



NATURAL HOPE
HERBALS®

2019

HERBAL PRODUCT GUIDE



• HERBAL EXTRACTS, SALVES, OILS, & TEAS •



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Welcome

Welcome to Natural Hope Herbals, where rich herbal traditions, current herbal knowledge, and Good Manufacturing Practices (GMP) are combined to create high quality, safe, and potent herbal products for your family's health.

We are located on an 80 acre certified organic farm in the rolling hills of Pennsylvania, just east of the Appalachian Mountains. On a typical summer day our field crew is busy planting, weeding, or harvesting vibrant fresh herbs and preparing them for the extraction process. Just a short hike from the herbal facility is a team of busy herbal enthusiasts mixing, pressing, testing, and bottling herbal extracts.

In addition to herbs grown on our farm, we partner with a variety of wildcrafters, growers, and suppliers, who provide us with some of the best quality herbs available. The quality of our finished product reflects the high quality of the fresh or dried herbs we use.

Because we care about sustainability and conservation of these precious plants, we support the mission of United Plant Savers and are careful in our use of At-Risk herbs. From herb to bottle these products are made following Good Manufacturing Practices (GMP) at our FDA inspected facility. High-quality herbs, careful attention to detail, and many quality checkpoints from raw herb to final product ensures amazing herbal products that your family can use with confidence.

As a manufacturing company selling herbal products, we cannot make disease treatment claims and are limited to talking about normal healthy body function and structure. For more specific information on how you can use herbs for your health we recommend working with a health practitioner or doing your own research.

We wish you and your family God's richest blessings.

THE NATURAL HOPE HERBALS TEAM

**Beloved, I wish above all things that
thou mayest prosper and be in health,
even as thy soul prospereth.**

3 JOHN 1:2



OUR PROCESS

Many careful steps and quality check points ensure identity, purity, and consistency of our herbal extracts.

HARVEST



MOISTURE ANALYSIS



POSITIVE IDENTIFICATION



PRODUCTION RECORD



HIGH QUALITY
HERBALS FOR YOUR
FAMILY'S HEALTH



LABELING

FARM-TO-BOTTLE

Over 30%

of our herbs are grown on the Natural Hope Herbals herb farm.

MENSTRUUM



BLENDING



MACERATION



PRESSING



BOTTLING



PRODUCT EVALUATION



COMPOUNDING



MICROBIAL TESTING

We believe quality ingredients and good manufacturing practices (GMPs) are essential to creating safe, reliable, quality herbal products.

REFERENCE GUIDE

Find what you're looking for. Formulas are listed first, followed by select single extracts, tea blends, and salves.

ADRENAL – Adrenal Support, Ashwaghandha, Eleuthero, Ginseng, Licorice, Milky Oat, Schisandra

BONE – Bone & Tissue Connect, Alfalfa, Horsetail, Stinging Nettle leaf, Teasel Root, Calc-Tea, Complete Tissue Soak, Complete Tissue Salve, Comfrey Salve

BRAIN – Brain Re-Fresh, Tasty Attention, Ashwaghandha, Bacopa, Ginkgo, Gotu Kola, Holy Basil, Rosemary, Sage, Brain Re-Fresh Tea, Happy Days Tea

CIRCULATION – Healthy Veins, Heart Formula, Brain Re-Fresh, Bilberry, Cayenne, Cinnamon, Dong Quai, Elder berry, Ginger, Ginkgo, Gotu Kola, Hawthorn, Horse Chestnut

CLEANSING – Bowel Stim, Ivy Oaky, Lymph Move, Para-Cleanse, Stone Breaker Compound, Tasty Bowel Reg, Tasty Para-Cleanse, Yeast/Candida, Burdock, Calendula, Celery seed, Chickweed, Cleavers, Dandelion leaf, Fenugreek, Green Black Walnut, Hyssop, Juniper, Red Clover, Stinging Nettle, Thyme, Violet

DIGESTION – Digestive Bitters, Digestive Tonic, Fresh Breath Spray, Liver Formula, Slippery Elm Compound, Tasty Bowel-Reg, Tasty Tummy Soothe, Tiny Tummy Calm, Catnip, Chamomile, Dandelion root, Elecampane, Fennel, Ginger, Hops, Hyssop, Juniper, Licorice, Marshmallow, Meadowsweet, Orange peel, Peppermint, St. John's Wort, Thyme, Yarrow, Tummy Soothe Tea

ENERGY – Adrenal Support, Men's Energy, Thyroid Support, Ashwaghandha, Eleuthero, Ginseng, Gotu Kola, Rhodiola, Saw Palmetto, Schisandra

EYES – Bilberry, Elder berry

HEART – Heart Formula, Astragalus, Hawthorn, Motherwort

HORMONE BALANCE – Digestive Bitters, Crampbark Compound, Ladies Formula, Liver Formula, Men's Energy, Ashwaghandha, Chaste Tree, Dandelion root, Dong Quai, Licorice, Motherwort, Red Clover, Saw Palmetto

HPA (HYPOTHALAMIC/PITUITARY/ADRENAL) AXIS – Adrenal Support, Ashwaghandha, Ginseng, Holy Basil, Licorice, Reishi, Rhodiola, Schisandra

IMMUNE SYSTEM – Aller-Out, Echinacea Compound, Echinacea Plus, Echinacea Garlic, Echinacea Goldenseal, Ech-N-Elder, Elderberry Honey Syrup, Herbal Throat Spray, Immune-Stim, Respiratory Aid, Super Tonic, Tasty Elderberry Immune, Tasty Temp Support, Tasty Wild Cherry Compound, Throat & Tonsil, Wild Cherry Compound, B-Well Tea. Singles for immune system are not listed because there are so many.

INTESTINES – Bowel Stim, Para-Cleanse, Slippery Elm Compound, Tasty Bowel Reg, Tasty Para-Cleanse, Yeast/Candida, Andrographis, Calendula, Cat's Claw, Clove, Chamomile, Cramp Bark, Elecampane, Ginger, Green Black Walnut, Hops, Hyssop, Licorice, Marshmallow root, Myrrh, Turmeric, Wormwood, Wild Yam, Yarrow, Tummy Soothe Tea

JOINTS – Joint Health, Bone & Tissue Connect, Black Cohosh, Blue Cohosh, Cat's Claw, Feverfew, Gotu Kola, Teasel, Turmeric, Complete Tissue Soak, Deep Tissue Oil

KIDNEYS – Kidney/Bladder, Stone Breaker Compound, Astragalus, Dandelion, Stinging Nettle seed

LABOR & DELIVERY – Ninth Month, Crampbark Compound, Shepherd's Purse Compound, Herbal Sitz Bath

LEGS, RESTLESS – Healthy Veins, Herb Calc, Herb Iron, Calc Tea, Kava, Skullcap, Passionflower

LIVER & GALLBLADDER – Digestive Bitters, Liver Formula, Astragalus, Dandelion, Elecampane, Milk Thistle, Motherwort, Reishi, Schisandra, Turmeric, St. John's Wort

LUNGS – See Respiratory

LYMPHATIC SYSTEM – Ivy Oaky, Lymph Move, Burdock, Calendula, Chickweed, Cleavers, Echinacea, Red Clover, Red Root, Violet

MEMORY – Brain Re-Fresh, Tasty Attention, Ashwaghandha, Bacopa, Ginkgo, Gotu Kola, Holy Basil, Rosemary, Brain Re-Fresh Tea

MOUTH – Fresh Breath Spray, Dental Formula, Healthy Gums, Calendula, Clove, Myrrh, Sage, Spilanthes, Thyme

MUSCLES – Hard Knock Drops, Herb Calc, J.Kloss's Anti-Spas, Tasty Herb Calc, Ashwaghandha, California Poppy, Passionflower, Skullcap, Wild Cherry, Arnica oil

MUSCULOSKELETAL – Bone & Tissue Connect, Joint Health, Black Cohosh, Crampbark, Mullein root, St. John's Wort, Teasel, Valerian, Complete Tissue Salve & Soak, Deep Tissue Oil & Salve, Arnica & St. John's Wort Oil and Salve

NERVOUS SYSTEM – Calm/Nerve, Hard Knock Drops, Herb Calc, J-Kloss's Anti-Spas, Tasty Attention, Tasty Calm, Tasty Herb Calc, Thyroid Support, Ashwaghandha, California Poppy, Chamomile, Hawthorn, Holy Basil, Lemon Balm, Milky Oat, Motherwort, Mullein Root, Passionflower, Schisandra, Skullcap, St. John's Wort, Valerian, Wild Lettuce

NURSING MOMS – Milk Plus, Tasty Tummy Soothe, Tiny Tummy Calm, Fenugreek, Milk Plus Tea, Calendula Salve, Chickweed & Plantain Salve

PANCREAS – Sugar Balance, Digestive Bitters, Cinnamon, Fenugreek, Holy Basil, Red Root

PREGNANCY – Digestive Tonic, Tasty Tummy Soothe, Full Term, Ninth Month, Ginger, Momma 2B Tea

PROSTATE – Prostate Health, Mullein Root, Saw Palmetto, Stinging Nettle Root

RESPIRATORY – Respiratory Aid, Tasty Wild Cherry Compound, Wild Cherry Compound, Astragalus, Elecampane, Fenugreek, Garlic, Horehound, Hyssop, Licorice, Lobelia, Marshmallow, Mullein, Red Clover, Schisandra, Thyme, Usnea, Wild Cherry, Wild Lettuce, Resp Tea, Garlic Salve

SINUSES – Aller-Out, Echinacea Compound, Echinacea Goldenseal, Mushroom Immune, Elder berry, Reishi, Stinging Nettle leaf, Sage, Schisandra, Shepherd's Purse, Calc-Tea

SKIN – Ivy Oaky, Lymph Move, Black Walnut, Burdock, Calendula, Cleavers, Chickweed, Gotu Kola, Horsetail, Milk Thistle, Yellow Dock

SLEEP – Calm/Nerve, Natural Sleep, Tasty Calm, Tasty Sweet Dreams, Ashwaghandha, California Poppy, Hops, Kava, Passionflower, Sweet Dreams Tea

STOMACH – Digestive Bitters, Digestive Tonic, Slippery Elm Compound, Tasty Tummy Soothe, Tiny Tummy Calm, Catnip, Chamomile, Ginger, Licorice, Meadowsweet, Yarrow, Tummy Soothe Tea

TEETH – Dental Formula, Healthy Gums, Tasty Dental, Black Walnut, Clove, Spilanthes, Calc Tea, Black Walnut Tea

THROAT – Tasty Wild Cherry Compound, Herbal Throat Spray, Throat & Tonsil, Wild Cherry Compound, Andrographis, Marshmallow, Sage, Spilanthes, Usnea, Throat Soothe Tea

THYROID – Thyroid Support, Ashwaghandha, Bacopa, Black Walnut, Bladderwrack, Myrrh, Stinging Nettle

URINARY TRACT – Echinacea Goldenseal, Kidney/Bladder, Prostate Health, Stone Breaker Compound, Tasty Dry Bed, Yeast/Candida, Cleavers, Dandelion leaf, Echinacea, Goldenrod, Hops, Horsetail, Hydrangea, Juniper, Marshmallow, Plantain, Saw Palmetto, Schisandra, Shepherd's Purse, Stinging Nettle, Teasel, Usnea, Uva Ursi, Yarrow

UTERUS – Full Term, Crampbark Compound, Ninth Month, Crampbark, Dong Quai, Motherwort, Raspberry, Saw Palmetto, Shepherd's Purse Compound, Yarrow

VEINS – Healthy Veins, Bilberry, Elder Berry, Ginkgo, Gotu Kola, Hawthorn

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FREQUENTLY ASKED QUESTIONS

Why herbal extracts?

