

Tab 1



The Herbalist

Holistic Health

About The Herbalist

At The Herbalist, wellness is brought back to its roots—simple, powerful, and deeply intentional. Every product is built on a philosophy that health should feel natural, not complicated or out of reach.

This is where ancient plant wisdom meets modern science. From medicinal mushroom tinctures to nutrient-dense herbal powders, each formulation is carefully selected for its long-standing traditional use and supported by current research. No fluff, no fillers—just clean, purposeful ingredients your body actually understands.

What makes The Herbalist different?

Purity First

Only high-quality, third-party tested ingredients make the cut. No additives, no shortcuts—just nature in its most effective form.

Wellness Without the Price Tag

Good health shouldn't feel exclusive. The Herbalist is committed to making powerful, natural support accessible and affordable.

Rooted in Tradition, Proven by Science

These aren't passing fads. These are remedies trusted for generations, now validated by modern understanding.

Real Support, Real People

Whether you need guidance or reassurance, help is just a message away. You're not navigating your wellness journey alone.

Confidence Guaranteed

With a 60-day money-back promise, you can explore what works for your body without pressure.

This is more than supplements.

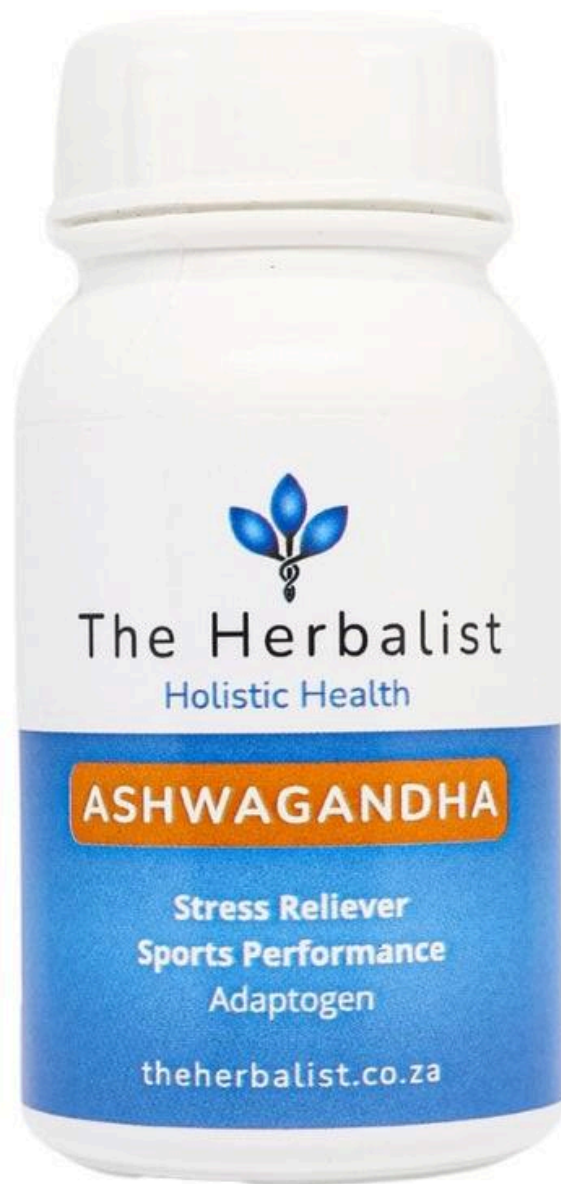
It's a return to balance.

A reconnection to what your body has always known.

If you've been craving a slower, smarter, more grounded approach to health... you've just found your place

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Tab 2



Stress isn't always loud.
Sometimes it's the quiet fatigue... the short fuse... the "I'm fine" that isn't fine at all.

Meet your calm in the chaos: Ashwagandha
From The Herbalist, this ancient adaptogen has been trusted for thousands of years not as a quick fix, but as a steady, grounding support system for your body and mind.

So what makes Ashwagandha so powerful?

It works like a regulator, not a stimulant.
Think of it as your body's internal "reset assistant" helping you respond to stress instead of reacting to it.

Here's what it supports:

Stress & Anxiety Relief

Helps calm the nervous system and reduce that constant edge of overwhelm

Physical Performance & Recovery

Supports strength, endurance, and faster recovery after workouts

Cognitive Function & Memory

Better focus, clearer thinking, less mental fog

Hormonal Balance

Supports both men and women from testosterone support to easing menopausal symptoms

Heart Health & Blood Sugar Support

A gentle ally for overall internal balance

Libido, Fertility & Vitality

Because true wellness includes feeling good in your body too

Why people keep coming back to it...

Ashwagandha isn't about masking symptoms.

It's about helping your body adapt, restore, and rebalance naturally.

No harsh spikes. No burnout.

Just a more grounded, resilient version of you emerging over time.

If your body has been whispering (or shouting) for support...

this is your sign to listen.

Because calm, clarity, and strength shouldn't feel out of reach

they should feel like home

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Tab 3



Moringa Capsules by The Herbalist

Often called nature's most nutrient-dense plant, Moringa is like a green powerhouse packed into a capsule — delivering the kind of support your body actually recognizes and uses.

This isn't just a supplement...

it's closer to a natural multivitamin grown from the earth, not made in a lab.

Why Moringa deserves a spot in your daily ritual:

Sustained Energy

Supports natural energy production without spikes or crashes

Immune Support

Rich in vitamins, minerals, and antioxidants to help your body stay resilient

Healthy Skin, Hair & Nails

Nourishes from within for that real, lasting glow

Anti-Inflammatory Support

Helps calm internal inflammation the root of many modern imbalances

Mind + Body Nourishment

Supports cognitive function, focus, and overall vitality

Muscle Growth & Weight Balance

Aids recovery, supports metabolism, and helps maintain a healthy body composition

What makes it different?

Moringa doesn't push your body... it feeds it.

Giving you the building blocks your system needs to function optimally from hormones to metabolism to cellular health.

It's gentle.

It's powerful.

