



PRODUCT CATALOG



Excellence in Body, Soul and Spirit

2016

TABLE OF CONTENTS

Welcome

| | |
|---|----|
| Letter from the Founders | 1 |
| About True Botanica | 2 |
| Why True Botanica Products? | 3 |
| The Threefold Concept | 4 |
| About the Potentized Anthroposophic/Homeopathic Remedies | 5 |
| Some Steps for Making of the Liquid Herbal Tinctures | 6 |
| What is the Pentas™ Process in True Botanica Products? | 7 |
| Why the addition of Trace Minerals in many of our Formulas? | 8 |
| About Rudolf Steiner and Anthroposophical Resources | 9 |
| Disclaimer | 10 |

Products A–Z **11**

Products by Health Concerns **13**

Products by Categories

| | |
|--------------------------------------|-----|
| Tablets, Capsules and Powders | 19 |
| Anthroposophic/Homeopathic OTC Drugs | 49 |
| Liquids | 95 |
| Specialty Foods | 109 |
| Topical Body Care | 111 |
| Cosmetics | 123 |

Ingredients Index **127**

Order and Return Policies **131**

W E L C O M E

Dear Colleagues, Dear Customers,

You will see in this Catalog health enhancing products that are clearly unique.

We hope you will find it refreshing that you will have to actively participate in understanding these formulations. We trust that you will come to the conclusion that there is a method of thinking here whose results are products that are not just “same old, same old” supplements and cannot simply just be exchanged with those of another company.

We believe that once you try our supplements, anthroposophic/homeopathic remedies, tinctures, or topical creams you will not want to be without them again.

Simply put, a conscious attempt has been made to combine substances in various forms (natural occurrence, potentized state, mineral extraction, etc), and rhythmical processes, in such a way that they help the person towards a comprehensive threefolded health for the body, yes, but also very concretely for the Soul and Spirit constitution.

To make these kinds of “remedies” has been our intention since we started practicing medicine several decades ago and then launched the company in the year 2004.

Initially True Botanica presented just three supplements. That we are now offering over one hundred carefully crafted products is of course a source of satisfaction. But it is even more gratifying that the many patients and customers that have availed themselves of these formulas have found them helpful and effective.

Of course we have incorporated into our work the latest technological advances, but our greatest inspiration has come from the research and indications given by Rudolf Steiner.


We owe him a debt of gratitude not only for his research results (showing specific connections between substances and spiritual effects) but also for outlining the research methods by which this vital work can be continued by any serious scientist.

We live in complex times where both inner and outer challenges abound and the calls for “change” are unceasing. However, the old ways that brought us here are in the first place not going to save us for the future. We have to muster the courage to embrace truly new ideas and then act on them.

Thank you for supporting this ongoing work and striving with your involvement!

Ross Rentea MD, Mark Kamsler MD, Andrea Rentea MD

ABOUT TRUE BOTANICA

 Our company was incorporated in 2004 in Wisconsin. The licensed, GMP (good manufacturing practices) compliant, main facility is currently located in Hartland, WI.

We, the founders, have been actively practicing physicians for many decades and are Certified in Anthroposophical Medicine and have had a long standing interest in anthroposophical pharmaceutical processes.

We recognized early on that the modern times bring with them health problems that can be addressed only by new, innovative health products that must be designed to support both the physical and the spiritual constitution of people.

Essential processes that constitute the core of our products are done by hand, in a quiet environment conducive to an inner sense of responsibility, reverence and gratitude to the natural substances used in the making of the healing products. All products are made in the morning, under conditions when we can be reasonably assured that only a positive energy will accompany the production process. (For example no manufacturing takes place during storms, etc.)

All co-workers meet on a weekly basis as a co-worker group to share with each other important directions and developments in the company and to review valuable feedback from our customers.

We draw inspiration from the prolific work of the scientist Rudolf Steiner.

The ingredients for our formulas are carefully sourced from non GMO, biodynamic and organic materials. The products are subjected to costly and exhaustive quality assurance tests.

Our business success is due to the effectiveness of products and the warm relationship between our company and our professional and retail customers.

Beyond the health of the individual person our products are meant to promote a socially and environmentally responsible lifestyle. We intend both an economic and healing network of communities that are connected through True Botanica products, services and education.

To further accomplish this goal the Lili Kolisko Institute came into existence in 2010. It is a not-for-profit organization working (independently of the True Botanica Corporation) to support education, research and social activities for anthroposophical health care.

The Institute makes it possible, for example, to distribute supplements and tinctures free of charge to needy individuals. Donations to the Institute are tax deductible.

For more information please visit www.koliskoinstitute.org. We thank you for your support.

For the True Botanica Team,
Ross Rentea MD, Mark Kamsler MD and Andrea Rentea MD

WHY TRUE BOTANICA PRODUCTS?

Several features make our products unique and give them an additional effectiveness:

- A general “threefold” concept of formulation. (See full page devoted to this topic).
- The Pentas™ process. (See full page devoted to this topic).
- Ashing and salt extraction processes are used extensively in order to obtain a more “full spectrum” formula that can truly support a holistic therapeutic effect.
- Rhythmical exposure of the mother substances to the sun forces over several days.
- Proprietary, completely non-alcoholic, herbal extraction method (not just “alcohol removed”).
- Our formulas are prepared with specialized equipment unique to the US, imported from Switzerland (the Inversina® mixer). This allows novel rhythmical processes to be used.
- Special attention is given to the star constellations and weather surrounding the making of each formula.
- GMP (good manufacturing practices) rules compliant.

THREEFOLD CONCEPT

The “Threefold” Concept of True Botanica products

Overall we strive towards a threefold design for our formulas. The following is a brief commentary — clearly meant only as a beginning explanation with more in depth material in the specialty literature.

When a man of R. Steiner’s stature tells you that he had to research 33 years in order to firmly establish that the human constitution can be fundamentally divided into three systems of a nerves/senses organization, heart/lungs rhythmical organization, and the organization of the metabolism, and that these constitute the basis of our Thinking, Feeling and Willing, you know that this is no trivial matter.

When he then describes health as basically the harmony between these three principles, and disease as the polar opposite, and when he spends the later part of his life focused on illuminating the subtle interplays between the three principles, one knows that the duty arises to pursue this insight in order to really grasp what healing is all about.

Man’s threefoldedness is helped by the same “threefoldedness” that appears to be a law also in the rest of the entire natural world. In the mineral kingdom there are more “salty” substances that would correspond in their quality to the human nerve processes; some more “mercurial” substances like Mercury as such, yes, but also others like alcohols, all of which have rhythmical qualities; and finally more “sulfuric,” ethereal substances like fragrances, etc which correspond to the metabolic system. The plant world has its own threefoldedness in the root system, the leaves and the flower/fruit/seed organization.

At True Botanica most of our nutritional supplements and tinctures are based on these R. Steiner indications of using a variety of combinations of the three principles.

We either use:

- the three parts of one plant such as the roots, the leaves and the flowers; or
- three different plants; or
- minerals that are rhythmically processed such that the three principles are united as a whole.

The role of nutritional supplements should be not only to remove symptoms but to get to the deeper level of true health. We believe that practical observations have shown that we indeed obtain better effects with this kind of formulations.

Below are some examples of how one can generate nutritional supplements or herbal tinctures by following such a threefold design.

Our chicory tincture for example contains:

- The salts and minerals naturally occurring in the plant and extracted through a proprietary ashing process.
- The mother tincture of the herb — a proprietary, extraction of the herb rhythmically exposed to the sun forces over several days, resulting in a very “living” mother tincture of this herb from which the final product is made.
- The potentized chicory tincture (the Pentas™ process).

Our Berberine Plus formula contains:

- The whole root of the barberry and the standardized barberry root extract berberine.
- The salts and minerals of the root itself.
- The potentized whole root of the barberry.

Our market success confirms this as a best in class product.

