

Plantiful &



ANIMA
MUNDI
APOTHECARY



Elixirs
Tonics
Herbs

Handcrafted Plant
Medicine for Body
Mind Wellness



Elixirs | Tonics | Herbs

Inmunity
Adaptogens
Mood Elevator
Stress & Relief + Sleep
Energy
Beauty
Brain Health
Detox
Body+Spirit



plantiful.livingfood



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☎ 2509 2996 / 2509 2997

Immunity

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Cold's Cocktail High Potency Colds & Flu

Colds & Flu Buster,
Anti-bacterial, Germ
Dispeller

Suggested Serving: 30-40 drops when needed (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Fresh Ginger root*, Echinacea Purpurea*, Echinacea Angustifolia*, Fresh Garlic*, Turmeric root*, Boldo Leaf, Apple Cider Vinegar, Cayenne. Extracted in Cane Spirits and Vegetable Glycerin.

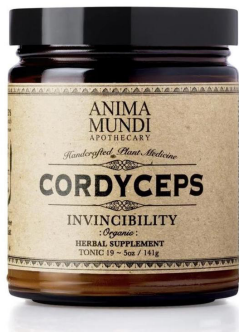


Mushroom Mocha Milk Organic Adaptogenic Creamer

How to: Coffee, cacao, chai, ice cream, power balls, and even savory sauces! Sky's the limit. Easy and healthy add on to just about anything. Keep in mind this product does not have any sugar. This is meant to be an ADD-ON, so add it to emulsify, thicken, and cream up your favorite warm or chilled milk beverage.

Ingredients: Anima Mundi's Coconut Cream Powder, Heirloom Organic Cacao, 7 mushroom blend: Reishi, Chaga, Cordyceps, Lions Mane, Agaricus, Shiitake, Maitake.
(100% organic ingredients)

Inmunity

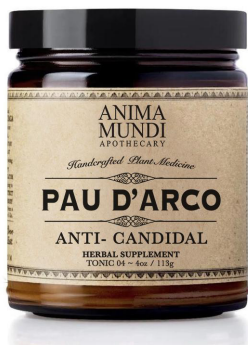


Cordyceps Invincibility Organic 10% Beta-Glucans

Colds & Flu Buster,
Anti-bacterial, Germ
Dispeller

Suggested Serving: 1/2-1tsp
(we recommend everyone to
listen to their body intuitively,
follow the dosage that
resonates the most with you.)

Ingredients: Cordyceps (*Cordyceps militaris*), fruiting body and mycelium.
Guaranteed 10% Beta-glucans.
OUR MUSHROOMS ARE ACTIVATED! Steam extracted to ensure broken cell wall for faster and optimized absorption.



Pau D'Arco Anti-Candidal Superbark

Anti-Viral,
Anti-Candidal, Blood
Builder, Reproductive
Balancer, Skin Repair

Amount per container: 4oz
(113g) Fine Powder
Amount of servings: 40
servings (using 1 tsp per
serving)

Directions: 1-2 tsp in your tea, soup, broth. For a stronger dose simmer for 20min, strain and enjoy.
- As a tea, steep 1-2 tsp, in a cup of boiling water for 15 minutes and enjoy.
- Dosage always depends on the conditions you wish to treat. For acute symptoms we recommend 2-3x day. For daily toning, we recommend 1-2x day. Consume before meals, or 1hr after meal.



Soursop (Guanabana) Leaf Powder

Although almost the
entirety of this very special
tree is used medicinally,
we supply fresh ground
leaves as that's what most
traditionally used.

Suggested Serving: 1/2-1tsp
in tea, soup, 1x per day. We
also suggest adding it to
green juices, smoothies, and
healthy eats.

Ingredients: Guanabana leaf (*Annona muricata*) (4oz)
Sourced from a sustainable farm in Brazil.



Soma Elixir 7 Mushrooms + Vitamin C

Natural Antibiotic,
Immune Protection,
Adaptogenic Power,
Anti-microbial,
Anti-viral.

Suggested Serving: 1 tsp (we
recommend everyone to listen
to their body intuitively, follow
the dosage that resonates the
most with you.)