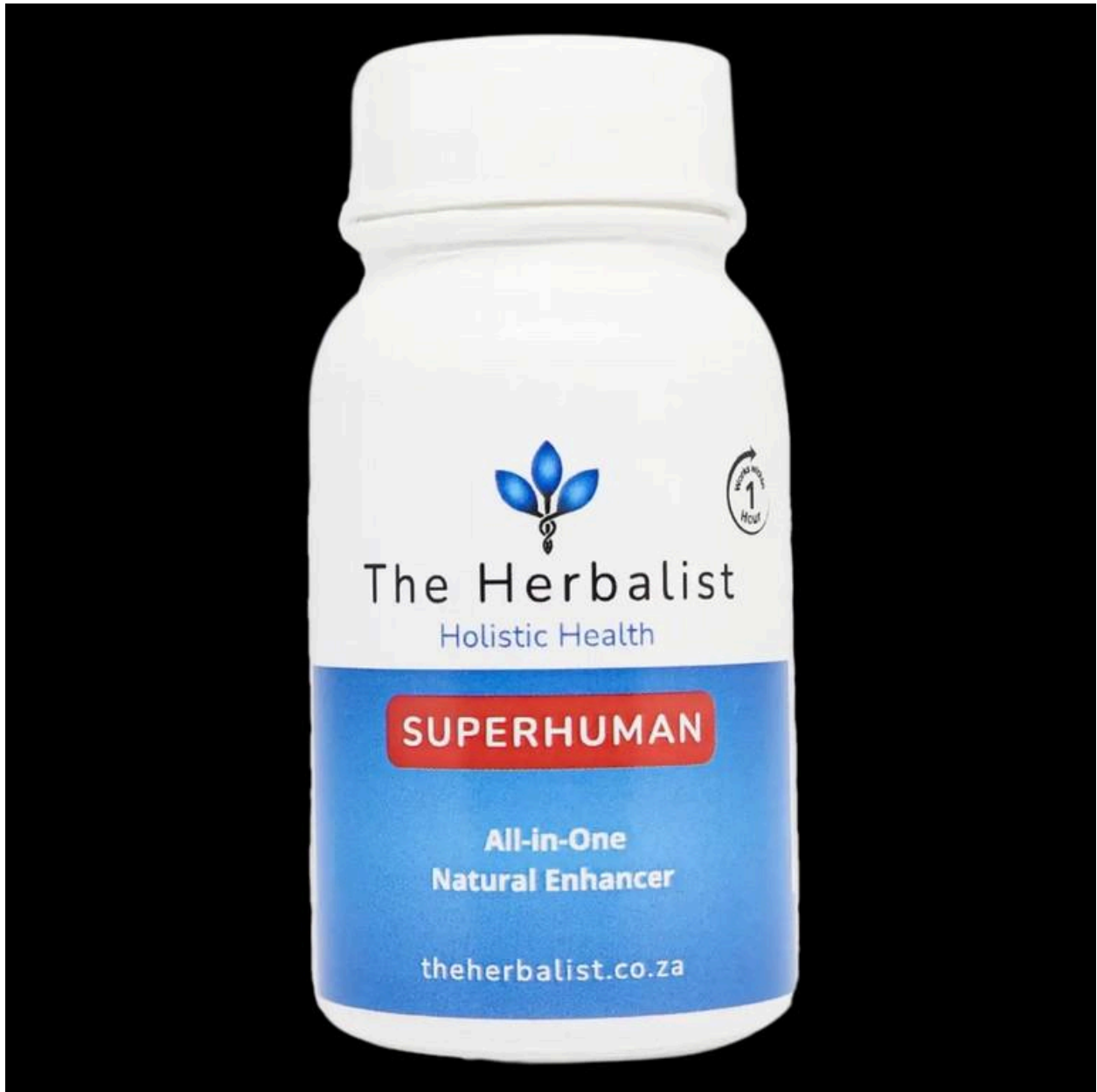
And it works with your body, not against it.

If you've been feeling depleted, run-down, or just not quite yourself...
this is your invitation to refuel at a deeper level.

Because when your body is truly nourished
everything changes

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Superhuman Capsules by The Herbalist

This is your all-in-one energy, focus, and vitality blend designed for real life. The long days, the mental load, the moments where you need to show up sharp, steady, and switched on. And here's the difference... it doesn't just stimulate you it supports you.

What makes Superhuman stand out?

This formula is built like a well-balanced orchestra each herb playing its role without overpowering the others.

Sceletium helps lift mood and ease stress

Ginseng + Ashwagandha adaptogens that support resilience, performance, and hormonal balance

Lion's Mane fuels focus, memory, and cognitive clarity

Moringa delivers deep nutritional support for sustained vitality

White & Green Kratom natural stimulants for energy and concentration

What you can expect:

Noticeable energy within about an hour

Enhanced focus and mental sharpness

More balanced mood and stress response

Support for physical performance and endurance

A stronger, more supported immune system

Why people reach for it daily...

Because it bridges the gap between feeling exhausted and functioning at your best without relying on synthetic shortcuts or harsh crashes.

It's clean.

It's powerful.

And it works in rhythm with your body.

If you've been running on empty but still expected to perform...

this is your upgrade.

Not to become someone else

but to feel like the strongest, clearest version of you again.

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Tab 5



Concentration Capsules by The Herbalist

This is your natural focus and productivity upgrade designed to help you think clearly, stay on task, and actually finish what you start.

No jittery chaos. No mental burnout.

Just clean, steady cognitive support that works with your brain, not against it.

What's inside this focus formula?

Gotu Kola traditionally used to sharpen memory and support long-term brain health

Lion's Mane supports focus, clarity, and even neurogenesis (brain cell growth)

White Kratom a natural stimulant for energy and mental alertness

Peppermint refreshes the mind and supports learning and memory pathways

Ashwagandha reduces stress while enhancing attention and mental clarity

What you may notice:

Improved focus and concentration

Better memory and mental recall

Increased energy and productivity

Reduced stress and mental overwhelm

Support for hyperactivity and scattered thinking

Works within about an hour because sometimes you need your brain to show up now, not later.

Why it stands out...

This isn't about forcing your brain into overdrive.

It's about creating the conditions for clarity, calm, and sustained attention the kind that actually lasts through your day.

Think: less noise, more precision

If your mind feels scattered, distracted, or stretched too thin...

this is your invitation to reclaim your focus and mental edge.

Because clarity isn't a luxury

it's your power.

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Tongkat Ali Capsules by The Herbalist

This is your natural performance and hormone support ally designed to help you rebuild strength, energy, and vitality from the inside out.

Not synthetic. Not extreme.

Just targeted, plant-based support that helps your body find its balance again.

Why Tongkat Ali stands out:

This powerful herb has been used for generations to support hormonal health, physical performance, and sexual vitality and now it's here in a clean, easy-to-use form.

What it helps support:

Sports Performance & Endurance

Train harder, recover better, and sustain your energy

Natural Energy Boos

Supports stamina without the crash

Testosterone Support (Men)

Helps maintain healthy levels linked to strength, mood, and performance

Hormonal Balance (Men & Women)

Supports overall endocrine balance, including menstrual and menopausal phases

Muscle Growth & Weight Management

Encourages lean muscle development and healthy fat metabolism

Sexual Health & Vitality

Supports libido, fertility, and overall wellbeing

What makes it powerful?

Tongkat Ali works as an adaptogen meaning it helps your body adjust to stress while supporting optimal internal function.

So instead of forcing results...

it restores the foundation that results are built on.

If your body feels out of sync, low on drive, or stuck in a plateau...

this is your invitation to rebuild strength, balance, and confidence naturally.

Because when your hormones are supported everything else starts to follow.

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Lion's Mane Capsules by The Herbalist

This is your natural brain upgrade a functional mushroom designed to support clarity, memory, and long-term cognitive resilience without overstimulation.

No artificial "hyper focus." No crash later.

Just steady, intelligent support for your mind's operating system.

What makes Lion's Mane so special?

This ancient mushroom is widely studied as a nootropic a natural compound that supports brain function, learning, and mental performance.

But its deeper magic lies in what it's associated with:

Neurogenesis the body's process of forming new neural connections

In simpler terms?

It supports your brain's ability to adapt, learn, and stay sharp over time.

What it supports:

Memory & Recall

Helps keep thoughts accessible, not lost in mental fog

Focus & Concentration

Supports sustained attention without overstimulation

Neurogenesis & Brain Health

Encourages healthy neural pathway development

Nervous System Support

Helps maintain calm, balanced cognitive function

Stress Reduction

Supports emotional steadiness under pressure

Immune Function

Adds a layer of whole-body wellness support

Why people love it:

Because it doesn't force performance it builds it quietly over time.

