



Wild British Herbs

FOR WOMEN'S HEALTH

FORAGE[®]
BOTANICALS

Why keep it local?

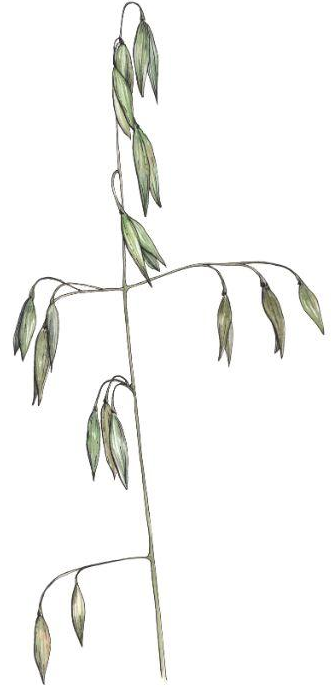
Black cohosh

Agnus castus

Peony

Liquorice

- Carbon footprint
- Venerating our surroundings
- Ethics of farming/harvesting



Lady's Mantle

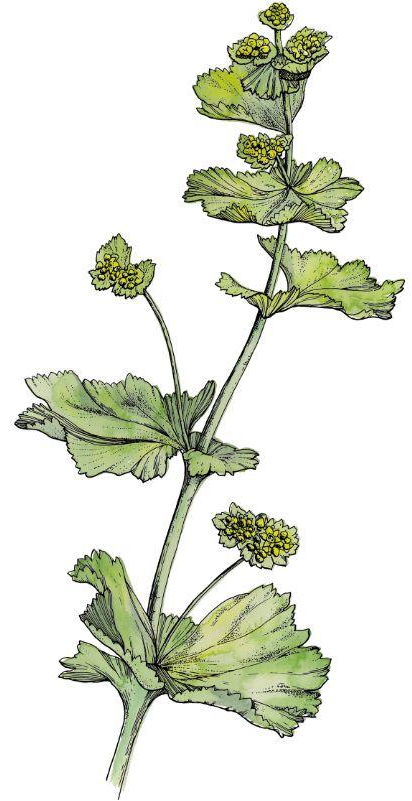
Names : Alchemilla vulgaris, Our lady's mantle,

Constituents : Tannins, salicylic acid, saponins, volatile oils, bitters, phytosterols.

Actions : Styptic, anti-haemorrhage, astringent, uterine tonic, anti-inflammatory, vulnerary, diuretic.

Uses: Heavy periods, fibroids, perimenopause, period pain, gastroenteritis, leucorrhea, diarrhoea, regulates periods, mouth ulcers, bleeding gums.

Preparations : Infusions, tincture, mouth wash, vaginal douche.



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Sage

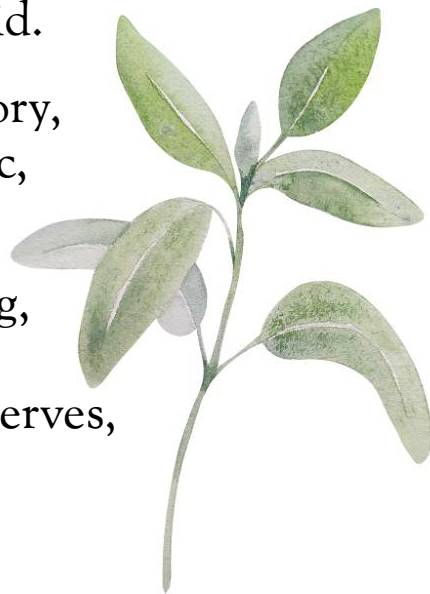
Names : Salvia officinalis,

Constituents : Phytoestrogens, salvin acid, tannins, carnosic acid.

Actions : Phytoestrogenic, Anti viral, Cooling, Anti-inflammatory, Adaptogen for the brain, antihydrotic, astringent, antispasmodic, bitter tonic.

