

CHECKLIST



HERBS

Essential Key Ingredients

DIGESTION

- Fennel
- Peppermint
- Camomile
- Meadowsweet
- Marshmallow

WELLBEING

- Rosemary
- St. John's Wort
- Garlic
- Sage
- Basil
- Ginseng
- Ginko
- Camomile

SKIN & HAIR

- Marigold
- Lavender
- Nettle
- Thyme

WOMEN'S HEALTH

- Lady's Mantle
- Camomile
- Rose
- Urtica

FIRST AID

- Marigold
- Camomile
- Echinacea