

# HERBALIST H&A ALCHEMIST

## OUR NEW BITTERS FORMULAS

Original Bitters

Spiced Bitters

Old World Bitters

Bitter Roots

# new *bitters formulas*

DAVID WINSTON RH (AHG), H&A PRESIDENT AND FOUNDER IS EXCITED ABOUT THE NEW ADDITIONS TO H&A TOP SELLING BITTERS.

“One of my early teachers William LeSassier use to say, ‘you are what you don’t excrete.’ This too has validity and if someone cannot properly metabolize and excrete metabolic and systemic wastes (via the liver and bowel), promoting digestion by using **Bitters** is one of the primary ways to improve these processes. I like to say, ‘You are what you absorb.’

**Bitters** make everything better by enhancing heathy digestion, absorption and elimination. **Bitter** aperitifs and digestives are an essential part of the Mediterranean diet. I balance warming and cooling bitters, producing formulas that one can take as daily tonics.

There are so many wonderful bitter herbs and roots. I love our original **Bitters**, but our customers have been asking for a formula without peppermint for years. This winter I started to mix up some different combinations and we decided to add 3 new variations to our original formula.”





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## Original Bitters

Promotes Healthy Digestion\*

Our classic balanced formula of warming and cooling bitters with a hint of the carminative Peppermint.

*Dandelion Root, Gentian, Artichoke leaf, Angelica, Orange peel and Peppermint*

## Spiced Bitters

Promotes Healthy Digestion\*

A Blend of Traditional Bitters with aromatic spices creates an exotic Chai-like taste for those favoring an Asian flair.

*Artichoke, Fenugreek, Gentian, Cinnamon, Ginger, Orange Peel and Cardamom*

## Old World Bitters

Promotes Healthy Digestion\*

Classic European blend of cooling and warming herbs with a “Hops” flavor note.

*Blessed Thistle, Elderflower, Linden, Roman Chamomile, Gentian, Hops, and Fenugreek*

## Bitter Roots

Promotes Healthy Digestion\*

Earthy and grounding flavor notes for those preferring a hardy bitter.

*Burdock root, Dandelion root, Gentian, Turmeric, Yellow Dock, and Elecampane*

NEW EASY TO CARRY SPRAY SIZE

\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.