



HERBAL *Product* GUIDE

2023



• GOOD HERBS *for* GOOD HEALTH •



The Natural Hope Herb Farm

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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.

MADE IN OUR FACILITY

The Natural Hope Herbals facility is located in the beautiful Lykens Valley in Millersburg, Pennsylvania. All of our extracts, salves and teas are made in-house, by our team of herbal enthusiasts who are mixing, pressing, testing and bottling herbal products daily.

HERBS GROWN ON OUR FARM

The Natural Hope Herb Farm is located just 15 miles from our facility in the remote valley of Klingerstown. On a typical summer day, our herb farm crew is busy planting, weeding, or harvesting vibrant fresh herbs and preparing them for extraction.

In addition to growing our own herbs on the farm, we partner with a variety of wild crafters, growers, and suppliers to provide us with superior fresh and dried herbs. The quality of our finished products reflect the high standard of herbs we select for use and the meticulous care taken during the extraction process.

GOOD MANUFACTURING PRACTICES

From herb to bottle, our products are made following Good Manufacturing Practices (GMP). High quality herbs, careful attention to detail, and many quality control checkpoints (from raw herb to final product) ensure amazing herbal products that your family can use with confidence.

STEWARDS OF SUSTAINABLE PRACTICES

As stewards of both the land and its resources, we care about the sustainability and conservation of the precious herbs we use. Regenerative farming practices are applied through our farming methods, for both soil building and plant health. We support the mission of United Plant Savers and are careful in our use of at-risk herbs.

FROM OUR FAMILY TO YOURS

We invite your family to experience Gods gift of herbs. In this *Product Guide* you will find over 200 high-quality, herbal products. Find these products at many health and food retail stores, order by calling 717 692-5100, or visit us online at www.naturalhopeherbals.com

*Blessings in health,
The Natural Hope Herbals family*

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

Does Your Health *Need a Boost?*

Natural Hope Herbals offers a wide selection of herbal products for your family!

TASTY FORMULAS

Tasty Attention
Tasty Bowel Reg
Tasty Calm
Tasty Dental Formula
Tasty Dry Bed
Tasty Echinacea
Tasty Elderberry Immune
Tasty Herb Calc
Tasty ParaCleanse
Tasty Natural Sleep
Tasty Temp Support
Tasty Wild Cherry Comp.
Tiny Tummy Calm

IMMUNE SYSTEM

Adapto-Munity
Echinacea Compound
Echinacea Goldenseal
Echinacea Plus
Ech-N-Elder
New! Elderberry 2.5X
Concentrate Syrup
Elderberry Honey Syrup
Immune Stim
Ivy Oaky
Lymph Move
Mushroom Immune
Super Tonic
Throat & Tonsil
Throat & Tonsil Spray
Herbal Throat Spray

EXTRACTS

RESPIRATORY

Aller Out
Respiratory Aid
Wild Cherry Honey Syrup

HEMP WELLNESS

D-Stress with Hemp
Full Spectrum Hemp
Hemp Shield Oil
Hemp Shield Salve

NUTRITION

Apple Cider Vinegar

ENZYMES

Digest-a-core
Enzym-a-core

ORAL HEALTH

Dental Formula
Healthy Gums
Dental Formula Spray
Fresh Breath Spray

DIGESTION & ELIMINATION

7-Day Bowel Cleanse Kit
Bowel Stim #1
Bowel Stim #2
Digestive Bitters
Digestive Tonic
7-Day Liver Cleanse Kit
Liver Formula
ParaCleanse

Slippery Elm Compound
Yeast/Candida
Digestive Bitters Spray

URINARY TRACT

Kidney/Bladder
7-Day Kidney Cleanse Kit
Stone Breaker Compound

NERVOUS SYSTEM

Brain ReFresh
Calm/Nerve
J. Kloss's AntiSpas
Natural Sleep

ENDOCRINE

Adrenal Support
Sugar Balance
Thyroid Support

MALE HEALTH

Men's Energy
Prostate Health

FEMALE HEALTH

Brighter Mornings
Crampbark Compound
Full Term
Herbal Iron Syrup
Ladies Formula
Milk Plus
Ninth Month
Shepherd's Purse Compound

*Most products are available in 2 oz. &
4 oz., a select few also available in a
family sized 8 oz.*

SALVES

OILS



WHERE CAN I PURCHASE NATURAL HOPE HERBALS PRODUCTS?

If you cannot find a product at your local store ask them to consider stocking the item, or you can purchase the item directly from Natural Hope Herbals. To place an order or for questions call, 717-692-5100 or visit our website at www.naturalhopeherbals.com.

CARDIOVASCULAR

Healthy Veins
Heart

MUSCULOSKELETAL

Bone & Tissue Connect
Hard Knock Drops
Herb Calc
Joint Health

HERBAL TEAS & SOAKS

Moringa-Mint Tea
Indian Spiced Chai
Russian Friendship Tea
Imm-Uni-Tea
Tea Canister Refill Bags
Anxi-a-Tea
Be Well Tea
Black Walnut Tea
Brain ReFresh Tea
Calc Tea
Great Heart Tea

Happy Days Tea
Lemon Ginger Green Tea
Momma B Tea
Milk Plus Tea
Natural Sleep Tea
Respiratory Tea
Throat Soothe Tea
Tummy Soothe Tea
Complete Tissue Soak
Herbal Sitz Bath

HERBAL SPRAYS OILS, SALVES & POWDERS

Clean Skin Spray
Jewelweed Spray
Ivy/Oaky, Jewelweed
Spray Combo Pack
Arnica Oil
Arnica & St. John's Wort Oil
Deep Tissue Oil

Mullein Garlic Oil
St. John's Wort Oil
Arnica & St. John's Wort Salve
Herbal Black Salve
Tea Tree Herbal Salve
Three Gifts Salve
Calendula Salve
Chickweed & Plantain Salve
Comfrey Salve
Complete Tissue Salve
Deep Tissue Salve
Happy Bottoms Balm
Garlic Salve
Resp-Eze Salve
People's Paste Powder

PLUS, OVER 100 SINGLE HERB EXTRACTS

TEAS

New Product Line! NUTRITION



What's new?

