

## **Woodland Herbs Tincture Price List**

At Woodland Herbs we try to stock a wide range of different herbs, focussing mainly on the European tradition of herbal medicine. Throughout the ages however there has been a large exchange of knowledge between cultures, regarding the use of herbs. Therefore herbs commonly used in Britain today originate from all four corners of the globe, from the common British dandelion, through the native American Echinacea, to the African Devils Claw.

We stock both dried herbs and herbal tinctures, and are happy to give advice on the use of medicinal herbs. In some circumstances however we may recommend talking to a qualified medical herbalist.

You can order herbs online at [www.woodlandherbs.co.uk](http://www.woodlandherbs.co.uk) or we offer a mail order service, please telephone for information, or to place an order. We accept all major credit cards.



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### INDIVIDUAL HERBAL TINCTURES

Code	200ml	100ml	50ml	30ml
A	£6.60	£3.60	£2.30	£2.00
B	£6.90	£3.80	£2.40	£2.10
C	£7.20	£4.00	£2.50	£2.20
D	£8.30	£4.50	£2.70	£2.40
E	£9.80	£5.20	£3.10	£2.80
F	£22.00	£12.00	£7.00	£5.00

Tincture		Code
Achillea millefolium	Yarrow	A
Acorus calamus	Sweet Flag root	A
Aesculus hippocastanum	Horse Chestnut Sweet	A
Agrimonia eupatoria	Agrimony	A
Agropyron repens	Couchgrass	A
Alchemilla arvensis	Parsley Piert	C
Alchemilla vulgaris	Ladies Mantle	A
Allium sativa	Garlic Juice	D
Althaea officinalis fol	Marshmallow Leaf	A
Althaea officinalis rad	Marshmallow Root	A
Anemone pulsatilla	Pasque Flower	B
Angelica archangelica herba	Angelica herb	A
Angelica archangelica rad	Angelica root	B
Angelica sinensis	Dong quai root	B
Anthemis nobilis	Roman Chamomile	C
Apium graveolens	Celery seed	B