Ingredients: Reishi , Chaga , Maitake, Shiitake, Lions Mane ,
Agaricus , Cordyceps, Schizandra Berries, Rose petals, Rose
Geranium, extracted in 25% cane alcohol, vegetable glycerin and
filtered water.

Inmunity



Elderberry Syrup with Antivirals

Many wonderful elderberry syrup products and recipes out there are made with honey. This time we decided to make a very high potency combination using elderberry, coupled with herbal antivirals such as Skullcap baikalensis, Cordyceps, Reishi, Shiitake and Maitake. All ingredients within this formula have been studied for their powerful ability to protect the immune system.

How to take: Each bottle is 3-4 week supply. We suggest taking 1 teaspoon daily. Children: Ages 4 and up: 1 teaspoon daily Ages 1-3: ¼ teaspoon daily dissolved in water, juice, tea, etc.

Ingredients: Organic Elderberries*, Skullcap baikal root*, Cordyceps*, Reishi*, Shitake, Maitake*, Fresh Ginger*, extracted in Organic Cane Spirits*, Vegetable Glycerin*, Filtered Water.

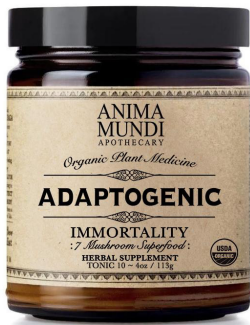


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Adaptogens

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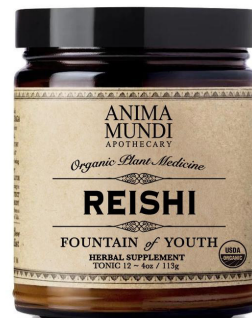


Adaptogenic Powder 7 Mushrooms + Heirloom Cacao

Cacao is a cardiovascular tonic known for its dopamine and blood sugar regulation.

Suggested Serving: 1/2-1tsp (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Reishi, Agaricus, Cordyceps, Chaga, Lions Mane, Cacao, Shiitake, Maitake.



Reishi Fountain of Youth - Organic

Spirit Nourishing,
Immune Protection,
Fountain of Youth

Suggested Serving: 1/2-1tsp (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Activated Reishi Mushroom (Ganoderma lucidum) powder ; fruiting body and mycellium.

Guaranteed 8.6% Beta-glucans. According to clinical studies "β-Glucans are known to have antitumor, anti-inflammatory, anti-obesity, anti-allergic, anti-osteoporotic, and immunomodulating activities." Keep reading here why they're vital.

Adaptogens



Chaga Organic Bodyguard and Resilience

Ingredients: Chaga (Inonotus obliquus), fruiting body and mycelium

Suggested Serving: 1/2-1tsp (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

There is a plethora of healing benefits within this mushroom. Some of its' many benefits backed up by the scientific community include, its ability to reduce tumor growth, prevent the proliferation of cancer, modulate the immune system, fight the damaging effects of oxidative stress, boosts cognitive function, and much more. The high anti-oxidant chemistry, along with its anti-inflammatory makeup make it an excellent medicine that supports body and mind protection.



Adaptogenic Tonic Protection & Strength

Our Adaptogenic Tonic is extracted with adaptogenic mushrooms and high vitamin C sources: camu camu and mangosteen, which can help boost the immune system.

Suggested Serving: Add 40-60 drops (1/2tsp) to the tongue directly, or mix with warm water, coffee, juice, or your favorite tea. (We recommend everyone listen to their body intuitively; follow the dosage that resonates the most with you.)

Ingredients: Reishi Mushroom, Agaricus Mushroom, Lion's Mane Mushroom, Cordyceps Mushroom, Chaga Mushroom*, Maitake Mushroom, Shiitake Mushroom, Camu Camu, Mangosteen extracted in cane spirit and filtered water. Organic, Wildcrafted.



He Shou Wu Root of Longevity

This is one of those holy roots that has a whole lot of documented uses since ancient times, as well as being revered by the modern scientific community. Chinese medicine.

Suggested Serving: 1/2-1tsp (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: He Shou Wu 10:1 extract powder; prepared by the traditional method with black beans. It does not contain any fillers or additives!! Be aware that many Fo-Ti's in the market contain maltodextrin.

*semi wild roots, sustainably grown in a small farm in China from an authentic source in Yunnan. A very pristine and indigenous area to China where He Shou Wu thrives.