Like upgrading the architecture of your mind instead of just turning up the volume.

If your thoughts feel foggy, scattered, or just not as sharp as they used to be...

this is your invitation to rebuild clarity from the inside out.

Because a focused mind isn't a luxury

it's your natural state, waiting to be restored.

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Lion's Mane Liquid Extract by The Herbalist

This is not your average brain support supplement this is a fast-absorbing, liquid nootropic extract designed to support focus, memory, and mental clarity in a way your body can quickly recognize and use.

Think of it as:
brain fog cleared skies

Why Lion's Mane matters

Lion's Mane is a functional mushroom traditionally used to support cognitive health and nervous system balance. It's widely studied for its role in neurogenesis the process involved in forming new neural pathways.

In simple terms:

it helps your brain stay adaptive, sharp, and connected.

What it supports:

Memory & Recall

Helps support clearer, more accessible thinking

Concentration & Focus

Encourages sustained attention without mental burnout

Neurogenesis & Brain Health

Supports the formation of new neural connections

Nervous System Support

Helps maintain calm, balanced cognitive function

Stress Reduction

Supports emotional steadiness in high-pressure moments

Immune Health

Adds whole-body wellness support beyond the brain

Why liquid extract?

Liquid extracts are often preferred because they can be absorbed faster and more efficiently, making them a great option when you want quicker support for mental clarity and focus.

No heavy capsules. No waiting around. Just direct botanical delivery.

Designed for daily cognitive support

If your mind has been feeling scattered, overwhelmed, or like it's running too many background tabs...

this is your invitation to simplify, sharpen, and support your thinking naturally.

Because clarity isn't something you chase

it's something you cultivate.

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Tab 9



Cordyceps Liquid Extract by The Herbalist

This is your natural performance and vitality support extract designed for stamina, endurance, and clean, sustained energy without the crash cycle.

Not hype energy. Not nervous jitter energy.

But oxygen-fed, cell-powered vitality.

What is Cordyceps?

Cordyceps is a functional mushroom traditionally used to support physical endurance, recovery, and overall vitality. It's long been valued for helping the body work more efficiently, especially under physical or mental demand.

Think of it as a quiet upgrade to your body's energy infrastructure.

What it supports:

Energy Production

Helps support natural, sustained energy levels

Stamina & Endurance

Traditionally used to support longer-lasting physical performance

Oxygen Utilisation

Supports how efficiently your body uses oxygen during activity

Recovery Support

Helps the body bounce back after physical exertion

ATP Production Support

ATP is your body's "energy currency" for muscle and cellular function

Antioxidant Support

Helps protect cells and supports healthy ageing and tissue repair

Why liquid extract?

Liquid Cordyceps allows for fast absorption and convenient daily use, making it ideal for those who want consistent performance support without heavy capsules or complicated routines. Just simple, direct botanical support when your body needs it most.

Why people choose it

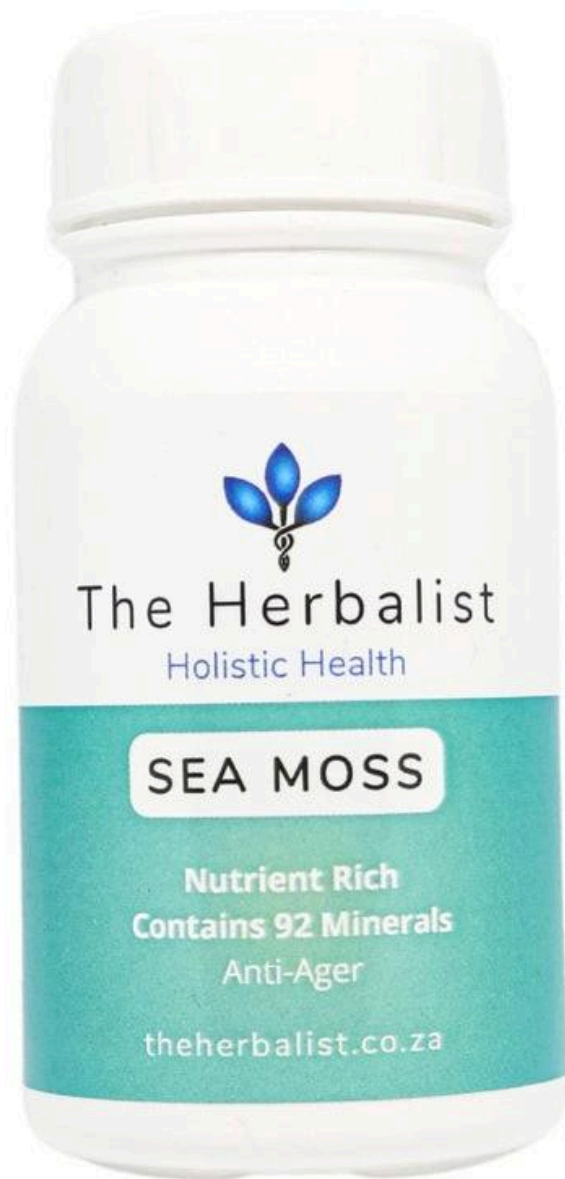
Because it doesn't push your body past its limits...
it helps your body use what it already has more efficiently.
Less burnout. More sustainable output.
Less crash. More consistency.

If your energy has been feeling inconsistent, flat, or like it disappears halfway through the day... this is your invitation to rebuild stamina from the cellular level up.

Because real performance isn't about pushing harder it's about working smarter with your body's natural design.

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Sea Moss Capsules by The Herbalist

This is nature's quiet powerhouse a mineral-dense sea vegetable designed to support full-body balance from the inside out.

Not trendy nutrition. Not empty supplements.

But deep, foundational nourishment your body can actually build on.

Why Sea Moss is so powerful

Sea Moss is one of nature's richest sources of minerals, containing 92 out of 102 essential minerals your body uses for daily function.

Think of it as internal maintenance fuel —supporting systems that modern life constantly drains.

What it supports:

Gut Health & Digestion

Helps nourish the digestive system and support gut balance

Immune System Support

Provides mineral-rich nourishment for natural defences

Energy Production

Supports cellular energy and helps reduce nutrient-related fatigue

Healthy Skin Glow

Feeds skin from within for clearer, more vibrant appearance

Weight & Metabolic Support

Supports balanced metabolism and healthy body function

Brain & Cognitive Wellness

Minerals that support clarity, focus, and nervous system function

Heart & Circulation Support

Traditionally linked to cardiovascular wellness and balance

Adaptogenic Balance

Helps the body adapt to physical and environmental stress

Why it stands out:

Many health imbalances don't start as "big problems"

they start as tiny mineral gaps that build up over time.

Sea Moss helps fill those gaps gently, consistently, and naturally.

It doesn't force your body.

It rebuilds its foundation.

If your energy feels low, your skin feels dull, or your system just feels a little "off"...

