NAPIERS
EDINBURGH 1860

Medicinal herbs for the treatment of common chronic diseases

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A trust held since 1860

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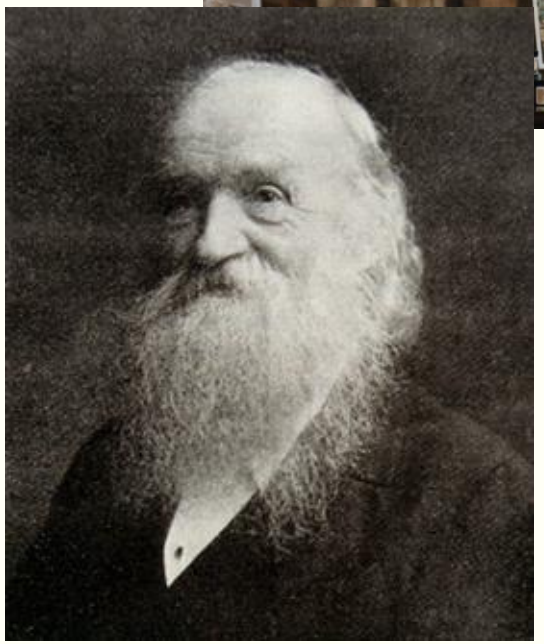
Our Story

Napiers the Herbalists was founded by Duncan Napier in 1860. Despite being abandoned at birth, he became an eminent Victorian botanist and the most famous herbalist in Scotland.

His legacy lives on to this day with original herbal remedies, natural therapeutic skincare, botanical beauty and herbal food supplements and teas that are second to none.







We have had our medical herbalists at the heart of our business for over 160 years. Our herbal remedies are informed by our real clinical experience with our patients.

The healing power of nature

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Our Legacy

Napiers use wild herbs, flowers and berries to make extracts that nourish, support the body. Many of our formulas are ancient, surviving the test of centuries and the trust of our patients. Combined with modern scientific knowledge, our herbalists continue to create remedies tested in our clinics, as well as those that have been loved for over 160 years.





