



Healthy Groceries Healthy Vitamins Healthy Answers

Harvest Health Foods Herb Catalog

Product	Botanical/Alt Name	Form Available	Not for food/bev	Additional Ingredience
Absinthe	See Wormwood			
Acacia Gum	See Arabic Gum			
Agrimony Herb	Agrimonia eupatoria	Cut		
Agrimony Herb	Agrimonia eupatoria	Powder		
Alfalfa Leaves Organic	Medicago Sativa	Cut		
Alfalfa Leaves & Stems	Medicago Sativa	Powder		
Allspice Berries	Pimenta Dioica	Whole		
Allspice Berries	Pimenta Dioica	Ground		
Aloe Leaves, Cape	Aloes ferox	Powder	*	
Althea Root, Wild	See Marshmallow Root			
Alum Root, Wild	Geranium maculatum	Cut		*not same as Alum
Alum Root, Wild	Geranium maculatum	Powder		*not same as Alum
Angelica Root, Chinese	See Dong Quai Root			
Anise Seeds	Pimpinella anisum	Whole		
Anise Seeds	Pimpinella anisum	Ground		
Anise, Star	See Star Anise			
Arabic Gum		Powder		
Archangel Root	See Angelica Root			
Arrowroot Starch	Maranta arundinacea	Powder		
Artemisia	See Mugwort			
Asafoetida Gum		Powder		Contains Asafoetida Gum, Rice Flour, Arabic Gum
Astragalus Root	Astragalus membranaceus	Powder		
Balm Leaves	See Lemon Balm			
Barberry Rootbark	barberis Vulgaris	Powder		
Basil Leaves ,Sweet	Ocimum Basilicum	Cut		

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Bay Leaves - Organic	Laurus Nobilis	Whole		
Bayberry Rootbark	Myrica cerifera	Powder		
Bearberry Leaves	See Uva Ursi Leaves			
Bedstraw	See Cleaver's Herb			
Bee Pollen, Michigan		Granuels		
Beet Root	Beta Vugaris			
Benzoin Gum	Styrax Species	Powder		benzoin, celite, tricalcium Phosphate
Black Cherry Bark	See Cherry Bark			
Black Cohosh	See Cohosh, Black			
Black Pepper	See Pepper Black			
Black Walnut Hulls	See Walnut Hulls, Black			
Bladderwack	Fucus Vesiculosus	Powder		
Blood Root	Sanguinaria Canadensis	Powder	*	
Blessed Thistle	Cnicus benedictus	Cut		
Blessed Thistle	Cnicus benedictus	Powder		
Blueberry leaves	Vaccinium Ovatum	Cut		
Blue Cohosh Root	See Cohosh Root Blue			
Blue Vervain	See Vervain, Blue			
Blue Violet	See Violet Herb Blue			
Boneset	Eupatorium Perfolatum	Cut		
Borage	Borago Officinalis	Cut		
Blue Cohosh	See Cohosh, Blue			
Buckthorn Bark	Rhamnus frangula	Cut		*use with caution
Bukthorne Bark	Rhamnus frangula	Powder		*use with caution
Burdock Root - Organic	Arctium Lappa	Cut		
Burdock Root -	Arctium Lappa	Powder		
Calamus Root	Acorus Calamus	Cut	*	
Calamus Root	Acorus Calamus	Powder	*	
Calendula Flowers	Calednula Officinalis	Whole		
Capsicum	See Cayenne Pepper			

