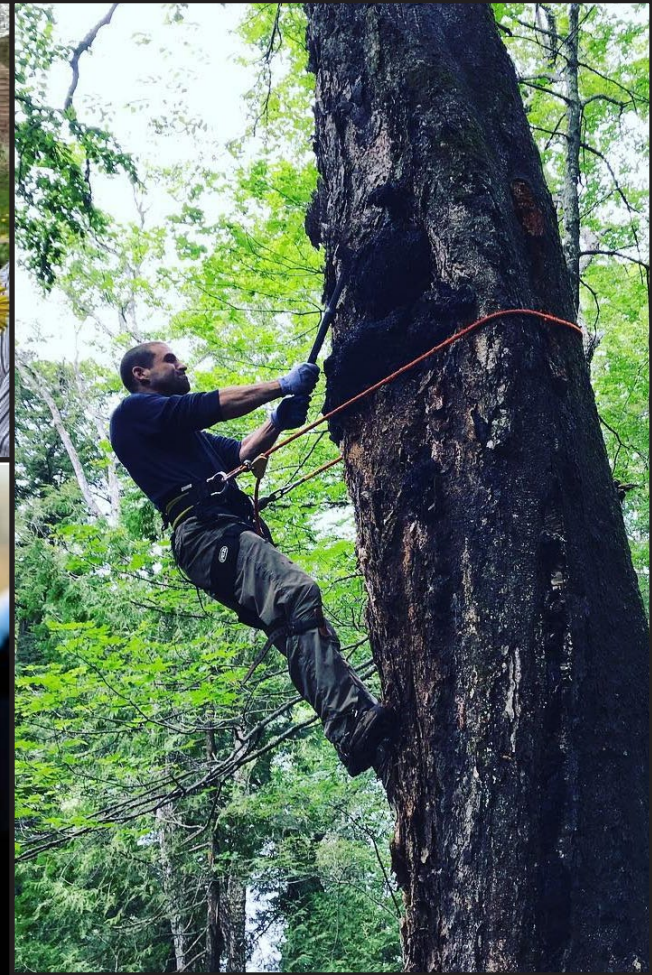




# PERFECT HERBS

## 2020 Wholesale Catalogue





FOR HEALTH PROFESSIONALS ONLY

Prices Effective January 1st, 2020

All prices are in Canadian Dollars (duh!)

Disclaimer: None of the products in this catalogue have been evaluated by Health Canada and they are not intended to diagnose or treat health conditions. Please seek the services of a qualified health care practitioner.

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### 5-Step Simple Order Process

**Step 1:** Please email us a list of what you would like at [orders@perfectherbs.ca](mailto:orders@perfectherbs.ca).

**Step 2:** You will get email confirmation that we've received your order. Woohoo!

**Step 3:** You will receive a tracking number notification by email when your order is shipped.

**Step 4:** You will receive your package and all your goodies. A packing slip will be included.

**Step 5:** Within days of your order, you will receive an invoice by email with payment options.

**Shipping Deets:** We offer free shipping for all orders over \$250 before taxes. Otherwise shipping is \$12. Your order should arrive within 5 business days, but usually sooner. If you need your order rushed, please let us know and we will process it as fast as the cartoon road-runner. MEEP MEEP.

**Patient Drop Shipping:** Need to send custom tinctures directly to your patient's home? When placing your order, simply let us know the patient's name and mailing address and your custom prescription tincture details. We will process the order so that your patient gets the goods, while you get the invoice.

**Payment:** Accepted methods of payment include cheque, email money transfer (use password perfectherbs), or credit card (Visa and Mastercard). We are required to add the appropriate taxes to all sales, but dry herbs are generally tax exempt. All orders are COD, which just means that payment is due only when the goods are actually delivered.

**Modifications:** Need to modify, add-on, or cancel your order? Send us an email as soon as possible. If your order has not been processed yet, we will happily make the modifications. If your order has already been processed, then you will be charged normally.

**Breaking Policy:** Shipping glass bottles sucks. But if anything breaks, we'll send you new goodies free of charge.

## WE CARE ABOUT YOU

We are a group of Registered Herbalists and Naturopathic Doctors. While at school, we worked our butts off to get educated in botanical medicine, only to find out that the big guys out there had made herbs too expensive and complicated for our patients to use effectively. So we started tincturing our own herbs and soon our friends asked us to start doing the same for them.

Our company was born and the rest is history. Our mission is to keep high-quality herbs accessible, affordable, and sustainable for practitioners, our favourite people. In the process, we take good care of our employees and we use recyclable materials. Don't be surprised if our packing materials vary. We actually re-use 100% of the packing materials used by our suppliers.

## HOW OUR HERBS ARE SPECIAL

**Superior Sourcing** — Our herbs are sourced from all over the world so as to avoid seasonal fluctuations in availability. All our suppliers meet strict standards that ensure top quality herbs and many of our herbs are organic, wildcrafted, sustainably grown, or grown using permaculture methods. We support local farmers and grow our own herbs too. (Want to grow for us? Email us!)

**Superior Process** — Our tinctures are made using the classic tincturing method. The tinctures are made in a 1:5 ratio which allows for the optimal extraction of the herb. The alcohol percentage is strictly controlled depending on the part of the plant that is used for the tincture. We additionally make select high-potency tinctures in a 1:2 ratio, for that extra kick.

**Superior Selection** — We take pride in our *growing* selection of nearly 250 individual herbs (see what we did there?)

**Superior Quality-Control** — Our tinctures are formulated and tested in batches. Our tinctures are thoroughly tested by a third party lab and undergo organoleptic review by the Herbalists prior to final bottling.

**Superior Price** — Our tinctures are more cost-effective than other tinctures on the market. With an eye towards efficiency, we keep our costs low by maintaining good relationships with our suppliers and by strategically micro-managing every single aspect of our business.

**Superior Customization** — We provide custom compounding and private labeling at no extra charge. Our dry herbs can be provided in powder form at no extra charge. We will gladly formulate any special requests or glycerin-based tinctures (minimum quantities may be required). If there's a herb you want that we don't have, we will try our hardest to get it for you!

## WHO WE ARE (REALLY)



“Don't ever, for any reason, do anything for anyone, for any reason, ever, no matter what. No matter where. Or who, or who you are with, or where you are going or... or where you've been... ever. For any reason, whatsoever.”

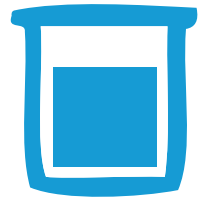
— Michael Scott

## Our Unique Tincturing Process



We cultivate and select top quality herbs.