Schisandra Rose Elixir Adaptogenic Superberry

Our newest addition to our master elixirs! Composed of nature's finest adaptogenic remedies, Schisandra chinensis. Schisandra berry is one of the queen's within tonic herbalism, as she embodies the unique trait of containing the five flavors.

Shizandra berry is one of the queen's within tonic herbalism, as she embodies the unique trait of containing the five flavors. In Traditional Chinese Medicine flavors are seen as energetic signatures within a plant, demonstrating its distinct healing traits.

Ingredients: Shizandra berries (Schisandra chinensis)^, Rose petals (Rosa centifolia)^, Vegetable glycerin*, Cane Spirits*.

organic / ^wildcrafted

Mood Elevator

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Euphoria
Spirit + Love Elixir



Cacao
Raw, Heirloom + Organic

An exquisite elixir known to awaken loving awareness within the body, it can help stimulate the body while deeply nourishing the reproductive organs.

Suggested Serving: 3Add 1tsp of Euphoria Elixir to tea, cacao, matcha, seltzer water, kombucha, mocktails, or even cocktails! (We recommend everyone listen to their body intuitively; follow the dosage that resonates the most with you.)

Ingredients: Guarana seeds, Catuaba bark, Muira Puama, Yohimbe Bark, Hibiscus Flower, Damiana leaf, Schizandra berries, Goji Berries, Rose Petals, Night Blooming Jasmine essential oil.
*Organic

This high potency elixir is extracted with reverse osmosis water, organic vegetable glycerin, and organic cane alcohol to ensure high bio-availability, and maximum mojo boosting!

Cacao is also a great source to help combat depression. Cacao is a great source of four scientifically proven bliss chemicals – serotonin, tryptophan, tyrosine and phenylethylamine.

Suggested Serving: 1/2-1tsp (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Full Fat Organic Cacao Powder (20-22%)

Mood Elevator



Blue Lotus Flower of Intuition

For centuries, Blue Lotus has been respected as an ancestral flower known to induce a deep meditative energy, enhance third eye function and motivate lucid dreaming. The effects of the Blue Lotus, or Blue Waterlily, can be euphoric, while helping to decompress the nervous system and relax the whole body, and mind.

100% BLUE LOTUS PETALS AND STAMEN

Suggested Serving: To make tea, use about 1Tbsp of petals per cup of hot water. Pour almost boiling water over the flowers and allow it to infuse for about 5-7min. Remember, a longer steep time just makes it taste bitter, while losing the subtle taste and feel it provides. (We recommend everyone listen to their body intuitively; follow the dosage that resonates the most with you.)

We love to drink Blue Lotus in a Cacao based latte, or mocktail. Pair it with Mucuna for even greater mood boosting effects, or try it in the Lucid Dreaming Kit.

Ingredients: Ethically harvested Blue Lotus flowers (*Nymphaea caerulea*).



Stress Relief + Sleep

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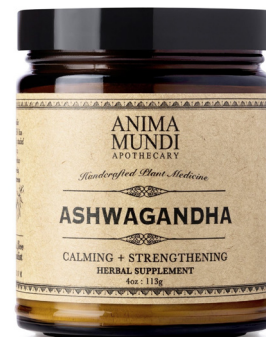
Happiness Tonic

Dopamine + Stress Relief

Our all organic and wildcrafted Happiness tonic is everything you need to feel at peace. It may help stabilize hormone function, serotonin and dopamine, as well as provide a soothing effect on the nervous system.

Suggested Serving: Add 40-60 drops (1/2tsp) to the tongue directly, or mix with warm water, coffee, juice, or your favorite tea. (We recommend everyone listen to their body intuitively; follow the dosage that resonates the most with you.)

Ingredients: Mucuna, Albizia bark, Rhodiola root, Ashwagandha root, St. Johns Wort. Extracted in Cane Spirits and Vegetable Glycerin. Organic / Wildcrafted



Ashwagandha

Ayurvedic Ginseng 1.5% Withanoloides

One of India's greatest botanical and adaptogenic treasures is Ashwagandha. Popularly known as Indian Ginseng, it's very well known for its ability to calm, soothe and strengthen the body.

