

## Organic Dried Herbs, Powders & Tinctures

We supply a wide range of organic Ayurvedic herbs which are sourced directly from farming co-operatives that we have helped to set up in India & Sri Lanka. Please see the table below for more details.

**For further information about the use of the herbs please see [www.herbsforlife.co.uk](http://www.herbsforlife.co.uk)**

**Dried Herbs:** Organically certified where possible, traceable, sustainably harvested and of the highest quality

**Tinctures:** Cold Percolation: All of our tinctures are produced using cold percolation methods. This allows for maximum extraction of the active ingredients. The ground herbs are placed in the percolator, the correct ethanol-water ratio is added and then allowed to slowly percolate through the herbs. This allows for a maximum extraction of the medicinal compounds and results in a liquid tincture that mirrors the blue-print of the plant. Most of our tinctures are made at a 1:3 extraction ratio using organic herbs, organic ethanol and pure water.

Key: Method of Growing			
<b>OgC</b>	Organically cultivated, Soil Association certified	<b>W</b>	Wild harvested, non-organic
<b>OgW</b>	Organically wild crafted in Forest Gardens , Soil Association certified. Forest Gardens are small plots of land in a forest setting where the plant sustainability is managed	<b>C</b>	Cultivated, non-organic

Herb name	Plant part	Country of Origin	Method of growing	Code	Form	Ratio
<b>Ajmoda- Celery</b> <i>Apium graveolens</i>	Seed	Egypt	OgC	HO101	Whole	
				PO101	Powder	
				TO101	Tincture	1:3@60%
<b>Amalaki - Amla</b> <i>Embllica officinalis</i>	Fruit	Sri Lanka/ India	OgW	HO102	Cut	
				PO102	Powder	
				TO102	Tincture	1:3@25%
<b>Andrographis - Kalmegh</b> <i>Andrographis paniculata</i>	Leaf	India	OgC	HO114	Cut	
				PO114	Powder	
				TO114	Tincture	1:3@25%
<b>Anthrapachaka</b> <i>Tylophora asthmatica</i>	Leaf	India	W	HC103	Cut	
				TC103	Tincture	1:5@60%
<b>Arjuna - Arjuna Myrobalan</b> <i>Terminalia arjuna</i>	Bark	Sri Lanka	OgW	HO104	Cut	
				PO104	Powder	
				TO104	Tincture	1:3@25%
<b>Asafoetida - Hingu</b> <i>Ferula asafoetida</i>	Resin	Pakistan	W	HC132	Powder	
				TC132	Tincture	1:3@60%
<b>Ashoka</b> <i>Saraca indica</i>	Bark	India	OgW	HO173	Cut	
				PO173	Powder	
				TO173	Tincture	1:3@25%
<b>Ashwagandha</b> <i>Withania somnifera</i>	Root	India	OgC	HO105	Cut	
				PO105	Powder	
				TO105	Tincture	1:3@45%
<b>Bakuchi</b> <i>Psoralea corylifolia</i>	Seed	China	C	HC107	Whole	
				TC107	Tincture	1:3@25%
<b>Bala</b> <i>Sida cordifolia</i>	Root	India	OgC	HO106	Cut	
				PO106	Powder	
				TO106	Tincture	1:3@25%
<b>Bhringaraj - Kesharaj</b> <i>Eclipta alba</i>	Aerial parts	India	OgC	HO109	Cut	
				PO109	Powder	
				TO109	Tincture	1:3@25%
<b>Bhumiamalaki</b> <i>Phyllanthus amarus</i>	Aerial parts	India	OgW	HO110	Cut	
				PO110	Powder	
				TO110	Tincture	1:3@25%

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Minimum quantity available: 500g for cut & powdered herbs and 500ml for tinctures.

