

Bloomaceuticals

Oatstraw

Nourishing Herb Traditionally Used for Nervous System & Wellness Support

Avena sativa

COMMON NAMES

Oatstraw, Milky Oats

ORIGIN & SOURCING

Oatstraw is the green stem and leaf of the oat plant and has been traditionally valued as a deeply nourishing botanical in herbal wellness practices.

TRADITIONAL USES & BENEFITS

- Nervous system wellness
- Relaxation & balance
- Stress support
- Mineral-rich nourishment
- Restorative herbal wellness
- Daily vitality & nourishment

WAYS TO USE

Mineral-rich infusions, teas, tinctures and calming herbal wellness blends.

PREPARATION

Traditionally steeped into long nourishing herbal infusions or included in restorative wellness blends.

HERB PAIRINGS & SYNERGIES

- Skullcap
- Chamomile
- Lemon Balm
- Passionflower
- Nettle
- Ashwagandha

QUICK FACTS

TASTE	ENERGETICS	PREPARATIONS	BEST TIME
Mild, grassy, slightly sweet	Cooling, moistening	Tea, infusions, tinctures	Anytime

NUTRITIONAL HIGHLIGHTS

Oatstraw naturally contains minerals and plant compounds traditionally valued for nourishment and nervous system wellness.

SAFETY & PRECAUTIONS

Consult your healthcare practitioner before use if pregnant, breastfeeding, taking medications or managing a medical condition.

STORAGE

Store in a cool, dry place away from moisture and direct sunlight.

DISCLAIMER

This product is not intended to diagnose, treat, cure, or prevent any disease. Information provided is for educational purposes only.

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■ Handcrafted in British Columbia ■