We use the traditional three week maceration in alcohol process.



We press and filter our herbs.

Batches are sent for third party testing.

**A<sup>+</sup>**



We add a dash of love and nurturing\* and bottle it up for you.

\*Please Note: The added love and nurturing will not alter the taste of your tinctures. They still taste like... nevermind.

## Single Herbs & Tinctures (1:5)

All Tinctures	100mL	250mL	500mL	1000mL
Price	\$15.99	\$31.99	\$52.99	\$94.99

(Glycerine tinctures same prices, but 250mL minimum)

All Dry Herbs	1/4 lb
Price	\$9.99

Latin Name	Common Name
Achillea millefolium	Yarrow
Actea racemosa, Cimicifuga	Black Cohosh
Aesculus hippocastanum	Horse Chestnut
Agrimonia eupatoria	Agrimonia
Agropyron repens	Couch Grass
Alchemilla vulgaris	Lady's Mantle
Allium sativum	Garlic
Aloysia triphylla	Lemon Verbena
Althea officinalis	Marshmallow
Andrographis paniculata	Andrographis
Angelica archangelica	Angelica
Angelica sinensis	Dong Quai
Apium graveolens	Celery Seed
Arctium lappa	Burdock
Arctostaphylos uva-ursi	Uva Ursi
Arnica montana	Arnica
Artemisia absinthum	Wormwood
Artemisia annua	Sweet Wormwood
Artemisia vulgaris	Mugwort
Asclepias tuberosa	Pleurisy Root
Asparagus racemosa	Shatavari
Astragalus membranaceus	Astragalus
Atractylodes macrocephala	White Atractylodes
Avena sativa	Oatstraw
Avena sativa	Milky Oat Tops
Bacopa monnieri	Brahmi

Latin Name	Common Name
Baptisia tinctoria	Wild Indigo Root
Barosma betulina	Buchu
Berberis vulgaris	Barberry
Borago officinalis	Borage
Boswellia serata resin	Frankincense Resin
Bupleurum sinensis	Bupleurum
Calendula officinalis	Marigold
Capsella bursa-pastoris	Shepard's Purse
Capsicum annum	Cayenne
Capsicum annum	African Chili Bird
Caulophyllum thalictroides	Blue Cohosh
Ceanothus americanus	Red Root
Centaurium erythraea	Centauray
Centella asiatica	Gotu Kola
Chelidonium majus	Greater Celandine
Chicorium intybus	Chicory Root
Chicorium intybus	Roasted Chicory Root
Chimaphila maculata	Pipsissewa
Chionanthus virginicus	Fringe Tree Bark
Chrysanthemum morifolium	Chrysanthemum
Cinchona officinalis	China Bark
Cinnamomum cassia	Ceylon Cinnamon
Cinnamomum zeylandicum	Cinnamon
Citrus limon	Lemon Peel
Citrus reticulatae	Chen Pi
Citrus sinensis	Orange Peel
Cnicus benedictus	Blessed Thistle
Codonopsis pilosula	Codonopsis
Coleus forskohlii	Coleus
Collinsonia canadensis	Stone Root
Commiphora myrrhh resin	Myrrhh resin
Convallaria majalis	Lily Of The Valley

Latin Name	Common Name
<i>Cordyceps sinensis</i>	Cordyceps
<i>Coriandrum sativum</i> seed	Coriander Seed
<i>Corydalis canadensis</i>	Corydalis
<i>Crataegus oxycanthus</i> berry	Hawthorn Berry
<i>Crataegus oxycanthus</i> leaf	Hawthorn Leaf
<i>Cryptolepis sanguinolenta</i>	Cryptolepis Root
<i>Curcuma longa</i>	Turmeric
<i>Cymbopogon citratus</i>	Lemon Grass
<i>Cynara scolymus</i>	Globe Artichoke
<i>Dioscorea villosa</i>	Wild Yam
<i>Dipsacus sylvestris</i>	Teasel Root
<i>Echinacea angustifolia</i>	Purple Cone Flower
<i>Echinacea purpureum</i>	Purple Cone Flower
<i>Echinacea purp.</i> + <i>ang.</i>	Purple Cone Flower Combo
<i>Eleutherococcus senticosus</i>	Siberian Ginseng
<i>Elletaria cardamomum</i>	Cardamom
<i>Ephedra sinica</i>	Ma Huang
<i>Epimedium grandiflorum</i>	Horny Goat Weed
<i>Equisetum arvense</i>	Horsetail
<i>Eriodictyon californicum</i>	Yerba Santa
<i>Eschscholzia californica</i>	California Poppy
<i>Eucalyptus globulus</i>	Eucalyptus
<i>Eupatorium perfoliatum</i>	Boneset
<i>Eupatorium purpureum</i>	Gravel Root
<i>Euphrasia officinalis</i>	Eyebright
<i>Filipendula ulmaria</i>	Meadowsweet
<i>Foeniculum vulgare</i>	Fennel
<i>Fomes fomentarius</i>	Tinder Mushroom
<i>Fomitopsis pinicola</i>	Red Belt Polypore Mushroom
<i>Fucus vesiculosus</i>	Bladderwrack
<i>Fumaria officinalis</i>	Fumitory
<i>Galega officinalis</i>	Goat Rue

Latin Name	Common Name
<i>Galium aparine</i>	Cleavers
<i>Ganoderma applanatum</i>	Artist's Conk
<i>Ganoderma lucidum</i>	Reishi
<i>Ganoderma tsugae</i>	Reishi
<i>Gaultheria procumbens</i>	Wintergreen
<i>Gelsemium sempervirens</i>	Gelsemium
<i>Gentiana lutea</i>	Gentian
<i>Geranium maculatum</i>	Cranesbill
<i>Ginkgo biloba</i>	Ginkgo
<i>Glycyrrhiza glabra</i>	Licorice Root
<i>Grindelia robusta</i>	Grindelia
<i>Gymnema sylvestris</i>	Gymnema
<i>Gynostemma pentaphyllum</i>	Gynostemma
<i>Hamamelis virginiana</i>	Witch Hazel Leaf
<i>Harpagophytum procumbens</i>	Devil's Claw
<i>Hemidesmus indicus</i>	Indian Sarsaparilla
<i>Hericium erinaceus</i>	Lion's Mane
<i>Hibiscus</i> spp.	Hibiscus
<i>Houttuynia cordata</i>	Houttuynia
<i>Humulus lupulus</i>	Hops
<i>Hydrangea arborescens</i>	Hydrangea
<i>Hydrastis canadensis</i>	Goldenseal
<i>Hypericum perforatum</i>	Saint John's Wort
<i>Hyssopus officinalis</i>	Hyssop
<i>Innotus obliquus</i>	Chaga Mushroom
<i>Inula helenium</i>	Elecampane
<i>Iris versicolor</i>	Blue Flag
<i>Isatis tinctoria</i>	Isatis
<i>Juglans nigra</i>	Black Walnut Hull
<i>Juniperus communis</i>	Juniper
<i>Lactuca virosa</i>	Wild Lettuce
<i>Lavendula officinalis</i>	Lavender

