



QUICK GUIDE TO NATURA

Homoeopathy



QUICK GUIDE TO HOMOEOPATHY

The Natura range is the leading over-the-counter range of homoeopathic products available in South Africa. Homoeopathy is a very unique system of medicine and way of treatment. Homoeopathy treats the person and their unique symptoms, not just a disease.

WHAT MAKES HOMOEOPATHY SO UNIQUE?

Let's look at a few basic principles and philosophies of homoeopathy:

- » Homoeopathy helps the body to heal itself – the human body wants to be healthy and in balance. Homoeopathic remedies stimulate the body to move from disease and imbalance back towards health and balance.
- » Homoeopathy is safe and effective. Homoeopathic remedies are made through a process called “potentisation” – this makes the remedies energetically active and effective, while also making them safe, without side effects, and free of interactions with other medications.
- » Homoeopathy recognizes that we are all individuals – even if we have the same disease or diagnosis (e.g. influenza), we may have very different symptoms (e.g. body aches, runny nose, headaches, fever, chills). People should therefore be treated as individuals, not diseases. Hippocrates, the famous doctor and philosopher, said: “It is more important to know what sort of person has the disease, than to know what disease a person has”.
 - ▶ Once you know that we are all individuals and different, keep it in mind when you read through the different sections of this manual
 - ▶ The Natura range is made up of complex homoeopathic remedies – this means that many different homoeopathic remedies that work for a single indication or disease are combined, making it easier to get a good result even if you are not an expert in using homoeopathy
 - ▶ These Natura products are discussed in terms of their indications and who it will and won't work for – a good example is differentiating between who will benefit from using Natura Rescue versus who will benefit from taking Nervuton 2 – even though they are both in the “stress” range, they work for very different indications and types of people
- ▶ There are also many discussions about single homoeopathic remedies – these are some of the remedies that you will find in the Natura range, either in our formulations or even as tissue salts
 - For these remedies there are symptoms listed that will respond well to the remedy, for example Arnica is for muscles that feel sore, lame and bruised (see the “musculoskeletal” section for more information)
 - There are also descriptions of things that make the symptoms feel better or worse (called modalities), for example cramps that will respond well to Mag phos will feel better if you apply heat to the affected area or rub it
- ▶ By combining the correct remedies together, Natura makes sure that the remedies cover a wide range of symptoms and modalities to get the best possible result.
- » Homoeopathy is holistic – it recognizes that human beings are more than just a collection of organs that suffer from diseases. It takes into account not only the persons' symptoms, but also their lifestyle, diet, environment, stress levels, and other variables that make them unique. Homoeopathy emphasizes disease prevention (rather than just treatment) and the involvement of the individual in doing everything they can to become healthy again.
- » Homoeopathy can be used to treat any ailment that can be treated without having to consult with a doctor.

- ▶ For more complex or severe illnesses, it is advised to consult with a homoeopath or other healthcare practitioner in their practice.
- » Homoeopathy is not herbal medicine (phytotherapy). Herbal medicine uses concentrated extracts made from plants. While this strength makes herbal products effective, it also means that they have limitations, and they should be used with caution or not at all in certain people without getting the advice from a practitioner. This includes pregnant women and people taking certain medications. The process of preparing homeopathic remedies removes all these limitations and makes it safe for everyone. Homoeopathy also makes use of a wide range of raw materials other than plants in the preparation of remedies.

HOW DO I TAKE HOMOEOPATHIC MEDICINES?

The entire range of Natura products has dosage instructions on their labels. It is important to follow these guidelines, unless you have been instructed otherwise by a practitioner. Always remember that when a condition is acute / sudden, you need to dose in an acute way:

- » This doesn't mean you have to take more tablets or drops at a time.
- » With homoeopathy, it is important to increase the frequency (i.e. how often you take it), rather than the size (i.e. number of tablets or drops).
- » If you have suffered a severe shock, for example, Natura Rescue can be taken every 15 minutes for the first hour.

The products in the Natura range that can be taken orally (by mouth) include tablets, liquid drops, dragees (sugar coated tablets) and syrups. Please take note of the following:

- » The tablets are made with a lactose base. The amount of lactose per tablet is small enough to be well tolerated by most people.
 - ▶ For babies and children, the tablets can be

crushed and given as a powder or mixed into a small amount of water

- » The liquids contain alcohol. The amount of alcohol in a dose is very low and in line with what is regarded safe to take as a medicine.
 - ▶ For people who don't use any alcohol, a tablet option may be better
 - ▶ For babies and children, the drops can be put into a small cup together with a few drops of lukewarm (not hot) water. Let it stand for 3 minutes to let the alcohol evaporate
- » There are only two products that come in the form of dragees – Nervuton 2 and Phytol Plus
 - ▶ These tablets are sugar-coated as the ingredients have a slightly unpleasant taste
 - ▶ As such, these tablets must be swallowed whole
- » The syrups are combinations of homoeopathic remedies and vitamins that have been formulated for maximum effect.
 - ▶ These syrups are generally taken in 5 mL doses.

IS THE ENTIRE NATURA RANGE SAFE FOR EVERYONE?

The vast majority of the Natura products are safe for use by everyone – including in pregnant women, infants and children. The following products must be used with caution or under the care of a practitioner in pregnant women and children, as they contain herbal and other ingredients:

- » Nervuton 2
- » Phytol Plus
- » Pentagen – this product has been proven to be safe in infants from 6 months of age. The safety of Pentagen in pregnant woman has not been established, and should therefore rather be avoided.
- » Stressless Tonic

If you have any questions or queries related to products and conditions, please contact Natura, where one of our dedicated and experienced staff members will be ready to assist you.

Acne, Pimples



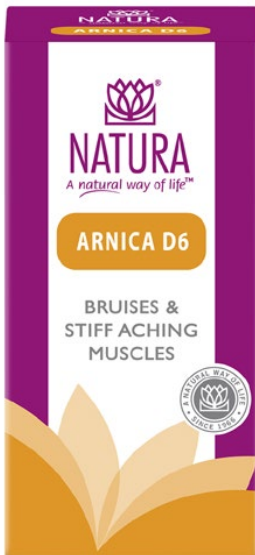
ACNE PLUS OINTMENT

A topical application for assisting with acne and pimples.

Ingredients: Berberis aquifolium D3, Borax D3, Centella asiatica D1. Preservative: Sodium methyl parahydroxy benzoate 0.3%

Dosage: Apply a thin layer of ointment 2 to 3 times daily.

Aching muscles, muscular sprains, bruises



ARNICA D6

May assist in the relief from bruises, stiff, aching muscles, muscular sprains and strains.

Ingredients: Arnica montana D6. Contains sugar: Contains sugar: lactose 47 mg.

Dosage: Dissolve 2 tablets in mouth 3 times daily. May be taken 1-2 hourly in acute cases.

Allergies



MIXED ALLERGIN

A homoeopathic medicine to desensitize the body to common environmental allergens (such as animal fur and feathers, household dust and moulds, cigarettes, dairy products, foods, fruits, vegetables, legumes, grains, grasses, pollens and household synthetics.) It helps to relieve common allergic symptoms such as itching of the eyes, nose, skin and throat, sneezing, runny nose and skin rashes.

Ingredients: Allergin animals D200, Allergin cigarettes D200, Allergin dairy D200, Allergin dust D200, Allergin foods D200, Allergin fruits D200, Allergin grains D200, Allergin grass D200, Allergin pollen D200, Allergin vegetables & legumes D200. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in mouth 3 times weekly.

Aching joints, arthritis (prediagnosed)



RUMA PLUS

This is a topical homoeopathic medicine for the supportive relief of muscular ache, muscular stiffness, cramps & spasms, strains & sprains, muscular rheumatism and prediagnosed arthritis and sciatica. Best when used in conjunction with Ruma 1 or Ruma 2.

Ingredients: Arnica montana D1, Bryonia alba D1, Capsicum annum D3, Ledum palustre D3, Rhus toxicodendron D1, Ruta graveolens D3, Hamamelis water 1 mg, Menthol/Mentol 6 mg, Peppermint Oil 2 mg.

Dosage: Apply a thin layer of ointment 2 to 3 times daily. For external use only.

Aching joints, inflammation, muscular stiffness



RUMA 1

A homoeopathic medicine to help relieve acute aching joints, localized inflammation & muscular stiffness. Best used in conjunction with Ruma Plus.

Ingredients: Bryonia alba Spag D4, Causticum D6, Colchicum autumnale Spag D30, Ferrum phosphoricum D10, Ledum palustre Spag D6, Natrium phosphoricum D8 Rhododendron ferrugineum Spag D8, Rhus toxicodendron Spag D8, Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Chronic arthritis, back pain (lower)



RUMA 2

A homoeopathic medicine which assists in relieving lower back pain and chronic arthritis & rheumatism.

Ingredients: Achillea millefolium Spag D3, Aconitum napellus Spag D3, Arctium lappa Spag D3, Betula alba Spag D3, Bryonia alba Spag D3, Filipendula ulmaria Spag D3, Guaiacum officinale Spag D3, Ononis spinosa Spag D3, Rhododendron ferrugineum Spag D3, Rhus toxicodendron Spag D3, Ruta graveolens Spag D3, Solanum dulcamara (Dulcamara) Spag, Solidago virgaurea Spag D3. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Arthritis (prediagnosed)



RUMA 3

A homoeopathic medicine for the long term support of prediagnosed arthritis and rheumatism.

Ingredients: Ammonium carbonicum D30, Arthritis urtica forte D30, Bryonia alba D6, Cimicifuga racemosa D6, Guaiacum officinale D6, Radium bromatum D30, Rhus toxicodendron D6, Ruta graveolens D6, Solanum dulcamara D6. Contains sugar: lactose 240 mg.

Dosage: Dissolve two tablets in the mouth three times daily.

Breastfeeding, vitality & lactation



ALFALFA TONIC

A combination homoeopathic-nutritional supplement which serves as a vitality tonic which may help to restore a sense of vigour and well-being. It may promote lactation in breastfeeding mothers.

Ingredients: Acidum phosphoricum D3, Antimonium crudum D10, Cinchona succirubra D1, Cola acuminata D3, Hydrastis canadensis D1, Medicago sativa (Alfalfa) D1, Natrium muriaticum D6, Strychnos nux-vomica D6. Preservative: 20 % Alcohol. Contains sugar (sucrose 2.25 g).

Dosage: Take one teaspoon (5 ml) 3 times daily.

Low blood pressure



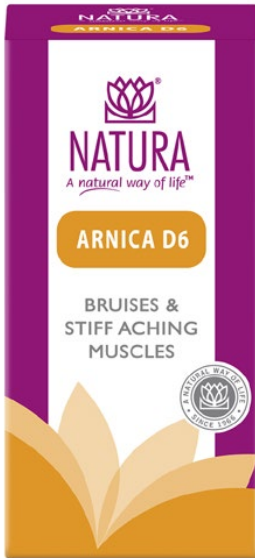
ANGIO DROPS

Homoeopathic support for prediagnosed low blood pressure. May assist in improving feelings of weakness, light-headedness and low vitality, often felt more strongly in hot weather.

Ingredients: Adonis vernalis D1, Aether D3, Convallaria majalis D1, Crataegus rhipidophylla D1, Lobelia inflata D4, Sarothamnus scoparius D3, Selenicereus grandiflorus D3, Valeriana officinalis D1. Preservative: 47 % Alcohol. Sugar free.

Dosage: 10 Drops in a little water 3 times daily.

Bruises & stiff aching muscles



ARNICA D6

May assist in the relief from bruises, stiff, aching muscles, muscular sprains and strains.

Ingredients: Arnica montana D6. Contains sugar. Contains sugar: lactose 47 mg.

Dosage: Dissolve 2 tablets in mouth 3 times daily. May be taken 1-2 hourly in acute cases.

Bruises, muscle pain



ARNICA MELTS

Quick dissolving melts that may assist in dealing with minor bumps, bruises & muscle soreness.

Ingredients: Arnica montana D6, Contains sugar. Contains sugar: lactose 47 mg.

Dosage: Dissolve 2 tablets in mouth 3 times daily. May be taken 1-2 hourly in acute cases.

Bruises sprains stiff muscles & muscular injuries



ARNICA PLUS GEL

A topical application to assist in the relief from bruises, stiff, aching muscles, muscular sprains and strains.

Ingredients: Arnica montana MT, Hypericum perforatum D3, Rhus toxicodendron D3, Ruta graveolens D3, Symphytum officinale D3. Preservative: Sodium methyl hydroxybenzoate 0.1 %.

Dosage: Apply a thin layer 2 to 3 times daily. For external use only.

Boils & cysts



CARNO 1

A homeopathic medicine supporting healthy glands and lymphatic tissue and may assist in the treatment of boils and cysts. Consult your healthcare practitioner if symptoms persist.

Ingredients: Acidum nitricum D10, Arsenicum album D10, Carbo animalis D10, Conium maculatum Spag D8, Hepar sulphuris calcareum D10, Hydrastis canadensis Spag D4, Magnesium muriaticum D4, Sepia officinalis D10, Silicea D10, Thuja occidentalis Spag D28. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

Bed-wetting & incontinence



ENUR

May assist in dealing with bedwetting and involuntary urination.

Ingredients: Calcarea carbonica D30, Causticum D30, Equisetum arvense Spag D3, Ferrum phosphoricum D10, Kalium phosphoricum D10, Pulsatilla vulgaris Spag D3, Sabal serrulata D3, Sepia officinalis D6, Sulphur D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 drops on tongue 3 times daily. May be diluted in a little water for children. May be taken 1-2 hourly in acute cases.

Gallbladder problems & liver



GALLEN

Helps support liver and gallbladder function to improve digestion and relieve abdominal discomfort, biliousness, nausea, bloating and flatulence.

Ingredients: Achillea millefolium D2, Arctostaphylos uva-ursi D2, Artemisia absinthium D2, Berberis vulgaris D2, Chelidonium majus D2, Fel tauri D2, Gentiana lutea D2, Herniaria glabra D2, Kalium natrum tartaricum D2, Matricaria recutita D2, Nasturtium officinale D2, Natrium oleicum D2, Peumus boldus D2, Rhamnus frangula D2, Rheum palmatum D2, Silybum marianum D2, Taraxacum officinale D2, Trifolium fibrini D2. Preservative: 47 % Alcohol. Sugar free.

Dosage: 20 Drops on tongue or diluted in a little water 3 times daily. May be taken 1-2 hourly in acute cases. Infants take 10 drops diluted with water 3 times daily.

Bruises, injuries & muscular strain



INJURA

A homeopathic first aid remedy to help relieve pain and inflammation from minor injuries.

Use in conjunction with Rescue for associated emotional upset.

Ingredients: Anamirta cocculus Spag D30, Arnica montana D3 Atropa belladonna D6, Calendula officinalis D3, Causticum D6, Echinacea angustifolia D4, Hypericum perforatum D3, Ledum palustre D6, Ruta graveolens Spag D8, Symphytum officinale Spag D4. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1 - 2 hourly in acute cases.
Dilute with water for infants.

Brittle nails & muscular cramp



KALMAG

A muscle, bone and joint supplement which assists with the absorption of minerals and assists in the treatment of bone fractures, brittle nails, white spots on nails and muscular cramps & spasms.

Ingredients: Calcarea fluorica D6, Calcarea phosphorica D6, Dolomite D3, Ferrum phosphoricum D6, Kalium muriaticum D6, Kalium phosphoricum D6, Magnesium phosphoricum D6, Silicea D6. Contains sugar: lactose 0.95 g.

Dosage: Dissolve 1 g (1 scoop or 1/4 teaspoon) in mouth 3 times daily.

Bloating



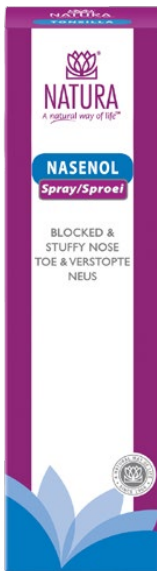
MAGEN MELTS

Quick dissolving melts which may assist in relieving the symptoms associated with indigestion, bloating and heartburn. Mom only.

Ingredients: Anamirta cocculus Spag D8, Antimonium crudum D10, Arsenicum iodatum D6, Atropa belladonna Spag D8, Carbo vegetabilis D30, Cephaelis acuminata Spag D8, Cinchona succirubra Spag D3, Daphne mezereum Spag D8, Magnesium phosphoricum D10, Strychnos nux-vomica Spag D4. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water. Children & adults: 2 Tablets dissolved in the mouth. Take 3 times daily. May be taken 1-2 hourly in acute cases.

Blocked or stuffy nose



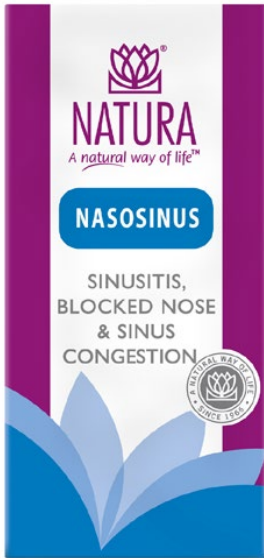
NASENOL NASAL SPRAY

A homoeopathic nose spray for blocked nose and hay fever.

