herbal Prationer •Online	-	-	Ayurvedic, CAM, Capsule, Immune Booster
10	<b>Baking Soda</b>	Powder	•Alkalize Body •Cleansing	•Grocery Store	-	Very alkaline, excess can lead to impaired digestion	Non Herb
11	<b>Barley Grass</b>	Powder	•Cleansing Heavy Metals •Energy •Immune Booster	•Specialty Store	-	-	Energy, Immune Booster
12	<b>Basil</b>	Dried Leaves	•Anticancer •Antioxidant •Mental Health (Stress)	•Grocery Store	-	-	Ayurvedic, Culinary, Mental Health
13	<b>Bee Pollen</b>	Whole Food	•Chronic Illness (Allergies) •Immune Booster	•Specialty Store	-	-	Non Herb, Immune Booster, Whole Food
14	<b>Bitter Gourd</b>	Whole Food	•Controls Blood Sugar	•Specialty Store	Peel off the skin and eat the fruit raw or cooked	-	Ayurvedic, CAM, Whole Food
15	<b>Black Pepper</b>	Powder	•Digestion	•Grocery Store	-	-	Ayurvedic, CAM, Culinary
16	<b>Black Tea</b>	Tea	•Common Illness •Energy •Overall Health	•Grocery Store	-	-	Common Illness, Energy, Tea
17	<b>Boneset</b>	Tea	•Acute Injury	•Online •Specialty Store	-	-	Tea
18	<b>Cardamom</b>	Powder, Seeds	•Controls Blood Sugar	•Grocery Store •Specialty Store	-	-	Ayurvedic, CAM, Culinary

	Herb	Form	Take For	Obtained From	Specific Preparation	Side Effects	Category
19	<b>Carom Seeds</b>	Dried Leaves	•Sore Throat	•Grocery Store •Specialty Store	Keep a few seeds in the side of your mouth, don't chew them	-	Ayurvedic, Culinary
20	<b>Chai Tea</b>	Tea	•Common Illness •Energy •Overall Health	•Grocery Store •Specialty Store	-	-	Common Illness, Energy, Tea
21	<b>Chamomile</b>	Tea	•Calming •Common Illness •Clear Skin •Energy •Immune Booster •Overall Health •Muscle Relaxer •Soothe Aches •Sore Throat	•Grocery Store •Online	-	Wasn't found to have calming effects by one user	Common Illness, Energy, Immune Booster, Tea
22	<b>Charcoal</b>	Capsule	•Common Illness	•Specialty Store	-	-	Capsule, Common Illness, Non Herb
23	<b>Chia Seeds</b>	Seeds	•Balance Hormones •Energy •Immune Booster •Overall Health	•Grocery Store	-	-	Energy, Immune Booster
24	<b>Chlorella</b>	Whole Food	•Cleansing Heavy Metals •Elimination	•Specialty Store	-	-	Whole Food
25	<b>Choke Berries</b>	Whole Food	•Immune Booster •Overall Health	•Grocery Store	-	-	Immune Booster, Whole Food
26	<b>Chyawanprash</b>	Whole Food	•Energy •Immune Booster	•Online •Specialty Store	-	-	Ayurvedic, Energy, Immune Booster, Whole Food
27	<b>Cinnamon</b>	Powder, Sticks, Tea	•Period Cramps	•Grocery Store	-	-	Ayurvedic, Culinary, Tea
28	<b>Clarkia</b>	Oil	•Gut Health •Restore Liver Function	•Online	-	-	Oil
29	<b>ClearGuard</b>	Capsule	•Decongestant •Immune Booster	•Drug Store	-	-	Capsule, Immune Booster
30	<b>Cloves</b>	Powder, Oil	•Chronic Illness	•Grocery Store •Specialty Store	Grind clove buds into powder	-	Ayurvedic, Chinese, Culinary, Oil
31	<b>Coconut</b>	Oil	•Chronic Illness •Chronic Injury •Energy •Immune Booster •Mental Health •Overall Health	•Grocery Store	-	-	Energy, Immune Booster, Mental Health, Oil
32	<b>Coldeeze</b>	Lozenge	•Common Illness	•Drug Store	-	-	Common Illness
33	<b>Cranberry</b>	Juice, Whole Food	•Common Illness (Bladder Infection)	•Grocery Store	-	-	Common Illness, Whole Food
34	<b>Echinacea</b>	Capsule	•Common Illness •Immune Booster •Overall Health	•Drug Store •Family/Friends •Online	-	-	Ayurvedic, Capsule, Common Illness, Immune Booster