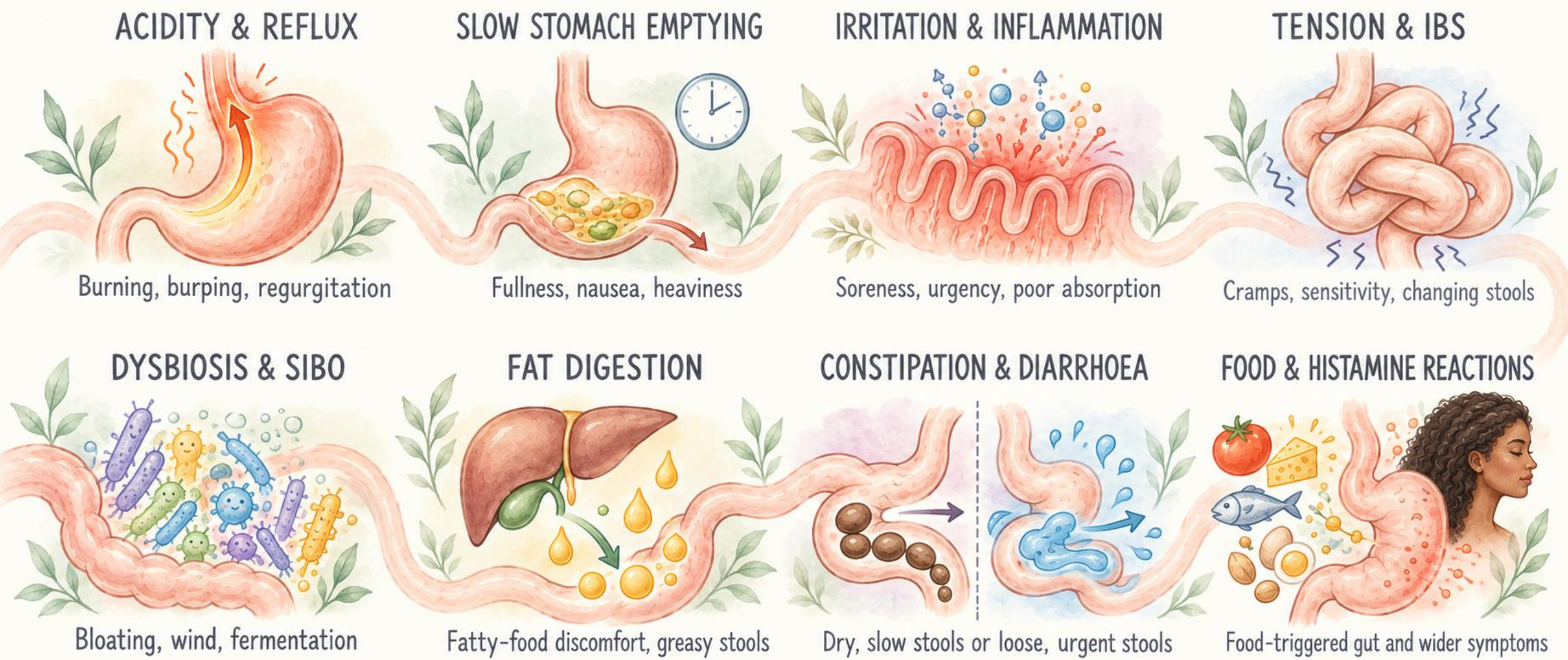




Gut health

God mageføelse

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Mallow Digestive Blend Legeestokkroserot fordøyelsesblanding

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Balances stomach acidity, reduces inflammation, helpful in acid reflux.



Marshmallow
Althaea officinalis
Legeestokkroserot

Cooling, mucilage-rich demulcent that soothes irritated digestive tissues and gastric mucosa. Supports comfort in reflux, gastritis and dry constipation, providing a moistening foundation for the blend while other herbs address inflammation and spasm.



Meadowsweet
Filipendula ulmaria
Mjødurt

Cooling, aromatic herb for burning indigestion and digestive inflammation. Used to alleviate digestive discomfort, pain and to soothe irritation in the gastrointestinal tract. It is excellent at balancing stomach acidity as an alternative to long-term PPI use. Helpful when reflux, nausea or loose stools accompany stomach irritation.



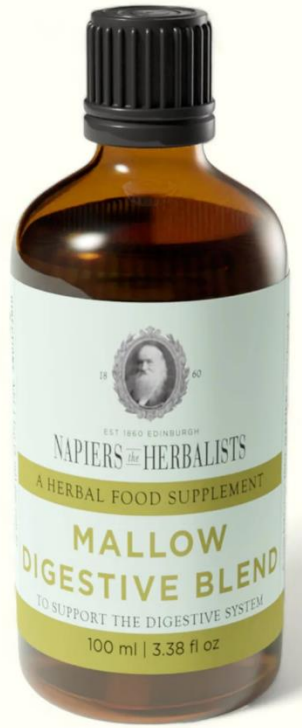
Liquorice
Glycyrrhiza glabra
Lakrisrott

Sweet, demulcent root that supports gastric mucus and soothes inflamed digestive tissues. Combines both anti-inflammatory and antispasmodic actions, helping ease irritation while harmonising the blend's taste and balancing its drying constituents.



Chamomile
Matricaria recutita
Kamilleblom

Aromatic, bitter flowers that relax digestive spasm, ease gas and calm nervous tension. Anti-inflammatory constituents complement the blend's demulcents, supporting comfort when reflux or dyspepsia worsens during periods of stress or anxiety.



Best British Bitters Beste Britiske bitterurter

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Increases digestive enzymes, HCl, gut mucus and bile. Helpful in fullness, wind, cramping.



Milk Thistle
Silybum marianum
Mariatistel



Dandelion
Taraxacum officinale
Løvetannrot



Peppermint
Mentha piperita
Peppermynte



Meadowsweet
Filipendula ulmaria
Mjødurt



Birch Leaf
Betula alba
Bjørkeløv



Yellow Gentian
Gentiana lutea
Gulsøterot

Milk Thistle Seed
Liver-supportive seed rich in silymarin. Adds a restorative hepatic component to digestive bitters, complementing bile-supporting herbs where rich meals cause heaviness, poor fat tolerance and sluggish digestion rather than cramping.

Dandelion Root
Gentle bitter root that encourages appetite, digestive secretions and bile flow. Supports fat digestion and bowel regularity, useful when meals leave heaviness, bloating or constipation associated with sluggish digestive function.

Peppermint Leaf
Menthol-rich aromatic leaf that relaxes digestive smooth muscle and helps release gas. Eases post-meal bloating, intestinal cramps and nausea, adding a relieving carminative action alongside the blend's stronger bitter roots.

Meadowsweet
Aromatic, gently bitter herb that combines digestive support with soothing, astringent actions. Balances the formula's roots, easing irritated dyspepsia and loose stools while contributing comfort after rich or troublesome meals.

Birch Leaf
Bitter, astringent leaf traditionally used to support bile flow and elimination. Adds a hepatic and urinary component to the formula, complementing digestive support where sluggishness accompanies constipation or fluid retention.

Yellow Gentian Root
Intensely bitter root that stimulates appetite, saliva and gastric secretions. Prepares digestion before meals and supports weak digestive function, particularly poor appetite, low acidity and fullness after eating protein-rich foods.