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Carway Seeds	Carum Cavi	Whole		
Cardamon Pods, Green	Elettaria cardamomum	Whole		In Pod
Cardamon Seeds (Decorticate)	Elettaria cardamomum	Whole		Out of pod
Cardamon Seeds (Decorticate)	Elettaria cardamomum	Ground		Out of pod
Carrageen	See Irish Moss			
Cascara Sagrada Bark	Ramnus purshiana	Cut		*use with caution
Cascara Sagrada Bark	Ramnus purshiana	Powder		*use with caution
Catnip Leaf & Flower-Organic	Nepetta cateria	Cut only		
Catnip Herb Leaf & Stem	Nepetta cateria	Powder		
Cat's Claw Bark	Uncaria Tomentosa	Powder		
Cayenne Pepper - Crushed	Capsicum frutescens	Flakes		
Cayenne Pepper - Hot 90,000	Capsicum frutescens	Ground		
Cayenne Pepper - Mild 30,000	Capsicum frutescens	Ground		
Celery Seeds	Apium graveolens	whole		
Celery Seeds	Apium graveolens	Ground		
Chamomile Flowers, German	Matricaria chamomilla	Whole		
Chaparral Leaves	Larrea tridentata	Cut	*	
Chaparral Leaves	Larrea tridentata	Powder	*	
Chaste Tree Berries	Vitex angus castus	whole		
Cherry Bark, Black Wild	Prunus serotina	Cut		
Cherry Bark, Black Wild	Prunus serotina	Powder		
Chia Seeds	Salvia hispanica	Whole		
Chickweed Herb	Stellaria media	Cut		
Checkweed erb	Stellaria media	Powder		
Chicory Root, Ground/Roast	Chchorium intybus	Granules		ground/roasted
Chili Pepper	See Cayenne Pepper			
Chili Powder - Delux blend		Ground		contains chili pepers, cumin seed, garlic,oregano, coriander seed, cayenne pepper, cloves, allspice berries, microcrystalline cellulose
China Root	See Rhubarb Root			

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Chives, Freeze Dried	Allium schoenoprasum	Cut		
Cilantro Leaves - Organic	Coriandum sativum	Cut		
Cinnamon Bark	Cinnamonum Cassia	Powder		
Cinnamon Sticks 3"	Cinnamonum Cassia	Whole		
Cinnamon Sticks 12"	Cinnamonum Cassia	Whole		
Cleaver's Herb	Gallium aparine	Cut		
Cleaver's Herb	Gallium aparine	Powder		
Cloves	Syzygium aromaticum	Whole		
Cloves	Syzygium aromaticum	Ground		
Clover, Red	See Red Clover			
Cohosh Root, Black	Cimicifuga racemosa	Cut		
Cohosh Root, Black	Cimicifuga racemosa	Powder		
Cohosh Root, Blue	Caulophyllum thallctriodes	Cut		
Cohosh Root, Blue	Caulophyllum thallctriodes	Powder		
Colic Root (Wild Yam)	See Wild Yam			
Collinsonia Root	See Stone Root			
Coltsfoot Leaves	Tussilago farfara	Cut		
Comfrey Leaves	Symphytum Officinale	Cut	*	
Comfrey Root	Symphytum Officinale	Powder	*	
Comino Seeds	See Cumin Seed			
Coriander Leaves	See Cilantro Leaves			
Coriander Seeds	Coriandum sativum	Whole		
Coriander Seeds	Coriandum sativum	Ground		
Corn Silk	Zea mays	Cut		
Corn Silk	Zea mays	Powder		
Cramp Bark	Viburnum opulus	Cut		
Crane's Bill Root, Wild	See Alum Root Wild			
Cream of Tartar		Powder		
Creosote Bush	See Chaparral Leaves			
Cumin Seed	Cuminum Cyminum	Whole		
Cumin Seed	Cuminum Cyminum	Ground		