Ingredients: Agraphis nutans D3, Euphrasia officinalis D1, Hydrastis canadensis D1, Penthorum sedoides D3, Sabadilla officinarum D1, Sambucus nigra D3, Sanguinaria nitrica D8, Thuja occidentalis D1, Wyethia helenoides D3, 0.9% Saline. Preservative: 0.2 % Nipagin M sodium.

Dosage: Nasal spray. Administer 1- 2 sprays in each nostril 2- 4 hourly or as required. Shake before use.

Blocked nose & sinus congestion



NASOSINUS

May assist in dealing with a blocked nose with thick, yellow nasal discharge.

Ingredients: Hepar sulphuris calcareum D3, Pulsatilla vulgaris D3, Strychnos nux-vomica (Nux vomica) D3. Contains sugar: lactose 500 mg.

Dosage: Take one capsule twice daily. May be taken hourly in acute cases.

Bladder & kidney support



NIEREN

A supportive aid for ailments affecting the kidney and bladder.

Ingredients: Agathosma crenulata (Barosma crenata) D3, Arsenicum album D6, Berberis vulgaris D6, Hydrangea arborescens D6, Mercurius corrosivus D12, Methylenum coeruleum D3, Ocimum basilicum D12, Solidago virgaurea Spag D3, Strychnos nux-vomica (Nux vomica) Spag D6, Preservative: 20% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water 3 times daily.

May be taken hourly in acute cases while symptoms are severe.

Infants: Dilute with a little water and allow to stand for a short time before administering.

Bone growth



OSTO

A homoeopathic medicine that helps promote healthy bone growth and is supportive for the healing of bone fractures.

Ingredients: Arsenicum iodatum D10, Aurum metallicum D10, Calcarea carbonica D10, Calcarea fluorica D10, Ferula asafoetida D10, Phosphorus D30, Silicea D10, Symphytum officinale Spag D3. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water 3 times daily. May be taken hourly in acute cases while symptoms are severe.

Breastfeeding support



PROLAK MELTS

Quick dissolving melts which may assist in supporting milk production. Use in conjunction with Natura Nipella when nipples are sore or cracked.

Ingredients: Apomorphia hydrochloricum 6CH, Anamirta cocculus (Cocculus) 3CH, Cephaelis acuminata (Ipecacuanha) 3CH, Cuprum metallicum 6CH Ferrum phosphoricum 5CH, Iris versicolor 3CH, Petroleum 3CH, Strychnos nux-vomica (Nux vomica) 5CH, Tabacum 3CH Veratrum album 6CH. Contains sugar: lactose 47 mg.

Dosage: 2 Tablets under the tongue on rising and 3 times daily when necessary.

May be taken every 15 minutes when symptoms are acute. Reduce dosage with improvement.

Back pain



RUMA 2

A homoeopathic medicine which assists in relieving lower back pain and chronic arthritis & rheumatism.

Ingredients: Achillea millefolium Spag D3, Aconitum napellus Spag D3, Arctium lappa Spag D3, Betula alba Spag D3, Bryonia alba Spag D3, Filipendula ulmaria Spag D3, Guaiacum officinale Spag D3, Ononis spinosa Spag D3, Rhododendron ferrugineum Spag D3, Rhus toxicodendron Spag D3, Ruta graveolens Spag D3, Solanum dulcamara (Dulcamara) Spag, Solidago virgaurea Spag D3. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1-2 hourly in acute cases.

Blood sugar support



SUC

A homoeopathic medicine which may help to balance blood sugar levels.

Bladder irritations



URINA

A homoeopathic medicine to assist in overcoming ringing, buzzing or humming noises in the ear and associated vertigo. Warning: If there is no improvement within 4 weeks, please consult your healthcare practitioner.

Ingredients: Acidum nitricum D8, Aconitum napellus D6, Arctostaphylos uva-ursi (Uva ursi) D6, Berberis vulgaris D6, Cantharis vesicatoria D8, Equisetum hiemale D6, Petroselinum crispum D3, Solanum dulcamara (Dulcamara) D6, Terebinthina D6, Thuja occidentalis D8. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1 - 2 hourly in acute cases. Dilute with water for infants.

Conjunctivitis, infections & thrush



BUSO DROPS

Assists in the relief from symptoms of mild pink eye and mild oral thrush. For oral use only, do not apply to the eye. Warning: See a practitioner if symptoms are severe or do not improve after 2 days.

Ingredients: Atropa belladonna (Belladonna) Spag D10, Carbo animalis D10, Mercurius corrosivus D10, Natrium muriaticum D6, Silicea D10, Sulphur D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Cuts, grazes, mouth ulcers, disinfectant



CALENDULA CARE

A concentrate to assist with the healing of Cuts, Grazes and Mouth Ulcers. Helps to disinfect. Dilute before use.

Ingredients: Calendula officinalis flower extract 500 mg. Preservative: Alcohol 90%

Dosage: For cuts and grazes: Add 1 ml concentrate to 9 ml water*. Liberally cleanse the affected area until it is clean. Repeat daily or as necessary. Discard any unused mixture.

For mouth ulcers: Add 2,5 ml concentrate to 50 ml water*. Rinse the mouth being careful not to swallow. Repeat 3 times daily or after every meal. Discard any unused mixture.

*Water should be sterile or boiled and cooled

Cuts, grazes, burns (minor), nappy rash



CALENDULA PLUS

A topical ointment that assists with the healing of Cuts, Grazes, Minor burns and Nappy rash.

Ingredients: Calendula officinalis D1, Echinacea angustifolia D3, Hamamelis virginiana D3, Symphytum officinalis D3.

Dosage: Apply a thin layer of ointment 2 to 3 times daily.

Cysts and boils



CARNO 1

A homeopathic medicine supporting healthy glands and lymphatic tissue and may assist in the treatment of boils and cysts. Consult your healthcare practitioner if symptoms persist.

Ingredients: Acidum nitricum D10, Arsenicum album D10, Carbo animalis D10, Conium maculatum Spag D8, Hepar sulphuris calcareum D10, Hydrastis canadensis Spag D4, Magnesium muriaticum D4, Sepia officinalis D10, Silicea D10, Thuja occidentalis Spag D28. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

Cataracts & sensitivity to light



CATARACT

Supportive treatment that may assist in the early onset of prediagnosed cataracts, optical opacities and associated blurry vision with light sensitivity. Continue consulting your healthcare practitioner for ongoing monitoring of your condition.

Ingredients: Calcarea fluorica D12, Cataracta senilis D60, Euphrasia officinalis D12, Naphthalinum D12, Phosphorus D30, Senecio cineraria D6, Silicea D60, Zincum phosphoricum D60. Contains sugar: lactose 240 mg.

Dosage: 2 Tablets every second day for one month.

Snuffles (baby)



CATARO MELTS

Quick dissolving melts that may assist in relieving snuffles in babies and children.

Ingredients: Aconitum napellus Spag D4, Eucalyptus globulus Spag D3, Eupatorium perfoliatum Spag D3, Gelsemium sempervirens Spag D4, Hydrastis canadensis Spag D4, Kalium bichromicum D6, Pulsatilla vulgaris Spag D3, Sanguinarinum nitrica D6, Thuja occidentalis Spag D8. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 tablet dissolved in a little water.

Children: 2 tablets dissolved in the mouth.

Take 3 times daily.

May be taken 1-2 hourly in acute cases.

Coughs (mild)



EZIN COUGH

A homoeopathic medicine to assist in relieving a mild cough.

Ingredients: Antimonim tartaricum 5CH, Bryonia cretica (Formerly B. dioica) 5CH, Cephaelis acuminata (Ipecacuanha) 5CH, Coccus cacti 5CH, Corralium rubrum 5CH, Cuprum metallicum 7CH, Drosera rotundifolia 5CH, Ferrum phosphoricum 5CH, Rumex crispus 5CH, Sambucus nigra 5CH, Spongia tosta 5CH, Sticta pulmonaria 5CH. Preservatives: 20% Alcohol, 50% Glycerol. Sugar free.

Dosage: Babies: 6-10 drops diluted in a little water. Children & adults: 1 medicine measure (5ml). Take every 15 minutes for 5-6 doses. Thereafter take 3 times daily and at bedtime.

Cold, fever (mild), headache (mild), cough, mucus



GRIPLESS 1

May assist in relief from cold and flu symptoms at onset. Homoeopathic remedies in this formulation address mild fever, body pain, mild headache, cough, excess mucus and tiredness. Does not cause drowsiness.

Ingredients: Aconitum napellus Spag D3, Antimonium tartaricum D6, Atropa belladonna Spag D3, Bryonia alba Spag D10, Causticum D6, Eucalyptus globulus Spag D3 Eupatorium perfoliatum, Spag D3, Ferrum phosphoricum D10 Gelsemium sempervirens, Spag D6, Glonoinum D6, Mercurius solubilis D10 Natrium nitricum D10. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Cold & flu prophylactic



GRIPLESS 2

May assist in the prevention of colds and flu. Ideally best taken twice weekly before and during cold and flu season or during seasonal changes.

Ingredients: Influenzinum D400, Influenzinum AB D400, Influenzinum toxicum D400, Influenzinum vesiculosum D400, V-Grippe D400, V2- V3- V4- V5- V75-Grippe D400, VA2- VA2L- VAPCH-Grippe D400. Contains sugar: lactose 240 mg.

Dosage: During an attack of influenza, dissolve 2 tablets in mouth once daily for 7 days.

As a prophylactic, dissolve 2 tablets in mouth twice weekly.

Poor circulation



HEMORRHO 2

May help to provide support for varicose veins.

Warning: If the condition does not improve within 2-3 weeks, consult a healthcare practitioner.

Ingredients: Aesculus hippocastanum D1, Arnica montana D6, Calcarea arsenicica D12, Hamamelis virginiana MT, Selenicereus grandiflorus MT, Silybum marianum MT, Strychnos nux-vomica Spag D1, Vipera aspis D12. Preservative: 57 % Alcohol.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Muscular cramps & brittle nails



KALMAG

A muscle, bone and joint supplement which assists with the absorption of minerals and assists in the treatment of bone fractures, brittle nails, white spots on nails and muscular cramps & spasms.

Ingredients: Calcareo fluorica D6, Calcareo phosphorica D6, Dolomite D3, Ferrum phosphoricum D6, Kalium muriaticum D6, Kalium phosphoricum D6, Magnesium phosphoricum D6, Silicea D6. Contains sugar: lactose 0.95 g.

Dosage: Dissolve 1 g (1 scoop or 1/4 teaspoon) in mouth 3 times daily.

Dry cough



KOFBRON 1 DROPS

May assist in relieving a tight or dry cough.

Ingredients: Aconitum napellus Spag D4, Antimonium tartaricum D6, Bryonia alba Spag D8, Carbo vegetabilis D10, Cephaelis acuminata Spag D8, Drosera rotundifolia Spag D4, Hepar sulphuris calcareum D6, Spongia tosta D6. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted with a little water 3 times daily.

May be taken hourly in acute cases while symptoms are severe.

Infants: Dilute with water and allow to stand for a short time before administering.

Wet cough



KOFBRON 2 DROPS

May assist in relieving a loose, wet cough.

Ingredients: Arsenicum iodatum D10, Corallium rubrum D30, Cuprum aceticum D10, Drosera rotundifolia Spag D3, Lycopodium clavatum D30, Spongia tosta D4, Sticta pulmonaria D4. Preservative: 20% Alcohol.

Dosage: 10 drops directly on the tongue or diluted with a little water 3 times daily.

May be taken hourly in acute cases while symptoms are severe.

Infants: Dilute with water and allow to stand for a short time before administering.

Colic



KOLIK MELTS

Quick dissolving melts that may help to ease discomfort associated with colic in babies up to 4 months of age.

Ingredients: Antimonium crudum 5CH, Argentum nitricum 5CH, Carbo vegetabilis 5CH, Citrullus colocynthis (Colocynthis) 6CH, Lycopodium clavatum 5CH, Magnesium phosphoricum 5CH, Matricaria recutita (Chamomilla) 5CH, Mercurius solubilis 9CH, Natrium tetraboracicum (Borax) 5CH, Strychnos nux-vomica (Nux vomica) 5CH. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water 15 minutes before meals and at bedtime.

May be taken every 15 minutes when symptoms are acute.

Constipation



KRONOLAX MELTS

Quick dissolving melts which may assist in easing bowel movements.

Ingredients: Alumina 5CH, Bryonia cretica 5CH, Chelidonium majus 5CH, Hydrastis canadensis 5CH, Lycopodium clavatum 5CH, Plumbum metallicum 5CH, Solidago virgaurea 5CH, Strychnos nux-vomica (Nux vomica) 5CH. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water. Children & adults: 2 Tablets dissolved in the mouth. Take 3-4 times daily 30 minutes before meals and at bedtime.

Female tonic cellulite



LANDI F

A homoeopathic female tonic to help support the reproductive system and to help reduce cellulite & menstrual cycle irregularities.

Ingredients: Aurum metallicum D30, Conium maculatum Spag D30, Glandula suprarenalis D12, Glandula thymi D12, Natrium muriaticum D12, Ovarinum D12, Pancreas D12, Pituitrinum D12, Sepia officinalis D30, Vitex agnus-castus D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: Take 10 drops directly on the tongue or diluted with a little water 3 times daily.

Indigestion, nausea & colic



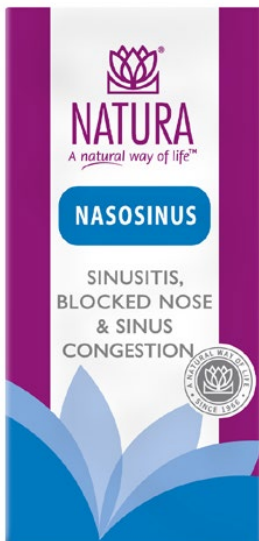
MAGEN

Homeopathic medicine to assist in relieving nausea, vomiting, indigestion and stomach cramps.

Ingredients: Anamirta cocculus (Cocculus) Spag D8, Antimonium crudum D10, Arsenicum iodatum D6, Atropa belladonna (Belladonna) Spag D8, Carbo vegetabilis D30, Cephaelis acuminata (Ipecacuanha) Spag D8, Cinchona succirubra Spag D3, Daphne mezereum Spag D8, Magnesium phosphoricum D10, Strychnos nux-vomica (Nux vomica) Spag D4. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1-2 hourly in acute cases.

Blocked nose & sinus congestion



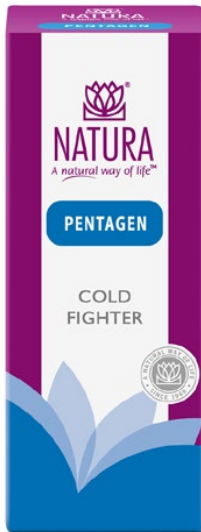
NASOSINUS

May assist in dealing with a blocked nose with thick, yellow nasal discharge.

Ingredients: Hepar sulphuris calcareum D3, Pulsatilla vulgaris D3, Strychnos nux-vomica (Nux vomica) D3. Contains sugar: lactose 500 mg.

Dosage: Take one capsule twice daily.
May be taken hourly in acute cases.

Cold, upper respiratory infection, sore throat, runny nose



PENTAGEN

A herbal-homoeopathic medicine with Pelargonium to target the 5 main areas of colds, flu and upper respiratory tract infections:

- blocked & runny nose
- cough
- painful sinuses
- body ache, mild fever and fatigue.
- sore throat & tonsillitis

Ingredients: Pelargonium sidoides radix (1:10) 80.0 g, Ferrum phosphoricum 6CH Hydrastis canadensis 6CH, Kalium bichromicum 6CH, Mercurius solubilis 6CH, Natrium muriaticum 6CH, Polygala senega 3CH, Pulsatilla vulgaris 30CH, Sambucus nigra 6CH. Preservatives: 42% Glycerol, 15% Alcohol. Sugar free.

Dosage: Adults over 12 years: Take 30 drops (1.5 ml) 3 times daily. Children 6–12 years: Take 20 drops (1.0 ml) 3 times daily. Children 6 months – 6 years: Take 10 drops (0.5 ml) 3 times daily.

Circulatory tonic



PROCORDAL PLUS

A homoeopathic medicine which acts as a circulatory tonic and assists in supporting the healthy functioning of the heart.

Ingredients: Ambra grisea D7, Aurum metallicum D10, Avena sativa D1, Chininum arsenicosum D7, Convallaria majalis D1, Crataegus rhipidophylla D1, Equisetum hiemale D1, Hamamelis virginiana D1, Kalmia latifolia D5, Melissa officinalis D7, Selenicereus grandiflorus (Cactus grandiflorus) D1, Spigelia anthelmia D7, Veratrum album D7. Preservative: 28 % Alcohol. Contains sugar: sucrose 335 mg, natural sugars from wine.

