

Herbs by Body System and Action

| System | Herbal Extract | Specific Actions |
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| Nervous System Adaptogenic Adrenal tonics | <ul style="list-style-type: none"> ▪ Bacopa ▪ Californian Poppy ▪ St John's Wort ▪ Chamomile ▪ Skullcap ▪ Ginkgo Biloba ▪ Eleuthero ▪ Schisandra ▪ Gotu Kola ▪ Withania ▪ Rehmannia ▪ Licorice High Grade | <ul style="list-style-type: none"> ▪ Nervine tonic, anxiolytic, cognition enhancing, mild anticonvulsant ▪ Anxiolytic, mild sedative, analgesic, hypnotic ▪ Antidepressant, nervine tonic, mild anxiolytic ▪ Mild sedative ▪ Nervine tonic, mild sedative ▪ Neuroprotective, cognition enhancing ▪ Adaptogenic ▪ Adaptogenic ▪ Nervine tonic, adaptogenic ▪ Adaptogenic, mild sedative, tonic ▪ Adrenal tonic ▪ Adrenal tonic |
| Immune System | <ul style="list-style-type: none"> ▪ Echinacea Premium ▪ Eleuthero ▪ St John's Wort | <ul style="list-style-type: none"> ▪ Immune enhancing, immune modulating ▪ Immune modulating ▪ Antiviral |
| Female Reproductive System | <ul style="list-style-type: none"> ▪ Chaste Tree ▪ Golden Seal | <ul style="list-style-type: none"> ▪ Prolactin inhibitor, dopaminergic agonist, indirectly progesterogenic ▪ Mucous membrane trophorestorative, antihemorrhagic |
| Male Reproductive System | <ul style="list-style-type: none"> ▪ Saw Palmetto ▪ Withania | <ul style="list-style-type: none"> ▪ Male tonic, antiprostatic, possibly antiandrogenic ▪ Male tonic |
| Gastrointestinal System Gut Liver | <ul style="list-style-type: none"> ▪ Wormwood ▪ Ginger ▪ Chamomile ▪ St Mary's Thistle ▪ Golden Seal ▪ Schisandra | <ul style="list-style-type: none"> ▪ Bitter tonic, anthelmintic, antiparasitic ▪ Aromatic digestive, carminative, anti-inflammatory ▪ Carminative, antiulcer, vulnerary, anti-inflammatory ▪ Hepatic trophorestorative, hepatoprotective, choleric, antioxidant ▪ Choleric ▪ Hepatoprotective |

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| Skin | <ul style="list-style-type: none"> ▪ Echinacea ▪ Gotu Kola ▪ Golden Seal ▪ Chaste Tree ▪ St John's Wort | <ul style="list-style-type: none"> ▪ Depurative, immune modulating, anti-inflammatory ▪ Healing promoter, vulnerary, anti-inflammatory ▪ Vulnerary ▪ For hormonal acne ▪ Vulnerary |
| Musculoskeletal System | <ul style="list-style-type: none"> ▪ Celery Seed ▪ Ginger ▪ Ginkgo Biloba ▪ Horsechestnut ▪ Rehmannia ▪ Licorice High Grade ▪ Schisandra | <ul style="list-style-type: none"> ▪ Anti-inflammatory, antirheumatic ▪ Circulatory stimulant, warming, anti-inflammatory ▪ Circulatory stimulant, anti-inflammatory, antioxidant ▪ Venotonic, antiedema, anti-inflammatory ▪ Anti-inflammatory ▪ Anti-inflammatory ▪ Muscle metabolism enhancing |
| Respiratory System | <ul style="list-style-type: none"> ▪ Eyebright ▪ Golden Seal ▪ Licorice High Grade ▪ Ginkgo Biloba ▪ Gotu Kola ▪ Rehmannia ▪ Schisandra | <ul style="list-style-type: none"> ▪ Anticatarrhal, anti-inflammatory, astringent, mucous membrane tonic ▪ Mucous membrane trophorestorative, anticatarrhal, antimicrobial ▪ Mucoprotective, expectorant, demulcent, anti-inflammatory ▪ Anti-platelet activating factor activity, antioxidant ▪ Healing promoter, antifibrotic, anti-inflammatory ▪ Anti-inflammatory, antipyretic ▪ Antitussive |
| Urinary System | <ul style="list-style-type: none"> ▪ Celery Seed ▪ Licorice High Grade | <ul style="list-style-type: none"> ▪ Diuretic, anti-inflammatory ▪ Demulcent |
| Cardiovascular System | <ul style="list-style-type: none"> ▪ Hawthorn Leaves ▪ Ginkgo Biloba ▪ Ginger ▪ Schisandra | <ul style="list-style-type: none"> ▪ Cardioprotective, mild cardi tonic, hypotensive, antioxidant, antiarrhythmic ▪ Circulatory stimulant, tissue perfusion enhancing, antioxidant ▪ Circulatory stimulant ▪ Cardi tonic |