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.

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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.[1] 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. [1] This will ease stomach discomfort, reduce bloating, and eliminate cramping. Chewing on its leaves or drinking its tea can be effective too.

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Turmeric 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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TURMERIC

Tincture

Curcumin in Turmeric

The key compounds in turmeric are called curcuminoids. Curcumin itself is the most active ingredient and appears to be the most important. As a polyphenol, curcumin has several advantages to health. It's a strong antioxidant and has anti-inflammatory, antibacterial and anti-fungal properties (1Trusted Source, 2Trusted Source). However, one of the greatest downfalls of curcumin is that it's not well absorbed in the body (3Trusted Source).

Piperine in Black Pepper

Black pepper contains the bioactive compound piperine, which is an alkaloid like capsaicin, the active component found in chili powder and cayenne pepper (3Trusted Source).

Piperine has been shown to help relieve nausea, headaches and poor digestion and also has anti-inflammatory properties (4Trusted Source, 5Trusted Source, 6Trusted Source).

Still, its most significant benefit may be its ability to boost the absorption of curcumin (2Trusted Source, 7Trusted Source).

Turmeric 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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Still, its most significant benefit may be its ability to boost the absorption of curcumin (2Trusted Source, 7Trusted Source).

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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OREGANO

Tincture

Oregano components include: thymol, pinene, limonene, carvacrol, carnosol, ocimene, 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 nymphs to make his life happier. The word "oreganos" 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	
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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	9%
Sodium 2.58mg	0%
Total Carbohydrate 4.42g	1%
Dietary Fiber 1.44g	6%
Sugars 0.23g	
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

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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.[8,9] 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.[9]

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	9%
Sodium 2.58mg	0%
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Vitamin C 1.8%	•	Calcium 12.4%	
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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

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Jaguar 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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TURMERIC, HAWTHORN

LAVENDER, OREGANO

Tincture

Jaguar 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%
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TURMERIC, HAWTHORN

LAVENDER, OREGANO

Tincture

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TURMERIC, HAWTHORN

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TURMERIC, HAWTHORN

LAVENDER, OREGANO

Tincture