Dosage: Take one medicine measure (5ml) three times daily before meals. Shake well before use.

Cracked nipples, lactation support



PROLAK MELTS

Quick dissolving melts which may assist in supporting milk production. Use in conjunction with Natura Nipella when nipples are sore or cracked.

Ingredients: Apomorphia hydrochloricum 6CH, Anamirta cocculus (Cocculus) 3CH, Cephaelis acuminata (Ipecacuanha) 3CH, Cuprum metallicum 6CH Ferrum phosphoricum 5CH, Iris versicolor 3CH, Petroleum 3CH, Strychnos nux-vomica (Nux vomica) 5CH, Tabacum 3CH Veratrum album 6CH. Contains sugar: lactose 47 mg.

Dosage: 2 Tablets under the tongue on rising and 3 times daily when necessary.

May be taken every 15 minutes when symptoms are acute. Reduce dosage with improvement.

Chronic arthritis & rheumatism support



RUMA 2

A homoeopathic medicine which assists in relieving lower back pain and chronic arthritis & rheumatism.

Ingredients: Achillea millefolium Spag D3, Aconitum napellus Spag D3, Arctium lappa Spag D3, Betula alba Spag D3, Bryonia alba Spag D3, Filipendula ulmaria Spag D3, Guaiacum officinale Spag D3, Ononis spinosa Spag D3, Rhododendron ferrugineum Spag D3, Rhus toxicodendron Spag D3, Ruta graveolens Spag D3, Solanum dulcamara (Dulcamara) Spag, Solidago virgaurea Spag D3. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

May be taken 1-2 hourly in acute cases.

Constipation, flatulence



SEGIRO

Homeopathic support to help relieve symptoms of constipation and flatulence to promote healthy bowel movement.

Ingredients: Alumina D30, Bryonia alba Spag D8, Calcarea fluorica D10, Carbo vegetabilis D30, Lycopodium clavatum D30, Phytolacca decandra Spag D3, Plumbum metallicum D10, Strychnos nux-vomica (Nux vomica), Spag D4, Sulphur D10. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted with a little water three times daily.

Infants: Dilute with water and allow to stand for a short time before administering.

Metabolism (slow), craving (sugar)



STRUMA 2

A Homeopathic medicine to help overcome a sluggish metabolism and help reduce the craving for sweet treats. This product may assist with weight loss when used with increased physical activity and an energy reduced diet in healthy individuals.

Ingredients: Bromium D6, Calcarea carbonica D10, Calcarea fluorica D6, Pilocarpus jaborandi (Jaborandi) D6, Spongia tosta D3, Thyroid D6. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in the mouth 3 times daily.

Cold (baby)



STARLITE MELTS

Quick dissolving melts which may help to relieve symptoms associated with colds such as a sore throat, mild coughs & a stuffy nose.

Ingredients: Aconitum napellus 5CH, Allium cepa 5CH, Arnica montana 5CH, Arum triphyllum 5CH, Eupatorium perfoliatum 5CH, Ferrum phosphoricum 5CH, Gelsemium sempervirens 5CH, Histaminum 9CH, Rhus toxicodendron 5CH, Sambucus nigra 5CH. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water.
Children & adults: 2 Tablets dissolved in the mouth. Take every 30 minutes for 5-6 doses.
Thereafter 3 times daily and at bedtime.

Distress (baby), restlessness (baby), tearfulness (baby)



RESCUE MELTS

Quick dissolving melts which may assist in relieving feelings of distress, restlessness and tearfulness.

Ingredients: Ambra grisea D6, Banisteropsis caapi Spag D60, Clematis vitalba (Clematis) aqua inf. 0,4 mcg, Helianthemum nummularium (Rock Rose) aqua inf. 0,4 mcg, Impatiens glandulifera (Impatiens) aqua inf. 0,4 mcg, Melissa officinalis Spag D3, Ornithogalum umbellatum (Star of Bethlehem) aqua inf. 0,4 mcg, Prunus cerasifera (Cherry Plum) aqua inf. 0,4 mcg, Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water.

Children: 2 Tablets dissolved in the mouth.

Take 3 times daily. May be taken every 15 minutes in acute cases.

Diarrhoea



DIARRHO

Homoeopathically helps to relieve mild diarrhoea with associated cramping. **Warning:** If no improvement within 24 hours, please consult your healthcare practitioner. It is important to ensure proper hydration when dealing with diarrhoea.

Ingredients: Aloe ferox D10, Arsenicum album D10, Cinchona succirubra Spag D3, Croton tiglium D10, Ferrum phosphoricum D10, Kalium muriaticum D6, Matricaria recutita (Chamomilla) Spag D3, Podophyllum peltatum D10, Solanum dulcamara Spag D3. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases. Dilute with water for infants.

Dry eyes, eyestrain & light sensitivity



EYEBRIGHT

Helps relieve eyestrain & sensitivity to light. May be helpful to relieve tired, watery or dry eyes which may be due to air conditioning or excessive screen-time.

Warning: Oral use only, do not apply to the eye.

Ingredients: Argentum nitricum D6, Arsenicum iodatum D10, Euphrasia officinalis Spag D4, Hydrastis canadensis Spag D4, Mercurius corrosivus D12, Natrium muriaticum D6, Physostigma venenosum D6 Pulsatilla vulgaris Spag D3, Senecio cineraria Spag D3, Sulphur D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
This medicine must be taken by mouth.
It is not an eyedrop.

Digestive aid, liver & gallbladder problems



GALLEN

Helps support liver and gallbladder function to improve digestion and relieve abdominal discomfort, biliousness, nausea, bloating and flatulence.

Ingredients: Achillea millefolium D2, Arctostaphylos uva-ursi D2, Artemisia absinthium D2, Berberis vulgaris D2, Chelidonium majus D2, Fel tauri D2, Gentiana lutea D2, Herniaria glabra D2, Kalium natrum tartaricum D2, Matricaria recutita D2, Nasturtium officinale D2, Natrium oleicum D2, Peumus boldus D2, Rhamnus frangula D2, Rheum palmatum D2, Silybum marianum D2, Taraxacum officinale D2, Trifolium fibrini D2. Preservative: 47 % Alcohol. Sugar free.

Dosage: 20 Drops on tongue or diluted in a little water 3 times daily. May be taken 1-2 hourly in acute cases.
Infants take 10 drops diluted with water 3 times daily.

Dry skin & eczema



HERPIN 2

A homoeopathic medicine to help relieve dry skin and prediagnosed eczema.

Ingredients: Acidum hydrofluoricum D6, Arsenicum iodatum D10, Bovista gigantea D6, Graphites D30, Hydrastis canadensis Spag D8, Lycopodium clavatum Spag D8, Sulphur D30, Urtica urens Spag D4. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

Dry cough



KOFBRON 1 DROPS

May assist in relieving a tight or dry cough.

Ingredients: Aconitum napellus Spag D4, Antimonium tartaricum D6, Bryonia alba Spag D8, Carbo vegetabilis D10, Cephaelis acuminata Spag D8, Drosera rotundifolia Spag D4, Hepar sulphuris calcareum D6, Spongia tosta D6. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted with a little water 3 times daily.

May be taken hourly in acute cases while symptoms are severe.

Infants: Dilute with water and allow to stand for a short time before administering.

Detox support



LYMPHA

A Homeopathic medicine to support the body's detoxification process.

Ingredients: Arctostaphylos uva-ursi Spag D3, Betonica officinalis Spag D3, Capsella bursa-pastoris Spag D3, Cnicus benedictus Spag D3, Equisetum arvense Spag D3, Geranium robertianum Spag D3, Lamium album Spag D3, Lycopodium clavatum Spag D3, Phaseolus nanus Spag D3, Scrophularia nodosa Spag D3, Sedum acre Spag D3, Solidago virgaurea Spag D3, Stellaria media Spag D3, Verbena officinalis Spag D3. Preservative: 20% Alcohol.

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1-2 hourly in acute cases.

Mild depression, grief & tearfulness



NERVA 3

A homoeopathic medicine which helps relieve symptoms of tearfulness, grief and mild depression.

Ingredients: Arnica montana Spag D3, Avena sativa Spag D3, Cinchona succirubra D1, Cola acuminata D3, Hypericum perforatum Spag D3, Lavandula angustifolia D3, Melissa officinalis D3, Origanum majorana D3, Panax ginseng D1, Salvia officinalis Spag D3, Strychnos ignatii (Ignatia) D1, Valeriana officinalis D3. Preservative: 52 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3-4 times daily.

Exam stress & poor concentration



CERBO

May assist in dealing with exam stress, mental fatigue, poor concentration and excitability including a tendency to hyperactive behaviour.

Ingredients: Acidum picricum D10, Atropa belladonna (Belladonna) Spag D3, Atropinum sulfuricum D6, Banisteriopsis caapi (Banjage) Spag D60, Gelsemium sempervirens Spag D4, Kalium phosphoricum D10, Veratrum viride D10, Zincum metallicum D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

Eyestrain & light sensitivity



EYEBRIGHT

Helps relieve eyestrain & sensitivity to light. May be helpful to relieve tired, watery or dry eyes which may be due to air conditioning or excessive screen-time. Warning: Oral use only, do not apply to the eye.

Ingredients: Argentum nitricum D6, Arsenicum iodatum D10, Euphrasia officinalis Spag D4, Hydrastis canadensis Spag D4, Mercurius corrosivus D12, Natrium muriaticum D6, Physostigma venenosum D6 Pulsatilla vulgaris Spag D3, Senecio cineraria Spag D3, Sulphur D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. This medicine must be taken by mouth. It is not an eyedrop.

Eczema & dry skin



HERPIN 2

A homoeopathic medicine to help relieve dry skin and prediagnosed eczema.

Ingredients: Acidum hydrofluoricum D6, Arsenicum iodatum D10, Bovista gigantea D6, Graphites D30, Hydrastis canadensis Spag D8, Lycopodium clavatum Spag D8, Sulphur D30, Urtica urens Spag D4. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

Earache (mild)



OTITIS

A homoeopathic medicine which assists in relief of mild earache. First aid for first sign of earache.

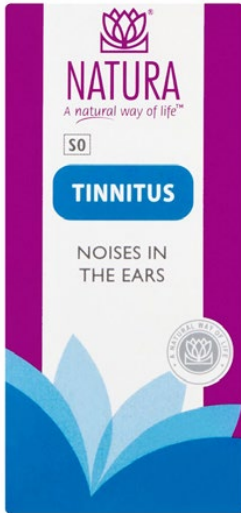
Ingredients: Aconitum napellus Spag D3, Ambra grisea D6, Atropa belladonna (Belladonna) Spag D3, Capsicum annum D6, Ferrum phosphoricum D10, Hepar sulphuris calcareum D5, Pulsatilla vulgaris Spag D3, Rhododendron ferrugineum Spag D4, Silicea D10, Zincum valerianicum D6. Preservative: 20% Alcohol. Sugar free.

Dosage: Take ten drops directly on the tongue or diluted in a little water three times daily.

May be taken one to two hourly in acute cases while symptoms are severe.

Dilute with water for infants and leave to stand for a short time before administering.

Tinnitus, ringing ears, buzzing ears, vertigo



TINNITUS

A homoeopathic medicine to assist in overcoming ringing, buzzing or humming noises in the ear and associated vertigo. Warning: If there is no improvement within 4 weeks, please consult your healthcare practitioner.

Ingredients: Chenopodium ambrosioides D60, Chininum salicylicum D60, Conium maculatum D60, Natrium salicylicum D60. Inactives: Acacia gummi, Crospovidone, Lactose monohydrate, Povidone, Magnesium stearate, Talc-purified. Contains sugar: lactose 240 mg.

Dosage: Dissolve two tablets in the mouth once daily for long term treatment of three months.

Fever blisters, insect bites, nappy rash, sunburn



ALL HEAL PLUS

A topical healing ointment. Helps to relieve insect bites, minor localized sores, fever blisters and nappy rash. Consult your healthcare practitioner if symptoms are severe or there is no improvement within 3 days.

Ingredients: Calendula of cinalis D3, Echinacea angustifolia D3, Hamamelis virginiana D3, Natrium muriaticum D3, Stellaria media D3, Tamus communis D3, Symphytum of cinale radix 2 mg, Benzoinated lard 25 mg, Eucalyptus oil 25 mg, Kaolin 110 mg, Tincture benzoin 31,2 mg, Zinc oxide 28 mg. Preservatives: Tocopherol 0,1 mg, Methyl parahydroxy benzoate 0,15 %, Propyl parahydroxy benzoate 0,05 %

Dosage: Apply a thin layer 2 to 3 times daily.

Fatigue, heart support, heart rhythm



CHRONOCARD

A heart tonic that may assist in promoting healthy heart rhythm and related fatigue and breathlessness. Consult your healthcare practitioner if symptoms persist.

Ingredients: Aesculus hippocastanum D3, Allium sativum D3, Avena sativa D1, Convallaria majalis D1, Crataegus rhipidophylla D1, Digitalis purpurea D4, Hamamelis virginiana D3, Humulus lupulus D1, Kalium phosphoricum D4, Matricaria recutita (Chamomilla) D1, Phosphorus D6, Sarothamnus scoparius D4, Valeriana officinalis D2. Preservative: 45 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Flatulence, gallbladder support, nausea, bloating



GALLEN

Helps support liver and gallbladder function to improve digestion and relieve abdominal discomfort, biliousness, nausea, bloating and flatulence.

Ingredients: Achillea millefolium D2, Arctostaphylos uva-ursi D2, Artemisia absinthium D2, Berberis vulgaris D2, Chelidonium majus D2, Fel tauri D2, Gentiana lutea D2, Herniaria glabra D2, Kalium natrum tartaricum D2, Matricaria recutita D2, Nasturtium officinale D2, Natrium oleicum D2, Peumus boldus D2, Rhamnus frangula D2, Rheum palmatum D2, Silybum marianum D2, Taraxacum officinale D2, Trifolium fibrini D2. Preservative: 47 % Alcohol. Sugar free.

Dosage: 20 Drops on tongue or diluted in a little water 3 times daily. May be taken 1-2 hourly in acute cases. Infants take 10 drops diluted with water 3 times daily.

Fever (mild), cold, headache (mild), cough, mucus



GRIPLESS 1

May assist in relief from cold and flu symptoms at onset. Homoeopathic remedies in this formulation address mild fever, body pain, mild headache, cough, excess mucus and tiredness. Does not cause drowsiness.

Ingredients: Aconitum napellus Spag D3, Antimonium tartaricum D6, Atropa belladonna Spag D3, Bryonia alba Spag D10, Causticum D6, Eucalyptus globulus Spag D3, Eupatorium perfoliatum Spag D3, Ferrum phosphoricum D10, Gelsemium sempervirens Spag D6, Glonoinum D6, Mercurius solubilis D10, Natrium nitricum D10. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Cold & flu prophylactic



GRIPLESS 2

May assist in the prevention of colds and flu. Ideally best taken twice weekly before and during cold and flu season or during seasonal changes.

Ingredients: Influenzinum D400, Influenzinum AB D400, Influenzinum toxicum D400, Influenzinum vesiculosum D400, V-Grippe D400, V2- V3- V4- V5- V75-Grippe D400, VA2- VA2L- VAPCH-Grippe D400. Contains sugar: lactose 240 mg.

Dosage: During an attack of influenza, dissolve 2 tablets in mouth once daily for 7 days.
As a prophylactic, dissolve 2 tablets in mouth twice weekly.

Female tonic, cellulite



LANDI F

A homoeopathic female tonic to help support the reproductive system and to help reduce cellulite & menstrual cycle irregularities.

Ingredients: Aurum metallicum D30, Conium maculatum Spag D30, Glandula suprarenalis D12, Glandula thymi D12, Natrium muriaticum D12, Ovarinum D12, Pancreas D12, Pituitrinum D12, Sepia officinalis D30, Vitex agnus-castus D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: Take 10 drops directly on the tongue or diluted with a little water 3 times daily.

Flatulence, constipation



SEGIRO

Homeopathic support to help relieve symptoms of constipation and flatulence to promote healthy bowel movement.

Ingredients: Alumina D30, Bryonia alba Spag D8, Calcarea fluorica D10, Carbo vegetabilis D30, Lycopodium clavatum D30, Phytolacca decandra Spag D3, Plumbum metallicum D10, Strychnos nux-vomica (Nux vomica), Spag D4, Sulphur D10. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted with a little water three times daily.

Infants: Dilute with water and allow to stand for a short time before administering.

Cold (baby) & flu



STARLITE MELTS

Quick dissolving melts which may help to relieve symptoms associated with colds such as a sore throat, mild coughs & a stuffy nose.

Ingredients: Aconitum napellus 5CH, Allium cepa 5CH, Arnica montana 5CH, Arum triphyllum 5CH, Eupatorium perfoliatum 5CH, Ferrum phosphoricum 5CH, Gelsemium sempervirens 5CH, Histaminum 9CH, Rhus toxicodendron 5CH, Sambucus nigra 5CH. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water.