	Herb	Form	Take For	Obtained From	Specific Preparation	Side Effects	Catagory
35	<b>Elderberry</b>	Capsule, Syrup	<ul style="list-style-type: none"> <li>•Chronic Illness</li> <li>•Common Illness</li> <li>•Immune Booster</li> </ul>	<ul style="list-style-type: none"> <li>•Family/Friends</li> <li>•Grocery Store</li> <li>•Online</li> <li>•Specialty Store</li> </ul>	<b>Homemade:</b> Simmer elderberries for 10-15 min, strain through cheesecloth, boil with honey to make liquid syrup	None	Capsule, Common Illness, Immune Booster
36	<b>Eucalyptus</b>	Oil, Tea	<ul style="list-style-type: none"> <li>•Acute Injury</li> <li>•Bronchitis</li> <li>•Common Illness</li> <li>•Immune Booster</li> <li>•Mental Health</li> <li>•Overall Health</li> </ul>	<ul style="list-style-type: none"> <li>•Grocery Store</li> <li>•Online</li> <li>•Specialty Store</li> </ul>	-	Positive	Ayurvedic, Common Illness, Immune Booster, Mental Health, Oil, Tea
37	<b>Eucliptic Oil</b>	Oil	<ul style="list-style-type: none"> <li>•Energy</li> <li>•Mental Health</li> <li>•Overall Health</li> </ul>	<ul style="list-style-type: none"> <li>•Online</li> </ul>	-	-	Energy, Mental Health, Oil
38	<b>Fennel</b>	Seeds	<ul style="list-style-type: none"> <li>•Chronic Illness</li> <li>•Cleansing</li> </ul>	<ul style="list-style-type: none"> <li>•Grocery Store</li> </ul>	-	-	Ayurvedic, CAM, Culinary
39	<b>Fermented Foods</b>	Whole Food	<ul style="list-style-type: none"> <li>•Immune Booster</li> <li>•Overall Health</li> </ul>	<ul style="list-style-type: none"> <li>•Grocery Store</li> <li>•Specialty Store</li> </ul>	-	-	Immune Booster, Whole Food
40	<b>Flaxseeds</b>	Powder, Seeds	<ul style="list-style-type: none"> <li>•Balance Hormones</li> <li>•Energy</li> <li>•Immune Booster</li> <li>•Overall Health</li> </ul>	<ul style="list-style-type: none"> <li>•Grocery Store</li> </ul>	<b>Seeds:</b> Grind whole seeds into powder	-	Energy, Immune Booster
41	<b>Focus Oil</b>	Oil	<ul style="list-style-type: none"> <li>•Mental Health (Focus)</li> </ul>	<ul style="list-style-type: none"> <li>•Online</li> </ul>	-	-	Mental Health, Oil
42	<b>Garlic</b>	Capsule, Oil, Whole Food	<ul style="list-style-type: none"> <li>•Common Illness</li> <li>•Controls Cholesterol</li> <li>•Immune Booster</li> <li>•Overall Health</li> </ul>	<ul style="list-style-type: none"> <li>•Grocery Store</li> <li>•Online</li> <li>•Specialty Store</li> </ul>	<b>Cloves:</b> Peel, cut up and eat <b>With Honey:</b> Peel and cut up garlic, wait 10 minutes, submerge in honey, let sit for 4 weeks in cool area, eat garlic alone	Negative: Induced reflux in some users	Ayurvedic, CAM, Capsule, Culinary, Immune Booster, Oil, Whole Food
43	<b>Gastroquell</b>	Capsule	<ul style="list-style-type: none"> <li>•Digestion</li> <li>•Gerd</li> <li>•Immune Booster</li> <li>•Overall Health</li> </ul>	<ul style="list-style-type: none"> <li>•Herbal Medicine Practitioner</li> <li>•Online</li> </ul>	-	-	Capsule, Chinese, Immune Booster
44	<b>Ghee</b>	Whole Food	<ul style="list-style-type: none"> <li>•Carrier for Other Herbs</li> <li>•Eye Infection</li> </ul>	<ul style="list-style-type: none"> <li>•Specialty Store</li> </ul>	-	-	Ayurvedic, CAM, Whole Food
45	<b>Ginger</b>	Powder, Tea, Whole Food	<ul style="list-style-type: none"> <li>•Common Illness</li> <li>•Immune Booster</li> <li>•Overall Health</li> <li>•Sore Throat</li> </ul>	<ul style="list-style-type: none"> <li>•Grocery Store</li> </ul>	<b>Root:</b> Grate or cut pieces of the root to eat or chew on	Positive and Negative	Ayurvedic, CAM, Culinary, Immune Booster, Tea, Whole Food
46	<b>Ginkgo Leaf</b>	Extract	<ul style="list-style-type: none"> <li>•Circulation</li> </ul>	<ul style="list-style-type: none"> <li>•Online</li> <li>•Specialty Store</li> </ul>	-	-	Chinese, Oil
47	<b>Ginseng</b>	Capsule	<ul style="list-style-type: none"> <li>•Immune Booster</li> </ul>	<ul style="list-style-type: none"> <li>•Specialty Store</li> </ul>	-	-	Capsule, Chinese, Immune Booster
48	<b>Grapefruit Seed Extract</b>	Oil	<ul style="list-style-type: none"> <li>•Common Illness</li> <li>•Immune Booster</li> </ul>	<ul style="list-style-type: none"> <li>•Online</li> </ul>	-	-	Common Illness, Immune Booster, Oil
49	<b>Green Tea</b>	Tea	<ul style="list-style-type: none"> <li>•Common Illness</li> <li>•Energy</li> <li>•Overall Health</li> </ul>	<ul style="list-style-type: none"> <li>•Grocery Store</li> </ul>	-	-	Common Illness, Energy, Tea