Latin Name	Common Name
Lentinus edodes	Shiitake
Leonurus cardiaca	Motherwort
Lepidium mayenii	Maca Root
Ligusticum porteri	Osha
Ligustrum lucidum	Ligustrum
Lippia graveolens	Oregano
Lobelia inflata	Lobelia
Lomatium dissectum	Lomatium
Lycium barbarum	Goji Berries
Lycopus virginicus	Bugleweed
Mahonia/Berberis aquafolium	Oregon Grape
Marrubium vulgare	Horehound
Matricaria recutita	Chamomile
Medicago sativa	Alfalfa
Melissa officinalis	Lemon Balm
Mentha piperita	Peppermint
Mentha spicata	Spearmint
Mitchella repens	Partridge Berry
Momordica charantia	Bitter Melon
Myrica cerifera	Bayberry Bark
Nepeta cataria	Catnip
Nepeta hederacea	Ground Ivy
Ocimum sanctum	Holy Basil, Tulsi
Olea europea	Olive Leaf
Origanum majorana	Marjoram
Paeonia alba	White Peony
Panax ginseng	Korean Red Ginseng
Panax quinquefolius	North American Ginseng
Passiflora incarnata	Passionflower
Pausinystalia yoh., Coryanthe	Yohimbe
Petasites hybridus	Butterbur
Peumus boldus	Boldo

Latin Name	Common Name
Petroselinum sativum	Parsley Root
Phyllanthus niruri	Chanca Piedra
Phytolacca americana	Poke Root
Pimpinella anisum	Anise Seeds
Piper methysticum	Kava Kava
Piscidia piscipula	Jamaican Dogwood
Plantago spp.	English Plantain
Podophyllum peltatum	Mandrake Root
Polygonatum biflorum	Solomon's Seal, True
Polygonum cuspidatum	Japanese Knotweed, Hu Zhang
Polygonum multiflorum	He-she-wu, Fo-ti
Poria cocos, Wolfiporia exten.	Fu Ling
Prunella vulgaris	Self Heal
Prunus serotina	Wild Cherry Bark
Pygeum africanum	Pygeum
Rauwolfia serpentina	Rauwolfia
Rehmannia glutinosa	Rehmannia
Rhamnus frangulus	Alder Buckthorn
Rhamnus purshiana	Cascara
Rheum palmatum	Rhubarb
Rhodiola rosea	Rhodiola
Rhus aromaticum	Staghorn Sumac
Rosa canina	Rosehips
Rosa centifolia	Rose Petals
Rosmarinus officinalis	Rosemary
Rubus idaeus	Red Raspberry
Rumex acetosella	Sheep Sorrel
Rumex crispus	Yellow Dock
Ruscus aculeatus	Butcher's Broom
Ruta graveolens	Rue
Salix alba	White Willow Bark
Salvia apiana	White Sage



Latin Name	Common Name
Salvia miltiorrhiza	Red Sage, Dan Shen
Salvia officinalis	Sage
Sambucus nigra combo	Elder Flower & Elder Berry
Sambucus nigra flora	Elder Flower
Sambucus nigra frutescens	Elder Berry
Sanguinaria canadensis	Bloodroot
Saponaria officinalis	Soapwort
Sassafras albidum	Sassafras
Schisandra chinensis	Schisandra Berry
Scrophularia nodosa	Figwort
Scutellaria biacalensis	Baikal Skullcap
Scutellaria lateriflora	Skullcap
Senna cassia	Senna
Serenoa repens	Saw Palmetto
Silybum marianum folia	Milk Thistle Leaf
Silybum marianum semen	Milk Thistle Seed
Smilax officinalis	Sarsaparilla
Solidago canadensis	Goldenrod
Stachys betonica	Wood Betony
Stellaria media	Chickweed
Stevia rebaudiana	Stevia
Stillingia sylvatica	Queen's Root
Symphtum officinalis	Comfrey
Syzygium aromaticum	Clove
Tabebuia impetiginosa	Pau D'arco
Tanacetum parthenium	Feverfew
Taraxacum officinalis folia	Dandelion Leaf
Taraxacum officinalis radix	Dandelion Root
Thuja occidentalis	Cedar
Thymus vulgaris	Thyme
Tillea cordata	Linden
Trametes versicolor	Turkey Tail

Latin Name	Common Name
Tribulus terrestris	Puncture Vine
Trifolium pratense	Red Clover
Trigonella foenum graecum	Fenugreek
Trillium erectum	Beth Root
Turnera diffusa	Damiana
Tussilago farfara	Colt's Foot
Ulmus fulva/rubra	Slippery Elm
Uncaria rhynchophylla	Gou Teng
Uncaria tomentosa	Cat's Claw
Urtica dioica folia	Nettle Leaf
Urtica dioica radix	Nettle Root
Usnea barbata	Old Man's Beard
Vaccinium myrtillus	Bilberry
Valeriana officinalis	Valerian
Verbascum thapsus	Mullein
Verbena hastata	Blue Vervain
Veronicastrum virginicum	Black Root
Viburnum opulus	Cramp Bark
Viburnum prunifolium	Black Haw
Vinca minor	Periwinkle
Viola odorata	Violet
Viscum alba	Mistletoe
Vitex agnus-castus	Chasteberry
Withania somnifera	Ashwagandha
Xanthoxylum americanum	Prickly Ash
Zea mays	Cornsilk
Zingiber officinalis	Ginger
Ziziphus jujube	Jujube



## Fresh Tinctures (1:5)

Seasonally available and limited quantities.