Children & adults: 2 Tablets dissolved in the mouth. Take every 30 minutes for 5-6 doses.

Thereafter 3 times daily and at bedtime.

Grazes, cuts, mouth ulcers, disinfectant



CALENDULA CARE

A concentrate to assist with the healing of Cuts, Grazes and Mouth Ulcers. Helps to disinfect. Dilute before use.

Ingredients: Calendula officinalis flower extract 500 mg.
Preservative: Alcohol 90%

Dosage: For cuts and grazes:

Add 1 ml concentrate to 9 ml water*. Liberally cleanse the affected area until it is clean. Repeat daily or as necessary. Discard any unused mixture.

For mouth ulcers:

Add 2,5 ml concentrate to 50 ml water*. Rinse the mouth being careful not to swallow. Repeat 3 times daily or after every meal. Discard any unused mixture.

*Water should be sterile or boiled and cooled

Gallbladder support, liver support



FEBRO 2

May assist in the supportive treatment of prediagnosed liver and gall bladder conditions of a chronic nature.

Ingredients: Chelidonium majus Spag D3, Citrullus colocynthis Spag D10, Lycopodium clavatum Spag D10, Podophyllum peltatum Spag D10, Strychnos nux-vomica Spag D6, Veronicastrum (Leptandra) virginicum Spag D3.
Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
Dilute with water for infants.

Gallbladder & liver problems



GALLEN

Helps support liver and gallbladder function to improve digestion and relieve abdominal discomfort, biliousness, nausea, bloating and flatulence.

Ingredients: Achillea millefolium D2, Arctostaphylos uva-ursi D2, Artemisia absinthium D2, Berberis vulgaris D2, Chelidonium majus D2, Fel tauri D2, Gentiana lutea D2, Herniaria glabra D2, Kalium natrum tartaricum D2, Matricaria recutita D2, Nasturtium officinale D2, Natrium oleicum D2, Peumus boldus D2, Rhamnus frangula D2, Rheum palmatum D2, Silybum marianum D2, Taraxacum officinale D2, Trifolium fibrini D2. Preservative: 47 % Alcohol. Sugar free.

Dosage: 20 Drops on tongue or diluted in a little water 3 times daily. May be taken 1-2 hourly in acute cases. Infants take 10 drops diluted with water 3 times daily.

Gout



GICHTIN

A homoeopathic medicine to help reduce acidity in the body and help relieve mild discomfort associated with Gout.

Ingredients: Acidum benzoicum D10, Bryonia alba Spag D8, Calcarea carbonica D30, Colchicum autumnale Spag D8, Guaiacum officinale Spag D8, Kalium muriaticum D6, Ledum palustre Spag D8, Lycopodium clavatum Spag D30, Silicea D10. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1 - 2 hourly in acute cases.

Mouth ulcers & inflamed gums



ODON

A homoeopathic medicine to assist in relieving mouth ulcers, bleeding and inflamed gums.

Ingredients: Atropa belladonna (Belladonna) Spag D3, Calcarea fluorica D10, Creosotum D10, Delphinium staphisagria (Staphisagria) Spag D4, Kalium muriaticum D6, Magnesium phosphoricum D10, Matricaria recutita (Chamomilla) Spag D3, Mercurius corrosivus D12, Plantago major Spag D6, Pulsatilla vulgaris Spag D8.
Preservative: 20% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water three times daily. May be taken one to two hourly in acute cases while symptoms are severe. Dilute with water for infants and allow to stand for a short time before administering.

Nervousness, grief, sleeplessness (due to worry)



RESCUE

A homoeopathic-flower essence combination remedy which helps relieve feelings of overwhelm, emotional shock, grief, fear & sleeplessness due to worry.

Ingredients: Ambra grisea D6, Banisteriopsis caapi Spag D60, Clematis vitalba (Clematis) flos. aq. inf. 0,04 mg, Helianthemum nummularium (Rock Rose) flos. aq. inf. 0,04 mg, Impatiens glandulifera (Impatiens) flos. aq. inf. 0,04 mg, Melissa officinalis Spag D3, Ornithogalum umbellatum (Star of Bethlehem) flos. aq. inf. 0,04 mg, Prunus cerasifera (Cherry Plum) flos. aq. inf. 0,04 mg. Preservative: 25 % Alcohol, 50 % Glycerol.

Dosage: 3 sprays into the mouth. Children take 1-2 sprays.

10 drops directly on the tongue or diluted in a little water. Children take 5 drops.

2 tablets dissolved in the mouth. Children take 1 tablet. Rescue may be taken up to every 15 minutes.

Heart support, fatigue, heart rhythm



CHRONOCARD

A heart tonic that may assist in promoting healthy heart rhythm and related fatigue and breathlessness. Consult your healthcare practitioner if symptoms persist.

Ingredients: Aesculus hippocastanum D3, Allium sativum D3, Avena sativa D1, Convallaria majalis D1, Crataegus rhipidophylla D1, Digitalis purpurea D4, Hamamelis virginiana D3, Humulus lupulus D1, Kalium phosphoricum D4, Matricaria recutita (Chamomilla) D1, Phosphorus D6, Serothamnus scoparius D4, Valeriana officinalis D2. Preservative: 45 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Hangover & nausea, liver support



FEBRO 1

Drops to assist in relief of hangovers, often accompanied by nausea.

Ingredients: Aconitum napellus Spag D3, Atropa belladonna Spag D3, Bryonia alba Spag D3, Chelidonium majus Spag D10, Cinchona succirubra Spag D3, Ferrum phosphoricum D12, Ferula asafoetida D6, Strychnos nux-vomica, Spag D6. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Headache (mild), cold, fever (mild), cough, mucus



GRIPLESS 1

May assist in relief from cold and flu symptoms at onset. Homoeopathic remedies in this formulation address mild fever, body pain, mild headache, cough, excess mucus and tiredness. Does not cause drowsiness.

Ingredients: Aconitum napellus Spag D3, Antimonium tartaricum D6, Atropa belladonna Spag D3, Bryonia alba Spag D10, Causticum D6, Eucalyptus globulus Spag D3 Eupatorium perfoliatum, Spag D3, Ferrum phosphoricum D10 Gelsemium sempervirens, Spag D6, Glonoinum D6, Mercurius solubilis D10 Natrium nitricum D10. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Hay fever, runny nose, itchy eyes, sneezing



HAY F

May assist in relief of hayfever with runny nose, itchy eyes & frequent sneezing. Does not cause drowsiness.

Ingredients: Agraphis nutans D3, Ambrosia artemisifolia D6, Aralia racemosa D6, Arundo donax D6, Chromium kalium sulphuricum D10, Naphthalinum D6, Sabadilla officinarum D12, Sambucus nigra D3, Sanguinarinum nitrica D6, Wyethia helenoides D6. Contains sugar. lactose 240 mg.

Dosage: Dissolve 2 tablets in mouth 3 times daily. May be taken 1-2 hourly in acute cases.

Haemorrhoids



HEMORRHO 1

May assist in the relief of haemorrhoids.

Homoeopathic remedies in this formulation help strengthen weak blood vessel walls, promote venous circulation and help relieve pain and itchiness associated with haemorrhoids.

Use in conjunction with Hemorrhho Plus.

Ingredients: Achillea millefolium Spag D8, Acidum fluoricum D12, Aesculus glabra D6, Aesculus hippocastanum D6, Aloe ferox D6, Arnica montana D6, Hamamelis virginiana Spag D3, Pulsatilla vulgaris D8, Sanguinaria canadensis Spag D3, Strychnos nux-vomica Spag D8, Sulphur D30, Symphytum officinale D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 3 times daily.

May be taken 1-2 hourly in acute cases.

Haemorrhoids



HEMORRHO PLUS

A topical ointment to assist in relieving external haemorrhoids and itching. Please use in conjunction Hemorrhho 1.

Ingredients: Aesculus hippocastanum tincture externa 4 mg, Arnica montana D3, Hamamelis virginiana tincture externa 4 mg, Paeonia officinalis tincture externa 2 mg, Ratanhia peruviana tincture externa 2 mg.

Dosage: Apply a thin layer 2-3 times daily. For external use only.

Heartburn, Indigestion & bloating (pregnancy)



MAGEN MELTS

Quick dissolving melts which may assist in relieving the symptoms associated with indigestion, bloating and heartburn. Mom only.

Ingredients: Anamirta cocculus Spag D8, Antimonium crudum D10, Arsenicum iodatum D6, Atropa belladonna Spag D8, Carbo vegetabilis D30, Cephaelis acuminata Spag D8, Cinchona succirubra Spag D3, Daphne mezereum Spag D8, Magnesium phosphoricum D10, Strychnos nux-vomica Spag D4. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water.
Children & adults: 2 Tablets dissolved in the mouth.
Take 3 times daily.
May be taken 1-2 hourly in acute cases.

Headache, restlessness



NERVA 2

A homoeopathic medicine to assist in relieving tension headaches, restlessness and hyperactivity.

Ingredients: Atropa belladonna Spag D4, Banisteriopsis caapi Spag D60, Coffea cruda Spag D8, Magnesium phosphoricum D10, Platinum metallicum D30, Strychnos nux-vomica, Spag D4, Zincum valerianicum D6.
Preservative: 20% Alcohol. Sugar free

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1 to 2 hourly in acute cases.
Dilute with water for infants.

Stress-induced high blood pressure



SCUTELLARIA

Homeopathic support to help relieve irritability, stress and sleeplessness associated with high blood pressure.

Ingredients: Hydrastis canadensis D3, Rheum palmatum D3, Scutellaria lateriflora D3, Tilia europaea D3, Valeriana officinalis D3. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in the mouth 3 times daily.

Menopausal hot flashes



SEPIA

Homeopathic support to help relieve stubborn menopausal-related hot flashes.

Ingredients: Cimicifuga (Actaea) racemosa D400, Lachesis mutus D400, Sanguinarinum canadensis D400, Sepia officinalis D400. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in the mouth 3 times weekly.

Heart tonic



SOLAURIT

A Homeopathic medicine that helps to support the healthy functioning of the heart and promote healthy heart rhythm.

Ingredients: Aconitum napellus D4, Aurum metallicum D6, Crataegus rhipidophylla D1, Kalmia latifolia D1, Melissa officinalis D4, Mentholum D2 Selenicereus (Cactus) grandiflorus D1, Spigelia anthelmia D4, Strophanthus hispidus D4, Valeriana officinalis D1, Selenicereus, Strophanthus hispidus D4. Preservative: 63% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

Heart support, circulation



PROCORDAL PLUS

A homoeopathic medicine which acts as a circulatory tonic and assists in supporting the healthy functioning of the heart.

Ingredients: Ambra grisea D7, Aurum metallicum D10, Avena sativa D1, Chininum arsenicosum D7, Convallaria majalis D1, Crataegus rhipidophylla D1, Equisetum hiemale D1, Hamamelis virginiana D1, Kalmia latifolia D5, Melissa officinalis D7, Selenicereus grandiflorus (Cactus grandiflorus) D1, Spigelia anthelmia D7, Veratrum album D7. Preservative: 28 % Alcohol. Contains sugar: sucrose 335 mg, natural sugars from wine.

Dosage: Take one medicine measure (5ml) three times daily before meals. Shake well before use.

Insect bites, nappy rash, fever blisters, sunburn



ALL HEAL PLUS

A topical healing ointment. Helps to relieve insect bites, minor localized sores, fever blisters and nappy rash. Consult your healthcare practitioner if symptoms are severe or there is no improvement within 3 days.

Ingredients: Calendula of cinalis D3, Echinacea angustifolia D3, Hamamelis virginiana D3, Natrium muriaticum D3, Stellaria media D3, Tamus communis D3, Symphytum of cinale radix 2 mg, Benzoinated lard 25 mg, Eucalyptus oil 25 mg, Kaolin 110 mg, Tincture benzoin 31,2 mg, Zinc oxide 28 mg. Preservatives: Tocopherol 0,1 mg, Methyl parahydroxy benzoate 0,15 %, Propyl parahydroxy benzoate 0,05 %.

Dosage: Apply a thin layer 2-3 times daily.

Infections, conjunctivitis & thrush



BUSO DROPS

Assists in the relief from symptoms of mild pink eye and mild oral thrush. For oral use only, do not apply to the eye. Warning: See a practitioner if symptoms are severe or do not improve after 2 days.

Ingredients: Atropa belladonna (Belladonna) Spag D10, Carbo animalis D10, Mercurius corrosivus D10, Natrium muriaticum D6, Silicea D10, Sulphur D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Incontinence, bedwetting



ENUR

May assist in dealing with bedwetting and involuntary urination.

Ingredients: Calcarea carbonica D30, Causticum D30, Equisetum arvense Spag D3, Ferrum phosphoricum D10, Kalium phosphoricum D10, Pulsatilla vulgaris Spag D3, Sabal serrulata D3, Sepia officinalis D6, Sulphur D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 drops on tone 3 times daily.
May be diluted in a little water for children.
May be taken 1-2 hourly in acute cases.

Itchy eyes, hay fever, runny nose, sneezing



HAY F

May assist in relief of hayfever with runny nose, itchy eyes & frequent sneezing. Does not cause drowsiness.

Ingredients: Agraphis nutans D3, Ambrosia artemisifolia D6, Aralia racemosa D6, Arundo donax D6, Chromium kalium sulphuricum D10, Naphthalinum D6, Sabadilla officinarum D12, Sambucus nigra D3, Sanguinarinum nitrica D6, Wyethia helenoides D6. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in mouth 3 times daily. May be taken 1-2 hourly in acute cases.

Injuries, bruises & muscular strain



INJURA

A homeopathic first aid remedy to help relieve pain and inflammation from minor injuries.

Use in conjunction with Rescue for associated emotional upset.

Ingredients: Anamirta cocculus Spag D30, Arnica montana D3, Atropa belladonna D6, Calendula officinalis D3, Causticum D6, Echinacea angustifolia D4, Hypericum perforatum D3, Ledum palustre D6, Ruta graveolens Spag D8, Symphytum officinale Spag D4. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1 - 2 hourly in acute cases.
Dilute with water for infants.

Impotence & male infertility



LANDI M

A homeopathic medicine for support for the male reproductive system which assists in relief of impotence & male infertility.

Ingredients: Acidum picricum D30, Aurum metallicum D30, Glandula suprarenalis D12, Glandula thymi D12, Orchitinum D12, Pancreas D12, Pituitrinum D12, Selenium metallicum D30, Strychnos nux-vomica, Spag D30, Thyroidinum D12. Preservative: 20% Alcohol. Sugar free.

Dosage: Take 10 drops directly on the tongue or diluted with a little water 3 times daily.

Indigestion, nausea & colic



MAGEN

A Homeopathic medicine to assist in relieving nausea, vomiting, indigestion and stomach cramps.

Ingredients: Anamirta cocculus (Cocculus) Spag D8, Antimonium crudum D10, Arsenicum iodatum D6, Atropa belladonna (Belladonna) Spag D8, Carbo vegetabilis D30, Cephaelis acuminata (Ipecacuanha) Spag D8, Cinchona succirubra Spag D3, Daphne mezereum Spag D8, Magnesium phosphoricum D10, Strychnos nux-vomica (Nux vomica) Spag D4. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Indigestion, heartburn & bloating (pregnancy)



MAGEN MELTS

Quick dissolving melts which may assist in relieving the symptoms associated with indigestion, bloating and heartburn. Mom only.

Ingredients: Anamirta cocculus Spag D8, Antimonium crudum D10, Arsenicum iodatum D6, Atropa belladonna Spag D8, Carbo vegetabilis D30, Cephaelis acuminata Spag D8, Cinchona succirubra Spag D3, Daphne mezereum Spag D8, Magnesium phosphoricum D10, Strychnos nux-vomica Spag D4. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water. Children & adults: 2 Tablets dissolved in the mouth. Take 3 times daily. May be taken 1-2 hourly in acute cases.

Irritability, stress, nervous tension, sleeplessness



NERVUTON 2

A Homoeopathic medicine to help relieve stress, irritation & nervous tension to restore calm and induce restful sleep without causing drowsiness.

Ingredients: Artemisia abrotanum spir. sicc. D1, Calcarea phosphorica D1, Datura stramonium D5, Humulus lupulus spir. sicc. D1, Kalium phosphoricum D3, Matricaria recutita (Chamomilla) spir. Sicc D1, Valeriana officinalis spir sicc. D1, Zincum valerianicum D4. Contains sugar: lactose 27 mg, sucrose 26 mg.

Dosage: Adults: 5 tablets. Children: 2 tablets. Take 3 times daily & again before going to bed.

Inflamed gums, mouth ulcers, bleeding gums



ODON

A homoeopathic medicine to assist in relieving mouth ulcers, bleeding and inflamed gums.

