

Herbal Creams



Herbal Teas



CATALOG

Our History:

FHealth From Nature Ltd. was registered on March 8, 2024, in Grays, Essex, United Kingdom. Its branch in Poland was established in May 2024. The company is the result of several years of work on products and formulations by its founder and CEO, herbalist Jolanta Wędel. As a company, we strive to ensure that our products contain herbs of the highest quality, mainly organic and ecological. We are aware that this contributes to your well-being and health.

My passion began in early childhood when I observed my grandparents cultivating herbs and using them to help people in the community recover. Thanks to my grandparents, I had the opportunity to witness the incredible effects of herbal medicine. In primary school, another passion appeared in my life – a great love for chemistry. I undertook studies at the Jagiellonian University in Kraków. On a daily basis, I conduct individual herbal consultations with people from all over the world, creating personalized blends based on their test results and medical history to support their health with my knowledge and experience.

I created a line of herbal teas supporting the well-being of many organs, as well as natural herbal creams with various properties. The first cream, 'Propsonian cream,' was created for my son so that he would not have a scar after skull surgery. We succeeded in achieving this goal over 15 years ago, which encouraged me to go further... and create subsequent natural products.

Our Mission:

The Power of Nature Supported by Knowledge

Our mission is to provide the highest quality natural solutions—herbal teas and specialized creams—that safely support health and well-being. We believe that the key to effectiveness lies in combining two worlds: multi-generational herbal tradition and reliable chemical knowledge.



Propsonian Cream



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Propsonian Cream

Ingredients: Butyrospermum Parkii Butter, Ricinus Communis Seed Oil, Arachis Hypogaea Oil, Olea Europaea Fruit Oil

200g

Main active ingredients:

Castor oil provides deep hydration and regeneration of the skin at various levels. Due to its properties, the oil is an ideal remedy for soothing irritations and redness, and its regular use can help improve skin elasticity.

Shea butter is rich in vitamins A, E, and F, fatty acids, and antioxidants. It nourishes and moisturizes the skin, improving its elasticity and firmness. It supports skin cell regeneration, contributing to the smoothing of wrinkles and the reduction of scars. It is an ideal natural moisturizer for all skin types, especially dry, atopic, and flaky skin. It can be used for the care of sensitive skin prone to allergies and atopy.

Olive oil is rich in fatty acids that create an occlusive layer on the skin's surface, preventing water loss. This makes it an ideal natural moisturizer for all skin types, especially dry and atopic skin. The antioxidants and vitamins A and E contained in olive oil support skin cell regeneration and slow down the aging process. Regular use of olive oil can help smooth wrinkles and improve skin elasticity.

Peanut oil is an ideal natural moisturizer for all skin types, especially dry and atopic skin, thanks to its fatty acid content. Peanut oil contains vitamins A, E, and F, which are essential for healthy skin. Vitamin A support's cell regeneration, vitamin E protects against free radicals, and vitamin F moisturizes and improves skin elasticity. It can be applied to the skin, including the scalp (the cream does not damage hair), and nails. For improved skin and nail condition, the cream should be used regularly at least once a day.



PropSORIAN herbal cream



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PropSORIAN Herbal Cream

Ingredients: Butyrospermum Parkii Butter, Olea Europaea Fruit Oil, Symphytum Officinale Root Extract, Ricinus Communis Seed Oil, Aesculus Hippocastanum Bark Extract, Crataegus Monogyna Flower Extract, Carbenia Benedicta Extract, Ginkgo Biloba Leaf Extract, Ruta Graveolens Leaf Extract, Sorbus Aucuparia Fruit/Leaf Extract, Quercus Robur Bark Extract, Achillea Millefolium Extract, Calendula Officinalis Flower Extract, Arnica Chamissonis Flower Extract, Melilotus Officinalis Flower Extract

200g

Active ingredients:

Comfrey soothes skin inflammations such as acne, psoriasis, rashes, sunburn, and frostbite. It accelerates skin regeneration and improves its elasticity.

Hawthorn, rich in antioxidants, stimulates skin cell regeneration and supports the repair of damaged tissues. It improves skin elasticity and reduces the appearance of stretch marks.

Oak bark supports skin regeneration, tightens pores, and regulates skin pH. It has properties that soothe skin inflammations such as acne, psoriasis, eczema, and allergies.

Ginkgo biloba combats free radicals that contribute to skin aging and wrinkle formation. It nourishes the skin, providing it with adequate hydration.

Fenugreek soothes skin inflammations such as acne, psoriasis, eczema, and allergies. It softens and smooths the skin. It protects against harmful external factors.

Arnica soothes skin inflammations such as acne, psoriasis, eczema, and allergies. It accelerates skin regeneration. Arnica combats free radicals that contribute to skin aging and wrinkle formation, helping to restore a youthful appearance.

Yarrow contains many valuable ingredients, such as essential oils, azulene, tannins, vitamin C, and flavonoids, which give it properties that soothe skin inflammations. It accelerates skin regeneration, fights free radicals, delaying the aging process and wrinkle formation.

Rue soothes skin inflammations such as acne, psoriasis, rashes, and allergies. It protects the skin from the harmful effects of free radicals, delaying the aging process. It has antifungal and antibacterial properties.

Rowan combats free radicals that contribute to skin aging and wrinkle formation. It soothes skin inflammations such as acne, psoriasis, eczema, and allergies. Rowan lightens skin discolorations and freckles. It improves skin elasticity and reduces the appearance of stretch marks. It provides adequate hydration.

Castor oil provides deep hydration and regeneration of the skin at various levels. Due to its properties, the oil is an ideal remedy for soothing irritations and redness, and its regular use can help improve skin elasticity.

Shea butter is rich in vitamins A, E, and F, fatty acids, and antioxidants. It nourishes and moisturizes the skin, improving its elasticity and firmness. It supports skin cell regeneration, contributing to the smoothing of wrinkles and the reduction of scars. It is an ideal natural moisturizer for all skin types, especially dry, atopic, and flaky skin. It can be used for the care of sensitive skin prone to allergies and atopy.

