

Herbal Immune Tonics

Common Name	Scientific Name	Part Used
Calendula	<i>Calendula officinalis</i> , Asteraceae	Flower
Chaga	<i>Inonotus obliquus</i> , Hymenochaetaceae	Mushroom fruiting body
Elder	<i>Sambucus nigra</i> , <i>S. nigra</i> var. <i>canadensis</i> , Adoxaceae	Flower and fruit
Jiaogulan	<i>Gynostemma pentaphyllum</i> , Cucurbitaceae	Aboveground parts
Lion's mane	<i>Hericium</i> spp., Hericiaceae	Mushroom fruiting body
Maitake	<i>Grifola frondosa</i> , Meripilaceae	Mushroom fruiting body
Turkey tail	<i>Trametes versicolor</i> , Polyporaceae	Mushroom fruiting body