

# *My* Escentia



# TABLE OF CONTENTS

<b>Dried Herbs</b> .....	2
Agrimony Herb cut 75g ( <i>Agrimonia eupatoria</i> ) .....	2
African Potato 100g ( <i>Hypoxis rooper /hemerocallidea</i> ) .....	2



## DRIED HERBS

### AGRIMONY HERB CUT 75G (AGRIMONIA EUPATORIA)

**Agrimony** (*Agrimonia eupatoria*) is a traditional medicinal herb known for its gentle yet powerful healing properties—especially for digestion, liver support, and skin health.

[Read More](#)

**SKU:** N/A

**Price:** R70,00

**Agrimony Herb**  
— Uses & Benefits —  
(*Agrimonia eupatoria*)

Natural Healing Herb for Digestive, Liver & Skin Health

- Digestive Support**
  - Relieves Bloating & Indigestion
  - Soothes Stomach Lining
- Liver & Detox Support**
  - Supports Liver Function
  - Aids Detoxification
- Anti-Inflammatory & Pain Relief**
  - Reduces Inflammation
  - Eases Sore Throat & Aches
- Oral & Throat Health**
  - Helps with Sore Throats
  - Mouth Ulcers & Gum Health
- Skin Healing & Care**
  - Helps Acne & Eczema
  - Heals Minor Wounds
- Mild Relaxant**
  - Calms Anxiety & Tension
  - Supports Better Sleep

**How to Use**

- Tea**: Steep & Drink
- Skin Rinse**: Wash or Gargle

**Caution**

- Avoid in Pregnancy
- Limit Excessive Use
- Check Medications

**AFRICAN POTATO**  
(*Hypoxis hemerocallidea*)

**Uses & Benefits**

**African Potato Plant**  
• Immune Support  
• Boosts Immunity

**African Potato Root**  
• Anti-Inflammatory  
• Reduces Joint Pain  
• Antioxidant  
• Fights Free Radicals  
• Prostate Health  
• Supports Prostate Function

**Blood Sugar Support**  
• Helps Balance Glucose

**General Wellness**  
• Enhances Energy & Vitality

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**COMMON USES**

**Herbal Tea**  
• Immune-Boosting Brew

**Powder Form**  
• Dried Root Powder

**Tincture**  
• Liquid Extract

**Capsules**  
• Easy Supplements

**IMPORTANT! NOT A CURE**

- Consult a Health Professional
- Avoid in Pregnancy
- Possible Drug Interactions

## AFRICAN POTATO 100G (HYPOXIS ROOPER /HEMEROCALLIDEA)

The **African Potato** (*Hypoxis hemerocallidea*) is a powerful traditional medicinal plant widely used in Southern Africa. It's especially valued for supporting the immune system and overall wellness.

[Read More](#)

**SKU:** N/A

**Price:** R68,00

# INDEX

## A

African Potato 100g (*Hypoxis rooper /hemerocallidea*) 3  
Agrimony Herb cut 75g (*Agrimonia eupatoria*) 2

# *My* Escentia



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