Herbal extracts are quickly absorbed into the bloodstream, often giving faster results than capsules or herbal teas. Carefully made herbal extracts give you the benefits of the herbs in a convenient and easy to take form.

Why is alcohol an ingredient?

Alcohol is the best, relatively nontoxic, substance for extracting and concentrating the constituents in most herbs. Alcohol is not harmful in small amounts. Most tinctures contain less than 50% alcohol. Glycerites, without any alcohol, are relatively weak and much more extract must be used to get the same amount of herb power. By using 10% alcohol in the low alcohol Glycohol extracts, potency is greatly increased. Glycohols can be a good choice for children. With only 10% alcohol, they are within the legal limit for products labeled for children. Alcohol also helps to preserve the extract and prevent the breakdown and loss of herbal properties and the growth of bacteria.

How much alcohol am I getting?

The amount of alcohol in our extracts ranges from 10% (Glycohols) to 70%, with most tinctures containing 30-50% alcohol. The amount you get in one dose is very small. If you take 2 droppers of Echinacea tincture with a 50% alcohol concentration you are getting about 1 ml of alcohol. This is about 1/40th of the amount of alcohol in an 8 oz. glass of wine.

If the tincture has a lot of alcohol, does that mean it doesn't have much herb?

We use different concentrations of alcohol for different herbs as some beneficial properties are best extracted at high alcohol concentrations and others at very low concentrations. For example, to fully extract calendula's resins we need at least 70% alcohol. A calendula extract made with a lower amount of alcohol will have less of the beneficial resins and be of a lower quality. Concentration of the herbal tincture is dependent on the ratio of herb to menstruum (the liquid used to extract). The percentage of alcohol is in relation to the liquid (i.e. a tincture containing 50% alcohol was made with a menstruum of 50% water and 50% alcohol). It does not mean 50% alcohol and 50% herb. A tincture containing 30% alcohol also contains 70% other liquid ingredients.

What are Glycohols?

Our Glycohols (Glycerin + alcohol = Glycohol) are made by extracting herbs with a combination of vegetable glycerin, distilled water and 10% or less cane and/or grain alcohol. The small amount of alcohol increases the potency of the product as alcohol extracts most herbal properties better than glycerin. Adding a little alcohol also helps to preserve the extract by preventing the breakdown and loss of herbal properties and growth of bacteria, creating a more stable product than alcohol-free glycerites.

Why do so many of the tincture formulas contain glycerin?

A few herbs contain high amounts of tannins and other compounds that tend to bind with other compounds in the extract and cause them to precipitate or fall out of solution. If compounds fall out of solution, the tincture may have less of the good properties of the herb. Adding a small amount of glycerin, in place of water, helps to prevent this from happening. Most formulas contain one or more herb tinctures, which have a small amount of glycerin. For example, Sugar Balance contains Cinnamon tincture, which has a little glycerin to stabilize the extract. The glycerin concentration of Sugar Balance is about 1%.

Why are some herbs fresh and others dry? Isn't fresh always best?

For some herbs, the goodness is in the fresh herb. And, when dried, they lose a lot of their beneficial qualities. We tincture some herbs fresh (i.e. California poppy, valerian root, skullcap herb, milky oat seed, dandelion root, and more) For other herbs, there is little difference in quality between fresh and dried. And still others extract best if they are first dried. Dried herbs can typically be extracted at higher concentration. So for the herbs where it doesn't matter if they are fresh or dried, dried herb will usually make the stronger, more potent tincture.

How do I take a tincture?

Herbal tinctures are best taken diluted in a small amount of water, tea, or juice. Simply squirt the tincture into a small amount of liquid in a cup or put a small amount of water in your mouth and squirt the tincture into it. Most tinctures contain between 30-50% alcohol. Undiluted alcohol is strong tasting and can be irritating to the sensitive tissues in the mouth.

How often should I take an herbal tincture?

Most herbal extracts are cleared from the body within 4 hours, so it is best to take tinctures 2-4 times a day rather than a large dose once a day. In acute situations, tinctures can be taken every hour or two, for a short period of time.

How much can I take?

Follow the directions on the bottle unless you have information from a good source that tells you otherwise. Dosages given are intended to be well within safe ranges for adults. Dosage recommendations are for 150 lb. adults (except Tasty formulas). Smaller or larger individuals may decrease or increase dose as appropriate. The maximum safe amount varies considerably between herbs. Most times larger quantities can be used for short periods of time. With a few exceptions, total of all tinctures taken should normally not be more than 1 tablespoon per day when taken on a daily basis.

How much is a full dropper?

The amount of tincture pulled into the glass tube with one firm squeeze of the rubber bulb at the top is a full dropper. If you count the drops they will number between 30-40 drops. Six droppers will fill a teaspoon. Never tip the dropper up and let the tincture run back into the rubber bulb.



How much can I give my child?

Many parents dilute adult strength formulas to give to their children. Be aware that some herbs in adult strength formulas may not be safe or appropriate for children. Tinctures containing more than 10% alcohol should always be diluted in a small amount of water or juice before giving to children.

Clark's rule can be used to convert the adult dosage to a child's dose. Adult dosage guidelines are for a 150 lb. adult. Divide the child's weight by 150 to get the percentage of adult dose to use. Example: A 30 lb child would get 20% or 1/5 of an adult dose ($30 \div 150 = 0.20$). If the dose is 2 droppers (36 drops in a dropper) the child's dose would be 14 drops (72 x 0.2 or 72 divided by 5).

CONVERTING ADULT DOSE FOR CHILDREN

CHILD'S WEIGHT	MULTIPLY ADULT DOSE BY
25 lb	1/6 or 0.16
30 lb	1/5 or 0.20
38 lb	1/4 or 0.25
50 lb	1/3 or 0.33
60 lb	2/5 or 0.40
75 lb	1/2 or 0.50
100 lb	2/3 or 0.66

Warning: Keep all extracts out of the reach of children.

Recommended doses of Tasty formulas and even adult tinctures contain very little alcohol, but small children tend to take more than recommended doses if they get a hold of a bottle. Children do not process alcohol as well as adults and adverse reactions can occur at much smaller amounts. Even with low alcohol tinctures, a 4 oz. bottle contains too much alcohol for a 2-year-old to consume at one time.

Can adults use the Tasty Formulas?

Adults who prefer mild and great tasting formulas can certainly use the formulas intended for children. Dosages on the Tasty products are children's doses and adults can adjust the dose accordingly.

COMMON CONCERNS

Pregnancy

Very few herbs have been proven completely safe for babies in the womb. We do know herbs have powerful actions and may cross through the placenta to the baby, affect hormonal balance, or stimulate early labor. It is best to not take many herbs during pregnancy, other than food herbs to support a healthy pregnancy, such as Nettle and Raspberry, unless they are absolutely needed and their use helps to avoid the use of more aggressive treatment. It is always wise to talk to your midwife, doctor, or other health care provider if you want to use herbs while pregnant.

Nursing

Any herbs a nursing mother takes may pass through her breast milk to the baby. Babies are much more sensitive to herbs than adults. Avoid the use of strong-cleansing or anti-parasite herbs while nursing. Infants metabolize herbs differently than adults, with herbs often having a stronger action or a different action on babies and small children than on adults.

Gluten-Free

We do not use any products or ingredients made from wheat or other gluten-containing grains in our facility.

Grain Alcohol and Gluten Sensitivity

We use organic alcohol made from organically grown corn or sugar cane. Corn does not contain gluten or gliadin.

Milky Oat Seed and Gluten Sensitivity

Oat seed does not contain gluten. We grow our own fresh milky oat seed and harvest by hand eliminating the risk of cross-contamination with wheat or other glutinous grains.

Pollen Allergies

People with severe Ragweed allergies may react to Chamomile, Calendula, Echinacea, Feverfew, Blessed Thistle, Elecampane, Spilanthes, or Yarrow as these herbs are related to Ragweed. An allergic reaction to these herbs is less likely with a tincture than a capsule or tea.

New PRODUCTS



ECH-N-ELDER

The perfect synergistic blend of your favorite immune support herbs – Echinacea and Elderberry. The tingly echinacea combines well with the fruity notes of the elder berry to support a healthy immune system.



ELDERBERRY HONEY SYRUP

Treat your taste buds while you treat your immune system. Thick and fruity, made with concentrated organic Elderberry juice, honey, and a proprietary blend of potent herbal extracts, Elderberry Honey Syrup is sure to please the entire family.



SLIPPERY ELM COMPOUND

Exciting new suspension product combines slippery elm bark powder with other herbs that support normal digestive function and a healthy digestive tract. When mixed with water, one teaspoon of Slippery Elm Compound makes 4 teaspoons of slippery goodness your throat and digestive tract will love.



BONE & TISSUE CONNECT

Bone & Tissue Connect is designed to support healthy bones, muscles, cartilage, ligaments, tendons, and other connective tissue. This formula includes herbs that support the key body systems that play a role in connective tissue health to have you smiling and back on your feet in record time.



Tasty FORMULAS

Our Tasty formulas are made of gentle, tonic, mild-tasting* herbs that extract well with a glycol base. Glycols are unique, low-alcohol extracts that use approximately 50% glycerin and 10% alcohol to extract the goodness of the herbs. The small percentage of alcohol improves extraction creating a more potent product and helps to stabilize the extract and prevent bacteria from growing. Tiny amounts of organic essential oils enhance the flavor of our Tasty line of formulas.

*Except the key herbs in Para-Cleanse, which are not mild-tasting.

TASTY ATTENTION

When mind and body go in a hundred different directions, give this tasty peppermint-flavored formula that is designed to nourish and calm the nervous system a try.

INGREDIENTS

Hawthorn berry leaf & flower, Fresh Milky Oat seed, Fresh Lemon Balm herb, Fresh Skullcap herb, German Chamomile flower, Fresh Bacopa herb, Ginger root, Cinnamon bark, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Peppermint Essential Oil (less than 0.1%)

SIZES

2, 4
FL OZ

TASTY BOWEL REG

Gentle and great tasting formula designed to support normal healthy bowel function without causing dependency. Tasty Bowel Reg combines herbs that are used for the relief of occasional constipation with carminative herbs that support digestion.

INGREDIENTS

New and improved formula coming soon!

SIZES

2, 4
FL OZ

TASTY CALM

Junior version of Calm/Nerve since adults aren't the only ones who occasionally stress out and worry. Tasty Calm is a low alcohol extract made with gentle herbs generally considered safe for children.