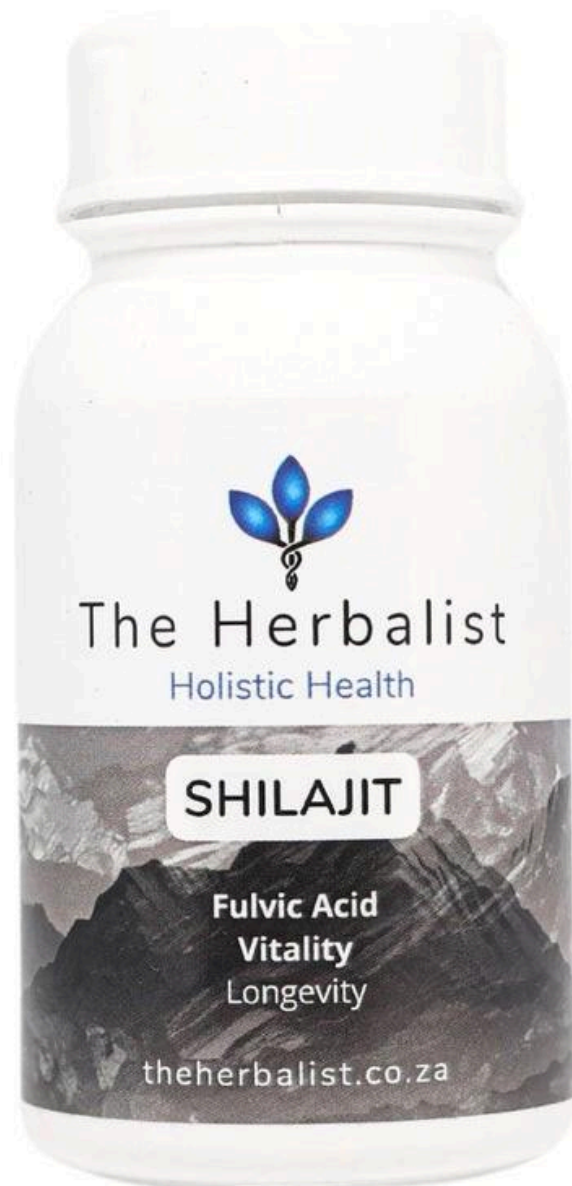
this is your invitation to remineralise, rebalance, and restore.

Because sometimes healing isn't about adding more...

it's about giving your body what it's been missing all along.

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Shilajit Capsules by The Herbalist

This is not a modern invention.

This is compressed Earth intelligence a mineral-rich substance formed over centuries, carrying the imprint of mountains and organic life.

Used in traditional Ayurvedic practice for generations, Shilajit is revered as a vitality and longevity support compound something that helps the body function more efficiently, not more forcefully.

What makes Shilajit unique?

Shilajit is naturally rich in minerals and fulvic acid, a key compound known for supporting nutrient transport and cellular function.

Think of it as a delivery system upgrade for your body's internal communication.

What it supports:

Cognitive Function & Mental Clarity

Traditionally used to support focus, memory, and brain health

Energy & Fatigue Support

Helps combat physical and mental tiredness at the root level

Testosterone & Vitality (Men)

Supports healthy hormone levels linked to strength and drive

Sexual Health & Libido

Traditionally associated with reproductive wellness and vitality

Immunity Support

Rich antioxidant profile helps protect against oxidative stress

Healthy Ageing & Longevity

Supports cellular health and long-term vitality

Stress Adaptation (Adaptogen)

Helps the body respond more effectively to physical and emotional stress

Why people value it:

Because Shilajit doesn't act like a stimulant.

It acts like a restorer.

It supports the systems that already exist within you helping them operate with more efficiency, balance, and resilience.

Less depletion. More endurance.

Less friction. More flow.

If you've been feeling drained, foggy, or like your internal "spark" has dimmed...

this is your invitation to reconnect with deep, mineral-based vitality

Because real energy doesn't come from pushing harder

it comes from rebuilding what time and stress have worn down.

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Tab 12



Sleepy Caps by The Herbalist

This is your natural nighttime unwind formula designed to help your body transition from stress and stimulation into deep, restorative sleep.

No heavy sedation. No groggy mornings.

Just a soft landing into rest

What Sleepy Caps are designed for

Sleep isn't just about closing your eyes it's about helping your nervous system let go.

This blend brings together traditional calming herbs that support relaxation, ease mental tension, and encourage deeper sleep cycles.

Key ingredients & their traditional roles:

Valerian Root

Traditionally used to help shorten the time it takes to fall asleep and improve sleep depth

Hops

Naturally calming, supporting relaxation and nighttime unwinding

Chamomile

Gentle herbal comfort that helps soothe the mind and body

Passionflower

Supports calm brain activity by promoting natural relaxation pathways

What it may support:

Faster transition into sleep

Deeper, more restorative rest

Reduced nighttime restlessness

Calmer nervous system before bed

Lower stress and mental overactivity

More refreshed energy upon waking

Why people love it:

Because it doesn't knock you out...

it guides you down gently.

It's like dimming the lights in your nervous system instead of flipping a switch.

No fight with your thoughts.

No morning fog.

Just natural rest that feels earned, not forced.

If your nights feel long, restless, or mentally loud...

this is your invitation to return to calm, naturally

Because sleep isn't something you chase

it's something your body remembers how to do when it feels safe again.

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Tab 13



Reishi Liquid Extract by The Herbalist

Known in traditional wellness systems as the “Mushroom of Immortality,” Reishi is less about stimulation and more about deep recalibration helping your nervous system shift from survival mode into restoration mode.

This is your liquid adaptogenic calm designed for stress, sleep, immunity, and long-term balance.

What makes Reishi special?

Reishi is a functional mushroom traditionally used to support calmness, immune resilience, and restorative sleep.

As an adaptogen, it helps your body do something essential in modern life:
adapt to stress without staying stuck in it.

What it supports:

Stress Reduction

Helps calm an overactive nervous system and emotional tension

Better Sleep Quality

Supports deeper, more restorative rest cycles

Immune System Balance

Helps modulate immune response for overall resilience

Fatigue Support

Traditionally used to reduce feelings of burnout and depletion

Longevity & Healthy Ageing

Rich in antioxidants that support cellular health

Why liquid extract?

Liquid Reishi offers fast absorption and flexible daily use, making it ideal for consistent nervous system and immune support.

It's simple. It's efficient. It's easy to integrate into your evening or wind-down ritual.

Why people reach for it:

Because Reishi doesn't "push energy up"...

it brings the system back into balance.

It's the difference between:

forcing sleep

vs

allowing sleep to happen naturally

If your body feels wired at night, tired in the morning, or just a little out of rhythm...

this is your invitation to restore calm from the inside out.

Because true wellbeing isn't just about doing more

it's about knowing when to soften, reset, and heal.

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Tab 14



Anti-Anxiety Capsules by The Herbalist

This is your natural emotional reset support designed to help calm stress, lift mood, and bring your mind back into a steady, functional rhythm.

Not numbing. Not dulling.

Just gentle recalibration for a system under pressure.

What this formula is designed for

Life doesn't always slow down... so this blend helps you slow down inside it.

It supports emotional steadiness while still keeping your energy, focus, and motivation intact.

Think: calm clarity instead of chaotic overwhelm

Key ingredients & their traditional roles:

Sceletium

Traditionally used to support mood balance, emotional ease, and a calmer state of mind

Green Kratom

Known for its dual action gentle stimulation with calming effects, supporting emotional resilience and wellbeing

Ashwagandha

Helps regulate cortisol (stress hormone), supporting relaxation, balance, and nervous system recovery

What it may support:

Reduced feelings of stress and overwhelm

Improved calmness and relaxation

Better mood stability and emotional balance

Increased mental clarity and focus

Support for energy without anxiety spikes

More grounded daily productivity

Works within about 1 hour for when you need support that actually shows up in real time.