All Tinctures	100mL	250mL	500mL	1000mL
Price	\$15.99	\$31.99	\$52.99	\$94.99

Latin Name	Common Name
Achillea millefolium	Yarrow
Allium sativum	Garlic
Arctium lappa	Burdock
Artemisia absinthum	Wormwood
Avena sativa	Oat Straw
Avena sativa	Milky Oat Tops
Capsicum annum	Cayenne
Echinacea angustifolia flora	Echinacea Flowers
Eschscholzia californicum	California Poppy
Hericium erinaceus	Lion's Mane
Hydrastis canadensis	Goldenseal
Hypericum perforatum	St. John's Wort
Lactuca virosa	Wild Lettuce
Lentinus edodes	Shiitake
Matricaria recutita	Chamomile
Melissa officinalis	Lemon Balm
Mentha piperita	Peppermint
Mentha spicata	Spearmint
Nepeta cataria	Catnip
Ocimum sanctum	Holy Basil
Plantago officinalis	English Plantain
Polygonum cuspidatum	Japanese Knotweed
Rubus idaeus	Red Raspberry Leaf
Rumex crispus	Yellow Dock
Salvia officinalis	Sage
Sambucus nigra flora	Elder flower
Sambucus nigra frutescens	Elder Berry

Latin Name	Common Name
Scutellaria laterifolia	Scullcap
Silybum marianum flora	Milk Thistle Leaf
Stachys betonica	Wood Betony
Symphytum officinalis	Comfrey Leaf
Taraxacum officinalis flora	Dandelion Leaf
Taraxacum officinalis radix	Dandelion Root
Thymus vulgaris	Thyme
Urtica dioica folia	Nettle Leaf
Valeriana officinalis	Valerian Root
Verbascum thapsus	Mullein

## High Potency Tinctures (1:2)

All Potent Potables are 1:2.

High Potency Tinctures	100mL	250mL	500mL
Price	\$22.99	\$42.99	\$73.99

(Glycerine tinctures same prices, but 250mL minimum)

Latin Name	Common Name
Arctostaphylos uva-ursi	Uva Ursi
Astragalus membranaceus	Astragalus
Cryptolepis sanguinoleta	Cryptolepis
Echinacea purpureum + aug.	Purple Cone Flower Combo
Eleutherococcus senticosus	Siberian Ginseng
Ginkgo biloba	Ginkgo
Glycyrrhiza glabra	Licorice Root
Hypericum perforatum	Saint John's Wort
Rhodiola rosea	Rhodiola
Salvia miltiorrhiza	Red Sage, Dan Shen
Schisandra chinensis	Schisandra Berry
Scutellaria biacalensis	Baikal Skullcap
Silybum marianum semen	Milk Thistle Seed
Valeriana officinalis	Valerian
Vitex agnus-castus	Chasteberry
Withania somnifera	Ashwagandha

## Starter Packages

We offer discounted packages that help you get on your feet at reasonable prices. Groovy. All cool people like yourself (not just recent grads, even though they're extra cool) can order a single starter pack with their initial order only. Feel free to select any of our Multi-Herb Signature Blends or Loose Tea Blends as part of your starter package at no extra charge.

### Ready to Roll — \$859.99

- 1000mL each of your 10 favourite tinctures
- 1/4lb each of your 10 favourite loose herbs
- 4 piece graduated cylinder set
- 3 piece funnel set
- 3x 500mL empty glass bottles with cap
- 5x 250mL empty glass bottles with cap
- 10x 100mL empty glass bottles with dropper

### Keeping it Easy— \$779.99

- 1000mL each of your 10 favourite tinctures
- 5x 250mL empty glass bottles with cap
- 5x 100mL empty glass bottles with dropper

### Just the Juice — \$679.99

- 1000mL each of your 8 favourite tinctures

### Ready to Roll Light — \$559.99

- 500mL each of your 10 favourite tinctures
- 1/4lb each of your 10 favourite loose herbs
- 4 piece graduated cylinder set
- 3 piece funnel set
- 3x 250mL empty glass bottles with cap
- 5x 100mL empty glass bottles with dropper
- 5x 50mL empty glass bottles with dropper

### Keeping it Easy Light — \$479.99

- 500mL each of your 10 favourite tinctures
- 5x 100mL empty glass bottles with dropper
- 5x 50mL empty glass bottles with dropper

### Just the Juice Light — \$379.99

- 500mL each of your 8 favourite tinctures



# Multi-Herb Signature Blends

## Acute UTI Formula

We skipped the clever name because this one is for realies. A serious antimicrobial specifically for urinary tract infections. We like to go high dose short term with this one. Not to be used in patients with kidney disease.

*Ingredients:* Juniperus communis, Salvia officinalis, Solidago canadensis, Berberis vulgaris, Usnea barbata, Arctostaphylos uva-ursi.

*Quantity:* 1-2 tbsp in a mug of hot water two times a day between meals for up to seven days.

## Anxiolytic — The Stabilizer

A bitter blend of powerfully grounding herbs, this has been used for breaking and preventing anxiety or panic attacks.

*Ingredients:* Artemesia absinthum, Achillea millefolium, Lobelia inflata, Nepeta cataria, Convallaria majalis, Gentiana lutea.

*Quantity:* 1 tbsp as needed in episodes of acute anxiety or panic.

## Bitter's Carminative Digestive — Rest and Digest

One of our more pleasant tasting combos (at least in our opinion), this formula is excellent and has been used like an aperitif or digestif to support digestion.

*Ingredients:* Gentiana lutea, Angelica archangelica, Pimpinella anisum, Turnera diffusa.

*Quantity:* 1-2 tbsp as desired before or after a meal.

## Bye-Bye Fungi and Parasites — Cleaning House

This combo has been used to help clear fungal and parasitic infections from the inside out. Some have found it to be especially useful in chronic sinusitis, intestinal infection, and for topical fungal infection.

*Ingredients:* Tabebuia impetiginosa, Juglans nigra, Hydrastis canadensis, Syzygium aromaticum, Artemesia absinthum, Xanthoxylum americanum, Ginkgo biloba, Piscidia piscipula.

*Quantity:* 1-2 tbsp per day.

## Female Hormone Regulator — Clear the Excess

This blend has been used to moderate and regulate excess patterns. Some have found it best used in Endometriosis, Menstrual Cramping, Fibroids, PCOS, Hormonal Acne, and certain patterns of fertility challenges.

*Ingredients:* Mitchella repens, Viburnum prunifolium, Vitex agnus-castus, Viburnum opulus, Trifolium pratense, Silybum marianum semen, Rubus idaeus, Actea racemosa, Pimpinella anisum, Caulophyllum thalictroides.

*Quantity:* 1-2 tbsp per day.

## Female Hormone Nourisher — Replete the Deficiency

This formula has been used to help support and nourish the female hormones and reproductive system. Some have found it especially useful in Amenorrhea, Low Libido, Hair Loss, Oligomenorrhea, and patterns of fertility challenges.

