

## Plant Extract Information Sheet

### Achillea millefolium - Yarrow Freeze Dried Extract Powder

Latin Name	Original Extract ratio	Origin	MOQ	Botanical History	
Achillea millefolium	10:1	Home Grown	1Kg	seed to Bottle	
Production	PP	Own farm grown	Y	Chemical Use	N
Extraction Media	Water	Affiliate farm grown	Y	Regenerative	Y
Parameters	Hot extraction	GAP	Y	Agroecological	Y
Drying Method	Freeze dried	HACCP	Y	Organic	N
Analysis	Y	Novel food	N	Wild Collected	N
<b>Other Available Products</b>					
Herb tea/Herb Powder	Y	<b>Excipients</b> <b>Solubility</b> <b>Actives/Markers</b>	None Water soluble Flavonoids		
Tincture	Y				
Glycerite	Y				
Fluid Extract	Y				
Powdered Extract	Y				



#### Sustainability

As part of our contribution to sustainable herbal remedies we now cultivate over 30 species of medicinal and aromatic plants regeneratively and agroecologically. As more plants become endangered, particularly those which have gained mass market appeal, we feel it is important to provide home grown produce. We have employed two agronomists to look after the soil and soil microbiome on the farm, ensuring the best growing conditions possible. Our low MOQ and local story makes us your ideal choice to start your botanical journey

#### Affiliates

Our affiliate farms all have the same ethos and belief systems that we hold dear. We have direct relationships with each of our affiliates, many of whom have formed co-operatives. We now work with over 30 farms across Europe and in the UK.

#### Facilities

We are able to offer contract growing facilities, as well as fresh plant juicing or the drying and preparation of herbs for use as teas or for further extraction. Some of our farms are organically certified, others work using agroecological and regenerative farming techniques. We never use synthetic chemicals on any of our crops! Our extraction technologies allow for pressure and temperature control. Our aim is to use as few and as little organic solvent as possible. Our freeze drying processes allow for high quality solid extracts and freeze dried juices which introduce a new quality of ingredients

#### Energetics

Targets micro vascular components of the cardiovascular system. Healing, anti inflammatory, anti spasmotic and a bitter tonic. The Community monograph provides for 4 traditional indications. 1 temporary loss of appetite, 2 spasmodic gastrointestinal complaints including bloating, and flatulence. 3 minor spasm associated with menstrual periods. 4 treatment of small superficial wounds.

#### Dosage

Recognised dosage forms include comminuted herbal substance 3-4g 2-3 x daily, fresh juice 10-30ml in divided doses, by extension freeze dried juice 0.5-1.5g, dry extract 5-10:1 500-1334mg, tincture 6-12ml/day. Liq extract 6-12ml/day. Dosages do not correspond well with each dosage form. Source Community monograph

#### Comments

Achillea was used by Achilles to treat his soldiers wounds, also think Achilles Heal. It is also known as soldiers woundwort. An alkaloid, achilleine, is thought to be responsible for its styptic effects while flavonoids and monoterpenes from the oil help with collagen formation and so wound healing.