Ginger Root
Warming aromatic rhizome that supports gastric movement, eases nausea and disperses intestinal gas. Complements cooling bitters, helping digestion feel less stagnant when meals cause fullness, belching or discomfort with coldness.

4 Useful Single Tinctures for the Gut

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For a wide variety of gastrointestinal complaints



Marshmallow
Althaea officinalis
Legeestokkrose

Digestive: Excellent in a wide range of irritated gut conditions. Lines gut wall. *Epithelial:* Soothes all throat, respiratory, urinary, genital and mucosal linings including Barrett's oesophagus (fr. acid reflux). *Skin*: Used externally added to creams, for a wide range of irritating and itchy skin conditions especially where dry, scaled or cracking.



Fennel Seed
Foeniculum vulgare
Fennikelfrø

Digestive: An excellent sweet aromatic remedy that relaxes intestinal spasm, eases trapped wind and supports appetite. Useful for bloating, reducing SIBO gas, colicky discomfort, nervous digestion and gut dysbiosis. *Respiratory support*: Also offers expectorant support when coughs accompany respiratory irritation.



Ginger
Zingiber officinale
Ingefær

Anti-inflammatory and antioxidant properties. *Digestive:* Helps healthy digestion and reduces gastrointestinal discomfort. Improves gut emptying (gastroparesis), bloating, dyspepsis, nausea, food poisoning, diarrhoea and bacterial gut infections. *Externally*: Used in creams for joint and muscle pain and menstrual cramp rubs.



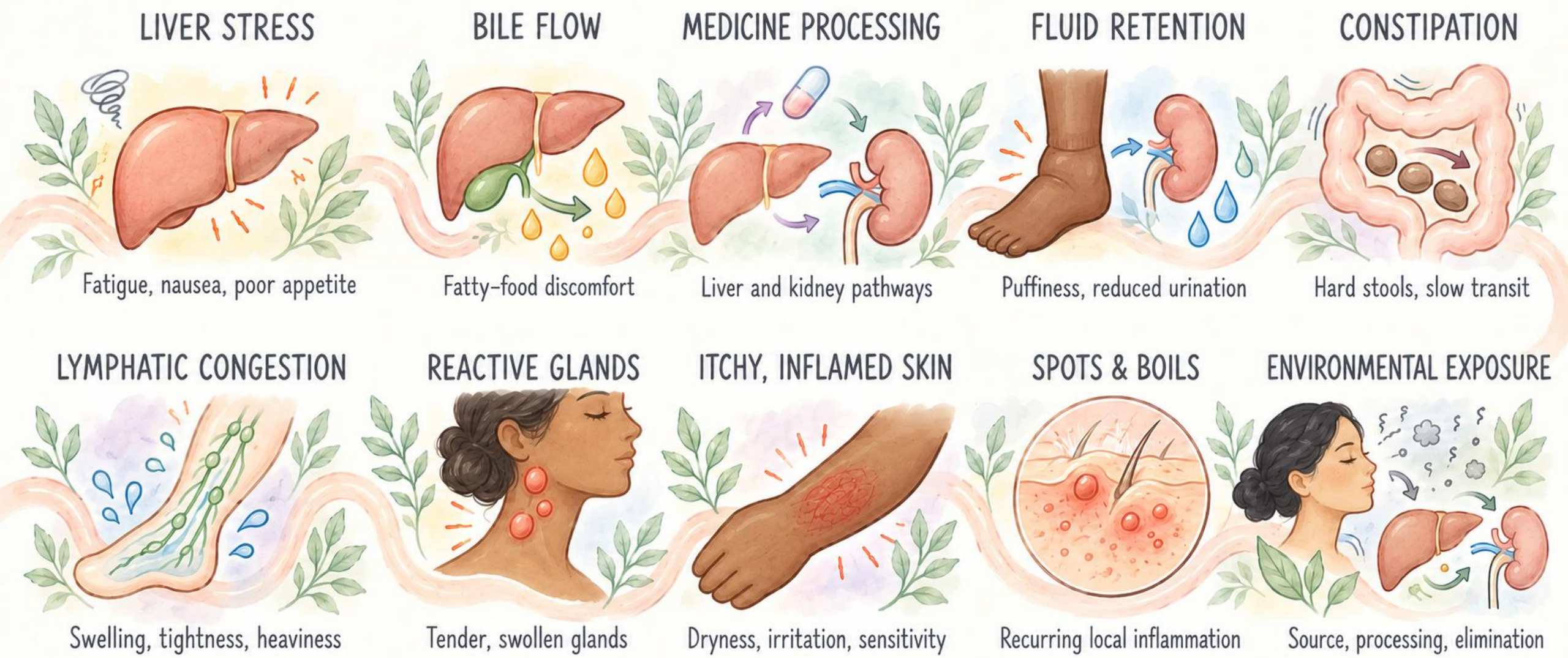
Liquorice
Glycyrrhiza glabra
Lakrisrot

Digestive: Soothes digestive pain and irritation of the stomach lining and bowel. Damps down over-active immune responses and acute inflammation. *Respiratory support*: helps to clear mucus and soothe sore throats or coughs. *Adrenal support*: Herbalists often classify it as an adaptogen, due to effect on stress and adrenal system.