Why people reach for it:

Because it doesn't shut you down...

it helps you come back online in a calmer way.

No emotional flatline.

No loss of drive.

Just a more centred, steady version of you.

If your mind feels loud, your emotions feel stretched, or your stress feels like it's running the show...

this is your invitation to return to calm without losing your edge.

Because peace isn't the absence of life

it's the ability to stay steady within it.

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Tab 15



Pain Reliever Capsules by The Herbalist

This is your natural comfort and recovery support blend designed to help ease inflammation, relax tight muscles, and support the body as it finds its way back to ease.

Not harsh. Not numbing.

Just plant-based support for real-life discomfort.

What this formula is designed for

When your body feels tight, inflamed, or overworked, it's often asking for one thing: relief that doesn't disrupt everything else.

This blend works with your body's natural systems to support comfort, mobility, and rest.

Key ingredients & their traditional roles:

Mitragyna speciosa (Kratom)

Traditionally used for its calming and discomfort-relieving properties, supporting relaxation and restful sleep

Turmeric

Widely known for its powerful anti-inflammatory support, helping reduce internal stress on joints and muscles

Devil's Claw

Traditionally used to support relief from muscle aches, joint stiffness, and general body discomfort

What it may support:

Relief from pain and inflammation

Muscle relaxation after physical strain

Greater physical comfort and mobility

Support for recovery and repair

Improved sleep quality when discomfort settles

A more relaxed, less tense body state

Why people reach for it:

Because pain relief doesn't have to feel heavy or disconnecting.

This formula aims to help the body soften its grip, so you can move, rest, and recover more comfortably without harsh synthetic overload.

If your body has been feeling stiff, inflamed, or just not quite at ease...
this is your invitation to restore comfort, gently and naturally.

Because healing doesn't always start with pushing through
sometimes it starts with letting go of tension one layer at a time.

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Tab 16



Immune Booster Capsules by The Herbalist

This is your daily natural defence blend designed to support immune strength, respiratory comfort, and your body's ability to handle seasonal shifts with more ease.

Think of it as quiet armour for your wellbeing system

What this formula is designed for

Your immune system isn't just about fighting illness it's about adaptation, balance, and recovery.

This blend supports your body in staying resilient, responsive, and steady through environmental and seasonal stress.

Key ingredients & their traditional roles:

Echinacea

Widely used to support immune activity and help the body respond to common seasonal challenges

Cancer Bush (Sutherlandia)

Traditionally used in African herbal practice to support immune resilience, stress adaptation, and overall wellbeing

Nettle

Nutrient-rich herb that supports immune health and may help ease allergy-related symptoms like hay fever

Lemon Verbena

Traditionally used to support respiratory comfort, helping ease congestion and throat irritation

What it may support:

Stronger immune resilience

Reduced impact of seasonal discomforts

Better stress resistance

Improved respiratory comfort

Support during colds, flu, and recovery periods

Overall sense of daily wellbeing and balance

Why people choose it:

Because prevention feels better than recovery.

This isn't about reacting when you're already down

it's about helping your body stay prepared, balanced, and supported before it gets there.

If your body has been feeling a little run-down, exposed, or sensitive to seasonal shifts...

this is your invitation to strengthen your internal defence gently and naturally.

Because real immunity isn't forceful

it's balanced, intelligent, and quietly consistent.

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Turkey Tail Liquid Extract by The Herbalist

This is your gut-immune connection support tincture a functional mushroom extract designed to help strengthen the two systems that quietly run your whole wellbeing: digestion and immunity. Not flashy. Not forced.

Just deep, foundational support where it matters most.

What makes Turkey Tail so important?

Turkey Tail is a functional mushroom traditionally used for immune resilience and gut microbiome balance.

It works gently but powerfully as a natural prebiotic, helping nourish beneficial gut bacteria the tiny ecosystem that influences digestion, immunity, and even energy levels.

Think of it as fertiliser for your inner garden

What it supports:

Immune System Function

Supports the body's natural defence mechanisms and resilience

Gut Health & Microbiome Balance

Helps promote healthy gut bacteria for better digestive harmony

Inflammation Support

Helps the body maintain a balanced inflammatory response

Antioxidant Protection

Helps reduce oxidative stress and supports cellular health

Key compounds:

PSK (Polysaccharide-K)

PSP (Polysaccharopeptide)

These naturally occurring compounds are associated with immune modulation and system support, helping the body respond more intelligently to stressors.

Why liquid extract?

Liquid Turkey Tail allows for fast absorption and easy daily use, making it a simple way to support gut-immune health consistently.

No complexity. No overload. Just clean, functional plant intelligence.

Why people choose it:

Because real immunity doesn't start with reacting to illness...

it starts with maintaining balance long before imbalance shows up.

And gut health? That's the quiet control centre.

If your digestion feels off, your immunity feels fragile, or your energy feels inconsistent...

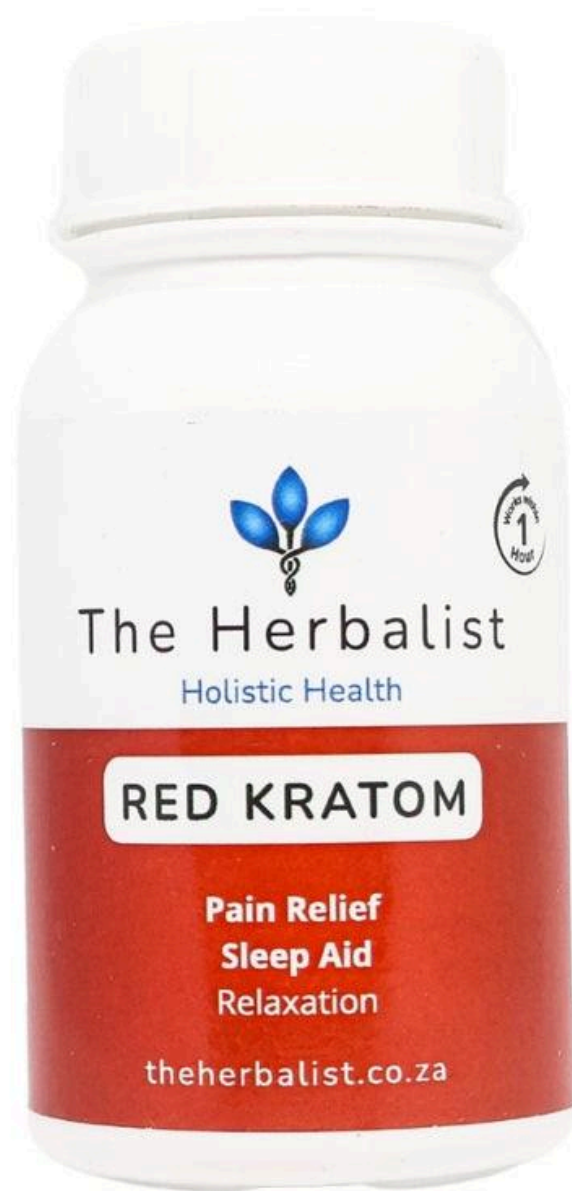
this is your invitation to rebuild strength from the inside ecosystem out.