THE MOST RECENT ADDITIONS TO THE NATURAL HOPE HERBALS PRODUCT LINE!

GREAT HEART TEA

LEMON GINGER TEA
SEE TEAS—PAGES 24-25

ANXI-A-TEA



ELDERBERRY 2.5X
PAGE 16

START THE NEW YEAR WITH A CLEANSE!

LIVER CLEANSE KIT
PAGE 20

BOWEL CLEANSE KIT
PAGE 18

KIDNEY CLEANSE KIT
PAGE 18



ENZYM-A-CORE

DIGEST-A-CORE

PAGE 22

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?

Concentration of the herbal tincture is dependent on the ratio of herb to menstruum (the liquid used to extract).

Conversely, the percentage of alcohol is in relation to the total liquid. For instance, a tincture containing 50% alcohol was made with a menstruum of 50% alcohol and 50% water. It does not mean 50% alcohol and 50% herb. A tincture containing 30% alcohol also contains 70% other liquid ingredients. 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.

What are Glycohols?

Our Glycohols (Glycerin + alcohol = Glycohol) are made by extracting herbs with a combination of vegetable glycerin, Purified Water and 10% or less cane 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 (i.e. California Poppy, Valerian root, Skullcap herb, Milky Oat seed, Dandelion root, and more). And if dried, they lose a lot of their beneficial qualities. We tincture these herbs fresh. For other herbs, there is little difference in quality between fresh and dried. And still others extract best if they are first dried, thus lowering the water content. Dried herbs can typically be extracted at higher concentration. When processing herbs with no compelling reason to use fresh herb, the dried herb will usually make a 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.

FREQUENTLY ASKED QUESTIONS

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 (except on Tasty formulas) are for 150 lb. adults. 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 daily.

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.

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

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 (72×0.2 or 72 divided by 5).

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. Expectant mothers are wise to limit the number of herbs they use by choosing gentle food herbs that have a history of safe use such as Nettle and Raspberry. There are however times when stronger herbs may be needed, and their use may help avoid the need for more aggressive treatment.

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. They metabolize herbs differently, with herbs often having a stronger, or different, action on babies and small children than on adults. Avoid the use of strong cleansing or anti-parasite herbs while nursing.

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 sugar cane, whenever possible. Occasionally, we use alcohol made from organically grown corn, however, 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. However, an allergic reaction to these herbs is less likely with a tincture than a capsule or tea.



Tasty FORMULAS

Our Tasty formulas are made of gentle, tonic, mild-tasting* herbs that extract well with a glycol base. Glycohols 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.

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, Chamomile flower, Fresh Bacopa herb, Cinnamon bark, Ginger root, Vegetable Glycerin, Purified Water, Organic 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 to support bowel function with carminative herbs that support digestion.

INGREDIENTS

Fresh Dandelion root & leaf, Butternut bark, Fennel seed, Licorice root, Ginger root, Vegetable Glycerin, Purified Water, Organic Cane Alcohol (10% or less), Organic Orange Essential Oil (less than 0.1%).

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, Ashwagandha root, Fresh California Poppy herb, Fennel seed, Ginger root, Vegetable Glycerin, Purified Water, Organic 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, Purified Water, Organic 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, Purified Water, Organic 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, Purified Water, Organic 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 Elderberry and other immune tonic herbs to support and maintain a healthy immune system, now with delicious orange flavor.

INGREDIENTS

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

SIZES

2, 4
FL OZ

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, Skullcap herb, Chamomile flower, Ginger root, Vegetable Glycerin, Purified Water, Organic Cane Alcohol (10% or less), Organic Apple Cider Vinegar, and Organic Orange Essential Oil (less than 0.1%)

SIZES

2,4
FL OZ

TASTY NATURAL SLEEP

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

INGREDIENTS

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

SIZES

2,4,8
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, Purified Water, Organic 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 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 Elderberry (*Sambucus nigra*) juice concentrate, Red Clover flower, Licorice root, Fennel seed, Thyme leaf, Orange peel, Ginger root, Cinnamon bark, Vegetable Glycerin, Purified Water, Organic Cane Alcohol (10% or less), and Organic Orange Essential Oil (less than 0.1%)

SIZES

2,4
FL OZ

TINY TUMMY CALM

A gentle, alcohol-free, tummy-soothing formula, especially for tiny tummies.

INGREDIENTS

Catnip leaf, Fennel seed, Chamomile flower, Lemon Balm herb, Vegetable Glycerin, Purified Water, Omega 3 Blend (oregano extractive, flaxseed extractive, plum extractive).

SIZES

2,4
FL OZ

TASTY FORMULAS SUGGESTED DOSES

(except Tasty Para-Cleanse)

WEIGHT DOSE

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

WEIGHT DOSE

90 lb. 3 droppers, 1/2 tsp. 3-4 x per day
120 lb. 4 droppers, 2/3 tsp. 3-4 x per day

DID YOU KNOW?

Historically, herbs such as butternut bark have been used to promote bowel regularity. Supportive herbs, such as dandelion, are bitter digestive aids that can support normal bile production and digestive secretions. Our Tasty Bowel Reg formula is a gentle, supportive extract containing both.



FEMALE HEALTH

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

BRIGHTER MORNINGS

This aromatic herbal blend is a supportive solution of herbs traditionally used to calm queasiness for expecting mothers. Morning Sickness may arrive early in pregnancy and subside by the second trimester or linger awhile longer. Sip some tomorrow for a "Brighter Morning".