Herb name	Plant part	Country of Origin	Method of growing	Code	Form	Ratio
<b>Bibhitaki - Beleric Myrobalan</b> <i>Terminalia bellerica</i>	Fruit	Sri Lanka	OgW	HO108	Cut	
				PO108	Powder	
				TO108	Tincture	1:3@25%
<b>Bilva</b> <i>Aegle marmelos</i>	Fruit	Sri Lanka	OgW	HO178	Cut	
				PO178	Powder	
				TO178	Tincture	1:3@25%
<b>Black Cumin Seed – Krishna Jiraka</b> <i>Nigella sativa</i>	Seed	Turkey	OgC	HO135	Whole	
<b>Brahmi - Herpestis</b> <i>Bacopa monniera</i>	Aerial parts	India	OgC	HO112	Cut	
				PO112	Powder	
				TO112	Tincture	1:3@25%
<b>Cardamom</b> <i>Elettaria cardomomum</i>	Seed pod	India	OgC	HO113	Whole	
				TO113	Tincture	1:3@25%
<b>Chitrak</b> <i>Plumbago zeylanica</i>	Root	India	OgW	HO115	Cut	
				PO115	Powder	
<b>Cinnamon - Twak</b> <i>Cinnamomum zeylanicum</i>	Bark	Sri Lanka	OgC	HO116	Cut (quills 5cm)	
				PO116	Powder	
				TO116	Tincture	1:3@45%
<b>Cloves - Lavanga</b> <i>Syzygium aromaticum</i>	Bud	Sri Lanka	OgC	HO117	Whole	
				PO117	Powder	
				TO117	Tincture	1:3@45%
<b>Coleus - Makandi</b> <i>Coleus forskohlii</i>	Root	India	OgC	HO118	Cut	
				TO118	Tincture	1:3@45%
<b>Coriander</b> <i>Coriandrum sativum</i>	Seed	Egypt	OgC	HO171	Whole	
				PO171	Powder	
				TO171	Tincture	1:3@45%
<b>Cumin</b> <i>Cuminum cyminum</i>	Seed	India	OgC	HO172	Whole	
				PO172	Powder	
				TO172	Tincture	1:3@45%
<b>Damanaka</b> <i>Artemisia vulgaris</i>	Aerial parts	China	C	HO146	Cut	
				TO146	Tincture	1:3@25%
<b>Fennel - Shatapushpa</b> <i>Foeniculum vulgare</i>	Seed	Egypt	OgC	HO120	Whole	
				PO120	Powder	
				TO120	Tincture	1:3@45%
<b>Fenugreek</b> <i>Trigonella foenum-graecum</i>	Seed	Egypt	OgC	HO177	Whole	
				TO177	Tincture	1:3@45%
<b>Frankincense - Shallaki</b> <i>Boswellia serrata</i>	Resin	India	OgW	HO121	Resin	
				PO121	Powder	
				TO121	Tincture	1:5@90%
<b>Fresh Ginger - Sunthi</b> <i>Zingiber officinale</i>	Rhizome	Dominican Republic/ China	OgC	TO123	Tincture	1:3@75%
<b>Ginger - Sunthi</b> <i>Zingiber officinale</i>	Rhizome	Sri Lanka	OgC	HO122	Cut	
				PO122	Powder	
				TO122	Tincture	1:3@70%
<b>Gokshura</b> <i>Tribulus terrestris</i>	Fruit	India	OgC	HO124	Whole	
				PO124	Powder	
				TO124	Tincture	1:3@25%
<b>Gotu Kola - Mandukparni</b> <i>Hydrocotyle asiatica, syn. Centella asiatica</i>	Leaf	Sri Lanka	OgC	HO125	Whole	
				PO125	Powder	
				TO125	Tincture	1:3@45%

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Herb name	Plant part	Country of Origin	Method of growing	Code	Form	Ratio
<b>Guduchi - Amrita</b> <i>Tinospora cordifolia</i>	Stem	Sri Lanka/ India	OgW	HO127	Cut	
				PO127	Powder	
				TO127	Tincture	1:3@25%
<b>Guggul - Indian Myrrh</b> <i>Commiphora mukul</i>	Resin	India	W	HC128	Resin	
				PC128	Powder (purified in Triphala)	
				TC128	Tincture	1:5@90%
<b>Gurmar</b> <i>Gymnema sylvestre</i>	Leaf	India	OgC	HO126	Whole	
				PO126	Powder	
				TO126	Tincture	1:3@25%
<b>Haritaki - Chebulic Myrobalan</b> <i>Terminalia chebula</i>	Fruit	Sri Lanka	OgW	HO129	Cut	
				PO129	Powder	
				TO129	Tincture	1:3@45%
<b>Hemp seed</b> <i>Cannabis sativa, syn. Cannabis indica</i>	Seed	China	OgC	HO130	Whole	
				TO130	Tincture	1:3@25%
<b>Kapikachu</b> <i>Mucuna pruriens</i>	Seed	Sri Lanka	OgC	HO134	Whole	
				PO134	Powder	
				TO134	Tincture	1:3@25%
<b>Karela - Bitter Gourd</b> <i>Momordica charantia</i>	Fruit	India	OgC	HO410	Cut	
				PO410	Powder	
				TO410	Tincture	1:3@25%
<b>Licorice root - Yastimadhu</b> <i>Glycyrrhiza glabra</i>	Root	Spain	OgC	HO139	Cut	
				PO139	Powder	
				TO139	Tincture	1:3@25%
<b>Manjishta - Indian Madder</b> <i>Rubia cordifolia</i>	Stem	India	OgC	HO142	Cut	
				PO142	Powder	
				TO142	Tincture	1:3@25%
<b>Musta - Nut Grass</b> <i>Cyperus rotundus</i>	Rhizome	India	OgW	HO144	Whole	
				PO144	Powder	
				TO144	Tincture	1:3@25%
<b>Neem - Nimba</b> <i>Azadirachta indica</i>	Leaf	Sri Lanka	OgW	HO147	Whole	
				PO147	Powder	
				TO147	Tincture	1:3@25%
<b>Nutmeg - Jatiphala</b> <i>Myristica fragrans</i>	Seed	Sri Lanka	OgC	HO148	Whole	
				PO148	Powder	
				TO148	Tincture	1:5@45%
<b>Pepper - Black - Marich</b> <i>Piper nigrum</i>	Seed	Sri Lanka	OgC	HO149	Whole	
				PO149	Powder	
				TO149	Tincture	1:5@45%
<b>Peppermint</b> <i>Mentha piperita</i>	Leaf	Egypt	OgC	HO234	Cut	
				TO234	Tincture	1:3@45%
<b>Pippali - Long pepper</b> <i>Piper longum</i>	Seed	India	OgC	HO150	Whole	
				PO150	Powder	
				TO150	Tincture	1:5@45%
<b>Pit Shirish</b> <i>Albizia lebbek</i>	Bark	India	OgW	HO151	Cut	
				PO151	Powder	
				TO151	Tincture	1:3@25%
<b>Psyllium</b> <i>Plantago ovata</i>	Seed husk	India	OgC	HO182	Whole	
<b>Punarnava</b> <i>Boerhavia diffusa</i>	Root	India	OgC	HO152	Cut	
				PO152	Powder	
				TO152	Tincture	1:3@25%