Suggested Serving: 1/2-1tsp (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: 10:1 Ashwagandha Root extract powder (*Withania somnifera*)

Certified Organic from India

Stress Relief + Sleep



Lucid Dream Elixir insomnia's Antidote

Pituitary Tonic,
Hypothalamic Regulator,
Nervous System Soother,
Dream Tonic -Insomnia's
Anti-dote, Relaxing.

Suggested Serving: 1 tsp (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Ashwagandha Root*, Kava Kava, Passionflower, Fresh Ginger Root, Skullcap leaf, Blue Lotus, Rose Petals, Calea Zacatechichi, Rose Geranium Essential oil.

Extracted in Cane Spirits, Vegetable Glycerin and Filtered Water.

[*Organic / ^ Wildcrafted]



Lucid Dream Tea Third Eye Tonic

Pineal Gland Tonic
Nervous System Restorative
Third Eye Slgor

Directions: 1Tbsp in a cup of boiling water. Allow to steep for 10-15min.

*Best results if ingested before bed on an empty stomach. *Increase dosage as needed.

Ingredients: Ashwagandha, Passionflower, Skullcap, Kalea Sacatechichi, Tulsi, Kava Kava, Blue Lotus, Cornflowers, Ginger, Rose Petals, Stevia.



Kalea Sacatechichi Wildcrafted Dream Herb

Oneirogens: Plants of the Dreaming

Kalea Sacatechichi is a dream herb that is scientifically shown to boost dream vitality and recall. Historically, Kalea is a plant used by the Chontal Indians of Mexico to obtain divinatory messages during dreaming.

How to use: This plant is very, very bitter. It's meant to be taken as an energetic dose (microdose), and in combination with fellow dream herbs for optimum effects. Such as ashwagandha, chamomile, tulsi, shizandra, etc. It is also classically smoked by indigenous people to induce its 'oneirogenic' effects.

Ingredients: Kalea Sacatechichi, leaf and stem.

Wildcrafted in Oaxaca, Mexico.



Energy

Plantiful



Energia Adaptogenic / Energy Tonic

Extracted as High Potency Tonic

Suggested Serving: 30-40 drops (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Guarana Seeds, Green Coffee*, Suma root, Rhodiola root*. Extracted in Cane Spirits and Vegetable Glycerin.

[*Organic / ^Wildcrafted]



Qi Energy & Protein Adaptogenic Superpowder

Nutritive, energizing, adaptogenic, hormone balancing, adrenal supportive

Suggested Serving: 30-40 drops (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Mesquite*, Ashwagandha*, Maca*, Astragalus^, Budrock*, Slippy Elm^, Ginger*, Chia*.

[*Organic / ^Wildcrafted]

Energy



Green Coffee Bean Flower of Intuition

energizer, nervous system nourisher, fat burner, nervous system nourisher, sustainable energizer.

Suggested Serving: T1-2 tsp in your juice, smoothie or tea. As a tea, add 1Tbsp in boiling water for 15- 20minutes, and strain.

*If you have any kind of heart conditions, please utilize carefully and in lower doses.

Ingredients: Green Coffee Bean extract powder (10:1 extra strong)

*Organically grown in Costa Rica



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Beauty

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Collagen Booster Vegan Elixir

Inner Beauty Elixir,
100% Plantbased,
Handcrafted

Suggested Serving: 1 tsp (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: He Shou Wu[^], Horsetail (Equisetum arvense)[^], Gynostemma[^], Nettle leaf[^], Calendula*, Mangosteen pericarp* extracted in organic cane alcohol, less than 5% organic non-gmo vegetable glycerin, and filtered water.

[*Organic / [^]Wildcrafted]



Curam Elixir Beauty & Anti-Aging

Beauty Elixir / Skin
Detox / Anti-Oxidant /
Ancient Anti-Aging
Plants*

Suggested Serving: 1 tsp (we recommend everyone listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Turmeric Root*, Camu Camu Fruit*, Amla Fruit, Mangosteen Pericarp, Mangosteen Fruit*, Tulsi leaf*, Lemon Peel*, Black Pepper, Ylang Ylang Essential Oil, extracted in distilled cane spirits*, vegetable glycerin (kosher and gluten/soy free) and filtered water.