One of our favorite combinations is the mixing of the frankincense, gold and myrrh. Interestingly the frankincense itself is a threefold substance, technically called an olio-gum-resin. It combines in itself the “metabolic” terpenes; the “rhythmical” carbohydrates that make up the gum; and lastly the volatile oils that give it the “sulfuric” aroma. By rhythmically mixing the frankincense (supports the Feeling processes) with myrrh (supports the Will processes) and gold (supports the Thinking processes) this becomes a very special formula both from a physical and spiritual point of view.

ABOUT THE

POTENTIZED ANTHROPOSOPHIC/ HOMEOPATHIC REMEDIES

What is unique about these products?

Potentized remedies (also called ultra-high diluted medications) have been in use for well over 100 years especially in anthroposophic and homeopathic therapies. They are generally in the OTC (over the counter) drug category.

One of the main problems consists in being able to tell whether the product contains an active potency or not. Is it any better than “just water or just the sugar pill” that it comes in?

True Botanica is presenting a unique solution to the problems by integrating into the manufacturing process a biological, statistically controlled process called the “Kolisko Validation”.

To see a full article describing the Kolisko Validation process and benefits, go to the True Botanica website (www.truebotanica.com) and in the “Health Information” > “Articles” section click on the link for “The Kolisko Validation Method™”

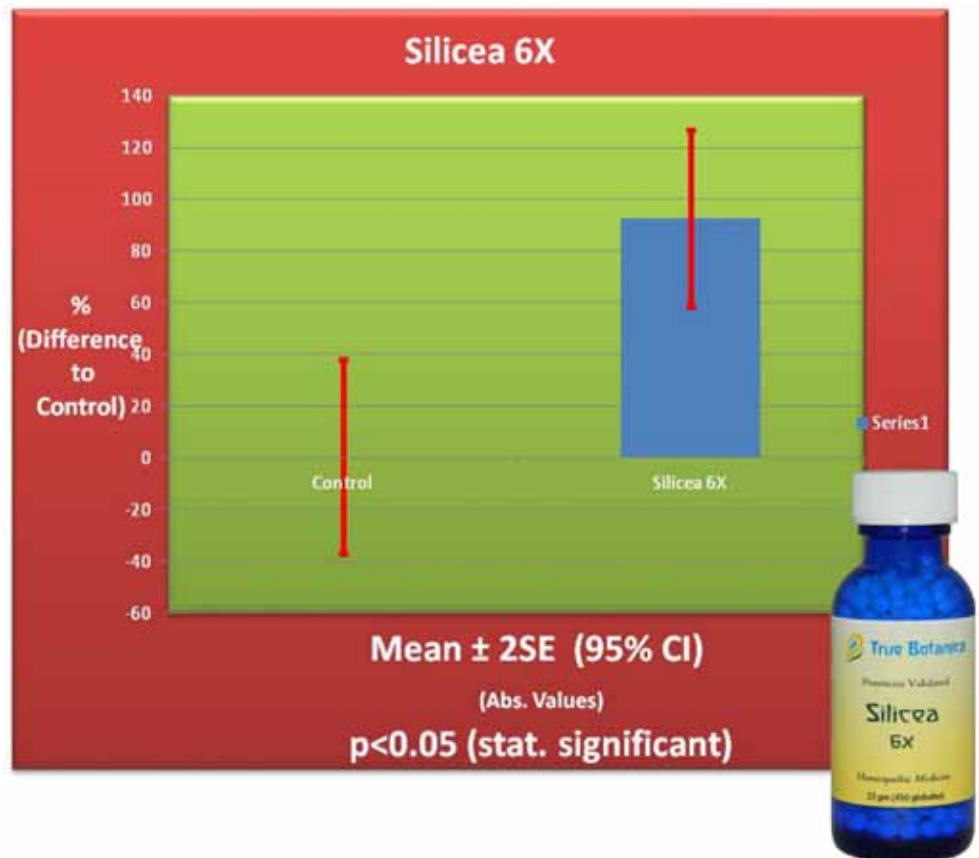
There are other breakthrough details and procedures that make our potentized remedies top quality. Here is a brief summary:

- All our potentized remedies are made from fresh materials. The original substances have been tested by independent labs to attest identity, purity, etc;
- The substances are then subjected to special rhythmical processes to enhance the life forces of the mother substance even more;
- The potentizing agitation is done in a reliable, reproducible and verified manner;
- The potency to go into the final product is tested by the biological germination process to verify its activity. Only once this crucial test has been successful does the potency get incorporated into the commercially available formula.

It is then called/labeled “Potency Validated” (Nobody else has this step);

- The product then goes for a second independent lab testing;
- Throughout, strict GMP (good manufacturing procedures) are followed to ensure maximal hygiene and quality.

See additional comments on each potentized product page.

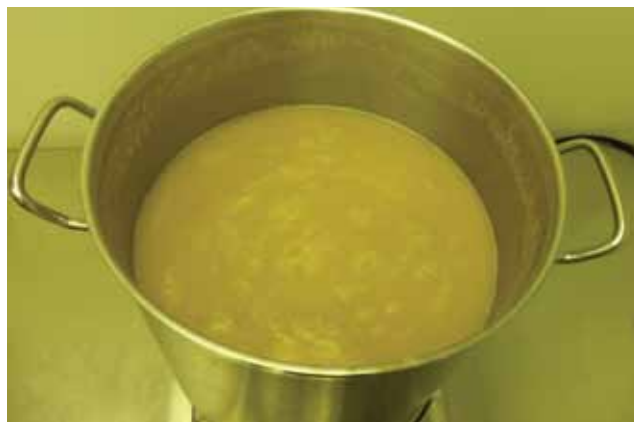


HOW OUR HERBAL TINCTURES ARE MADE

Astragalus Herbal Tincture — as an example (only major steps shown)



1. Natural astragalus powder



2. The mother tincture is prepared by alternating between heating and cooling, and other rhythmical processes.



3. Seeds are added to the root tincture in several steps



4. Pressed total mother tincture is prepared for ashing in order to extract the herb's naturally containing salts and minerals



5. Ashing process in the kiln



6. The finished product as will be used.

7. Product ready for sale

WHAT IS THE PENTAS™ PROCESS?

What is the Pentas™ Process in the True Botanica products?

The designation Pentas™ signifies a process which consists in mixing the original substance, or a diluted form thereof, with several potencies (rhythmical dilutions) of this substance. The four potencies chosen here are between D7 and D30 and are in a specified weight relationship to each other and the starting substance. They represent three energetic levels that harmonize especially well. They are patterned after the working of the life forces evident in the plant world.

According to Rudolf Steiner:

Mother substances and lower potencies (up to D7) are indicated:

- more in acute situations,
- work via the metabolic system and
- influence predominantly the physical and life forces.

High potencies (like D30) exert a beneficial influence:

- on a spiritual level,
- via the nervous system and
- address more chronic and deep seated causes.

The middle potencies (around D14) are:

- strengthening the rhythmical body processes such as cardiovascular and respiratory processes.

All potentizing is done solely by hand.

If water as a medium is used it has been additionally enlivened by exposure to the morning and evening sun forces.

Mixing of the various components is done with the Swiss Inversina® mixer, in order to achieve an ideal merging of the various individual parts.

ABOUT TRACE MINERALS

Why the Addition of Trace Minerals in many of our Formulas?

Dietary trace minerals are absolutely essential for an optimal health. In a very real sense they are the fourth pillar of nutrition besides proteins, carbohydrates and fats.

Sadly, we are entering a time where many of us are not getting the daily amounts in our diet needed for both physical and especially mental health. Modern research finds that even minute deficiencies have profound negative health consequences, all the way to constituting a hidden cause of chronic disease and resulting ultimately in a shortened life span.

One would expect to meet these requirements from the simple ingestion of vegetables and fruits. However, due to a number of factors, the farm soils are more depleted today of trace minerals than in the past, such that plant products, even organically grown ones, often do not have the expected amounts of nutrient trace minerals needed for an optimal human health. Consequently, simply concentrating herbal extracts does not provide them in sufficient amounts either.