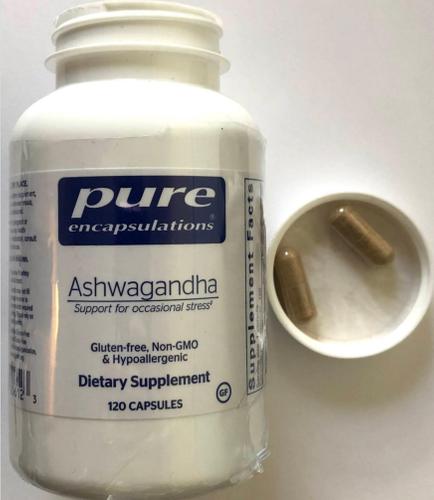
	Herb	Form	Take For	Obtained From	Specific Preparation	Side Effects	Catagory
50	<b>Helichrysum Oil</b>	Oil	•Immune Booster	•Family/Friend	-	Negative	Immune Booster, Oil
51	<b>Hemp Seed Hearts</b>	Seeds	Immune Booster, Overall Health	•Grocery Store	-	-	Immune Booster
52	<b>Honey</b>	Whole Food	•Carrier for Other Herbs •Chronic Illness •Common Illness •Overall Health	•Family/Friends •Grocery Store	-	High in sugar-excess can lead to diabetes	CAM, Common Illness, Non Herb, Whole Food
53	<b>Houttuynia</b>	Capsule	•Cleansing •Digestion •Energy •Hormone Balance •Immune Booster •Overall Health	•CAM/Herbal Practitioner	-	Positive	Capsule, Chinese, Energy, Immune Booster
54	<b>Jewelweed</b>	Topical Sap	•Poison Ivy	•Foraging •Specialty Store	Crush the stem and rub the sap inside on affected skin	-	Topical
55	<b>Kelp</b>	Capsule	•Chronic Illness •Chronic Injury •Common Illness •Energy •Immune Booster •Mental Health •Overall Health	•CAM/ Herbal Medicine Practitioner •Online •Specialty Store	-	-	Capsule, Common Illness, Energy, Immune Booster, Mental Health
56	<b>Lavender</b>	Oil	•Acute Injury •Common Illness •Mental Health (Anxiety) •Overall Health • Sleep	•Online •Specialty Store	-	-	Common Illness, Mental Health, Oil
57	<b>Lemon Oil</b>	Oil	•Energy •Mental Health •Overall Health	•Online	-	-	Energy, Mental Health, Oil
58	<b>Lemongrass</b>	Tea	•Common Illness	•Online •Specialty Store	-	-	Common Illness, Tea
59	<b>Licorice</b>	Capsule, Tea	•Common Illness •Hormone Balance •Menstrual Cramps	•Grocery Store •Specialty Store	-	-	CAM, Capsule, Chinese, Common Illness, Tea
60	<b>Love Rub</b>	Topical Cream	•Acute Injury	•Online	-	-	Topical
61	<b>Maca Powder</b>	Powder	•Immune Booster	•Grocery Store	-	-	Immune Booster
62	<b>Marijuana (CBD/Cannabis)</b>	Capsule, Cigarette, Lozenge, Oil	•Arthritis •Mental Health •Mobility •Overall Health	•Online •Specialty Store	<b>Cigarette:</b> Roll dried cannabis buds into a cigarette	Negative: Hallucinogenic effects	Capsule, Mental Health, Oil
63	<b>Marshmallow Root</b>	Tea	•Chronic Illness •Cleansing •Overall Health	•Online •Specialty Store	-	Ineffective for gerd	Tea
64	<b>Melissa/ Lemon Balm</b>	Tea	•Common Illness •Energy •Immune Booster •Mental Health •Overall Health	•Family/Friend •Specialty Store	-	-	Common Illness, Energy, Immune Booster, Mental Health, Tea
65	<b>Mint</b>	Dried Leaves, Lozenge, Tea	•Common Illness •Digestion •Energy •Immune Booster •Mental Health •Overall Health •Stomach Ache	•Grocery Store •Specialty Store	-	-	Common Illness, Culinary, Energy, Immune Booster, Mental Health, Tea