[*Organic / [^]Wildcrafted]

Beauty



Mangosteen and Hibiscus Organic Vitamin C Beauty

Natural vitamin C source, antioxidant, mineralizer, skin protector, detoxifier, anti-inflammatory.

Suggested Serving: 1/2-1tsp (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Mangosteen peel powder (Garcinia mangostana)*, Mangosteen Fruit powder (Garcinia mangostana)*, Hibiscus flower powder (Hibiscus rosa-sinensis)*
[Organic*]



Rose Powder 100% Organic

This beautiful, lush powder is so much sweeter than it's scent. Our Rose powder contains many qualities that can help benefit the body. It has been revered for centuries for its mind, body and spiritual healing benefits, particularly those around relieving the heart, depression, anxiety, psycho-spiritual related imbalances, and many more.

Suggested Serving: Add 1/2-1tsp Rose Powder in a warm cup of water, or in your choice of tea, milk, latte, smoothie, savory and sweet foods, and beyond! It can go on just about everything. (We recommend everyone listen to their body intuitively; follow the dosage that resonates the most with you.) We love it mixed with our Heirloom Cacao, or made into a luxurious frozen treat or soothing face mask.

Ingredients: Rose petal powder (Rosa centifolia)*



Coconut Powder 100% Organic

This powder is luxurious, creamy, and made of 100% pure coconut meat. Loaded with healthy oils and fiber, coconut meat is touted to be healthful for our digestion, skin, immune system, nervous system, blood sugar, fat-protein metabolism, and contribute to healthy heart function.

Suggested Serving: Mix 1Tbsp of Coconut Creamer into virtually anything! From your favorite tea, chai, matcha, or latte, to a thickener for smoothies or soups, and even dusted onto healthy desserts! (We recommend everyone listen to their body intuitively; follow the dosage that resonates the most with you.)

Ingredients: Coconut meat*, 1.5% Acacia Bark Powder*, 1.5% Tapioca Maltodextrin*. *Organic



Collagen Booster Plantbased

This plant-based blend is the ultimate beauty boost— our formula of adaptogens, ancient herbs, and flowers help to support radiant hair, glowing skin, healthy nails, and may aid in repairing body tissue. Our plant based collagen is an easy to use, bio-available extract powder.

Suggested Use: Mix 1/2-1tsp into your favorite tea, coffee, smoothie, baked good, etc. (We recommend everyone listen to their body intuitively; follow the dosage that resonates the most with you. If you're looking to start slow, use 1/2tsp, if you're looking for stronger and faster results, use 1tsp).

Ingredients: He Shou Wu extract powder^, Horsetail extract powder, Gynostemma, Nettles, Calendula*, Mangosteen Fruit*, Mangosteen Peel. *Organic / ^Wildcrafted

Beauty

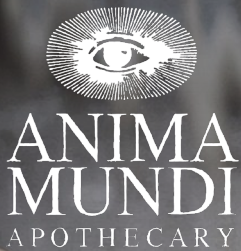


Collagen Face Oil Plantbased

Our medicinal grade collagen oil is potentially infused with plant medicines to help restore, protect and boost our own collagen receptors. Contains the deeply rejuvenating powers of He Shou Wu and Gynostemma, the antioxidant powers of Mangosteen peel and Rose, the regenerative powers of Calendula and Comfrey, and the mineralizing powers of Nettles, Helichrysum, and many more!

Suggested Use: Apply 4-6 drops of Collagen Face Oil to cleansed and toned skin morning and night. Massage onto face and neck, or use a 'gua sha' or facial massage tool of choice.

Ingredients: Jojoba oil*, Rosehip oil*, He Shou Wu[^], Gynostemma, Horsetail, Calendula*, Mangosteen peel, Comfrey leaf*, Rose petals[^], Tocopherol, and Love. Proudly scented with the finest 100% organic essential oils: Rose Otto, Sandalwood, Helichrysum. *Organic | [^]Wildcrafted



Brain Health

Plantiful



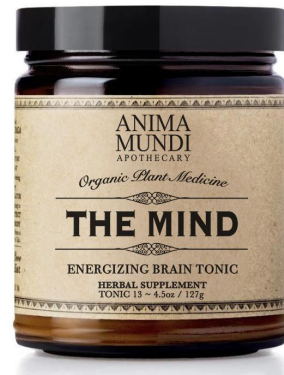
Cerebrum Adaptogenic Brain Tonic

Cerebrum is therapeutic and nourishing brain formula that can assist with cognition and memory.