Uses: Hot flushes, brain fog, meditation, focus, profuse sweating, improves appetite, indigestion, nausea, diarrhea, colitis, liver complaints, viruses, night sweats, expels placenta, tonic to the nerves, vitality.

Preparations : Infusions, essential oil,



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Spearmint

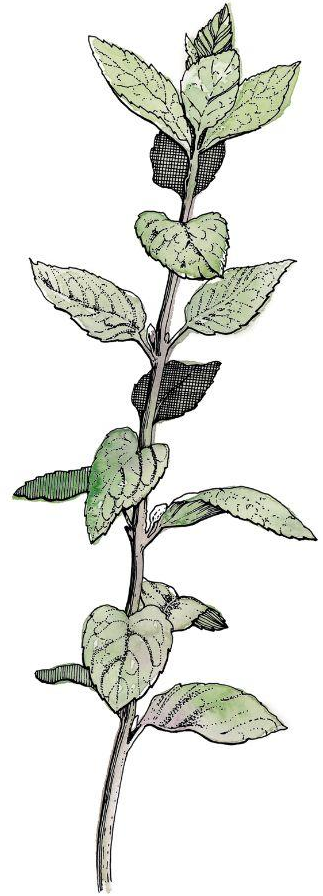
Names : *Mentha spicata*

Constituents : Volatile oils, carotenoids, betaine, choline, azulenes, rosmarinic acid, tannin, flavonoids, phytol, tocopherol.

Actions : Anti-androgenic, diaphoretic, anti-spasmodic, carminative, anti-emetic, nervine, antiseptic, analgesic, astringent, decongestant, tonic, bitter.

Uses: PCOS, acne vulgaris, colic, IBS, bloating, prebiotic, lethargy, energising, cooling in arthritis and gout externally, anxiety, tension, stomach ache, flatulence, nausea, heartburn, nausea, vomiting, Chron's, gallstone prevention.

Preparations : Infusions, glycerites, tinctures.



Lime blossom

Names : *Tilia cordata*,

Constituents : Flavonoid glycosides, saponins, tannins, mucilage.

Actions : Relaxant, nervine, antispasmodic, diaphoretic, diuretic, astringent.

Uses: Stress, cortisol-steal, hypertension, anxiety, fevers, clears catarrh in children, headaches, period pain, colic, cramp.

Preparations : Infusions, double decoctions, tinctures



Avena sativa	80ml	18002
Hypericum perforatum	40ml	11001

SMATO

Rumex crispus	35ml	150119-2/1
Tilia cordata	70ml	10002
Robus idaeus	70ml	5982
Eleutherococcus senticosus	104ml	1171005-11/1
Rosa damascena	35ml	180104-2/2
Leonurus cardiaca	35ml	170809-5/1

Elm, Hornbeam, Red chestnut

Calendula 90% 30ml for insect bites

4710/18

VD1982

Wistaria	20ml	180215-5/1
Chamaemela	10ml	1805
Tilia	20ml	700
Galega	10ml	700
Paeonia	10ml	213
Corydalis	10ml	140
Mentha pip	20ml	50
8ml BDS	x3	
Jajoba	100ml	
Palmrosa	20gtt	
Lavender	60gtt	
Cypress	20gtt	

VD1982

Wistaria	20ml	180520
Chamaemela	10ml	7002
Tilia	20ml	7000
Galega	10ml	7000
Paeonia	10ml	2133
Corydalis	10ml	14082
Mentha pip	20ml	599

Rosa	aqua	200ml	10146
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HB1962

Carduus marianus	160ml	6178
Artemisia absinthium	160ml	140723-6/1
Hydrocotyle canadensis	80ml	5781
Verbena officinalis	80ml	170313-4/1
Avena sativa	80ml	18002 + 160624-5/1
Alchemilla vulgaris	80ml	me 5/18
Scutellaria baicalensis	160ml (90ml)	161209-9/1
Oak, Ster of Both	Flower essence	
7ml BDS		