	Herb	Form	Take For	Obtained From	Specific Preparation	Side Effects	Category
66	<b>Moringa</b>	Capsule	•Cleansing •Digestion •Energy •Hormone Balance •Immune Booster •Overall Health	•CAM/Herbal Practitioner	-	Positive	CAM, Capsule, Chinese, Energy, Immune Booster
67	<b>Mushroom (Reishi/Maitake Mycelium)</b>	Capsule	•Anticancer •Digestion •Neurological Regeneration	•Online •Specialty Store	-	-	Capsule, Chinese
68	<b>Mustard Seed</b>	Oil, Powder, Seeds	•Inflammation	•Grocery Store •Specialty Store	Warm oil	-	Ayurvedic, Culinary, Oil
69	<b>Nutritional Yeast</b>	Whole Food	•Vitamin B12 Deficiency	•Grocery Store •Specialty Store	-	-	Culinary, Whole Food
70	<b>Okra</b>	Whole Food	•Gut Health	•Grocery Store	Must be cooked	-	Whole Food
71	<b>Oregano</b>	Oil, Dried Leaves	•Common Illness	•Grocery Store	-	-	Common Illness, Culinary, Oil
72	<b>Papaya</b>	Capsule, Whole Food	•Chronic Illness •Weight Loss	•Grocery Store	Peel off the skin and eat the fruit raw	-	Capsule, Whole Food
73	<b>Parsley</b>	Dried Leaves	•Cleansing Heavy Metals	•Grocery Store	-	-	Culinary
74	<b>Peppermint</b>	Oil, Tea	•Acute Injury •Common Illness •Energy •Mental Health •Overall Health	•Grocery Store	-	-	Common Illness, Energy, Mental Health, Tea
75	<b>Plague Defense</b>	Oil	•Immune Booster	•Online	-	-	Immune Booster, Oil
76	<b>Pomegranate</b>	Juice, Whole Food	•Controls Blood Sugar	•Grocery Store	Cut and eat the seeds inside	-	Whole Food
77	<b>Probiotics</b>	Capsule	•Gut Health	•Online •CAM/Herbal Practitioner •Specialty Store	-	-	Capsule, Non Herb
78	<b>Raspberry Leaf</b>	Tea	Chronic Injury	•Specialty Store	-	-	Tea
79	<b>Regeneration</b>	Oil	•Chronic Injury (Back Pain)	•Online	-	-	Oil
80	<b>Ricola Cough Drops</b>	Lozenge	•Common Illness •Sore Throat	•Drug Store	-	-	Common Illness
81	<b>Roasted Dandelion Root</b>	Tea	•Common Illness •Energy •Immune Booster •Mental Health •Overall Health	•Grocery Store	-	-	CAM, Common Illness, Energy, Immune Booster, Mental Health, Tea
82	<b>Rose Bud/Hips</b>	Tea	•Common Illness •Energy •Immune Booster •Mental Health •Overall Health	•Online	-	-	Common Illness, Energy, Immune Booster, Mental Health, Tea
83	<b>Rosemary</b>	Dried Leaves	•Chronic Illness (Allergies) •Immune Booster	•Grocery Store	-	-	Culinary, Immune Booster
84	<b>Schisandra</b>	Capsule	•Cleansing •Digestion •Energy •Hormone Balance •Immune Booster •Overall Health	•CAM/Herbal Practitioner	-	Positive	Capsule, Chinese, Energy, Immune Booster