Ingredients: Atropa belladonna (Belladonna) Spag D3, Calcarea fluorica D10, Creosotum D10, Delphinium staphisagria (Staphisagria) Spag D4, Kalium muriaticum D6, Magnesium phosphoricum D10, Matricaria recutita (Chamomilla) Spag D3, Mercurius corrosivus D12, Plantago major Spag D6, Pulsatilla vulgaris Spag D8. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water three times daily. May be taken one to two hourly in acute cases while symptoms are severe. Dilute with water for infants and allow to stand for a short time before administering.

Immune support



ORGANO 1

An immune-boosting homoeopathic medicine which helps build resistance to infections and acts as a supportive aid when your immune system is low. Assists in relieving symptoms associated with low immunity such as mouth ulcers, boils and skin infections.

Ingredients: Arsenicum iodatum D10, Echinacea angustifolia Spag D3, Ferula asafoetida D10, Gun powder D8, Helianthemum canadense D10, Hepar sulphuris calcareum D6, Lachesis mutus D10, Marsdenia reichenbachii Spag D8, Phytolacca decandra Spag D3, Silicea D10. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. Take 1-2 hourly in acute cases. Dilute with water for infants.

Infections (recurrent), immune support



ORGANO 2

A immune-boosting homoeopathic medicine which helps support the body, especially when the immune system is chronically suppressed. It therefore helps to reduce recurrent infections.

Ingredients: Arsenicum iodatum D10, Echinacea angustifolia Spag D3, Ferula asafoetida D10, Gun powder D8, Helianthemum canadense D10, Hepar sulphuris calcareum D6, Lachesis mutus D10, Marsdenia reichenbachii Spag D8, Phytolacca decandra Spag D3, Silicea D10. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. Take 1-2 hourly in acute cases. Dilute with water for infants.

Inflammation, aching joints, muscular stiffness



RUMA 1

A homoeopathic medicine to help relieve acute aching joints, localized inflammation & muscular stiffness. Best used in conjunction with Ruma Plus.

Ingredients: Bryonia alba Spag D4, Causticum D6, Colchicum autumnale Spag D30, Ferrum phosphoricum D10, Ledum palustre Spag D6, Natrium phosphoricum D8 Rhododendron ferrugineum Spag D8, Rhus toxicodendron Spag D8, Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1-2 hourly in acute cases.

Irritability, stress, nervous tension



STRESSLESS

A homoeopathic medicine which helps support healthy functioning of the nervous system to relieve stress, irritability and nervous tension.

Ingredients: Acidum phosphoricum D1, Avena sativa D1, Cinchona succirubra D4, Cola acuminata D1, Cuprum metallicum D10, Humulus lupulus D1, Pulsatilla vulgaris D4, Strychnos nux-vomica D10, Valeriana officinalis D1, Veratrum album D10, Vitamin B1 7 mg, Vitamin B2 2,8 mg, Nicotinamide 28 mg, Vitamin B6 2,8 mg, Vitamin B12 5 mcg. Preservatives: 0.2 % Nipasept sodium. 10 % Alcohol.

Contains natural sugars from honey.

Dosage: Take one teaspoon (5 ml) 3 times daily before meals.

Aching joints, arthritis (prediagnosed)



RUMA OINTMENT

This is a topical homoeopathic medicine for the supportive relief of muscular ache, muscular stiffness, cramps & spasms, strains & sprains, muscular rheumatism and prediagnosed arthritis and sciatica. Best when used in conjunction with Ruma 1 or Ruma 2.

Ingredients: Arnica montana D1, Bryonia alba D1, Capsicum annum D3, Ledum palustre D3, Rhus toxicodendron D1, Ruta graveolens D3, Hamamelis water 1 mg, Menthol/Mentol 6 mg, Peppermint Oil 2 mg.

Dosage: Apply a thin layer of ointment 2 to 3 times daily. For external use only.

Aching joints, inflammation, muscular stiffness



RUMA 1

A homoeopathic medicine to help relieve acute aching joints, localized inflammation & muscular stiffness. Best used in conjunction with Ruma Plus.

Ingredients: Bryonia alba Spag D4, Causticum D6, Colchicum autumnale Spag D30, Ferrum phosphoricum D10, Ledum palustre Spag D6, Natrium phosphoricum D8, Rhododendron ferrugineum Spag D8, Rhus toxicodendron Spag D8, Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1-2 hourly in acute cases.

Kidney & bladder support



NIEREN

A supportive aid for ailments affecting the kidney and bladder.

Ingredients: Agathosma crenulata (Barosma crenata) D3, Arsenicum album D6, Berberis vulgaris D6, Hydrangea arborescens D6, Mercurius corrosivus D12, Methylenum coeruleum D3, Ocimum basilicum D12, Solidago virgaurea Spag D3, Strychnos nux-vomica (Nux vomica) Spag D6, Preservative: 20% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water 3 times daily.

May be taken hourly in acute cases while symptoms are severe.

Infants: Dilute with a little water and allow to stand for a short time before administering.

Lactation, vitality, breastfeeding



ALFALFA TONIC

A combination homoeopathic-nutritional supplement which serves as a vitality tonic which may help to restore a sense of vigour and well-being. It may promote lactation in breastfeeding mothers.

Ingredients: Acidum phosphoricum D3, Antimonium crudum D10, Cinchona succirubra D1, Cola acuminata D3, Hydrastis canadensis D1, Medicago sativa (Alfalfa) D1, Natrium muriaticum D6, Strychnos nux-vomica D6. Preservative: 20 % Alcohol. Contains sugar: sucrose 2.25 g.

Dosage: Take one teaspoon (5 ml) 3 times daily.

Low blood pressure



ANGIO DROPS

Homoeopathic support for prediagnosed low blood pressure. May assist in improving feelings of weakness, light-headedness and low vitality, often felt more strongly in hot weather.

Ingredients: Adonis vernalis D1, Aether D3, Convallaria majalis D1, Crataegus rhipidophylla D1, Lobelia inflata D4, Sarothamnus scoparius D3, Selenicereus grandiflorus D3, Valeriana officinalis D1. Preservative: 47 % Alcohol. Sugar free.

Dosage: 10 Drops in a little water 3 times daily.

Light sensitivity, eyestrain, dry eyes



EYEBRIGHT

Helps relieve eyestrain & sensitivity to light. May be helpful to relieve tired, watery or dry eyes which may be due to air conditioning or excessive screen-time.
Warning: Oral use only, do not apply to the eye.

Ingredients: Argentum nitricum D6, Arsenicum iodatum D10, Euphrasia officinalis Spag D4, Hydrastis canadensis Spag D4, Mercurius corrosivus D12, Natrium muriaticum D6, Physostigma venenosum D6 Pulsatilla vulgaris Spag D3, Senecio cineraria Spag D3, Sulphur D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
This medicine must be taken by mouth.
It is not an eyedrop.

Liver support, hangover & nausea



FEBRO 1

Drops to assist in relief of hangovers, often accompanied by nausea.

Ingredients: Aconitum napellus Spag D3, Atropa belladonna Spag D3, Bryonia alba Spag D3, Chelidonium majus Spag D10, Cinchona succirubra Spag D3, Ferrum phosphoricum D12, Ferula asafoetida D6, Strychnos nux-vomica, Spag D6. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1-2 hourly in acute cases.

Liver support, gallbladder support



FEBRO 2

May assist in the supportive treatment of prediagnosed liver and gall bladder conditions of a chronic nature.

Ingredients: Chelidonium majus Spag D3, Citrullus colocynthis Spag D10, Lycopodium clavatum Spag D10, Podophyllum peltatum Spag D10, Strychnos nux-vomica Spag D6, Veronicastrum (Leptandra) virginicum Spag D3. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. Dilute with water for infants.

Liver & gallbladder problems



GALLEN

Helps support liver and gallbladder function to improve digestion and relieve abdominal discomfort, biliousness, nausea, bloating and flatulence.

Ingredients: Achillea millefolium D2, Arctostaphylos uva-ursi D2, Artemisia absinthium D2, Berberis vulgaris D2, Chelidonium majus D2, Fel tauri D2, Gentiana lutea D2, Herniaria glabra D2, Kalium natrum tartaricum D2, Matricaria recutita D2, Nasturtium officinale D2, Natrium oleicum D2, Peumus boldus D2, Rhamnus frangula D2, Rheum palmatum D2, Silybum marianum D2, Taraxacum officinale D2, Trifolium fibrini D2. Preservative: 47 % Alcohol. Sugar free.

Dosage: 20 Drops on tongue or diluted in a little water 3 times daily. May be taken 1-2 hourly in acute cases. Infants take 10 drops diluted with water 3 times daily.

Lung support



LUNGEN

Homoeopathic medicine which helps to support the function of the lungs and promote recovery of lung function following chronic or recurrent lung conditions (such as bronchitis, influenza and other viral lung infections).

Ingredients: Betonica officinalis D3, Boletus laricis Spag D3, Centaurea cyanus Spag D3, Glechoma hederacea Spag D3, Malva sylvestris Spag D3, Marrubium vulgare Spag D3, Oenanthe aquatica Spag D3, Pimpinella saxifraga Spag D3, Polygala amara D3, Pulmonaria officinalis Spag D3, Salvia officinalis Spag D3, Tussilago farfara Spag D3, Urtica urens Spag D3. Preservative: 20 % Alcohol. Sugar free.

Dosage: Take ten drops directly on the tongue or diluted in a little water three times daily.

May be taken one to two hourly in acute cases while symptoms are severe.

Stimulating lymph drainage & detox support



LYMPHA

A Homeopathic medicine to support the body's detoxification process.

Ingredients: Arctostaphylos uva-ursi Spag D3, Betonica officinalis Spag D3, Capsella bursa-pastoris Spag D3, Cnicus benedictus Spag D3, Equisetum arvense Spag D3, Geranium robertianum Spag D3, Lamium album Spag D3, Lycopodium clavatum Spag D3, Phaseolus nanus Spag D3, Scrophularia nodosa Spag D3, Sedum acre Spag D3, Solidago virgaurea Spag D3, Stellaria media Spag D3, Verbena officinalis Spag D3. Preservative: 20% Alcohol.

Dosage: 10 Drops on tongue 3 times daily.

May be taken 1-2 hourly in acute cases.

Lactation support, cracked nipples



PROLAK MELTS

Quick dissolving melts which may assist in supporting milk production. Use in conjunction with Natura Nipella when nipples are sore or cracked.

Ingredients: Apomorphia hydrochloricum 6CH, Anamirta cocculus (Cocculus) 3CH, Cephaelis acuminata (Ipecacuanha) 3CH, Cuprum metallicum 6CH Ferrum phosphoricum 5CH, Iris versicolor 3CH, Petroleum 3CH, Strychnos nux-vomica (Nux vomica) 5CH, Tabacum 3CH Veratrum album 6CH. Contains sugar: lactose 47 mg.

Dosage: 2 Tablets under the tongue on rising and 3 times daily when necessary.

May be taken every 15 minutes when symptoms are acute. Reduce dosage with improvement.

Stiff & aching muscles, muscular sprains, bruises



ARNICA PLUS GEL

A topical application to assist in the relief from bruises, stiff, aching muscles, muscular sprains and strains.

Ingredients: Arnica montana MT, Hypericum perforatum D3, Rhus toxicodendron D3, Ruta graveolens D3, Symphytum officinale D3. Preservative: Sodium methyl hydroxybenzoate 0.1 %.

Dosage: Apply a thin layer 2 to 3 times daily. For external use only.

Mouth ulcers, disinfectant, cuts, grazes



CALENDULA CARE

A concentrate to assist with the healing of Cuts, Grazes and Mouth Ulcers. Helps to disinfect. Dilute before use.

Ingredients: Calendula officinalis flower extract 500 mg. Preservative: Alcohol 90%

Dosage: For cuts and grazes: Add 1 ml concentrate to 9 ml water*. Liberally cleanse the affected area until it is clean. Repeat daily or as necessary. Discard any unused mixture.

For mouth ulcers: Add 2,5 ml concentrate to 50 ml water*. Rinse the mouth being careful not to swallow. Repeat 3 times daily or after every meal. Discard any unused mixture.

*Water should be sterile or boiled and cooled

Menstrual problems



FEMINON

Relief for irregular and painful menstruation.

Warning: if no improvement within 2-3 months, please consult a healthcare practitioner.

Ingredients: Calcarea carbonica D10, Chelidonium majus D4, Cimicifuga racemosa D3, Hamamelis virginiana D1, Phosphorus D6, Pulsatilla vulgaris D1, Vitex agnus-castus D1. Preservative: 50 % Alcohol. Sugar free.

Dosage: Take 10 drops directly on the tongue or diluted with a little water 3 times daily.

Mucus, cold, fever (mild), headache (mild), cough



GRIPLESS 1

May assist in relief from cold and flu symptoms at onset. Homoeopathic remedies in this formulation address mild fever, body pain, mild headache, cough, excess mucus and tiredness. Does not cause drowsiness.

Ingredients: Aconitum napellus Spag D3, Antimonium tartaricum D6, Atropa belladonna Spag D3, Bryonia alba Spag D10, Causticum D6, Eucalyptus globulus Spag D3, Eupatorium perfoliatum, Spag D3, Ferrum phosphoricum D10, Gelsemium sempervirens, Spag D6, Glonoinum D6, Mercurius solubilis D10, Natrium nitricum D10. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Muscular strain, injuries, bruises



INJURA

A homeopathic first aid remedy to help relieve pain and inflammation from minor injuries. Use in conjunction with Rescue for associated emotional upset.

Ingredients: Anamirta cocculus Spag D30, Arnica montana D3 Atropa belladonna D6, Calendula officinalis D3, Causticum D6, Echinacea angustifolia D4, Hypericum perforatum D3, Ledum palustre D6, Ruta graveolens Spag D8, Symphytum officinale Spag D4. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1 - 2 hourly in acute cases. Dilute with water for infants.

Muscular cramps & brittle nails



KALMAG

A muscle, bone and joint supplement which assists with the absorption of minerals and assists in the treatment of bone fractures, brittle nails, white spots on nails and muscular cramps & spasms.

Ingredients: Calcareo fluoricum D6, Calcareo phosphoricum D6, Dolomite D3, Ferrum phosphoricum D6, Kalium muriaticum D6, Kalium phosphoricum D6, Magnesium phosphoricum D6, Silicea D6. Contains sugar. lactose 0.95 g.

Dosage: Dissolve 1 g (1 scoop or 1/4 teaspoon) in mouth 3 times daily.

Male infertility & impotence



LANDI M

A homoeopathic medicine for support for the male reproductive system which assists in relief of impotence & male infertility.

Ingredients: Acidum picricum D30, Aurum metallicum D30, Glandula suprarenalis D12, Glandula thymi D12, Orchitinum D12, Pancreas D12, Pituitrinum D12, Selenium metallicum D30, Strychnos nux-vomica, Spag D30, Thyroidinum D12. Preservative: 20% Alcohol. Sugar free.

Dosage: Take 10 drops directly on the tongue or diluted with a little water 3 times daily.

Mild allergies



MIXED ALLERGIN

A homoeopathic medicine to desensitize the body to common environmental allergens (such as animal fur and feathers, household dust and moulds, cigarettes, dairy products, foods, fruits, vegetables, legumes, grains, grasses, pollens and household synthetics.) It helps to relieve common allergic symptoms such as itching of the eyes, nose, skin and throat, sneezing, runny nose and skin rashes.

Ingredients: Allergin animals D200, Allergin cigarettes D200, Allergin dairy D200, Allergin dust D200, Allergin foods D200, Allergin fruits D200, Allergin grains D200, Allergin grass D200, Allergin pollen D200, Allergin vegetables & legumes D200. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in mouth 3 times weekly.

Morning sickness



MOTON MELTS

Quick dissolving melts that may help to relieve morning sickness as a result of pregnancy.

Ingredients: Apomorphia hydrochloricum 6CH, Anamirta cocculus (Cocculus) 3CH, Cephaelis acuminata (Ipecacuanha) 3CH, Cuprum metallicum 6CH, Ferrum phosphoricum 5CH, Iris versicolor 3CH, Petroleum 3CH, Strychnos nux-vomica (Nux vomica) 5CH, Tabacum 3CH, Veratrum album 6CH. Contains sugar: lactose 47 mg.

Dosage: 2 Tablets under the tongue on rising and 3 times daily when necessary. May be taken every 15 minutes when symptoms are acute.

Mouth ulcers & inflamed gums



ODON

A homoeopathic medicine to assist in relieving mouth ulcers, bleeding and inflamed gums.

Ingredients: Atropa belladonna (Belladonna) Spag D3, Calcarea fluorica D10, Creosotum D10, Delphinium staphisagria (Staphisagria) Spag D4, Kalium muriaticum D6, Magnesium phosphoricum D10, Matricaria recutita (Chamomilla) Spag D3, Mercurius corrosivus D12, Plantago major Spag D6, Pulsatilla vulgaris Spag D8. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water three times daily. May be taken one to two hourly in acute cases while symptoms are severe. Dilute with water for infants and allow to stand for a short time before administering.

