

# Suki's Blends Teas & Tinctures

Teas: 1/2 ounce minimum each.

**15% off 2 ounces or more of any one tea.**

Tinctures: **15% off any 3 or more bottles.**

Some items may be out of stock or limited quantity.



From community herbalist Suki Roth in Graham, NC

Tea Blends:	Price per ounce	
Allergy Aid	\$3.50	A tasty blend to ease the symptoms of spring and fall allergies. (fenugreek seed, elder flower, elder berry, nettle, plantain leaf, licorice root) Steep 20-30 min.
Catch some ZZ's	\$3.50	A sedating blend of herbs that will facilitate deep restful sleep. (valerian root, chamomile, passionflower, spearmint, skullcap, linden, licorice root) Steep 20 min.
Cloud 9	\$3.50	A relaxing brew that gives one a much needed sense of relaxation without sedation. (chamomile flower, lemon balm, passionflower, oats (milky stage), lavender flowers) Steep 10 minutes*1 Tbsp.: 1 c. water.
Cold & Flu	\$3.50	A gingery blend of roots, flowers and leaves specific for relief of the aches, pains and complaints of the common cold and flu. (boneset leaf, yarrow flower, elder flower, thyme, ginger root, licorice root, orange peel. Low simmer 10 min., then steep 20 min.
Dem Bones	\$3.50	A blend of high mineral herbs specific for building strong bones. (alfalfa leaf, horsetail leaf, oats, dandelion leaf, nettle leaf) * c. : 1 qt. Steep overnight.
Gentle Detox Chai	\$3.50	Chai like you never had it with the healing properties of dandelion and burdock roots. (dandelion, burdock, fennel seed, cinnamon, cardamom, nettle leaf, ginger, peppercorns, clove, anise, orange peel) Bring to a froth, then low simmer 20 min.
Heart Healthy	\$3.50	A tasty blend of herbs specific for heart health. (hawthorn berries, hawthorn leaf & flower, red raspberry, linden flower, rose buds) Steep 30 minutes.
Immune-a-Tea	\$3.50	A powerful blend of roots, berries and barks that support and strengthen immune system health. (astragalus root, schizandra berry, dandelion root, licorice root, ginger root, cinnamon) Low simmer 30 min.
Kava Chai	\$3.50	Chai with a euphoric edge... enjoy! (Cinnamon, Ginger, fennel, kava, orange peel, Rose petals, cardamon, cloves, hawthorn berry, hawthorn leaf & flower, Holy Basil)
Love your Liver	\$3.50	A minty blend of flowers and leaves, offering a gentle cleanse to the digestive tract and a flush for the liver. (peppermint, nettle, red clover, lemon balm, parsley) Steep 20 min.
Peaceful Spirit	\$3.50	A delightful blend to relax, sooth and chase away anxiety. (wood betony, lemon balm, roses, ginger root, hawthorn, linden) 1 heaping tsp./cup water-steep 15-20 min.
Preganancy Tea	\$3.50	Blended to support a healthy vital pregnancy (red raspberry, nettle, peppermint, alfalfa, oats, red clover) 1/4 c. tea blend:1 qt. water-steep overnight.
Woman's Vitality	\$3.50	A tasty blend of herbs that normalize hormone production. A general tonic for the reproductive system. (red raspberry, nettle, red clover, partridge berry leaf, calendula, mint, rose buds) Steep 30 min., or overnight.
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<b>Formula Tinctures 1 oz bottles:</b>		
Abolute Stress Arrest	\$15.00	An anti-anxiety supreme. (kava kava, st. johnswort, five flower formula)
Allergy Aid	\$15.00	(goldenrod, fenugreek, elecampane, ground ivy)
Blood Sugar Blues	\$15.00	Blended to stabilize blood sugar levels. (dandelion root, holy basil, devils club, cinnamon bark)
Cold Flu Shoo	\$15.00	Chase away those aches, pains and symptoms of the common cold & flu. (mullein, elecampane, echinacea, chaparral, boneset, oregon grape)
Cramp Ease	\$15.00	An all around general anti-spasmodic formula. (crampbark, meadowsweet, skullcap, lobelia)
Deep Sleep	\$15.00	Formulated without Valerian to facilitate a deep restful sleep. (chamomile, wood betony, kava, blue vervain)
Detox Formula	\$15.00	(milk thistle, turmeric root, dandelion root, burdock root)