INGREDIENTS

Fresh Milky Oat seed, Chamomile flower, Fresh Skullcap herb, Ashwaghandha root, Fresh California Poppy herb, Fennel seed, Ginger root, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Essential Oils of Orange and Lavender (less than 0.1%)

SIZES

2, 4
FL OZ

TASTY DENTAL FORMULA

One of our most popular formulas for dental health. Peppermint leaf helps to hide the taste of the Black Walnut hull, the key herb in this well-known formula for supporting healthy teeth.

INGREDIENTS

Dried Black Walnut hull, Marshmallow root, Horsetail herb, Oak bark, Peppermint leaf, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Peppermint Essential Oil (less than 0.1%)

SIZES

2, 4, 8
FL OZ

ALLERGEN INFORMATION: CONTAINS BLACK WALNUT HULL

TASTY DRY BED

Proprietary blend of nerve and urinary tract tonic herbs provides gentle support to both of these systems so you and your child can have a dry and happy morning.

INGREDIENTS

St. John's Wort herb, Fresh Agrimony herb, Fresh Milky Oat seed, Fresh Corn Silk, Schisandra berry, Ginger root, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Lavender Essential Oil (less than 0.1%)

SIZES

2, 4
FL OZ

TASTY ECHINACEA

Pleasant-tasting immune system support. Children's Tasty Echinacea is a simple combination of Echinacea flower, root, and leaf and Peppermint leaf.

INGREDIENTS

Fresh Echinacea purpurea flower, Fresh Echinacea purpurea root, Echinacea angustifolia root, Fresh Echinacea purpurea herb, Peppermint leaf, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Peppermint Essential Oil (less than 0.1%)

SIZES

2, 4, 8
FL OZ

TASTY ELDERBERRY IMMUNE

Great tasting blend of Elder berry and other immune tonic herbs to support and maintain a healthy immune system, now with delicious orange flavor.

INGREDIENTS

Organic Elder berry (*Sambucus nigra*) juice concentrate, Organic Elder berry (*Sambucus nigra*) juice concentrate, Elder flower, Lemon Balm herb, Yarrow herb, Thyme herb, Ginger root, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Orange Essential Oil (less than 0.1%)

SIZES

2, 4
FL OZ

TASTY FORMULAS SUGGESTED DOSES

(except Tasty Para-Cleanse)

WEIGHT	DOSE	WEIGHT	DOSE
30 lb.	1 dropper, 3-4 x per day	90 lb.	3 droppers, 1/2 tsp. 3-4 x per day
45 lb.	1 -1/2 dropper, 1/4 tsp. 3-4 x per day	120 lb.	4 droppers, 2/3 tsp. 3-4 x per day
60 lb.	2 droppers, 1/3 tsp. 3-4 x per day		

TASTY HERB CALC

Delightful combination of tonic herbs generally known to be rich in a broad spectrum of minerals with a pinch of ginger and organic orange essential oil to stimulate healthy digestion. Herbs in this formula are famous for nourishing a healthy nervous system and musculoskeletal system.

INGREDIENTS

Stinging Nettle leaf, Horsetail herb, Oat straw, Alfalfa herb, Red Clover flower, Skullcap herb, Chamomile flower, Ginger root, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), Organic Apple Cider Vinegar, and Organic Orange Essential Oil (less than 0.1%)

SIZES

2, 4
FL OZ

TASTY PARA-CLEANSE

Junior version of Para-Cleanse for gentle cleansing of digestive system. Fennel, ginger, and cinnamon help to prevent tummy discomfort while the other herbs help show unwanted guests the door. Tasty Bowel Reg may be used with Tasty Para-Cleanse to support normal bowel function.

Suggested use: 1 dropper per 50 lb, with water or juice 3 times daily for two weeks. Schedule may be repeated as necessary or as recommended by qualified health care provider.

INGREDIENTS

Fresh Green Black Walnut hull, Fresh Sage leaf, Papaya leaf, Wormwood herb, Fennel seed, Ginger root, Cinnamon bark, Clove bud, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Orange Essential Oil (less than 0.1%)

SIZES

2, 4, 8
FL OZ

TASTY SWEET DREAMS

A good night's sleep makes everyone happier. Tasty Sweet Dreams is a thoughtful blend of herbs designed to ease restlessness and promote pleasant, dreamy sleep.

INGREDIENTS

German Chamomile flower, Passionflower herb, Fresh Lemon Balm herb, Linden flower, Fresh Milky Oat seed, Fresh Skullcap herb, Hops strobiles, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Essential Oils of Lavender and Lemongrass (less than 0.1%)

SIZES

2, 4
FL OZ

TASTY TEMP SUPPORT

Mother Nature knows best. Our Tasty Temp Support formula is designed to support nature's wisdom and keep an immune system functioning strong. This custom blend of herbs supports the body's natural ability to maintain a normal body temperature.

INGREDIENTS

Elder flower, Meadowsweet herb, Catnip herb, Chamomile flower, Yarrow herb in flower, Fresh Echinacea flower & herb, Fresh Echinacea root, Blue Vervain herb, Ginger root, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Essential Oils of Peppermint leaf and Lavender flower (less than 0.1%)

SIZES

2, 4
FL OZ

TASTY TUMMY SOOTHE

Tummy aches are no fun for babies and everyone else in the family. Tasty Tummy Soothe is designed to bring peace and comfort to all by relieving occasional digestive upset in the tiny but loud members of the family. If a nursing mother takes these herbs, the baby will get the benefits through the breast milk.

INGREDIENTS

Fresh Lemon Balm herb, Catnip leaf, Chamomile flower, Fennel seed, Ginger root, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Orange Essential Oil (less than 0.1%)

SIZES

2, 4
FL OZ

TASTY WILD CHERRY COMPOUND

Our Tasty Wild Cherry Compound soothes the lungs and supports the healthy function of even the most overworked respiratory system. Not only will this soothing formula bring comfort, but the delicious taste is likely to bring smiles and requests for seconds!

INGREDIENTS

Wild Cherry bark, Organic Elder berry (*Sambucus nigra*) juice concentrate, Red Clover flower, Licorice root, Fennel seed, Thyme leaf, Orange peel, Ginger root, Cinnamon bark, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Orange Essential Oil (less than 0.1%)

SIZES

2, 4
FL OZ

TINY TUMMY CALM

Alcohol-free version of Tasty Tummy Soothe formulated especially for tiny tummies. Tiny Tummy contains three gentle soothing herbs used to relieve occasional gas, stomach upset, and intestinal discomfort.

INGREDIENTS

Catnip herb, Fennel seed, Chamomile flower, and Lemon balm leaf

SIZES

2, 4
FL OZ



FEMALE HEALTH

On these pages you'll find formulas created especially for women, with a number of them particularly designed for mothers.

CRAMP BARK COMPOUND (formerly Monthly Ease)

Blend of nourishing and toning herbs favored by women of all ages for the relief of occasional uterine and abdominal discomfort with menses or after giving birth. Cramp Bark Compound supports a normal menstrual flow and healthy uterus.

INGREDIENTS

Cramp Bark bark, Black Haw bark, Fresh Motherwort herb, Fresh Milky Oat seed, Yarrow herb, Raspberry leaf, Fresh Lobelia herb in seed, Distilled Water, Organic Grain and/or Cane Alcohol, Vegetable Glycerin, and Organic Apple Cider Vinegar

SIZES

2, 4
FL OZ

FULL TERM

Precious times call for treasured herbs. This proprietary blend was designed to provide tonic uterine support through every phase of a healthy pregnancy. Full term may be taken 3-4 times a day for a few weeks at a time. More frequent doses may be taken as necessary for 3-5 days in a row. Please talk with your health care provider to discuss more frequent or long-term use.

INGREDIENTS

Black Haw bark, Fresh Skullcap herb, Wild Yam root, Fresh Partridge Berry herb, False Unicorn root, Fresh Lobelia herb in seed, Organic Grain and/or Cane Alcohol, Distilled Water, Vegetable Glycerin, and Organic Apple Cider Vinegar

SIZES

2, 4
FL OZ

HEALTHY VEINS

What do you see when you look at your legs? If you don't like it, give Healthy Veins a try. Healthy Veins is a combination of vein tonic herbs used to support vein health and normal circulation.



INGREDIENTS

Butcher's Broom root, Bilberry fruit, Organic Elder berry (*Sambucus nigra*) juice concentrate, Stinging Nettle leaf, Fresh Cleavers herb, Ginger root, Fresh Stoneroot root and herb, Fresh Horse Chestnut seed, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol, and Organic Apple Cider Vinegar

SIZES

2, 4
FL OZ

HERB IRON

Extracts of traditional herbal iron tonics combined with a smidgen of blackstrap molasses make this a great tasting formula for supporting healthy iron and hemoglobin levels. Stinging nettle, dandelion and yellow dock have a broad range of minerals, in addition to iron, and other nutrients that may support iron uptake from the diet. Foods rich in iron include red meat, organ meats, especially liver, and eggs.

INGREDIENTS

Stinging Nettle leaf, Dandelion leaf & root, Yellow Dock root, Vegetable Glycerin, Distilled Water, Blackstrap Molasses, Organic Grain and/or Cane Alcohol (less than 10%), and Organic Apple Cider Vinegar

SIZES

2, 4, 8
FL OZ

LADIES FORMULA

Popular women's formula used to support healthy hormonal balance and nourish the female reproductive, endocrine and nervous system. To ease occasional monthly discomfort, stress, and, irritability, take on days 14-28 of cycle.

Warning: Do not use during pregnancy. Women with heavy cycles should be aware that this formula contains dong quai which may cause excessive bleeding, especially when taken just prior to or during menses.

INGREDIENTS

Chaste Tree berry, Dong Quai root, Wild Yam root, Damiana leaf, Fresh Passionflower herb, Juniper berry, Fresh Valerian root, Uva-Ursi leaf, Hops strobiles, Licorice root, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ

MILK PLUS

Special blend of herbs to support a nursing mother contains tonic and nutrient rich herbs traditionally used to increase supply and richness of breast milk. Rest, relaxation, nourishing food, and water are all very important to nursing mothers, Milk Plus is a great additional support.



INGREDIENTS

Blessed Thistle herb, Marshmallow root, Skullcap herb, Alfalfa herb, Goat's Rue herb, Raspberry leaf, Fennel seed, Fenugreek seed, Chaste Tree berry, Distilled Water, Vegetable Glycerin, Organic Grain and/or Cane Alcohol, and Organic Apple Cider Vinegar

SIZES

2, 4
FL OZ



NINTH MONTH

Combination of herbs traditionally used to welcome a new baby. Care was taken in birthing this formula to use only herbs safe for mother and baby. Rest, nourishment, and gentle exercise are best in preparing mom for bringing a child into the world.

Warning: Do not take before the 36th week of pregnancy. May increase uterine activity prematurely. Best used under the guidance of a qualified health care provider.

INGREDIENTS

Raspberry leaf, Fresh Skullcap herb, Fresh Partridge Berry herb, Cramp Bark bark, Fresh Black Cohosh root, Fresh Blue Vervain herb, Ginger root, Distilled Water, Organic Grain and/or Cane Alcohol, and Vegetable Glycerin

SIZES

2, 4
FL OZ

SHEPHERD'S PURSE COMPOUND

Shepherd's Purse Compound is a thoughtful combination of herbs that midwives and expecting mothers like to keep nearby during and after delivery. Shepherd's Purse and Yarrow are harvested and processed fresh for this formula to ensure they contribute their maximum potential to the compound.

