



VIGOROUS BODY

— HERBAL GUIDE —

NATURE'S WELLNESS COLLECTION

HOW TO ENJOY YOUR HERBS



Steep
3-5 mins



1-2 tsp
per cup



Hot or
Iced

POWERFUL HERBS. PURPOSEFUL BENEFITS. PURELY FOR YOU.

1 MILK THISTLE



BEST FOR:

- Supports healthy liver function
- Helps the body detox naturally
- Promotes overall vitality

TASTE: Earthy, Mild

2 CLEAVERS



BEST FOR:

- Supports lymphatic flow
- Encourages natural detoxification
- Traditionally used for healthy skin

TASTE: Grassy, Green

3 RED CLOVER



BEST FOR:

- Rich in antioxidants
- Traditionally used for skin health
- Supports women's wellness

TASTE: Light, Floral

4 BUTTERFLY PEA



BEST FOR:

- Rich in antioxidants
- Supports healthy aging
- Creates a beautiful blue tea
- Great for skin & wellness routines

TASTE: Mild, Earthy

5 PASSIONFLOWER



BEST FOR:

- Encourages relaxation
- Supports a calm mind
- Helps promote restful evenings
- Popular for stress support

TASTE: Floral, Slightly Sweet

6 BLUE LOTUS



BEST FOR:

- Traditionally used for relaxation
- Promotes a peaceful state of mind
- Supports mindfulness & self-care

TASTE: Floral, Smooth

7 SPEARMINT



BEST FOR:

- Supports digestive comfort
- Refreshing & uplifting
- Helps with post-meal wellness
- Supports fresh breath

TASTE: Cool, Minty

8 LAVENDER



BEST FOR:

- Promotes relaxation
- Encourages a sense of calm
- Popular for evening wellness routines
- Naturally soothing

TASTE: Floral, Herbaceous

9 SAGE LEAF



BEST FOR:

- Rich in antioxidants
- Traditionally used for overall wellness
- Supports healthy aging

TASTE: Earthy, Slightly Peppery

10 CALENDULA



BEST FOR:

- Traditionally used for healthy skin
- Rich in plant compounds
- Supports overall wellness

TASTE: Light, Earthy

11 MULLEIN



BEST FOR:

- Traditionally used for respiratory wellness
- Supports seasonal comfort
- Gentle herbal support

TASTE: Mild, Earthy

12 HOLY BASIL (TULSI)



BEST FOR:

- Supports healthy stress response
- Adaptogenic herb
- Encourages balance & resilience

TASTE: Sweet, Clove-Like

13 LEMON BALM



BEST FOR:

- Encourages relaxation
- Supports a positive mood
- Popular for stress management
- Naturally uplifting

TASTE: Lemon, Light

14 ASHWAGANDHA



BEST FOR:

- Adaptogenic herb
- Supports healthy stress response
- Promotes overall vitality & balance

TASTE: Earthy, Slightly Bitter

15 BLADDERWRACK



BEST FOR:

- Naturally rich in minerals
- Supports wellness lifestyles
- Popular in holistic wellness routines

TASTE: Oceanic, Salty

16 ST. JOHN'S WORT



BEST FOR:

- Traditionally used to support emotional wellness
- Promotes a positive outlook

TASTE: Earthy, Slightly Bitter

17 CHAGA MUSHROOM



BEST FOR:

- Rich in antioxidants
- Supports immune wellness
- Popular longevity mushroom

TASTE: Earthy, Woody



A NOTE FROM VIGOROUS BODY

We believe in the healing power of nature. Our herbal blends are crafted with intention to support your body, mind, and spirit. Thank you for choosing natural wellness that aligns with a beautiful, balanced life.



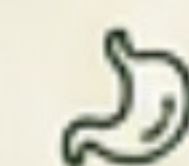
IMPORTANT DISCLAIMERS

- These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
- Please consult your healthcare provider before using herbs if you are pregnant, nursing, have a medical condition, or take medications.
- Herbs may interact with certain medications. Always seek professional guidance when in doubt.
- Discontinue use if you experience any adverse reactions.
- Keep out of reach of children.