*Ingredients:* Codonopsis pilosula, Schisandra chinensis, Paeonia alba, Eleutherococcus senticosus, Ginkgo biloba, Xanthoxylum americanum, Polygonum multiflorum, Rehmannia glutinosa, Panax quinquefolius, Viburnum prunifolium, Turnera diffusa, Actea racemosa.

*Quantity:* 1-2 tbsp per day.

## Gut Heal Blend — Tummy Hug

This combo is perfect for an after-meal digestive or as an ongoing treatment for gut healing.

*Ingredients:* Filipendula ulmaria, Foeniculum vulgare, Mentha piperita, Pimpinella anisum, Matricaria Recutita, Calendula officinalis, Plantago officinalis.

*Quantity:* 1-2 tbsp per day, or 1 tbsp after meals.

### Herbal Antibiotic — Get Back to Life

This combo has been used to quickly clear the body of acute or ongoing infections. Some have found it best used in treating colds, flus, and seasonal infections.

*Ingredients:* Thuja occidentalis, Thymus vulgaris, Glycyrrhiza glabra, Echinacea angustifolia and purpureum, Eupatorium perfoliatum, Hydrastis canadensis, Syzygium aromaticum, Achillea millefolium, Panax quinquefolius, Rosmarinus officinalis.

*Quantity:* 2-3 tbsp per day when acutely ill, for up to 10 days.

### Liver Clear — The Deep Cleaner

This combo has been used to help the body process and clear accumulated waste and to support the liver.

*Ingredients:* Bupleurum sinensis, Silybum marianum semen, Arctium lappa, Taraxacum off. radix, Scrophularia nodosa, Galium aparine, Cynara scolymus.

*Quantity:* 1-2 tbsp per day between meals.

### Local Grower's Mushroom Blend

Grown and gathered by our local farmers, this combo brings you all the hearty, earthy goodness of woodland mushrooms without the need for cumbersome tree-climbing and soul-enraging mosquito bites. Like all our 'shrooms, these beauties are decocted for up to 12 hours before we tincture them.

*Ingredients:* Ganoderma tsugae, Fomes fomentarius, Fomoptisis pinicola, Ganoderma appalantum, Inonotus obliquus, Fomoptisis betulina, Astragalus membranaceus (we know Astragalus isn't a mushroom, but it likes to hang out with them, they're BFFs).

*Quantity:* 2 tbsp per day between meals.

### Lover's Cordial — Set the Mood

A potent and tasty blend of herbs and organic ingredients, this combo has been used to address waning or insufficient libido in both men and women.

*Ingredients:* Turnera diffusa, Lavendula officinalis, Smilax officinalis, Polygonum multiflorum, Vanilla plantifolia, Cinnamomum zeylandicum, Theobroma cacao, Schisandra chinensis, Panax ginseng, Wild Organic Honey.

*Quantity:* 1-2 tbsp per day, for up to 3 weeks. Great on the rocks or with some soda-water.

### Lyme Fighter

Everybody and their deer are getting Lyme these days so we crafted this combo to collect the best herbs that show evidence for treating the new epidemic.

*Ingredients:* Dipsacus sylvestris, Salvia millitorrhiza, Andrographis paniculata, Polygonum cuspidatum, Uncaria tomentosa, Glycyrrhiza glabra, Smilax officinalis.

*Quantity:* In Lyme, some people go high, some people go low. We'll leave up to you to decide. Probably best not to exceed 3 tbsp per day.

### Make It Pop! — The Partus Preparator

This blend of herbs has been used to help induce labour in pregnant women who are near or beyond their due date.

*Ingredients:* Caulophyllum thalictroides, Actea racemosa, Rubus idaeus, Mitchella repens.

*Quantity:* 1-2tbsp per day between meals. Please use caution and adjust as needed.

## Multi-Herb Signature Blends (Continued)

### Menstrual Pain Relief — The Painful Period Fixer

With anti-spasmodics and anti-inflammatories, this blend has been used successfully to provide menstrual relief and alleviate pain. Caution: Do not use if possibly pregnant.

*Ingredients:* Eschscholzia californica, Piscidia piscipula, Viburnum opulus, Curcuma longa, Lavendula officinalis.

*Quantity:* 2 tsp in hot water as needed, up to 10 tsp per day.

### Mental Clarity and Focus — Deep Thinker

This tonic has been used to help address memory challenges, inability to concentrate, and cognitive decline disorders, as it contains a combination of mental-clarity herbs and adaptogens.

*Ingredients:* Bacopa monierri, Rosmarinus officinalis, Ginkgo biloba, Polygonum multiflorum, Schisandra chinensis, Lobelia inflata, Rhodiola rosea.

*Quantity:* 1-2 tbsp per day, for up to 3 weeks.

### More Cowbell — The ONLY Prescription

We could have called this tasty morsel “Children’s Glycerite.” But seriously... How could we pass up this opportunity?

*Ingredients:* Non-alcoholic glycerite of Sambucus nigra frutescens, Sambucus nigra flora, Echinacea augustifolia, Echinacea purpurea.

*Quantity:* 1 tsp up to three times daily, for acute coughs, colds, and flus.

### Non-Stimulating Adaptogen Blend — When I’m Up I Can’t Get Down (But I’d Like To)

Want an adaptogen but still need to sleep at night? Feeling tired and wired? By popular request, we’ve put together this non-stimulating blend that lifts your clarity, energy, and mood, but still lets you rest when it’s time to rest.

*Ingredients:* Withania somnifera, Ocimum sanctum, Glycyrrhiza glabra, Ligustrum lucidum.

*Quantity:* 2 tbsp per day between meals.

### Nursing Tincture — Mother’s Helper

A traditional formulation of herbs that has been used to stimulate breast milk production and improve milk supply.

*Ingredients:* Cnicus benedictus, Galega officinalis, Foeniculum vulgare, Rubus idaeus, Trigonella foenum-graecum, Artctium lappa, Urtica dioica folia, Schisandra chinensis.

*Quantity:* 1 tbsp twice daily.

### Profound Immune Support — Nourish the Root

A rich blend of herbs and mushrooms that has been used to support the immune system at the deepest level. Some have found it especially effective at preventing infections and rebuilding the immune system in convalescence or especially useful in rebuilding the body following pregnancy and delivery.

*Ingredients:* Astragalus membranaceus, Ganoderma lucidum, Glycyrrhiza glabra, Echinacea angustifolia and purpureum, Rehmannia glutinosa, Panax ginseng, Panax quinquefolia, Eleutherococcus senticosus, Schisandra chinensis, Inonotus obliquus, Trametes versicolor, Lentinus edodes, Hericium erinaceus.

*Quantity:* 1-2 tbsp per day.

