



Pioneer Flora

quality botanical extractions

medicinal formulations

locally-grown

small-batch

Product Catalogue
Fall / Winter 2022

Whole Body Maintenance

Adrenal Heal \$32 50 Vegan Capsules

A blend of adaptogens & mineral-rich herbs for strengthening and supporting adrenal function. *

Ingredients

Ashwagandha root (*Withania somnifera*)
Fo-Ti Root (*Polygonum multiflorum*)
Stinging Nettle aerial parts (*Urtica dioica*)
Horsetail aerial parts (*Equisetum arvense*)

Properties

Adaptogen
Nervine
Mineral-Dense
Whole Body Tonic

Dosage

2 capsules on empty stomach upon waking.

Body Systems

Endocrine
Thyroid
Adrenal

Protector \$21 herbal tincture 2 oz [60 mL] ABV 35%

A blend of neuroprotective and mood-enhancing herbs. Can be taken daily as a preventive measure against age-related cognitive decline or medicinally to stabilize chronic mood-related dysfunction. *

Ingredients

Lemon Balm aerial parts (*Melissa officinalis*),
Rosemary aerial parts (*Rosmarinus officinalis*),
Lavender flowers (*Lavendula angustifolia*), Lion's
Mane (*Hericium erinaceus*), distilled water, distilled
grain alcohol, vegetable glycerin, & citric acid.

Properties

Nootropic/ Nervine
Neuroprotective /
Antidepressive /
Anxiolytic

Dry Herb : Menstruum / 1 : 2

Dosage

Therapeutic : 4 mL (4 droppers) 3 - 4 x / daily
Maintenance : 3 mL / daily

Body Systems

Central Nervous
Neuroendocrine
Immune

Heavy Heart \$21

herbal tincture

2 oz [60 mL] ABV 30 - 40%

Medicine formulated for treating physiological and psychological dysregulation of bereavement, loss, & separation. Long-term daily practice to increase lymphocyte count & repair the nerve and heart connection.

Ingredients

Motherwort aerial parts (*Leonurus japonicus*)
Lemon Balm aerial parts (*Melissa officinalis*)
Yellow Dock root (*Rumex crispus*)

Fresh Herb : Menstruum / 1 : 1

Dosage

1 mL (1 dropper) 3 x daily.

Properties

Sedative
Cardiotonic
Antispasmodic
Alterative
Lymphatic Cleanser
Anxiolytic

Body Systems

Heart + Circulatory
Immune + Lymphatic

Digestive Health

Loss of Appetite Tea \$12

Net Weight 1 oz / 30 g

A blend of locally-grown and wild-crafted aromatic bitters for stimulating appetite.

Ingredients

Mugwort (*Artemisia vulgaris*)
Yomogi (*Artemisia princeps*)
Wormwood (*Artemisia absinthium*)
Lemon Balm (*Melissa officinalis*)
Lime Balm (*Melissa officinalis* 'lime')
Official Hyssop (*Hyssopus officinalis*)
Anise Hyssop (*Agastache foeniculum*)

Dosage

1 tspn in 1 cup of hot water before meals up to 3 x daily.

Properties

Stomachic /
Bitter /
Carminative

Body Systems

Gastrointestinal
Liver

Mushroom Extracts

Lion's Mane \$14 mushroom tincture 2 oz [60 mL] ABV 40%

Daily tincture offering support for improved mental clarity, memory, nervous system repair and immunomodulation.*

Ingredients

Lion's Mane fruiting body (*Hericium erinaceus*)
distilled grain alcohol, distilled water.

Dry Herb : Menstruum / 1 : 2

Dosage

1 mL (1 dropper) 2 x daily

Properties

Neuroprotective /
Neuroregenerative/
Antidepressive/
Antioxidant/
Immunomodulating

Body Systems

Neuroendocrine
Central Nervous System
Immune

Lion's Mane + Reishi Extract \$17 mushroom glycerite 2 oz [60 mL] NON-ALCOHOLIC

A mild, cumulative adaptogen with immune-enhancing and restorative properties.*

Ingredients

Lion's Mane fruiting body (*Hericium erinaceus*)
Reishi fruiting body (*Ganoderma lingzhi*)
vegetable glycerin, citric acid, & distilled water.

Dry Herb : Menstruum / 1 : 2

Dosage

1/2 tsp 2 x daily

Properties

Anti-inflammatory/
Antioxidant/
Immunomodulating/
Cardiovascular Tonic/
Neuroprotective

Body Systems

Adrenocortical
Immune system,
Cardiovascular
Respiratory
Brain + Heart connection

Menstruation Support

Menstruation Tea \$12

Net Weight 1 oz / 30 g

A dried tea blend of medicinals indicated for symptoms related to difficult periods, such as, painful abdominal cramping, scanty menses, menstrual irregularity, pain or delay,

Ingredients

Mugwort (*Artemisia vulgaris*), Yomogi (*Artemisia princeps*), Citrus Southernwood (*Artemisia abrotanum*), Wormwood (*Artemisia absinthium*), Yarrow (*Achillea millefolium*), Motherwort (*Leonurus cardiaca*)

Properties

Menstrual Regulator/
Antispasmodic/
Uterine Tonic/
Nervine/
Emmenagogue

Dosage

2 tspn in 1 cup of hot water at the onset of symptoms throughout cycle.

Body Systems

Uterine
Central Nervous

Regulate II \$25 / \$40 herbal tincture

2 oz [60 mL] / 4 oz [118 mL] ABV 25%

Blend of antispasmodics and uterine tonics for balancing menstrual cycles.*

Ingredients

Mugwort aerial parts (*Artemisia princeps*), Motherwort aerial parts (*Leonurus japonicus*), Yarrow aerial parts (*Achillea millefolium*), Citrus Southernwood aerial parts (*Artemisia abrotanum*), disilled grain alcohol (25%), & distilled water.

Properties

Antispasmodic /
Uterine Tonic /
Nervine /
Vasodilator

Dry Herb : Menstruum / 1 : 2.5

Dosage

1 mL (1 dropper) up to 3 x daily for PMS symptoms.
2 mL as needed for menstrual cramping.
1 mL daily for irregular periods.

Body Systems

Uterine
Central Nervous
Digestive

*At Pioneer Flora, every plant processed into a botanical extract has been carefully chosen based on a combination of factors: historical and traditional use, peer-reviewed clinical research, anecdotal evidence, and if the crop can happily grow as a non-invasive on a rooftop garden in Brooklyn, NY.

Please enjoy these medicinal tonics and extracts responsibly :~)