INGREDIENTS

Fresh Shepherd's Purse herb & root, Fresh Yarrow herb in flower, Cinnamon bark, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ

Women may also find the following single extracts useful in supporting healthy hormonal balance and a healthy body:

Black Cohosh, Chaste Tree, Cramp Bark, Dong Quai, Motherwort, Raspberry leaf, Red Clover, Saw Palmetto, and Yarrow.

USING HERBS DURING PREGNANCY OR WHILE NURSING

Pregnancy

Very few herbs have been proven completely safe for babies in the womb. We do know herbs have powerful actions and may cross through the placenta to the baby, affect hormonal balance, or stimulate early labor. It is best to not take many herbs during pregnancy, other than food herbs to support a healthy pregnancy, such as Stinging Nettle and Raspberry, unless they are absolutely needed and their use helps to avoid the use of more aggressive treatment. It is always wise to talk to your midwife, doctor, or other health care provider if you want to use herbs while pregnant.

Nursing

Any herbs a nursing mother takes may pass through the breast-milk to the baby. Babies are much more sensitive and metabolize herbs differently than adults, with herbs often having a stronger action or a different action on babies and small children than on adults. Avoid the use of strong-cleansing or anti-parasite herbs while nursing.

Herbs for Natural Hope Herbals products are naturally grown, organic, or wildcrafted.

Herbs that are best tinctured fresh are grown on our certified organic farm or shipped overnight from organic growers and wildcrafters across the United States, to ensure the freshest herbs possible.





MALE HEALTH

We are pleased to offer two formulas designed specifically for men. These products are made with great combinations of herbs for men with decreased stamina or who wish to maintain a healthy prostate.

MEN'S ENERGY

As a carefully-crafted blend of tonic herbs, Men's Energy is designed to support an overall sense of well-being and a man's healthy, active lifestyle. As a tonic blend, this formula is well suited to address occasional bouts of sluggishness and decreased stamina associated with the natural aging process.

INGREDIENTS

Fresh Milky Oat seed, American Ginseng root & leaf, Rhodiola root, Ashwaghandha root, Epimedium leaf, Damiana leaf, Licorice root, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ

PROSTATE HEALTH

Decreased prostate function is a normal part of a man's aging process. Prostate Health is the perfect choice to support healthy prostate function. Crafted with herbal mainstays of nature's apothecary, Prostate Health is well-suited to help keep your life flowing freely.

INGREDIENTS

Saw Palmetto berry, Stinging Nettle root, Fresh Mullein root, Fresh Ocotillo Stem bark, White Sage leaf, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ



CARDIOVASCULAR

Every single day your heart beats about 100,000 times and pumps approximately 2,000 gallons of blood. Blood carries oxygen and nutrients to all the body's tissues. Veins carry the blood back to the heart so it can be re-oxygenated in the lungs and continue to circulate through the body. The herbs in these two formulas support healthy heart function and normal circulation.

HEALTHY VEINS

What do you see when you look at your legs? If you don't like it, give Healthy Veins a try. Healthy Veins is a combination of vein tonic herbs used to support vein health and normal circulation.



INGREDIENTS

Butcher's Broom root, Bilberry fruit, Organic Elder berry (*Sambucus nigra*) juice concentrate, Stinging Nettle leaf, Fresh Cleavers herb, Ginger root, Fresh Stoneroot root and herb, Fresh Horse Chestnut seed, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol, and Organic Apple Cider Vinegar

SIZES

2, 4
FL OZ

HEART

"A merry heart doeth good like a medicine." But when you need more than cheer, reach for our popular formula containing heart and circulatory tonic herbs to support a healthy heart and normal circulation.

INGREDIENTS

Hawthorn berry, leaf, and flower, Fresh and dry Red Clover flower, Fresh Motherwort herb, Fresh Night-Blooming Cereus stem (Cactus), Fresh Garlic bulb, Ginger root, Fresh Cayenne fruit, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ





ORAL HEALTH

Be kind to your mouth and body with natural oral care products. These herbal formulas are sure to please, from our daily refreshing mouthwash or on-the-spot breath freshener to our top-selling original Dental Formula from herbalist, author, and mother of 11 children, Rachel Weaver.

DENTAL FORMULA

Rachel Weaver's original Dental formula in a glycol base is a household favorite for many. Black walnut hull is the star of this popular formula for supporting healthy teeth. To use, dilute Dental Formula in a small amount of water, swish around teeth, and swallow. May also be taken without water. This can be done several times a day. Use 4-8 weeks and then take a 1-2 week break. Calc Tea can be taken along with Dental Formula or during the in-between weeks.

INGREDIENTS

Black Walnut hull, Marshmallow root, Horsetail herb, Oak bark, Peppermint leaf, Vegetable Glycerin, Distilled Water, and Organic Cane Alcohol (10% or less).

SIZES

2, 4, 8
FL OZ

ALLERGEN INFORMATION: CONTAINS BLACK WALNUT HULL

DENTAL FORMULA SPRAY

One of our most popular formulas now available in a handy spray bottle designed to make keeping your teeth healthy so much easier. To use, spray 3 sprays into mouth and swish around to coat teeth 3-6 times a day or as needed.

INGREDIENTS

Black Walnut hull, Marshmallow root, Horsetail herb, Oak bark, Peppermint leaf, Vegetable Glycerin, Distilled Water, and Organic Cane Alcohol (10% or less)

SIZES

1, 2
FL OZ

ALLERGEN INFORMATION: CONTAINS BLACK WALNUT HULL

FRESH BREATH SPRAY

Keep your friends close – freshen your breath with a spray or two of Fresh Breath, before going to town or church. Fresh Breath Spray, with refreshing spearmint flavor, is comprised of herbs traditionally used to keep the mouth moist and breath sweet.



INGREDIENTS

Peppermint leaf, Fresh Spilanthes herb in flower, Licorice root, Fennel seed, Thyme leaf, Chamomile flower, Calendula flower, Organic Grain and/or Cane Alcohol, Distilled Water, Vegetable Glycerin, and Organic Spearmint Essential Oil (less than 1%)

SIZES

1
FL OZ

HEALTHY GUMS (formerly Healthy Gums X-Strength)

Healthy Gums gives you that clean mouth feel while supporting healthy gums. Supporting gum health is foundational to tooth health. With its refreshing peppermint flavor, Healthy Gums will leave your mouth feeling clean and fresh. Suggested use: Dilute 1-2 droppers in 1/2 oz. water. Swish and swallow or spit out.

INGREDIENTS

Fresh Spilanthes herb in flower, Calendula flower, Peppermint leaf, Goldenseal root & leaf, Oregon Grape root, Thyme leaf, Myrrh gum resin, Prickly Ash bark, Cinnamon bark, Clove bud, Organic Grain and/or Cane Alcohol, Distilled Water, Vegetable Glycerin, and Organic Apple Cider Vinegar.

SIZES

2, 4
FL OZ

**Herbs for Natural Hope
Herbals products are naturally
grown, organic, or wildcrafted.**

Herbs that are best tinctured fresh are grown on our certified organic farm or shipped overnight from organic growers and wildcrafters across the United States, to ensure the freshest herbs possible.



IMMUNE SYSTEM

Everybody wants to have a healthy immune system. Our herbal immune tonic formulas are better than “an apple a day . . .” for supporting a healthy immune system.

ECH-N-ELDER

The perfect synergistic blend of your favorite immune support herbs – Elderberry and Echinacea. The fruity notes of the elder berry combine well with the tingly echinacea to support immune system health.



INGREDIENTS

Organic Elder berry (*Sambucus nigra*) juice concentrate, Fresh Echinacea purpurea flower, Fresh Echinacea purpurea root, Echinacea angustifolia root, Fresh Echinacea purpurea herb, Organic Cane Alcohol, Vegetable Glycerin, Distilled Water, and Organic Apple Cider Vinegar

SIZES

2, 4
FL OZ

ECHINACEA GARLIC

With this simple combination of echinacea and garlic, you can have the oomph of Echinacea Plus without the heat of cayenne.

INGREDIENTS

Fresh Echinacea purpurea flower, Fresh Garlic bulb, Fresh Echinacea purpurea root, Echinacea angustifolia root, Fresh Echinacea purpurea herb, Organic Grain and/or Cane Alcohol, and Distilled Water

SIZES

2, 4
FL OZ

ECHINACEA GOLDENSEAL

Three of the most popular herbs to support the immune system in one product. We tincture a little goldenseal leaf with the root, as current research shows that the two together are better than the goldenseal root alone.

K. Ettefagh, J. Burns, et al. *Planta Med.* 2011; 77:835-840

INGREDIENTS

Goldenseal root and leaf, Echinacea angustifolia root, Fresh Echinacea purpurea flower, Fresh Echinacea purpurea root, Fresh Echinacea purpurea herb, Organic Grain and/or Cane Alcohol, Distilled Water, and Organic Apple Cider Vinegar

SIZES

2, 4, 8
FL OZ

ECHINACEA PLUS

Tingly echinacea, spicy garlic, and hot cayenne give Echinacea Plus a lot of oomph to support a healthy immune system.

INGREDIENTS

Fresh Echinacea purpurea flower, Fresh Echinacea purpurea root, Echinacea angustifolia root, Fresh Echinacea purpurea herb, Fresh Garlic bulb, Fresh Cayenne fruit, Organic Grain and/or Cane Alcohol, and Distilled Water

SIZES

2, 4, 8
FL OZ

ELDERBERRY HONEY SYRUP

Treat your taste buds while you treat your immune system. Thick and fruity, made with concentrated organic elder berry juice, honey and a proprietary blend of potent herbal extracts Elderberry Honey Syrup is sure to please. Elderberry with its longstanding reputation for supporting a healthy immune system is a must have for every home herbal cabinet.

INGREDIENTS

Organic Elder berry (*Sambucus nigra*) juice concentrate, Fresh Spilanthes herb, Fresh Ginger root, Orange peel, Cinnamon bark, Clove bud, Organic Wild Flower Honey, Vegetable Glycerin, Organic Cane Alcohol, Distilled Water, Organic Apple Cider Vinegar, Organic Orange Essential Oil

SIZES

4, 8
FL OZ

HERBAL THROAT SPRAY

Traditional herbal wisdom dictates cool and moist for hot and dry. Reach for Herbal Throat Spray to relieve occasional hoarseness, a tickle, dryness, or other minor irritation. Singers and speakers won't want to be without this refreshing peppermint flavored spray. Herbal Throat Spray is comprised of potent cooling and moistening immune tonic herbs to support a healthy throat and vocal cords.



INGREDIENTS

Fresh Sage leaf, Fresh Plantain leaf, Licorice root, Fresh Stoneroot root, Fresh Spilanthes herb in flower, Echinacea angustifolia root, Myrrh gum resin, Osha root, Cinnamon bark, Fresh Wild Indigo herb & root, Vegetable Glycerin, Organic Grain and/or Cane Alcohol, Distilled Water, and Organic Peppermint Essential Oil (less than 1%)

SIZES

1, 2
FL OZ

IMMUNE STIM

When you need more than echinacea, reach for Immune Stim. This potent formula is packed with some of the best immune tonic herbs for supporting a robust immune response.