### Sleep & Dreams — Soften the Edges

A potent blend of sleep-welcoming herbs, this formula has been used to help calm the mind and ease it into deep rest.

*Ingredients:* Valeriana officinalis, Lactuca virosa, Piper methysticum, Piscidia piscipula, Passiflora incarnata, Borago officinalis, Stachys betonica, Matricaria recutita.

*Quantity:* 1-2 tbsp before bed, straight, or in a small cup of hot water. As this combo causes drowsiness, it should not be used before driving or while operating machinery.

## Smoker's Secret Helper — Curb Cravings

One of our most popular multi-herb signature blends. This combo has been used to help curb cigarette cravings and as a support for anyone trying to quit.

*Ingredients:* Lobelia inflata, Passiflora incarnata, Artemisia absinthum.

*Quantity:* 1-2 squirts as needed.

## Sunshine — Brighten Your Life

A classic formula that has been used for uplifting mood and invigorating the mind. This formula has been found by some to be useful in depression, low mood, nightmares, and restless insomnia.

*Ingredients:* Borago officinalis, Hypericum perforatum, Stachys betonica, Calendula officinalis, Thymus vulgaris, Lavendula officinalis.

*Quantity:* 1-2 tbsp per day.

## Tincture Of Death — Small Intestine but Big Infection

This blend was named by a patient of Dr. Preet Khangura, ND after taking it for a couple of weeks to describe its taste! Careful here, this has been used to get rid of any infection in gut, but it's going to take some of the friendlies with it as well. This should be used cautiously and only when needed, and some would suggest pairing this with a good probiotic.

*Ingredients:* Hydrastis canadensis, Thymus vulgaris, Commiphora myrrh.

*Quantity:* This formula must be given under supervision and should not be used more than 7 days at higher doses. 1 tbsp twice a day between meals for up to 7 days. Because this blend can be quite harsh, Dr. Paul, ND actually recommends 1 tsp twice a day with food, so you may want to consider starting there. Can also be used as a mouthwash as needed.

## Tough Infections — Getting Tough

This one doesn't mess around. These are strong herbs and this combo has been used for strong infections like Lyme and concomitants, HSV, EBV, and Hep viruses.

*Ingredients:* Baptista tinctoria, Ligusticum porteri, Lomatium dissectum, Dipsacus sylvestris, Bupleurum sinensis, Hydrastis canadensis, Echinacea angustifolia and purpurea, Panax quinquefolius, Inonotus obliquus, Glycyrrhiza glabra.

*Quantity:* This formula must be given under supervision and should not be used more than 6 weeks without regular monitoring. Optimal quantity is 2-4 tbsp per day. We know that's high so please be careful.

## Transitions Adaptogenic Combo — Making Changes

This signature herbal blend has been used as a deeply adaptogenic tonic to nourish the body and mind through changing times, helping heal the wear of daily stress.

*Ingredients:* Paeonia alba, Rhodiola rosea, Schizandra chienesis, Polygonum multiflorum, Rehmannia glutinosa.

*Quantity:* 1-2 tbsp per day.



## Loose Tea Blends

All Loose Tea Blends	1/4 lb
Price	\$9.99

### Infusion Instructions

Add 1 tbsp per cup and steep 20+ minutes. Pro Tip: put a tea cozy or toque over your teapot to keep it warm.

### Decoctions Instructions

Add 1 tbsp per cup water and boil on low for 30-35 min. Pro Tip: to make a really really good decoction, simmer over night in a slow cooker.

**All are best as infusions except Change of Season.**



### Allergy Tea

Allergies are tough. This combo has been used to help soothe the inflammation and reactivity when one is exposed to allergens.

*Ingredients:* Solidago canadensis, Plantago officinalis, Verbascum thapsus, Urtica dioica folia, Ginkgo biloba, Euphrasia officinalis, Foeniculum vulgare, Lobelia inflata

### Cerebral Circulation

A combo of nootropics and circulatory support, this combo has been used to help keep flow and food reaching that ever hungry brain. Some use it for periods of study or focus.

*Ingredients:* Ginkgo biloba, Mentha piperita, Centella asiatica, Rosmarinus officinalis

### Change of Season

An ancient Chinese Medicine formula, Change of Season soup or tea has long been used to stimulate the immune system through times of change or need.

*Ingredients:* Astragalus membranaceus, Codonopsis pilosula, Dioscorea opposita, Lycium barbarum

### Children's Calming

A non-sedating but calming blend, this combo has been used for helping kids settle, concentrate, and be just a little more manageable, for a while. Totally safe, and even fairly tasty.

*Ingredients:* Nepeta cataria, Matricaria recutita, Melissa officinalis, Tilia cordata, Calendula off., Avena sativa

### Chris' Coffee Substitute No. 1

When our founder decided to get off the bean in 2018, he set out to find a substitute that could approach the tasty hearty hug normally found in a mug of coffee. After discovering several bags of random powder around the office that no one dared to try, he finally emerged with this blend, a smile, and the belief that this time he really could go clear.

*Ingredients:* Inonotus obliquus, Cordyceps sinensis, Panax ginseng, Rehmannia glutinosa, roasted Chicorium intybus, Cinnamomum zeylanicum.

*Directions:* Comes as a coarse powder. For best results, add 1-2 tbsp per cup, steep 4-5 minutes, strain and drink. Add cream and honey as desired.

### Clear Skin

Has been used to help clear skin from the inside out with this blend of liver-supporting, skin-specific alterative herbs.

*Ingredients:* Trifolium pratense, Galium aparine, Avena sativa, Medicago sativa, Urtica dioica folia, Smilax officinalis, Scrophularia nodosa

### Cold and Flu Fighter

Warm, soothing, and tasty, has been used to say Goodbye to colds and flus!

*Ingredients:* Echinacea purpureum, Echinacea augustifolia, Galium aparine, Sambucus nigra frutescens, Sambucus nigra flora, Euphrasia officinalis, Zingiber officinalis, Glycyrrhiza glabra, Mentha piperita



## Cramp Ease

A classic formula that has been used to help soothe the cramps of menses. Some pair with Sleep and Dreams combo for further pain relief.

*Ingredients:* Viburnum opulus, Viburnum prunifolium, Galega officinalis, Achillea millefolium, Zingiber officinalis, Glycyrrhiza glabra

## Herbal Laxative

Sometimes, you just gotta go.

*Ingredients:* Rhamnus purshiana, Senna cassia, Foeniculum vulgare, Althea officinalis, Rumex crispus, Zingiber officinalis

## Liver Cleanse

This blend has been used to support detoxification.