Mental fatigue, nervous stress, PMS



NERVUTON 1

May assist in relieving premenstrual tension often accompanied by irritability, nervous stress, sensitivity & tearfulness.

Ingredients: Acidum phosphoricum D1, Avena sativa D1, Cinchona succirubra D4, Cola acuminata (Kola) D1, Cuprum metallicum D10, Humulus lupulus D1, Pulsatilla vulgaris D4, Strychnos nux-vomica (Nux vomica) D10, Valeriana officinalis D1, Veratrum album D10. Preservative: 52% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water three times daily. May be taken hourly in acute cases while symptoms are severe.

Nosebleed, menstruation



SANGO

A homeopathic medicine which helps restore vitality after loss of blood. It helps with reducing nosebleeds, as well as heavy menstruation.

Ingredients: Aconitum napellus Spag D4, Cinchona succirubra Spag D4, Erigeron canadense Spag D3, Ferrum phosphoricum D10, Hamamelis virginiana Spag D3, Hepar sulphuris calcareum D30, Secale cornutum D30, Sepia officinalis D10, Ustilago maydis Spag D6. Preservative: 20% Alcohol. Sugar Free.

Dosage: 10 drops directly on the tongue or diluted in a little water three times daily. May be taken hourly in acute cases while symptoms are severe.

Menopausal symptoms



PHYTOL PLUS

A Homeopathic medicine to help relieve symptoms associated with Menopause, including Hot Flushes, Emotional stress, Vaginal dryness, Sleep disturbances, Negative mood, Physical and mental exhaustion, Irritability. Warning: see below.

Ingredients: Rheum rhaponticum 4mg, Humulus lupulus 80mg, Ferula sumbul D6, Glonoinum D30, Phytolacca decandra D30 Pilocarpus jaborandi (Jaborandi) D6, Ustilago maydis D4. Contains sugars: lactose 116 mg, sucrose, 126 mg.

Dosage: 1 or 2 tablets daily after a meal or as prescribed.

Warning: Consult your healthcare practitioner before taking Phytol Plus if you have or have ever had any of the following conditions:

- Endometriosis, fibroids or any growth or cancer affecting your breasts, uterus or cervix.
- A blood clot or embolism or a condition arising from blood clots such as a heart attack, stroke or angina.
- Liver or gall bladder disease, chronic urinary disorders, chronic constipation or diarrhoea or chronic vomiting.

Aching joints & localized inflammation



RUMA 1

A homoeopathic medicine to help relieve acute aching joints, localized inflammation & muscular stiffness. Best used in conjunction with Ruma Plus.

Ingredients: Bryonia alba Spag D4, Causticum D6, Colchicum autumnale Spag D30, Ferrum phosphoricum D10, Ledum palustre Spag D6, Natrium phosphoricum D8, Rhododendron ferrugineum Spag D8, Rhus toxicodendron Spag D8. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Muscular pains & localized inflammation



RUMA PLUS

This is a topical homeopathic medicine for the supportive relief of muscular ache, muscular stiffness, cramps & spasms, strains & sprains, muscular rheumatism and prediagnosed arthritis and sciatica. Best when used in conjunction with Ruma 1 or Ruma 2.

Ingredients: Arnica montana D1, Bryonia alba D1, Capsicum annum D3, Ledum palustre D3, Rhus toxicodendron D1, Ruta graveolens D3, Hamamelis water 1 mg, Menthol/Mentol 6 mg, Peppermint Oil 2 mg.

Dosage: Apply a thin layer of ointment 2 to 3 times daily. For external use only.

Menopausal hot flashes



SEPIA

Homeopathic support to help relieve stubborn menopausal-related hot flashes.

Ingredients: Cimicifuga (Actaea) racemosa D400, Lachesis mutus D400, Sanguinarinum canadensis D400, Sepia officinalis D400. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in the mouth 3 times weekly.

Metabolism (slow), craving (sugar)



STRUMA 2

A Homeopathic medicine to help overcome a sluggish metabolism and help reduce the craving for sweet treats. This product may assist with weight loss when used with increased physical activity and an energy reduced diet in healthy individuals.

Ingredients: Bromium D6, Calcarea carbonica D10, Calcarea fluorica D6, Pilocarpus jaborandi (Jaborandi) D6, Spongia tosta D3, Thyroid D6. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in the mouth 3 times daily.

Metabolism



STRUMA 1

A homoeopathic medicine for use in the relief of rapid metabolism and excessive perspiration. May also assist with weight gain.

Ingredients: Acidum fluoricum D10, Aurum metallicum D30, Daphne mezereum Spag D8, Fucus vesiculosus Spag D30, Iodium D200, Lycopus virginicus D200, Spongia tosta D200, Thyroidinum D200. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

Nappy rash, fever blisters, insect bites, sunburn



ALL HEAL PLUS

A topical healing ointment. Helps to relieve insect bites, minor localized sores, fever blisters and nappy rash. Consult your healthcare practitioner if symptoms are severe or there is no improvement within 3 days.

Ingredients: Calendula of cinalis D3, Echinacea angustifolia D3, Hamamelis virginiana D3, Natrium muriaticum D3, Stellaria media D3, Tamus communis D3, Symphytum of cinale radix 2 mg, Benzoinated lard 25 mg, Eucalyptus oil 25 mg, Kaolin 110 mg, Tincture benzoin 31,2 mg, Zinc oxide 28 mg. Preservatives: Tocopherol 0,1 mg, Methyl parahydroxy benzoate 0,15 %, Propyl parahydroxy benzoate 0,05 %.

Dosage: Apply a thin layer 2-3 times daily.

Nappy rash, cuts, grazes, burns (minor)



CALENDULA PLUS

A homoeopathic medicine to help relieve acute aching joints, localized inflammation & muscular stiffness. Best used in conjunction with Ruma Plus.

Ingredients: Calendula officinalis D1, Echinacea angustifolia D3, Hamamelis virginiana D3, Symphytum officinalis D3.

Dosage: Apply a thin layer 2 to 3 times daily.

Nausea, liver support, gallbladder support



FEBRO 2

May assist in the supportive treatment of prediagnosed liver and gall bladder conditions of a chronic nature.

Ingredients: Chelidonium majus Spag D3, Citrullus colocynthis Spag D10, Lycopodium clavatum Spag D10, Podophyllum peltatum Spag D10, Strychnos nux-vomica Spag D6, Veronicastrum (Leptandra) virginicum Spag D3. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. Dilute with water for infants.

Liver & gallbladder problems



GALLEN

Helps support liver and gallbladder function to improve digestion and relieve abdominal discomfort, biliousness, nausea, bloating and flatulence.

Ingredients: Achillea millefolium D2, Arctostaphylos uva-ursi D2, Artemisia absinthium D2, Berberis vulgaris D2, Chelidonium majus D2, Fel tauri D2, Gentiana lutea D2, Herniaria glabra D2, Kalium natrum tartaricum D2, Matricaria recutita D2, Nasturtium officinale D2, Natrium oleicum D2, Peumus boldus D2, Rhamnus frangula D2, Rheum palmatum D2, Silybum marianum D2, Taraxacum officinale D2, Trifolium fibrini D2. Preservative: 47 % Alcohol. Sugar free.

Dosage: 20 Drops on tongue or diluted in a little water 3 times daily. May be taken 1-2 hourly in acute cases. Infants take 10 drops diluted with water 3 times daily.

Nausea, indigestion & colic



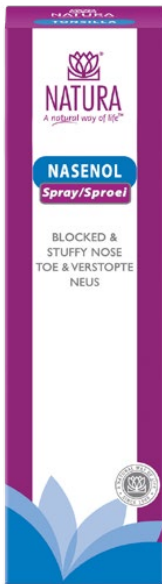
MAGEN

Homeopathic medicine to assist in relieving nausea, vomiting, indigestion and stomach cramps.

Ingredients: Anamirta cocculus (Cocculus) Spag D8, Antimonium crudum D10, Arsenicum iodatum D6, Atropa belladonna (Belladonna) Spag D8, Carbo vegetabilis D30, Cephaelis acuminata (Ipecacuanha) Spag D8, Cinchona succirubra Spag D3, Daphne mezereum Spag D8, Magnesium phosphoricum D10, Strychnos nux-vomica (Nux vomica) Spag D4. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1-2 hourly in acute cases.

Blocked nose, hayfever



NASENOL NASAL SPRAY

A homoeopathic nose spray for blocked nose and hay fever.

Ingredients: Agraphis nutans D3, Euphrasia officinalis D1, Hydrastis canadensis D1, Penthorum sedoides D3, Sabadilla officinarum D1, Sambucus nigra D3, Sanguinarium nitrica D8, Thuja occidentalis D1, Wyethia helenoides D3, 0.9% Saline. Preservative: 0.2 % Nipagin M sodium.

Dosage: Nasal spray: Administer 1- 2 sprays in each nostril 2- 4 hourly or as required. Shake before use.

Skin blemishes due to nervous stress



NERVA 1

May assist in the supportive treatment of prediagnosed liver and gall bladder conditions of a chronic nature.

Ingredients: Acidum phosphoricum D10, Baryta carbonica D30, Borax D8, Carbo vegetabilis D30, Cinchona succirubra Spag D3, Coffea cruda Spag D8, Kalium phosphoricum D10 Selenium metallicum D30. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1 to 2 hourly in acute cases. Dilute with water for infants.

Mental fatigue, nervous stress, PMS



NERVUTON 1

May assist in relieving premenstrual tension often accompanied by irritability, nervous stress, sensitivity & tearfulness.

Ingredients: Acidum phosphoricum D1, Avena sativa D1, Cinchona succirubra D4, Cola acuminata (Kola) D1, Cuprum metallicum D10, Humulus lupulus D1, Pulsatilla vulgaris D4, Strychnos nux-vomica (Nux vomica) D10, Valeriana officinalis D1, Veratrum album D10. Preservative: 52% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water three times daily. May be taken hourly in acute cases while symptoms are severe.

Nervous tension, irritability, stress, sleeplessness



NERVUTON 2

A Homeopathic medicine to help relieve stress, irritation & nervous tension to restore calm and induce restful sleep without causing drowsiness.

Ingredients: Artemisia abrotanum spir. sicc. D1, Calcarea phosphorica D1, Datura stramonium D5, Humulus lupulus spir. sicc. D1, Kalium phosphoricum D3, Matricaria recutita (Chamomilla) spir. Sicc D1, Valeriana officinalis spir sicc. D1, Zincum valerianicum D4. Contains sugar: lactose 27 mg, sucrose 26 mg.

Dosage: Adults: 5 tablets. Children: 2 tablets. Take 3 times daily & again before going to bed.

Lactation support, cracked nipples



PROLAK MELTS

Quick dissolving melts which may assist in supporting milk production. Use in conjunction with Natura Nipella when nipples are sore or cracked.

Ingredients: Apomorphia hydrochloricum 6CH, Anamirta cocculus (Cocculus) 3CH, Cephaelis acuminata (Ipecacuanha) 3CH, Cuprum metallicum 6CH Ferrum phosphoricum 5CH, Iris versicolor 3CH, Petroleum 3CH, Strychnos nux-vomica (Nux vomica) 5CH, Tabacum 3CH Veratrum album 6CH. Contains sugar: lactose 47 mg.

Dosage: 2 Tablets under the tongue on rising and 3 times daily when necessary.

May be taken every 15 minutes when symptoms are acute. Reduce dosage with improvement.

Nosebleed, menstruation



SANGO

A homeopathic medicine which helps restore vitality after loss of blood. It helps with reducing nosebleeds, as well as heavy menstruation.

Ingredients: Aconitum napellus Spag D4, Cinchona succirubra Spag D4, Erigeron canadense Spag D3, Ferrum phosphoricum D10, Hamamelis virginiana Spag D3, Hepar sulphuris calcareum D30, Secale cornutum D30, Sepia officinalis D10, Ustilago maydis Spag D6. Preservative: 20% Alcohol. Sugar Free.

Dosage: 10 drops directly on the tongue or diluted in a little water three times daily. May be taken hourly in acute cases while symptoms are severe.

Sleeplessness (due to worry), nervousness, grief



RESCUE

A homeopathic-flower essence combination remedy which helps relieve feelings of overwhelm, emotional shock, grief, fear & sleeplessness due to worry.

Ingredients: Ambra grisea D6, Banisteriopsis caapi Spag D60, Clematis vitalba (Clematis) flos. aq. inf. 0,04 mg, Helianthemum nummularium (Rock Rose) flos. aq. inf. 0,04 mg, Impatiens glandulifera (Impatiens) flos. aq. inf. 0,04 mg, Melissa officinalis Spag D3, Ornithogalum umbellatum (Star of Bethlehem) flos. aq. inf. 0,04 mg, Prunus cerasifera (Cherry Plum) flos. aq. inf. 0,04 mg. Preservative: 25 % Alcohol, 50 % Glycerol.

Dosage: 3 sprays into the mouth. Children take 1-2 sprays. 10 drops directly on the tongue or diluted in a little water. Children take 5 drops. 2 tablets dissolved in the mouth. Children take 1 tablet. Rescue may be taken up to every 15 minutes.

Pimples, acne



ACNE PLUS OINTMENT

A topical application for assisting with acne and pimples.

Ingredients: Berberis aquifolium D3, Borax D3, Centella asiatica D1. Preservative: Sodium methyl parahydroxy benzoate 0.3%.

Dosage: Apply a thin layer of ointment 2 to 3 times daily.

Poor concentration & exam stress



CERBO

May assist in dealing with exam stress, mental fatigue, poor concentration and excitability including a tendency to hyperactive behaviour.

Ingredients: Acidum picricum D10, Atropa belladonna (Belladonna) Spag D3, Atropinum sulfuricum D6, Banisteriopsis caapi (Banjage) Spag D60, Gelsemium sempervirens Spag D4, Kalium phosphoricum D10, Veratrum viride D10, Zincum metallicum D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

Menstrual problems



FEMINON

Relief for irregular and painful menstruation.

Warning: if no improvement within 2-3 months, please consult a healthcare practitioner.

Ingredients: Calcareo carbonica D10, Chelidonium majus D4, Cimicifuga racemosa D3, Hamamelis virginiana D1, Phosphorus D6, Pulsatilla vulgaris D1, Vitex agnus-castus D1. Preservative: 50 % Alcohol. Sugar free.

Dosage: Take 10 drops directly on the tongue or diluted with a little water 3 times daily.

Pimples (stress), blemishes (stress)



NERVA 1

May assist in the supportive treatment of prediagnosed liver and gall bladder conditions of a chronic nature.

Ingredients: Acidum phosphoricum D10, Baryta carbonica D30, Borax D8, Carbo vegetabilis D30, Cinchona succirubra Spag D3, Coffea cruda Spag D8, Kalium phosphoricum D10 Selenium metallicum D30. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1 to 2 hourly in acute cases. Dilute with water for infants.

PMS, irritability, nervous stress, tearfulness, sensitivity



NERVUTON 1

May assist in relieving premenstrual tension often accompanied by irritability, nervous stress, sensitivity & tearfulness.

Ingredients: Acidum phosphoricum D1, Avena sativa D1, Cinchona succirubra D4, Cola acuminata (Kola) D1, Cuprum metallicum D10, Humulus lupulus D1, Pulsatilla vulgaris D4, Strychnos nux-vomica (Nux vomica) D10, Valeriana officinalis D1, Veratrum album D10. Preservative: 52% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water three times daily. May be taken hourly in acute cases while symptoms are severe.

Post nasal drip, sore throat



PHARYNA

A homoeopathic medicine for relief of sore throat and postnasal drip.

Ingredients: Acidum nitricum D10, Apis mellifica D4, Baryta muriatica D10, Hepar sulphuris calcareum D6, Kalium muriaticum D6, Lachesis mutus D10, Mercurius cyanatus D10, Phosphorus D10, Phytolacca decandra Spag D3. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted with a little water 3 times daily. May be taken hourly in acute cases while symptoms are severe. Infants: Dilute with water and allow to stand for a short time before administering.

Pigmentation, blemishes



PIGMENT

A homoeopathic medicine which may assist with skin blemishes and pigmentation.

Ingredients: Caulophyllum thalictroides D60, Hydroquinonum D60, Sepia officinalis D60, Vitiligo nosode D60. Contains sugar. lactose 240 mg.

Dosage: Dissolve 2 tablets in the mouth every alternate day for long term treatment of approximately 3 months.

Urination difficulties (men)



PROSTATAT

A homeopathic medicine for the supportive, symptomatic relief of mild disorders of the prostate gland and male lower urinary tract. It helps relieve discomfort and altered urinary patterns in men.

Ingredients: Cantharis vesicatoria D3, Chimaphila umbellata D3, Chondrodendron tomentosum (Pareira brava) D2, Clematis erecta D3 Conium maculatum D3, Populus tremula D1, Pulsatilla vulgaris D3, Sabal serrulata D1, Urtica dioica D1. Preservative: 30% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water 3 times daily.