Olive oil is rich in fatty acids that create an occlusive layer on the skin's surface, preventing water loss. This makes it an ideal natural moisturizer for all skin types, especially dry and atopic skin. The antioxidants and vitamins A and E contained in olive oil support skin cell regeneration and slow down the aging process. Regular use of olive oil can help smooth wrinkles and improve skin elasticity.

It can be applied to the skin and nails. For improved skin and nail condition, the cream should be used regularly at least twice a day or alternately with Proporsorian cream.



Bona Mea WARMING CREAM



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Bona Mea warming cream

Ingredients: Butyrospermum Parkii Butter, Olea Europaea Fruit Oil, Cinnamomum Camphora Bark Oil, Symphytum Officinale Root Extract, Aesculus Hippocastanum Bark Extract, Melilotus Officinalis Flower Extract, Ricinus Communis Seed Oil, Arnica Chamissonis Flower Extract, Carbenia Benedicta Extract, Crataegus Monogyna Flower Extract, Ginkgo Biloba Leaf Extract, Quercus Robur Bark Extract, Ruta Graveolens Leaf Extract, Achillea Millefolium Extract, Calendula Officinalis Flower Extract, Sorbus Aucuparia Fruit/Leaf Extract

200 g

Main active ingredients::

Comfrey possesses properties:

- **Anti-inflammatory and analgesic:** Allantoin, the main active ingredient in comfrey, has strong anti-inflammatory and pain-relieving effects. This makes the plant effective in treating inflammation of the joints, muscles, tendons, and skin.
- **Regenerative and healing:** Comfrey accelerates the healing of wounds, ulcers, burns, bruises, and contusions.. It also stimulates tissue regeneration, including bone, cartilage, and skin.

Hawthorn is rich in antioxidants, stimulates skin cell regeneration, and supports the repair of damaged tissues. It improves skin elasticity and reduces the appearance of stretch marks.

Oak bark, due to its high tannin content, has astringent properties that help with:

- Reducing inflammation of the skin and mucous membranes
- Soothing irritations
- Accelerating the healing of wounds and abrasions
- Reducing swelling
- Exhibiting anti-inflammatory properties

Ginkgo biloba combats free radicals that contribute to skin aging. It improves blood circulation throughout the body, which can:

- Reduce the risk of blood clots and strokes
- Alleviate symptoms of Raynaud's syndrome
- Improve blood flow to the lower limbs

Fenugreek:

- Contains coumarin compounds that exhibit anticoagulant, blood vessel sealing, and anti-edema effects. This can be helpful in the prevention and treatment of:
 - Venous thrombosis
 - Varicose veins in the lower limbs
 - Edema
 - Lymphatic congestion
 - Anti-inflammatory and analgesic effect: Fenugreek has anti-inflammatory and analgesic properties that can be used to relieve ailments such as: Rheumatic pain
 - Joint inflammation
 - Muscle pain
 - Bruises and sprains
- Wound healing support: Fenugreek accelerates the healing of wounds and ulcers thanks to the content of allantoin, which stimulates tissue regeneration.

Arnica has properties:

- Anti-inflammatory: It contains compounds such as helenalin and dihydrohelenalin, which exhibit strong anti-inflammatory effects. Thanks to this, arnica is effective in alleviating inflammation of the skin, muscles, and joints.
- Analgesic: It also acts as a painkiller, reducing pain associated with injuries, bruises, sprains, or rheumatic pain.
- Anti-edema: It helps reduce swelling and puffiness, which is particularly useful in cases of injuries, inflammation, and after surgical procedures.
- Improves circulation: It can improve blood circulation, which is beneficial in cases of varicose veins, hemorrhoids, and other venous circulation problems.

Yarrow:

- Exhibits anti-inflammatory and antibacterial effects: It contains compounds such as azulene and chamazulene, which exhibit strong anti-inflammatory and antibacterial effects. Thanks to this, yarrow is effective in treating wounds, burns, ulcers, and inflammation of the skin and mucous membranes.
- Astringent and anti-hemorrhagic effect: Yarrow contains tannins that have astringent and anti-hemorrhagic properties, which is useful in cases of nosebleeds, bleeding gums, and also in the treatment of hemorrhoids and varicose veins.

Rue:

- Exhibits anti-inflammatory properties that can be helpful in alleviating inflammation of:
 - The skin
 - Mucous membranes
 - Joints

Rowan combats free radicals that contribute to skin aging and wrinkle formation. It soothes skin inflammations such as acne, psoriasis, eczema, and allergies. It lightens skin discolorations, including freckles. It improves skin elasticity and reduces the appearance of stretch marks, providing adequate hydration.

Castor oil provides deep hydration and regeneration of the skin at various levels. Due to its properties, the oil is an ideal remedy for soothing irritations and redness, and its regular use can help improve skin elasticity.

Shea butter is rich in vitamins A, E, and F, fatty acids, and antioxidants. It nourishes and moisturizes the skin, improving its elasticity and firmness. It supports skin cell regeneration, contributing to the smoothing of wrinkles and the reduction of scars. It is an ideal natural moisturizer for all skin types, especially dry, atopic, and flaky skin. It can be used for the care of sensitive skin prone to allergies and atopy.

Olive oil is rich in fatty acids that create an occlusive layer on the skin's surface, preventing water loss. This makes it an ideal natural moisturizer for all skin types, especially dry and atopic skin. The antioxidants and vitamins A and E contained in olive oil support skin cell regeneration and slow down the aging process. Regular use of olive oil can help smooth wrinkles and improve skin elasticity.

Properties of camphor oil:

- **Analgesic and anti-inflammatory effect:** Camphor acts as a local anesthetic and relieves inflammation. It is often used in ointments and balms to relieve muscle and joint pain, nerve pain, and rheumatism.
- **Warming effect:** Camphor oil causes local hyperemia of the skin, creating a feeling of warmth. Thanks to this, it can be used to warm up muscles before physical exertion or as a supportive agent in cases of colds and frostbite.
- **Antiseptic and antibacterial effect:** Camphor has antiseptic and antibacterial properties, so it can be used for skin disinfection and in the treatment of some skin diseases caused by bacteria and fungi.
- **Expectorant properties:** Inhaling camphor vapors can help thin and remove secretions from the respiratory tract, which is beneficial in cases of colds, flu, and bronchitis.
- **Stimulating effect:** Camphor can stimulate blood circulation and the nervous system, which can be helpful in cases of fatigue, weakness, and low blood pressure.
- **Other properties:** Camphor oil may also exhibit antifungal, antiviral, antipruritic, and anti-edema effects.