*Ingredients:* Silybum marianum folia, Taraxacum off. folia, Urtica dioica folia, Cynara scolymus, Galium aparine, Achillea millefolium

## Mother's Helper (Nursing Tea)

One of the oldest traditional herbal formulas, this earthy blend has long been used to stimulate and support women as they nurse the next generation.

*Ingredients:* Cnicus benedictus, Trigonella foenum-graecum, Galega officinalis, Rubus idaeus, Urtica dioica folia, Foeniculum vulgare, Leonurus cardiaca, Trifolium pratense, Schisandra chinensis

## Nervine Tea

A nervine tea that tastes great and feeds your nerves.

*Ingredients:* Ocimum sanctum, Avena sativa, Rosa centifolia, Melissa officinalis, Urtica dioica folia, Lavendula officinalis

## Perineal Wash

Combining the actions vulnerary, demulcent, and astringent, this traditional Sitz-bath has been used post delivery to help heal and soothe the area for optimal recovery.

*Ingredients:* Calendula officinalis, Symphtum officinalis, Achillea millefolium, Black Tea (Earl Grey)

## Pregnancy Tea

A gentle but effective uterine tonic, this combo has been used any time to help support a healthy pregnancy. Some may consider combining it with a little black strap molasses.

*Ingredients:* Rubus idaeus, Urtica dioica folia, Calendula officinalis

## Sleep & Dreams

As ancient as a mid-summer night's dream, this soporific sedative blend has been used to help ease people in the pleasant reveries of deep sleep.

*Ingredients:* Valeriana officinalis, Passiflora incarnata, Lactuca virosa, Stachys betonica, Matricaria recutita, Borago officinalis, Melissa officinalis

## Stomach Repair

Like spreading a layer of soothing honey on your insides, this collection of demulcent herbs has been used when the stomach and upper GI are inflamed.

*Ingredients:* Althea officinalis, Glycyrrhiza glabra, Filipendula ulmaria, Ulmus spp.

## Stress Rest

A non-sedating blend that has been used for work or school when you want a little calm, but need to stay alert and focused.

*Ingredients:* Centella asiatica, Leonurus cardiaca, Hibiscus spp., Nepeta cataria, Rosa canina, Melissa officinalis

## Tummy Tea

Like a warm hug for your stomach, this combo has been used to help soothe and tone digestion.

*Ingredients:* Filipendula ulmaria, Foeniculum vulgare, Mentha piperita, Pimpinella anisum, Matricaria recutita



## Other Herbal Goodies

All of our products are hand-crafted with the utmost care, using only the highest quality 100% natural ingredients. Made in small batches, they are totally free of all preservatives, chemicals, and other things best left off your skin. Our salves use Canadian Beeswax. All of our lip balms are infused with the healing herbs of calendula, comfrey, chickweed, plantain and lavender and contain apricot kernel oil, shea butter, cocoa butter and beeswax.

All Salves & Creams	\$12.99
All Essential Oils	\$14.99
All Body Products	\$16.99
Lip Balm Batch Of 16	\$24.99

Salves & Creams (2oz)
All Purpose Healing Balm/Green Salve
Antifungal Cream
Antiseptic Balm
Cayenne Pain Balm
Cold Sore Relief Balm
Eczema Cream
Flower Balm
Hemorrhoid & Varicose Vein Balm
Trauma Balm
Vapour Rub

Essential Oil Singles (15mL)
Bergamot
Black pepper
Black spruce
Cedarwood
Chamomile (Roman) 5%
Cinnamon Leaf
Citronella
Clary Sage
Clove
Cypress
Eucalyptus
Fir balsam
Frankincense

Essential Oil Singles (15mL)
Geranium
Ginger
Jasmine 10%
Juniper
Lavender (Bulgarian)
Lemon
Lemongrass
Lime
Marjoram
Neroli 5%
Nutmeg
Oregano
Patchouli
Peppermint
Pine
Pink grapefruit
Rose Otto (Damask) 10%
Rosemary
Rosewood
Sage
Sandalwood 10%
Spearmint
Sweet Orange
Tangerine
Tea Tree
Thyme
Vetiver
Ylang ylang

Essential Oil Blends (15mL)
A Fresh Walk through a Winter Forest
Focus!
Muscle Rub
Something Sprightly
Take the Edge Off
Thieves Oil

Face & Body Products
Activated Charcoal Face Wash
Dead Sea Mud Mask
Facial Toner
Healing Bath Salts — Calming Blend
Healing Bath Salts — Sore Muscles

Lip Balm Batch Of 16 (Standard Tubes)
Chocolate Citrus
Peppermint
Unscented (Naturally Scented)

Bottles & Accessories	Price
30mL bottle (dropper)	\$2.99
50mL bottle (dropper)	\$2.99
100mL bottle (dropper)	\$2.99
250mL bottle (cap)	\$2.99
500mL bottle (cap)	\$2.99
1000mL bottle (cap)	\$2.99
Any 10 bottles (33% off)	\$19.99
Funnels & Cylinders	\$29.99

## Salves

### All Purpose Healing Balm / Green Salve

This classic botanical preparation is soothing, cooling and healing for skin irritations, rashes, eczema, psoriasis, redness and inflammation.

*Ingredients:* Olive & Grapeseed Oil Infusion of Comfrey, Calendula, Plantain & Chickweed, Shea Butter, Cocoa Butter & Canadian Beeswax

### Antiseptic Balm

This antibiotic, antiseptic and anti-fungal balm helps to ward off and heal infections, and speed healing of cuts and open wounds.

*Ingredients:* Olive & Grapeseed Oil Infusion of Yarrow, Pau D'arco, Black Walnut Hull & Olive Leaf, Shea Butter, Cocoa Butter & Canadian Beeswax

### Cayenne Pain Balm

This stimulating balm brings circulation into the affected area thereby speeding healing and relieving pain. It's warming, analgesic effect is perfect for arthritis and achy, sore muscles and joint pain.

*Ingredients:* Olive Oil Infusion of Cayenne, Eucalyptus, Lavender, Black Pepper, Marjoram, Chamomile, Nutmeg & Peppermint Essential Oils, Shea Butter, Cocoa Butter & Canadian Beeswax

*Directions:* Gently massage into affected area. Wash hands after use. Avoid contact with the eyes. Watch for fabric staining.

### Cold Sore Relief

We're pretty proud of this one.

*Ingredients:* Olive Oil Infusion of St. John's Wort, Licorice, Lemonbalm, Osha & Echinacea, Shea Butter, Cocoa Butter & Canadian Beeswax

*Directions:* Apply liberally at first sign of prodrome, and continue liberal application through resolution.