True Botanica subjects its plant extracts to special ashing and filtration procedures in order to recover as much of the mineral and trace mineral material of the herb as possible. In addition we add trace minerals from natural sources. Supplementing this way goes a long way to remedy potential nutritional deficits. Besides long term physical health benefits an immediate sense of well being and strength can be observed, a more focused awake state of the mind may be observed. These observations confirm Rudolf Steiner's research findings that trace minerals are vitally needed in order to enable our spiritual individuality to fully engage the physical body!

ABOUT RUDOLF STEINER

Our Catalog would not be complete without at least a briefest look at the significance of this unique individuality.

That R. Steiner (1861–1925) still has to be introduced to us, 150 years after his birth, is one of the more intriguing cultural shortcomings of our time. He called his work Anthroposophy or Spiritual Science. The sheer unbelievable expanse of his accomplishments should make him “must know” for anybody:

- His collected works consist of a minimum of 360 volumes;
- The worldwide, so called biodynamic agricultural movement (beyond organic) owes its existence to his precise and incisive indications;
- His discoveries in the world of substances and their therapeutic applications led to a globally practiced anthroposophic medicine with research institutes, hospitals and pharmaceutical companies (mainly in Europe), and is counting hundreds of anthroposophically practicing physicians;
- The Waldorf School Movement is the largest non-denominational school system worldwide;
- He was an accomplished painter, sculptor, architect and writer of dramas.

Far from becoming obsolete his work is continually inspiring more people.

So what is the problem then? Basically Rudolf Steiner sees into and talks out of the reality of a spiritual world with a detailed precision that can come only from someone who actually has a direct perception of it. No speculation there. It ultimately causes us to have to take a stand, to potentially drastically require changing ourselves in profound ways.

Rudolf Steiner does give a thinking-meditative and observational path to get us to experience this path ourselves but it is not an easy journey. He has the justification to call it a “spiritual science” but science has never been easy and abandoning old ways even more difficult.

All we can say is that we have found his ideas fruitful towards gaining a “true” understanding of nature and Man (hence True Botanica™) and towards creating new health formulas. We can only invite others to have a closer look at his work and be inspired by it.

For additional resources please inquire at info@koliskoinstitute.org with any specific question.

For general information here are some good reference sites: www.koliskoinstitute.org, www.steiner-books.com, www.anthroposophy.org, www.biodynamics.com, www.camphillvillage.org.

PLEASE READ CAREFULLY

The contents provided by this catalog are for informational purposes only and are not intended as a substitute for advice from qualified health care providers and their approved resources.

The information in this catalog should not be used for diagnosis or treatment of any health problem and is not represented as a prescription for the treatment of any disease.

You should always consult with a qualified healthcare professional before starting any diet, exercise or supplementation program, and make sure that there is no conflict between any prescription advice, procedure or medication and non prescription substances or activities.

You should not stop taking any medication without first consulting your physician.

For an optimal outcome an illness needs an accurate diagnosis and best medical treatments. Only a qualified physician can provide that. The True Botanica products give additional energetic and nutritional support.

The information and content of this catalog have not been reviewed or approved by the FDA.

P R O D U C T S A – Z

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|------------------------------|-------------------------|-----|------------------------------------|-------------------------|-----|
| 5M Trace Minerals | SRW0238 | 96 | Cerussite 7X | SRW0627 | 67 |
| Abrotanum 6X | SRW0607 | 50 | Chalcedony Pentas™ TMS | SRW0101 | 100 |
| Aconitum 6X/30X | SRW0623/SRW0567 | 50 | Chamomilla 7X/30X | SRW0585/SRW0510 | 67 |
| Aesculus 8X/50X | SRW0612/SRW0526 | 51 | Chamomile Forte Cream | SRW0114 | 113 |
| Agaricus Albus 30X | SRW0568 | 51 | Chicory cum Stanno | | |
| Agnus Castus Herbal Tincture | SRW0172 | 96 | Herbal Tincture | SRW0222 | 100 |
| AKBA Plus™ | SRW0244P | 20 | Chrysolith Pentas™ TMS | SRW0105 | 101 |
| Algae Plus | SRW0363 | 21 | Cichorium Intybus 30X | SRW0541 | 68 |
| Allium Cepa 8X/30X | SRW0580/SRW0581 | 52 | Cinchona Officinalis 6X | SRW0604 | 68 |
| Alumina 30X | SRW0527 | 52 | Cinis Radix Comp 30X | SRW0542 | 69 |
| Amethyst Pentas™ TMS | SRW0106 | 97 | Cinnabar-Pyrite 6X | SRW0511 | 69 |
| Anacardium Orientale 30X | SRW0548 | 53 | Cleansing Cream | CRW0021 | 124 |
| Anagallis Arvensis 4X | SRW0631 | 53 | Clear & Calm™ | SRW0266P | 26 |
| Anagallis Arvensis 30X | SRW0632 | 54 | Coffea Tosta 6X/30X | SRW0617/SRW0543 | 70 |
| Angelica Forte Oil | SRW0047 | 112 | Colchicum Autumnale 6X | SRW0629 | 70 |
| Angelica Plus | SRW0378 | 22 | Conium Maculatum 30X | SRW0618 | 71 |
| Antimonium Crudum 6X/30X | SRW0519/SRW0587 | 54 | Cuprum Cream | SRW0900 | 114 |
| Apis Mell. 6X/30X | SRW0529/SRW0530 | 55 | Cuprum Metallicum 6X/30X | SRW0545/SRW0614 | 71 |
| Arachidonic Acid 6X | SRW0531 | 55 | Curcumin Plus™ | SRW0247P | 27 |
| Argentum Colloidum | SRW0025 | 97 | Devil's Claw Plus | SRW0383 | 27 |
| Argentum Cream | SRW0902 | 112 | Drosera 6X | SRW0620 | 72 |
| Argentum Metallicum 6X/30X | SRW0532/SRW0533 | 56 | Ear Oil | SRW0048 | 114 |
| Argentum Nitricum 6X/29X | SRW0570/SRW0613 | 56 | Elderberry Thyme Syrup™ | SRW0010 | 101 |
| Argentum-Quartz 6X/30X | SRW0506/SRW0586 | 57 | Emerald Pentas™ TMS | SRW0103 | 102 |
| Arnica 6X/30X | SRW0534/SRW0535 | 57 | Enzyme Complex | SRW0368 | 28 |
| Arsenicum Album 6X/30X | SRW0624/SRW0508 | 58 | Equisetum cum Silica | | |
| Arsenicum Metallicum 6X/30X | SRW0625/SRW0507 | 58 | Herbal Tincture | SRW0226 | 102 |
| Astragalus Herbal Tincture | SRW0034 | 98 | Eye Refresh™ | SRW0869 | 29 |
| Aurum Metallicum 6X/30X | SRW0588/SRW0536 | 59 | Face Moisturizing Cream | CRW0019 | 125 |
| Aurum Cream | SRW0906 | 113 | Ferrum Carbonicum 6X | SRW0564 | 72 |
| Avena Sativa 30X | SRW0537 | 59 | Ferrum Cream | SRW0903 | 115 |
| Baptisia Tinctoria 6X | SRW0605 | 60 | Ferrum Metallicum 6X/30X | SRW0546/SRW0615 | 73 |
| Bee Pollen 30X | SRW0571 | 60 | Ferrum Muriaticum 6X | SRW0611 | 73 |
| Belladonna 6X/30X | SRW0583/SRW0509 | 61 | Ferrum Phos 6X | SRW0547 | 74 |
| Berberine Plus™ | SRW0246P | 22 | Formicum Acidum 6X | SRW0512 | 74 |
| Berberis Vulgaris 6X | SRW0539 | 61 | Gelsemium 6X | SRW0598 | 75 |
| Beryl Pentas™ TMS | SRW0104 | 98 | Gentian Herbal Tincture | SRW0018 | 103 |
| Blackthorn Tonic™ | SRW0362 | 99 | Ginger Plus™ | SRW0366 | 29 |
| Boswellia 3K™ | SRW0233 | 23 | Glandula Suprarenalis (Adrenal) 6X | SRW0503 | 75 |
| Boswellia Lip Balm | CRW0001 | 124 | Glandular Comp 6X | SRW0584 | 76 |
| Breast Protect Plus™ | SRW0317P | 24 | Glucanol Plus™ | SRW0249P | 30 |
| Broccoli Plus™ | SRW0367 | 25 | Glutamine Peptide | SRW0090 | 30 |
| Bryonia Alba 6X | SRW0606 | 62 | Goldenrod Herbal Tincture | SRW0197 | 103 |
| Bryophyllum 6X | SRW0589 | 62 | Granite 30X | SRW0628 | 76 |
| Calc Carb 30X | SRW0540 | 63 | Graphites 30X | SRW0573 | 77 |
| Calc Phos 30X | SRW0590 | 63 | Gut Restore™ | SRW0340 | 31 |
| Calcarea Fluorica 6X | SRW0576 | 64 | Hand & Body Cream | CRW0020 | 125 |
| Calcarea Sulfurica 6X | SRW0591 | 64 | Hawthorn Plus | SRW0365 | 32 |
| Calcium AM-PM™ | SRW0322P | 25 | Helleborus Niger 6X | SRW0634 | 77 |
| Camphora 6X/30X | SRW0592/SRW0593 | 65 | Helleborus Niger 29X | SRW0635 | 78 |
| Cantharis 30X | SRW0572 | 65 | Hepar Sulf 6X/30X | SRW0597/SRW0549 | 78 |
| Carbo Betulae 6X/30X | SRW0594/SRW0595 | 66 | Histaminum Hydrochloricum 30X | SRW0561 | 79 |
| Carnelian Pentas™ TMS | SRW0118 | 99 | Hyacinth Pentas™ TMS | SRW0108 | 104 |
| Cartilage Plus | SRW0380 | 26 | Hyoscyamus Niger 6X/30X | SRW0622/SRW0550 | 79 |
| Celestite 6X | SRW0609 | 66 | Hypericum Forte Cream | SRW0020 | 115 |