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Herb name	Plant part	Country of Origin	Method of growing	Code	Form	Ratio
<b>Rhubarb - Amlavetasa</b> <i>Rheum palmatum</i>	Root	China	OgC	HO154	Cut	
				TO154	Tincture	1:3@25%
<b>Rose - Gulab</b> <i>Rosa damascena</i>	Flower	Iran	OgC	HO155	Whole	
				TO155	Tincture	1:5@45%
<b>Safed Musali</b> <i>Asparagus adscendens</i>	Root	India	OgC	HO156	Cut	
<b>Sariva - Indian Sarsaparilla</b> <i>Hemidesimus indicus</i>	Root	India	OgC	HO158 PO158	Cut Powder	
<b>Shanaka pushpi</b> <i>Evolvulus alsinoides, syn. Convolvulus alsinoides</i>	Aerial	India	OgC	HO174	Cut	
				PO174	Powder	
				TO174	Tincture	1:3@25%
<b>Shatavari</b> <i>Asparagus racemosus</i>	Root	India	OgC	HO162	Cut	
				PO162	Powder	
				TO162	Tincture	1:3@25%
<b>Tulsi - Holy basil</b> <i>Ocimum sanctum</i>	Aerial parts	India	OgC	HO165	Cut	
				PO165	Powder	
				TO165	Tincture	1:3@25%
<b>Turmeric - Haridra</b> <i>Curcuma longa</i>	Rhizome	Sri Lanka	OgC	HO166	Cut	
				PO166	Powder	
				TO166	Tincture	1:3@45%
<b>Vacha</b> <i>Acorus calamus</i>	Rhizome	Sri Lanka	OgW	HO167	Cut	
				PO167	Powder	
				TO167	Tincture	1:3@25%
<b>Vamsa Lochana</b> <i>Bambusa arundinacea</i>	Siliceous	India	OgC	PO168	Powder	
<b>Varuna</b> <i>Crateva nurvala</i>	Bark	India	C	HC169	Cut	
				TC169	Tincture	1:3@25%
<b>Vasaka</b> <i>Adhatoda vasica</i>	Leaf	Sri Lanka	OgW	HO170	Whole	
				PO170	Powder	
				TO170	Tincture	1:3@25%
<b>Vidari Khanda</b> <i>Ipomoea digitata</i>	Tuber	India	OgC	HO175	Cut	
				PO175	Powder	
				TO175	Tincture	1:3@25%
<b>Formulas / Churnas</b>						
<b>Avipattikar (no sugar)</b> <i>(Triphala, Trikatu, Musta, Cardamom, Patra, Clove, Trivrut)</i>	Mixed	India	OgC/OgW	PO408	Powder	
<b>Dashamoola</b> <i>(Ten Roots)</i>	Mixed	India	OgC/OgW	HO409	Cut	
				PO409	Powder	
<b>Sitopaladi (no sugar)</b> <i>(Vamsa Lochana, Cinnamon, Cardamom)</i>	Mixed	India	OgC/OgW	PO411	Powder	
<b>Trikatu - The Three Spices</b> <i>(Ginger, Long &amp; Black Pepper)</i>	Mixed	India	OgC	PO220	Powder	
				TO220	Tincture	1:3@45%
<b>Triphala - Three Fruits</b> <i>(Amla, Bibhitaki &amp; Haritaki)</i>	Fruit	Sri Lanka/ India	OgW	PO221	Powder	
				TO221	Tincture	1:3@25%