### Flower Balm

This calendula, lavender and chamomile infused balm is perfect for gentle care of cuts and grazes, for moms and babies, dryness, and makeup removal.

*Ingredients:* Olive & Grapeseed Oil Infusion of Calendula, Lavender & Chamomile, Shea Butter, Cocoa Butter & Canadian Beeswax

### Hemorrhoid & Varicose Vein Balm

Topical healing and toning.

*Ingredients:* Olive & Grapeseed Oil Infusion of Comfrey, Calendula, Green Tea, Witch Hazel & Horse Chestnut, Shea Butter, Cocoa Butter & Canadian Beeswax

### Trauma Balm

With Arnica and Bach's Rescue Remedy, this balm is ideal for a speedy recovery from bruises, sprains and inflammation.

*Ingredients:* Grapeseed Oil Infusion of Arnica, Shea Butter, Cocoa Butter & Canadian Beeswax

## Vapour Rub

Helpful for respiratory complaints, this balm helps clear congestion and acts as an immune stimulant to help fight off colds and flus.

*Ingredients:* Olive & Grapeseed Oil Infusion of Mullein, Rosemary, Eucalyptus, Marjoram & Clove Essential Oils, Shea Butter, Cocoa Butter & Canadian Beeswax

*Directions:* Rub a small amount onto the chest and neck and cover up with warm layers.

## Creams

### Antifungal Cream

Safe but strong, this balm is excellent for any area prone to fungal infections.

*Ingredients:* Olive & Grapeseed Oil Infusion of Yarrow, Pau D'arco, Black Walnut Hull & Olive Leaf, Coconut Oil, Shea Butter, Cocoa Butter, Vitamin E & Rosemary Essential Oil

*Directions:* Apply topically to affected areas 2-3 times daily.

### Eczema Cream

Formulated using herbal infusion and infused oil, this soothing cream helps relieve the chaffe and itch of eczema.

*Ingredients:* Olive & Grapeseed Oil Infusion of Comfrey, Calendula, Plantain & Chickweed, Coconut Oil, Shea Butter, Cocoa Butter, Vitamin E, Chamomile & Lavender Essential Oils

*Directions:* Apply to affected areas as needed.

## Essential Oil Blends

### A Fresh Walk through a Winter Forest

Like a clean breath of deep fresh air, this mix is wonderful for welcoming the spirit of nature into indoor spaces.

*Aroma:* Earthy, foresty and green

*Ingredients:* Fir balsam, Eucalyptus, Rosemary, Pine, Cypress, Peppermint, Clove, Cedarwood & Vetiver

### Focus!

A great way to support mindfulness.

*Aroma:* Earthy and sweet

*Ingredients:* Rosemary & Pink Grapefruit

### Muscle Rub

A soother for sore muscles or mixed into other oils for a deep massage, this blend brings blood flow to areas in need of some attention.

*Aroma:* Spicy and sweet

*Ingredients:* Lavender, Juniper, Black Pepper, Marjoram, Peppermint & Rosemary

### Something Sprightly

A brightening blend of uplifting scents for a clean and fresh reviving of the spirits.

*Aroma:* Citrus and floral

*Ingredients:* Lavender, Pink Grapefruit, Lemon & Sandalwood

### Take the Edge Off

An instantly calming and soothing scented blend, perfect in a diffuser or as a few drops in a warm bath.

*Aroma:* Sweet and floral

*Ingredients:* Roman Chamomile, Bergamont, Clary Sage, Lavender, Sandalwood, Marjoram, Geranium & Cedarwood

### Thieves Oil

An antiseptic, antibiotic, anti-fungal, antiviral, anti-infectious blend to boost the immune system, clear up respiratory congestion and to disinfect the home.

*Aroma:* Green and herbaceous

*Ingredients:* Eucalyptus, Rosemary, Marjoram, Clove & Tea Tree

## Face & Body Products

### Activated Charcoal Face Wash

The deep cleanse of activated charcoal.

*Ingredients:* Coconut Oil, Shea Butter, Castile Soap, Soy Lecithin, Rosehip Seed Oil, Vitamin E, Rosemary Extract, Activated Charcoal, Geranium, Rose, Lavender, Frankinsence, Clary Sage & Ylang ylang Essential Oils

*Directions:* Shake well and use a small drop to wash face with warm water. If redness appears, use every other day.

### Dead Sea Mud Mask

A mud mask for deep cleaning.

*Ingredients:* Dead Sea Mud, Rosehip Seed Oil, Calendula Infused Olive & Grapeseed Oil, Carrot Seed & Lavender Essential Oils

*Directions:* Apply a thin layer to clean dry skin. Let set for 15 minutes. Wash away with warm clean cloth.

### Facial Toner

*Ingredients:* Cucumber, Chamomile, Lavender & Ylang ylang Hydrosols, Aloe Vera Water, Witch Hazel Distillate & Rosehip Seed Oil

*Directions:* Apply 1-2 sprays on cleansed face.

### Healing Bath Salts — Calming Blend

Designed to calm the body and mind.

*Ingredients:* Epsom Salt, Dead Sea Salt, Himalayan Pink Salt, Roman Chamomile, Bergamont, Clary Sage, Lavender, Sandalwood, Marjoram, Geranium & Cedarwood

*Directions:* Add 3tbsp into a hot bath and enjoy.

### Healing Bath Salts — Sore Muscle Soother

Designed to soothe sore muscles.

*Ingredients:* Epsom Salt, Dead Sea Salt, Himalayan Pink Salt, Lavender, Juniper, Black Pepper, Marjoram, Peppermint & Rosemary

*Directions:* Add 3tbsp into a hot bath and enjoy.

## 5-Step Simple Order Process

**Step 1:** Please email us a list of what you would like at [orders@perfectherbs.ca](mailto:orders@perfectherbs.ca).

**Step 2:** You will get email confirmation that we've received your order. Woohoo!

**Step 3:** You will receive a tracking number notification by email when your order is shipped.

**Step 4:** You will receive your package and all your goodies. A packing slip will be included.

**Step 5:** Within days of your order, you will receive an invoice by email with payment options.

Connect with us! Want to grab coffee? Let us know.



**We take EXTRA good care of our customers and  
we are ALWAYS grateful for your referrals.**

Perfect Herbs Inc. is located at 68 Miller Street, Toronto, ON, M6N 2Z9

Disclaimer: None of the products in this catalogue have been evaluated by Health Canada and they are not intended to diagnose or treat health conditions. Please seek the services of a qualified health care practitioner.

[perfectherbs.ca](http://perfectherbs.ca)