INGREDIENTS

Catnip leaf, Chamomile flower, Fennel seed, Peppermint leaf, Fresh Ginger root, Dried Ginger root, Vegetable Glycerin, Purified Water, Organic Cane Alcohol, Organic Apple Cider Vinegar, Organic Spearmint Essential Oil (less than 0.2%).

SIZES

2, 4
FL OZ

CRAMP BARK COMPOUND

Blend of nourishing and toning herbs favored by women of all ages to soothe 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, Purified Water, Organic 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 Cane Alcohol, Purified Water, Vegetable Glycerin, and Organic Apple Cider Vinegar

SIZES

4
FL OZ

HEALTHY VEINS

Healthy Veins is a combination of vein tonic herbs used to support the healthy structure and function of the vascular system and promote normal circulation.

INGREDIENTS

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

SIZES

2, 4
FL OZ

HERBAL IRON SYRUP WITH CAMU CAMU FRUIT

Extracts of traditional herbal iron tonics, combined with organic blackstrap molasses, make Herbal Iron Syrup 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, as well as 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, Camu-camu fruit powder Vegetable Glycerin, Purified Water, Blackstrap Molasses, Organic Cane Alcohol (less than 10%), Organic Apple Cider Vinegar, and Orange Essential Oil.

SIZES

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 Cane Alcohol, Purified Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ

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. Expectant mothers are wise to limit the number of herbs they use by choosing gentle food herbs that have a history of safe use such as Nettle and Raspberry. There are however times when stronger herbs may be needed, and their use may help avoid the need for 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.

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, Fresh Skullcap herb, Alfalfa herb, Fresh Goat's Rue herb, Raspberry leaf, Fennel seed, Fenugreek seed, Chaste Tree berry. Purified Water, Vegetable Glycerin, Organic 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. 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, Purified Water, Organic Cane Alcohol, and Vegetable Glycerin

SIZES

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 Cane Alcohol, Purified 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 Clove, and Yarrow.

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 most robust tinctures 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 WITH MACA

A carefully designed tonic herbal blend chosen especially for men. It was designed to support increased stamina, endurance, and energy, especially as we deal with the natural aging process. It's also designed to support a sense of well-being and mood stability, as well as fertility and reproductive health.

INGREDIENTS

Fresh Milky Oat seed, American Ginseng root & leaf, Rhodiola root, Ashwagandha root, Maca root, Epimedium leaf, Damiana leaf, Prickly Ash bark, Peppermint leaf, Purified Water, Organic Cane Alcohol, 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 Cane Alcohol, Purified 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

Healthy Veins is a combination of vein tonic herbs used to support the healthy structure and function of the vascular system and promote normal circulation. 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 Elderberry (*Sambucus nigra*) juice concentrate, Stinging Nettle leaf, Fresh Cleavers herb, Ginger root, Fresh Stoneroot root and herb, Fresh Horse Chestnut seed, Vegetable Glycerin, Purified Water, Organic 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 Cane Alcohol, Purified Water, and Vegetable Glycerin

SIZES

2, 4
FL OZ

DID YOU KNOW?

Herbalists will often use diffusive herbs such as ginger, prickly ash, or small amounts of cayenne with herbal tonics to both increase the blood flow throughout the body and to help deliver the herbal tonics where it is needed in the body.





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

The Late 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, Purified Water, and Organic Cane Alcohol (10% or less).

ALLERGEN INFORMATION: CONTAINS BLACK WALNUT HULL

SIZES

2, 4, 8
FL OZ

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, pump 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, Purified Water, and Organic Cane Alcohol (10% or less)

ALLERGEN INFORMATION: CONTAINS BLACK WALNUT HULL

SIZES

1, 2
FL OZ

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, Clove bud, Organic Cane Alcohol, Purified Water, Vegetable Glycerin, and Organic Spearmint Essential Oil (less than 1%)

SIZES

1
FL OZ

HEALTHY GUMS

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 Cane Alcohol, Purified Water, Vegetable Glycerin, and Organic Apple Cider Vinegar.

SIZES

2, 4
FL OZ



DID YOU KNOW?

Chronic inflammation in the mouth also weakens the immune system. Our life span can actually be shortened by poor dental health.



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.

ADAPTO-MUNITY

Revitalize and energize both mind and body with fortifying herbs in times of environmental or psychological stress. Increase circulation and stamina while nourishing your respiratory, nervous system, endocrine and immune systems with this powerhouse blend.

INGREDIENTS

Fresh Holy Basil herb, Ashwagandha root, Elderberry (*Sambucus nigra*), Eleuthero root, Linden flower & leaf, Astragalus root, Fresh Glodenrod herb, American Ginseng root, Reidhi (*Ganoderma*) mushroom, Maitake mushroom, Chaga mushroom, Purified Water, Organic Cane Alcohol, Vegetable Glycerin, Organic Apple Cider Vinegar.

SIZES

2, 4
FL OZ

ECH-N-ELDER

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

INGREDIENTS

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

SIZES

2, 4
FL OZ

ECHINACEA COMPOUND

Echinacea Compound is a winning combination of *Echinacea angustifolia* root with fresh *Echinacea purpurea* root, leaf, and flowers. We harvest our *Echinacea purpurea* flowers after the seeds have formed to make a superior full-spectrum extract. Echinacea is commonly used for healthy immune and lymphatic system support.

INGREDIENTS

Fresh *Echinacea purpurea* flower and seed, Fresh *Echinacea purpurea* root, *Echinacea angustifolia* root, Fresh *Echinacea purpurea* herb. Organic Cane Alcohol and Purified Water.

SIZES

2, 4, 8
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. Ettfagh, 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 Cane Alcohol, Purified Water, Vegetable Glycerin 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 Cane Alcohol, Purified 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 elderberry 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 Elderberry (*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, Purified Water, Organic Apple Cider Vinegar, Organic Orange Essential Oil

SIZES

4, 8
FL OZ

NEW!