WELLNESS BENEFIT KEY



Detox / Liver Support



Digestion / Gut Health



Relaxation / Sleep



Stress / Mood Support



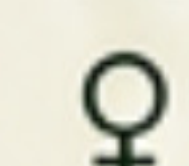
Respiratory Support



Antioxidant Support



Beauty / Skin Health



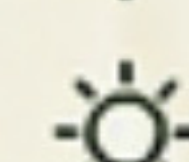
Women's Wellness



Mineral Support



Immune Support



Energy / Vitality



Lymphatic Support



ROOTED IN NATURE. INSPIRED BY YOU.
BEAUTY. HEALTH. BALANCE.



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18 KAVA



BEST FOR:

- Promotes relaxation
- Supports a calm mood
- Popular social wellness herb
- Helps unwind after a long day

TASTE: Earthy, Peppery

19 SKULLCAP



BEST FOR:

- Encourages relaxation
- Supports stress management
- Popular evening herb
- Supports overall calmness

TASTE: Earthy, Slightly Bitter

20 ECHINACEA



BEST FOR:

- Supports immune wellness
- Popular during seasonal changes
- Supports overall health & resilience

TASTE: Earthy, Peppery

21 HIBISCUS



BEST FOR:

- Rich in antioxidants
- Supports healthy aging
- Refreshing & vibrant
- Popular beauty-focused tea

TASTE: Tart, Fruity

22 ELDERBERRY



BEST FOR:

- Rich in antioxidants
- Supports immune wellness
- Popular seasonal support herb
- Delicious berry flavor

TASTE: Sweet, Berry

23 MATCHA



BEST FOR:

- Provides natural caffeine
- Supports focus & productivity
- Rich in antioxidants
- Clean, sustained energy

TASTE: Grassy, Smooth

24 DANDELION ROOT



BEST FOR:

- Supports digestive wellness
- Traditionally used for liver support
- Popular detox support herb

TASTE: Earthy, Slightly Bitter

25 ROSE



BEST FOR:

- Rich in antioxidants
- Supports beauty & self-care
- Naturally aromatic & uplifting
- Promotes emotional well-being

TASTE: Floral, Fragrant

26 BURDOCK ROOT



BEST FOR:

- Traditionally used for skin wellness
- Supports natural detoxification
- Popular beauty support herb

TASTE: Earthy, Slightly Sweet

27 SOURSOP LEAF



BEST FOR:

- Rich in plant compounds
- Popular in traditional wellness practices
- Supports overall wellness

TASTE: Earthy, Mild

28 ROSE HIPS



BEST FOR:

- Naturally rich in vitamin C
- Supports skin wellness
- Rich in antioxidants
- Supports overall wellness

TASTE: Tart, Slightly Sweet

29 CHAMOMILE



BEST FOR:

- Promotes relaxation
- Supports restful evenings
- Soothes everyday stress
- Gentle & calming

TASTE: Floral, Apple-Like

30 DAMANIA



BEST FOR:

- Traditionally used to support vitality
- Promotes overall wellness
- Supports mood & emotional balance
- Naturally uplifting

TASTE: Garthy, Slightly Bitter

31 CLEAVERS



BEST FOR:

- Supports lymphatic flow
- Encourages natural detoxification
- Traditionally used for healthy skin
- Supports overall wellness

TASTE: Grassy, Green

32 RED CLOVER



BEST FOR:

- Rich in antioxidants
- Traditionally used for skin health
- Supports women's wellness
- Promotes overall vitality

TASTE: Light, Floral

33 SAGE LEAF



BEST FOR:

- Rich in antioxidants
- Traditionally used for overall wellness
- Supports cognitive function
- Supports healthy aging

TASTE: Earthy, Savory

34 MULLEIN



BEST FOR:

- Traditionally used for respiratory wellness
- Supports seasonal comfort
- Soothes irritated airways
- Gentle herbal support

TASTE: Mild, Earthy

35 LEMON BALM



BEST FOR:

- Encourages relaxation
- Supports a positive mood
- Popular for stress management
- Naturally uplifting

TASTE: Lemon, Light

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