Because when your gut is supported

your whole system learns how to stand stronger.

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Red Kratom Capsules by The Herbalist

This is your calm-down, slow-the-body, restore-the-system blend designed for relaxation, comfort, and deep rest when your body feels overworked or overstimulated.

Not stimulation. Not push.

Just gentle unwinding for body and mind.

What Red Kratom is known for

Red Kratom is traditionally valued for its calming, sedating, and comfort-supporting properties often used when the body needs to shift out of tension and into recovery mode.

Think of it as a natural “decompression ritual” in capsule form.

What it supports:

Stress & Anxiety Relief

Helps ease emotional tension and nervous system overactivity

Better Sleep Support

Traditionally used to help the body fall asleep more easily and stay rested

Pain & Inflammation Relief

Supports comfort in cases of muscle strain, headaches, cramps, or chronic discomfort

Relaxation & Calmness

Encourages a slower, more grounded body and mind state

Rest & Recovery

Helps the body shift into repair mode after physical or emotional strain

Fast-acting support (within ~1 hour)

Why people reach for it:

Because sometimes the body isn't asking for more solutions...
it's asking for stillness.

This blend supports that transition from:

tense relaxed

wired settled

restless restful

If your body feels tight, your mind won't slow down, or sleep feels out of reach...
this is your invitation to gently step out of overdrive and back into ease.

Because rest isn't a reward

it's a biological need your body is always trying to return to.

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White Kratom Capsules by The Herbalist

This is your natural focus and clean energy support blend designed to help you feel more alert, mentally sharp, and ready to perform without the heavy crash of typical stimulants.

Think clarity... not chaos.

Drive... not depletion.

What White Kratom is known for

White Kratom has traditionally been used as a stimulating botanical, often chosen when energy, focus, and productivity need a natural lift.

It's commonly described as a cleaner alternative to caffeine-style stimulation, supporting alertness without overwhelming the system.

What it supports:

Focus & Concentration

Helps sharpen attention and reduce mental scatter

Energy & Alertness

Supports sustained daytime energy and drive

Sports & Physical Performance

Traditionally used to support endurance and activity output

Mental Clarity

Helps clear fog and support cognitive sharpness

Mood Support

May promote a more uplifted, balanced emotional state

Fast-acting support (within ~1 hour)

Why people choose it:

Because not all energy feels the same.

White Kratom is often used when you want to feel:

awake but not overstimulated

focused but not frantic

energised but still steady

It's about functional energy, not forced energy

Naturally occurring support:

White Kratom leaves also contain antioxidants and plant compounds that contribute to general wellbeing and vitality.

If your energy feels flat, your focus keeps slipping, or your day needs a stronger start...

this is your invitation to step into cleaner, more controlled momentum.

Because real productivity doesn't come from pushing harder
it comes from feeling switched on, clearly and calmly.

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Tab 20



Green Kratom Capsules by The Herbalist

This is your middle-path botanical support designed to help you feel calm, focused, and energised at the same time.

Think of it as the mediator between doing too much and feeling too little

What Green Kratom is known for

Green Kratom is traditionally used for balanced energy and emotional steadiness sitting right between the stimulating White strain and the deeply calming Red strain.

It's often chosen when you need to stay functional, grounded, and present.

What it supports:

Steady Energy

Helps reduce fatigue without overstimulation

Mood Balance

Supports a more uplifted, emotionally stable state

Stress Reduction

May help ease tension and promote calm focus

Focus & Productivity

Supports mental clarity without burnout

Calm Alertness

A rare blend of being both relaxed and switched on

Gentle Pain Support

May assist with discomfort while keeping you clear-headed

Works within ~1 hour

Why people choose it:

Because life rarely needs extremes.

Green Kratom is often preferred when you want to:

stay productive without anxiety

feel calm without sedation

stay energised without crashing

It's the "just right" zone for modern life

Naturally supportive compounds:

Rich in plant-based antioxidants and minerals, Green Kratom contributes to overall wellness and daily vitality.

If your days feel like a tug-of-war between tired and wired...
this is your invitation to return to steady, grounded balance

Because the best kind of energy isn't loud
it's stable, calm, and quietly powerful.

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Tab 21



Chaga Liquid Extract by The Herbalist

This is your antioxidant-dense, cellular protection support tincture designed to help your body defend, restore, and maintain balance at a deeper level.

Not loud. Not flashy.

Just ancient forest intelligence in liquid form.

What makes Chaga so unique?

Chaga is a functional mushroom traditionally valued for its exceptionally high antioxidant content one of nature's most concentrated sources of cellular protection compounds.

Think of it as a shield for your cells against everyday oxidative stress.

What it supports:

Immune System Strength

Supports natural defence mechanisms and immune responsiveness

Inflammation Balance

Traditionally used to help the body maintain a healthy inflammatory response

Cellular Protection & Healthy Ageing

Rich in antioxidants that help reduce oxidative stress on cells

.

Heart Health Support

Traditionally associated with cardiovascular wellness and circulation support

Blood Sugar Balance

May support healthy glucose regulation as part of overall wellbeing

Why Chaga stands out:

Chaga is one of the most antioxidant-rich natural substances known, helping the body manage the invisible daily wear and tear caused by stress, environment, and lifestyle.

It doesn't force change it helps your system stay resilient while life keeps happening.

Why liquid extract?

Liquid Chaga offers fast absorption and easy daily use, making it a simple addition to your wellness routine without complexity.

Just drop, take, and support your system consistently

Why people choose it:

Because true wellness isn't just about what you feel today...

it's about how well your body is protected over time.

Chaga is often chosen for its role in long-term resilience and internal strength.

If your body feels exposed, tired, inflamed, or simply in need of deeper support...

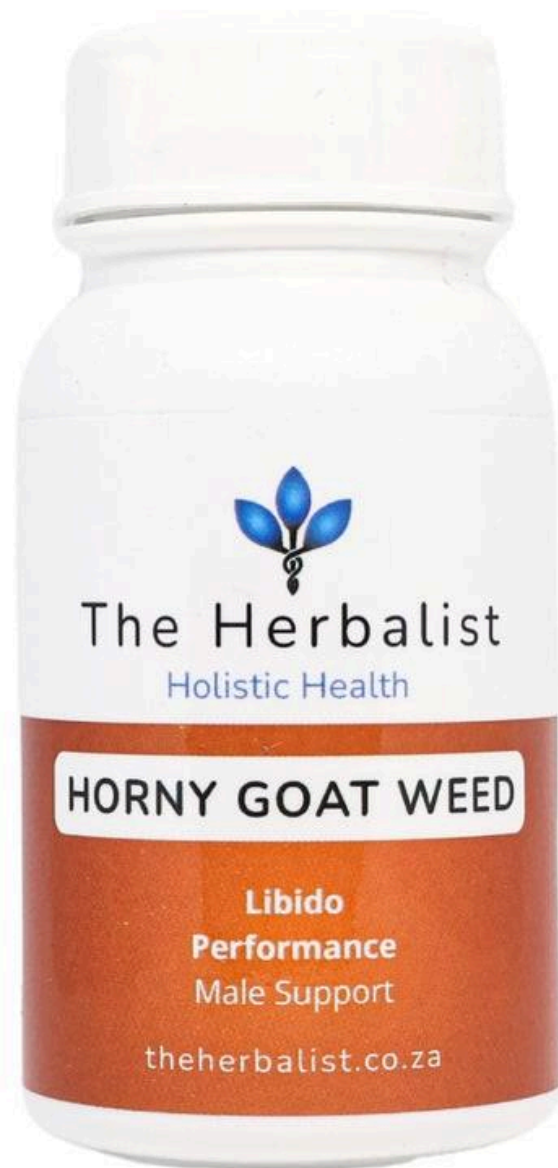
this is your invitation to strengthen your foundation from the cellular level up

Because real protection doesn't shout

it works quietly, consistently, and beneath the surface.