PRODUCTS A – Z (continued)

| | | | | | |
|--------------------------------|---------------------------|-----|----------------------------------|---------------------------|-----|
| Iron Reservoir™ TMS | SRW0352 | 104 | Real Arnica Ultra™ Cream | SRW0033 | 117 |
| Ivy Plus | SRW0372 | 32 | Recovery Tonic™ | SRW0261P | 41 |
| Jasper Pentas™ TMS | SRW0109 | 105 | Refreshing Foot Cream | CRW0023 | 126 |
| Joint Relief Plus™ | SRW0250P | 33 | Relief 4X Cream | SRW0208 | 118 |
| Juglans Regia 30X | SRW0566 | 80 | Rhodiola Plus | SRW0259P | 42 |
| Kali Carb 6X | SRW0633 | 80 | Rosemary Bath Oil | CRW0011 | 118 |
| Lachesis Mutus 30X | SRW0553 | 81 | Rosemary & Eucalyptus Bath Oil | CRW0006 | 119 |
| Lavender & Spruce Bath Oil | CRW0010 | 115 | Rosemary Salt Scrub | CRW0015 | 119 |
| Ledum Palustre 6X | SRW0621 | 81 | Sage Cream | SRW0260 | 119 |
| Leonurus Cardiac 6X | SRW0521 | 82 | Sambucus Canadensis | | |
| Levisticum Officinale 6X | SRW0575 | 82 | (Elderberry) 6X | SRW0603 | 89 |
| Lightroot Comp™ | SRW0303 | 34 | Sepia 6X/30X | SRW0600/SRW0559 | 89 |
| Liver Cleanse™ | SRW0022 | 34 | Serrazimes | SRW0318 | 42 |
| Lobelia Inflata 6X | SRW0520 | 83 | Shepherd's Purse Herbal Tincture | SRW0031 | 107 |
| Lungroot™ – Lemon | SRW0354 | 105 | Silicea 6X/30X | SRW0516/SRW0517 | 90 |
| Lungroot™ – Menthol | SRW0359 | 106 | Silicea Cream | SRW0905 | 120 |
| Lycopodium Clavatum 6X/30X | SRW0555/SRW0556 | 83 | St. John's Wort Herbal Tincture | SRW0381 | 107 |
| Magnesia Phos 6X/30X | SRW0574/SRW0610 | 84 | Stannum Complex 6X | SRW0518 | 90 |
| Magnesium Reservoir™ | SRW0348 | 35 | Stannum Cream | SRW0901 | 120 |
| Mercurius Vivus 30X | SRW0513 | 84 | Stannum Metallicum 6X/30X | SRW0578/SRW0579 | 91 |
| Millefolium 6X | SRW0522 | 85 | Stibium Cream | SRW0904 | 121 |
| Multivitamins Plus | SRW0349 | 36 | Stomach Aid | SRW0370 | 43 |
| Natrum Muriaticum 30X | SRW0557 | 85 | Stramonium 30X | SRW0630 | 91 |
| Neck Relief | SRW0046 | 116 | Strophanthus Kombe 6X | SRW0523 | 92 |
| Nux Vomica 30X | SRW0601 | 86 | Sulfur 7X/30X | SRW0524/SRW0525 | 92 |
| Onyx Pentas™ TMS | SRW0110 | 106 | Teucrium Scorodonia 6X | SRW0565 | 93 |
| Orange Salt Scrub | CRW0014 | 116 | Throat Defense™ Berry Flavor | SRW0358 | 44 |
| Oregano Plus | SRW0384 | 37 | Throat Defense™ Menthol | SRW0357 | 45 |
| Oxalis Montana 6X | SRW0602 | 86 | Thuja 6X | SRW0504 | 93 |
| Phosphorus 6X/30X | SRW0616/SRW0563 | 87 | Thyroidinum 6X | SRW0505 | 94 |
| Plumbum Mel. 30X | SRW0515 | 87 | Topaz Pentas™ TMS | SRW0100 | 108 |
| Potassium Reservoir™ | SRW0345 | 37 | Tormentilla 30X | SRW0569 | 94 |
| Probiotics Comp. | SRW0379 | 38 | True Life Pepper — | | |
| Prostate Complex™ | SRW0314P | 39 | Coarse | SRW0324 | 110 |
| Prunus Spinosa 6X | SRW0558 | 88 | True Life Reservoir™ | SRW0326 | 46 |
| Pulsatilla 6X/30X | SRW0619/SRW0626 | 88 | True Life Sea Salt | SRW0323 | 110 |
| Quercetin Plus | SRW0385 | 40 | Urtica Ferrum Tincture | SRW0081 | 108 |
| Real Arnica Forte™ Oil — 4 oz. | SRW0032 | 116 | Vital Mind Plus | SRW0382 | 46 |
| Real Arnica Forte™ Oil — 2 oz. | SRW0057 | 117 | Vitamin D Plus™ | SRW0256P | 47 |
| Real Arnica Massage Oil | SRW0051 | 117 | Women's Plus | SRW0364 | 48 |

PRODUCTS BY HEALTH CONCERN

Products in **bold** are the primary recommendations.
All listings are supportive — read the details on the individual product pages for more information.