	Herb	Form	Take For	Obtained From	Specific Preparation	Side Effects	Catagory
85	<b>Serenity Oil</b>	Oil	•Mental Health (General Peace)	•Online	-	-	Mental Health, Oil
86	<b>Siliplant</b>	Extract	•Mobility •Promotes Collagen Production	•Specialty Store	-	-	Whole Food
87	<b>Sleep Oil</b>	Oil	•Mental Health (Sleep)	•Online	-	-	Mental Health, Oil
88	<b>Slippery Elm Bark</b>	Tea	•Common Illness	•Online •Specialty Store	-	Ineffective for gerd	Common Illness, Tea
89	<b>Spirulina</b>	Whole Food	•Immune Booster	•Specialty Store	-	-	Immune Booster, Whole Food
90	<b>Stinging Nettle Leaf</b>	Capsule, Tea	•Common Illness	•Specialty Store	-	-	Ayurvedic, CAM, Capsule, Chinese, Common Illness, Tea
91	<b>Tapioca</b>	Whole Food	•Alkalize Body •Stomach Ache	•Grocery Store •Specialty Store	Boil grains	-	Ayurvedic, Chinese, Whole Food
92	<b>Tea Tree</b>	Oil	•Acute Injury	•Online	-	-	Oil
93	<b>Thyme</b>	Dried Leaves, Oil	•Skin/Yeast Infection	•Grocery Store	-	-	CAM, Culinary, Oil
94	<b>Tiger Balm</b>	Topical Cream, Gel, and Liquid	•Chronic Injury	•Online •Specialty Store	-	-	Topical
95	<b>Tincture: Clolengula, Dandelion Root</b>	Extract	•Immune Booster •Overall Health	•Foraging •Grocery Store	Submerge herbs in vodka and soak for 4-6 weeks in the dark, shake every other day, take 10-12 drops a day	One user didn't find it to be helpful	Immune Booster
96	<b>Tincture: Red Clover Flower, Burdock Root, Stinging Nettle Leaves</b>	Extract	•Immune Booster •Overall Health	•Foraging •Grocery Store	Submerge herbs in vodka and soak for 4-6 weeks in the dark, shake every other day, take 10-12 drops a day	One user didn't find it to be helpful	Immune Booster
97	<b>Triphala</b>	Capsule	•Gut Health	•CAM/Herbal Prtitioner •Online	-	-	Ayurvedic, CAM, Capsule
98	<b>Turmeric</b>	Capsule, Paste, Powder	•Acute Illness •Common Illness •Chronic Illness •Chronic Injury •Circulation •Energy •Immune Booster •Mental Health •Overall Health •Topical Antibiotic	•Grocery Store •Online •Specialty Store	-	Blood thinner	Ayurvedic, CAM, Capsule, Common Illness, Culinary, Energy, Immune Booster, Mental Health
99	<b>White Flower</b>	Oil	•Acute Injury •Chronic Illness	•Online •Specialty Store	-	-	Oil
100	<b>Whole Olive Leaf</b>	Extract	•Immune Booster	•Online •Specialty Store	-	-	Ayurvedic, CAM, Immune Booster, Oil
101	<b>Willow Bark</b>	Tea	•Acute Injury •Chronic Injury •Common Illness	•Online •Specialty Store	-	-	Common Illness, Tea

	<b>Herb</b>	<b>Form</b>	<b>Take For</b>	<b>Obtained From</b>	<b>Specific Preperation</b>	<b>Side Effects</b>	<b>Catagory</b>
<b>102</b>	<b>Wrestiling Oil</b>	Oil	<ul style="list-style-type: none"><li>•Chronic Injury (Muscle Pains)</li><li>•Immune Booster</li></ul>	<ul style="list-style-type: none"><li>•Online</li></ul>	Mixture of peppermint and tea tree oil	-	Immune Booster, Oil

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1	Alfalfa & Broccoli Sprouts		1
2	Aloe Vera		2
3	Apple Cider Vinegar		6

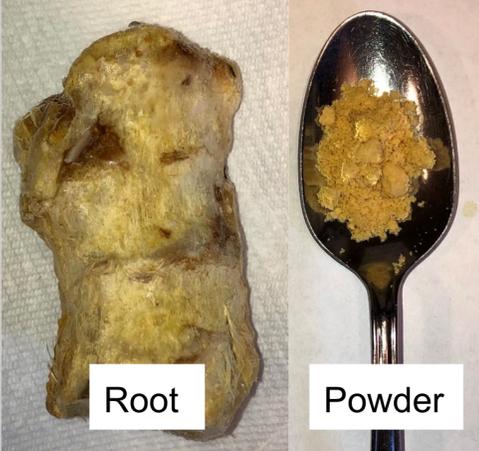
	Herb	Pictures	Index
4	Ashwagandha		9
5	Baking Soda		10
6	Barley Grass		11

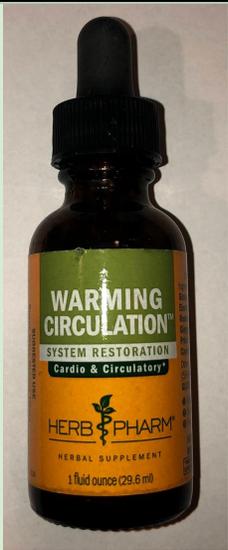
	Herb	Pictures	Index
7	Basil		12
8	Black Pepper		15
9	Chia Seeds		23