KALMER LITE

Oddechnij, zrelaksuj się, zasnij!

Przewracanie i oddechawki!

Kalmer Lite to starannie dobrana mieszanka sioł do sprężenia nosu, trądyjnyj szermwzj, jzjz wjzjz w szermwzj szermwzj i dła szermwzj szermwzj.

- Ciepł i kłopot tkanki trądyjnyj: pomagają w szermwzj szermwzj i szermwzj szermwzj.
- Miękk i kłopot tkanki trądyjnyj: pomagają w szermwzj szermwzj i szermwzj szermwzj.
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- Miękk i kłopot tkanki trądyjnyj: pomagają w szermwzj szermwzj i szermwzj szermwzj.

Skład: suszone zioła w różnych proporcjach:

korzeń koniczyny lekarskiej (*Medicago officinalis*)

liść mięty lekarskiej (*Mentha officinalis*)

tyczki chmielu zwyczajnego (*Humulus lupulus*)

liść lawendy (*Lavandula angustifolia*)

kwiat rumianku pospolitego (*Matricaria chamomilla*)



HEALTH FROM NATURE sp. z o.o. oddział w Polsce

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KALMER LITE

BREATHE OUT, RELAX, FALL ASLEEP.

PURPOSE AND PROPERTIES:

KALMER LITE is a carefully selected blend of herbs for preparing an infusion, traditionally used as support during periods of nervous tension and for facilitating sleep initiation.

- Hops (*Humulus lupulus*) and Valerian Root (*Valeriana officinalis*) support natural sleep and aid the body in coping with stress. Lemon Balm (*Melissa officinalis*) helps maintain a positive mood and promotes relaxation and peaceful sleep. Lavender (*Lavandula angustifolia*) and Chamomile (*Matricaria chamomilla*) contribute to relaxation and support overall well-being.

Recommended preparation / how to use:

Pour 2-3 teaspoons of the tea directly into a glass or onto a strainer, then top up with boiling water (volume 250-350 ml). Steep covered for approximately 15-20 minutes. Use as needed or 2-3 times a day.

Warnings and additional information:

Keep out of the reach of small children. Pregnant and breastfeeding women, as well as those taking medication, should consult a doctor before consumption. Do not exceed the recommended daily serving. Do not use in case of allergy or hypersensitivity to any of the mixture's ingredients.

INGREDIENS:

Valerian Root (*Valeriana officinalis*), Lemon Balm Leaf (*Melissa officinalis*),
Common Hop Cones (*Humulus lupulus*), Lavender Flower (*Lavandula angustifolia*),
Common Chamomile Flower (*Matricaria chamomilla*).



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MENOSOLEN

For your comfort during menopause.

Przeznaczenie i właściwości:

MENOSOLEN is a carefully composed blend of 14 herbs for preparing an infusion. The product is intended for women during menopause who seek natural support for maintaining good psycho-physical well-being and balance.

The blend contains:

- **Red Clover**, **Evening Primrose**, and **Sage** that are traditionally used to ease burdensome symptoms of menopause, such as hot flashes and excessive sweating.
- **Valerian Root (Valerian)** and **Motherwort** contribute to relaxation and calming the body, and they support the maintenance of natural sleep.
- **Hawthorn** and **Ginkgo Biloba** are traditionally used for supporting the circulatory system.
- **Red Clover** supports bone health.

Cel użycia produktu:

Wspiera dobre samopoczucie w okresie przekwitania, szczególnie w przypadku: okresowych uderzeń gorąca, trudności w osiągnięciu stanu relaksu, problemów ze snem oraz wahań nastroju.

Purpose of the product:

Supports overall well-being during menopause, especially in the event of: occasional hot flashes, difficulty achieving a state of relaxation, sleep problems, and mood swings.

Important Warnings:

Pregnant and breastfeeding women, as well as those taking medication (especially anticoagulants), should consult a doctor before consumption. Do not use in case of allergy to any of the ingredients. Information on licorice: persons with hypertension should avoid excessive consumption. Do not exceed the recommended serving. Keep out of the reach of small children.

Ingredients:

Dried herbs in various proportions: Red Clover (*Trifolium pratense*), Valerian Root (*Valeriana officinalis*), Evening Primrose (*Oenothera biennis*), Small-flowered Willowherb (*Epilobium parviflorum* Schreb), Smooth Licorice (*Glycyrrhiza glabra*), Lemon Balm Leaf (*Melissa officinalis*), Hawthorn (*Crataegus laevigata*), Ginkgo Biloba (*Ginkgo biloba*), Raspberry Leaf (*Rubus idaeus*), Sage (*Salvia officinalis*), Lavender (*Lavandula*), Angelica (*Angelica archangelica*), Lady's Mantle (*Alchemilla vulgaris*), Cornflower (*Centaurea cyanus*), Motherwort (*Leonurus cardiaca*).



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PROHAIRVIT

Ekstra ekstrakt Tytońca włoskiego,
Pantotamina i witamina B6

PROHAIRVIT to najlepsza suplementacja dla osób, które chcą naturalnie wspierać i odżywić codzienne włosy i poprawić wygląd skóry i paznokci. Zawiera 20 mg ekstraktu Tytońca włoskiego i witamin B6 i B5 w ilościach takich jak w zdrowym organizmie człowieka.

- Wzmacnianie skóry i wygładzenie włosów, skóry i paznokci dzięki zawartym w składzie witaminom i minerałom.
- Wspieranie struktury i wzrost włosów, pomagając zachować ich naturalną gęstość.
- Wspieranie krążenia w skórze głowy, co ułatwia dostarczenie składników odżywczych do mieszek włosowych.
- Utrzymanie witalności oraz zdrowy kamień przed stresem oksydatywnym.

Dla osób, które chcą naturalnie wspierać i odżywić codzienne włosy oraz dbać o ich zdrowy wzrost i mniej łamliwy wygląd.

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PROHAIRVIT

For the health of your hair.