Digestive Bitters	\$15.00	Bitters stimulate digestion and support absorption and elimination. (gentian, fennel, feverfew, angelica, dandelion root, orange essential oil)
Diuretic Compound	\$15.00	(dandelion leaf, goldenrod, horsetail, hydrangea root, cleavers)
Focus Formula	\$15.00	For enhanced concentration and brain tonic. (gotu kola, holy basil, lemon balm, wood betony, ginkgo biloba, rosemary)
Fruitful Female Tonic	\$15.00	(Shatavari, Dong Quai, Oats, Ashwaganda, Schizandra, Licorice)
Gallbladder & Liver Tonic	\$15.00	(fringe tree bark, dandelion root, celandine root)
Immune & Adrenal Tonic	\$15.00	A blend of adaptogens to balance, support and nourish vital body systems. (eleuthro root, astragalus root, schizandra)
Immune Support	\$15.00	(elderberry, cat's claw, echinacea, astragalus)
Joy Formula	\$15.00	Anti-depressant, Anti-anxiety, balance and enhance mood. (holy basil, oats, st. johnswort, wood betony)
Labor & Delivery Support	\$15.00	A blend to facilitate and support the birthing process. (black cohosh, blue cohosh, partridge berry, motherwort, dong quai, lobelia)
Lively Libido	\$15.00	(ashwagandha, american ginseng, kava, oats, cinnamon)
Lymphatic Vigor	\$15.00	This compound formulas stimulates lymphatic drainage. (red root, red clover, cleavers, poke root, chaparral)
Menopausal Relief	\$15.00	A hormonal balancing blend to ease the complaints of menopause. (chaste berry, black cohosh, motherwort, skullcap, st. johnswort)
Nervous Sys & Adrenal	\$15.00	Formulated to tonify and strengthen the nervous and endocrine system. (holy basil, ashwaganda, oats, licorice, schizandra)
Nervous Syst Restorative	\$15.00	A blend to nourish and restore optimal health for the nervous system. (ashwagandha, oats, skullcap, passionflower, lavender)
Pain Free	\$15.00	For the temporary relief of acute and chronic pain. (willow bark, meadowsweet, passionflower, st. johnswort, yellow sweet clover)
Phyto-Calm	\$15.00	Soothing mood complex (skullcap, motherwort, passionflower, st. john's wort, lemon balm)
Red Tent (PMS)	\$15.00	Blended for relief of PMS symptoms. (vitex, motherwort, hawthorn leaf/flower, wood betony, dandelion, skullcap)
Sleep Tight	\$15.00	Enjoy this blend for its ability to facilitate a restful night's sleep. (valerian root, passionflower, wild lettuce, meadowsweet, chamomile)
Smoke Buster	\$15.00	Helps with nicotine withdrawal ( Lobelia, Oats, Kava, Passionflower)
UTI Relief	\$15.00	Blended to relieve the symptoms and duration of urinary tract infections. (pipsissewa, uva ursi, kava, cornsilk, cleavers)
Viral Rival	\$15.00	A preventative blend for exposure to viral infections. (echinacea, astragalus, elderberry, lemon balm)
Yeast Relief	\$15.00	(Pau D'Arco, goldenseal, calendula, spilanthes, pine resin, clove)
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<b>Single Tinctures:</b>		
Angelica	\$15.00	
Ashwaganda	\$15.00	
Astragalus	\$15.00	
Black Cohosh	\$15.00	
Blue Vervain	\$15.00	
Boneset	\$15.00	
Calendula	\$15.00	
Chamomile	\$15.00	
Chapparal	\$15.00	
Cleavers	\$15.00	
Corn Silk	\$15.00	
Dandelion Root	\$15.00	
Echinacea	\$15.00	
Elderberry Glycerite	\$15.00	
Elecampane	\$15.00	
Eleuthero	\$15.00	
Fennel	\$15.00	
Feverfew	\$15.00	
Gentian	\$15.00	
Ginger	\$15.00	
Ginkgo	\$15.00	
Ginseng	\$17.00	
Goldenrod	\$15.00	
Goldenseal	\$15.00	
Gotu Kola	\$15.00	
Hawthorne	\$15.00	
Holy Basil	\$15.00	
Kava Kava	\$15.00	
Lavender	\$15.00	
Lemon Balm	\$15.00	
Licorice	\$15.00	
Lobelia	\$15.00	
Meadowsweet	\$15.00	
Mimosa	\$15.00	
Motherwort	\$15.00	
Mugwort	\$15.00	
Mullein	\$15.00	
Nettle leaf	\$15.00	
Oats (milky)	\$15.00	
Passion Flower	\$15.00	
Pipsissewa	\$15.00	
plantain	\$15.00	
Red Clover	\$15.00	
Sage	\$15.00	
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Sarsaparilla	\$15.00	
Schizandra	\$15.00	
Skullcap	\$15.00	
St. John's Wort	\$15.00	
Turmeric	\$15.00	
Uva Ursi	\$15.00	
Valerian	\$15.00	
Vitex	\$15.00	
Wild Lettuce	\$15.00	
Wood Betony	\$15.00	
Yarrow	\$15.00	
Yellow Dock	\$15.00	