Runny tummy



DANON MELTS

Quick dissolving melts that may assist in relieving symptoms of a mild runny tummy. **Warning:** Please seek medical attention if no improvement within 12 hours.

Ingredients: Aloe ferox 3CH, Arsenicum album 5CH, Cinchona succirubra (China) 3CH, Citrullus colocynthis (Colocynthis) 3CH, Magnesium phosphoricum 5CH, Matricaria recutita (Chamomilla) 3CH, Mercurius corrosivus 3CH, Podophyllum peltatum 3CH, Veratrum album 3CH. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water.
Children & adults: 2 Tablets dissolved in the mouth.
Take every 15 minutes for 5-6 doses. Thereafter 4 times daily.

Restful sleep



KARMA SLEEP MELTS

Quick dissolving melts which encourage restful sleep.

Ingredients: Avena sativa D3, Coffea cruda 30CH, Humulus lupulus D3, Matricaria recutita (Chamomilla) 3CH, Medicago sativa (Alfalfa) D3, Passiflora incarnata D3, Valeriana officinalis D3. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water.
Children & adults: 2 Tablets dissolved in the mouth.
Take 3 times daily and at bedtime.

Tension headache & restlessness



NERVA 2

A homoeopathic medicine to assist in relieving tension headaches, restlessness and hyperactivity.

Ingredients: Atropa belladonna Spag D4, Banisteriopsis caapi Spag D60, Coffea cruda Spag D8, Magnesium phosphoricum D10, Platinum metallicum D30, Strychnos nux-vomica, Spag D4, Zincum valerianicum D6.
Preservative: 20% Alcohol. Sugar free

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1 to 2 hourly in acute cases.
Dilute with water for infants.

Runny nose, upper respiratory infection, sore throat



PENTAGEN

A herbal-homoeopathic medicine with Pelargonium to target the 5 main areas of colds, flu and upper respiratory tract infections:

- | | |
|-----------------------------|--------------------|
| - blocked & runny nose | - cough |
| - painful sinuses | - body ache, mild |
| - sore throat & tonsillitis | fever and fatigue. |

Ingredients: Pelargonium sidoides radix (1:10) 80.0 g, Ferrum phosphoricum 6CH Hydrastis canadensis 6CH, Kalium bichromicum 6CH, Mercurius solubilis 6CH, Natrium muriaticum 6CH, Polygala senega 3CH, Pulsatilla vulgaris 30CH, Sambucus nigra 6CH. Preservatives: 42% Glycerol, 15% Alcohol. Sugar free.

Dosage: Adults over 12 years: Take 30 drops (1.5 ml) 3 times daily. Children 6–12 years: Take 20 drops (1.0 ml) 3 times daily. Children 6 months – 6 years: Take 10 drops (0.5 ml) 3 times daily.

Restlessness, distress, tearfulness (baby)



RESCUE MELTS

Quick dissolving melts which may assist in relieving feelings of distress, restlessness and tearfulness.

Ingredients: Ambra grisea D6, Banisteropsis caapi Spag D60, Clematis vitalba (Clematis) aqua inf. 0,4 mcg, Helianthemum nummularium (Rock Rose) aqua inf. 0,4 mcg, Impatiens glandulifera (Impatiens) aqua inf. 0,4 mcg, Melissa officinalis Spag D3, Ornithogalum umbellatum (Star of Bethlehem) aqua inf. 0,4 mcg, Prunus cerasifera (Cherry Plum) aqua inf. 0,4 mcg, Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water.
Children: 2 Tablets dissolved in the mouth.
Take 3 times daily. May be taken every 15 minutes in acute cases.

Chronic arthritis & rheumatism support



RUMA 2

A homoeopathic medicine which assists in relieving lower back pain and chronic arthritis & rheumatism.

Ingredients: Achillea millefolium Spag D3, Aconitum napellus Spag D3, Arctium lappa Spag D3, Betula alba Spag D3, Bryonia alba Spag D3, Filipendula ulmaria Spag D3, Guaiacum officinale Spag D3, Ononis spinosa Spag D3, Rhododendron ferrugineum Spag D3, Rhus toxicodendron Spag D3, Ruta graveolens Spag D3, Solanum dulcamara (Dulcamara) Spag, Solidago virgaurea Spag D3. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.
May be taken 1-2 hourly in acute cases.

Arthritis & rheumatism support



RUMA 3

A homeopathic medicine for the long term support of prediagnosed arthritis and rheumatism.

Ingredients: Ammonium carbonicum D30, Arthritis urtica forte D30, Bryonia alba D6, Cimicifuga racemosa D6, Guaiacum officinale D6, Radium bromatum D30, Rhus toxicodendron D6, Ruta graveolens D6, Solanum dulcamara D6. Contains sugar: lactose 240 mg.

Dosage: Dissolve two tablets in the mouth three times daily.

Sinusitis with sneezing & runny nose



SINFRONTAL

May assist with relief of a runny or blocked nose, itchy, watery eyes and post nasal drip. Homeopathic support to help relieve sneezing, runny nose and painful sinuses.

Ingredients: Chininum arsenicosum D6, Ferrum phosphoricum D6, lactose 240 mg, Mercurius solubilis D6, Mercurius sulphuratus ruber (Cinnabaris) D6.

Dosage: Dissolve 2 tablets in the mouth 3 times daily. May be taken hourly in acute cases while symptoms are severe.

Sunburn, insect bites, nappy rash, fever blisters



ALL HEAL PLUS

A topical healing ointment. Helps to relieve insect bites, minor localized sores, fever blisters and nappy rash. Consult your healthcare practitioner if symptoms are severe or there is no improvement within 3 days.

Ingredients: Calendula of cinalis D3, Echinacea angustifolia D3, Hamamelis virginiana D3, Natrium muriaticum D3, Stellaria media D3, Tamus communis D3, Symphytum of cinale radix 2 mg, Benzoinated lard 25 mg, Eucalyptus oil 25 mg, Kaolin 110 mg, Tincture benzoin 31,2 mg, Zinc oxide 28 mg. Preservatives: Tocopherol 0,1 mg, Methyl parahydroxy benzoate 0,15 %, Propyl parahydroxy benzoate 0,05 %.

Dosage: Apply a thin layer 2-3 times daily.

Smoking



ANTI-TOBACCO

May help to overcome cravings and irritability associated with giving up the smoking habit.

Ingredients: Avena sativa D3, Caladium seguinum D60, Nicotinum D60, Strychnos ignatti (Ignatia) D4, Strychnos nux-vomica (Nux vomica) D6, Tabacum D60, Wikstroemia viridifolia D6. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 1-2 hourly for the first week. Thereafter 10 drops 3-4 times daily.

Bruises & stiff aching muscles



ARNICA D6

May assist in the relief from bruises, stiff, aching muscles, muscular sprains and strains.

Ingredients: Arnica montana D6. Contains sugar: Contains sugar: lactose 47 mg.

Dosage: Dissolve 2 tablets in mouth 3 times daily. May be taken 1-2 hourly in acute cases.

Stiff & aching muscles, muscular sprains



ARNICA PLUS GEL

A topical application to assist in the relief from bruises, stiff, aching muscles, muscular sprains and strains.

Ingredients: Arnica montana MT, Hypericum perforatum D3, Rhus toxicodendron D3, Ruta graveolens D3, Symphytum officinale D3. Preservative: Sodium methyl hydroxybenzoate 0.1 %.

Dosage: Apply a thin layer 2 to 3 times daily. For external use only.

Light sensitivity, blurry vision, cataracts (prediagnosed)



CATARACT

Supportive treatment that may assist in the early onset of prediagnosed cataracts, optical opacities and associated blurry vision with light sensitivity. Continue consulting your healthcare practitioner for ongoing monitoring of your condition.

Ingredients: Calcarea fluorica D12, Cataracta senilis D60, Euphrasia officinalis D12, Naphthalinum D12, Phosphorus D30, Senecio cineraria D6, Silicea D60, Zincum phosphoricum D60. Contains sugar: lactose 240 mg.

Dosage: 2 Tablets every second day for one month.

Snuffles (baby)



CATARO MELTS

Quick dissolving melts that may assist in relieving snuffles in babies and children.

Ingredients: Aconitum napellus Spag D4, Eucalyptus globulus Spag D3, Eupatorium perfoliatum Spag D3, Gelsemium sempervirens Spag D4, Hydrastis canadensis Spag D4, Kalium bichromicum D6, Pulsatilla vulgaris Spag D3, Sanguinarinum nitrica D6, Thuja occidentalis Spag D8. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 tablet dissolved in a little water.
Children: 2 tablets dissolved in the mouth.
Take 3 times daily.
May be taken 1-2 hourly in acute cases.

Exam stress, fatigue, excitability, hyperactive behaviour



CERBO

May assist in dealing with exam stress, mental fatigue, poor concentration and excitability including a tendency to hyperactive behaviour.

Ingredients: Acidum picricum D10, Atropa belladonna (Belladonna) Spag D3, Atropinum sulfuricum D6, Banisteriopsis caapi (Banjage) Spag D60, Gelsemium sempervirens Spag D4, Kalium phosphoricum D10, Veratrum viride D10, Zincum metallicum D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

Stomach cramping, diarrhoea



DIARRHO

Homoeopathically helps to relieve mild diarrhoea with associated cramping. **Warning:** If no improvement within 24 hours, please consult your healthcare practitioner. It is important to ensure proper hydration when dealing with diarrhoea.

Ingredients: Aloe ferox D10, Arsenicum album D10, Cinchona succirubra Spag D3, Croton tiglium D10, Ferrum phosphoricum D10, Kalium muriaticum D6, Matricaria recutita (Chamomilla) Spag D3, Podophyllum peltatum D10, Solanum dulcamara Spag D3. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases. Dilute with water for infants.

Sneezing, itchy eyes, hay fever, runny nose



HAY F

May assist in relief of hayfever with runny nose, itchy eyes & frequent sneezing. Does not cause drowsiness.

Ingredients: Agraphis nutans D3, Ambrosia artemisifolia D6, Aralia racemosa D6, Arundo donax D6, Chromium kalium sulphuricum D10, Naphthalinum D6, Sabadilla officinarum D12, Sambucus nigra D3, Sanguinarinum nitrica D6, Wyethia helenoides D6. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in mouth 3 times daily. May be taken 1-2 hourly in acute cases.

Sleep (baby)



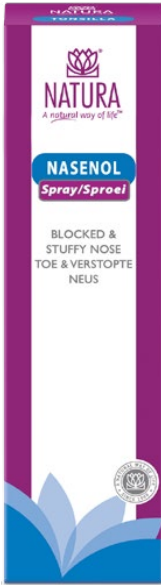
KARMA SLEEP MELTS

Quick dissolving melts which encourage restful sleep.

Ingredients: Avena sativa D3, Coffea cruda 30CH, Humulus lupulus D3, Matricaria recutita (Chamomilla) 3CH, Medicago sativa (Alfalfa) D3, Passiflora incarnata D3, Valeriana officinalis D3. Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water. Children & adults: 2 Tablets dissolved in the mouth. Take 3 times daily and at bedtime.

Stuffy nose, hayfever



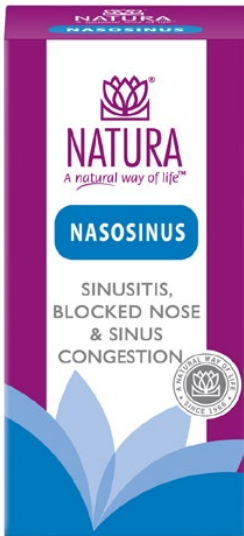
NASENOL NASAL SPRAY

A homoeopathic nose spray for blocked nose and hay fever.

Ingredients: Agraphis nutans D3, Euphrasia officinalis D1, Hydrastis canadensis D1, Penthorum sedoides D3, Sabadilla officinarum D1, Sambucus nigra D3, Sanguinarium nitrica D8, Thuja occidentalis D1, Wyethia helenoides D3, 0.9% Saline. Preservative: 0.2 % Nipagin M sodium.

Dosage: Nasal spray. Administer 1-2 sprays in each nostril 2-4 hourly or as required. Shake before use.

Blocked nose & sinus congestion



NASOSINUS

May assist in dealing with a blocked nose with thick, yellow nasal discharge.

Ingredients: Hepar sulphuris calcareum D3, Pulsatilla vulgaris D3, Strychnos nux-vomica (Nux vomica) D3. Contains sugar: lactose 500 mg.

Dosage: Take one capsule twice daily. May be taken hourly in acute cases.

Skin blemishes due to nervous stress



NERVA 1

May assist in the supportive treatment of prediagnosed liver and gall bladder conditions of a chronic nature.

Ingredients: Acidum phosphoricum D10, Baryta carbonica D30, Borax D8, Carbo vegetabilis D30, Cinchona succirubra Spag D3, Coffea cruda Spag D8, Kalium phosphoricum D10 Selenium metallicum D30. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1 to 2 hourly in acute cases. Dilute with water for infants.

PMS, irritability, nervous stress, tearfulness, sensitivity



NERVUTON 1

May assist in relieving premenstrual tension often accompanied by irritability, nervous stress, sensitivity & tearfulness.

Ingredients: Acidum phosphoricum D1, Avena sativa D1, Cinchona succirubra D4, Cola acuminata (Kola) D1, Cuprum metallicum D10, Humulus lupulus D1, Pulsatilla vulgaris D4, Strychnos nux-vomica (Nux vomica) D10, Valeriana officinalis D1, Veratrum album D10. Preservative: 52% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water three times daily. May be taken hourly in acute cases while symptoms are severe.

Stress, irritability, nervous tension



NERVUTON 2

A Homoeopathic medicine to help relieve stress, irritation & nervous tension to restore calm and induce restful sleep without causing drowsiness.

Ingredients: Artemisia abrotanum spir. sicc. D1, Calcarea phosphorica D1, Datura stramonium D5, Humulus lupulus spir. sicc. D1, Kalium phosphoricum D3, Matricaria recutita (Chamomilla) spir. Sicc D1, Valeriana officinalis spir sicc. D1, Zincum valerianicum D4. Contains sugar. lactose 27 mg, sucrose 26 mg.

Dosage: Adults: 5 tablets. Children: 2 tablets. Take 3 times daily & again before going to bed.

Sore throat, cold, upper respiratory infection, runny nose



PENTAGEN

A herbal-homoeopathic medicine with Pelargonium to target the 5 main areas of colds, flu and upper respiratory tract infections:

- | | |
|-----------------------------|--------------------|
| - blocked & runny nose | - cough |
| - painful sinuses | - body ache, mild |
| - sore throat & tonsillitis | fever and fatigue. |

Ingredients: Pelargonium sidoides radix (1:10) 80.0 g, Ferrum phosphoricum 6CH Hydrastis canadensis 6CH, Kalium bichromicum 6CH, Mercurius solubilis 6CH, Natrium muriaticum 6CH, Polygala senega 3CH, Pulsatilla vulgaris 30CH, Sambucus nigra 6CH. Preservatives: 42% Glycerol, 15% Alcohol. Sugar free.

Dosage: Adults over 12 years: Take 30 drops (1.5 ml) 3 times daily. Children 6–12 years: Take 20 drops (1.0 ml) 3 times daily. Children 6 months – 6 years: Take 10 drops (0.5 ml) 3 times daily.

Sore throat, post nasal drip



PHARYNA

A homoeopathic medicine for relief of sore throat and postnasal drip.

Ingredients: Acidum nitricum D10, Apis mellifica D4, Baryta muriatica D10, Hepar sulphuris calcareum D6, Kalium muriaticum D6, Lachesis mutus D10, Mercurius cyanatus D10, Phosphorus D10, Phytolacca decandra Spag D3. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted with a little water 3 times daily. May be taken hourly in acute cases while symptoms are severe. Infants: Dilute with water and allow to stand for a short time before administering.

Skin blemishes, pigmentation



PIGMENT

A homoeopathic medicine which may assist with skin blemishes and pigmentation.

Ingredients: Caulophyllum thalictroides D60, Hydroquinonum D60, Sepia officinalis D60, Vitiligo nosode D60. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in the mouth every alternate day for long term treatment of approximately 3 months.

Sleeplessness (due to worry), nervousness, grief



RESCUE

A homoeopathic-flower essence combination remedy which helps relieve feelings of overwhelm, emotional shock, grief, fear & sleeplessness due to worry.

Ingredients: Ambra grisea D6, Banisteriopsis caapi Spag D60, Clematis vitalba (Clematis) flos. aq. inf. 0,04 mg, Helianthemum nummularium (Rock Rose) flos. aq. inf. 0,04 mg, Impatiens glandulifera (Impatiens) flos. aq. inf. 0,04 mg, Melissa officinalis Spag D3, Ornithogalum umbellatum (Star of Bethlehem) flos. aq. inf. 0,04 mg, Prunus cerasifera (Cherry Plum) flos. aq. inf. 0,04 mg. Preservative: 25 % Alcohol, 50 % Glycerol.