Detoxification

Rensing

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Detox Formula

Support for fasting, elimination diets and after excess of rich foods or alcohol.



Burdock Root
Arctium lappa
Storborrerot



Artichoke Leaf
Cynara scolymus
Artisjokkblad



Bladderwrack
Fucus vesiculosus
Blæretang



Dandelion Root
Taraxacum officinale
Løvetannrot



Lemon Peel
Citrus limon
Sitronskall



Prunes
Prunus domestica
Sviskesaft

Burdock Root
Traditional alterative linking skin health with digestion and elimination. Supports the formula's wider skin and lymphatic emphasis, particularly where recurring irritation accompanies sluggish digestion, poor appetite or uncomfortable bowel movements.

Artichoke Leaf
Bitter hepatic herb supporting bile flow and fat digestion. Helps address post-meal heaviness, nausea and bloating, contributing to the formula's digestive emphasis where rich meals leave prolonged fullness and discomfort.

Bladderwrack
Mineral-rich seaweed supplying iodine and soluble polysaccharides. Adds a nutritional dimension to the formula, traditionally associated with sluggish metabolic patterns, while complementing the digestive and eliminatory actions of its companions.

Dandelion Root
Bitter digestive and hepatic tonic supporting appetite, digestive secretions and bile flow. Connects food processing with bowel function, particularly where constipation, bloating and poor tolerance of fatty meals occur together.

Lemon Peel
Aromatic bitter peel supporting appetite and digestive comfort. Its fragrant oils complement the stronger bitters, helping ease wind and making the formula more palatable while encouraging engagement with food again.

Prune Juice
Provides sweetness and balances the formula's bitter flavour. Prunes contain sorbitol and soluble fibre associated with softer stools; the juice contributes a bowel-supporting element alongside the digestive and hepatic herbs.

Cilantro Pinella Blend

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Support for exposure to environmental toxins, chemical and mould sensitivities.



Coriander
Coriandrum sativum
Korianderblad



Aniseed / Pinella
Pimpinella anisum
Anisfrø



Dandelion Leaf
Taraxacum officinalis
Løvetannblad



Dandelion Root
Taraxacum officinalis
Løvetannrot



Artichoke Leaf
Cynara scolymus
Artisjokkblad



Tangerine Peel
Citrus reticulata
Mandarinskall



Bladderwrack
Fucus vesiculosus
Blæretang

Coriander Leaf
Traditionally used in metal-exposure support; adds antioxidant and aromatic digestive actions, connecting digestive comfort with the blend's eliminatory emphasis.

Aniseed / Pinella
Carminative and antispasmodic for bloating, trapped wind and digestive cramps, helping settle discomfort and improve tolerance of meals.

Dandelion Leaf
Gentle urinary herb supporting fluid elimination through the kidneys, complementing the blend's digestive and hepatic support actions.

Dandelion Root
Bitter tonic supporting appetite, digestive secretions and bile flow, particularly where sluggish digestion accompanies reduced bowel regularity.

Artichoke Leaf
Supports bile flow and fat digestion, easing post-meal heaviness and nausea, particularly when rich meals leave prolonged digestive discomfort.

Tangerine Peel
Aromatic digestive for fullness, nausea and wind; balances the stronger bitters, helping relieve digestive tension and encourage comfortable eating.

Bladderwrack
Iodine-containing seaweed supplying minerals and polysaccharides with potential metal-binding properties, adding a nutritional dimension to the wider formula.

Skin Detox Blend

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Clear skin starts from the inside out



Burdock Root
Arctium lappa
Borrerot

Traditional alterative connecting skin health with digestion and elimination. Supports recurring inflammatory skin complaints where poor appetite, digestive sluggishness or constipation accompany spots, boils, itching and persistent irritation or dryness.



Red Clover
Trifolium pratense
Rødkløverblomst

Traditional alterative for recurring eczema, dry irritation and inflammatory skin patterns. Complements digestive and lymphatic herbs, particularly where persistent itching and sensitivity call for a soothing approach to skin support. Also hormone balancing.



