plants that are tonic in nature

URF

support body systems

TONICS

in doing what they grew to do

Mullein

Lung n Respiratory Tonic
Lungs and Breathing

Dandelion and Burdock

Liver, Blood, Digestive n Kidney Tonic
Detoxifying + Digestive

Chamomile

Nerve n Digestive Tonic
Calming + Digestive

Ashwagandha

Nerve n Adrenal Tonic
Adaptogenic; Relaxing + Revitalizing

Black Haw

Female Reproductive Tonic
Reproductive + Cramp antispasmodic

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