Dosage: 3 sprays into the mouth. Children take 1-2 sprays. 10 drops directly on the tongue or diluted in a little water. Children take 5 drops. 2 tablets dissolved in the mouth. Children take 1 tablet. Rescue may be taken up to every 15 minutes.

Sleeplessness



NERVUTON 2

A Homoeopathic medicine to help relieve stress, irritation & nervous tension to restore calm and induce restful sleep without causing drowsiness.

Ingredients: Artemisia abrotanum spir. sicc. D1, Calcarea phosphorica D1, Datura stramonium D5, Humulus lupulus spir. sicc. D1, Kalium phosphoricum D3, Matricaria recutita (Chamomilla) spir. Sicc D1, Valeriana officinalis spir sicc. D1, Zincum valerianicum D4. Contains sugar: lactose 27 mg, sucrose 26 mg.

Dosage: Adults: 5 tablets. Children: 2 tablets. Take 3 times daily & again before going to bed.

Sore, swollen tonsils



TONSILLA

A homoeopathic medicine to assist with relief from a sore throat with sore, swollen tonsils and difficulty swallowing.

Ingredients: Ammonium bromatum D6, Atropa belladonna (Belladonna) D6, Calcarea iodata D6, Echinacea angustifolia D6, Hepar sulphuris calcareum D6, Lachesis mutus D6, Mentholum D6, Mercurius cyanatus D6. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in the mouth 3 times daily. May be taken hourly in acute cases while symptoms are severe.

Aching joints & localized inflammation



RUMA 1

A homoeopathic medicine to help relieve acute aching joints, localized inflammation & muscular stiffness. Best used in conjunction with Ruma Plus.

Ingredients: Bryonia alba Spag D4, Causticum D6, Colchicum autumnale Spag D30, Ferrum phosphoricum D10, Ledum palustre Spag D6, Natrium phosphoricum D8, Rhododendron ferrugineum Spag D8, Rhus toxicodendron Spag D8. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Stress-induced high blood pressure



SCUTELLARIA

Homeopathic support to help relieve irritability, stress and sleeplessness associated with high blood pressure.

Ingredients: Hydrastis canadensis D3, Rheum palmatum D3, Scutellaria lateriflora D3, Tilia europaea D3, Valeriana officinalis D3. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in the mouth 3 times daily.

Sinusitis with sneezing & runny nose



SINFRONTAL

Homeopathic support to help relieve sneezing, runny nose and painful sinuses.

Ingredients: Chininum arsenicosum D6, Ferrum phosphoricum D6, lactose 240 mg, Mercurius solubilis D6, Mercurius sulphuratus ruber (Cinnabaris) D6.

Dosage: Dissolve 2 tablets in the mouth 3 times daily. May be taken hourly in acute cases while symptoms are severe.

Stress, irritability, nervous tension



STRESSLESS

A homoeopathic medicine which helps support healthy functioning of the nervous system to relieve stress, irritability and nervous tension.

Ingredients: Acidum phosphoricum D1, Avena sativa D1, Cinchona succirubra D4, Cola acuminata D1, Cuprum metallicum D10, Humulus lupulus D1, Pulsatilla vulgaris D4, Strychnos nux-vomica D10, Valeriana officinalis D1, Veratrum album D10, Vitamin B1 7 mg, Vitamin B2 2,8 mg, Nicotinamide 28 mg, Vitamin B6 2,8 mg, Vitamin B12 5 mcg. Preservatives: 0.2 % Nipasept sodium. 10 % Alcohol. Contains natural sugars from honey.

Dosage: Take one teaspoon (5 ml) 3 times daily before meals.

Thrush, infections & conjunctivitis



BUSO DROPS

Assists in the relief from symptoms of mild pink eye and mild oral thrush.

For oral use only, do not apply to the eye. Warning: See a practitioner if symptoms are severe or do not improve after 2 days.

Ingredients: Atropa belladonna (Belladonna) Spag D10, Carbo animalis D10, Mercurius corrosivus D10, Natrium muriaticum D6, Silicea D10, Sulphur D30. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Teething



DENTAL MELTS

Quick dissolving melts that may help to ease teething, itchy gums and a runny tummy due to teething.

Ingredients: Aconitum napellus 5CH, Bryonia cretica 5CH, Calcium carbonicum 5CH, Calcium fluoricum 5CH, Calcium phosphoricum 5CH, Delphinium staphisagria (Staphisagria) 9CH, Ferrum phosphoricum 5CH, Matricaria recutita (Chamomilla) 5CH, Silicea 5CH, Strychnos ignatia (Ignatia) 9CH. Contains sugar: lactose 47 mg.

Dosage: Infants: 1 Tablet dissolved in mouth or in a little water every 30 minutes for 4-5 doses.

Thereafter, 1 tablet 3-4 times daily.

Children: 1-2 Tablets dissolved in mouth 3 times daily 30 minutes before meals.

Restlessness, distress, tearfulness (baby)



RESCUE MELTS

Quick dissolving melts which may assist in relieving feelings of distress, restlessness and tearfulness.

Ingredients: Ambra grisea D6, Banisteropsis caapi Spag D60, Clematis vitalba (Clematis) aqua inf. 0,4 mcg, Helianthemum nummularium (Rock Rose) aqua inf. 0,4 mcg, Impatiens glandulifera (Impatiens) aqua inf. 0,4 mcg, Melissa officinalis Spag D3, Ornithogalum umbellatum (Star of Bethlehem) aqua inf. 0,4 mcg, Prunus cerasifera (Cherry Plum) aqua inf. 0,4 mcg, Contains sugar: lactose 47 mg.

Dosage: Babies: 1 Tablet dissolved in a little water.

Children: 2 Tablets dissolved in the mouth.

Take 3 times daily. May be taken every 15 minutes in acute cases.

Stress, irritability, nervous tension



STRESSLESS

A homoeopathic medicine which helps support healthy functioning of the nervous system to relieve stress, irritability and nervous tension.

Ingredients: Acidum phosphoricum D1, Avena sativa D1, Cinchona succirubra D4, Cola acuminata D1, Cuprum metallicum D10, Humulus lupulus D1, Pulsatilla vulgaris D4, Strychnos nux-vomica D10, Valeriana officinalis D1, Veratrum album D10, Vitamin B1 7 mg, Vitamin B2 2,8 mg, Nicotinamide 28 mg, Vitamin B6 2,8 mg, Vitamin B12 5 mcg. Preservatives: 0.2 % Nipasept sodium. 10 % Alcohol. Contains natural sugars from honey.

Dosage: Take one teaspoon (5 ml) 3 times daily before meals.

Thickened skin, warts



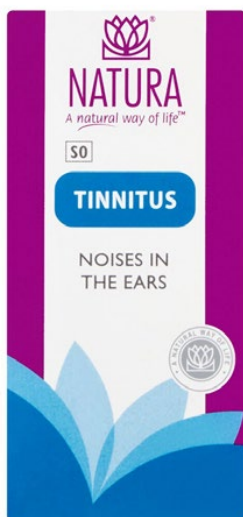
THUJA LOTION PLUS

A topical lotion which may assist in the treatment of external warts. Use in conjunction with Thuja tablets.

Ingredients: Anagallis arvensis D3, Castor equi D3, Hydrastis anadensis D1, Thuja occidentalis D1. Preservative: 58% Alcohol. Inactives: Ethanol, Purified water.

Dosage: Clean the skin and apply lotion to the affected area using the brush twice daily. Allow to dry on the skin.

Tinnitus, ringing ears, buzzing ears, vertigo



TINNITUS

A homoeopathic medicine to assist in overcoming ringing, buzzing or humming noises in the ear and associated vertigo. Warning: If there is no improvement within 4 weeks, please consult your healthcare practitioner.

Ingredients: Chenopodium ambrosioides D60, Chininum salicylicum D60, Conium maculatum D60, Natrium salicylicum D60. Inactives: Acacia gummi, Crospovidone, Lactose monohydrate, Povidone, Magnesium stearate, Talc-purified. Contains sugar: lactose 240 mg.

Dosage: Dissolve two tablets in the mouth once daily for long term treatment of three months.

Sore, swollen tonsils



TONSILLA

A homoeopathic medicine to assist with relief from a sore throat with sore, swollen tonsils and difficulty swallowing.

Ingredients: Ammonium bromatum D6, Atropa belladonna (Belladonna) D6, Calcarea iodata D6, Echinacea angustifolia D6, Hepar sulphuris calcareum D6, Lachesis mutus D6, Mentholum D6, Mercurius cyanatus D6. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in the mouth 3 times daily. May be taken hourly in acute cases while symptoms are severe.

U

Inflamed gums, mouth ulcers, bleeding gums



ODON

A homeopathic medicine to assist in relieving mouth ulcers, bleeding and inflamed gums.

Ingredients: Atropa belladonna (Belladonna) Spag D3, Calcarea fluorica D10, Creosotum D10, Delphinium staphisagria (Staphisagria) Spag D4, Kalium muriaticum D6, Magnesium phosphoricum D10, Matricaria recutita (Chamomilla) Spag D3, Mercurius corrosivus D12, Plantago major Spag D6, Pulsatilla vulgaris Spag D8. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water three times daily. May be taken one to two hourly in acute cases while symptoms are severe. Dilute with water for infants and allow to stand for a short time before administering.

Urination difficulties (men)



PROSTATE

A homeopathic medicine for the supportive, symptomatic relief of mild disorders of the prostate gland and male lower urinary tract. It helps relieve discomfort and altered urinary patterns in men.

Ingredients: Cantharis vesicatoria D3, Chimaphila umbellata D3, Chondrodendron tomentosum (Pareira brava) D2, Clematis erecta D3 Conium maculatum D3, Populus tremula D1, Pulsatilla vulgaris D3, Sabal serrulata D1, Urtica dioica D1. Preservative: 30% Alcohol. Sugar free.

Dosage: 10 drops directly on the tongue or diluted in a little water 3 times daily.

Bladder irritation, urination (burning, stinging)



URINA

A homoeopathic medicine to assist in overcoming ringing, buzzing or humming noises in the ear and associated vertigo. Warning: If there is no improvement within 4 weeks, please consult your healthcare practitioner.

Ingredients: Acidum nitricum D8, Aconitum napellus D6, Arctostaphylos uva-ursi (Uva ursi) D6, Berberis vulgaris D6, Cantharis vesicatoria D8, Equisetum hiemale D6, Petroselinum crispum D3, Solanum dulcamara (Dulcamara) D6, Terebinthina D6, Thuja occidentalis D8. Preservative: 20% Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1 - 2 hourly in acute cases. Dilute with water for infants.

Vitality, Breastfeeding, Lactation



ALFALFA TONIC

A combination homoeopathic-nutritional supplement which serves as a vitality tonic which may help to restore a sense of vigour and well-being. It may promote lactation in breastfeeding mothers.

Ingredients: Acidum phosphoricum D3, Antimonium crudum D10, Cinchona succirubra D1, Cola acuminata D3, Hydrastis canadensis D1, Medicago sativa (Alfalfa) D1, Natrium muriaticum D6, Strychnos nux-vomica D6. Preservative: 20 % Alcohol. Contains sugar (sucrose 2.25 g).

Dosage: Take one teaspoon (5 ml) 3 times daily.

Poor circulation



HEMORRHO 2

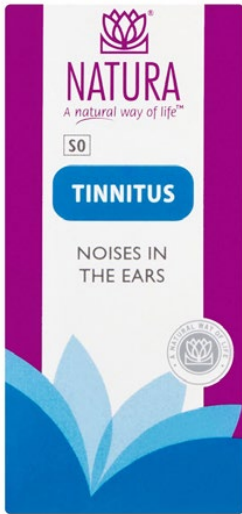
May help to provide support for varicose veins.

Warning: If the condition does not improve within 2-3 weeks, consult a healthcare practitioner.

Ingredients: Aesculus hippocastanum D1, Arnica montana D6, Calcarea arsenicica D12, Hamamelis virginiana MT, Selenicereus grandiflorus MT, Silybum marianum MT, Strychnos nux-vomica Spag D1, Vipera aspis D12. Preservative: 57 % Alcohol.

Dosage: 10 Drops on tongue 3 times daily. May be taken 1-2 hourly in acute cases.

Vertigo, tinnitus, ringing ears, buzzing ears



TINNITUS

A homeopathic medicine to assist in overcoming ringing, buzzing or humming noises in the ear and associated vertigo. **Warning:** If there is no improvement within 4 weeks, please consult your healthcare practitioner.

Ingredients: Chenopodium ambrosioides D60, Chininum salicylicum D60, Conium maculatum D60, Natrium salicylicum D60. Inactives: Acacia gummi, Crospovidone, Lactose monohydrate, Povidone, Magnesium stearate, Talc-purified. Contains sugar: lactose 240 mg.

Dosage: Dissolve two tablets in the mouth once daily for long term treatment of three months.

Vaginal dryness, irritability, menopause, hot flushes



PHYTOL PLUS

A Homeopathic medicine to help relieve symptoms associated with Menopause, including Hot Flushes, Emotional stress, Vaginal dryness, Sleep disturbances, Negative mood, Physical and mental exhaustion, Irritability. **Warning:** see below.

Ingredients: Rheum rhaponticum 4mg, Humulus lupulus 80mg, Ferula sumbul D6, Glonoinum D30, Phytolacca decandra D30 Pilocarpus jaborandi (Jaborandi) D6, Ustilago maydis D4. Contains sugars: lactose 116 mg, sucrose, 126 mg.

Dosage: 1 or 2 tablets daily after a meal or as prescribed.

Warning: Consult your healthcare practitioner before taking Phytol Plus if you have or have ever had any of the following conditions:

- Endometriosis, fibroids or any growth or cancer affecting your breasts, uterus or cervix.
- A blood clot or embolism or a condition arising from blood clots such as a heart attack, stroke or angina.
- Liver or gall bladder disease, chronic urinary disorders, chronic constipation or diarrhoea or chronic vomiting.

Superficial wounds, nappy rash & minor burns



CALENDULA PLUS

A topical ointment that assists with the healing of Cuts, Grazes, Minor burns and Nappy rash.

Ingredients: Calendula officinalis D1, Echinacea angustifolia D3, Hamamelis virginiana D3, Symphytum officinalis D3.

Dosage: Apply a thin layer of ointment 2 to 3 times daily.

Water retention & overweight



CORP

May assist in counteracting the tendency to gain weight and related water retention in extremities.

Warning: This product may assist with weight loss when used with increased physical activity and an energy reduced diet in healthy individuals.

Ingredients: Adonis vernalis Spag D3, Antimonium crudum D10, Calcarea acetica D4, Calcarea carbonica D30, Capsicum annum D6, Fucus vesiculosus Spag D3, Graphites D30, Phytolacca decandra Spag D3, Silicea D10. Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

W

Water retention



DIURETA

Assists the body to excrete excess fluid associated with swelling of extremities and water retention in various parts of the body. May promote urinary flow.

Ingredients: Apis mellifica D10, Apocynum cannabinum D4, Bryonia alba Spag D3, Cantharis vesicatoria D4, Cinchona succirubra Spag D4, Coccus cacti D4, Natrium sulphuricum D6, Sulphur D30, Terebinthina D6.
Preservative: 20 % Alcohol. Sugar free.

Dosage: 10 Drops on tongue 3 times daily.

Wet cough



KOFBRON 2 DROPS

May assist in relieving a loose, wet cough.

Ingredients: Arsenicum iodatum D10, Corallium rubrum D30, Cuprum aceticum D10, Drosera rotundifolia Spag D3, Lycopodium clavatum D30, Spongia tosta D4, Sticta pulmonaria D4. Preservative: 20% Alcohol.

Dosage: 10 drops directly on the tongue or diluted with a little water 3 times daily.

May be taken hourly in acute cases while symptoms are severe.

Infants: Dilute with water and allow to stand for a short time before administering.

Warts & thicken skin



THUJA LOTION PLUS

A topical ointment that assists with the healing of Cuts, Grazes, Minor burns and Nappy rash.

Ingredients: Anagallis arvensis D3, Castor equi D3, Hydrastis anadensis D1, Thuja occidentalis D1, Preservative: 58% Alcohol.

Inactives: Ethanol, Purified water.

Dosage: Clean the skin and apply lotion to the affected area using the brush twice daily. Allow to dry on the skin.

Warts



THUJA TABLETS

A Homeopathic medicine which may assist in the treatment of external warts. Use in conjunction with Thuja Lotion Plus applied topically.

Ingredients: Antimonium crudum D400, Causticum D400, Rhus toxicodendron D400, Thuja occidentalis D400. Contains sugar: lactose 240 mg.

Dosage: Dissolve 2 tablets in the mouth 1 daily for long term treatment of approximately 3 months



**Disclaimer: This unregistered medicine has not been evaluated by
SAHPRA for its safety, quality or intended use.**

**For further information on the Natura range, please visit the Natura Rescue website:
www.natura.co.za or contact Natura directly on hello@natura.co.za**

CoMed Health (Pty) Ltd, 313 Kuit Street, Pretoria, 0184. Tel: 012 813 9400.



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