Yellow Dock Root
Rumex crispus
Krushøymolrot

Bitter alterative linking skin treatment with digestive and bowel function. Encourages bile flow and bowel movement, particularly where constipation, sluggish digestion and poor appetite accompany chronic itching or scaly skin. Improves gut motility through better peristalsis.



Cleavers
Galium aparine
Klengemaure

Cooling lymphatic herb for irritated skin accompanied by puffiness, tender glands or tissue congestion. Supports fluid movement and complements alteratives where recurring eczema, itching and inflammation occur alongside lymphatic stagnation.

Sarsaparilla and Burdock Compound

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A traditional ‘blood-purifying tonic’ for deep-rooted skin conditions



Sarsaparilla
Smilax ornata
Sarsaparillerot



Red Clover
Trifolium pratense
Rødkløverblomst



Bearberry
Arctostaphylos uva-ursi
Melbærblad



Yellow Dock
Rumex crispus
Krushøymolrot



Poke Root
Phytolacca americana
Kermesbærrot



Calumba Root
Jateorrhiza palmata
Kalrot / Kalumba



Burdock Root
Arctium lappa
Borrerot



Green Oat
Avena sativa
Grønn havre



Bladderwrack
Fucus vesiculosus
Blæretang



Yarrow
Achillea millefolium
Ryllik



Cramp Bark
Viburnum opulus
Krossvedbark



Virginian Skullcap
Scutellaria lateriflora
Amerikansk skjoldbærer



Valerian
Valeriana officinalis
Legevendelrot



Cayenne
Capsicum frutescens
Kajennepepper



Black Cohosh
Cimicifuga racemosa
Klaseormedrue



Oregon Grape
Mahonia aquifolium
Mahonierot



Goldenseal
Hydrastis canadensis
Kanadagullsegl

4 Useful Single Tinctures for Detox

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Support for the liver, lymph, Candida and parasites



Milk Thistle
Silybum marianum
Mariatistel

Protective liver tonic for metabolic, inflammatory and chemical stress. Silymarin contributes antioxidant and cell-protective actions, supporting liver recovery where fatigue, digestive heaviness and poor tolerance of fatty meals occur together. Speeds clearance of toxins.



Cleavers
Galium aparine
Klengemaure

Cooling lymphatic herb for swollen glands, tissue congestion and puffiness. Mild urinary actions complement fluid movement, particularly where heaviness and recurring skin irritation accompany a congested, tender or swollen presentation. Restarts healing during plateaux.



Pot Marigold / Calendula
Calendula officinalis
Ringblomst

Lymphatic and tissue-healing herb for inflamed skin and digestive mucosa. Combines antimicrobial, anti-inflammatory and gently astringent actions, particularly useful where tissues are sore, broken, weeping or slow to heal following irritation. Also useful in clearing Candida albicans (thrush) infections.



Black Walnut
Juglans nigra
Svartvalnøttskall

Bitter, astringent antimicrobial traditionally used for intestinal parasites and superficial fungal infections. Green husk suits selected digestive disturbances involving worms, alongside topical applications for ringworm and associated itching and irritation. Also as a nasal rinse in hard to shift sinus infection.



Mood balance

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STRESS & OVERLOAD



Pressure, irritability, tension

ANXIETY & FEAR



Worry, trembling, racing heart

RUMINATION & INTRUSIVE THOUGHTS



Thoughts that keep returning

LOW MOOD & DESPONDENCY



Low enjoyment, confidence, motivation

NERVOUS EXHAUSTION



Depleted but unable to relax

POOR SLEEP & RESTLESSNESS



Difficulty settling, waking, restless legs

SEASONAL LOW MOOD



Winter loss of energy and motivation

SLOWNESS & POSSIBLE THYROID INVOLVEMENT



Slowing, coldness, fatigue

LOW LIBIDO



Reduced interest with stress or fatigue

Stress Blend Stressblanding

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A balanced formula for surviving anxiety and overwhelm on stressful days



Virginian Skullcap
Scutellaria laterifolia
Amerikansk skjoldbærer

A calming nervine and antispasmodic for nervous tension, irritability and exhaustion. Particularly suits the person who feels overwhelmed and oversensitive, with muscular tension, mental overactivity and difficulty settling into sleep.



Green Oat
Avena sativa
Grønn havre

Restorative nervine for exhaustion, oversensitivity and poor sleep after prolonged illness. Supports steadier nervous function without forceful stimulation, complementing adaptogens when depleted energy accompanies tension, irritability and reduced stress tolerance.



