

## **LAND & SEA**

### **High Energy Plant-Based Mineral Fluid Extract**

Our unique **Land & Sea** formula is a powerful nutritive tonic that brings the vitality of charged minerals back into the body. The result is a replenishing of the electrolytes needed to keep you going at your peak. We use barley in chlorophyll using sea plants, flowers, leaves, shoots, fruit berries, seeds, garden herbs, roots and barks from worldwide sources. We blend the separate components to make it just right! The outcome is a tonic that provides a full spectrum of plant mineralization.

#### **Sea Plants**

**Essence of Sea Plants** is sourced worldwide. We chose sea plants that represent different color types, primarily those classified as browns and reds. Each type has its own particularly strong properties. It contains: **Red Dulse** (Canada), **Norwegian Kelp** (Norway), **Lithothamnion** (Iceland), **Bladderwrack** (Atlantic/Canada), **Alaria** (Canada), **Giant Bullwhip Kelp** (Iceland), **Gracilaria** (S. America), **Irish Moss** (Ireland)

#### **Chlorophyll**

Chlorophyll is the life force of the plant, important for tissue repair, body and blood building, it has rapid absorption and helps with oxygenation. Both juice extracts are rich in minerals, vitamins, enzymes, protein. They are good nutritive tonics and blood purifiers. The extracts have been further tinctured for our formula.

**Alfalfa grass juice extract s(21:1)** and **Barley grass juice extract (21:1)** (SW U.S.)

#### **Botanicals**

##### **Fruit, Berries & Seeds**

**Blueberry** (NW U.S.): Popular anti-oxidant including Vitamin C and bio-flavonoids.

**Hawthorn** (China/U.S.): Well-known heart tonic. Has been called “a complete cardiac medicine.” Regulates both high and low blood pressure.

**Schizandra** (China): Well-known Chinese adaptogen, balances body functions and increases resistance to stress. A liver, kidney, lung tonic. Good for cognitive functioning.

**Goji berry** (Tibet/China/Mongolia): Full of vitamin C, flavonoids, and minerals. Good for the circulation, adaptogenic, a highly nutritive tonic.

**Amla** (India): Well-known in Ayurvedic medicine, a restorative and high vitamin C source. Helpful against harmful viruses, bacteria, fungi.

**Hibiscus** (Mexico): A cooling tonic herb popular in Mexico.

**Vanilla** (India/Madagascar): Well-known flavor enhancer.

##### **Amazon Barks & Roots**

**Pau d'arco** (Peru/Brazil): Multi-purpose tonifying herb. Used for the control of fungus & yeast growth in the body; antioxidant, anti-inflammatory, anti-parasitic properties.

**Una de Gato** “Cat’s Claw”(Peru): Wide range of uses: cellular reconstitutor, intestinal tonic, immune system enhancer, used in treatments for allergies, toxic poisoning, inflammation.

**Maca** (Peru/Bolivia): Well-known as an energy and libido enhancer, helps increase the body’s own hormone production, adaptogenic, good for endurance, rich in nutrients.

### **Leaves & Flowers**

**Ginkgo Biloba** (Oregon) / **Gota kola** (HI/India): Well-known brain tonics, increases circulation & oxygen flow to the brain, helps enhance nerve cell transmission, capillary circulation, improving mental function & memory.

**Nettles** (CA): Abundant chlorophyll, vitamins A & C, trace elements. A respiratory toner.

**Milky oat straw** (NC): Its high silica content strengthens the entire nervous system.

**Boldo** (Chile): A kidney and liver tonic, revered in Latin America.

**Elderberry** (N. CA): Berries & flower clusters. Locally wildcrafted; helpful cooling tonic for fever and sweating.

**Usnea** (N. CA): Wildcrafted forest lichen. A preserving and antibacterial herb.

**Garden Herbs—Spearmint, Lemon balm, Rosemary:** All are good circulatory herbs. Spearmint stimulates the appetite; lemon balm is relaxing; rosemary has stimulating and preserving properties.

### **Roots & Barks**

**Astragalus** (China) A valuable tonic and stimulant. Strengthens digestion and immune system, raises metabolism, increases stamina, endurance, and has anti-stress effects.

**Siberian Eleuthero** (Russia): Adaptogenic, increases strength and stamina, adrenal support.

**Burdock root** (OR): Well-known as a blood purifier, detoxifier. Good for the liver and kidneys. A principal component, inulin, has curative powers.

**Dandelion root** (OR): Contains minerals & vitamins. A detoxifier, cleans liver, kidneys, bladder, gallbladder, pancreas, a blood purifier.

**Yellowdock** (CA): Absorbs protein in minerals, its bioflavonoids strengthens capillaries, promotes bile flow.

**Fo-ti** (local CA): Has rejuvenating effects on the brain and endocrine glands. Tones liver, kidneys, blood, pancreas, spleen. Restores energy, increases fertility; helps with vigor.

**Ginger** (CA/HI): A well-known stomach remedy for millennia. Good for all digestive conditions and problems, maintaining wellness of the gastrointestinal tract.

**Turmeric** (CA/HI): Potent anti-inflammatory and antioxidant properties. Helps prevent rancidity in the body's circulatory system. Well-known liver & cardiovascular protector.

**Sarsaparilla** (Brazil/Jamaica): Good liver tonic and blood purifier. Contains both male & female hormones: good for hormone balance, venereal diseases, PMS, a male rejuvenator.

**Wild yam** (Mexico): A nutritive, tonic, rejuvenative, effective for liver, gallbladder & digestive problems. Anti-inflammatory. Benefits nervous, reproductive, urinary systems.

**Cinnamon** (Mexico): Blood purifier, sugar regulator, warming, found in dessert recipes.

**Actractylodes** (China): Blood sugar regulation support, warming, harmonizing herb.

**Available in 2 ounce bottles with droppers.**