Adrenal Support

5M Trace Minerals
AKBA Plus™ (Boswellia 3K™)
Beryl Pentas™ TMS
Blackthorn Tonic™
Glandula Suprarenalis (Adrenal) 6X
Glandular Comp 6X
Millefolium 6X
Orange Salt Scrub™
Recovery Tonic™
Rosemary Salt Scrub™

Allergies Support

5M Trace Minerals
AKBA Plus™ (Boswellia 3K™)
Argentum-Quartz 6X
Berberine Plus™
Calcium AM-PM™
Levisticum Officinale 6X
Leonurus Cardiaca 6X
Quercetin Plus
Sinus Plus™

Antioxidants

Algae Plus
Multivitamins Plus

Anxiety

Argentum Metallicum 30x
Arsenicum Metallicum 30x
Belladonna 30x
Carbo Betulae 30x
Clear & Calm™
Gelsemium 6x
Hyoscyamus Niger 30x
Silicea 30x
Strophanthus Kombe 6x

Back & Neck Relief

AKBA Plus™ (Boswellia 3K™)
Angelica Forte Oil™
Arnica 6X or Arnica 30X
Devil's Claw Plus™
Berberine Plus™
Calcium AM-PM™
Cartilage Plus™
Chamomilla 7x or Chamomilla 30x
Curcumin Plus™
Jasper Pentas™ TMS
Joint Relief Plus™
Neck Relief Oil™
Real Arnica Forte Oil™
Relief 4x Cream™
Serrazimes
Vitamin D Plus™

Bone Health

5M Trace Minerals
AKBA Plus™ (Boswellia 3K™)
Berberine Plus™
Calcium AM-PM™
Jasper Pentas™ TMS
Vitamin D Plus™

Brain-Calming Support

5M Trace Minerals
AKBA Plus™ (Boswellia 3K™)
Amethyst Pentas™ TMS
Arnica 6X or Arnica 30X
Berberine Plus™
Calcium AM-PM™
Chamomilla 7X or Chamomilla 30X
Cinis Radix Comp 30X
Clear & Calm™
Lavender & Spruce Bath Oil™
Lightroot Comp™
Magnesium Reservoir™
Orange Salt Scrub™
Potassium Reservoir™ Multi-Minerals
St. John's Wort Herbal Tincture
Vital Mind Plus™

Brain-Stimulating Support

5M Trace Minerals
Algae Plus
Amethyst Pentas™ TMS
Berberine Plus™
Multivitamins Plus
Vital Mind Plus™

Cardio-vascular Health

5M Trace Minerals
AKBA Plus™ (Boswellia 3K™)
Algae Plus
Aurum Cream
Aurum Metallicum 6X or Aurum Metallicum 30X
Belladonna 6X or Belladonna 30X
Berberine Plus™
Beryl Pentas™ TMS
Blackthorn Tonic™
Hawthorn Plus
Magnesium Reservoir™
Orange Salt Scrub™
Potassium Reservoir™ Multi-Minerals
Quercetin Plus
Rosemary Bath Oil™
Rosemary Salt Scrub™

Cholesterol-Healthy Support

Berberine Plus™
Chicory cum Stanno Herbal Tincture
Cichorium Intybus 30X
Gentian Herbal Tincture
Glucanol Plus™
Liver Cleanse™

Constitutional Strengthening

5M Trace Minerals
Algae Plus
Aurum Metallicum 6X or Aurum Metallicum 30X
Blackthorn Tonic™
Carnelian Pentas™
Ferrum Cream
Formicum Acidum 6X
Glandular Comp 6X
Orange Salt Scrub™
Rosemary Salt Scrub™
Thuja 6X

Cough Relief

AKBA Plus™ (Boswellia 3K™)

Angelica Forte Oil™

Cinnabar-Pyrite 6X

Cuprum Metallicum 6X or Cuprum
Metallicum 30X

Elderberry Thyme Syrup™

Ivy Plus™

Lobelia Inflata 6X

Lungroot™ – Menthol or Lemon

Rosemary & Eucalyptus Bath Oil™
Sinus Plus™

Detoxification

5M Trace Minerals

Algae Plus

Angelica Forte Oil™

Berberine Plus™

Broccoli Plus

Chicory cum Stanno Herbal Tincture

Cichorium Intybus 30X

Curcumin Plus™

Enzyme Complex™

Equisetum cum Silica™

Herbal Tincture

Ferrum Cream

Gentian Herbal Tincture

Glutamine Peptide

Gut Restore™

Lavender & Spruce Bath Oil™

Liver Cleanse™

Orange Salt Scrub™

Probiotics Comp

Rosemary & Eucalyptus Bath Oil™

Rosemary Salt Scrub™

Serrazimes™

Topaz Pentas™ TMS

Ear Health

AKBA Plus™ (Boswellia 3K™)

Angelica Forte Oil™

Argentum Colloidum

Cinnabar-Pyrite 6X

Ear Oil™

Elderberry Thyme Syrup

Onyx Pentas™ TMS

Serrazimes™

Sinus Plus™

Enzymes

Enzyme Complex™

Serrazimes™

Eye Health

Algae Plus™

Chrysolith Pentas™ TMS

Eye Refresh™

Fatigue

5M Trace Minerals

Aurum Metallicum 6X

Berberine Plus™

Blackthorn Tonic™

Hawthorn Plus

Liver Cleanse™

Magnesium Reservoir™

Multivitamins Plus

Potassium Reservoir™ Multi-Minerals

Quercetin Plus

Recovery Tonic™

Rhodiola Plus™

Rosemary Bath Oil™

Vital Mind Plus™

Gall Bladder Support

Belladonna 6X or Belladonna 30X

Berberine Plus™

Chicory cum Stanno Herbal Tincture

Cichorium Intybus 30X

Curcumin Plus™

Enzyme Complex™

Ferrum Cream

Liver Cleanse™

Glucose-Healthy Support

5M Trace Minerals

Berberine Plus™

Chicory cum Stanno Herbal Tincture

Cichorium Intybus 30X

Emerald Pentas™ TMS

Glucanol Plus™

Liver Cleanse™

Magnesium Reservoir™

Topaz Pentas™ TMS

Vitamin D Plus™

Hair Growth

AKBA Plus™ (Boswellia 3K™)

**Equisetum cum Silica Herbal
Tincture**

Breast Protect™ (for women)

Prostate Complex™ (for men)

Hormonal Support

Glandula Suprarenalis (Adrenal) 6X

Blackthorn Tonic™

Glandular Comp 6X

Hyacinth Pentas™

Lightroot Comp™

Prostate Complex™

Rosemary Bath Oil™

Rosemary Salt Scrub™

Thyroidinum 6X

Women's Plus™

Immune System Support

AKBA Plus™ (Boswellia 3K™)

Algae Plus

Angelica Forte™ Oil

Astragalus Herbal Tincture

Elderberry Thyme Syrup™

Gelsemium 6X

Helleborus Niger 6X

Probiotics Comp

Serrazimes™

Throat Defense™ Berry Flavor

Throat Defense™ Menthol

Thuja 6X

Vitamin D Plus

Inflammation-Healthy Support

AKBA Plus™ (Boswellia 3K™)

Algae Plus

Angelica Forte™ Oil

Arnica 6X or Arnica 30X

Berberine Plus™

Calcium AM-PM™

Curcumin Plus™

Joint Relief Plus™

Real Arnica Forte Oil™

Relief 4x Cream™

Serrazimes™

Sinus Plus™

Vitamin D Plus™

Intestinal Health

AKBA Plus™ (Boswellia 3K™)

Berberine Plus™

Chamomilla 7X or Chamomilla 30X

Chicory cum Stanno Herbal Tincture

Cichorium Intybus 30X

Curcumin Plus™

Enzyme Complex™

Gentian Herbal Tincture

Ginger Plus

Glutamine Peptide

Gut Restore™

Liver Cleanse™

Levisticum Officinale 6X

Mercurius Vivus 30X

Probiotics Comp

Joint Health

AKBA Plus™ (Boswellia 3K™)

Angelica Forte™ Oil

Arnica 6X and Arnica 30X

Devil's Claw Plus™

Berberine Plus™

Calcium AM-PM™

Cartilage Plus™

Chalcedony Pentas™ TMS

Curcumin Plus™

Ginger Plus

Joint Relief Plus™

Real Arnica Forte Oil™/

Real Arnica Ultra Cream™

Relief 4x Cream™

Serrazimes™

Vitamin D Plus™

Kidney Health

AKBA Plus™ (Boswellia 3K™)

Berberine Plus™

Beryl Pentas™ TMS

Cuprum Cream

Cuprum Metallicum 6X or

Cuprum Metallicum 30X

**Equisetum cum Silica Herbal
Tincture**

Lightroot Comp™

Millefolium (Yarrow) 6X

Shepherd's Purse Herbal Tincture

Stannum Complex 6X

Leg Cramps — Occasional

AKBA Plus™ (Boswellia 3K™)