Purpose and properties:

PROHAIRVIT is a rich blend of 22 herbs, composed for individuals seeking natural support for maintaining the proper condition and beautiful appearance of hair, skin, and nails.

The content of valuable minerals and vitamins in herbs such as Horsetail, Nettle, and Burdock contributes to:

- supporting the health and appearance of hair, skin, and nails (thanks to the content of silicon compounds and minerals).
- strengthening the structure and bulbs of the hair, helping to maintain their natural density.
- supporting circulation in the scalp, which facilitates the delivery of nutrients to the hair follicles.
- maintaining vitality and protecting cells from oxidative stress.

For individuals who want to naturally support and nourish weak hair and care for its healthy growth and less brittle appearance.

Preparation and method of use:

Pour 2 heaped teaspoons of the blend into a glass. Pour boiling water over (250-350 ml). Steep undercover for 15-20 minutes. Use 3 times a day after meals.

Important warnings:

Pregnant and breastfeeding women, as well as persons taking medications, especially anticoagulant drugs, should consult a doctor before consumption (due to Ginkgo). Do not use in case of allergy to any of the ingredients. Do not exceed the recommended daily serving. Keep out of the reach of small children.

Ingredients:

Dried herbs in various proportions:

Common Horsetail Herb (*Equisetum arvense*), Carob (*Ceratonia siliqua*), Nettle Leaf (*Urtica dioica*), Hop Cones (*Humulus lupulus*), Red Clover (*Trifolium pratense*), Ginkgo Biloba (*Ginkgo biloba*), Chamomile Flower (*Matricaria chamomilla*), Green Barley (*Hordeum vulgare*), Calamus Rhizome (*Acorus calamus*), Burdock Root (*Arctium lappa*), Birch Leaf (*Betula folium*), Lavender Flower (*Lavandula officinalis*), Marigold Flower (*Calendula officinalis*), Sweet Clover Herb (*Mellilotus officinalis*), Nettle Root (*Urtica dioica radix*), Rosemary Leaf (*Rosmarinus officinalis*), Thyme Herb (*Thymus vulgaris*), Fenugreek Seeds (*Trigonella foenum-graecum*), Yarrow Herb (*Achillea millefolium*), Catnip Flower (*Nepeta cataria*).



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DIABITECON

Twoje naturalne wsparcie dla równowagi glukozy.

Przeznaczenie i właściwości:

DIABITECON to skoncentrowana mieszanka roślin stworzona dla osób doświadczających trudności z utrzymaniem prawidłowego poziomu glukozy we krwi oraz zachować zdrowy metabolizm węglowodanów w ramach zrównoważonej diety.

Unikalna kombinacja składników:

- liść mniszki białej i kora cynamonowa – są kluczowymi składnikami, które pomagają w utrzymaniu prawidłowego poziomu cukru we krwi.
- owocia fasoli i siate natwy lekarskiej – tradycyjnie stosowane jako wsparcie prawidłowego metabolizmu węglowodanów.
- korzeń miłostki lekarskiej – wspiera funkcję wątroby, co jest kluczowe w utrzymaniu zdrowego metabolizmu glukozy.
- liść pokrzywy – wspiera ogólną vitalność i funkcje oczyszczające organizmu.

Skład: suszone rośliny w różnych preparacjach:

liść mniszki białej (*Morus alba*), owocia fasoli (*Phaseolus vulgaris*), siate natwy lekarskiej (*Galium officinale*), korzeń miłostki lekarskiej (*Passiflora officinalis*), liść pokrzywy (*Urtica dioica*), kora cynamonowa (*Cinnamomum cassia*)

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DIABITECON

Your natural support for glucose balance.

Purpose and properties:

DIABITECON is a concentrated blend of herbs created for adults who want to support the maintenance of normal blood glucose levels and maintain healthy carbohydrate metabolism as part of a balanced diet.

The unique composition contains:

- **White Mulberry Leaf and Cinnamon Bark** are key ingredients that help maintain normal blood sugar levels.
- **Bean Pods and Goat's Rue Herb** are traditionally used as support for proper carbohydrate metabolism.
- **Dandelion Root** supports liver functions, which is crucial for maintaining stable glucose metabolism.

Nettle Leaf supports general vitality and the body's cleansing functions.

Important Warnings:

Consult a doctor before use, if:

1. You are taking blood sugar lowering medications.
2. You have diabetes (Regular glucose control is required). The product is not a substitute for a balanced diet.

Store in a cool, dry place, out of the reach of small children.

Preparation and method of use:

Pour 2 heaped teaspoons of the blend into a glass. Pour boiling water over (250-350 ml). Steep covered for 15-20 minutes. Use 3 times a day after meals.

Important Warnings:

Pregnant and breastfeeding women, as well as persons taking medications, especially anticoagulant drugs, should consult a doctor before consumption (due to Ginkgo). Do not use in case of allergy to ingredients.

Ingredients:

Dried herbs in various proportions:

White Mulberry Leaf (*Morus alba*), Bean Pods (*Phaseolus vulgaris*), Goat's Rue Herb (*Galega officinalis*), Dandelion Root (*Taraxacum officinale*), Nettle Leaf (*Urtica dioica*), Cinnamon Bark (*Cinnamomum cassia*).



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UROPROCAN

For the health of the urinary tract and prostate.

Purpose and properties:

UROPROCAN is a carefully selected blend of herbs for preparing an infusion, created for men who want to support the proper functioning of the urinary system and maintain healthy prostate function as part of a balanced diet.

The blend contains herbs traditionally used for the purpose of:

- Supporting the normal function of the prostate (e.g., **Pumpkin Seeds, Small-flowered Willowherb**).
- Maintaining the health of the bladder and urinary tract (e.g., **Bearberry, Cranberry**).
- Supporting the excretory function of the kidneys and diuretic action (e.g., **Common Nettle, Horsetail**).
- Contributing to facilitating complete bladder emptying and free urethral flow.

Important Warnings:

The product is not a substitute for medical treatment. In the event of persistent difficulty urinating, pain, or fever, a doctor should be consulted immediately. Do not use during pregnancy and breastfeeding.

Preparation and method of use:

Pour 2 heaped teaspoons of the blend into a glass. Pour boiling water over (250-350 ml). Steep covered for 15-20 minutes. Use 3 times a day after meals.

