## Hawthorn Tincture

Serving Size 7g

| Amount Per Serving | |
|---|---|
| **Calories** 24 | Calories from Fat 6 |
| | % Daily Value* |
| **Total Fat** 0.67g | 1% |
| Saturated Fat 0.21g | 1% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Potassium** 171.7mg | 5% |
| **Sodium** 2.56mg | 0% |
| **Total Carbohydrate** 4.42g | 1% |
| Dietary Fiber 1.44g | 6% |
| Sugars 0.22g | |
| **Protein** 0.53g | 1% |
| Vitamin C 1.8% | Calcium 12.4% |
| Iron 15.1% | Vitamin B6 4.7% |
| Magnesium 2.1% | Manganese 17% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | | Calories: | 2,000 | 2,500 |
|---|---|---|---|---|
| Total Fat | | Less than | 65g | 80g |
| Sat Fat | | Less than | 20g | 25g |
| Cholesterol | | Less than | 300mg | 300mg |
| Sodium | | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | | 300g | 375g |
| Dietary Fiber | | | 25g | 30g |

**GOVERNMENT WARNING:** (1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. (2) Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems.

Bioavailable

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# HAWTHORN

Tincture

Hawthorn (Crataegus monogyna)

Hawthorn as an herbal extract is a cardiovascular tonic popular in Europe that has been in use since at least the first century AD. Hawthorn is a short deciduous tree whose leaves, berries, and flowers contain high concentrations of flavonoids. Extracts are used for their positive inotropic and vasodilatory properties. Three clinical trials for blood pressure reduction have demonstrated very mild effects.[1-3] Hawthorn is most often used for early-stage congestive heart failure

Dosage

The German Commission E Monographs cites the use of standardized extracts containing 30–169 mg of proanthocyanidins (18.75%) calculated as epicatechin or 3.5–19.8 mg of flavonoids (2.2%) calculated as hyperoside taken in two to three individual doses for a total dose of 750–1500 mg of Hawthorn per day.[5]


## Hawthorn Tincture

Serving Size 7g

| Amount Per Serving | |
|---|---|
| **Calories** 24 | Calories from Fat 6 |
| | % Daily Value* |
| **Total Fat** 0.67g | 1% |
| Saturated Fat 0.21g | 1% |
| Trans Fat 0g | |
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| Sat Fat | | Less than | 20g | 25g |
| Cholesterol | | Less than | 300mg | 300mg |
| Sodium | | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | | 300g | 375g |
| Dietary Fiber | | | 25g | 30g |

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## Chinchona Tincture

19 servings per container

| Serving size | (1.5mL) |
|---|---|
| Amount Per Serving | |
| **Calories** | **15** |
| | % Daily Value* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** < 1g | 0% |
| Dietary Fiber 4g | 14% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 1g | 2% |

*Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Bioavailable

Tincture

Chingana.com

# Chinchona

Peruvian bark has a long history of native use, especially as a treatment for fevers and malaria. Modern research has shown it to be a very effective treatment for fevers, and especially as a treatment and preventative of malaria. The bark contains various alkaloids, particularly quinine and quinidine. Up to 70 - 80% of the total alkaloids contained in the bark are quinine[ 410 ]. The bark is a bitter, astringent, tonic herb that lowers fevers, relaxes spasms, is antimalarial (the alkaloid quinine) and slows the heart (the alkaloid quinidine) [ 238 ]. The bark is made into various preparations, such as tablets, liquid extracts, tinctures and powders [ 238 ]. It is used internally in the treatment of malaria, neuralgia, muscle cramps and cardiac fibrillation[ 238 ]. It is an ingredient in various proprietary cold and influenza remedies[ 238 ]. The liquid extract is useful as a cure for drumstiveness [ 4918 ]. It is also used as a gargle to treat sore throats [ 238 ].


## Chinchona Tincture

19 servings per container

| Serving size | (1.5mL) |
|---|---|
| Amount Per Serving | |
| **Calories** | **15** |
| | % Daily Value* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** < 1g | 0% |
| Dietary Fiber 4g | 14% |
| Total Sugars 0g | |
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## Lavender Tincture

usually 19 servings per container

| Serving size | (30mL) |
|---|---|
| Amount Per Serving | |
| **Calories** | **10** |
| | % Daily Value* |
| **Total Fat** 67g | 86% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 10mg | 3% |
| **Sodium** 120mg | 5% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 0g | 0% |

*Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**GOVERNMENT WARNING:** (1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. (2) Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems.

Bioavailable

Chingana.com

# LAVENDER

Tincture

Treats Sleep Issues · Anti-inflammatory Qualities · Skin Care

Antiseptic Ability · Hair Care · Protects Heart Health

The relaxing qualities of lavender, which come from its organic compounds and antioxidants, also help the heart by reducing blood pressure and easing the tension on blood vessels.[11]This can prevent atherosclerosis and

other cardiovascular problems, thereby lowering the risk of stroke and heart attack.

The polyphenols found in lavender have a wide range of effects on the body. It can prevent the development of harmful bacteria and the accumulation of gas in the gut, as per herbal medicine expert and practitioner Paul Michael, Herbal and Endobiogenic Medicine, GAPS Practitioner.[12]This will ease stomach discomfort, reduce bloating, and eliminate cramping. Chewing on its leaves or drinking its tea can be effective too.


