Which herb?

	Agnus Castus	Black Cohosh	Devil's Claw	Echinacea	Feverfew	Milk Thistle	Passion Flower	Pelargonium	Rhodiola	Saw Palmetto	St John's Wort	Valerian
Aches & pains in the joints			■									
Backache			■									
Bloating	■											
Blocked nose								■				
Breast tenderness	■											
Common cold				■				■				
Coughs								■				
Digestive complaints						■						
Exhaustion									■			
Fatigue									■			
Frequent urination										■		
Hot flushes		■										
Indigestion						■						
Influenza symptoms				■								
Irritability	■	■										
Low mood											■	
Menopausal symptoms		■										
Menstrual cramps	■											
Migraine headaches					■							
Mild anxiety							■		■		■	
Mood swings	■	■										
Muscular aches & pains			■									
Night sweats		■										
Over-indulgence						■						
Premenstrual syndrome symptoms	■											
Prostate health										■		
Rheumatic pain			■									
Runny nose								■				
Sleep disturbances												■
Sore thoat								■				
Stress							■		■			
Upper respiratory tract infections								■				
Upset stomach						■						

Healthspan