

The background of the image is a rustic wooden surface. In the upper right, a white ceramic cup is filled with a light-colored tea. In the lower right, several slices of ginger root are laid out, showing their characteristic fibrous texture and light brown color. A green hexagonal graphic is overlaid on the left side of the image, containing the text.

IMMUNE BOOSTING herbs



THE URBAN MONK



REISHI MUSHROOMS

Help modulate immunity and are adaptogenic

ELEUTHERO (SIBERIAN GINSENG)

Helps boost energy and adapt to stress



ASIAN GINSENG

A bit warmer and more tonifying than the Siberian variety

AMERICAN GINSENG

Cooler and more sedating than the other ginsengs, yet packs a punch to boost immunity



ASTRAGALUS

Helps raise qi and lengthen telomeres, leading to longevity



VISIT US