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Curry Powder Blend		Ground		Paprika, Fenugreek, Black Pepper, Cumin, Ginger, Cloves, Celery Seed,
Damiana Leaves	Turnera aphrodisiaca	Cut		
Damiana Leaves	Turnera aphrodisiaca	Powder		
Dandelion Leaves, Organic	Taraxacum Officinale	Cut		
Dandelion Root, Organic	Taraxacum Officinale	Powdered		
Dandelion Roots	Taraxacum Officinale	Cut		
Devil's Claw Root Tuber	Harpagophytum procumbens	Powder		
Dill seeds (domestic)	Anethum graveolens	Whole		
Dill Weed	Anethum graveolens	Cut		
Dong Quai Root	Angelica sinensis	Powder		Contains Sulfites
Dulse Leaves, Purple	Rhodymemia palmata	Granules		
Echinacea Root. Organic	Echinacea purea	Cut		
Echinacea Root. Organic	Echinacea purea	Powder		
Elder Berries	Sambucus nigra	Whole		
Elder Flowers	Sambucus nigra	Whole		
Elecampane Roots	Inula helenium	Cut		
Elecampane Roots	Inula helenium	Powder		
Elethro Root	See Ginseng Root, Siberian			
Eucalyptus Leaves	Eucalyptus Globulus	Cut		
Eyebright Herb	Euphrasia Offcinalis	Cut		
Eyebright Herb	Euphrasia Offcinalis	Powder		
Fennel Seeds	Foeniculum Vulgare	Whole		
Fennel Seeds	Foeniculum Vulgare	Ground		
Fenugreek Seeds	Trigonella foenum-graecum	Whole		
Fenugreek Seeds	Trigonella foenum-graecum	Powder		
Feverfew Herb, Organic	Tanacetum parthenium	Cut		
Fo-Ti Root, Cured	Polygonum mutiflorum	Powder		
Frankincense Gum	Boswellia Carteri	Pieces		
Frankincense Gum	Boswellia Carteri	Ground		
Garlic	Allium sativum	Granulated		

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Garlic	Allium sativum	Minced		
Garlic	Allium sativum	Powder		
Gentian root	Gentiana lutea	Powder		
Geranium Root	See Alum Root Wild			
Ginger Root	Zingiber Officinale	Cut		
Ginger Root	Zingiber Officinale	Ground		
Ginkgo Leaves	Ginkgo biloba	Cut		
Ginkgo Leaves	Ginkgo biloba	Powder		
Ginseng Root, Korean White	Panax schinseng	Powder		
Ginseng Root, Siberian	Elutherococcus senticosus	Powder		
Golden Seal Herb, leaf & Stem	Hydrastis Canadensis	Cut		
Golden Seal Root	Hydrastis Canadensis	Powder		
Goose Grass	See Cleaver's Herb			
Gutu Kola Herb	Centella asiatica	Cut		
Gutu Kola Herb	Centella asiatica	Powder		
Gravel Root	See Meadowsweet Root			
Guar Gum	Cyamopsis tetragonolubus	Powder		
Guarana Seeds	Pualilinia cupana	Powder		Contains Caffeine
Gum Acacia	See Arabic Gum			
Gum Arabic	See Arabic Gum			
Gum Benzoin	See Benzoin Gum			
Gum Frankincense	See Frankincense Gum			
Gum Myrrh	See Myrrh Gum			
Gum Olibanum	See Frankincense Gum			
Gum Styrax	See Benzoin Gum			
Hawthorne Berries	Crataegus Species	Cut		
Hawthorne Berries	Crataegus Species	Powder		
He Shou Wu	See Fo-Ti Root			
Henna leaves Red	Lawsonia Alba	Powder	*	Hair Rinse use at own risk
Hibiscus Flowers	Hibiscus sabdariffa	Whole		

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Hing	See Asafoetida Gum			
Holy Thistle Herb	See Blessed Thistle Herb			
Hops Flowers	Humulus lupulus	Whole		
Hops Flowers	Humulus lupulus	Powder		
Horehound Herb	Marrubium Vulfare	Cut		
Horehound Herb	Marrubium Vulfare	Powder		
Horsetail Herb	Equisetum hyemale	Cut		
Horsetail Herb	Equisetum hyemale	Powder		
Huckleberry Leaves	See Blue Berry Leaves			
Hydrangea Root	Hydrangea arborescens	Cut		
Hyssop Herb	Hyssopus Offincinalis	Cut		
Hyssop Herb	Hyssopus Offincinalis	Powder		
Irish Moss	Chondrus Crispus	Powder		
Italian Season Blend		Cut		Oregano Marjoram, Thyme, Rosemary & Sage
Jasmine Flowers	Jasminum Species	Whole		
Juniper Berries	Juniperus communis	Whole		
Juniper Berries	Juniperus communis	Ground		
Kava Kava Root	Piper Methysticum	Cut		Origin - Maui
Kava Kava Root	Piper Methysticum	Powder		Origin - Maui
Kelp, Atlantic	Ascophyllum nodosa	Powder		
Kola Nuts	Cola Nitida	Powder		contains caffeine
Kummel Seeds	See Caraway Seeds			
Lapacho Bark	See Pau D'Arco Bark			
Laurel Leaves	See Bay Leaves			
Lavender Flowers French	Lavendula angustifolia	Whole		
Lemon Balm Leaves	Melissa Officinalis	Cut		
Lemon Grass	Cymbopogon Citratus	Whole		
Lemon Peel	Citrus Limon	Cut		1/4 pieces

