

## **Sea Moss**

- ✚ Multi Essential Minerals
- ✚ Uplifts Mood & Stamina
- ✚ Colds & Flu
- ✚ Mucus Decongestant
- ✚ Ulcers
- ✚ Improves Metabolisms
- ✚ Mental Health Booster
- ✚ Appetite Suppressant
- ✚ Aphrodisiacs & Fertility
- ✚ Good For Expecting & Breastfeeding
- ✚ Antiviral & Antibacterial
- ✚ Teeth, Bones & Many More

*Capsules/Tablets (R245)// Raw 100g (R200)// Raw 400g (R520)// Powder 100g (R220)// Raw 1Kg (R960)*

## **Bladderwrack**

- ✚ Relieves Rheumatism (Any disease marked by inflammation and joints pains, Muscles or fibrous tissue, especially rheumatoid arthritis)
- ✚ Restores Depleted Minerals
- ✚ Stimulated The Thyroid Glands
- ✚ Excellent Treatment For Goitre
- ✚ For Obesity & Cellulite
- ✚ Can Be A Supplement Together With Sea Moss (Dr Sebi's Bromide Plus)
- ✚ Helps Lower Cholesterol & Glucose
- ✚ Helps Burns More Fats When Exercising
- ✚ Anti-Bacterial
- ✚ Speeds Up Wounds Healing
- ✚ Aids In Constipation, Diarrhoea, Heartburn & Indigestion

*Capsules/Tablets (R245)// Raw (R185)*

## **Burdock Roots**

- ✚ Blood Purifier
- ✚ Helps With Internal Infection Or Problems In The Body That Are Due To The Build Up Toxins
- ✚ Helps Improves The Condition Of Skin Infections (Wounds, Eczema, Mouth Ulcers & Recurrent Boils)
- ✚ Helps With Abscesses (A swollen Area Within Body Tissue, Containing An Accumulation Of Pus)
- ✚ Aids In Digestion & Appetite
- ✚ Aids In Rheumatism
- ✚ Relieves Excessive Flatulence (The Accumulation Of Gas In The Alimentary Canal)
- ✚ Helps With Dandruff, Scaly & Dry Skin

*Capsules/Tablets (R225)// Raw (R185)*

## **Elderberries**

- ✚ Treats Colds & Influenza
- ✚ Helps With Caterair (Mucus Membrane In The Airways, Inflammation Of The Upper Respiratory Tract)
- ✚ Helps With Fever And Sinusitis
- ✚ Sore Throat, Anaemia & Oedema
- ✚ Blood Kidneys & Liver Purifier
- ✚ Cleanses Mucus From The Tissues
- ✚ May Stimulates Peristaltic Action (Movement In The Colon)
- ✚ Excellent Detoxifier & Cleanser Of Excess Mucus
- ✚ Treatment Of Dropsy (Swelling Of Soft Tissues To The Accumulation Of Excess Of
- ✚ Diarrhoea (Loose Watery Bowel Movement That May Occur Frequently & With Sense Of Urgency)
- ✚ Treatment Of Bronchitis
- ✚ Induces Perspiration (Process Of Sweating)
- ✚ Benefit To Human Immune Virus & Reduces Inflammation Of The Urinary Tract

*Capsules/Tablets (R225)// Raw (R195)*

## **Stinging Nettle Roots**

- ✚ Helps Reduces Frequent Night Urination (Nocturnal)
- ✚ Improves Urine Flow & Decreases Residual Urine
- ✚ Good For Cleansing & Detoxification Of The Whole Body
- ✚ Helps With Childhood Eczema, Nervous Eczema, Jaundice & Allergic Disorders
- ✚ Helps With Gout & Rheumatoid Arthritis
- ✚ Treat Anaemia & Sciatica Nerve Pains
- ✚ Helps Reduce Mucus & Bronchial Catarrh
- ✚ Helps With Enlarged Painful Prostate & Internal Bleeding
- ✚ Helps With Fertility
- ✚ Helps Improves Breast Milk Production

*Capsules Tablets (R240)// Raw (R230)*

## **Soursop Leaves**

- ✚ Helps With Hair & Skin
- ✚ Treating Blood Disorders
- ✚ Treating Breast Cancer
- ✚ Helps With Disorders Of The Organs
- ✚ Nutrient Content
- ✚ Helps With Sleeping Problems (Insomnia)
- ✚ Arthritis & Gout
- ✚ Helps With High Blood

*Capsules/Tablets (R190)// Leaves (R250)// Powder (R190)*

## **Yellow Dock Root**

- ✚ Natural Iron Booster
- ✚ Blood Purifier
- ✚ Liver Detox
- ✚ Psoriasis (Cells Build-Up Forming Scales Itchy Dry Skin)
- ✚ Helps With Eczema
- ✚ Urtication Rash (Rash Triggered By A Reaction To Food, Medication Or Other Irritants)
- ✚ Prurigo (Intensely Itchy Spots)
- ✚ Helps With Indigestion
- ✚ Helps With Energy