Suggested Serving: 30-40 drops (we recommend everyone listen to their body intuitively and follow the dosage that resonates the most with you.)

Ingredients: Brahmi*, Lion's Mane Mushroom*, Ginkgo Leaf, Gotu Kola, Holy Basil*, Rosemary. Extracted in Cane Spirits* and Vegetable Glycerin.

[*Organic / ^Wildcrafted]



The Mind Adaptogenic Brain Tonic

Botanical Nootropic, Mental Boost, Cognition Booster, Mood Enhancement

Suggested Serving: 2-1tsp (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Lions Mane *, Brahmi extract powder*, Ginkgo extract powder*, Tulsi extract powder*, Gotu Kola extract powder* (5:1 extract powders)

Brain Health



Mucuna Pruriens Dopamine Bean 15% LevaDopa

Mucuna is an adaptogen and superherb that helps protect your body from the damaging effects of stress. The key ingredient in mucuna is L-Dopa, a naturally occurring amino acid which transforms into Dopamine in the brain. Dopamine is a neurotransmitter that ignites a feeling of joy and bliss.

Suggested Serving: TAdd 1/2-1tsp in coffee, cacao, tea, or mocktails. (We recommend everyone listen to their body intuitively; follow the dosage that resonates the most with you.)

Ingredients: White Mucuna seed extract powder*



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Detox

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Fat Belly Tonic Liver + Gallbladder Love

A potent and nutrient dense boost for healthy digestion! Many bad oils and saturated fats are hard to digest, meaning they accumulate in the liver and tissues, resulting in extra fat stores on the body.

Suggested Serving: About 45 minutes before meals, add 30-50 drops (1/2tsp) to the tongue directly, or mix with warm water, anti-inflammatory juice, or a gentle herbal tea. (We recommend everyone listen to their body intuitively; follow the dosage that resonates the most with you.)

Ingredients: Garcinia Cambogia, Green Coffee*, Cha de Bugre, Mangosteen Peel, Mangosteen Fruit*, Turmeric root*, Ginger root*
Extracted in Cane Spirits and Vegetable Glycerin.

[*Organic / ^Wildcrafted]



Amargo Jungle Bitters Metabolism Booster

Healing Bitters, Liver Cleanse, Digestive Health

Suggested Serving: 30-40 drops (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Quassia^ (Quassia amara), Dandelion Root* (Taraxacum officinalis), Burdock Root* (Arctium lappa), Lemon Peel* (Citrus limon), Milk Thistle Seed (Silybum marianum), Oregon Grape Root^ (Mahonia Aquifolium), Fresh Ginger Root* (Zingiber officinale), Mugwort Herb* (Artemisia Vulgaris), Boldo Leaf (Peumus Boldus) extracted in organic cane spirits*, organic (soy-free) vegetable glycerin* and filtered water.

[*Organic / ^Wildcrafted]

Detox



Real Stevia + Vanilla Higher Potency Liquid Sweetener

High potency extraction to ensure a strong and effective result

Suggested Serving: 30-40 drops (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

100% Real, Vegan, Organic, Gluten Free

Ingredients: stevia leaf*, vanilla* extracted in cane alcohol*, vegetable glycerin*, and filtered water. [*organic]

*These statements have not been evaluated by the FDA. This product does not intend to treat or prevent any any disease.



Liver Vitality Daily Green Detox

High potency extraction to ensure a strong and effective result

Suggested Serving: Add 1 heaping tsp to your favorite smoothie, juice, tea or lemon water, or healthy foods, like salad dressings, soups and beyond! (We recommend everyone listen to their body intuitively; follow the dosage that resonates the most with you.)

Ingredients: Moringa*, Chlorella* (broken cell wall), Spirulina*, Burdock root, Dandelion Root, Turmeric*, Graviola^, Chanca Piedra, Milk Thistle. *Organic / ^Wildcrafted



Viridem Elixir Organic Detoxifier

Master Detoxifier, Cleanser, Anti-Cancerous chemistry, Liver and Gall Bladder detoxifier.