INGREDIENTS

Andrographis herb, Organic Elder berry (*Sambucus nigra*) juice concentrate, Yarrow herb, Echinacea angustifolia root, Fresh Echinacea purpurea flower & root, Myrrh gum resin, Prickly Ash bark, Fresh Wild Indigo root and leaf, Organic Grain and/or Cane Alcohol, Distilled Water, Vegetable Glycerin, and Organic Apple Cider Vinegar

SIZES

2, 4
FL OZ



IVY OAKY

Support skin health from the inside out by supporting your body's natural ability to rid itself of irritating substances. Ivy Oaky is a winning combination of liver, lymphatic, and immune tonic herbs for every family herbal cabinet.

INGREDIENTS

Fresh Burdock root, Fresh Cleavers herb, Fresh Plantain leaf, Yellow Dock root, Burdock seed, Licorice root, Prickly Ash bark, Distilled Water, Organic Grain and/or Cane Alcohol, and Vegetable Glycerin

SIZES

2, 4
FL OZ

LYMPH MOVE

Lymph Move is a combination of herbs that support normal flow of lymph throughout the body, healthy lymphatic drainage, and elimination of metabolic wastes. Healthy lymph flow is essential for normal immune function as immune cells hang out in lymph nodes and move throughout the lymphatic system.

INGREDIENTS

Fresh Burdock root, Fresh Cleavers herb, Fresh and dry Red Clover flower, Calendula flower, Fresh Chickweed herb, Fresh and dry Figwort herb, Fresh Red Root bark & root, Fresh Violet leaf, Prickly Ash bark, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ

MUSHROOM IMMUNE

Does your immune system need a lift? Nourish and build your immune reservoir with this amazing blend of five mushrooms that have been used for thousands of years to support normal immune system function. Mushroom Immune is not just an ordinary tincture but a combination of water and alcohol extracts that captures both the water and alcohol soluble compounds.

INGREDIENTS

Reishi (Ganoderma) mushroom, Turkey Tail mushroom, Maitake mushroom, Shiitake mushroom, Chaga mushroom, Distilled Water, Organic Grain and/or Cane Alcohol, and Vegetable Glycerin

SIZES

2, 4
FL OZ

SUPER TONIC

Popular traditional formula of spicy, pungent, and hot herbs in a vinegar extract has been used by common folk for centuries to support a healthy immune system.

INGREDIENTS

Fresh Ginger root, Fresh Horseradish root, Fresh Garlic bulb, Fresh Onion bulb, Fresh Cayenne fruit, and Organic Apple Cider Vinegar

SIZES

2, 4, 8
FL OZ

THROAT & TONSIL

Echinacea Plus mixed with throat-soothing fig syrup makes up our popular Throat & Tonsil formula. Echinacea, Garlic and Cayenne have a long history of use in supporting a healthy immune system.

INGREDIENTS

Fresh Echinacea purpurea flower, Fresh Echinacea purpurea root, Fresh Garlic bulb, Echinacea angustifolia root, Fresh Echinacea purpurea herb, Fresh Cayenne fruit, Organic Grain and/or Cane Alcohol, Fig Syrup (Dehydrated Fig Solids, Distilled Water), Distilled Water, and Peppermint Essential Oil (less than 0.2%)

SIZES

2, 4, 8
FL OZ

THROAT & TONSIL SPRAY

Same popular formula as Throat & Tonsil in a handy spray bottle for immune system support on the go. To use, simply spray 2-3 sprays in mouth, towards back of throat, 3-4 times daily, or as needed.

INGREDIENTS

Fresh Echinacea purpurea flower, Fresh Echinacea purpurea root, Echinacea angustifolia root, Fresh Garlic bulb, Fresh Echinacea purpurea herb, Fresh Cayenne fruit, Organic Grain and/or Cane Alcohol, Fig Syrup (Dehydrated Fig Solids, Distilled Water), and Peppermint Essential Oil (less than 0.2%)

SIZES

1, 2
FL OZ

In addition to these popular immune formulas, check out the Tasty formulas on page 12 and 13, Respiratory formulas on page 24, and single extracts on page 25.

Andrographis, Barberry, Cat's Claw, Echinacea, Elderberry, Elecampane, Feverfew, Garlic, Goldenseal, Gotu kola, Holy Basil, Hyssop, Lemon balm, Licorice, Lomatium, Marshmallow, Olive leaf, Red root, Reishi Mushroom, Sage, Schisandra, Spilanthes, Thyme, Usnea, and Yarrow are all great herbs for the immune system.



DIGESTION & ELIMINATION

You are only as healthy as your digestive tract. Poor digestion leads to fermentation in your gut and poor absorption of nutrients. Gas, burping, and bloating are signs of an unhappy digestive system.

BOWEL STIM

Life is better regular. When things aren't moving as they should, reach for Bowel Stim to get things moving again. Bowel Stim is comprised of herbs that support the peristaltic intestinal movements that keep stool moving through the colon. For best results, ensure adequate water intake and a nutritious whole foods diet rich in natural fiber. Bowel Stim is designed for occasional use rather than regular long-term use.

INGREDIENTS

Butternut bark, Cascara Sagrada bark, Fresh Dandelion root and leaf, Fenugreek seed, Rhubarb root, Angelica root, Ginger root, Distilled Water, Organic Grain and/or Cane Alcohol, and Vegetable Glycerin

SIZES

2, 4
FL OZ

DIGESTIVE BITTERS

Bitter is a taste most of us avoid, but bitter is the taste that stimulates the entire digestive process, including HCL, bile, liver, pancreatic, and small intestine secretions. Digestive Bitters includes bitter and warming herbs to support healthy digestive function on a daily basis. Bitters are best taken diluted in a mouthful of water a few minutes before meals.

INGREDIENTS

Fresh Dandelion root and leaf, Fresh and dry Artichoke leaf, Yarrow herb, Bitter Orange peel, Angelica root, Gentian root, Yellow Dock root, Fennel seed, Ginger root, Cinnamon bark, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4, 8
FL OZ

DIGESTIVE BITTERS SPRAY

Now it's easy to take your Digestive Bitters with you wherever you go so you can use Digestive Bitters when you need it most. To use, simply spray 2-3 sprays into mouth a few minutes before the meal. This slightly-modified formula, contains less alcohol than our original Digestive Bitters.

INGREDIENTS

Fresh Dandelion root & leaf, Fresh Artichoke leaf, Bitter Orange peel, Gentian root, Yarrow herb, Yellow Dock root, Angelica root, Ginger root, Fennel seed, Cinnamon bark, Organic Grain and/or Cane Alcohol, Distilled Water, Vegetable Glycerin, and Organic Peppermint Essential Oil (less than 0.1%)

SIZES

1, 2
FL OZ

DIGESTIVE TONIC

Digestive Tonic is a favorite of travelers and expecting women to keep one's breakfast where it belongs. Multi-use formula to support digestive health and calm an occasional upset stomach.

INGREDIENTS

Fresh Ginger root, Dry Ginger root, Fennel seed, Catnip herb, Peppermint leaf, Vegetable Glycerin, Distilled Water, and Organic Grain and/or Cane Alcohol (10% or less)

SIZES

2, 4
FL OZ

LIVER FORMULA

Your liver does a lot for you, including filtering your blood and removing and detoxifying metabolic waste products and environmental toxins. Your liver also plays a role in hormone balance, manufacturing of proteins, blood sugar control, digestion of fats and fat-soluble vitamins A, D, E, and K. If your liver is weak, overloaded, and congested, it cannot do any of its jobs well. Liver formula is designed to support normal healthy liver function so your liver can keep working at peak performance.

INGREDIENTS

Milk Thistle seed, Fresh Dandelion root & leaf, Fresh Turmeric root, Oregon Grape root, Fresh and dry Artichoke leaf, Yellow Dock root, Prickly Ash bark, Organic Grain and/or Cane Alcohol, Distilled Water, Organic Apple Cider Vinegar, Vegetable Glycerin

SIZES

2, 4
FL OZ

PARA-CLEANSE

Green Black Walnut hull is the kingpin of this formula used to cleanse the colon. Digestive Bitters may be used with Para-Cleanse to enhance healthy bowel function. The Fennel seed helps to prevent gas and tummy discomfort. Note: Appropriate dose is determined by weight. 1 dropper per 60 lb.



INGREDIENTS

Fresh Green Black Walnut hull, Fresh and dry Sage leaf, Wormwood herb, Papaya leaf, Clove bud, Fennel seed, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4, 8
FL OZ

ALLERGEN INFORMATION: CONTAINS BLACK WALNUT HULL.

SLIPPERY ELM COMPOUND

Exciting new suspension product combines slippery elm bark powder with other herbs that support normal digestive function and a healthy digestive tract. When mixed with water the suspended slippery elm bark powder absorbs the water and becomes characteristically thick and mucilaginous (slimy). One teaspoon of Slippery Elm Compound makes 4 teaspoons of slippery goodness your throat and digestive tract will love.



INGREDIENTS

Slippery Elm bark powder, Licorice root, Fenugreek seed, Calendula flower, Orange peel, Ginger root, Cinnamon bark, Clove bud, Distilled Water, Vegetable Glycerin, Organic Wild Flower Honey, Organic Grain and/or Cane Alcohol, Organic Apple Cider Vinegar, Omega 3 Blend (oregano extractive, flaxseed extractive, plum extractive).

SIZES

8
FL OZ

YEAST/CANDIDA

A thoughtful combination of favorite herbs used to support normal balance of the microbiota and yeast in the mouth, intestines, and genitourinary tracts.

INGREDIENTS

Pau D' Arco bark, Cat's Claw bark, Fresh Spilanthes herb, Barberry root, Oregano leaf, Usnea lichen, Licorice root, Clove bud, Organic Grain and/or Cane Alcohol, Distilled Water, Vegetable Glycerin, Organic Apple Cider Vinegar (less than 2%)

SIZES

2, 4
FL OZ

In addition to the great formulas on these pages for supporting digestive health, take a look at the single extracts on page 25.

Catnip, Chamomile, Cinnamon, Clove, Dandelion root, Elecampane, Fenugreek, Ginger, Hyssop, Lemon Balm, and Orange peel are a few that support a healthy and happy digestive system.



NERVOUS SYSTEM

Nerves are the highways for the electrochemical messages of the nervous system. Herbal nervines nourish the nerve cells and support normal healthy function of the whole system so your body can relax and respond to various stressors in healthy ways.

BRAIN RE-FRESH

Clear the mental fog with this thoughtful combination of herbs to promote clear thinking and healthy brain function. Brain Re-Fresh contains herbs known as brain tonics which may support normal blood flow to the brain.

INGREDIENTS

Ginkgo leaf, Fresh Gotu Kola herb, Fresh Bacopa herb, Fresh Holy Basil herb, Rosemary leaf, Fresh Ginger root, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ

CALM/NERVE

Need some mellowing? Reach for our Calm/Nerve, a combination of nine herbs used to nourish and support a healthy nervous system during times of stress. The herbs in Calm/Nerve are tinctured fresh to bring you a superior tincture.