*Capsules/Tablets (R200)// Raw (R300)*

## **Ashwagandha Root**

- ✚ Combats Impotence
- ✚ Helps With MALE Fertility & Libido
- ✚ Helps With PCOS & Hormonal Imbalance
- ✚ Regulates Blood Circulation
- ✚ Strengthens The Immune System
- ✚ Supports Healthy Cortisol
- ✚ Helps The Body Cope With Stress
- ✚ Anti-Inflammatory
- ✚ Anti-Anxiety
- ✚ Anti-Tumor
- ✚ Helps With Concentration
- ✚ Increases Energy

*Capsules/Tablets (R230)// Powder (R220)*

## **Hibiscus Tea**

- ✚ Lowers Blood Pressure
- ✚ Supports Weight Management
- ✚ Boost Liver Health
- ✚ Influence Hormonal Imbalance
- ✚ Supports Skin Health
- ✚ Reduces Inflammation

*Capsules (R200)// Raw (R99)*

## **Blue Vervain**

- ✚ Smooths The Nervous System
- ✚ Eases Chest Congestion
- ✚ Calm Stress & Anxiety
- ✚ Promotes Good Sleep
- ✚ Supports Digestive System, Liver & Kidney
- ✚ Used As A Diuretic
- ✚ Eliminates Waste

*Capsules/Tablets (R230)// Raw (R260)*

### **Pau D Arco**

- ✚ Helps With Various Cancers
- ✚ Helps With Pains & Inflammation
- ✚ Prostatitis (Prostate Gland Inflammation)
- ✚ Helps With Fever
- ✚ Helps With Boils
- ✚ Helps With Various Ulcers
- ✚ Dysentery (Inflammation Of The Intestines That Causes Diarrhoea Containing Blood)
- ✚ Helps With Arthritis
- ✚ Helps With Painful Stomach Cramps

*Capsules/Tablets (R230)// Raw (R220)*

### **Mullein Leaves**

- ✚ Helps Ease Inflammation Of Trachea
- ✚ Hard Cough
- ✚ Bronchitis
- ✚ Cold & Flu
- ✚ Detoxes The Lungs
- ✚ Eases Nervous System
- ✚ Helps With Sleeplessness
- ✚ May Be Beneficial For TB Treatment
- ✚ Respiratory Treatment
- ✚ For Colic & Digestive Issues
- ✚ Hay Fever
- ✚ Quit Smoking Support & Mucus Relief
- ✚ Migraine Support & Haemorrhoids Care

*Only In Tea Form (R180)*

### **Willow Bark**

- ✚ Helps With Migraines
- ✚ Helps Relieve Pains & Inflammation
- ✚ Can Be Used As A General Pain Killer (Toothaches, Headaches & Back pains)
- ✚ Helps With Rheumatoid Arthritis & Osteoarthritis
- ✚ Natural Aspirin With No Side Effects Of Stomach Irritation

*Capsules (R220)// Raw (R200)*

### **Organic Quassia**

- ✚ Used As A Tonic
- ✚ Expulsion Of Threadworms
- ✚ Cleanses The Colon
- ✚ Helps With Lack Of Appetite
- ✚ Indigestion Or Sluggish Digestive System
- ✚ Treatment Of STI's

*Only In Tea Form (R200)*

### **Hoodia**

- ✚ Appetite Suppressant *Capsules/Tablets (R200)// Powder (R250)*

### **Organic Wormwood (Artemisia)**

- ✚ Helps The Body Deal With Fever & Related Infections
- ✚ Helps With Indigestion Resulting From Insufficient Gastric Juice
- ✚ Helps Regulate Blood Circulations & Strengthens The Immune System
- ✚ Helps With Liver & Gallbladder Issues
- ✚ Helps To Treat Worms & Infestation (Round Worms & Pine worm)
- ✚ Good For Insomnia
- ✚ Increases Sexual Desire

*Only In Tea Form (R160)*

### **Pure Himalayan Shillajit**

- ✚ 80+ Trace Minerals Complex
- ✚ Improves Brain Functioning
- ✚ Reduces Anxiety
- ✚ Improves Heart Health
- ✚ May Help Fight Against Chronic Fatigue
- ✚ Improves Gut Health
- ✚ Multi-Essential Minerals Supplement
- ✚ Helps With Altitude Sickness
- ✚ Accelerates Recovery

*Capsules/Tablets (R300)// Resin (R650)*

### **Organic Tongkat Ali**

- ✚ Improves Male Fertility & Sexual Performance
- ✚ For Better Muscle Growth
- ✚ Reduces Inflammation & Pains
- ✚ Natural Anti-Depressants
- ✚ Boost Immune System
- ✚ Strengthen The Bones

*Only In Capsules/Tablets (R480)*

### **Moringa**

- ✚ Rich Nutrition Source
- ✚ Antioxidant & Anti-Inflammatory Properties
- ✚ Blood Sugar & Cholesterol Management
- ✚ Digestive Health Supports
- ✚ Liver Protection
- ✚ Skin & Hair Nourishment
- ✚ Immune System Support

*Only In Capsules/Tablets (R200)*

### **Colon Cleanser (Oakbark, Quassia & Minwu)**

- ✚ Removes Old Faecal Plaque

*Capsules/Tablets (R100)*

