



## HERB & SPICE LIST

Alfalfa Leaf, Cut \*  
Alfalfa Leaf, Powder \*  
Allspice Berries, Jamaican  
Angelica Root, Cut \*  
Anise Seed\*  
Arrowroot Powder  
Ashwagandha Root Powder  
Baking Soda  
Basil Leaf, Cut, Sweet\*  
Beet Powder \*  
Bilberry Leaf, Cut  
Black Cohosh Root, Cut \*  
Black Walnut Hulls Powder  
Blessed Thistle Leaf\*  
Burdock Root\*  
Burdock Root Powder\*  
Cacao Nibs, FT\*  
Calendula Flowers, Petals \*  
Caraway Seed\*  
Caraway Powder  
Cardamom Seed\*  
Cat's Claw Bark, Cut  
Catnip Leaf & Flowers, Cut\*  
Cayenne Powder 30,000 HU\*  
Cayenne Powder 90,000 HU\*  
Celery Seed\*  
Chamomile Flowers, German \*  
Chapparal Leaf  
Chaste Tree Berry\*  
Chia Seed, Whole  
Chickweed Herb, Cut  
Chickory Root, Roasted Granules\*  
Chlorella Powder  
Cinnamon Chips\*  
Cinnamon Powders  
    Cinnamon Burmannii\*  
    Cinnamon Ceylon, FT\*  
Cinnamon Sticks\*

Cinnamon Sticks Ceylon, FT \*

### Clay Powders

Bentonite Clay  
    French Green Clay  
    French Red Clay

Cloves\*  
Cloves Powder\*  
Comfrey Leaf, Cut\*  
Comfrey Root, Cut\*  
Coriander Seed\*  
Coriander Seed Powder\*  
Cornsilk, Cut  
Cornstarch\*  
Cramp Bark, Cut  
Cumin Seed\*  
Cumin Seed Powder\*  
Dandelion Leaf, Cut\*  
Dandelion Root, Cut\*  
Damiana Leaf, Cut  
Dulse Leaf, Sifted & Cut\*  
Echinacea Purpurea Root, Cut\*  
Elder Berries\*  
Elder Flowers  
Eleuthero Root, Powder\*  
Eucalyptus Leaf, Cut\*  
Fennel Seed\*  
Fennel Seed Powder\*  
Fenugreek Seed  
Fo-Ti Root Powder  
Frankincense Tears  
Garlic Flakes\*  
Garlic Granules\*  
Garlic Powder\*  
Ginger, Crystallized\*  
Ginger Root\*  
Ginger Root Powder\*  
Ginkgo Leaf, Cut\*  
Gotu Kola, Cut\*

\* =Organic

FT=Fair Trade

SF=Salt Free



Gotu Kola Powder  
Gravel Root, Cut  
Hawthorn Leaf & Flower, Cut\*  
Hawthorn Berries\*  
Hibiscus Flowers, Cut, FT\*  
Hibiscus Petals\*  
  
Holy Basil (Tulsi Leaf)  
Horsetail, Cut\*  
Hydrangea Root, Cut  
Hyssop, Cut\*  
Juniper Berries\*  
Jasmine Flowers  
Lavender Flowers\*  
Lemonade Drink Mix  
Lemon Balm Leaf, Cut\*  
Lemongrass, Cut\*  
Licorice Root, Cut\*  
Licorice Root Powder\*  
Luscious Licorice Herbal Tea  
Marjoram Leaf\*  
Marshmallow Root, Cut\*  
Meadowsweet Herb, Cut  
Milk Thistle Seed\*  
Mugwort Herb, Cut\*  
Mullein Leaf, Cut\*  
Mustard Seed, Brown\*  
Mustard Seed, Yellow\*  
Mustard Seed Powder, Yellow\*  
Myrrh Gum Powder  
Nettle Leaf, Cut\*  
Nettle Powder\*  
Nutmeg\*  
Nutmeg Powder\*  
Oatstraw green Tops, Cut\*  
Olive Leaf, Cut\*  
Onion Flakes\*  
Onion Powder\*  
Orange Peel\*  
Oregano Leaf\*  
Oregon Grape Root, Cut

Paprika Powder\*  
Parsley Leaf\*  
Passion Flower, Cut  
Pau d'Arco Bark, Cut

#### **Pepper**

Black Peppercorns\*  
Black Pepper, Medium Grind\*  
Green Peppercorns

Lemon Pepper\*  
Peppermill Blend, Whole\*  
Garlic Pepper\*  
Veggie Pepper\*

Peppermint Leaf\*

Poppy Seed\*

Psyllium Seed\*

Psyllium Powder

Red Clover Tops\*

Red Raspberry Leaf, Cut\*

Rhubarb Root, Cut

Rosebuds and Petals, Pink

Roses and Petals, Red

Rosehips, Deseeded & Cut\*

Rosehip Powder\*

Rosemary Leaf\*

Rosemary Leaf Powder\*

Sage Leaf, Rubbed\*

Sage Leaf Powder\*

#### **Salts**

Applewood Smoked Sea Salt

Hawaiian Black Sea Salt

Hawaiian Red Sea Salt

Himalayan Pink Sea Salt

Sassafras Root Bark, Cut

Scullcap, Cut\*

#### **Seasoning Blends**

All-Purpose Seasoning, SF

Chilli Powder\*

Curry Powder, SF\*

Garam Masala Powder\*

Senna Leaf, Cut\*

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Sheep Sorrel Herb, Cut\*

Shepherd's Purse, Cut

Slippery Elm Bark, Cut\*

Slippery Elm Bark Powder\*

Spearmint Leaf, Cut\*

Spirulina Powder\*

St. John's Wort\*

**Teas, Black**

Ceylon Decaf

**Teas, Green**

Bancha green Tea, FT\*

Genmaicha Matcha\*

Gunpowder Green Tea, FT\*

Jasmine Green Tea, FT\*

Raspberry Green Tea\*

Sencha Green Tea\*

**Teas, White**

Tangerine White Tea\*

**Teas, Other**

Berry, warming \*

Relaxing Herbal\*

Rooibos, Red\*

Thyme Leaf\*

Turmeric Root Powder\*

Uva Ursi Leaf\*

Valerian Root\*

Vegetable Broth Powder\*

Wheat Grass\*

White Willow Park, Cut\*

Wild Cherry Bark, Cut

Wild Yam Root, Cut

Wormwood Herb, Cut\*

Yarrow Herb, Cut\*

Yerba Mate Leaf, Cut\*

Yucca Root Powder

Xanthan Gum

Herbs and spices are subject to current availability. Contact Mother Nature's Food, Inc for specific availability at (715) 834-2341 or 1-800-359-5034.