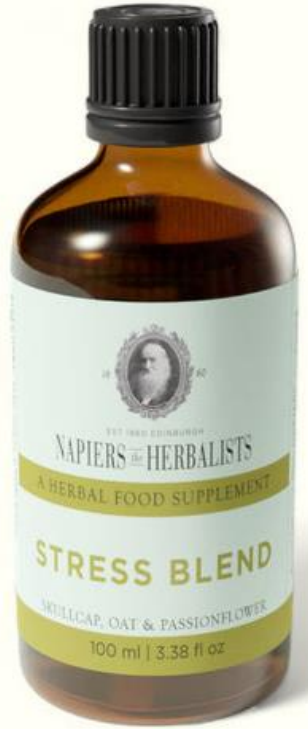
Passionflower
Passiflora incarnata
Pasjonsblomst

Relaxing nervine for anxiety, repetitive thoughts and difficulty falling asleep. Helps settle mental overactivity and ease physical tension, particularly when persistent worry prevents relaxation and leaves the person feeling exhausted. Helps with addiction, withdrawal and anger issues.



Vervain
Verbena officinalis
Jernurt

Bitter nervine for stress, irritability and tension held in the jaw, neck, shoulders and digestion. Suits driven, overextended people who struggle to switch off, supporting relaxation when sustained effort depletes resilience.



3 Useful Single Tinctures for Modern Stresses

To help sleep, relax and recover from low mood



Valerian
Valeriana officinalis
Legevendelrot

A relaxing nervine and antispasmodic for nervous agitation, muscular tension and difficulty settling into sleep. Helps ease fear and physical restlessness, supporting sleep where anxiety, repetitive thoughts or restless legs prevent the body from relaxing. Very useful in people with OCD, repetitive behaviours and tension in the neck and jaw.



Damiana
Turnera diffusa
Damiana

Mood and relaxation support: It is traditionally explored to help soothe mild nervous exhaustion, anxiety, and stress-related fatigue. *Reproductive system tonic*: It has a long historical use in Central American folk medicine as a warming stimulant for libido and reproductive vitality.



Nettle Seed
Urtica dioica
Brenneslefrø

Highly valued deep tissue restorative and general tonic. *Fatigue and burnout support:* Help restore energy levels, support in physical exhaustion or prolonged stress. *Adrenal support:* An adaptogenic aid to help nourish fatigued nervous systems, and thyroid tonic. *Kidney support:* Protect and support kidney function.

Immune Support

Immunostøtte

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EARLY SIGNS OF INFECTION



Scratchy throat, chills, aching

FREQUENT VIRAL INFECTIONS



Repeated colds, little recovery time

DEPLETION & POOR RESILIENCE



Low reserves, easily overwhelmed

SLOW RECOVERY & LINGERING SYMPTOMS



Cough, tender glands, tiredness

TICK BITES & INFECTION RISK



Prompt removal, observation, assessment

RECURRENT SYMPTOMS AFTER ANTIBIOTICS



Returning symptoms, changing patterns

Withania & Ginkgo Compound Withania- og ginkgoblanding

For a depleted immune system prone to repeated infections



Ashwagandha
Withania somnifera
Ashwagandharot



Astragalus
Astragalus membranaceus
Kinesisk mjelt



Echinacea
Echinacea angustifolia
Smalbladet solhatt



Ginkgo
Ginkgo biloba
Tempeltreblad



Lemon Balm
Melissa officinalis
Sitronmelisse



Liquorice
Glycyrrhiza glabra
Lakrisrot



Oat
Avena sativa
Grønn havre

Ashwagandha Root
Withania somnifera
Grounding adaptogen for exhaustion, poor sleep, anxiety and muscular weakness. Supports stress resilience and recovery, restoring stamina through nervous system regulation without forceful stimulation.

Astragalus Root
Astragalus membranaceus
Building immune tonic for convalescence, weakness and recurrent infections. Polysaccharides support immune regulation, while antioxidant actions complement cellular recovery, strengthening resilience alongside restorative herbs.

Echinacea Root
Echinacea angustifolia
Immune-modulating root for depleted resilience and recurrent infections..

Ginkgo Leaf
Ginkgo biloba
Circulatory and neuroprotective leaf for brain fog, poor concentration and mental fatigue. Supports microcirculation and complementis restorative herbs.

Lemon Balm
Melissa officinalis
Calming aromatic for fatigue with anxiety, restless sleep and nervous digestion. Antispasmodic actions support digestive comfort and rest. Also HSV antiviral.

Liquorice Root
Glycyrrhiza glabra
Sweet restorative root for respiratory irritation, inflammation and convalescence. Harmonises the compound while glycyrrhizin contributes antiviral activity; suitability depends on blood pressure and medicines.

Oat Seed
Avena sativa
Restorative nervine for exhaustion, oversensitivity and poor sleep after prolonged illness. Supports steadier nervous function, complementing adaptogens when depleted energy accompanies tension, irritability and reduced resilience.