## Lavender Tincture

usually 19 servings per container

| Serving size | (30mL) |
|---|---|
| Amount Per Serving | |
| **Calories** | **10** |
| | % Daily Value* |
| **Total Fat** 67g | 86% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 10mg | 3% |
| **Sodium** 120mg | 5% |
| **Total Carbohydrate** 0g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 0g | 0% |

*Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## Oregano Tincture

19 servings per container

| Serving size | (20mL) |
|---|---|
| Amount Per Serving | |
| **Calories** | **15** |
| | % Daily Value* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** < 1g | 0% |
| Dietary Fiber 4g | 14% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 1g | 2% |

*Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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Bioavailable

Chingana.com

# OREGANO

Tincture

**Oregano components include: thymol, pinene, limonene, carvacrol, carsonol, eciosear, and caryophyllene, which give the heart its pleasant smell. It also contains antioxidants and has anti-bacterial as well as anti-fungal properties. For its nutritional content, it basically consists of fiber, omega-3, calcium, energy, iron, folate, magnesium, manganese, potassium, vitamin A, C, E, K and B6**

**Oregano was first used by the Greeks. In their mythology the goddess Aphrodite invented the spice, giving it to man to make his life happier. The word "oregano" is actually derived from the Greek phrase, "joy of the mountains". Just married couples were crowned with wreaths of it. It was also put on graves to give peace to departed spirits. Ancient Greek physicians discovered that the herb had beneficial effects and prescribed it for a variety of ailments.**


## Oregano Tincture

19 servings per container

| Serving size | (20mL) |
|---|---|
| Amount Per Serving | |
| **Calories** | **15** |
| | % Daily Value* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** < 1g | 0% |
| Dietary Fiber 4g | 14% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 1g | 2% |

*Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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Tincture

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## Plantago Tincture

19 servings per container

| Serving size | (1.5mL) |
|---|---|
| Amount Per Serving | |
| **Calories** | **15** |
| | % Daily Value* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** < 1g | 0% |
| Dietary Fiber 4g | 14% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 1g | 2% |

*Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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Bioavailable

Tincture

Chingana.com

# Plantago

Plantago Tincture is a traditional herbal remedy used in the treatment of sinus congestion, middle ear infections and catarrh. Plantago is one of the few herbs that penetrate the middle and inner ear canal. Its natural antibacterial property helps to counter all ear infections. It has mucous membrane soothing properties which may help people alleviate the suffering associated with tinnitus and also helps catarrh due to chest infections and nasal congestion.

The soothing action of Plantago is attributed to its mucilage content together with iridoids which have an anti-inflammatory activity helping to promote tissue repair. This makes Plantago Tincture extremely useful for alleviating sinus congestion and post nasal drip which often leads to other complications such as chesty coughs and catarrh.

Plantago Tincture, due to its soothing action, may also benefit tinnitus sufferers.


## Plantago Tincture

19 servings per container

| Serving size | (1.5mL) |
|---|---|
| Amount Per Serving | |
| **Calories** | **15** |
| | % Daily Value* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Sodium** 0mg | 0% |
| **Total Carbohydrate** < 1g | 0% |
| Dietary Fiber 4g | 14% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 1g | 2% |

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Plantago Tincture, due to its soothing action, may also benefit tinnitus sufferers.


## Purslane Tincture

Serving Size (2mL)

Servings Per Container 30

| Amount Per Serving | |
|---|---|
| **Calories** 9 | |
| | % Daily Value* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Potassium** 49mg | 14% |
| **Sodium** 60mg | 2% |
| **Total Carbohydrate** 3.43g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Sugar Alcohol 10g | |
| **Protein** 0.9g | 2% |
| Vitamin C 21% | Calcium 60% |
| Iron 2% | Thiamin 0% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | | Calories: | 2,000 | 2,500 |
|---|---|---|---|---|
| Total Fat | | Less than | 65g | 80g |
| Sat Fat | | Less than | 20g | 25g |
| Cholesterol | | Less than | 300mg | 300mg |
| Sodium | | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | | 300g | 375g |
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Bioavailable

Tincture

Chingana.com

# PURSLANE

Tincture

History

In ancient times, purslane was used to protect against evil spirits. Purslane's medicinal use dates back at least 2,000 years, but it was used as food well before this period. Traditional medicinal uses for purslane are broad. Ancient Romans used purslane to treat dysentery, intestinal worms, headache, and stomachache. It has been used for thousands of years in Traditional Chinese Medicine (TCM) and is referred to as the "vegetable for long life." Aerial parts are dried and used for fevers, diarrhea, carbuncle, eczema, and hematochezia. Other TCM uses include diabetes, atherosclerosis, vascular endothelial dysfunction, and urolithiasis. The Chinese, French, Italians, and English also used purslane as a food source.

Chemistry

Purslane is considered a rich vegetable source of omega-3 fatty acids and antioxidants, including tocopherol, ascorbic acid, beta carotene, and glutathione. The alpha-linolenic acid content varies with cultivar, geography, and environmental factors, with leaves having a greater percentage than stems and seeds. The plant's bright yellow flowers are of interest in the food industry because of the nitrogen-containing betalain pigments.


## Purslane Tincture

Serving Size (2mL)

Servings Per Container 30

| Amount Per Serving | |
|---|---|
| **Calories** 9 | |
| | % Daily Value* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Potassium** 49mg | 14% |
| **Sodium** 60mg | 2% |
| **Total Carbohydrate** 3.43g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Sugar Alcohol 10g | |
| **Protein** 0.9g | 2% |
| Vitamin C 21% | Calcium 60% |
| Iron 2% | Thiamin 0% |

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| | | Calories: | 2,000 | 2,500 |
|---|---|---|---|---|
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| Cholesterol | | Less than | 300mg | 300mg |
| Sodium | | Less than | 2400mg | 2400mg |
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| Dietary Fiber | | | 25g | 30g |

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PURSLANE

Tincture

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