

## **POWDERS**

<b>Common Name</b>	<b>Botanical Name</b>	<b>Part</b>
Arjuna	<i>Terminalia arjuna</i>	Bark
Ashwagandha	<i>Withania somnifera</i>	Root
Astragalus	<i>Astragalus racemosus</i>	Root
Bacopa	<i>Bacopa monnieri</i>	Herb
Bayberry	<i>Myrica cerifera</i>	Root bark
Black seed	<i>Nigella sativa</i>	Seed
Bladderwrack	<i>Fucus vesiculosus</i>	Whole plant
Burdock	<i>Arctium lappa</i>	Root
Cacao	<i>Theobroma cacao</i>	Seed
Cardamom	<i>Elettaria cardamomum</i>	Seed
Cayenne	<i>Capsicum frutescens</i>	Fruit
Cinnamon (sweet)	<i>Cinnamomum zeylanicum</i>	Bark
Cinnamon	<i>Cinnamomum cassia</i>	Bark
Comfrey	<i>Symphytum officinale</i>	Root
Cordyceps	<i>Cordyceps sinensis</i>	Mycelia
Dandelion	<i>Taraxacum officinale</i>	Root
Devil's Claw	<i>Harpagophytum procumbens</i>	Root
Dong Quai	<i>Angelica sinensis</i>	Root
Echinacea	<i>Echinacea angustifolia</i>	Root
Elecampane	<i>Inula helenium</i>	Root
Eleutherococcus	<i>Eleutherococcus senticosus</i>	Root
Fennel	<i>Foeniculum vulgare</i>	Seed
Fenugreek	<i>Trigonella foenum-graecum</i>	Seed
Gentian	<i>Gentiana lutea</i>	Root
Ginger	<i>Zingiber officinale</i>	Rhizome
Gotu Kola	<i>Centella asiatica</i>	Leaf
Guarana	<i>Paullinia spp.</i>	Seed
Gymnema	<i>Gymnema Sylvestre</i>	Leaf
Hawthorn	<i>Crataegus spp.</i>	Fruit
Holy Basil	<i>Ocimum sanctum</i>	Leaf
Licorice	<i>Glycyrrhiza glabra</i>	Root
Maca	<i>Lepidium meyenii</i>	Root
Marshmallow	<i>Althea officinalis</i>	Root
Mustard seed	<i>Brassica alba</i>	Seed
Myrrh	<i>Commiphora molmol</i>	Gum
Neem	<i>Azadirachta indica</i>	Leaf
Oats	<i>Avena sativa</i>	Milky tops
Oregon Grape	<i>Mahonia nervosa or aquifolium</i>	Root
Reishi	<i>Ganoderma lucidum</i>	Fruiting body
<b>Schisandra*</b>	<b><i>Schisandra chinensis</i></b>	<b>Fruit</b>
Shatavari	<i>Asparagus racemosus</i>	Root
Silymarin	80% extract from milk thistle seed (ingredients: cane sugar, ,bamboo, long pepper, cardamom, cinnamon, non-GMO corn starch)	Seed
Sitopaladi		Blend
Slippery Elm	<i>Ulmus rubra</i>	Bark
Stevia	<i>Stevia rebaudiana</i>	Leaf
Stinging Nettle	<i>Urtica dioica</i>	Leaf
Triphala	(amalaki, haritaki, and )	Seed

Turmeric  
Yellow Dock

*Curcuma longa*  
*Rumex crispus*

Rhizome  
Root

**\*Please note that Schisandra can be custom powdered for an additional charge.**