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Lemon Peper Blend		Ground		black peper,lemon peel, freezed dried lemon, dehydrated garlic & onion , citric acid
Licorice Root	Glycyrrhiza glabra	Cut		
Licorice Root	Glycyrrhiza glabra	Powder		
Licorice Root sticks, 6-7"	Glycyrrhiza glabra	Whole		
Linden Flowers & leaves	Tilia europaea	Whole		
Lindseeds	See Flax Seed			
Lobelia Herb	Lobelia inflata	Cut	*	
Lobelia Herb	Lobelia inflata	Powder	*	
Lungwort	Pulminaria Officinalis	Cut		
Maca Root -Organic	Lepidium meyeniiwalpers	Powder		Peruvian
Mandrake Root, American	Podophyllum pelatum	Cut	*	
Mandrake Root, American	Podophyllum pelatum	Powder	*	
Marigold Flowers	See Candula Flowers			
Marjoram Leaves	Marjorana Hortensis	Cut		
Marjoram, Wild	See Oregano			
Marshmallow Root	Althea Officinalis	Cut		
Marshmallow Root	Althea Officinalis	Powder		
Mayapple Root	See Mandrake Root			
Meadowsweet Root	Eupatorium purpurea	Cut		
Melissa Leaves	See Lemon Balm Leaves			
Mexican Seasoning Blend		Ground		Mild Chiles, garlic, Onion, Paprika, Oregano, Celery,Cumin seed, Cayeane, Red and Green Pepper, Parsley and Bay
Milk Thistle Seeds	Silibum marianum	Whole		
Milk Thistle Seeds	Silibum marianum	Ground		
Mistletoe Herb	Viscum album	Cut	*	
Mistletoe Herb	Viscum album	Powder		
Motherwort	Leonurus cardiaca	Cut		
Motherwort	Leonurus cardiaca	Powder		

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Mugwort	Atremisia Vularis	Cut	*	
Mugwort	Atremisia Vularis	Powder	*	
Mulleim Leaves	Verbascum thapsus	Cut		
Mulleim Leaves	Verbascum thapsus	Powder		
Mustard Seeds, Yellow	Brassica alba	Whole		
Mustard Seeds, Yellow	Brassica alba	Powder		
Mustard Seeds, Dry(yellow)	Brassica alba	Powder		
Myrrh Gum	Commiphora Myrrha	Small Pieces		
Myrrh Gum	Commiphora Myrrha	Powder		
Neem Leaves	Azadirachta Indica	Cut		
Nettle Leaves, Stinging Orga	Urtica dioica	Cut		organic
Nettle Leaves, Stinging	Urtica dioica	Powder		
Nutmeg	Myristica Fragrans	Whole		
Nutmeg	Myristica Fragrans	Ground		
Oak Bark, White	Quercus Alba	Cut		
Oak Bark, White	Quercus Alba	Powder		
Oat Straw	Avena sativa	Cut		
Oat Straw	Avena sativa	Powder		
Olibanum Gum	See Frankincense Gum			
Onion, white	Allium cepa	Granules		
Onion, white	Allium cepa	Minced		
Onion, white	Allium cepa	Powder		
Organge Peel	Citrus Sinensis	Cut 1/4" Pieces		
Oregano Leaves Greek	Oreganum vulgare	Cut		
Oregan Grape Root	Mahonia aquafolium	Cut		
Oregan Grape Root	Mahonia aquafolium	Powder		
Orris Root, Natural	Iris florentina	Cut		
Orris Root, Natural	Iris florentina	Powder		
Paprika, Hungarian	Capsicum annum	Ground		
Parsley Leaves	Petroselinum crispum	Flakes		
Parsely Herb, Leaf & Stem	Petroselinum crispum	Powder		