<i>Arcostaphylos uva ursi</i>	Uva Ursi /Bearberry	A
<i>Arctium lappa rad</i>	Burdock root	A
<i>Artemisia abrotanum</i>	Southernwood Herb	A
<i>Artemisia absinthium</i>	Wormwood	A
<i>Artemisia vulgaris</i>	Mugwort	A
<i>Astralagus membranaceus</i>	Astragalus	B
<i>Avena sativa semen</i>	Oat groats	A
<i>Baptisia tinctoria</i>	Wild Indigo root	A
<i>Barosma betulina</i>	Buchu leaf	D
<i>Berberis aquifolium</i>	Oregon Grape root	B
<i>Berberis vulgaris</i>	Barberry leaf	A
<i>Betula alba</i>	Birch leaf	A
<i>Borago officinalis</i>	Borage/Starflower	A
<i>Calendula officinalis 25%</i>	Marigold Flowers 25%	A
<i>Calendula officinalis 90%</i>	Marigold Flowers 90%	B
<i>Capsella bursa pastoris</i>	Shepherds Purse	A
<i>Carduus marianus</i>	Milk Thistle	A
<i>Cassia angustifolia</i>	Senna Pods	A
<i>Caulophyllum thalictroides</i>	Blue Cohosh Root	B
<i>Centella asiatica</i>	Gotu Kola	A
<i>Chionanthus virginicus</i>	Fringetree	D
<i>Chondrus crispus</i>	Irish Moss	A
<i>Cimicifuga racemosa</i>	Black Cohosh	B
<i>Cinnamomum zeylanicum</i>	Cinammon	C
<i>Collinsonia canadensis</i>	Stone Root	C
<i>Commiphora molmol</i>	Myrrh	B
<i>Crataegus oxyacanth. (f&amp;f)</i>	Hawthorn	A
<i>Cynara scolymus</i>	Artichoke	B
<i>Dioscorea villosa</i>	Wild Yam root	C
<i>Echinacea angustifolia (rad)</i>	Coneflower root	D
<i>Eleutherococcus senticosus</i>	Siberian Ginseng	D
<i>Equisetum arvense</i>	Horsetail	A
<i>Erythraea centaureum</i>	Centauray	A
<i>Eschscholtzia californica</i>	Californian Poppy	B
<i>Eupatorium perfoliatum</i>	Boneset	B
<i>Eupatorium purpureum</i>	Gravel root	C
<i>Euphrasia officinalis</i>	Eyebright	B
<i>Filipendula ulmaria</i>	Meadowsweet	A
<i>Foeniculum vulgare</i>	Fennel seed	E
<i>Fucus vesiculosus</i>	Bladderwrack/Kelp	C
<i>Fumaria officinalis</i>	Fumitory	A
<i>Galega officinalis</i>	Goats Rue	A
<i>Galium aperine</i>	Cleavers	A
<i>Gentiana lutea</i>	Gentian root	C
<i>Geranium maculatum (rad)</i>	American Cranesbill rt	D
<i>Geum urbanum</i>	Avens herb	A
<i>Ginkgo biloba</i>	Ginkgo	A
<i>Glechoma hederacea</i>	Ground Ivy	A
<i>Glycyrrhiza glabra</i>	Liquorice	A
<i>Grindelia camporum</i>	Grindelia	A
<i>Guaiacum officinale</i>	Lignum Vitae resin	B
<i>Gymnema sylvestre</i>	Gurmar	E
<i>Hamamelis virginiana (fol)</i>	Witch Hazel Leaf	C
<i>Harpagophytum procumbens</i>	Devils Claw (root)	B
<i>Humulus lupulus</i>	Hops	B
<i>Hydrangea arborescens</i>	Hydrangea Root	B
<i>Hydrastis canadensis</i>	Goldenseal	E
<i>Hypericum perforatum</i>	Saint Johns Wort	A
<i>Hyssopus officinalis</i>	Hyssop	A
<i>Inula helenium</i>	Elecampane	C
<i>Iris versicolor</i>	Blue Flag rhizome	B
<i>Lactuca virosa</i>	Wild Lettuce	B