2 Useful Tinctures for Immune Response

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Fight off illness and viral attack at the first signs of symptoms



Echinacea
Echinacea angustifolia
Smalbladet solhatt

Tingling immune root for the first signs of illness, sore throat and tender glands. Supports innate defences and inflammatory regulation, useful early in respiratory infections when prompt immune support matters.



Pau d'Arco
Tabebuia impetiginosa
Pau d'Arco

Bitter antimicrobial bark traditionally used for infection and inflammation. Naphthoquinones contribute antifungal and antiviral potential, offering targeted herbal support when early illness overlaps with recurrent fungal problems or digestive imbalance.

Mo's First Line Defence Strategy

Tincture of Echinacea or Pau d'Arco	5 ml every 3 hours up to 4 doses, day 1 to 3 5 ml every 4 hours up to 3 doses, day 4 to 5 5 ml every 5 hours up to 2 doses, day 6 to 7
Vitamin C 1000mg with Zinc 15mg and D	1 fizzy tablet twice a day for 1 week

If COVID suspected add

Andrographis capsules 500mg	1 capsule 3 times a day if severe for 3-5 days
Buhner Forsythia and Honeysuckle Tincture Blend	5 ml every 3 hours up to 4 doses, day 1 to 3 5 ml every 4 hours up to 3 doses, day 4 to 5 5 ml every 5 hours up to 2 doses, day 6 to 7
Boots Dual Defence Nasal Spray	1 squirt in each nostril twice a day to prevent infection but also to lessen severity. (Active ingredient: Carrageenan)

Claid Acute Blend

To ward off infection after tick bites and to prevent relapse after antibiotic treatment



Ghanaian Quinine
Cryptolepis sanguinolenta
Cryptolepisrot



Japanese Knotweed
Fallopia japonica
Parkslireknerot



Chinese Skullcap
Scutellaria baicalensis
Praktskjoldbærerrot



Black Walnut
Juglans nigra
Svartvalnøttskall



Sweet Annie
Artemisia annua
Søtmalurt



Cleavers
Galium aparine
Klengemaure



Burdock Root
Arctium lappa
Storborrerot



Chinese Red Date
Zizyphus jujube
Jujube / Brystbær



Bitter Orange Peel
Citrus aurantium
Pomeransskall

Claid Acute combines antimicrobial herbs with support for inflammation, tissue protection and recovery. Cryptolepis, Sweet Annie and black walnut address infectious challenge, while knotweed and Chinese skullcap are antimicrobial and support vascular, neurological and connective tissues. Cleavers and burdock support lymphatic, digestive & liver function. Calming Jujube harmonises. Bitter orange disperses herbs, regulates vital Qi energy & resolves stagnation.

Chronic Fatigue

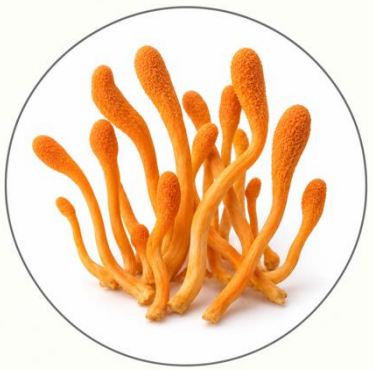
Kronisk Sliten

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Buhner-Activ 02 Blend

Restores cellular energy and mitochondria. Supports adrenals and HPA-axis. Modulates the immune system.



Cordyceps
Cordyceps militaris
Cordyceps

Specifically increases mitochondrial ATP (cellular energy) production, improves oxygen utilization, and protects deep lung tissues and strengthens immune function. Helps to improve exercise tolerance and physical resilience.



Siberian Ginseng/Eleuthero
Eleutherococcus senticosus
Russisk rot

A primary adaptogen that builds long-term physical stamina, prevents immune depletion under chronic stress or infection, enhances lymphatic drainage, protects endothelial structures, and mitigates physical fatigue caused by long-term illness



Arctic Root
Rhodiola rosea
Rosenrot

Supports stress resilience, mental stamina and concentration. Alleviates brain fog and mental fatigue, acting as an antidepressant and anxiolytic, and prevents stress-induced oxidative damage.



Astragalus
Astragalus membranaceus
Kinesisk mjelt

Traditionally strengthens digestive and respiratory vitality, supports tissue repair and restores resilience when fatigue accompanies poor appetite, spontaneous sweating and recurrent infections. Actively modulates the immune system (strengthening Th1 responses).