ELDERBERRY 2.5X CONCENTRATE SYRUP

Our Elderberry 2.5X Concentrate Syrup contains 2.5 times more elderberry than 100% pure elderberry juice. Starting with organic elderberry ultra super concentrate, we add non-gmo palm glycerin, low levels of organic cane alcohol, and organic apple cider vinegar to preserve the elderberry concentrate, as well as to make it TASTY!

INGREDIENTS

Organic Elderberry (*Sambucus nigra*) juice concentrate, Vegetable Glycerin, Organic Cane Alcohol, Organic Apple Cider Vinegar

SIZES

4, 8
FL OZ

HERBAL THROAT SPRAY

Traditional herbal wisdom dictates that we use cool and moist herbs for hot and dry conditions. 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 herb and root, Fresh *Spilanthes* herb in flower, *Echinacea angustifolia* root, Myrrh gum resin, Fresh Osha root, Cinnamon bark, Fresh Wild Indigo herb & root, Vegetable Glycerin, Organic Cane Alcohol, Purified Water, and Organic Peppermint Essential Oil (less than 1%)

SIZES

1, 2
FL OZ

IMMUNE STIM	INGREDIENTS	SIZES
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.	Andrographis herb, Organic Elderberry (<i>Sambucus nigra</i>) juice concentrate, Yarrow herb, <i>Echinacea angustifolia</i> root, Fresh <i>Echinacea purpurea</i> flower & root, Myrrh gum resin, Prickly Ash bark, Fresh Wild Indigo root and leaf, Organic Cane Alcohol, Purified Water, Vegetable Glycerin, and Organic Apple Cider Vinegar	2, 4 FL OZ
IVY OAKY	INGREDIENTS	SIZES
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.	Fresh Burdock root, Fresh Cleavers herb, Fresh Plantain leaf, Yellow Dock root, Burdock seed, Licorice root, Prickly Ash bark, Organic Cane Alcohol, Purified Water and Vegetable Glycerin	2, 4 FL OZ
LYMPH MOVE	INGREDIENTS	SIZES
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.	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 Cane Alcohol, Purified Water, and Vegetable Glycerin	2, 4 FL OZ
MUSHROOM IMMUNE	INGREDIENTS	SIZES
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.	Reishi (Ganoderma) mushroom, Turkey Tail mushroom, Maitake mushroom, Shiitake mushroom, Chaga mushroom, Purified Water, Organic Cane Alcohol, and Vegetable Glycerin	2, 4 FL OZ
SUPER TONIC	INGREDIENTS	SIZES
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.	Fresh Ginger root, Fresh Horseradish root, Fresh Garlic bulb, Fresh Onion bulb, Fresh Cayenne fruit, Organic Apple Cider Vinegar, and Himalayan Pink Salt	2, 4, 8 FL OZ
THROAT & TONSIL	INGREDIENTS	SIZES
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.	Fresh <i>Echinacea purpurea</i> flower, Fresh <i>Echinacea purpurea</i> root, Fresh Garlic bulb, <i>Echinacea angustifolia</i> root, Fresh <i>Echinacea purpurea</i> herb, Fresh Cayenne fruit, Organic Cane Alcohol, Fig Syrup (Dehydrated Fig Solids, Purified Water), Purified Water, and Peppermint Essential Oil (less than 0.2%)	2, 4, 8 FL OZ
THROAT & TONSIL SPRAY	INGREDIENTS	SIZES
Same popular formula as Throat & Tonsil in a handy spray bottle for immune system support on the go. To use, simply pump 2-3 sprays in mouth, towards back of throat, 3-4 times daily, or as needed.	Fresh <i>Echinacea purpurea</i> flower, Fresh <i>Echinacea purpurea</i> root, Fresh Garlic bulb, <i>Echinacea angustifolia</i> root, Fresh <i>Echinacea purpurea</i> herb, Fresh Cayenne fruit, Organic Cane Alcohol, Fig Syrup (Dehydrated Fig Solids, Purified Water), and Peppermint Essential Oil (less than 0.2%)	1, 2 FL OZ

In addition to these popular immune formulas, check out the Tasty formulas on page 10 and 11, Respiratory formulas on page 22, and single extracts on page 29.

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

DID YOU KNOW?

An immune amphoteric nourishes and strengthens the immune system, helping it regain its normal self-regulatory activity. Astragalus, echinacea, garlic, elderberry, and reishi are examples of immune amphoterics!





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.

7-DAY BOWEL CLEANSE KIT

7-Day Bowel Cleanse Kit was designed for total body and colon health in mind. It promotes regularity and helps eliminate excess wastes and toxins.

NEW!

INGREDIENTS

The kit includes Colon Health Tea, Flushing Formula, Digestive Bitters, Para-Cleanse, Detailed Instructions plus a handy schedule chart, and a Free Book on Detox Nutrition and Lifestyle.

BOWEL STIM #1

Bowel Stim #1 is the same tried-and-true product that we have offered for years, formerly known as "Bowel Stim." It has a blend of organic and wild-crafted herbs and bark to help soften stool and to promote regularity and healthy elimination. Its gentle design makes it safe for regular use, if needed.

INGREDIENTS

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

SIZES

2, 4
FL OZ

BOWEL STIM #2

Bowel Stim #2 is a more potent combination of bowel-stimulating organic and wild-crafted herbs. It includes all the herbs in Bowel Stim 1, though in modified ratios, plus senna seed pod and leaf, to increase the strength of action. This product is designed only for occasional use, as needed.

INGREDIENTS

cascara sagrada bark, fenugreek seed, butternut bark, dandelion root and leaf, rhubarb root, ginger root, angelica root, senna leaf and pod, Purified Water, organic 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, Purified 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, Purified Water, Vegetable Glycerin, and Organic Peppermint Essential Oil (less than 0.1%)

SIZES

1
FL OZ

DIGESTIVE TONIC

Digestive Tonic is a favorite of travelers and expectant 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, Purified 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,

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, Purified Water, and Vegetable Glycerin

SIZES

2, 4, 8
FL OZ

ALLERGEN INFORMATION: CONTAINS BLACK WALNUT HULL.