<i>Lamium album</i>	White Dead Nettle	A
<i>Lavandula angustifolia</i>	Lavender	E
<i>Leonurus cardiaca</i>	Motherwort	A
<i>Lycium barbarensis</i>	Gou Qi Zi, Wolfberry	C
<i>Lycopus virginicus</i>	Bugleweed	C
<i>Marrubium vulgare</i>	White Horehound	A
<i>Matricaria recutita</i>	German Chamomile	B
<i>Medicago sativa</i>	Alfalfa	A
<i>Melilotus officinalis</i>	Melilot Herb	A
<i>Melissa officinalis</i>	Lemon Balm	E
<i>Mentha piperita</i>	Peppermint	E
<i>Mitchella repens</i>	Partridge Berry	C
<i>Myrica cerifera</i>	Bayberry Root bark	C
<i>Nepeta cataria</i>	Catnip	B
<i>Paeonia lactiflora</i>	Paeony	C
<i>Panax ginseng</i>	Korean Ginseng	E
<i>Parietaria diffusa</i>	Pellitory of the Wall	A
<i>Passiflora incarnata</i>	Passion Flower	A
<i>Peumus boldo</i>	Boldo	A
<i>Pimpinella anisum</i>	Aniseed	E
<i>Piscidia erythrina</i>	Jamaican Dogwood	A
<i>Plantago lanceolata</i>	Plantain	A
<i>Polygonatum odoratum</i>	Solomon's Seal	A
<i>Pulmonaria officinalis</i>	Lungwort	A
<i>Quercus robur</i>	Oak bark	A
<i>Ranunculus ficaria</i>	Pilewort	C
<i>Rheum officiale</i>	Rhubarb Root	A
<i>Rosa spp</i>	Rose	C
<i>Rosmarinus officinalis</i>	Rosemary	E
<i>Rubus idaeus</i>	Raspberry leaf	A
<i>Rumex crispus</i>	Yellow Dock (root)	A
<i>Salix alba</i>	White Willow	A
<i>Salvia officinalis</i>	Sage	A
<i>Sambucus nigra flos</i>	Elderflower	B
<i>Schisandra chinensis</i>	Schisandra	B
<i>Scutellaria lateriflora</i>	Skullcap	C
<i>Serenoa serrulata</i>	Saw Palmetto berry	C
<i>Smilax sp.</i>	Sarsaparilla	B
<i>Solidago virgaurea</i>	Goldenrod	A
<i>Stachys betonica</i>	Wood Betony	A
<i>Stellaria media</i>	Chickweed	A
<i>Stillingia sylvatica</i>	Queen's Delight	D
<i>Symphytum officinale fol</i>	Comfrey (leaf)	A
<i>Tabebuia impetiginosa</i>	Pau D'Arco	B
<i>Tanacetum parthenium</i>	Feverfew	C
<i>Tanacetum vulgare</i>	Tansy	A
<i>Taraxacum officinale fol</i>	Dandelion (leaf)	A
<i>Taraxacum officinale rad</i>	Dandelion (root)	A
<i>Thuja occidentalis</i>	Tree of Life	A
<i>Thymus vulgaris</i>	Thyme	A
<i>Tilia europea</i>	Limeflower	A
<i>Trifolium pratense</i>	Red Clover flowers	A
<i>Trillium erectum</i>	Beth Root	C
<i>Turnera diffusa</i>	Damiana	B
<i>Tussilago farfara</i>	Coltsfoot	A
<i>Ulmus fulva</i>	Slippery Elm	D
<i>Urtica dioica fol</i>	Nettle	A
<i>Urtica dioica rad</i>	Nettle root	A
<i>Vaccinium myrtillus</i>	Bilberry	C
<i>Valeriana officinalis</i>	Valerian	B
<i>Valeriana wallichii</i>	Indian Valerian	C
<i>Verbascum thapsus</i>	Mullein	A

Verbena officinalis	Vervain	A
Viburnum opulus	Cramp bark	D
Viburnum prunifolium	Black Haw bark	C
Vinca minor	Lesser Periwinkle	B
Viola odorata	Sweet Violet Leaf	B
Viola tricolor	Heartsease	A
Vitex agnus castus	Chaste Tree	A
Withania somniferum	Ashwaganda	E
Zanthoxylum clava herculis	Prickly Ash bark	C
Zea mays	Cornsilk	A

**Fluid Extracts**

Cimicifuga racemosa	Black Cohosh	F
Viburnum opulus	Cramp Bark	F
Vitex agnus castus	Chaste Tree	E

**Treating yourself with herbs**

Herbs were traditionally the medicine freely available to all, and many people knew herbal recipes for common ailments that were passed on from generation to generation to treat ailments such as coughs, colds, indigestion and simple injuries. For more serious problems someone more knowledgeable in traditional herbal medicines and pathology (the state of the body during illness) was often consulted for a diagnosis and prescription.

At Woodland Herbs we believe that everyone has the right to access herbs and herbal medicine, this includes access to buying good quality herbs and being able to self-treat with them. We also accept however that there are a wide number of conditions which are best treated alongside a professional (whether that is a medical herbalist or a medical practitioner).

Modern medicine can also make the taking of herbs more complicated because of the possibility of interactions between medicines and herbs.

Doses are not given with the remedies because often the most suitable dose depends not only on the herb, but also on: the age, size and health of the person; the affliction being treated for; any other medications concurrent to the treatment (herbal and non-herbal) and the length of time the herb is being taken for.

If asked for advice we will try our best to give it, However where we believe it would be detrimental to give advice, and therefore support a course of self-treatment, we may at times suggest that the best course of action is a consultation with a medical herbalist or doctor.

**Disclaimer: The information in this leaflet is for information only. For a diagnosis and full herbal prescription we recommend that you consult a medical herbalist.**