Suggested Serving: 1 tsp (we recommend everyone to listen to their body intuitively, follow the dosage that resonates the most with you.)

Ingredients: Chanca Piedra leaf, Spirulina Algae*, Chlorella Algae*, Moringa leaf*, Dandelion Root*, Graviola soursop, Holy Basil*, Lemon Peel*, Lemongrass.

Extracted in cane spirits*, vegetable glycerin and filtered water.

[* Organic / ^ Wildcrafted]



Lung Tea Communittea

Communi-Tea : Pay it Forward

Suggested use: Steep 1 Tbsp into 1 cup of hot water. Steep for 5-10 min, strain, enjoy, and breathe deeply. 2 oz bag

*This is a larger bag than the original donation based bag we did last year during the fires in California.

Ingredients: Holy Basil*, Astragalus*, Mullein*, Reishi*, Oatstraw*, Nettles*, and Ginger* (*organic)

Detox



Deep Detox Organic Herbal Cleanse

This cleansing kit is composed of traditionally detoxifying, nourishing, mineralizing and therapeutic herbs known to target many organ systems, yet specifically focus on the liver, gallbladder and gut. These herbs can help boost the metabolism and assist in the removal of stagnation and toxic accumulation.

Cleansing and detox dates back to ancient times. The healing benefits of restricting certain dietary patterns, and adding cleansing superfoods is something that all ancient cultures practiced one way or another. Whether it was for spiritual/religious reasons, or to simply prevent dis-eases, cleansing regimes have been a natural part of human evolution.

There is nothing more satisfactory and powerful than accomplishing a hard cleanse. Cleanses can help deprogram cravings, over-accumulation and even mental patterning that needs weeding out. At Anima Mundi we recommend cleansing several times a year. This makes it an easier habit to adopt, and optimizes higher level body-mind functioning and prevention.

Content:

- 1x Chanca Piedra Liver & Gall Bladder Cleanser (6oz)
- 1x Mangosteen Hibiscus Beauty Superfood (6oz)
- 1x Viridem Elixir Green Detoxifier (4 fl.oz)
- 1x Curam Elixir Anti-inflammatory Beauty (4 fl.oz)
- 1x Liver Vitality Daily Greens (8 fl.oz)
- 1x Amargo Digestive Bitter Tonic (2 fl.oz)
- 1x Pau D' Arco Anti-Candidal + Immunity (6oz)

Recommended Intake: Early AM: Drink 1 tsp Mangosteen-Hibiscus in a cup of warm water, with 1/4 tsp Curam Elixir, and a squeeze of fresh lemon juice.

*Before any meal, drink your Amargo bitters about 30 minutes before eating to increase bile production. (2-3x per day total) Think of this as your booster anytime you're about to eat a meal, or a heavier smoothie/ juice if you're on a juice cleanse..

Late AM: Within a green smoothie or juice, blend 1tsp of Liver Vitality per 16oz of juice or smoothie. If you're experienced in cleansing you can double the amount for a stronger dose.

1-2 hour after lunch, drink 1 tsp of Viridem Elixir.

Mid-Late Afternoon: In a decaffeinated chai, or choice of warm latte or tea, incorporate 1 tsp of Pau D'Arco. It's particularly tasty and effective when combined with aromatic and digestive, chai-flavors and very effective when coupled with digestive and aromatic plants, like cardamom, cinnamon, clove, ginger, etc.

Evening Tea: 1/4 tsp of Chanca Piedra into your choice of evening tea. It works wonderfully with soothing and gentle herbs such as Tulsi, Rose, Fresh Ginger, Dandelion root, Burdock, Chamomile, etc. Optional: add 1/4 tsp Curam Elixir.

*Depending on how you're feeling that day, you can trade out Pau D'Arco to be part of your evening tea, and your Chanca Piedra to be part of your afternoon tea.

Detox



Chanca Piedra Amazonian Stone Breaker

Liver & Gall Bladder
Master Detoxifier,
Cleanser, Enzyme
Builder

Directions: Add to your favorite juice, smoothie or tea. As a tea steep 1Tbsp in boiling water for 10-15min.

*According to how intensive your therapy is, it is recommended once a day as a mild tonic, or up to three times a day for more acute effects.