INGREDIENTS

Fresh Milky Oat seed, Fresh Skullcap herb, Fresh Wild Lettuce herb, Fresh Passionflower herb, Fresh Lemon Balm herb, Fresh Valerian root, Fresh Catnip herb, Fresh Black Cohosh root, Fresh Lobelia herb in seed, Organic Grain and/or Cane Alcohol, Distilled Water, Vegetable Glycerin, and Organic Apple Cider Vinegar

SIZES

2, 4
FL OZ

J. KLOSS'S ANTI-SPAS

Jethro Kloss's classic formula of nervines and circulatory stimulants has stood the test of time as a helpful nervous system tonic to support optimal muscle tension and nerve health. We use mostly fresh herbs in this formula to bring you a superior product.

INGREDIENTS

Fresh Skullcap herb, Fresh Black Cohosh root, Fresh Skunk Cabbage root, Fresh Lobelia herb in seed, Myrrh gum resin, Fresh Cayenne fruit, Organic Grain and/or Cane Alcohol, Distilled Water, Vegetable Glycerin, and Organic Apple Cider Vinegar

SIZES

2, 4
FL OZ

NATURAL SLEEP

Rather than counting sheep, take a couple droppers of Natural Sleep after supper and before bed. Natural Sleep is formulated with herbs to support a relaxed and restful mind and body and relieve occasional restlessness.



INGREDIENTS

Fresh Milky Oat seed, German Chamomile flower, Fresh Passionflower herb, Fresh Lemon Balm herb, Fresh Catnip herb, Lavender flower, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ



URINARY TRACT

Though often overlooked healthy urinary system function is crucial for homeostasis and elimination of waste. Take care of your kidneys and urinary tract and they will return the favor by taking care of you.

KIDNEY/BLADDER

Popular blend of 11 herbs used to support normal kidney, bladder, and urinary tract function. The cornsilk, parsley, burdock, and goldenrod are all grown or wildcrafted on our farm and processed fresh.

INGREDIENTS

Fresh Corn silk, Fresh Parsley leaf & root, Fresh Goldenrod herb, Hydrangea root, Fresh Burdock root, Stinging Nettle leaf, Juniper berry, Fresh Pipsissewa herb, Uva Ursi leaf, Horsetail herb, Usnea lichen, Organic Grain and/or Cane Alcohol, Distilled Water, Vegetable Glycerin, and Organic Apple Cider Vinegar

SIZES

2, 4
FL OZ

STONE BREAKER COMPOUND

Proprietary formula designed to support kidney and urinary tract health. Stone Breaker Compound is used to support normal elimination of metabolic wastes.

INGREDIENTS

Stone Breaker herb (*Phyllanthus*), Fresh Parsley leaf & root, Celery seed, Hydrangea root, Fresh Goldenrod herb, Organic Grain and/or Cane Alcohol, Distilled Water, and Organic Apple Cider Vinegar (less than 1%)

SIZES

2, 4
FL OZ



ENDOCRINE

Endocrine organs produce hormones, or chemical messengers, which direct the function of other glands and tissues throughout the body. Adrenal glands produce cortisol, epinephrine, and norepinephrine, which are commonly known as the stress and fight or flight hormones, respectively. Your pancreas produces insulin and glucagon, which regulate blood sugar, and the thyroid produces thyroid hormones, which regulate metabolism and more.

ADRENAL SUPPORT

Tired and stressed out? Give your adrenals a lift and improve your daily energy levels with Adrenal Support. Adrenal Support contains herbs known as adaptogens, which support your body's stress response, nervines which nourish the nervous system, and alternatives which support healthy elimination of toxins.

Strong and healthy adrenal glands are important to help your body respond to stress and maintain balance. The hormones produced by the adrenals affect all of the major body processes, including digestion, blood sugar regulation, and the immune system, which support your body in maintaining normal and healthy responses to stressors.

INGREDIENTS

Fresh Milky Oat seed, Schisandra berry, Fresh Holy Basil herb, Eleuthero root, Licorice root, American Ginseng root and leaf, Ginger root, Distilled Water, Organic Grain and/or Cane Alcohol, and Vegetable Glycerin

SIZES

2, 4
FL OZ

SUGAR BALANCE

Custom blend of cleansing and nourishing herbs to support normal pancreatic function and healthy blood sugar levels. Show your pancreas some love by lowering your sugar and refined carbohydrate intake and taking Sugar Balance.

INGREDIENTS

Fresh Bitter Melon fruit, Fresh Dandelion root & leaf, Devil's Club root bark, Fresh Holy Basil herb, Juniper berry, Fenugreek seed, Cinnamon bark, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ

THYROID SUPPORT (formerly Thryo-Stim)

Thyroid hormones secreted by the thyroid direct energy use, oxygen consumption, and growth and development of practically every cell in your body. If you're feeling tired and lacking energy, your thyroid might appreciate some attention. Thyroid Support is a combination of tonic herbs rich in nutrients that nourish and support healthy thyroid and HPA axis function. The endocrine organs of the HPA axis (Hypothalamus/Pituitary/Adrenal) direct and support healthy thyroid function.

Warning: Do not take with thyroid medication. Do not use this formula if you have a hyper-thyroid (over-active) condition.

INGREDIENTS

Stinging Nettle leaf, Fresh Bacopa herb, Ashwaghandha root, Bladderwrack thallus, Guggul gum resin, Prickly Ash bark, Distilled Water, Organic Grain and/or Cane Alcohol, Vegetable Glycerin, and Organic Apple Cider Vinegar.

SIZES

2, 4
FL OZ

For additional endocrine support, check out the following single herb extracts on page 25.

Ashwaghandha, Bacopa, Bladderwrack, Chaste Tree, Dandelion root, Eleuthero, Fenugreek, Ginseng, Gotu Kola, Holy Basil, Licorice, Milky Oat, Reishi, Rhodiola, Saw Palmetto, and Schisandra





MUSCULOSKELETAL

When the tissues that hold us together, allow us to move, and give our body structure – muscles, tendons, joints, bones, and more aren't happy we sure feel it. On this page you'll find formulas to support an active healthy lifestyle and promote musculoskeletal comfort.

BONE & TISSUE CONNECT

Designed to support healthy bones, muscles, cartilage, ligaments, tendons, and other connective tissue this is a formula for every active and/or accident prone family's herbal cabinet. Bone & Tissue Connect includes herbs that support the key body systems that play a role in connective tissue health — circulatory, nervous, endocrine, lymphatic, urinary, and immune to have you smiling and back on your feet in record time.



INGREDIENTS

Horsetail herb, Alfalfa herb, Oat straw, Stinging Nettle leaf, Marshmallow root, Yarrow herb, Fresh Skullcap herb, Fresh and dry Solomon's Seal root, Fresh and dry Mullein root, Fresh and dry Teasel root, Epimedium herb, Fresh Dandelion leaf and root, Mullein leaf, Orange peel, Prickly Ash bark, Ginger root, Distilled Water, Organic Grain and/or Cane Alcohol, Vegetable Glycerin, Apple Cider Vinegar, and Omega 3 Blend (oregano extractive, flaxseed extractive, plum extractive)

SIZES

4, 8
FL OZ

HARD KNOCK DROPS

Even Humpty-Dumpty fell down and bumped his crown. When you need to call in all of the King's horses and all of the King's men, reach for our Hard Knock Drops. This custom blend is formulated for the relief of minor pain. Please note that this formula is not a substitute for emergency medical care. Sometimes, we all need a little help putting ourselves back together again.

INGREDIENTS

St. John's Wort flowering tops, Calendula flower, Fresh Turmeric root, Arnica flower, Organic Grain and/or Cane Alcohol, and Distilled Water

SIZES

2, 4
FL OZ

HERB CALC

A delightful combination of tonic herbs generally known to contain a broad spectrum of minerals with a pinch of ginger to stimulate healthy digestion makes up our Herb Calc formula. Herbs in this formula are famous for nourishing a healthy nervous system and musculoskeletal system.

INGREDIENTS

Stinging Nettle leaf, Horsetail herb, Oat straw, Alfalfa herb, Skullcap herb, Chamomile flower, Red Clover flower, Ginger root, Vegetable Glycerin, Distilled Water, Organic Grain and/or Cane Alcohol (10% or less), and Organic Apple Cider Vinegar

SIZES

2, 4, 8
FL OZ

JOINT HEALTH

For minor aches and occasional musculoskeletal discomfort, reach for Joint Health, a custom blend of herbs to promote joint, tendon, ligament, and muscle health.

INGREDIENTS

Fresh Turmeric root, Fresh Teasel root, Willow bark, Japanese Knotweed root, Burdock root, Guggul gum resin, Prickly Ash bark, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ

Other Natural Hope Herbal products for musculoskeletal health include:

Formulas – J. Kloss's Anti-Spas, Calc Tea

Singles – Black Cohosh, Cramp Bark, Goldenrod, Mullein Root, Passionflower, Skullcap, St. John's Wort, Teasel Root, Valerian

Topicals – Complete Tissue Salve and Soak, Deep Tissue Oil and Salve, Arnica Oil, Arnica & St. John's Wort Oil and Salve.

OUR PROMISE TO YOU

All of our products are made with naturally grown, certified organic, and wildcrafted herbs.





RESPIRATORY

We use our respiratory system to exchange carbon dioxide for oxygen, or in simpler terms, breathe. If the lungs and airways are obstructed with mucus, coughing is a protective reflex to clear them so oxygen exchange is not blocked. Our herbal formulas are designed to support normal healthy function of the immune and respiratory systems.

ALLER-OUT

Ragweed in a formula for sinus health? Yes! You may be surprised that the same plant that is responsible for many people's miserable allergic reactions is the key herb in this formula. The ragweed herb is harvested before it flowers so there is no pollen in the tincture. Carry this formula around in your pocket and make sure to stop and smell the roses!

INGREDIENTS

Fresh Ragweed herb, Fresh Stinging Nettle leaf, Schisandra berry, Fresh Turmeric root, Fennel seed, Echinacea angustifolia root, Fresh Echinacea purpurea root, Osha root, Organic Grain and/or Cane Alcohol, Distilled Water, Vegetable Glycerin, and Organic Apple Cider Vinegar

SIZES

2, 4
FL OZ

RESPIRATORY AID

Popular blend of traditional herbal favorites to support healthy lung and immune function. Try it and find out for yourself why people love this bitter and pungent formula for supporting a healthy respiratory system.

INGREDIENTS

Mullein leaf, Red Clover flower, Fenugreek seed, Fennel seed, Fresh Plantain leaf, Thyme leaf, Fresh and dry Horehound herb, Fresh Horseradish root, Licorice root, Vegetable Glycerin, Distilled Water, and Organic Grain and/or Cane Alcohol (10% or less)

SIZES

2, 4, 8
FL OZ

WILD CHERRY COMPOUND

A potent blend of herbs with a reputation of soothing and calming the respiratory system. Similarly to the children's tasty version wild cherry bark is the signature herb of this formula. In this adult version we included a few strong tasting herbs for maximal strength rather than mild flavor.

INGREDIENTS

Wild Cherry bark, Red Clover flower, Fresh Horehound herb, Elecampane root, Licorice root, Fennel seed, Osha root, Orange peel, Ginger root, Distilled Water, Organic Grain and/or Cane Alcohol, Distilled Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ



Herbs for Natural Hope
Herbals products are naturally grown, organic, or wildcrafted.

