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

*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
Tincture
Chingana.com
Oregano

Oregano components includes thymol, pinene, limonene, carvacrol, carsonol, 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 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%

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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

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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[418]. 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 fibrillations[238]. It is an ingredient in various proprietary cold and influenza remedies[238]. The liquid extract is useful as a cure for drunkenness [418]. 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	
Includes 0g Added Sugars	0%
Protein 1g	2%

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

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Chingana.com
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Hawthorn Tincture
Serving Size 7g
Amount Per Serving
Calories 24 — Calories from Fat 6

	% Daily Values*
Total Fat 0.67g	1%
Saturated Fat 0.21g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 171.7mg	8%
Sodium 2.58mg	0%
Total Carbohydrate 4.42g	1%
Dietary Fiber 1.44g	6%
Sugars 0.28g	
Protein 0.53g	1%
Vitamin C 1.8%	Calcium 12.4%
Iron 10.1%	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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Bioavailable
Tincture
Chingana.com
Hawthorn

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] 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 3.5–18.8 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.[1]

Hawthorn Tincture
Serving Size 7g
Amount Per Serving
Calories 24 — Calories from Fat 6

	% Daily Values*
Total Fat 0.67g	1%
Saturated Fat 0.21g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 171.7mg	8%
Sodium 2.58mg	0%
Total Carbohydrate 4.42g	1%
Dietary Fiber 1.44g	6%
Sugars 0.28g	
Protein 0.53g	1%
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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Artemisia 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
Artemisia

Wormwood is an herb. The above-ground plant parts and oil are used for medicine.
Wormwood is used for various digestion problems such as loss of appetite, upset stomach, gall bladder disease, and intestinal spasms. Wormwood is also used to treat fever, liver disease, and worm infections; to increase sexual desire as a tonic; and to stimulate sweating.
Wormwood oil is also used for digestive disorders, to increase sexual desire, and to stimulate the imagination.
Some people apply wormwood directly to the skin for healing wounds and insect bites. Wormwood oil is used as a counterirritant to reduce pain.

Artemisia 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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Bioavailable
Tincture
Chingana.com
Artemisia

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Wormwood oil is also used for digestive disorders, to increase sexual desire, and to stimulate the imagination.
Some people apply wormwood directly to the skin for healing wounds and insect bites. Wormwood oil is used as a counterirritant to reduce pain.

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

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Bioavailable
Tincture
Chingana.com
Lavender

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, GIAPS 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

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Bioavailable
Tincture
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Lavender

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Valerian 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
VALERIAN

Valerian (Valeriana officinalis, Caprifoliaceae) is a perennial flowering plant native to Europe and Asia. [1] In the summer when the mature plant may have a height of 1.5 metres (5 ft), it bears sweetly scented pink or white flowers that attract many fly species, especially hoverflies of the genus Eristalis. [2] It is consumed as food by the larvae of some Lepidoptera (butterfly and moth) species, including the grey pug. Crude extract of valerian root may have sedative and anxiolytic effects, and is commonly sold in dietary supplement capsules to promote sleep.[1]

Valerian 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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