Choosing the Cool Ginsengs

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Avoid overstimulating and overheating adaptogens in early stages of recovery

Common Name	Botanical Name	Primary Organ / System Target	Energetic Profile (TCM)	Meridians Entered (TCM)
Asian Ginseng	*Panax ginseng*	Central Nervous, Immune, Adrenals	Warm & Stimulating	Lung, Spleen
American Ginseng	*Panax quinquefolius*	Immune, HPA Axis, Cardiovascular	Cool & Moistening	Lung, Spleen, Heart
South China Ginseng	*Panax notoginseng*	Cardiovascular, Circulatory	Warm & Hemostatic	Liver, Stomach
Japanese Ginseng	*Panax japonicus*	Digestive, Gastrointestinal	Mildly Cool	Spleen, Stomach
Vietnamese Ginseng	*Panax vietnamensis*	Central Nervous, Immune System	Warm & Tonic	Lung, Spleen, Heart
Himalayan Ginseng	*Panax pseudoginseng*	Respiratory, Cardiovascular	Warm & Tonic	Lung, Spleen
Dwarf Ginseng	*Panax trifolius*	Wild/Minor Use, Tonic	Mild & Balanced	Lung, Spleen
Southern Ginseng	*Gynostemma pentaphyllum*	Cellular Metabolism, Immune	Cool & Anti-inflammatory	Lung, Heart, Spleen
Poor Man's Ginseng	*Codonopsis pilosula*	Digestive (Spleen), Respiratory	Neutral to Mildly Warm	Lung, Spleen
Siberian Ginseng	*Eleutherococcus senticosus*	Immune System, Physical Stamina	Neutral to Mildly Warm	Spleen, Kidney, Heart
Indian Ginseng	*Withania somnifera*	Nervous System, HPA Axis (Stress)	Warm & Calming	Spleen, Kidney (Ayurvedic)
Brazilian Ginseng	*Pfaffia paniculata*	Endocrine, Metabolic, Immune	Neutral & Tonifying	Kidney, Spleen, Liver
Peruvian Ginseng	*Lepidium meyenii*	Endocrine (Reproductive), Energy	Warm & Energizing	Spleen, Kidney, Liver
Female Ginseng	*Angelica sinensis*	Reproductive (Hormonal), Blood	Warm & Tonifying	Heart, Liver, Spleen

4 Useful Single Tinctures in Fatigue Recovery

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Cool, calm, nourishing adaptogens for cellular energy, resilience and neuroprotection



Jiaogulan / Southern Ginseng
Gynostemma pentaphyllum
Jiaogulan / Sørlig ginseng

Functions as a cooling, metabolic adaptogen. It activates AMPK (the master metabolic switch), helping cells generate ATP/energy efficiently while counter-acting oxidative damage and cellular stress without stressing the adrenal glands.



American Ginseng
Panax quinquefolius
Amerikansk ginseng

Nourishing & cooling for depleted energy with dryness, nervous exhaustion, Supports stress reHPA-axis (adrenal) burnout. resilience, immune function and respiratory recovery. Helps rebuild stamina without the warming intensity of Asian ginseng.



Poor Man's Ginseng
Codonopsis pilosula
Cordonklokkerot

Gentle recovery tonic rich in prebiotic polysaccharides, including inulin-type fructans. Supports digestion, respiratory strength & immune resilience, gradually rebuilding stamina (without overstimulating nervous system) when long illness leaves poor appetite and exhaustion.



Gotu Kola
Centella asiatica
Asiapengeurt

Supports connective tissue repair and microcirculation via triterpenes that promote collagen formation. Calms nervous reactivity and supports concentration, with neuroprotective actions relevant to brain fog, mental fatigue and recovery.



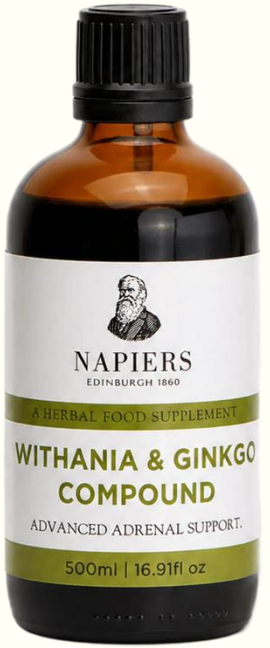
Tusen takk

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Do you have any questions?



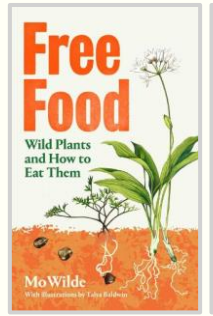
I will also be on the Arnika stand today so come along if you would like to discuss any other aspects of herbal medicine.

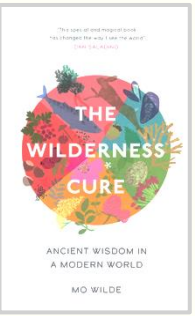


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