7-DAY LIVER CLEANSE KIT

Our 7-Day Liver Cleanse is designed to help your liver protect itself from daily environmental toxins and less-than-the-best diet and lifestyle choices.

NEW!

INGREDIENTS

4 oz. Liver Care Tea, 2 oz. Liver Formula, 90 cap. Enzyme-core Systemic Enzymes, 1 oz. Castor Bean Oil

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, Purified 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, Purified Water, Vegetable Glycerin, Organic Apple Cider Vinegar (less than 2%)

SIZES

2, 4
FL OZ

DID YOU KNOW?

Most sweet plants in their natural form have a bitter component as well. Sugarcane, stevia, and licorice all leave a bitter aftertaste unless they have been refined, removing the bitter component as well as most nutrients. It makes you wonder if many of our "sugar cravings" are actually a deep craving our body has for bitters.



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 Cane Alcohol, Purified 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 tintured 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 Cane Alcohol, Purified 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 Cane Alcohol, Purified Water, Organic Apple Cider Vinegar, and Vegetable Glycerin

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, Chamomile flower, Fresh Passionflower herb, Fresh Lemon Balm herb, Fresh Catnip herb, Hops strobiles, Fresh Lavender flower, Organic Cane Alcohol, Purified Water, and Vegetable Glycerin

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

Adrenal Support contains herbs known as adaptogens, which support your body's stress response, nerves which nourish the nervous system, and alternatives which support healthy elimination of toxins.

INGREDIENTS

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

SIZES

2, 4
FL OZ

SUGAR BALANCE

Custom blend of nourishing herbs to support normal pancreatic function and healthy blood sugar levels.

INGREDIENTS

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

SIZES

2, 4
FL OZ

THYROID SUPPORT

Thyroid Support is a combination of tonic herbs rich in nutrients that nourish and support healthy thyroid and HPA axis 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, Ashwagandha root, Bladderwrack seaweed, Guggul gum resin, Prickly Ash bark, Purified Water, Organic 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 29.

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



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.

7-DAY KIDNEY CLEANSE KIT

The 7-Day Kidney Cleanse was designed to nourish, soothe, and replenish kidney health and urinary system function.

NEW!

INGREDIENTS

The kit includes Kidney Rebuild Tea, Kidney/Bladder formula, and Stone Breaker formula.

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, Fresh Hydrangea root, Fresh Burdock root, Stinging Nettle leaf, Juniper berry, Fresh Pipsissewa herb, Fresh Uva Ursi leaf, Horsetail herb, Usnea lichen, Organic Cane Alcohol, Purified Water, Organic Apple Cider Vinegar, and Vegetable Glycerin

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, Fresh Hydrangea root, Fresh Goldenrod herb, Organic Cane Alcohol, Purified Water, and Organic Apple Cider Vinegar (less than 1%)

SIZES

2, 4
FL OZ





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

Fresh Skullcap herb, Fresh and dry Teasel root, Fresh and dry Mullein root, Fresh Dandelion leaf and root, Yarrow herb, Solomon's Seal root, Alfalfa herb, Horsetail herb, Marshmallow root, Stinging Nettle leaf, Oat straw, Epimedium herb, Mullein leaf, Orange peel, Prickly Ash bark, Ginger root, Purified Water, Vegetable Glycerin, Organic Cane Alcohol, 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. 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 Cane Alcohol, and Purified Water, Vegetable Glycerin

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, Ginger root, Vegetable Glycerin, Purified Water, Organic 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, Fresh Burdock root, Guggul gum resin, Prickly Ash bark, Organic Cane Alcohol, Purified 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, or 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 Cane Alcohol, Purified 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, Horehound herb, Fresh Horseradish root, Licorice root, Vegetable Glycerin, Purified Water, and Organic Cane Alcohol (10% or less)

SIZES

2, 4, 8
FL OZ

WILD CHERRY HONEY SYRUP

Natural Hope Herbs has blended wild cherry bark extract with several herbs including mullein and horehound (to support the upper respiratory system), organic tart cherry juice concentrate (high in vitamin C, antioxidants, potassium, and melatonin), organic wildflower honey (long revered for throat care), and a touch of elderberry (super immune builder) to make an all-natural herbal syrup.

INGREDIENTS

Wild Cherry Bark, Fresh Elderberry (*Sambucus nigra*), Spilanthes herb in flower, Mullein Leaf, Pau d'Arco bark, Fresh Horehound Herb, Cinnamon, Organic Wild Flower Honey, Organic Tart Cherry Juice Concentrate, Vegetable Glycerin, Purified Water, Organic Apple Cider Vinegar, Omega 3 Blend (oregano extractive, flaxseed extractive, plum extractive), Organic Almond Flavor.

SIZES

4, 8
FL OZ



ENZYMES

Enzymes are necessary proteins that help run cellular processes. They are catalysts in hundreds of reactions that take place within cells. Without these catalysts, which increase the speed of chemical reactions, metabolism would not occur at a fast enough rate to sustain life. They are needed in small amounts. Many of the vitamins and minerals required in the diet are parts of enzymes.

NEW!

DIGEST-A-CORE

Good health begins with proper digestion. Specialized cells in the pancreas, stomach and salivary glands produce digestive enzymes. These enzymes, along with those found in live foods, facilitate the breakdown or digestion of food, which is how the body absorbs nutrients and eventually produces energy. When we eat a meal, producing digestive enzymes is a high priority for the body, requiring energy and adding stress to the pancreas. Sometimes the body's production of enzymes doesn't meet its needs, for a variety of reasons: Age, stress, lifestyle choices; Non-digestible, complex sugars often found in legumes, cruciferous vegetables and cereal grains; Consuming more protein than the body can digest; and Lactose, casein, or gluten intolerances. Taking a digestive enzyme formula can support normal digestion, nutrient absorption, overall health.

