



HERB & SPICE LIST

Alfalfa Leaf, Cut *	Cloves Powder*	
Alfalfa Leaf, Powder *	Comfrey Leaf, Cut*	* =Organic
Allspice Berries, Jamaican	Comfrey Root, Cut*	FT=Fair Trade
Angelica Root, Cut *	Coriander Seed*	SF=Salt Free
Anise Seed*	Coriander Seed Powder*	
Arrowroot Powder	Cornsilk, Cut	
Ashwagandha Root Powder	Cornstarch*	
Baking Soda	Cumin Seed*	
Beet Powder *	Cumin Seed Powder*	
Black Cohosh Root, Cut *	Dandelion Leaf, Cut*	
Burdock Root*	Dandelion Root, Cut*	
Burdock Root Powder*	Damiana Leaf, Cut	
Cacao Nibs, FT*	Echinacea Purpurea Root, Cut*	
Calendula Flowers, Petals *	Elder Berries*	
Caraway Seed*	Elder Flowers	
Cardamom Seed*	Eucalyptus Leaf, Cut*	
Cardamom Pods	Fennel Seed*	
Cat's Claw Bark, Cut	Fennel Seed Powder*	
Catnip Leaf & Flowers, Cut*	Fenugreek Seed	
Cayenne Powder 30,000 HU*	Fo-Ti Root Powder	
Cayenne Powder 75,000 HU*	Frankincense Tears	
Chamomile Flowers, German *	Garlic Flakes*	
Chaste Tree Berry*	Garlic Granules*	
Chickweed Herb, Cut	Garlic Powder*	
Chickory Root, Roasted Granules*	Ginger, Crystallized*	
Chlorella Powder	Ginger Root*	
Cinnamon Chips*	Ginger Root Powder*	
Cinnamon Powders	Ginkgo Leaf, Cut*	
Cinnamon	Gotu Kola, Cut*	
Cinnamon Ceylon, FT*	Gotu Kola Powder	
Cinnamon Sticks*	Gravel Root, Cut	
	Hawthorn Leaf & Flower, Cut*	
Cinnamon Sticks Ceylon, FT *	Hawthorn Berries*	
Clay Powders	Hibiscus Flowers, Cut, FT*	
Bentonite Clay	Hibiscus Petals*	
French Green Clay		
French Red Clay	Holy Basil (Tulsi Leaf)	
Cloves*	Horsetail, Cut*	
	Hydrangea Root, Cut	



Hyssop, Cut*
 Juniper Berries*
 Jasmine Flowers
 Lavender Flowers*
 Lemonade Drink Mix
 Lemon Balm Leaf, Cut*
 Lemongrass, Cut*
 Licorice Root, Cut*
 Licorice Root Powder*
 Luscious Licorice Herbal Tea
 Marjoram Leaf*
 Marshmallow Root, Cut*
 Meadowsweet Herb, Cut
 Milk Thistle Seed*
 Motherwort Herb, Cut*
 Mullein Leaf, Cut*
 Mustard Seed, Brown*
 Mustard Seed, Yellow*
 Myrrh Gum Powder
 Neem Leaf Powder
 Nettle Leaf, Cut*
 Nettle Powder*
 Nutmeg*
 Oatstraw green Tops, Cut*
 Onion Flakes*
 Onion Powder*
 Orange Peel*
 Paprika Powder*
 Passion Flower, Cut
 Pau d'Arco Bark, Cut

Pepper

Black Peppercorns*
 Black Pepper, Medium Grind*

 Lemon Pepper*
 Peppermill Blend, Whole*
 Veggie Pepper*
 Peppermint Leaf*
 Poppy Seed*
 Psyllium Powder
 Red Clover Tops*

Red Raspberry Leaf, Cut*
 Rhubarb Root, Cut
 Rosebuds and Petals, Pink
 Roses and Petals, Red
 Rosehips, Deseeded & Cut*
 Rosehip Powder*
 Rosemary Leaf*
 Sage Leaf, Rubbed*

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Salts

Applewood Smoked Sea Salt
 Himalayan Pink Sea Salt
 Sassafras Root Bark, Cut
 Scullcap, Cut*

Seasoning Blends

Chilli Powder*
 Chipotle Powder*
 Curry Powder, SF*
 Garam Masala Powder*
 Senna Leaf, Cut*
 Shepherd's Purse, Cut
 Slippery Elm Bark, Cut*
 Slippery Elm Bark Powder*
 Spearmint Leaf, Cut*
 Spirulina Powder*
 St. John's Wort*

Teas, Black

Ceylon Decaf

Teas, Green

Bancha green Tea, FT*
 Genmaicha Matcha*
 Gunpowder Green Tea, FT*
 Jasmine Green Tea, FT*
 Raspberry Green Tea*
 Sencha Green Tea*

Teas, White

Indian White Tea*

Teas, Other

Relaxing Herbal*
 Rooibos, Red*
 Stevia Leaf*



Tarragon Leaf*

Thyme Leaf*

Turmeric Root Powder*

Uva Ursi Leaf*

Valerian Root*

Wheat Grass*

White Willow Park, Cut*

Wild Cherry Bark, Cut

Wild Yam Root, Cut

Wormwood Herb, Cut*

Yarrow Herb, Cut*

Yerba Mate Leaf, Cut*

Xanthan Gum

Herbs and spices are subject to current availability. Contact Mother Nature's Food, Inc for specific availability at (715) 834-2341 or 1-800-359-5034.