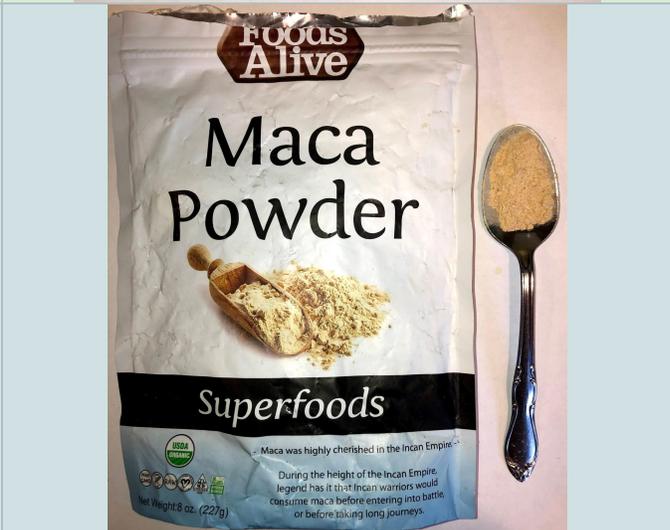
	Herb	Pictures	Index
10	Cinnamon	 <p>A glass jar with a green lid and a red 'SALE \$4.99' sticker. The label reads 'Simply Organic. cinnamon' and 'NET WT. 2.45 OZ. (69g)'. To the right is a silver spoon with a small amount of brown powder on it.</p>	27
11	Coconut	 <p>A white plastic jar with a white lid. The label reads 'Coco Planet. ORGANIC VIRGIN COCONUT OIL' and 'The source of goodness. Net Volume: 30 fl.oz'. To the right is a silver spoon with a small amount of white oil on it.</p>	31
12	Elderberry	 <p>A dark glass bottle with a white cap. The label reads 'gaia HERBS. RapidRelief. Black Elderberry Syrup' and 'meetyourherbs.com'. To the right is a silver spoon with a small amount of dark syrup on it.</p>	35

	Herb	Pictures	Index
<p>13</p>	<p>Essential Oils (ie: Focus Oil, Plague Defense, Regeneration, Serenity Oil, Sleep Oil, Tea Tree, Wrestling Oil)</p>		<p>41, 75, 79, 85, 87, 92, 102</p>
<p>14</p>	<p>Fennel</p>		<p>38</p>

	Herb	Pictures	Index
15	Fermented Foods		39
16	Flaxseeds	 <p data-bbox="755 1228 852 1291">Whole Seeds</p> <p data-bbox="1047 1249 1144 1312">Ground Seeds</p>	40
17	Garlic	 <p data-bbox="747 1606 885 1648">Bulb &amp; Cloves</p>	42

	Herb	Pictures	Index
18	Gastroquell		43
19	Ghee		44
20	Ginger	 <p data-bbox="776 1528 873 1583">Root</p> <p data-bbox="1003 1528 1133 1583">Powder</p>	45

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21	Ginkgo Leaf		46
22	Green Tea		49
23	Honey		52

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24	Herbal Teas		see herbal teas index
25	Licorice		59
26	Maca Powder		61

	Herb	Pictures	Index
27	Marijuana (CBD/Cannabis)		62
28	Mushroom (Reishi/Maitake Mycelium)		67
29	Nutritional Yeast		69

	Herb	Pictures	Index
30	Okra		70
31	Oregano		71
32	Parsley		73

	Herb	Pictures	Index
33	Rosemary	 A clear glass jar with a green lid, labeled 'Simply Organic Rosemary', containing dried rosemary. To the right, a silver spoon holds several dried rosemary leaves.	83
34	Siliplant	 A dark blue bottle of 'ORGONO G5 SILIPLANT' dietary supplement. The label features a diagram of a human body and text describing its benefits for joints and cartilage. A silver spoon is placed to the right of the bottle.	86
35	Spirulina	 A dark green bottle of 'nutrex HAWAII Pure Hawaiian Spirulina Spearmint Flavor'. The label indicates it contains 180 tablets with 3,000 mg per serving. The green lid is shown to the right, containing two dark green, oval-shaped tablets.	89

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36	Thyme		93
37	Turmeric		98
38	Whole Olive Leaf		100

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2	Anise	5
3	Arnica	7
4	Ashwagandha	9
5	Basil	12
6	Bitter Gourd	14
7	Black Pepper	15
8	Cardamom	18
9	Carom Seeds	19
10	Chyawanprash	26
11	Cinnamon	27
12	Cloves	30
13	Echinacea	34
14	Eucalyptus	36
15	Fennel	38
16	Garlic	42
17	Ghee	44
18	Ginger	45
19	Mustard Seed	68
20	Stinging Nettle Leaf	90
21	Tapioca	91
22	Triphala	97
23	Turmeric	98
24	Whole Olive Leaf	100