Belladonna 6X or Belladonna 30X

Calcium AM-PM™

Chamomilla 7X or Chamomilla 30X

Cinis Radix Comp 30x

Cuprum Cream

Cuprum Metallicum 6X or

Cuprum Metallicum 30X

Magnesium Reservoir™

Potassium Reservoir™

Multi-Minerals

Real Arnica Forte Oil™/

Real Arnica Ultra Cream™

Relief 4x Cream™

Liver Health

AKBA Plus™ (Boswellia 3K™)

Berberine Plus™

Broccoli Plus

Chicory cum Stanno Herbal Tincture

Cichorium Intybus 30X

Cuprum Cream

Curcumin Plus™

Enzyme Complex™

Ferrum Cream™

Liver Cleanse™

Millefolium (Yarrow) 6X

Stannum Cream

Topaz Pentas™ TMS

Lung Health

AKBA Plus™ (Boswellia 3K™)

Angelica Forte™ Oil

Cinis Radix 30X

Cinnabar-Pyrite 6X

Elderberry Thyme Syrup™

Ferrum Cream

Ivy Plus™

Lobelia Inflata 6X

Lungroot™ – Menthol or Lemon

Serrazimes™

Memory Support

Berberine Plus™

Clear & Calm™

Lightroot Comp™

Multivitamins Plus

Plumbum Mel. 30X

Rhodiola Plus™

Vital Mind Plus™

Mens Health

Blackthorn Tonic™

Helleborus Niger 6X

Prostate Complex

Rhodiola Plus

Menstrual Health

Angelica Plus

Metabolic Health

AKBA Plus™ (Boswellia 3K™)

Berberine Plus™

Blackthorn Tonic™

Curcumin Plus™

Enzyme Complex™

Formicum Acidum 6X

Glucanol Plus™

Gut Restore™

Liver Cleanse™

Multivitamins Plus

Topaz Pentas™ TMS

Vitamin D Plus™

Mood/Mental Health Support

5M Trace Minerals

Aurum Metallicum 6X or Aurum

Metallicum 30X

Berberine Plus™

Clear & Calm™

Lightroot Comp™

Magnesium Reservoir™

Multivitamins Plus

Potassium Reservoir™ Multi-Minerals

Rhodiola Plus™

Plumbum Mel. 30X

St. John's Wort Herbal Tincture

Vital Mind Plus™

Multi Vitamins & Minerals

5M Trace Minerals

Calcium AM-PM™

Magnesium Reservoir™

Multivitamins Plus

Potassium Reservoir™

Multi-Minerals

True Life Reservoir™

Vitamin D Plus™

Neurologic Health (nerve health)

5M Trace Minerals
AKBA Plus™ (Boswellia 3K™)
Arnica 6X or Arnica 30X
Berberine Plus™
Curcumin Plus™
Equisetum cum Silica™ Herbal Tincture
Lavender & Spruce Bath Oil™
Magnesium Reservoir™
Recovery Tonic™
Rhodiola Plus™
Plumbum Mel. 30X
Serrazimes™
Vital Mind Plus™
Vitamin D Plus™

Nutritional Deficiencies

5M Trace Minerals
Calcium AM-PM™
Enzyme Complex™
Glutamine Peptide
Gut Restore™
Magnesium Reservoir™
Multivitamins Plus
Potassium Reservoir™
Multi-Minerals
Probiotics Comp
True Life Reservoir™
Vitamin D Plus™

Oral Care

Curcumin Plus™
Cinnabar-Pyrite 6X
Throat Defense™ Berry Flavor
Throat Defense™ Menthol

Organ products

Glandula Suprarenalis (Adrenal) 6X
Glandular Comp 6X
Thyroidinum 6X

Pain Relief (occasional discomfort)

AKBA Plus™ (Boswellia 3K™)
Arnica 6X or Arnica 30X
Devil's Claw Plus™
Calcium AM-PM™
Cartilage Plus™
Chamomilla 7X or Chamomilla 30X
Cuprum Cream
Joint Relief Plus™
Magnesium Reservoir™
Real Arnica Forte Oil™ /
Real Arnica Ultra Cream™
Relief 4x Cream™
Serrazimes™

Pediatric Daily Health

5M Trace Minerals
Blackthorn Tonic™
Calcium AM-PM™
Chamomilla 7X or Chamomilla 30X
Probiotics Comp
Throat Defense™ Berry Flavor
Throat Defense™ Menthol
True Life Reservoir™

Post Exercise — Minor, Occasional Injury Relief

AKBA Plus™ (Boswellia 3K™)
Algae Plus
Arnica 6X or Arnica 30X
Devil's Claw Plus™
Belladonna 6X or Belladonna 30X
Berberine Plus™
Calcium AM-PM™
Cartilage Plus™
Goldenrod Herbal Tincture
Hawthorn Plus
Magnesium Reservoir™
Real Arnica Forte Oil™
Recovery Tonic™
Relief 4x Cream™
Serrazimes™

Probiotics

Gut Restore™
Probiotics Comp
Throat Defense™ Berry Flavor
Throat Defense™ Menthol

Prostate Health

AKBA Plus™ (Boswellia 3K™)
Berberine Plus™
Helleborus Niger 6X
Prostate Complex™
Quercetin Plus
Vitamin D Plus™

Recovery/Convalescence

5M Trace Minerals
Arnica 6X or Arnica 30X
Aurum Metallicum 6X or
Aurum Metallicum 30X
Berberine Plus™
Blackthorn Tonic™
Glandular Comp 6X
Goldenrod Herbal Tincture
Hawthorn Plus
Multivitamins Plus
Probiotics Comp
Recovery Tonic™
Rosemary Salt Scrub™

Sinuses-Healthy Support

AKBA Plus™ (Boswellia 3K™)
Cinnabar-Pyrite 6X
Elderberry Thyme Syrup™
Lungroot™ – Menthol or Lemon
Probiotics Comp
Rosemary & Eucalyptus Bath Oil™
Serrazimes™
Sinus Plus™
Throat Defense™ Berry Flavor
Throat Defense™ Menthol

Skin Health

AKBA Plus™ (Boswellia 3K™)
Chamomile Forte Cream™

Cosmetics – see cosmetics section

Equisetum cum Silica™ Herbal Tincture
Hypericum Forte Cream™
Jasper Pentas™ TMS
Orange Salt Scrub™
Rosemary Salt Scrub™
Sage Cream™
Silicea Cream™
Stibium Cream™

Sleep Support

Calcium AM-PM™
Chamomilla 7X or Chamomilla 30X
Cinis Radix Comp 30X
Clear & Calm™
Lavender & Spruce Bath Oil™
Magnesium Reservoir™

Stomach Health

AKBA Plus™ (Boswellia 3K™)
Berberine Plus™
Broccoli Plus
Curcumin Plus™
Enzymes Complex™
Gentian Herbal Tincture
Stomach Aid™

Stress Relief

Aurum Metallicum 6X or Aurum Metallicum 30X
Blackthorn Tonic™
Calcium AM-PM™
Chamomilla 7X or Chamomilla 30X
Cinis Radix Comp 30X
Clear & Calm™
Magnesium Reservoir™
Orange Salt Scrub™
Potassium Reservoir™ Multi-Minerals
Recovery Tonic™
Rosemary Salt Scrub™
Vital Mind Plus

Throat Care

Angelica Forte Oil™ (applied topically)
Cinnabar-Pyrite 6X
Elderberry Thyme Syrup™
Lungroot™ – Menthol or Lemon
Throat Defense™ Berry Flavor
Throat Defense™ Menthol Flavor

Thyroid Health

Cuprum Cream
Glandular Comp. 6X
Leonurus Cardiaca 6X
Thyroidinum 6X

Urinary Bladder Health

AKBA Plus™ (Boswellia 3K™)
Angelica Plus
Equisetum cum Silica™ Herbal Tincture

Veins Support

AKBA Plus™ (Boswellia 3K™)
Cuprum Metallicum 6X or Cuprum Metallicum 30X
Cuprum Cream

Weight-Healthy Support

Calcium AM-PM™
Equisetum cum Silica Herbal Tincture™
Glucanol Plus™
Multivitamins Plus

Women's Health

Agnus Castus Herbal Tincture
Argentum Cream
Argentum Metallicum 6X or Argentum Metallicum 30X
Aurum Metallicum 6X or Aurum Metallicum 30X
Belladonna 6X or Belladonna 30X
Blackthorn Tonic™
Breast Protect Plus™
Calcium AM-PM™
Lightroot Comp™
Levisticum Officinale 6X
Women's Plus

Work-out/Exercise/Sports Performance

Algae Plus
Arnica 6X or Arnica 30X
Berberine Plus™
Calcium AM-PM™
Hawthorn Plus
Lavender & Spruce Bath Oil™
Magnesium Reservoir™
Multivitamins Plus
Orange Salt Scrub™
Potassium Reservoir™ Multi-Minerals
Quercetin Plus
Real Arnica Forte™ Oil or Cream
Recovery Tonic™
Rhodiola Plus™



TABLETS, CAPSULES & POWDERS



This is the richest, full spectrum, frankincense (boswellia, AKBA) formula available.

