

# Herbal Solutions

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## Capsules & Tablets

AFRICAN POTATO	Immune stimulant, prostrate problems, lowers blood pressure and Sugar levels, relieves side effects of chemotherapy
ALFALFA	Cholesterol normalising general tonic
BLACK COHOSH	Reduces menopausal systems and hot flushes, hormone balancing
BREWER'S YEAST	Rich in protein, calcium and phosphorus that help maintain strong bones and teeth and general health and vitality
CASSIA	Anti-diarrhoea
CELERY SEED/ DEVIL/S CLAW	Rheumatism, arthritis, gout
ECHINACEA	Anti-bacterial, immunostimulant, anti-allergenic, anti-viral
ECHINACEA / PAU D'ARCO	Immune booster
ELDERFLOWER / EYEBRIGHT	Sinus and hay fever decongestant
FEVERFEW	Migraines, osteoarthritis, rheumatoid arthritis, gout
GARLIC	Natural antibiotic
GINKGO COMBINATION	Short term memory loss, tinnitus, improves mental performance and heightens concentration
HAWTHORN / CRAMPBARK	High blood pressure, cardiac tonic
HOPS / PASSION FLOWER	Sleep mix

LIQUORICE COMPLEX	Anti-inflammatory, anti-oxidant, anti-nausea, adrenal cortex booster
MILKTHISTLE/ DANDELION	Liver tonic, prevents liver damage
OATS COMPLEX	Builds healthy and strong bones, hair and nails
PAU D'ARCO / CALENDULA	Candida and fungal infections
RED CLOVER COMPLEX	Skin complains such as eczema and acne
SENNA PODS	Laxative
SLIPPERY ELM	Heartburn, gastric stomach ulcers and diarrhoea
ST JOHNS WORT	Anti-depressant, anti-viral
ST JOHNS WORT / VALARIAN	Nervine tonic for stress and anxiety, aids sleep, natural tranquilliser
TURNERA APHRODISIACA	Male tonic for low libido and prostrate enlargement
VALERIAN	Sleep mix
WONDER BEANS	High blood pressure, skin problems, sinus, low energy, water retention, gout, diabetes, high cholesterol, constipation, arthritis, overweight
KELP	Contain Norwegian kelp which is rich in Iodine. Iodine is essential to the thyroid gland, which stimulates metabolism, growth and development.
DOLOMITE	A natural source of Calcium and Magnesium, Dolomite helps maintain a healthy nervous system. It maintains healthy bones and teeth. Ideal daily supplement for those under stress.