	<b>Herb</b>	<b>Index</b>
<b>1</b>	Amalaki	3
<b>2</b>	Ashwagandha	9
<b>3</b>	Bitter Gourd	14
<b>4</b>	Black Pepper	15
<b>5</b>	Cardamom	18
<b>6</b>	Fennel	38
<b>7</b>	Garlic	42
<b>8</b>	Ghee	44
<b>9</b>	Ginger	45
<b>10</b>	Honey	52
<b>11</b>	Licorice	59
<b>12</b>	Moringa	66
<b>13</b>	Roasted Dandelion Root	81
<b>14</b>	Stinging Nettle Leaf	90
<b>15</b>	Thyme	93
<b>16</b>	Triphala	97
<b>17</b>	Turmeric	98
<b>18</b>	Whole Olive Leaf	100

	<b>Herb</b>	<b>Index</b>
1	Amalaki	3
2	Arnica	7
3	Ashwagandha	9
4	Charcoal	22
5	ClearGuard	29
6	Echinacea	34
7	Elderberry	35
8	Garlic	42
9	Gastroquell	43
10	Ginseng	47
11	Houttuynia	53
12	Kelp	55
13	Licorice	59
14	Marijuana (CBD/Cannabis)	62
15	Moringa	66
16	Mushroom (Reishi/Maitake Mycelium)	67
17	Papaya	72
18	Probiotics	77
19	Schisandra	84
20	Stinging Nettle Leaf	90
21	Triphala	97
22	Turmeric	98

	<b>Herb</b>	<b>Index</b>
<b>1</b>	Arnica	7
<b>2</b>	Cloves	30
<b>3</b>	Gastroquell	43
<b>4</b>	Ginko Leaf	46
<b>5</b>	Ginseng	47
<b>6</b>	Houttuynia	59
<b>7</b>	Licorice	67
<b>8</b>	Moringa	90
<b>9</b>	Mushroom (Reishi/Maitake Mycelium)	53
<b>10</b>	Stinging Nettle Leaf	66
<b>11</b>	Tapioca	91

	<b>Herb</b>	<b>Index</b>
1	Anise	5
2	Black Tea	16
3	Chai Tea	20
4	Chamomile	21
5	Charcoal	22
6	Coldeeze	32
7	Cranberry	33
8	Echinacea	34
9	Elderberry	35
10	Eucalyptus	36
11	Grapefruit Seed Extract	48
12	Green Tea	49
13	Honey	52
14	Kelp	55
15	Lavender	56
16	Lemongrass	58
17	Licorice	59
18	Melissa/ Lemon Balm	64
19	Mint	65
20	Oregano	71
21	Peppermint	74
22	Ricola Cough Drops	80
23	Roasted Dandelion Root	81
24	Rose Bud/Hips	82
25	Slippery Elm Bark	88
26	Stinging Nettle Leaf	90
27	Turmeric	98
28	Willow Bark	101

	<b>Herb</b>	<b>Index</b>
<b>1</b>	Anise	5
<b>2</b>	Basil	12
<b>3</b>	Black Pepper	15
<b>4</b>	Cardamom	18
<b>5</b>	Carom Seeds	19
<b>6</b>	Cinnamon	27
<b>7</b>	Cloves	30
<b>8</b>	Fennel	38
<b>9</b>	Garlic	42
<b>10</b>	Ginger	45
<b>11</b>	Mint	65
<b>12</b>	Mustard Seed	68
<b>13</b>	Nutritional Yeast	69
<b>14</b>	Oregano	71
<b>15</b>	Parsley	73
<b>16</b>	Rosemary	83
<b>17</b>	Thyme	93
<b>18</b>	Turmeric	98

	<b>Herb</b>	<b>Index</b>
<b>1</b>	Barley Grass	11
<b>2</b>	Black Tea	16
<b>3</b>	Chai Tea	20
<b>4</b>	Chamomile	21
<b>5</b>	Chia Seeds	23
<b>6</b>	Chyawanprash	26
<b>7</b>	Coconut	31
<b>8</b>	Eucliptic Oil	37
<b>9</b>	Flaxseeds	40
<b>10</b>	Green Tea	49
<b>11</b>	Houttuynia	53
<b>12</b>	Kelp	55
<b>13</b>	Lemon Oil	57
<b>14</b>	Melissa/ Lemon Balm	64
<b>15</b>	Mint	65
<b>16</b>	Moringa	66
<b>17</b>	Peppermint	74
<b>18</b>	Roasted Dandelion Root	81
<b>19</b>	Rose Bud/ Hips	82
<b>20</b>	Schisandra	84
<b>21</b>	Turmeric	98