The main active ingredient of boswellia — AKBA — is the most potent natural 5-lipoxygenase enzyme inhibitor. This enzyme is crucial in maintaining a normal inflammatory response.

AKBA promotes:

- a healthy respiratory system;
- a healthy joint function with a good range of motion, less stiffness;
- a healthy digestive tract;
- a high energy level, and much more

Common market available boswellia is not standardized at all or at best has 1–3% AKBA. The True Botanica AKBA Plus™ is std. to 90% AKBA, and offers 54mg of AKBA in every serving! The addition of the frankincense gum, fenugreek and Bioperine® improve bioavailability even more. This allows a person to finally be able to take enough to reach the blood levels that have been found to be effective. Our research has shown that our formula creates blood levels of several hundred ng/ml while most of our competitors showed blood levels close to zero!

Rudolf Steiner's research adds significantly to our understanding of the spiritual forces enhanced by frankincense (*boswellia*), whether it is used in rituals, as a resin in the plant world or in important warmth processes in the human being.*

Suggested Usage: One to three capsules daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 90

| AMT PER SERVING | % DAILY VALUE | |
|---|---------------|---|
| AKBA 90™ (<i>Boswellia serrata</i>) (resin) {Standardized for 90% AKBA [3-O-acetyl-11-Keto-beta-Boswellic acid (54 mg)]} | 60 mg | * |
| Boswellin® PS (<i>Boswellia serrata</i>) (resin) [Standardized for 35–50% Boswellic Acid, including 20–30% Beta Boswellic Acids and 10–12% 3-O-Acetyl-11-Keto-beta-Boswellic acid] | 60 mg | * |
| AKBA True Pentas™ [a proprietary, rhythmically prepared boswellia (<i>Boswellia serrata</i>) (resin)] | 20 mg | * |
| Bioperine® Nature's Thermonutrient™ (<i>Piper nigrum</i>) (fruit) [Standardized for 95% piperine (0.95 g)] | 1 mg | * |
| Fenugreek seed powder (<i>Trigonella foenum graceum</i>) | 1 mg | * |
| Other ingredients: FrutaFit®-Inulin HD, vegetable cellulose, and non-hydrogenated vegetable stearate. | | |

*DAILY VALUE NOT ESTABLISHED

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585.

Boswellin® is a registered trademark of Sabinsa Corporation.

FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

A significant formulation of micro algae containing the nutrients of Spirulina plus the carotenoid Astaxanthin!

Contains the only organic Spirulina to be certified by the US Pharmacopeia.

First a general comment of the researcher Rudolf Steiner:

Algae have a special connection to the fluids and air. They avoid a too strong connection with the earth or the "cosmic" element. That makes them especially suited to support the middle, the rhythmical system in the human being- as the system located between the extremes of the head and the abdomen. On a spiritual level this explains why algae help to improve the connection between the astral body (soul life) and the etheric body (the life forces). This explains why he recommends the use of algae in

- tired, devitalized, dreamy children;
- children that are slow learners;
- slow to execute given instructions;
- children having difficulty learning in general.

More than likely this applies to adults as well!

Spirulina

Conventional research shows that it has enormous nutritional and health enhancing properties:

- stimulates and maintains the immune system;
- builds the blood;
- curbs hunger;
- increases energy;
- detoxifies;
- is cardio protective;
- powerful antioxidant

The only significant carotenoid that Spirulina is missing is astaxanthin which is why the red algae containing astaxanthin have been added to the formula.

Astaxanthin

- Powerful support of the eye, brain, joint, cardiovascular, skin and nerve health;
- Promotes a normal CRP marker level;
- Strong antioxidant – 500 times stronger than Vitamin E;
- Accelerates recovery from exercise.

#1 of "5 Foods that can add years to your life" (Ranked by *AARP Magazine* Sept/Oct 2006 issue)

This formula also contains Phycocyanins – a natural component of the Spirulina algae.

Phycocyanins

- Build blood and help support the healthy immune system;
- Are Antioxidant;
- Maintain a normal inflammation level in heart tissues;
- Stimulate stem cells differentiation in bone marrow-stem cells that then make the white blood cells that constitute the immune system and the red blood cells that are needed for multiple vital functions*

Phycocyanins give the tablets the characteristic blue color.

Suggested Usage: Two tablets once daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 2 tablets • Servings per container: 30

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| A proprietary blend of Spirulina (<i>Arthrospira platensis</i>) and Red Algae (<i>Haematococcus pluvialis</i>) containing 300 mcg of Astaxanthin†. | 950 mg * |
| Other ingredients: Hypromellose, Phycocyanin (Natural Antioxidant Coating), Natural Vanilla Flavor | |

†ORGANIC

*DAILY VALUE NOT ESTABLISHED

The health bringing properties of the Angelica Root have been known in traditional medicine and are supported by modern science.

Angelica supports:

- A healthy bladder function;
- A more comfortable menstrual period;
- A relaxed state of mind;
- Relief of the occasional indigestion and mild abdominal cramping;
- Improvement of loss of appetite;

Unique features of this formula. It contains:

- Angelica root and its native salts and ashes (main function-relieving temporary abdominal and bladder discomfort)
- Yarrow flowers (main function – supports healthy liver and kidney functions)
- Germander herb (*Teucrium scorodonia*), potassium carbonate and potassium sulfate, in potentized form (main function – according to Rudolf Steiner's research this combination strengthens the normal Ego function in the abdomen)

Caution: the constituents of angelica may sensitize the skin to UV radiation and cause skin inflammation. Prolonged sun bathing (which is not advised anyway) is best avoided while taking angelica preparations.

Including the native salts and ashes of the root into the final product conception is one of the cardinal enhancements that dis-

tinguish the TB formulas. The salts and ashes of the root do not "just" make the preparation more truly "full spectrum." Rudolf Steiner's research shows that minerals, especially the ones native to the plants, support physiologically the Ego organization and thus make a preparation stronger in supporting all body, soul and spirit functions. Moreover, when the minerals are obtained through an ashing process an additional light and warmth quality is enhanced in the formula.*

Suggested Usage: One capsule twice daily or as suggested by your healthcare provider.

Supplement Facts

Serving size: 1 capsule • Servings/container: 60

| AMT PER SERVING | % DAILY VALUE | |
|--|---------------|---|
| Angelica (<i>Angelica archangelica</i>) root (3-7:1 extract) | 250 mg | * |

Other ingredients: FrutaFit®-Inulin, Vegetable cellulose, Maltodextrin, Angelica (*Angelica archangelica*) (root) Ash (10⁻³), Mix of Yarrow Flower (10⁻⁶), Teucrium Herb (10⁻⁶), Potassium Sulfate (10⁻⁶), Potassium Carbonate (10⁻⁶).

* DAILY VALUE NOT ESTABLISHED

This is the most full spectrum barberry root formula available. It contains the high amounts of the naturally occurring berberine alkaloid that are needed for reliable effectiveness. But more importantly, it also includes besides the actual complete natural root, standardized extracts of the main active ingredients, as well as rhythmically prepared ashes and salts derived from the root. The result is a truly holistic formula to help all three: body, mind and spirit.