Herbs that are best tinctured fresh are grown on our certified organic farm or shipped overnight from organic growers and wildcrafters across the United States, to ensure the freshest herbs possible.



SINGLE HERB EXTRACTS

Our large selection of single herb extracts provides you with herbs to support the health of nearly every organ or body system. Create your own custom formulas by selecting single herb extracts or modify a formula with the addition of one or two herbs. Many of these herb extracts are also appropriate to use as simples (by themselves). In addition to our alcohol based tinctures, we offer several low-alcohol glycochol extracts.

TINCTURES

Traditional herbal wisdom and current science inform our herb specific menstrooms to bring you the unique goodness of each herb in a liquid extract. We use different combinations of organic cane alcohol, distilled water, vegetable glycerin, and organic apple cider vinegar to best extract the unique properties of each herb. Some herb compounds are best extracted with a high alcohol menstroom and the properties of other herbs best extracted with a low-alcohol solution as their compounds are water soluble and destroyed by a high alcohol menstroom. Alcohol concentration in our alcohol based tinctures ranges from 28-75%.

American Ginseng Root	Clove Bud	Kava Root	Rosemary Herb
Andrographis Herb	Cramp Bark	Lemon Balm Herb	Sage Leaf
Ashwaghandha Root	Dandelion Leaf	Licorice Root	Saw Palmetto Berry
Astragalus Root	Dandelion Root	Lobelia Herb	Schisandra Berry
Bacopa Herb	Dong Quai Root	Lomatium Root	Shepherd's Purse Herb
Barberry Root	Echinacea Compound	Maitake Mushroom	Shiitake Mushroom
Bayberry Root	Elecampane Root	Milk Thistle Seed	Skullcap Herb
Black Cohosh Root	Eleuthero Root	Milky Oat Seed	Solomon's Seal Root
Bladderwrack Seaweed	Fennel Seed	Motherwort Herb	Spilantes Herb in flower
Blue Cohosh Root	Fenugreek Seed	Mullein Leaf	St. John's Wort Herb
Blue Vervain Herb	Feverfew Herb	Mullein Root	Sweet Wormwood Herb
Burdock Root	Garlic Clove	Myrrh Resin	Teasel Root
Burdock Seed	Ginger Root	Nettle Leaf	Thyme Leaf
Calendula Flower	Ginkgo Leaf	Nettle Root	Turkey Tail Mushroom
California Poppy	Goldenseal Root & Leaf	Nettle Seed	Turmeric Root
Catnip Herb	Gotu Kola Herb	Orange Peel	Usnea Lichen
Cat's Claw Bark	Green Black Walnut Hull	Oregon Grape Root	Uva Ursi Leaf
Cayenne	Hawthorn Berry	Oregano Leaf	Valerian Root
Celery Seed	Holy Basil Herb	Passionflower Herb	Violet Leaf
Chaga Mushroom	Hops Strobiles	Pau D'Arco Bark	Wild Cherry Bark
Chamomile Blossom	Horehound Herb	Plantain Leaf	Wild Lettuce Herb
Chaste Tree Berry	Horsetail Herb	Red Clover Blossom	Wild Yam Root
Chickweed Herb	Hydrangea Root	Red Root	Yarrow Herb in flower
Cinnamon Bark	Hyssop Herb	Reishi Mushroom	Yellow Dock Root
Cleavers Herb	Juniper Berry	Rhodiola Root	

GLYCOHOL EXTRACTS

(LOW-ALCOHOL)

Glycohols are unique low-alcohol extracts that use approximately 50% glycerin and 10% alcohol to extract the goodness of the herb. The small percentage of alcohol improves extraction of the glycerin based extract. The alcohol also helps to stabilize the extract and prevent bacteria from growing.

Alfalfa Herb
 Bilberry Berry
 Black Walnut Hull
 Elder Berry
 Marshmallow Root
 Olive Leaf
 Peppermint Leaf
 Raspberry Leaf
 Wormwood Herb



HERBAL TEAS

One of the oldest, simplest, and most cost effective ways to use herbs, loose-leaf herbal teas have stood the test of time. To make tea, just pour hot water over the herbs, let them steep 10-30 minutes, strain, sweeten with honey if desired, and enjoy. The general rule of thumb is one teaspoon herb to one cup of water. Teas can be used in other ways besides drinking. Please note that two of our tea blends are not intended for internal use.

B-WELL TEA

A cup or two of B-Well tea is better than an apple a day to keep the doctor away. This nourishing blend of herbs nourishes your body and supports normal immune system function.

INGREDIENTS

Red Raspberry leaf, Peppermint leaf, Alfalfa leaf, Stinging Nettle leaf, Yarrow herb, and flower

PACKAGE SIZE

4 OZ

BLACK WALNUT TEA

Similar to the Dental formula, this simple blend of cut herbs is designed to support healthy teeth and gums.

INGREDIENTS

Marshmallow root, Plantain leaf, Black Walnut Hull, and Anise seed

PACKAGE SIZE

4 OZ

BRAIN RE-FRESH TEA

Clear the fog with this tasty blend of traditional brain tonics that support healthy blood circulation to the brain.

INGREDIENTS

Gotu Kola leaf, Peppermint leaf, Tulsi/Holy Basil herb, Lemon Balm herb, Lemon Grass leaf, Ginkgo leaf, Rosemary leaf, Orange peel, Ginger root, Cinnamon bark, and Stevia leaf

PACKAGE SIZE

4 OZ

CALC TEA

A simple blend of nourishing herbs rich in minerals to support healthy teeth, bones, and hair. To extract the most minerals, allow the tea to steep 6-8 hours. Steeping for a shorter time will result in a better tasting tea.

INGREDIENTS

Horsetail herb, Stinging Nettle leaf, Oat straw, and Lobelia herb

PACKAGE SIZE

4 OZ

HAPPY DAYS TEA

Bring some herbal sunshine into the dark days of winter with a cup or two of Happy Days tea.

INGREDIENTS

St. John's Wort flowering tops, Lemon Balm herb, Tulsi/Holy Basil herb, Chamomile flower, Linden leaf and flower, Rosemary leaf, Damiana herb, Rose petals, Calendula flower, and Stevia leaf

PACKAGE SIZE

4 OZ

MILK PLUS TEA

Nourishing blend of nutrient-rich herbs traditionally used to support a nursing mother. Tastes good enough to easily drink the recommended 2-4 cups a day.

INGREDIENTS

Marshmallow root, Fennel seed, Alfalfa leaf, Stinging Nettle leaf, Chamomile flower, Anise seed, Oat straw, Lemon balm herb, Blessed Thistle herb, Fenugreek seed, and Stevia leaf

PACKAGE SIZE

4 OZ

MOMMA 2B TEA

Nourishing herbs to support a healthy momma during pregnancy. Mineral rich herbs, along with rest, good food, and gentle exercise have traditionally been used to support healthy pregnancy and labor. Best used on a daily basis – many women drink a quart per day.

INGREDIENTS

Red Raspberry Leaf, Stinging Nettle leaf, and Alfalfa Leaf

PACKAGE SIZE

4 OZ

All herbs used in our herbal tea blends are certified organic or ethically wildcrafted.



RESPIRATORY TEA

What's better than a cup of tea when you're feeling under the weather? A cup or two of Respiratory Tea. Enjoy this minty tea with herbs traditionally used to support healthy lung and respiratory tract function.

INGREDIENTS

Peppermint Leaf, Oregano leaf, Mullein Leaf, Plantain Leaf, and Red Clover Blossoms

PACKAGE SIZE

4 OZ

SWEET DREAMS TEA

Enjoy a cup or two of Sweet Dreams tea to relax and ease your passage into the land of dreams.

INGREDIENTS

Chamomile flower, Lemon Verbena herb, Milky Oat tops, Passionflower herb, Lemon Balm herb, Linden flower and leaf, Lavender flower, and Stevia leaf

PACKAGE SIZE

4 OZ

THROAT SOOTHE TEA

Sweet blend of moistening and soothing herbs brings comfort and rest as it supports healthy lungs and throat.

INGREDIENTS

Marshmallow root, Wild Cherry bark, Fennel seed, Licorice root, Orange peel, Ginger rhizome, Lemon peel, and Cinnamon bark

PACKAGE SIZE

4 OZ

TUMMY SOOTHE TEA

Delicious blend of herbs traditionally used to support healthy digestion. Tummy Soothe Tea can be enjoyed on a daily basis by every member of the family.

INGREDIENTS

Lemongrass herb, Peppermint leaf, Fennel seed, Chamomile flower, Lemon Balm herb, Catnip herb, Orange peel, Ginger rhizome, and Licorice root powder

PACKAGE SIZE

4 OZ

COMPLETE TISSUE SOAK

Dr. Christopher, a naturopath and herbalist of the 19th century, combined these herbs to make a soak for one of his clients. Since then this well-loved combination of herbs has been used to help support healthy bones, ligaments, tendons, muscles, and other connective tissues.

Directions: Put 1 cup of the dried herbs in 2 quarts of cold water. Heat until boiling, reduce heat, and simmer 20 minutes. Steep (let it sit) for 20-60 minutes. Strain through a sieve or cloth. Add hot or cold water to bring temperature to pleasantly hot for soaking.

INGREDIENTS

White Oak bark, Comfrey root, Marshmallow root, Mullein leaf, Black Walnut hull, Gravel root, Wormwood herb, Skullcap herb, Lobelia herb, and Slippery Elm bark

PACKAGE SIZE

8 OZ

Warning: Do not use internally. Pyrrolizidine alkaloids in Comfrey and Gravel Root may cause veno-occlusive disease a silent and fatal liver disease with no known cure.

HERBAL SITZ BATH

Looking for a practical herbal gift that says "I care" for a new mother? Bless your friend with a bag of Herbal Sitz Bath.

Directions: Bring 2 quarts water to boiling. Add approximately 2 cups of the herb blend to the hot water or pour the hot water over the herbs. Let sit covered for one hour. Strain and pour into a sitz bath or small tub. Add water to bring to desired level and temperature. Bath should be comfortably hot.

INGREDIENTS

Plantain leaf, Yarrow herb in flower, Sage leaf, Calendula flower, St. John's Wort flower, Witch Hazel leaf, Lavender flower, Rosemary leaf, Comfrey root powder, and Pink Himalayan Salt

PACKAGE SIZE

8 OZ

Not for internal use.

TOPICAL HERBALS

HERBAL INFUSED OILS,
SALVES, SPRAYS, & POWDER

In addition to taking herbs internally, herbs can also be applied to the skin. The skin is our body's largest organ and what we put on it is absorbed into the body. For this reason you won't find any synthetic additives or preservatives in any of our topical herbal products. Herbal salves are simply herbal infused oils thickened to a spreadable consistency with beeswax. Many of our herbal oils and salves contain rosemary leaf and/or vitamin E oil to protect from rancidity and preserve the goodness of the herbal oil or salve. We also have two innovative sprays for times when an oil based herbal is not preferred.



SALVES

ARNICA & ST. JOHN'S WORT SALVE

Same combination of oils as the Arnica/St. John's wort oil thickened with beeswax to make an easy to apply salve.