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Partidge Berry Herb	See Squaw Vine Herb			
Passion Flower	Passiflora incartnata	cut		
Passion Flower	Passiflora incartnata	Powder		
Pau D'Arco Bark	Tabebula impetiginosa	Cut		
Pau D'Arco Bark	Tabebula impetiginosa	Powder		
Pennyroyal Herb	Mentha pulegium	Cut	*	
Pennyroyal Herb	Mentha pulegium	Powder	*	
Pepper, Black	Pepper nigrum	Whole		
Pepper, Ground	Pepper nigrum	Ground		
Pepper, Red	See Cayenne Peper			
Pepper, White	Piper album	Ground		
Pepper, White	Piper album	Whole		
Peppermint Leaves, Organic	Mentha piperita	Cut		
Peppermint Herb	Mentha piperita	Powder		
Pickling Spice Blend		Whole		Mustard Seed Dill Seed, Allspice, Cloves, Coriander, Mace, Black Pepper, Bay Leaf, Cardamon, and Cayenne
Pimento Berries	See Allspice Berries			
Plantain Leaves	Plantago Lanceolata	Cut		
Peurisy Root	Asclepias tuberosa	Cut	*	
Peurisy Root	Asclepias tuberosa	Powder	*	
Poppy Seeds, Blue	Papaver Somniferum	Whole		Dutch origin
Poultry Seasoning Blend				Sage leaves, Thyme Leaves, Onion, Marjoram Leaves, Black Pepper, Celery Seeds, and Cayenne Pepper
Prickly Ash Bark	Zanthozylum Calvus herculis	Cut		
Prickly Ash Bark	Zanthozylum clavus herculis	Powder		
Psyllium Husks	Plantago psyllium	Whole		
Psyllium Husks	Plantago psyllium	Powder		
Psyllium Seeds	Plantago psyllium	Ground		
Phyllium Seeds	Plantago psyllium	Whole		

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Pumpkin Pie Spice		Powder		Cinnamon, Ginger, Cloves and Nutmeg
Queen of the Meadow Root	See Meadowsweet Root			
Red Clover Tops Organic	Trifolium pratense	Cut		Leaves & Blossom
Red Clover Tops	Trifolium pratense	Powder		Leaves & Blossom
Red Pepper	See Pepper, Red			
Red Raspberry Leaves Organ	Rubus idaeus	Cut		organic
Red Raspberry Leaves	Rubus idaeus	Cut		
Red Raspberry Leaves	Rubus idaeus	Powder		
Red Root (Jersey Tea)	Ceanthus americanus	Cut		
Red Root (Jersey Tea)	Ceanthus americanus	Powder		
Rheumatism Root	See Wild Yam Root			
Rhubarb Root	See Turkey Rubarb Root			
Rose Buds, Pink (Select)	Rose centifolia	Whole		
Rose Hips	Rosa canina	Powdered		
Rose Hips (Seedless)	Rosa Canina	Cut		
Rose Petals	Rosa Gallica	Whole		
Rosemary Leaves	Rosmarinus Officinalis	Whole		
Rosemary Leaves	Rosmarinus Officinalis	Powder		
Sacred Bark	See Cascara Sagrada Bark			
Sage Leaves	Salvia officinalis	Crushed/Rubbed		
St. John's Wort	Hypericum perforatum	Cut	*	
St. John's Wort	Hypericum perforatum	Powder	*	
Sarsaparilla Root (Mexican)	Smilax Officinalis	Cut		
Sarsaparilla Root (Mexican)	Smilax Officinalis	Powder		
Sassafras Bark	Sassafras albidum	Cut	*	
Savory Leaves, (Winter)	Satureja hortensis	Cut		
Savory Leaves, (Winter)	Satureja hortensis	Powdered		
Saw Palmetto Berries	Serenoa repens	Cut		
Saw Palmetto Berries	Serenoa repens	Powder		
Scullcap Herb Organic	Scutellaria lateriflora	Cut		