Ingredients:

Dried herbs in various proportions:

Pumpkin Seeds (*Cucurbita pepo semen*), Cranberry (*Vaccinium macrocarpon fructus*), Cinquefoil (*Potentilla erecta*), Corn Silk (*Zea mays stigma*), Small-flowered Willowherb (*Epilobium parviflorum*), Common Nettle Leaf and Root (*Urtica dioica*), Flower Pollen (Pollen), Common Horsetail (*Equisetum arvense*), Plantain Leaf (*Plantago lanceolata folium*), Juniper (*Juniperus communis*), Southernwood (*Artemisia abrotanum*), Couch Grass Rhizome (*Agropyron repens rhizoma*), Birch Leaf (*Betula folium*), Knotgrass (*Polygonum aviculare*), Bearberry Leaf (*Arctostaphylos uva-ursi folium*), Sage (*Salvia officinalis*), Large Burdock (*Arctium lappa*), Oak Bark (*Quercus cortex*).



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IMMUNO-HERBAL

Recepturální směs pro podporu imunity

Imunitní systém je klíčovou součástí našeho zdraví. Jeho správné fungování je základem odolnosti vůči onemocněním a rychlosti zotavení. Tato směs obsahuje vybrané bylinky, které pomáhají posilovat obranyschopnost organismu a podporují jeho přirozené mechanismy. Je vhodná pro všechny věkové skupiny a může být užitečná zejména v období zvýšené expozice infekcím.

Obsah:
Směs obsahuje 100% přírodních sušených bylin. Mezi hlavní složky patří: Echinacea purpurea, ženšen, astragalus, ginseng, a další. Každá složka má své specifické účinky na imunitní systém a jejich kombinace vytváří synergický efekt. Směs je bezlepková a neobsahuje umělé barvy ani konzervanty.

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IMMUNO-HERBAL

Natural support for your immunity.

Purpose and properties:

IMMUNO-HERBAL is a rich blend of herbs created to support individuals who want to take care of the maintenance of normal immune system function and vitality during periods of increased demand (e.g., autumn-winter). Thanks to the content of Purple Coneflower, Aronia, Schisandra, and Ginseng, the infusion:

- Supports natural defense mechanisms of the body and helps maintain vitality.
- Supports comfortable breathing and the health of the upper respiratory tract (Marshmallow, Lime, Mullein).
- Provides valuable vitamins and minerals, supporting regeneration and general condition.

For adults and children over 12 years of age, taking care of immunity, especially during periods of weakness or decline in vitality.

Important Warnings:

The product contains Ginseng. Consult a doctor before use in case of hypertension or when taking medication. Do not use during pregnancy and breastfeeding.

Preparation and method of use:

For adults and children over 12 years of age, taking care of immunity, especially during periods of weakness or decline in vitality.

Ingredients:

Dried herbs in various proportions:

Plantain Leaf (*Plantago lanceolata*), Hibiscus (*Hibiscus sabdariffa*), Eucalyptus (*Eucalyptus globulus*), Purple Coneflower (*Echinacea purpurea*), Ginseng (*Panax ginseng*), Sage (*Salvia officinalis*), Dandelion (Flower and Root) (*Taraxacum officinale*), Aronia Fruit (*Aronia melanocarpa*), Raspberry (Leaf) (*Rubus idaeus*), Baikal Skullcap (*Scutellaria baicalensis*), Sea Buckthorn (*Hippophae rhamnoides*), Marshmallow (Root and Leaf) (*Althaea officinalis*), Schisandra (*Schisandra chinensis*), Lime Tree (*Tilia cordata*), Black Elder (Flower and Fruit) (*Sambucus nigra*), Mullein (*Verbascum thapsus*), Ginger (*Zingiber officinale*), Black Mallow (*Althaea rosea*), Yarrow (*Achillea millefolium*), Nettle (Leaf) (*Urtica dioica*), Pine (Buds) (*Pinus sylvestris*), Cowslip Flower (*Primula veris*).



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DUOSTOINT

Natural support for your digestive system.

Purpose and properties:

DUOSTOINT is a unique, gluten-free composition of herbs, created to support the proper functioning of the entire digestive system. The blend focuses on supporting digestive comfort and maintaining healthy mucous membranes of the stomach, duodenum, and intestines.

- **Support for the Mucous Membrane:** Seeds (Plantain, Flax) support the maintenance of healthy mucous membranes of the digestive system.
- **Digestive Comfort:** Herbs support digestion and help reduce feelings of fullness and bloating.
- **Intestinal Transit Support:** The blend supports proper peristalsis and facilitates bowel movements.

Important Warnings:

Persons with intestinal obstruction should not use the product. In case of pregnancy, breastfeeding, or taking medications, consult a doctor. Remember to drink increased amounts of water (min. 2 L daily).

Preparation and method of use:

Grind 2 heaped teaspoons of the herbs before use, pour them directly into a mug or glass (do not brew the herbs on a sieve or strain them), top with boiling water (approx. 250 ml-350 ml). Steep for 15-20 min. under cover. Drink the warm infusion along with the sediment, without straining. Use 3 times a day during or after a meal.

Ingredients:

Dried herbs in various proportions:

Psyllium Seeds (*Plantago afra*), Ispaghula Seeds (*Plantago ovata*), Flax Seeds (*Linum usitatissimum*), Fennel Fruit (*Foeniculum vulgare*), Oats Herb (Gluten-Free) (*Avena sativa*), Young Barley (Gluten-Free) (*Hordeum vulgare*), Mint Leaf (*Mentha piperita*), Plantain Leaf (*Plantago major*), Lemon Balm Leaf (*Melissa officinalis*), Hop Cones (*Humulus lupulus*), Sage Leaf (*Salvia officinalis*), Chamomile Flower (*Matricaria chamomilla*), Yarrow Herb (*Achillea millefolium*), Couch Grass Rhizome (*Agropyron repens rhizoma*), Knotgrass (*Polygonum aviculare*).



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PROPSORIAN

Twoje wsparcie dla jelit i zdrowej skóry.

Proproporian to bogata w składniki cenne i wartości, stworzona z myślą o kompleksowym wsparciu organizmu "od środka". Kompozycja Proporsoriana opiera się na wsparciu prawidłowego funkcjonowania układu pokarmowego oraz zdrowego wyglądu skóry.