INGREDIENTS

Organic Extra Virgin Olive Oil, St. John's Wort flowering tops, Beeswax, Arnica flower, Rosemary leaf, and Vitamin E oil (mixed tocopherols)

SIZES

1 & 4 OZ
NET WT

BURDOCK SALVE

The leaves and roots of the common Burdock, a treasure trove of herbal goodness, are combined with Mullein and Lobelia to bring you a dark gree, all-purpose salve.

INGREDIENTS

Organic Extra Virgin Olive Oil, Fresh Burdock Leaf and Root, Beeswax, Mullein Leaf, Lobelia Herb, and Rosemary Leaf

SIZES

1 & 4 OZ
NET WT

CALENDULA SALVE

Beautiful yellow-orange flowers make a golden colored salve favored by young and old alike to promote healthy looking skin.

INGREDIENTS

Organic Extra Virgin Olive Oil, Calendula Flower, Beeswax, and Rosemary Leaf

SIZES

1 & 4 OZ
NET WT

CHICKWEED & PLANTAIN SALVE

General all-purpose salve for old and young alike. Gardeners, construction workers, elderly folk, and others with rough, dry, or chapped hands like to use this salve.

INGREDIENTS

Organic Extra Virgin Olive Oil, Beeswax, Fresh Plantain leaf, Fresh Chickweed herb, Fresh Comfrey leaf, Fresh St. John's Wort flowering tops, Calendula flower, Fresh Mallow herb, Fresh Self Heal herb, and Rosemary leaf

SIZES

1 & 4 OZ
NET WT

COMFREY SALVE

A simple combination of Comfrey root and leaf with Marshmallow root make up one of our most popular salves.

INGREDIENTS

Organic Extra Virgin Olive Oil, Fresh Comfrey Leaf, Beeswax, Comfrey Root, Marshmallow Root, Vitamin E oil (mixed tocopherols), and Rosemary Leaf

SIZES

1 & 4 OZ
NET WT

COMPLETE TISSUE SALVE

Dr. Christopher, a naturopath and herbalist of the 19th century, combined these herbs to make a soak for a girl with a skin condition. Since then this combination of herbs has been used to help support healthy bones, ligaments, tendons, muscles, and other connective tissues. Deep Tissue oil or salve may be used along with Complete Tissue Salve to promote circulation and penetration.

INGREDIENTS

Organic Extra Virgin Olive Oil, Beeswax, Vitamin E Oil (mixed tocopherols), Comfrey root & leaf, Oak bark, Fresh Plantain leaf, Marshmallow root, Black Walnut hull, Mullien leaf, Gravel Root root, Wormwood herb, Skullcap herb, Lobelia herb, and Rosemary leaf

SIZES

1 & 4 OZ
NET WT

DEEP TISSUE SALVE

The same herbs and essential oils as are in Deep Tissue Oil. Can be used for the same purposes, but with less mess. Salve tends to be easier to apply, as it doesn't run off the skin or spill if the bottle is tipped.

INGREDIENTS

Herbal infused oils of St John's Wort flower, Calendula flower, Arnica flower, Ginger root, Cayenne fruit (Organic Extra Virgin Olive Oil, above herbs and Rosemary leaf); Beeswax, Menthol Crystals, Wintergreen Essential Oil, and Peppermint Essential Oil

SIZES

1 & 4 OZ
NET WT

GARLIC SALVE

Made with fresh garlic, gently-infused in organic olive oil, and lightly scented with lavender essential oil. Can be rubbed on chest, back, and soles of feet.

INGREDIENTS

Organic Extra Virgin Olive Oil, Fresh Organic Garlic bulb, Beeswax, Organic Rosemary leaf, and Organic Lavender Essential Oil

SIZES

1 & 4 OZ
NET WT



HAPPY BOTTOMS BALM

Gentle herbs infused in olive oil and combined with coconut oil and beeswax make up this lovely lavender-scented salve to support healthy looking skin.

INGREDIENTS

Organic Extra Virgin Olive Oil, Beeswax, Coconut Oil, Fresh Chickweed Herb, Calendula Flower, Comfrey Root, Yarrow Herb, Lavender Flower, Rosemary Leaf, Marshmallow Root, and Lavender Essential Oil

SIZES

1 & 4 OZ
NET WT

HERBAL BLACK SALVE

Pine Tar is the key ingredient that gives this old timey salve its dark brown color and unique odor.

INGREDIENTS

Organic Tallow, Organic Extra Virgin Olive Oil, Beeswax, Pine Tar, Fresh Plantain leaf, Chapparral herb, Fresh Chickweed herb, Comfrey Root, Marshmallow Root, Barberry root, Lobelia herb, Red Clover blossom, Mullein leaf, Fresh Poke root, and Rosemary leaf

SIZES

1 & 4 OZ
NET WT

SPRAYS

CLEAN SKIN SPRAY

Herbal alternative to hydrogen peroxide in a handy spray bottle. Clean Skin can be sprayed on directly or diluted in a wash. A gauze pad can be soaked with the tincture and applied to the area for continual application.

INGREDIENTS

Liquid Extracts: Plantain leaf, Oregon Grape root, Spilanthes herb in flower, Calendula flower, Myrrh resin, Wild Indigo herb.

Other Ingredients in the liquid extracts: Organic Grain Alcohol, Distilled Water, Vegetable Glycerin, and Organic Apple Cider Vinegar

SIZES

1 & 2
FL OZ

JEWELWEED SPRAY

The perfect product to accompany Ivy Oaky. Jewelweed, the inspiration for this formula, is one of the most popular herbs for soothing summertime rashes. To the fresh jewelweed extract we added extracts of three other well-known herbs used to support healthy skin — Burdock, Calendula, and Aloe to create a winning Jewelweed Spray that you will love.

INGREDIENTS

Liquid Extracts: Fresh Jewelweed herb, Fresh Burdock leaf, and Calendula flower

Other Ingredients in the liquid extracts: Distilled Water, Organic Cane Alcohol, and Vegetable Glycerin

Other Ingredients: Organic Aloe Vera Leaf Juice, and Organic Peppermint Essential Oil

SIZES

1 & 2
FL OZ

POWDER

PEOPLE'S PASTE POWDER

Popular combination of five herbal powders historically used to promote healthy wound healing. Powdered herbs can be put directly on or mixed with oil or water to make a paste and then applied to affected area.

INGREDIENTS

Slippery Elm inner bark powder, Comfrey root powder, Oregon Grape root powder, Bayberry root powder, Garlic bulb powder, Myrrh gum resin powder

SIZES

½ &
2 OZ
NET WT

OILS

ARNICA OIL

The cheery yellow flowers of arnica have a long history of use in Europe for minor bumps and bruises. Much of the “arnica” on the American market is not arnica, but a look-alike plant named false arnica. Natural Hope Herbals carefully selects only the true arnica species for use in products for you. This handy 1 ounce bottle makes it perfect to carry in your purse or herbal travel kit.

INGREDIENTS

Organic Extra Virgin Olive Oil, Arnica flower, Rosemary leaf, and Vitamin E oil (mixed tocopherols)

SIZES

1 FL OZ

ARNICA & ST. JOHN'S WORT OIL

Combination of Arnica and St. John's Wort oil with Rosemary and Vitamin E oil added to help preserve the oil. Often when you want Arnica, St. John's wort is helpful too and vice versa. This simple combination comes in a 1 ounce bottle making it perfect for the purse or first aid kit.

INGREDIENTS

Organic Extra Virgin Olive Oil, St. John's Wort flowering tops, Arnica flower, Rosemary leaf, and Vitamin E oil (mixed tocopherols)

SIZES

1 FL OZ

DEEP TISSUE OIL

Popular warming massage oil for the relief of minor muscle discomfort. We make our Deep Tissue Oil by infusing olive oil with the herbs and then adding wintergreen oil, peppermint oil, and menthol crystals to create a concentrated product.

Warning: do not apply to broken skin, mucous membranes, face, or other sensitive areas. Will burn sensitive tissue.

INGREDIENTS

Herbal infused oils of St John's Wort flower, Calendula flower, Arnica flower, Ginger root and Cayenne fruit (Organic Extra Virgin Olive Oil, above herbs and Rosemary leaf); Menthol Crystals, Wintergreen Essential Oil, and Peppermint Essential Oil

SIZES

1 & 2
FL OZ

MULLEIN GARLIC OIL

Olive oil infused with Garlic, Mullein flowers, Calendula and St. John's Wort flowers comprise the base of this gentle formula. Rosemary leaf and Vitamin E oil are added to help preserve the herbal oil. To use, drop 2-3 drops of warm oil in each ear. To warm the oil, hold dropper pointed down under hot running water. Be careful that the oil is warm, not hot. Dry outside of dropper before putting back in bottle.

INGREDIENTS

Organic Extra Virgin Olive Oil, Fresh St. John's Wort flowering tops, Fresh Garlic cloves, Mullein flowers, Calendula flowers, Vitamin E oil (mixed tocopherols), Rosemary leaf, and Organic Lavender Essential Oil

SIZE

1 FL OZ

ST. JOHN'S WORT OIL

The lovely yellow flowering tops of St. John's Wort, when infused, make a beautiful red oil which has a long history of traditional herbal use in Europe and the U.S. St. John's Wort oil can be rubbed on to the skin and is intended only for external use.

INGREDIENTS

St. John's Wort flowering tops infused in Organic Extra Virgin Olive Oil; Rosemary leaf and Vitamin E oil (mixed tocopherols) added as stabilizers.

SIZE

1 FL OZ



INTERESTED IN BUYING OUR PRODUCTS?

Look for Natural Hope Herbals products at your local health food store. If you cannot find our products locally contact us for a mail order retailer who will ship products to you. Or better yet, ask your local health food store to carry your favorite Natural Hope Herbals products.

Attention

STORE OWNERS, MIDWIVES, & PRACTITIONERS

Are you looking for quality herbals, popular products, healthy margins, and great store support?

Partner with us!

Contact us today for your **FREE** wholesale packet with a variety of sample products for you to try. We are confident you and your customers will love these herbal products.

Call today at 717-692-5100
email info@naturalhopeherbals.com
or

write us at 670 Phillips Rd,
Millersburg, PA 17061

PARTICIPATE IN OUR 2019 REFERRAL REWARD PROGRAM

Here is how it works in 5 easy steps.

1

Think of a store you see as a good fit for selling Natural Hope Herbals products.

2

Contact us with the store name, number and address.

3

We will contact the store and if they are interested and qualify we will send them a "Wholesale Information Packet" which includes a variety of free products.

4

If the store places their first wholesale order within 6 months from when you first gave us their information we will contact you.

5

You get to pick five, 4 oz products of your choice and we mail them to you completely **FREE** as your referral reward!



NATURAL HOPE
HERBALS®

BECAUSE "WE CARE"

WE CARE about continuous improvement and not taking any shortcuts in producing herbal products. WE CARE about only using high quality ingredients and manufacturing in a professional facility. WE CARE about FDA compliance through GMP (good manufacturing practices), our impact on the environment and ethical business practices.

We support the following organizations efforts to preserve plants, educate, and establish high standards for herbal product manufacturing



Echinacea purpurea in bloom at the Natural Hope Herbals herb farm.