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Scullcap Herb Organic	Scutellaria lateriflora	Powder		
Seawrak	See Bladderwack			
Senna Leaves	Cassia angustifolia	whole		use with caution
Senna Leaves	Cassia angustifolia	Powder		use with caution
Sesame Seeds, Hulled	Seasamum indicum	Whole		
Shavegrass	See Horsetail Herb			
Sheep Sorrel Herb	Rumex acetosella	Powder		
Shepard's Purse Herb	Capsella bursa pastoris	Cut		
Shepard's Purse Herb	Capsella bursa pastoris	Powder		
Siberian Ginseng	See Ginseng, Siberian			
Slippery Elm Bark	Ulmus Rubra	Powder		
Snake Root, Black	See Cohosh Root, Black			
Spearmint Leaves, Organic	Mentha Spicata	Cut		
Spikenard Root	Aralia racemosa	Cut		
Spirulina	Blue Green Algae	Powder		
Squaw Vine Herb	Mitchella repense	Cut		
Star Anise (select)	Illicium verum	Whole		
Stone Root	Collinsonia Canadensis	Powder		
Strawberry leaves (Wild)	Fragaria vesca	Cut		
Sweet Flag Root	See Calamus Root			
Sweet Root	See Licorice Root			
Teheebo Bark	See Pau D'Arco Bark			
Tansy Herb	Tanacetum Vulgare	Cut	*	
Tarragon Leaves, Domestic	Artemisia dracunculus	Cut		
Thyme Leaves	Thymus vulgaris	Cut		
Thyme Leaves	Thymus vulgaris	Ground		
Tonka Beans *	Dipteryx Odorata	whole	*	
Tumeric Root	Curcuma Longa	Powder		
Turkey Rubarb Root	Rheum palmatum	Powder		use with caution
Una de Gato	See Cat's Claw			
Uva Ursi Leaves	Arctostaphylos uva ursi	Cut		

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Uva Ursi Leaves	Arctostaphylos uva ursi	Powder		
Valerian root	Valeriana Officinalis	Cut		
Valerian root	Valeriana Officinalis	Powder		
Vervain Herb, Blue	Verbena hastata	Cut		
Vervain Herb, Blue	Verbena hastata	Powder		
Violet Herb, Blue	Viola odorata	Cut		
Violet Herb, Blue	Viola odorata	Powder		
Vitex Berries	See Chasetree Berry			
Walnut Hulls, Black	Juglans nigra	Powder		
Walnut Leaves, Black	Juglans nigra	Cut		
Watercress Herb	Nasturtium officinale	Powder		
White Oak Bark	See Oak Bark, White			
White Pepper	See Pepper, White			
White Willow	See Willow, White			
Wild Cherry Bark	See Cherry Bark			
Wild Yam Root	Discorea Villosa	Cut		
Wild Yam Root	Discorea Villosa	Powder		
Willow Bark, White	Salix alba	cut		
Willow Bark, White	Salix alba	Powder		
Witch Hazel Bark	Hamamelic virginiana	Cut		
Witch Hazel Bark	Hamamelic virginiana	Powder		
Wood Betony Herb	Stachys officinalis	Cut		
Wood Betony Herb	Stachys officinalis	Powder		
Wormwood Herb	Artemisia absinthium	Cut	*	
Wormwood Herb	Artemisia absinthium	Powder	*	
Yarrow Herb	Achillia Millefolium	Cut	*	
Yarrow Herb	Achillia Millefolium	Powder	*	
Yellow Dock Root	Rumex crispus	cut		
Yellow Dock Root	Rumex crispus	Powder		
Yerba Mate' Leaves, Green	Ilex paraguensis	Cut		Contains Caffeine
Yucca Root	Yucca species	Powder		

Product	Botanical/Alt Name	Form Available	Not for food/bev	Additional Ingredience
Essiac Tea - Pre Mixed 1/2 Recipe				Burdock Root, Sheep Sorrel, Turkey Rubarb Root, Slippery Elm Bark
Essiac Tea - Pre Mixed Full Recipe				Burdock Root, Sheep Sorrel, Turkey Rubarb Root, Slippery Elm Bark