INGREDIENTS

Protease, Amylase, Glucoamylase, Diastase, Invertase, Pectinase, Cellulase, Hemicellulase, Xylanase, Lipase, Lactase, Alpha Galactosidase, Beta Glucanase, Vitamin B1, Vitamin B6, Vitamin B12, Calcium, Magnesium, Manganese, Amla, Phytase, Cellulose.

SIZES

60
capsule
bottle

NEW!

ENZYM-A-CORE

A powerful systemic enzyme blend formulated to support normal fibrin metabolism, metabolic health, and joint, muscle and tissue health. This powerful systemic blend supports: Overall metabolic health, healthy circulation, muscle recovery, joint & tendon health, vital energy levels, healthy stamina, healthy heels and feet, and normal circulation.

INGREDIENTS

Protease, Serrapeptase, Papain, Bromelain, Amylase, Lipase, Rutin, Amla, Cellulose.

SIZES

90
capsule
bottle



HEMP WELLNESS

Our Hemp extracts are full-spectrum extracts made from the female flowering tops of organic hemp plants grown in the fields of Pennsylvania. Hemp is not a drug and works very differently than many other products out there, nourishing and supporting the nervous and endocannabinoid systems.

D-STRESS WITH HEMP

10 Powerful herbs along with full-spectrum hemp to support stressful and discomforting moments

INGREDIENTS

Hemp herb, Fresh lavender herb, Fresh Milky Oat seed, Fresh Skullcap herb, Fresh Wild Lettuce herb, Fresh Passionflower herb, Fresh Lemon Balm herb, Fresh Catnip herb, Fresh Valerian root, Fresh Black Cohosh root, Fresh Lobelia herb in seed, Organic Cane Alcohol, Purified Water, Vegetable Glycerin, Organic Apple Cider Vinegar, Oil of Coriander.

SIZES

2, 4
FL OZ

FULL SPECTRUM HEMP

Our Hemp extract is a full-spectrum tincture made from the female flowering tops and leaves of organic hemp plants grown in the fields of our own Pennsylvania Organic Herb Farm and extracted with organic cane alcohol, Purified Water, and vegetable glycerin. It is not a drug and works very differently than many other products out there, nourishing and supporting the nervous and endocannabinoid systems.

Full spectrum means it has the natural compliment of all the cannabinoids, not just CBD.

INGREDIENTS

Organic Cane Alcohol, Purified Water, Vegetable Glycerin.

SIZES

2, 4
FL OZ

HEMP SHIELD OIL

You'll enjoy the pleasantly calming, spicy aroma of our Hemp Shield Oil. Centuries ago, apothecaries developed what came to be called Shield Oil. Through the years it has been used to bring comfort to a host of aches and pains.

INGREDIENTS

Herbal Oils of Hemp, Ginger root, Cinnamon bark, and Clove bud (Infused with Organic Extra Virgin Olive Oil and Vitamin E Oil), Oil of Clove, Oil of Cinnamon leaf, Oil of Peppermint, Oil of Eucalyptus, and Oil of Lemon.

SIZES

1 OZ
NET WT

HEMP SHIELD SALVE

You'll enjoy the pleasantly calming, spicy aroma of our Hemp Shield Salve. Centuries ago, apothecaries developed what came to be called Shield Oil. Through the years it has been used to bring comfort to a host of aches and pains.

INGREDIENTS

Herbal Oils of Hemp, Ginger root, Cinnamon bark, and Clove bud (Infused with Organic Extra Virgin Olive Oil and Vitamin E Oil), Beeswax, Oil of Clove, Oil of Cinnamon leaf, Oil of Peppermint, Oil of Eucalyptus, and Oil of Lemon.

SIZES

1 & 4 OZ
NET WT



NUTRITION

A nutritional product with many great health, home, and farm uses.

APPLE CIDER VINEGAR

Made from a delicious blend of apples raised using no chemical insecticides, fungicides, herbicides, or chemical fertilizers...it's only natural! The fresh organic apples are pressed to make organic apple cider, which is allowed to ferment in the presence of oxygen. It then converts the naturally occurring sugar content of the apple into an organic acid, which produces our healthful vinegar. Part of the natural fermentation process is the growth of friendly probiotic bacteria, as well as proteins and healthy enzymes. Together these are called the "mother culture". That is why the best organic apple cider vinegar is raw, unfiltered, and includes the mother culture...it's only natural!

INGREDIENTS

Organic Apple Cider Vinegar,
Purified Water

SIZES

1 QUART
1 GALLON



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.

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

ANXI-A-TEA

We have crafted this tea with some of the best choices of organic herbs known for calming and relaxing the overtaxed body, mind, and soul.

NEW!

INGREDIENTS

Peppermint, Hemp Flower & Leaf, Milky Oats, Lemon Balm Herb, Linden Flower & Leaf, Raspberry Leaf, Calendula Flower, Catnip Herb, Passionflower Herb

PACKAGE SIZE

4 OZ CAN
6 OZ BAG

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, Holy Basil herb, Lemon Balm herb, Lemon Grass leaf, Ginkgo leaf, Rosemary leaf, Orange peel, Ginger, 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

GREAT HEART TEA

Drink Great Heart Tea... to your heart's content! Great Heart is a popular formula containing rejuvenating herbs to support a healthy heart.

NEW!

INGREDIENTS

Hawthorn Leaf, Flower & Berry, Elderberry, Bilberry, Nettle Leaf, Ginger Root, Linden Leaf & Flower, Red Clover Blossom, Dandelion Leaf.

PACKAGE SIZE

4 OZ CAN
6 OZ BAG

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, 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

Raspberry leaf, Stinging Nettle leaf, Alfalfa leaf, Spearmint leaf, Stevia leaf

PACKAGE SIZE

4 OZ

NATURAL SLEEP TEA

Enjoy a cup or two of Natural Sleep 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

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

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 root, 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 root, and Licorice root powder

PACKAGE SIZE

4 OZ

4oz cans and 6 oz. refill bags available for all tea blends below.