Ingredients: Chanca Piedra extract powder ^ (Phyllanthus niruri)

^Wildcrafted



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Body + Spirit



Plantiful



Botanical Smoke Sacred Smoke

A blend of relaxing and euphoric herbs known to decongest and clear phlegm from the lungs. If used moderately, smoking medicinal herbs can be a highly effective method to clear bacterial build up and assist the sinus (for seasonal allergies).

Our herbal blend can also soothe the body and mind, providing a nice and gentle relaxing energy.

Directions: grind herbs down in a grinder of choice, or breakdown with your fingers. Assemble into your rolling paper, or pipe, and enjoy.

Ingredients: Mugwort*, Skullcap*, Damiana*, Rose Petals*, Calendula Flowers*, Gotu Kola*, Cornflowers^.

[*Organic / ^Wildcrafted]

Body + Spirit



Palo Santo Oil Wildcrafted Botanical Perfume

Sacred Botanical Oil

Palo Santo oil is one of the most effective energetic purifiers around. Palo Santo is a powerful anti-bacterial, preventing airborne bacteria and microbes. It has been used as a medicine for centuries, as this sacred tree releases its unique smell when it voluntarily dies. It has been used as an energetic protector and treated with utmost respect, as many indigenous people saw it as a direct communion with the spirit world.

Our Palo Santo Oil is a potent botanical perfume with strong woody notes. It is meant for many occasions, from anointing in ceremonial events and before sleep, to help induce lucid dreaming or to simply wear and beautify yourself with protective magic. Tribal people use the essential oil in ceremony to protect the aura. Medicine people in many tribes around Central & South America utilize it to purify, cleanse, and strengthen the energy around the body. It draws darkness out and pours light into the entire energy system. Used for centuries in ceremony as a sacred smudge to bless the space before ritual.

Ingredients: Palo Santo[^]* essential oil and Jojoba Oil*.

[^] Wildcrafted Palo Santo Wood and Oil harvested and produced by a family in Northern Peru. This family purposefully replants and has sustainably crafted medicines for hundreds of years.

*Organic



Palo Santo Protection Myst Wildcrafted Hydrosol

100% Sustainably Crafted Hydrosol made from naturally fallen trees

An exquisite way to purify and bring the spirit of sacredness into your space. Palo Santo is regarded as the Tree of Life in many cultures, for its potent ability to cleanse the soul. Within its deep aromatherapeutic notes you find a wide range of healing benefits for body and mind.

It is a potent anti-bacterial and anti-microbial, relieving sickness and potential microbes from your immediate space. It is a natural air purifier. As a psychosomatic healer, it brings peace to your heart, flooding your energy field with light and repelling bad vibes.

All of our Palo Santo goods are 100% sustainably grown and ethically harvested in Peru. We work directly with a small native family from the Chiclayo - Lambayeque region in northern Peru. They ethically cultivate these naturally fallen trees, while replanting in the wild. For the myst, our palo santo oil is distilled on the farmers land.

Directions: Myst around you, as needed, and enjoy the refreshing magic.

4 Fl.oz bottle



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Palo Santo Sacred Wood Incense

Sustainably Sourced / Ancestral / Visionary / Ethically
Wildcrafted

Palo Santo is a mystical tree that grows near the coast of South America and is related to Frankincense, Myrrh and Copal. In Spanish, the name translates to "Holy Wood - Tree of Life."

Palo Santo is traditionally used to purify bacteria from the air and above all, to clear bad energy and spirits that stagnate within spaces. It is also commonly used for relieving common colds, flu symptoms, stress, asthma, headaches, anxiety, depression, inflammation, emotional pain and more. The oil can also be used during massage work to seal intentions while calling in Spirit Allies for support and protection.

How to use: Use a candle, match or lighter to ignite your stick of Palo Santo. Hold at about a 45 degree angle pointing the tip down toward the flame. Allow it to burn for about 30 seconds to 1 minute and then blow out. Move about your workspace, home, car, bathroom or anywhere you would like to clear the energy. The rich smell will also bring peace and clarity to the moment along with good feelings. When finished, place the stick in a fire proof bowl of metal, glass or clay. The glow will end on its own unless you blow on the ember which will keep the smoke going. Always use caution and respect when working with fire.



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