- Wsparcie jelit: jelitowca, laktaza, prebiotyk, laktulaza, probiotyk oraz inne wartości aktywne przyczyniające się do prawidłowego funkcjonowania układu pokarmowego.
- Składnik przeciwzapalny: kwas salicylowy, niacyna i manganol wspierają procesy zapalenia i pomagają zmniejszyć uczucie pieczenia oraz swędzenia.

Wsparcie skóry: probiotyk, niacyna i witamina B6 pomagają w walce z łupieżem i innymi problemami skóry.

Składnik przeciwbakteryjny dla skóry: niacyna, witamina B6 i cyna pomagają w walce z bakteriami i innymi problemami skóry.

Składnik przeciwzapalny dla skóry: niacyna, witamina B6 i cyna pomagają w walce z zapaleniem i innymi problemami skóry.

Składnik przeciwzapalny dla skóry: niacyna, witamina B6 i cyna pomagają w walce z zapaleniem i innymi problemami skóry.

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PROPSORIAN

Your support for gut and healthy skin.

Purpose and properties:

PROPSORIAN is a rich blend of herbs and seeds, created with the aim of complex support for the body "from within." The composition focuses on supporting the proper functioning of the digestive system and the healthy appearance of skin.

- **Intestinal Transit Support:** Psyllium seeds, Ispaghula seeds, and ground flax support proper intestinal peristalsis and help maintain regularity.
- **Digestive Comfort:** Fennel, mint, and chamomile support digestive processes and help reduce the feeling of fullness and bloating.
- **Skin Support:** Proper digestion and toxin excretion translates into a better appearance and condition of the skin.

The product is intended for adults caring for problematic complexion through supporting intestinal function, regularity of bowel movements, and digestive comfort.

Warnings: Maintain a minimum of 1 hour interval between consuming the mixture and taking medications. Do not use in case of intestinal obstruction. Remember to drink increased amounts of water (min. 2 L daily).

Preparation and method of use:

It is necessary to grind 2 heaped teaspoons of the herbs before use, pour them directly into a mug or glass (do not brew the herbs on a sieve or strain them), top with boiling water (approx. 250 ml-350 ml). Steep for 15-20 min. undercover. Drink the warm infusion along with the sediment, without straining. Use 3 times a day during or after a meal.

Ingredients:

Dried herbs in various proportions:

Psyllium Seeds (*Plantago afra*), Ispaghula Seeds (*Plantago ovata*), Flax Seeds (*Linum usitatissimum*), Fennel Fruit (*Foeniculum vulgare*), Oats Herb (Gluten-Free) (*Avena sativa*), Young Barley (Gluten-Free) (*Hordeum vulgare*), Mint Leaf (*Mentha piperita*), Plantain Leaf (*Plantago major*), Lemon Balm Leaf (*Melissa officinalis*), Hop Cones (*Humulus lupulus*), Sage Leaf (*Salvia officinalis*), Chamomile Flower (*Matricaria chamomilla*), Yarrow Herb (*Achillea millefolium*), Couch Grass Rhizome (*Agropyron repens rhizoma*), Knotgrass (*Polygonum aviculare*).



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Liveridian

Protection and regeneration of your liver.

Purpose and properties:

LIVERIDIAN is a carefully composed blend of 14 herbs, created with the aim of complex support for liver health and digestive processes.

- **Liver Protection:** thanks to the content of Milk Thistle (source of silymarin) and Artichoke, the infusion helps protect and regenerate liver cells and supports the maintenance of proper cholesterol levels.
- **Detoxification and Digestion:** supports proper bile production, which is key for fat digestion, and aids the body's detoxification processes.
- **Vitality:** Ginseng supports the maintenance of vitality.
- **Digestive Comfort:** Herbs such as Peppermint and Chamomile support digestive comfort.

Preparation and method of use:

LIVERIDIAN is intended for adults. Use 3 times a day after meals. 2 teaspoons of herbs should be topped with boiling water and steeped undercover for 15-20 minutes.

Important Warnings:

The tea contains Ginseng: consult a doctor in case of hypertension or when taking medication. Do not use during pregnancy and breastfeeding. Do not use in case of bile duct obstruction.

Ingredients:

Dried herbs in various proportions:

Milk Thistle (*Silybum marianum*), Wild Rose Fruit (*Rosa canina*), Artichoke (*Cynara scolymus*), Rockrose (*Cistus creticus*), Turmeric (*Curcuma longa*), Peppermint (*Mentha piperita*), Ginseng (*Panax ginseng*), Dandelion (*Taraxacum officinale*), Knotgrass (*Polygonum aviculare*), Chamomile (*Matricaria chamomilla*), Dewberry (*Rubus plicatus*), Yarrow (*Achillea millefolium*), Bogbean (*Menyanthes trifoliata*), Couch Grass (*Elymus repens*).



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DELITE UP

Naturalny zastrzyk energii i koncentracji.

Przeznaczenie i wskazania:

DELITE UP to energetyzująca mieszanka 12 ziół, korzeni i owoców, stworzona dla osób potrzebujących naturalnego zwiększenia energii i energii.

Delite zawiera: żurawinę, malwę i mioducyflicę, koper włoski.

- Zwiększenie siły i energii
- Wzrost energii i koncentracji
- Wzrost siły i energii
- Wzrost energii i koncentracji

• Zwiększenie energii i koncentracji

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DELITE UP

Natural boost of energy and concentration.

Purpose and Properties: DELITE UP is an energizing blend of 12 herbs, roots, and fruits, created for people needing natural support for vitality and energy.

Thanks to the content of ginseng, maca, and ginkgo, the infusion helps to:

- Reduce the feeling of tiredness and fatigue.
- Support mental performance, memory, and concentration.
- Maintain proper blood circulation (important for people experiencing cold hands and feet).
- Add energy for daily activities.

Preparation and Usage: Dosage: Pour boiling water (approx. 250 ml) over 2 heaping teaspoons of herbs and brew covered for 15–20 minutes. Due to the stimulating effect, gradual introduction of the product is recommended:

- Start (first 3 days): Use only in the morning.
- After 3 days: You can add an afternoon dose, and after 6 days, an evening dose.
- In case of difficulty falling asleep, discontinue afternoon/evening doses.