	<b>Herb</b>	<b>Index</b>
1	Ashwagandha	9
2	Barley Grass	11
3	Bee Pollen	13
4	Chamomile	21
5	Chia Seeds	23
6	Choke Berries	25
7	Chyawanprash	26
8	ClearGuard	29
9	Coconut	31
10	Echinacea	34
11	Elderberry	35
12	Eucalyptus	36
13	Fermented Foods	39
14	Flaxseeds	40
15	Garlic	42
16	Gastroquell	43
17	Ginger	45
18	Ginseng	47
19	Grapefruit Seed Extract	48
20	Helichrysum Oil	50
21	Hemp Seed Hearts	51
22	Houttuynia	53
23	Kelp	55
24	Maca Powder	61
25	Melissa/ Lemon Balm	64
26	Mint	65
27	Moringa	66
28	Plague Defense	75
29	Roasted Dandelion Root	81
30	Rose Bud/ Hips	82
31	Rosemary	83
32	Schisandra	84
33	Spirulina	89

<b>34</b>	Tincture: Clolengula, Dandelion Root	95
<b>35</b>	Tincture: Red Clover Flower, Burdock Root, Stinging Nettle Leaves	96
<b>36</b>	Turmeric	98
<b>37</b>	Whole Olive Leaf	100
<b>38</b>	Wrestiling Oil	102

	<b>Herb</b>	<b>Index</b>
<b>1</b>	Basil	12
<b>2</b>	Coconut	31
<b>3</b>	Eucalyptus	36
<b>4</b>	Eucliptic Oil	37
<b>5</b>	Focus Oil	41
<b>6</b>	Kelp	55
<b>7</b>	Lavender	56
<b>8</b>	Lemon Oil	57
<b>9</b>	Marajuana (CBD/Cannabis)	62
<b>10</b>	Melissa/ Lemon Balm	64
<b>11</b>	Mint	65
<b>12</b>	Peppermint	74
<b>13</b>	Roasted Dandelion Root	81
<b>14</b>	Rose Bud/ Hips	82
<b>15</b>	Serenity Oil	85
<b>16</b>	Sleep Oil	87
<b>17</b>	Turmeric	98

	<b>Herbs</b>	<b>Index</b>
<b>1</b>	Apple Cider Vinegar	6
<b>2</b>	Baking Soda	10
<b>3</b>	Bee Pollen	13
<b>4</b>	Charcoal	22
<b>5</b>	Honey	52
<b>6</b>	Probiotics	77

	<b>Herb</b>	<b>Index</b>
1	Clarkia	28
2	Cloves	30
3	Coconut	31
4	Eucalyptus	36
5	Eucliptic Oil	37
6	Focus Oil	41
7	Garlic	42
8	Ginkgo Leaf	46
9	Grapefruit Seed Extract	48
10	Helichrysum Oil	50
11	Lavender	56
12	Lemon Oil	57
13	Marijuana (CBD/Cannabis)	62
14	Mustard Seed	68
15	Oregano	71
16	Peppermint	74
17	Plague Defense	75
18	Regeneration	79
19	Serenity Oil	85
20	Sleep Oil	87
21	Tea Tree	92
22	Thyme	93
23	White Flower	99
24	Whole Olive Leaf	100
25	Wrestling Oil	102

	<b>Herb</b>	<b>Index</b>
1	Anise	5
2	Artichoke	8
3	Black Tea	16
4	Boneset	17
5	Chai Tea	20
6	Chamomile	21
7	Cinnamon	27
8	Eucalyptus	36
9	Ginger	45
10	Green Tea	49
11	Lemongrass	58
12	Licorice	59
13	Marshmallow Root	63
14	Melissa/ Lemon Balm	64
15	Mint	65
16	Peppermint	74
17	Raspberry Leaf	78
18	Roasted Dandelion Root	81
19	Rose Bud/Hips	82
20	Slippery Elm Bark	88
21	Stinging Nettle Leaf	90
22	Willow Bark	101

	<b>Herb</b>	<b>Index</b>
<b>1</b>	Aloe Vera	2
<b>2</b>	Amol	4
<b>3</b>	Jewelweed	54
<b>4</b>	Love Rub	60
<b>5</b>	Tiger Balm	94

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<b>1</b>	Alfalfa & Broccoli Sprouts	1
<b>2</b>	Bee Pollen	13
<b>3</b>	Bitter Gourd	14
<b>4</b>	Chlorella	24
<b>5</b>	Choke Berries	25
<b>6</b>	Chyawanprash	26
<b>7</b>	Cranberry	33
<b>8</b>	Fermented Foods	39
<b>9</b>	Garlic	42
<b>10</b>	Ghee	44
<b>11</b>	Ginger	45
<b>12</b>	Honey	52
<b>13</b>	Nutritional Yeast	69
<b>14</b>	Okra	70
<b>15</b>	Papaya	72
<b>16</b>	Pomegranate	76
<b>17</b>	Spirulina	89
<b>18</b>	Tapioca	91