IMM-UNI-TEA

Brings a refreshing citrus tea flavor with the immune boosting power of Amla Berry, Echinacea, Raspberry Leaf, Elderberry, and Rose Hips. Great served hot or cold!

INGREDIENTS

Organic Oolong Tea, Organic Green Tea, Organic Echinacea Herb in Flower, Organic Raspberry Leaf, Organic Elderberries, Organic Amla Berries, Organic Stevia Leaf, Organic Rose Hips, Organic Oil of Orange, Organic Oil of Lemongrass

PACKAGE SIZE

4 OZ CAN

6 OZ BAG

INDIAN SPICED CHAI TEA

Brings an exotic flavor from the Far East, with a lively spice blend, delicious adaptogen Holy Basil, and Indian Orange Pekoe Black Tea. This blend provides many well-documented health benefits. Delicious hot or cold with Organic cream and honey!

INGREDIENTS

Organic Orange Pekoe Black Tea, Organic Holy Basil Leaf, Organic Ginger root, Organic Cinnamon bark, Organic Clove buds, Organic Cardamom seeds, Organic Black Pepper

PACKAGE SIZE

4 OZ CAN

6 OZ BAG

LEMON GINGER TEA

Lemon balm, lemon peel, and ginger have a longstanding reputation for aiding digestion. At the same time, echinacea and green tea help support the immune system.



INGREDIENTS

Organic Gunpowder Green Tea, Organic Ginger Root, Organic Lemon Balm Herb, Organic Echinacea Purpurea Herb, Organic Lemon Grass Leaf, Organic Lemon Peel, Organic Lemon Verbena Leaf, Organic Stevia Leaf, Organic Oil of Lemon.

PACKAGE SIZE

4 OZ CAN

6 OZ BAG

MORINGA MINT TEA

A delicate and delightful blend of superfood Moringa (a powerhouse of vitamins and minerals), calming Chamomile and Spearmint, with antioxidant Green Tea. Try making your Kombucha with it!

INGREDIENTS

Organic Green Tea, Organic Spearmint leaf, Organic Chamomile blossom, Organic Moringa leaf, Organic Lavender buds

PACKAGE SIZE

4 OZ CAN

6 OZ BAG

RUSSIAN FRIENDSHIP TEA

A warm, cozy, and energizing blend. A nice alternative to coffee, this tea will tend to keep you alert without high levels of caffeine. Try sweetening with a touch of Maple Syrup!

INGREDIENTS

Organic Orange Pekoe Black Tea, Organic Roasted Chicory Root, Organic Oolong Tea, Organic Eleuthero Root, Organic Orange Peel, Organic Clove Buds, Organic Oil of Orange

PACKAGE SIZE

4 OZ CAN

6 OZ BAG



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

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, Vitamin E oil (mixed tocopherols)

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, Vitamin E oil (mixed tocopherols)

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, Comfrey root & leaf, Fresh Plantain leaf, Vitamin E Oil (mixed tocopherols), Oak bark, Marshmallow root, Black Walnut hull, Mullien leaf, Gravel 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

Organic Extra Virgin Olive Oil, Beeswax, St John's Wort flower, Menthol Crystals, Calendula flower, Arnica flower, Ginger root, Wintergreen Essential Oil, Cayenne fruit, Rosemary leaf, Peppermint Essential Oil, and Vitamin E Oil (mixed tocopherols)

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, Vitamin E Oil (mixed tocopherols) 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, Fresh Chickweed herb, Beeswax, Coconut Oil, Calendula Flower, Comfrey Root, Yarrow Herb, Lavender Flower, Rosemary Leaf, Marshmallow Root, Vitamin E Oil (mixed tocopherols) 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 Beef Tallow, Pine Tar, Beeswax, Fresh Chickweed herb, Organic Extra Virgin Olive Oil, Fresh Poke root, Plantain leaf, Chapparral herb, Comfrey Root, Marshmallow Root, Barberry root, Lobelia herb, Red Clover blossom, Rosemary leaf, and Vitamin E Oil (mixed tocopherols)

SIZES

1 & 4 OZ
NET WT

RESP-EZE SALVE

Resp-Eze Salve contains a refreshing blend of aromatic herbs and essential oils that help maintain feelings of clear, easy breathing while promoting calm senses and restful sleep. Can be applied to the chest, back, and bottoms of the feet.

INGREDIENTS

Herbal Oils of Garlic bulb, Mullein leaf, and Rosemary leaf (Infused with Organic Extra Virgin Olive Oil and Vitamin E Oil), Coconut Oil, Menthol, Beeswax, Oil of Eucalyptus, and Oil of Dalmatian Sage.

SIZES

1 & 4 OZ
NET WT

TEA TREE SALVE

The valued essential oil of Tea Tree, along with Burdock, Mullein and Lobelia offer you a deep, dark green all-purpose salve. Australians have made use of the medicinal properties of tea tree oil for centuries. The numerous natural constituents in the plant give Tea Tree essential oil its antiviral, antibacterial, and antifungal properties to ease skin conditions.

INGREDIENTS

Organic Extra Virgin Olive Oil, Fresh Burdock leaf and root, Beeswax, Mullein leaf, Tea Tree Oil, Rosemary leaf, Vitamin E Oil (mixed tocopherols), and Lobelia herb

SIZES

1 & 4 OZ
NET WT

THREE GIFTS SALVE

More than 2000 years ago, Maggi, or Wise men, from the middle east, traveled many miles to see the King of all Kings, Jesus Christ. They came bearing precious Gifts, fit for a king: Gold, Frankincense, & Myrrh; which are the inspiration and secret behind this salve.