Warnings: The product contains ginseng. Consultation with a doctor is necessary in case of hypertension and the use of anticoagulant medications (due to Ginkgo Biloba). Do not use during pregnancy and while breastfeeding.

Ingredients: dried herbs in various proportions: ginseng (*Panax ginseng*), green barley (*Hordeum vulgare*), carob (*Ceratonia siliqua*), Maca root (*Lepidium meyenii*), Ginkgo biloba (*Ginkgo biloba*), Schisandra (*Schisandra chinensis*), Hawthorn fruit and flower (*Crataegus laevigata*), Rowan fruit (*Sorbus aucuparia*), Rue (*Ruta graveolens*), Blessed thistle (*Centaurea benedicta*), Cardamom (*Elettaria cardamomum*), Ginger (*Zingiber officinale*).



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VENIDE LITE

Support for light legs and circulation.

Purpose and Properties: VENIDE LITE is a specialized blend of herbs containing ingredients traditionally used to:

- Soothe pain and discomfort associated with the feeling of "heavy legs" (thanks to willow bark).
- Support venous circulation and seal blood vessels (thanks to horse chestnut, oak bark, and rue).
- Improve microcirculation (Ginkgo biloba).

Important Warnings: Individuals taking anticoagulant medications must consult a doctor (Ginkgo biloba, horse chestnut, willow bark). Do not use during pregnancy and while breastfeeding. Do not use in individuals allergic to salicylates (aspirin). Venide Lite is intended for adults.

Preparation and Usage: Pour 2 teaspoons of herbs into a mug, pour boiling water over it, and brew covered for 10–15 minutes. Use 3 times a day after meals.

Ingredients: dried herbs in various proportions: Ginkgo biloba (Ginkgo biloba), Cleavers (Galium aparine), Hawthorn flower and fruit (Crataegus laevigata), Rowan fruit (Sorbus aucuparia), Common rue (Ruta graveolens), Horse chestnut flower and bark (Aesculus hippocastanum), Oak bark (Quercus cortex), Willow bark (Salix alba cortex).



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DETOX LITE

Your natural cleansing.

Purpose and Properties:

DETOX LITE is a gentle but effective composition of herbs and roots, created for daily support of the body's natural cleansing processes. The blend is safe for long-term use as it does not contain strong laxatives. Thanks to its balanced composition, the infusion helps to:

- Support the function of the liver (milk thistle, turmeric) and kidneys (birch, goldenrod), key detoxification organs.
- Remove excess water from the body, contributing to a feeling of lightness (couch grass, birch, nettle).
- Support digestion and proper bowel function (fennel, chicory).

Recommended Preparation and Usage: Pour 1-2 teaspoons of herbs into a glass, pour boiling water (approx. 250 ml) over it. Brew covered for 10-15 minutes. Drink the warm infusion 1-3 times a day after meals.

Important Warnings: Do not use during pregnancy and while breastfeeding. Do not use in case of allergy to any of the ingredients.

Ingredients:

dried herbs in various proportions: Nettle leaf (*Urtica dioica*), Nettle root (*Urtica dioica radix*), Couch grass rhizome (*Elymus repens*), Birch leaf (*Betula pendula*), Walnut leaf (*Juglans regia*), Fennel fruit (*Foeniculum vulgare*), Chicory root (*Cichorium intybus*), Horsetail herb (*Equisetum arvense*), Turmeric rhizome (*Curcuma longa*), Milk thistle (*Silybum marianum*), Rockrose herb (*Cistus incanus*), Goldenrod herb (*Solidago virgaurea*).



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WEIGHT LITE

Your support on the way to your dream silhouette.

Purpose and Properties:

WEIGHT LITE is a rich composition of herbs, created for adults who want to support the weight control process and maintain a proper silhouette as part of a healthy lifestyle and a balanced diet. Thanks to its balanced composition, the infusion helps to:

- Support proper metabolism (artichoke, dandelion, cinnamon).
- Maintain normal blood glucose levels (white mulberry, cinnamon, bean pericarp).
- Remove excess water from the body (nettle, horsetail, birch).
- Support digestive and detoxification processes.
- Replenish iodine (bladder wrack), which supports proper energy metabolism.

WEIGHT LITE is intended for adults.

Recommended Preparation and Usage: Use 3 times a day during or after a meal. Pour 2 heaping teaspoons of herbs into a glass, pour boiling water (250-350 ml) over it. Brew covered for 15-20 minutes.

Ingredients:

dried herbs in various proportions: Cardoon (*Cynara cardunculus*), Dandelion (*Taraxacum officinale*), Horsetail (*Equisetum arvense*), Couch grass rhizome (*Elymus repens*), White mulberry (*Morus alba*), Bladderwrack (*Fucus vesiculosus*), Wild pansy (*Viola tricolor*), Chickweed (*Stellaria media*), Sandy everlasting (*Helichrysum arenarium*), Evening primrose (*Oenothera biennis*), Ceylon cinnamon (*Cinnamomum verum*), Raspberry leaf (*Rubus idaeus*), Walnut leaf (*Juglans regia*), Rosemary (*Rosmarinus officinalis*), Oak bark (*Quercus cortex*), Birch leaf (*Betula folium*), Bean pericarp (*Phaseolus vulgaris*), Goat's rue (*Galega officinalis*), Nettle (*Urtica dioica*), Milk thistle (*Silybum marianum*).



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ORAL ZEN

Care and soothing for your mouth.

Purpose and Properties:

ORAL ZEN is a carefully selected composition of herbs, intended for preparing an infusion for rinsing the mouth. It is an ideal solution for people caring for oral hygiene, struggling with gum sensitivity, or looking for a natural way to freshen breath. Thanks to the content of sage, oak bark, and chamomile, the rinse:

- Has an astringent and soothing effect on the gums and the mucous membrane of the mouth.
- Supports maintaining gums in good condition.
- Helps cleanse the mouth and provides a feeling of freshness.

Warnings: Only for external use (rinsing). Do not swallow. Do not use in case of allergy to ingredients (e.g., chamomile, marigold – Asteraceae family).

