

Natural Know-How OTHER Products:

***Email natknowhow@gmail.com for purchase of these products**

Electro-Drops \$25/60ml (electrolyte sea water concentrate)

Dosage: ¼ tsp or 24 drops into 1/2cup or 16oz glass of water, drink morning and evening or slip throughout day as needed

Ingredients: Sea water, purified water, sea mineral concentrate, potassium chloride

*store in cool place out of direct sunlight (g/f, vegan)

Laxative Capsules ('Lax-caps') \$35/60caps

Dosage: Start with 1 at night and gradually build to 2 at night and 1 in the morning. Suggested to use this product for a specific amount of time only, usually 2 weeks or during a detox protocol, or for use with occasional constipation.

Ingredients: (all organic) Cascara bark, Senna leaf/seed, Triphala,

Aloe, Psyllium husk, Marshmallow root, Licorice root, Slippery elm, Ginger, Fennel seed, Vegan capsule

60 capsules

Smooth Smoking Blend- Herbal Alternative 15g/\$18

Roll on its own or add your favorite Kush or tobacco

Ingredients: (all organic) Coltsfoot leaf, Mullein leaf, local & wild

Raspberry/Thimbleberry/Blackberry leaf blend, Sweet marjoram leaf,

Local Peppermint

SUPERFOODS COLLECTION – BEVERAGE POWDERS

Mushrooms'n Spice Blend 250g/\$38

Use: 1 tsp - 1 tbsp added to morning or afternoon coffee for extra sustained energy & immune boosting action, OR use by itself with milk of your choice to make a low caffeine medicinal beverage. Best with a half a tbsp of maple syrup as sweetener or use a sweetener of your choosing.

Safe for people with diabetes, no added sugar or preservatives

Ingredients: (all certified organic ingredients) Cocoa, Astragalus, Medicinal mushroom mix of reishi, turkey tail, chaga, lions mane, cordyceps, cinnamon, cardamom, ginger, nutmeg

*Store in cool dry place

Red Drink 150g/\$38

Use: Mix 1 tsp well into 1oz of water for an afternoon nutritional shot. This product gives a boost of berry antioxidants & circulating ginger whilst helping to build nourished blood. High in minerals and goodness.

No added sugar or preservatives

Ingredients: (all certified organic ingredients) Local freeze dried blueberries and seaberry (sea buckthorn), Goji berry, Turmeric, Beet, Ginger, tapioca starch (anti-clumping agent) *Store in cool dry place

Green Drink 250g/\$38

Use: Whisk 1 tbsp well into water or add to morning smoothie. This product gives a boost of detoxifying herbs whilst sustaining blood sugar levels. High in minerals and antioxidants. Great for people with anemia.

Safe for people with diabetes, no added sugar or preservatives

Ingredients: (all certified organic ingredients) Greens blend (Nettles, Alfalfa, Moringa, Beet, Ginger, Chlorella, Spirulina, Stevia), Hemp seed, Pea protein, Turmeric, Lucuma

*Store in cool dry place

Medicinal & Wild-foraged Mushroom Coffee Blend 250g/\$30

Use: 1 tbsp per cup into any percolator, use as regular coffee, or add to favorite coffee blend for an immune system/energy boost

Not an instant coffee mix

*Not to be used with blood-thinners, immunosuppressants or with allergy to mushrooms/mould

Ingredients: Local organic coffee, Local/wild Reishi, Local/wild Turkey tails, Wild chaga, organic mushroom dual-extracted mix; cordyceps, lions mane, maitake

*Store in cool dry place

Rose Petal & Cardamom Coffee Blend 250g/\$25

USE: 1 tbsp per cup into any percolator, use as regular coffee, or add to your favorite coffee blend for a floral Turkish flavor

Not an instant coffee mix

Ingredients: Local organic coffee, Damask rose petals, Green cardamom seed

*Store in cool dry place