

Name	Full name	Nicknames	Part of the plant used medicinally	Places of origin	Energetics	Category	Top 3 benefits	Key constituents or phytochemicals	Common uses	Sourcing	Consumption	Best friends	Interesting references	Family focus & integration (anticancer and immune boost, liver, immunity protection)	Preparation
Chaga	Ionotus obliquus	King of mushroom Corker polypore Cancer fungus	Stem cork growing	Siberia Scandinavia Northwest Asia	Neutral	Diffused immunity & skin	Immunity: induces cell death of cancer cell Antioxidants: combat negative side effects Early morning or Wild harvested Some of the key benefits please: - Dual extraction - Maltain: protects the skin from negative - Polysaccharides known as DPs for or th	Antioxidants: flavonoids, quercetin and t - Curcumin - Zingiberene - Turmerone	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Daily	Four Sigmatic: Mushroom Blend; Protect			
Turkey tail	Trametes versicolor	Flower mushroom Chestnut mushroom Mothur of Krasni	Mushroom fruiting	Woodlands across	Slightly warm, sig	Diffused immunity & skin	Immunity: especially breast, gastric, and Cut health: PSP acts as a prebiotic and of Longevity: ergosterol's support of the Ergosterol: Turkey Tail turns ergosterol - Vitamin D: ample levels of vitamin D hel	Curcumin PO	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Daily	Real Mushrooms			
Turmeric	Curcuma longa	Spice of life Indian saffron Yellow ginger	Root	India China Southeast Asia	Warm, dry	Diffused immunity & skin	Beauty: curcumin's antioxidant properties Immunity: curcumin is immunomodulatory Longevity: addressing inflammation, espe - Bademethoxycurcumin - Curcumin - Zingiberene - Turmerone	Cutting back on track at early sign Best results are 1 Turkey Tail 15-30 mg of 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Cornels and soups Golden milk Grocery store				
Goji	Lycium barbarum	Miracle berry Wolfberry Mediterranean Red dragon	Berries	Tibet China Mongolia	Neutral	Diffused immunity & skin	Beauty: more vitamin C source for Immunity: naturally boosts human growth Lifespan: LBP is associated with low LBP (male): the LBP is in pop directly - Vitamin C: 22 mg per 100g - 22 minerals including zinc, iron, copper,	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Cornels and soups Golden milk Grocery store				
Schisandra	Schisandra chinensis	Five-flavor berry Chinese Roseberry Tulsi berry	Berries	Northern China Korea Occasionally Hai	Can be cool and	Diffused immunity & skin	Beauty: protects and heals the liver, and Immunity: to bacteria help with respiratory Endurance: anti-fatigue, supports the lung Stress: keeps lungs calm and steady.	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Morning tea or drink Superfood				
Acerola	Malpighia emarginata	Candied cherry Lemon cherry Sour cherry Fruit of the Indian Rose	Fruit	Yucatan of South Brazil Most tropical reg	Diffused immunity & skin	Beauty: enhances skin texture, regenerates Immunity: to bacteria help with respiratory Endurance: anti-fatigue, supports the lung Stress: keeps lungs calm and steady.	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Morning tea or drink Superfood					
Lion's mane	Hericium erinaceus	Porcini mushroom Hedgehog mushroom Yamabushitake	Mushroom fruiting	Asia North America	Neutral, neutral	Performs: physically or mentally	Brain: that benefits long to focus, g Longevity: enhances and heronones he Immunity: lion's mane has a unique pol - Polysaccharides - Polypeptides	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Morning tea or drink Superfood				
Goji	Cornus asatica	Reishi Asian pennywort	Leaf	Si Lanka Thailand Vietnam India USA Oregon and	Cool, moist	Performs: physically or mentally	Brain: that benefits long to focus, g Longevity: enhances and heronones he Immunity: lion's mane has a unique pol - Polysaccharides - Polypeptides	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Morning tea or drink Superfood				
Ashwagandha	Withania somnifera	Indian ginseng Winter melon Indian ginseng	Root	India Occasionally in h	Warm, dry	Restores: stress support, rest, & mood	Stress: promotes healthy levels of cortisol Longevity: antioxidant, enhances life span Brain: slow, stop, and reverse damage to - Somniferone - Somniferone - Somniferone	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Morning tea or drink Superfood				
Reishi	Ganoderma lucidum	Queen of mushroom Lingzhi Mushroom 10,000 year old Mushroom	Mushroom fruiting	Worldwide	Warm, neutral	Restores: stress support, rest, & mood	Stress: unwinds nervous system helping Longevity: protects the heart and liver, ev Immunity: anti-inflammatory, anti-aller - Lingzhi-9 protein	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Daily drink Brew	Four Sigmatic: Mushroom Blend; Protect			
Tulsi	Ocimum sanctum	Holy basil Madagascar Incorporate on	Leaf	India Africa Central and South	Warm and coc	Restores: stress support, rest, & mood	Stress: protects the heart from stress, im Longevity: immunomodulatory, support Mood: balances mood, lifts mental fog - Asarone - Asarone - Asarone	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Morning tea or drink Superfood				
Cacao	Theobroma cacao	Cocoa Cocoa bean Cocoa nib Cocoa butter	Bean	West Africa Southwest Asia Central America	Warm, moist	Restores: stress support, rest, & mood	Stress: unwinds nervous system helping Longevity: protects the heart and liver, ev Immunity: anti-inflammatory, anti-aller - Lingzhi-9 protein	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Morning tea or drink Superfood				
Gynostemma	Gynostemma pentaphyllum	Five-flavor tea Sweet tea vine Southern or poor	Leaf	Mountainous Occasionally Jap	Neutral, neutral	Restores: stress support, rest, & mood	Stress: unwinds nervous system helping Longevity: protects the heart and liver, ev Immunity: anti-inflammatory, anti-aller - Lingzhi-9 protein	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Morning tea or drink Superfood				
Moringa	Moringa oleifera	Tree of life Horseradish tree	Leaf	Tropical and subt Southeast Asia Tropical America	Neutral, neutral	Restores: stress support, rest, & mood	Stress: unwinds nervous system helping Longevity: protects the heart and liver, ev Immunity: anti-inflammatory, anti-aller - Lingzhi-9 protein	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Morning tea or drink Superfood				
Astragalus	Astragalus mem	Longevity root Mongolian Huang Qi Lingzhi Young man's gins	Root	Northern and East Mongolia Korea Siberian region o	Warm, moist	Restores: stress support, rest, & mood	Stress: unwinds nervous system helping Longevity: protects the heart and liver, ev Immunity: anti-inflammatory, anti-aller - Lingzhi-9 protein	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Morning tea or drink Superfood				
Elaeagnus	Elaeagnus argentea	Russian root Witch Silver cholla	Root	Northern mountain Africa	Warm, dry	Diffused immunity & skin	Immunity: prevent colds and flu with Brain health: helps fight mental fatigue, in - Polyphenols - Polyphenols - Polyphenols	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Daily, morning / afternoon Prevention during times of change				
Ginseng	Panax ginseng	Al-halating root Asian ginseng Royal root	Root	Asia	Warm (red gins)	Performs: physically or mentally	Brain: that benefits long to focus, g Longevity: enhances and heronones he Immunity: lion's mane has a unique pol - Polysaccharides - Polypeptides	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	Organic and mild 15-30 mg based Cacao Maca Gymnema Mullein Licorice Cinnamon Check for product Honey	1966 Russian au PO Cordyceps PO	Morning tea or drink Superfood				