Recommended Preparation and Usage: Brew 2 teaspoons in 150 ml of boiling water. Strain. Rinse mouth for 5-15 min. Spit out.

Ingredients: dried herbs in various proportions:

Sage (*Salvia officinalis*), Nettle (leaf and root) (*Urtica dioica* Leaf/Root), Marigold (*Calendula officinalis*), Chamomile (*Matricaria chamomilla*), Cloves (*Eugenia caryophyllus* Bud), Oak bark (*Quercus robur* Bark), Horse chestnut flower and bark (*Aesculus hippocastanum* Flower/Bark).



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EYES LITE

Soothing for your eyes and eyelids.

Purpose and Properties:

EYES LITE is a gentle blend of herbs intended for preparing an infusion for external use in the form of eyelid compresses. It is ideal for people experiencing eye fatigue (e.g., after working at a computer), struggling with puffiness or irritation of the skin around the eyes.

Thanks to the content of eyebright, chamomile, and cornflower, **EYES LITE** compresses:

- Bring relief to tired and red eyelids.
- Help reduce puffiness and "bags" under the eyes.
- Have a soothing and refreshing effect on the delicate skin around the eyes.

Warnings: For external use only. Do not swallow. Do not use as eye drops. Discontinue use if irritation occurs.

Recommended Preparation and Usage: Pour about 1/3 cup of boiling water over 2 teaspoons of herbs. Brew for 10-15 minutes. Strain thoroughly, then soak cosmetic pads in the warm infusion and apply to closed eyelids for 5-10 minutes.

Ingredients: dried herbs in various proportions: Eyebright (*Euphrasia rostkoviana*), Chamomile (*Matricaria chamomilla*), Marigold (*Calendula officinalis*), Rue (*Ruta graveolens*), Cornflower (*Centaurea cyanus*).



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PROOVULATIONER

Support for the cycle and natural fertility.

Purpose and Properties:

PROOVULATIONER is a specialized blend of herbs created for women of reproductive age who:

- Are trying to conceive and are looking for natural support.
- Want to support hormonal balance and the proper course of the menstrual cycle.

The blend, thanks to the content of ginseng, lady's mantle, maca, and raspberry leaf, traditionally contributes to:

- Supporting reproductive system function and facilitating conception.
- Maintaining hormonal balance, thereby supporting regular ovulation.
- Reducing nervous tension and maintaining psychophysical well-being during the trying-to-conceive period.
- Supporting vitality and the general condition of the body.

Preparation and Usage: Pour 2 heaping teaspoons of the blend into a glass. Pour boiling water (250-350 ml) over it. Brew covered for 15-20 minutes. Drink the warm infusion together with the sediment. Use 3 times a day after meals. The herbs can also be brewed for the whole day in a thermos.

Important Warnings: It is mandatory to stop using immediately upon confirmation or suspicion of pregnancy. Do not use during pregnancy and while breastfeeding. Do not exceed the recommended daily intake. People taking medications, especially anticoagulant drugs (due to Red Clover), should consult a doctor before consumption. The product is not intended for small children. Keep out of reach of small children.

Ingredients: dried herbs in various proportions: Angelica (*Angelica archangelica*), Hops (*Humulus lupulus*), Ginger (*Zingiber officinale*), Red clover (*Trifolium pratense*), Yarrow (*Achillea millefolium*), Oregano (*Origanum vulgare*), Licorice (*Glycyrrhiza glabra*), Maca (*Lepidium meyenii*), Wild thyme (*Thymus serpyllum*), Raspberry leaf (*Rubus idaeus folium*), Marigold (*Calendula officinalis*), Melilot (*Melilotus officinalis*), Nettle (*Urtica dioica*), Lady's mantle (*Alchemilla vulgaris*), Knotgrass (*Polygonum aviculare*), Chamomile (*Matricaria chamomilla*), Motherwort (*Leonurus cardiaca*), Sweet flag rhizome (*Acorus calamus rhizoma*), Ginseng (*Panax ginseng*).



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TICKLITE

Support for immunity and joint health.

Purpose and Properties:

TICKLITE is an advanced blend of herbs, roots, and bark, created for adults seeking comprehensive support for vitality, immunity, and motor functions as part of a balanced diet. The unique composition includes, among others:

- joint and movement support: Devil's claw and Willow bark traditionally support the flexibility of joints and muscles and soothe movement discomfort.
- immunity and energy: Andrographis and Ginseng support the proper functioning of the immune system and boost energy.
- antioxidant properties: Turmeric and Cat's claw are strong antioxidants, protecting cells from damage.
- detoxification: Nettle and Horsetail support the excretory functions of the kidneys and the removal of excess water.

Usage and Dosage:

Dosage (Adults): Pour a glass of boiling water over 2 heaping teaspoons of the blend. Brew covered for 10-15 minutes. Use 3 times a day after meals.

Warning: Product for adults only. **DO NOT USE DURING PREGNANCY OR IF THERE IS A POSSIBILITY OF BECOMING PREGNANT** (due to Rue). Medical consultation is necessary in case of hypertension or the use of anticoagulant medications (Ginseng, Licorice, Willow bark). **Allergens:** The product contains mustard.

Ingredients: dried herbs in various proportions: Teasel (*Dipsacus fullonum*), Cat's claw (*Uncaria tomentosa*), Andrographis (*Andrographis paniculata*), Astragalus (*Astragalus membranaceus*), Ginseng (*Panax ginseng*), Devil's claw (*Harpagophytum procumbens*), Turmeric (*Curcuma longa*), Goutweed (*Aegopodium podagraria*), Japanese knotweed (*Reynoutria japonica*), Knotgrass (*Polygonum aviculare*), Motherwort (*Leonurus cardiaca*), White and Black mustard (*Sinapis alba* / *Brassica nigra*), Ground ginger (*Zingiber officinale*), Eyebright (*Euphrasia officinalis*), Willow bark (*Salix alba*), Oak bark (*Quercus cortex*), Coltsfoot leaf (*Tussilago farfara*), Licorice root (*Glycyrrhiza glabra*), Horsetail herb (*Equisetum arvense*), Nettle (*Urtica dioica*), Sage (*Salvia officinalis*), Rue (*Ruta graveolens*).



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