<https://theherbalist.co.za/?ref=COLZHARLEY>

Tab 22



Horny Goat Weed Capsules by The Herbalist

Despite the playful name, this is a serious traditional herb used for centuries to support vitality, circulation, and natural drive especially when energy and desire feel like they've quietly faded into the background.

Think of it as reigniting internal momentum, not forcing it.

What Horny Goat Weed is known for

Traditionally used in Eastern herbal practices, Horny Goat Weed has long been associated with circulatory support and sexual wellness, helping the body feel more responsive, energised, and awake.

It's about restoring flow physically and energetically.

What it supports:

Sexual Function & Libido

Helps support natural desire and sexual responsiveness

Erectile Health & Performance (Men)

Traditionally used to support circulation and vascular function

Energy & Stamina

Supports physical vitality and endurance

Postmenopausal Comfort (Women)

May help ease some changes linked to hormonal transition

Overall Vitality

Helps support a more energised, "switched on" feeling

Why people choose it:

Because vitality isn't just physical... it's felt.

This herb is often chosen when:

energy is low but sleep is fine

desire feels muted

the body feels slower than the mind

It gently supports the systems that help you feel alive, responsive, and present in your body again.

If your energy feels dim, your drive feels distant, or your spark feels like it's been sitting in standby mode...

this is your invitation to reconnect with your natural vitality

Because feeling alive isn't extra

it's your baseline trying to come back online.

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Tab 23



The Weight Loss Bundle by The Herbalist

(Moringa + Ashwagandha your inside-out support duo)

This isn't a crash diet.

This is hormone-aware, stress-supportive, nutrient-rich wellness designed to help your body find balance and from that, sustainable results.

Why this bundle works differently

Most weight struggles aren't just about calories... they're about:

Stress hormones (hello cortisol 🙄)

Nutrient deficiencies

Energy crashes

Hormonal imbalances

This duo targets the root, not just the result.

What's inside your daily support system:

Moringa The Nutrient Foundation

Feeds your body what it's been missing

Supports natural energy (without crashes)

Boosts immunity and overall vitality

Helps reduce inflammation

Supports muscle recovery & healthy metabolism

Promotes skin, hair & internal glow

Ashwagandha The Stress Regulator

Balances the system that often blocks weight loss

Helps reduce stress & cortisol levels

Supports hormonal balance

Enhances focus & mental clarity

Supports performance & recovery

Promotes overall wellbeing and resilience

What this combo may support:

More stable energy throughout the day

Reduced stress-related cravings

Better hormonal balance

Support for healthy weight management

Improved recovery, mood, and focus

A body that feels nourished, not deprived

Why people love it:

Because it doesn't fight your body...

it supports it back into balance.

No extremes.

No burnout.

Just steady, sustainable progress from the inside out.

If you've been doing "all the right things" but still feel stuck...

this is your invitation to work with your body, not against it

Because real transformation doesn't start with restriction

it starts with restoring balance where it matters most.

<https://theherbalist.co.za/?ref=COLZHARLEY>

Tab 24



The Herbalist Essentials

This is your foundational wellness kit a carefully selected combination of core herbal supports designed to help you build energy, balance, immunity, and rest from the ground up.

No guesswork. No overwhelm.

Just the essentials your body actually needs to thrive.

Why this bundle exists

Wellness isn't one thing... it's a system.

Energy, stress, immunity, and sleep all work together and when one is off, the rest tend to follow.

This bundle brings those pillars back into alignment.

What's inside your daily foundation:

Moringa Daily Nourishment

Feeds your body with essential nutrients for energy, immunity, and overall vitality

Think: fuel, not just stimulation

Ashwagandha Stress & Hormone Support

Helps regulate stress, support hormonal balance, and improve resilience

Think: calm strength under pressure

Immune Support Blend (Cancer Bush, Echinacea, Nettle, Lemon Verbena)

Supports immune resilience, reduces inflammation, and helps your body handle seasonal stress

Think: your natural defence system

Sleep Support Blend (Valerian, Hops, Chamomile, Wild Oats, Passionflower)

Encourages deep, restorative sleep and a calmer nervous system

Think: true rest, not just sleep

What this full system may support:

Stable, natural energy levels

Reduced stress and emotional overwhelm

Stronger immune resilience

Deeper, more restorative sleep

Improved hormonal and nervous system balance

A more grounded, consistent sense of wellbeing

Why people love it:

Because it simplifies everything.

Instead of chasing individual symptoms, you're supporting the core systems that influence how you feel every day.

It's not about doing more...

it's about doing what actually matters.

If you've been wanting to feel better but didn't know where to start...

this is your invitation to begin with a strong, balanced foundation.

Because real wellness isn't built in extremes

it's built in consistent, essential support that your body recognises and responds to.

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Tab 25



The Reset Bundle by The Herbalist (Moringa + Ashwagandha + Sea Moss)

This is your full-body recalibration trio designed to help restore energy, rebalance stress, and replenish what modern life quietly drains.

Not extreme. Not restrictive.

Just deep, natural support to bring your system back online.

Why this bundle works

When energy dips, stress rises, and hormones feel out of sync...

it's rarely just one issue.

This trio works together to support the three core foundations of wellbeing:

Energy

Hormonal balance

Mineral nourishment

What's inside your reset:

Moringa The Nutrient Fuel

Supports natural energy, immunity, and daily vitality

Helps your body feel fed, not depleted

Ashwagandha The Stress Regulator

Supports cortisol balance, hormonal health, and emotional resilience

Helps your body feel calm, not overwhelmed

Sea Moss The Mineral Restorer

Packed with essential minerals to support energy, skin, thyroid, and overall balance

Helps your body feel replenished, not drained

What this reset may support:

Restored energy and vitality

Balanced stress response and hormones

Improved daily resilience and mood

Deep mineral replenishment

Support for skin, gut, and metabolic health

A more grounded, “back in sync” feeling

Why people love it:

Because it doesn't push your body harder...
it helps your body recover, rebalance, and respond better.

It's the difference between:

surviving the day

vs

feeling steady, clear, and capable

If your body feels like it needs a fresh start...
this is your invitation to reset, gently and effectively

Because sometimes the most powerful move isn't doing more
it's returning to balance where everything begins.

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Tab 26



The Athlete's Bundle by The Herbalist

(Your all-natural performance stack)

This is built for bodies that move, train, lift, grind, and show up even on the days they don't feel like it.

Not synthetic boosters. Not quick spikes.

Just real, plant-powered support for strength, stamina, and recovery.

Why this bundle stands out

Training breaks the body down...

recovery, nutrition, and balance build it back stronger.