INGREDIENTS

Organic Extra Virgin Olive Oil, Beeswax, Fresh St. John's Wort, Goldenseal root & leaf, Vitamin E Oil, Calendula flower, Myrrh Essential Oil, Frankincense Essential Oil, Barberry root, and Rosemary herb

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 Cane Alcohol, Purified Water and Vegetable Glycerin

SIZES

1 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 the skin. 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: Organic Cane Alcohol, Purified Water 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 <p>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.</p>	INGREDIENTS <p>Organic Extra Virgin Olive Oil, Arnica flower, Rosemary leaf, and Vitamin E oil (mixed tocopherols)</p>	SIZES <p>1 FL OZ</p>
ARNICA & ST. JOHN'S WORT OIL <p>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.</p>	INGREDIENTS <p>Organic Extra Virgin Olive Oil, St. John's Wort flowering tops, Arnica flower, Rosemary leaf, and Vitamin E oil (mixed tocopherols)</p>	SIZES <p>1 FL OZ</p>
DEEP TISSUE OIL <p>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.</p> <p>Warning: do not apply to broken skin, mucous membranes, face, or other sensitive areas. Will burn sensitive tissue.</p>	INGREDIENTS <p>Organic Extra Virgin Olive Oil, St John's Wort flower, Menthol Crystals, Peppermint Essential Oil, Calendula flower, Arnica flower, Ginger root, Wintergreen Essential Oil, Cayenne fruit, Rosemary leaf, and Vitamin E Oil (mixed tocopherols)</p>	SIZES <p>1 & 2 FL OZ</p>
MULLEIN GARLIC OIL <p>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, set the sealed bottle of oil in a cup of hot water for 1-2 minutes. Be careful that the oil is warm, not hot. To protect the oil from contamination do not allow water to enter the bottle of oil.</p>	INGREDIENTS <p>Organic Extra Virgin Olive Oil, Fresh St. John's Wort flowering tops, Mullein flowers, Fresh Garlic cloves, Calendula flowers, Vitamin E oil (mixed tocopherols), Rosemary leaf, and Organic Lavender Essential Oil</p>	SIZE <p>1 FL OZ</p>
ST. JOHN'S WORT OIL <p>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.</p>	INGREDIENTS <p>Organic Extra Virgin Olive Oil, St. John's Wort flowering tops, Rosemary leaf, and Vitamin E oil (mixed tocopherols)</p>	SIZE <p>1 FL OZ</p>

SOAKS

COMPLETE TISSUE SOAK <p>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.</p> <p>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.</p>	INGREDIENTS <p>White Oak bark, Comfrey root, Marshmallow root, Mullein leaf, Black Walnut hull, Gravel root, Wormwood herb, Skullcap herb, Lobelia herb, and Slippery Elm bark</p> <p>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.</p>	PACKAGE SIZE <p>8 OZ</p>
HERBAL SITZ BATH <p>Looking for a practical herbal gift that says “I care” for a new mother? Bless your friend with a bag of Herbal Sitz Bath.</p> <p>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.</p>	INGREDIENTS <p>Plantain leaf, Yarrow herb in flower, Sage leaf, Calendula flower, St. John's Wort flowering tops, Witch Hazel leaf, Lavender flower, Rosemary leaf, Comfrey root powder, and Pink Himalayan Salt</p> <p>Not for internal use.</p>	PACKAGE SIZE <p>8 OZ</p>



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 glycohol extracts.

TINCTURES

American Ginseng Root
Andrographis Herb
Ashwagandha Root
Astragalus Root
Black Cohosh Root
Bladderwrack Seaweed
Black Walnut Hull-
Glycerin Free
Blue Cohosh Root
Blue Vervain Herb
Burdock Root
Calendula Flower
California Poppy
Catnip Herb
Cat's Claw Bark
Cayenne

Celery Seed
Chaga Mushroom
Chamomile Blossom
Chaste Tree Berry
Chickweed Herb
Cinnamon Bark
Cleavers Herb
Clove Bud
Cramp Bark
Dandelion Leaf
Dandelion Root & Leaf
Dong Quai Root
Elecampane Root
Eleuthero Root
Fennel Seed
Fenugreek Seed
Feverfew Herb
Garlic Clove

Ginger Root
Ginkgo Leaf
Goldenseal Root & Leaf
Gotu Kola Herb
Green Black Walnut Hull
Hawthorn Berry
Hemp Leaf & Flower
Holy Basil Herb
Hops Strobiles
Horehound Herb
Horsetail Herb
Juniper Berry
Lemon Balm Herb
Licorice Root
Lobelia Herb
Lomatium Root
Maca Root
Maitake Mushroom

Milk Thistle Seed
Milky Oat Seed
Motherwort Herb
Mullein Leaf
Mullein Root
Myrrh Resin
Nettle Leaf
Nettle Root
Nettle Seed
Oregon Grape Root
Oregano Leaf
Passionflower Herb
Pau D'Arco Bark
Plantain Leaf
Red Clover Blossom
Red Root
Reishi Mushroom
Rhodiola Root

Rosemary Herb
Schisandra Berry
Shepherd's Purse Herb
Shiitake Mushroom
Skullcap Herb
Solomon's Seal Root
St. John's Wort Herb
Teasel Root
Turmeric Root
Uva Ursi Leaf
Valerian Root
Violet Leaf
Wild Lettuce Herb
Wild Yam Root
Yarrow Herb in Flower
Yellow Dock Root

GLYCOHOL EXTRACTS (LOW-ALCOHOL)

Alfalfa Herb
Bilberry Berry

Black Walnut Hull
Elderberry

Marshmallow
Root with Fennel

Olive Leaf
Peppermint Leaf

Raspberry Leaf
Wormwood Herb

TOP 10 SINGLES



Lobelia



Mullein Leaf



Elderberry



Black Walnut Hull



Teasel



Olive Leaf



Garlic



Ashwagandha



Cayenne



Milk Thistle