



Winter Wellness Kit

\$25.00 250ml Elderberry Syrup or Elixir: Tastes sweet, a bit like tangy grape juice

Ingredients: Elderberries, Elderflower, Cinnamon, Astragalus, ginger, Echinacea, honey, (Elixir add Brandy)

Supports: This is known as an immune modulator activating your immune system.

How to Use: Use daily as a tonic to support yourself over winter. Increase the dose at the first onset of illness to 4 times per day to activate your immune.

\$25.00 250ml Fire Cider: Taste, like a mildly spicy vinaigrette, can add honey to taste.

Ingredients: Apple Cider Vinegar, Orange, Lemon, Garlic, Horse Radish, Thyme, Ginger, Turmeric, Red Onion, Black Pepper, Cayenne

Supports: Supports immune response and aids in balancing viruses, bacteria and fungi.

How to Use: Can take on its own to maintain and support a healthy body and immune system once per day over the winter months,

increasing the dose up to 4 times at the onset of illness imbalance. Can add to stews, soups, salads and other meals for flavouring.

\$10.00 50g Winter Soothing Tea:

Ingredients: Marshmallow leaf and flower, Mullen, Plantain, hibiscus, calendula, peppermint, yarrow

Supports: good for dry irritated coughs, or to help expel mucus, sore throats and fevers.

How to use: Brew in a cup of boiled water seeping for 20 minutes, take up to 4 times per day when needed. Can add honey or maple syrup to sweeten.

\$10.00 50g Winter Nourishing Tea:

Ingredients: Rosehips, nettles, holy basil, cinnamon, Burdock Root Alfalfa

Supports: Nutrition and movement of fluids/blood through the colder season.

How to use: Brew in a cup of boiled water seeping for overnight in a jar, take up 1-3 cups per day. Can add honey or maple syrup to sweeten.

\$25.00 100ml Immune Tonic Tincture:

Ingredients: Reishi, Astragalus, Rosehips, Cinnamon, Ashwaganda rt., Alcohol

Supports: offers steady immune support throughout the winter.

How to use: Used once or twice per day

\$25.00 100ml Echinacea Tincture

Ingredients: Echinacea Root, Alcohol, Distilled Water

Supports: Activates your immune system, modulates your immune system.

How to use: Use every 3 hours at the onset of illness following dosing guidelines provided.

\$20.00 100ml Tummy Taming Honey Infusion

Ingredients: Chamomile, Lemon Balm, Catnip, Fennel, meadowsweet, Vegetable Glycerin, Honey, Distilled water.

Supports: digestion, and stomach upset.

How to use: Take as provided dosing suggests up to 3 times per day.

\$15.00 2oz Herbal Chest Rub Salve,

Ingredients: coconut oil, beeswax, cayenne, peppermint, eucalyptus, castor oil, wintergreen

Supports: Lungs congestion and tightness, by relaxing the breathing

How to use: Rub on front and back of chest as needed up to 4 times per day. Avoid contact with the eyes!

Total For Kit: \$155.00

Please note: Seek appropriate medical advice if feeling unwell, taking pharmaceuticals medications and other over the counter medications. Please reach out if you have any questions or concerns.