This bundle supports the full cycle:

Perform
Recover
Rest
Repeat

What it's designed to support:

Stamina & Endurance

Sustain energy through workouts, training sessions, and long days

Muscle Growth & Recovery

Support repair, reduce fatigue, and help your body bounce back faster

Weight Management

Encourage a balanced metabolism and lean body support

Better Sleep & Recovery

Because real gains happen when your body is resting, not just training

Why athletes (and everyday warriors) love it:

Because it doesn't just hype you up...

it helps your body perform consistently without burnout.

It's the difference between:

short bursts of energy

vs

sustained performance over time.

What you may notice:

More consistent energy during training

Improved recovery time

Better sleep quality

Increased strength and endurance

A more balanced, resilient body overall

If you're serious about how you train, move, and feel...

this is your invitation to upgrade your performance the natural way.

Because real strength isn't just built in the gym

it's built in how well your body is supported, recovered, and sustained.

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Tab 27



The Natural Muscle & Testosterone Support Stack (Ashwagandha + Tongkat Ali)

This is your performance-meets-balance duo designed to support strength, stamina, and natural hormone optimisation without synthetic shortcuts.

No extremes. No burnout.

Just smart, plant-based support for real results.

Why this combo works

Muscle growth doesn't happen in the gym...

it happens when your body is able to recover, regulate, and rebuild.

This stack targets the two biggest drivers of progress:

Hormonal balance

Recovery & performance

What's inside your stack:

Ashwagandha The Recovery Regulator

Helps your body handle stress so it can actually build

Reduces cortisol (stress hormone)

Supports recovery & physical performance

Promotes hormonal balance

Enhances focus & mental clarity

Supports overall wellbeing

Tongkat Ali The Performance Driver

Supports strength, stamina, and natural testosterone levels

Boosts energy & endurance

Supports muscle growth & performance

Helps maintain healthy testosterone levels (men)

Supports hormonal balance (men & women)

Enhances vitality & sexual health

What this stack may support:

Increased strength and muscle development

Better recovery between workouts

More stable energy and stamina
Improved hormonal balance
Enhanced drive, focus, and motivation
Support for lean body composition

Why people love it:

Because it works with your body not against it.
Instead of forcing growth, it creates the internal conditions where growth naturally happens.
Less stress better recovery
Better recovery better results

If you've been training hard but not seeing the results you expect...
this is your invitation to support your body where it actually builds strength.

Because muscle isn't just built with reps
it's built with balance, recovery, and the right internal support system.

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Tab 28



The Perfect Bundle for Kids (8+) by The Herbalist

A gentle, natural support system designed to help children feel calmer, more focused, and better rested so they can show up as their best, balanced selves.

No harsh stimulants. No overwhelm.

Just plant-powered support for growing minds and bodies.

Why this bundle matters

Children aren't just "small adults" their systems are still developing.

This bundle is designed to support the core areas that affect learning, mood, and behaviour:

Focus

Emotional balance

Sleep quality

What it may support:

Focus & Concentration

Helps improve attention span and mental clarity for school and daily tasks

Stress & Emotional Balance

Supports a calmer nervous system and helps ease overwhelm

Better Sleep Quality

Encourages deeper, more restorative rest (because everything starts with sleep)

Stable Energy

Helps avoid big highs and crashes, supporting more consistent energy throughout the day

Learning & Cognitive Support

Supports memory, processing, and overall brain function

Why parents love it:

Because it supports without suppressing.

This bundle helps children feel:

calmer, not dull
focused, not forced
rested, not sluggish
It works with their natural rhythm, not against it.

When it's especially helpful:

Busy school schedules
Exam or test periods
Difficulty focusing or sitting still
Emotional overwhelm or stress
Trouble falling or staying asleep

If your child feels overwhelmed, distracted, or just a little out of sync...
this is your invitation to support their nervous system gently and naturally.

Because when a child feels calm, rested, and supported
everything else starts to fall into place.

<https://theherbalist.co.za/?ref=COLZHARLEY>

Tab 29



The Ultimate Sleep Bundle by The Herbalist (Sleepy Caps + Red Kratom)

This is your deep rest, full-body unwind duo designed to help you fall asleep easier, stay asleep longer, and wake up actually feeling restored.
Not knockout sedation.
Just gentle guidance into real, natural sleep.

Why this bundle works

Sleep isn't just about closing your eyes...
it's about calming the mind, body, and nervous system.

This duo supports all three:

- Relax the mind
- Release physical tension
- Deepen sleep cycles

What's inside your night ritual:

Sleepy Caps The Calm Switch

- A blend of traditional calming herbs to help your mind slow down
- Improves sleep quality & depth
- Supports GABA activity (helps quiet mental chatter)
- Promotes relaxation & calmness
- Reduces restlessness & stress
- Helps you wake up with better energy

Red Kratom The Body Unwinder

- Supports physical relaxation and comfort
- Helps relieve tension, pain & inflammation
- Supports stress & emotional calmness
- Encourages restful, uninterrupted sleep
- Helps the body shift into recovery mode

What this bundle may support:

Falling asleep faster and easier
Staying asleep longer
Reduced night-time overthinking
Relief from physical tension or discomfort
Deeper, more restorative sleep cycles
Waking up feeling clearer and more energised

Why people love it:

Because it doesn't force sleep...
it creates the conditions for sleep to happen naturally.
It's the difference between:
being knocked out
vs
being gently carried into rest.

If your nights feel restless, your mind won't switch off, or your sleep leaves you more tired than before...
this is your invitation to relearn what deep, nourishing rest feels like.

Because sleep isn't a luxury
it's the foundation your entire body is built on.
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Tab 30



The Student Bundle by The Herbalist (Your natural study, stress & performance support system)

Designed for students, young adults, and anyone stepping into high-performance seasons, this bundle helps you stay sharp, calm, and consistent when it matters most.

Why this bundle works

Studying isn't just about intelligence...
it's about how well your brain can:

Focus

Stay energised

Handle stress

Recover

This bundle supports all four pillars.

What's inside your study stack:

Focus & Concentration Blend

(Lion's Mane, White Kratom, Gotu Kola, Ashwagandha, Peppermint)

Enhances focus & attention span

Supports memory & learning

Boosts energy & productivity

Supports neurogenesis (brain cell growth)

Helps reduce mental overwhelm

Calm & Mood Support Blend

(Sceletium, Ashwagandha, Green Kratom)

Promotes calmness & emotional balance

Supports mood & motivation

Provides gentle energy without anxiety

Improves mental clarity under pressure

Immune Support Blend

(Cancer Bush, Echinacea, Nettle, Lemon Verbena)

Supports immune resilience during stress

Helps reduce inflammation & seasonal symptoms

Keeps your body supported during demanding periods

Lion's Mane (Standalone Support)

Boosts memory, focus & cognitive performance

Supports brain health & nervous system

Enhances long-term mental clarity

What this bundle may support:

Sharper focus and concentration

Improved memory retention

Stable energy without crashes

Reduced stress and anxiety

Better mental clarity under pressure

Stronger resilience during exam periods

Why students love it:

Because it doesn't just hype you up...

it helps you perform without burning out.

It's the difference between:

cramming and crashing

vs

focused, calm, consistent performance

If your brain feels overloaded, your focus is slipping, or stress is creeping in...

this is your invitation to study smarter, not just harder.

Because success isn't just about how much you study

it's about how well your mind is supported while you do it.

<https://theherbalist.co.za/?ref=COLZHARLEY>