

#	Herb Extract Information Guide	Properties	Additional notes.
		<p>American Ginseng, Chinese Ginseng - (Adpatogenic, a subtle tuneup for the body) Increased energy, enhanced athletic performance, concentration and improved memory, enhanced immunity, Improved well being. Rhodiola - Stamina, increased energy, helps body deal with stress, improved memory, improved sleep.</p>	
2	American & Chinese Ginseng with Rhodiola		
3	American Ginseng (Panax quinquefolius)	<p>Increased energy, enhanced athletic performamnce, concentration and improved memory, enhanced immunity, Improved well being.</p>	
4	Ashwagandha Extract (Withania somnifera)	<p>Counteract the adverse effects of stress and fatigue, Increased strength, Improvements in male fertility.</p>	
5	Bee Pollen Extract. (Organic)	<p>Antibacterial, antifungal, antiviral, reduce inflammation, stimulates the immune system, lowers cholesterol levels.</p>	
6	Camphor (Cinnamomum camphora)	<p>General Stimulant, painkiller for rheumatism and neuralgia.</p>	
7	Chinese Ginseng (Panax Ginseng)	<p>Increased energy, enhanced athletic performamnce, concentration and improved memory, enhanced immunity, Improved well being.</p>	
8	Cinnamon (cassia-Cinnamomum aromaticum)	<p>Powerful antiseptic, relieves pain from scrapes and cuts, helps the digestive system, anti-inflammatory compunds to help with muscle soreness.</p>	
9	Comfrey Extract (Symphytum officinale)	<p>Pain relief for arthritis and back pain. Anti-inflammatory.</p>	<p>Comfrey should only be used externally.</p>
10	Cranberry Extract. (Vaccinum macrocarpon)	<p>Powerful antioxidant.</p>	
11	Devil's Claw Extract (Harpagophytum procumbens)	<p>Anti-inflammation properties to ease the pain of arthritic joints and lower back pain.</p>	
12	Echinacea (Angustifolia)	<p>Immune boosting, infection fighting.</p>	
13	Eucalyptus (Eucalyptus globulus)	<p>Relief from headaches, topical antiseptic.</p>	

14	Frankincense oliban (<i>Boswellia</i>)	Anti-inflammatory compounds, pain relief from Rheumatoid arthritis.	
15	Ginkgo (<i>biloba</i>)	Potent Antioxidant, Increase blood flow in the brain that helps with memory and concentration. Increased blood flow through the heart, Increased libido for both sexes. Reduces anxiety.	
16	Gojiberry Extract. (<i>Organice</i>)	Used to strengthen bone and muscle. Stimulates tissue development and increases white blood cell count.	
17	Horny Goat Weed Extract (<i>Epimedium macranthum</i>)	Used in traditional Chinese medicine to fortify the kidney, increase memory and libido.	
18	Hot Pepper (<i>Oleoresin Capsicum</i>)	Pain and headache relief, increase circulation.	
19	Kava Extract. (<i>Piper Methysticum</i>)	Mildly tranquilizing. Headache and arthritis relief.	
1	Kratom Extract (<i>Green Hulu Kapuas</i>)	Increased energy and pain relief.	
20	Kratom Extract (<i>White Borneo</i>)	Increased energy and pain relief.	
21	Lavender (<i>Lavandula angustifolia</i>)	Treatment for anxiety and relaxation.	
22	Lime (<i>Citrus aurantifolia</i>)	Helps with muscle spasms by relaxing smooth muscles.	
23	Muira Puama Extract. (<i>Ptychopetaium olacoides</i>)	Improves memory and learning. Antioxidant. Non caffeine stimulant. Raises libido in both sexes.	
24	Oregano (<i>Oreganum vulgare hirtum</i>)	Painkiller. Stimulant. Strong antiseptic, antibacterial, antifungal.	
25	Peppermint (<i>Mentha piperita</i>)	Powerful painkiller. Cooling, stimulant, used for nerve and joint pain. Nausea and stomach problems.	Do not get in eyes.
26	Rhodiola (<i>Rosea</i>)	Increase physical stamina. Helps with Insomnia. Improves cognitive ability. Increases energy and ability to deal with stress.	
27	Rosemary (<i>Rosmarinus officinalis</i>)	Antispasmodic, helps relieve congestion, assists with cognitive function.	
28	Scullcap Extract (<i>Scutellaria lateriflora</i>)	Mild tranquilizer, helps with insomnia without causing fatigue. Anti-inflammatory properties.	
29	Sweet Orange (<i>Citrus sinensis</i>)	Stimulant and antispasmodic.	

30 **Tea Tree (Melaleuca alternifolia)**

Powerful antiseptic.

31 **Tribulus Extract (Tribulus terrestris)**

Diuretic, Chinese medicine has used for urinary tract infection, kidney and lower back pain. Male aphrodisiac.

32 **Turmeric (Curcumin)**

Powerful pain reliever. Anti-inflammatory properties. Immune enhancement. Mood elevation. Increased cognitive function.

33 **Tyme (Tymus zigus)**

Pain reliever and major anti-infectious agent. Used to battle nervous fatigue. Treatment to battle viruses in the blood.

34 **Valerian Extract. (Valeriana officinalis)**

Mild sleep aid, used as a sedative and sleep promoting agent. Headache treatment. Restless leg syndrome.

35 **Wild Indigo Extract (Baptisia inctoria)**

Used to battle chronic fatigue syndrom. Immune boosting qualities. Poweful antiseptic.

36 **Wintergreen (Gaultheria procumbens)**

Antispasmodic and anti-inflammatory.

37 **Ylang-Ylang (Cananga odorata)**

Antispasmodic , anti-inflammatory and antiparasite. Sexual tonic to balance the system.

