



Press Release

FOR IMMEDIATE RELEASE:

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Herbalist & Alchemist Announces Formula Updates

Washington, NJ - Herbalist & Alchemist, Inc., one of America's premier herbal extract companies for 25 years, announces updates to some of David Winston's formulas. From time to time as raw materials meeting our high quality standards become available or through his educational and clinical work, David Winston makes evolutionary changes to his clinical formulas.

His most recent changes are:

- ◆ **Healthy Heart Compound** (Hawthorn, Night-Blooming Cereus, Ginkgo, Prickly Ash, Tienchi Ginseng) (*changes: added Tienchi Ginseng, removed Linden & Bugleweed*)
- ◆ **Muscle/Joint Tonic** (Sarsaparilla, Turmeric, Devil's Claw, Bupleurum, Ginger, Willow, Japanese Teasel) (*changes: added Japanese Teasel Root*)
- ◆ **Phytodent** (Witch Hazel, Spilanthes, Myrrh, Goldenseal, Calendula, Thyme, Peppermint essential oil, Cinnamon essential oil) (*changes: added Calendula & Thyme, removed Bloodroot*)
- ◆ **Black Cloud Compound** (St. John's Wort, Lemon Balm, Mimosa flower or bark, Black Cohosh, Night Blooming Cereus, Holy Basil, Lavender) (*changes: added Mimosa flower or bark*)
- ◆ **Focus Formula** (Hawthorn, Lemon Balm, Oat, Skullcap, Ginkgo, Bacopa) (*changes: added Bacopa*)
- ◆ **Clarity Compound** (Gotu Kola, Schisandra, Ginkgo, Lemon Balm, Bacopa, Rosemary) (*changes: added Bacopa*)

David Winston, AHG, founder and President of Herbalist & Alchemist, is an internationally known herbalist and ethnobotanist. He has been in clinical practice for over 30 years and is an author of 3 books on herbal medicine as well as a noted lecturer at medical schools, symposia, and professional seminars.

Detailed information prepared by David Winston's Herbal Therapeutics Research Library is available upon request.