Berberine promotes:

1. a normal sugar level;
2. a strong heart function;
3. normal cholesterol levels;
4. a normal inflammatory state;
5. a healthy bile output and digestion;
6. a healthy "upbeat mood".
7. increased workout and exercise effectiveness

Berberine Plus can be taken with or without food.

This formula uniquely incorporates Bioperine, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.

Suggested Usage: Two capsules once or twice daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 2 capsules • Servings per container: 60

| AMOUNT PER SERVING | % DAILY VALUE | |
|---|---------------|---|
| Berberine HCL | 500 mg | * |
| Barberry Pentas™ (Proprietary blend of Barberry Root Pentas™ and Barberry Root Ash Pentas™) | 40 mg | * |
| Barberry extract [Standardized to 6% total Alkaloids calculated as Berberine (1.2 mg)] | 20 mg | * |
| Bioperine® Nature's Thermonutrient™ (<i>Piper nigrum</i>) (fruit) [95% piperine (1.9 mg)] | 2 mg | * |

Other Ingredients: Microcrystalline cellulose, vegetable cellulose, FrutaFit®-Inulin, and magnesium stearate.

*DAILY VALUE NOT ESTABLISHED

FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

Contains the same rich and full spectrum amounts of frankincense (*boswellia*) and boswellia extract (AKBA) as the AKBA Plus™ supplement.

However, additionally it has a rhythmically prepared combination of gold, frankincense and myrrh (3K).

Based on Rudolf Steiner's research, this adds a spiritually strengthening quality to the product and makes it truly holistic and beneficial to all three: body, soul, and spirit.

The main active ingredient of boswellia – AKBA – is the most potent natural 5-lipoxygenase enzyme inhibitor. This enzyme is crucial in maintaining a normal inflammatory response.

AKBA promotes:

- a healthy respiratory system;
- a healthy joint function with a good range of motion, less stiffness;
- a healthy digestive tract;
- a high energy level, and much more

Common market available boswellia is not standardized at all or at best has 1–3% AKBA. The True Botanica Boswellia 3K™ is std. to 90% AKBA, and offers 54mg of AKBA in every serving!! The addition of the 3K preparation adds an additional strengthening affect. This allows a person to finally be able to take enough to reach the blood levels that have been found to be effective. Our research has shown that our formula creates blood levels of several hundred ng/ml while most our competitors showed blood levels close to zero!

Rudolf Steiner's research adds significantly to our understanding of the spiritual forces enhanced by frankincense (*boswellia*), whether it is used in rituals, as a resin in the plant world or in important warmth processes in the human being.*

Suggested Usage: One to three capsules daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 90

| AMT PER SERVING | % DAILY VALUE | |
|---|---------------|---|
| AKBA 90™ (<i>Boswellia serrata</i>) (resin) {Standardized for 90% AKBA [3-O-acetyl-11-Keto-beta-Boswellic acid (54 mg)]} | 60 mg | * |
| Boswellin® PS (<i>Boswellia serrata</i>) (resin) [Standardized for 35-50% Boswellic Acid, including 20-30% Beta Boswellic Acids and 10–12% 3-O-Acetyl-11-Keto-beta-Boswellic acid] | 60 mg | * |
| Boswellia 3K Pentas™ (a proprietary, rhythmically prepared blend of <i>Boswellia serrata</i> , myrrh gum, amber, Boswelina 3K Pentas and gold – contains less than 1 ppb of gold) | 10 mg | * |

Other ingredients: FrutaFit®-Inulin, vegetable cellulose, and non-hydrogenated vegetable stearate.

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585. Boswellin® is a registered trademark of Sabinsa Corporation.

FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

This formula promotes both breast health and overall female health.

What is special about this formula?

- The only breast formula to contain trace minerals shown by the research of Rudolf Steiner and other traditional sources to be associated with stabilizing the energetic structure of the chest organs.
- The only breast formula to contain a uniquely concentrated frankincense (standardized to 90% AKBA as opposed to the customary commercially available 3–25% AKBA std.), plus curcumin and vitamin D3, to assist healthy inflammatory processes. Maintaining a healthy inflammatory balance is a crucial step for overall health care.
- The only breast formula to contain Bioperine® as a spice that improves the absorption of all components and increases their blood levels.
- One of the few formulas to contain HMRLignans, breakthrough herbal extracts which promote a better estrogen balance.
- Contains very high amounts of the remarkably beneficial annatto derived Tocotrienols
 - powerful stabilizers of cell health;
 - antioxidants;
 - help maintain a healthy cholesterol level;
 - assists hair growth!
- Contains cruciferous vegetable extract in order to support a shift towards the “good” estrogens.

This is indeed a formula that should be part of the daily regimen of any health conscious woman!*

Suggested Usage: Two capsules daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 2 capsules • Servings per container: 30

| AMT PER SERVING | % DAILY VALUE** | |
|--|-----------------|-----|
| Vitamin D (as cholecalciferol) | 200 IU | 50% |
| DeltaGold® Mixed Tocotrienols [Total Tocotrienols (75.25 mg), including 84–92% Delta-Tocotrienol, 8–16% Gamma-tocotrienol, 1% other tocotrienols and tocopherols] | 215 mg | † |
| Broccoli 20:1 extract (<i>Brassica oleracea</i>) (stems & buds) | 200 mg | † |
| TOCOMAX™ Natural Full Spectrum Tocotrienol/Tocopherol Complex [Providing 20% alpha-tocotrienol, beta-tocotrienol, gamma-tocotrienol and delta-tocotrienol (25 mg)] [Virgin crude palm oil and fruits (<i>Elaeis guineensis</i>)] | 125 mg | † |
| Watercress powder (<i>Nasturtium officinale</i>) (herb) | 100 mg | † |
| Indole-3-carbinol | 75 mg | † |
| HMRLignan™ [7-Hydroxymatairesinol from Norwegian Spruce (<i>Picea abies</i>)] | 30 mg | † |
| Curcumin C3 Complex® Turmeric extract, Nature's Bioprotectant® [Standardized for 95% total curcuminoid (23.75 mg)] | 25 mg | † |
| DIM Powder [3,3-Bis (Indolyl) Methane] | 15 mg | † |
| AKBA 90™ (<i>Boswellia serrata</i>) (resin) {Standardized for 90% | 10 mg | † |
| AKBA [3-acetyl-11-Keto-beta-Boswellic acid (9 mg)] | | |
| Trace Minerals Pentas™ BrP Mix: a proprietary mix, rhythmically prepared from: complete trace minerals and minerals derived from diopase, topaz, slate, apatite, porphyry and sulfur. | 10 mg | † |
| Bioperine® Nature's Thermonutrient™ (<i>Piper nigrum</i>)(fruit) [Standardized for 95% piperine (1.9 mg)] | 2 mg | † |
| Other ingredients: Brown rice bran, vegetable cellulose, non-hydrogenated vegetable stearate, and chlorophyll. | | |

† DAILY VALUE NOT ESTABLISHED.

** DAILY VALUES ARE BASED ON A 2,000 CALORIE PER DAY DIET.

The active ingredients in broccolis have long been known to have extensive detoxifying health benefits. These effects have solid scientific backing. The so called sulforaphanes enhance the phase 2 liver detoxifying stage, i.e. they make toxins water soluble. They reduce the deleterious effects of cigarette smoke, alcohol, synthetic and naturally occurring toxins, radiation, several drug, infectious agents, results of f. ex. grilled meats and more. Studies have shown that a diet including very high levels of yellow and green vegetables especially of the cruciferous family are highly significant to enhance health. Since getting a daily supply of the crucial vegetables is not always possible, or if more than a minimal amount is desired, having a daily supplement of the active detoxifying broccoli substances is clearly very important. Broccoli Plus is a true nutritional supplement that can significantly enhance the quality of your daily diet.

What is special about this Formula:

1. Contains SGS™ broccoli, the highest quality broccoli seed ingredient available.
2. Contains broccoli sprouts to aid in enhancing the active ingredients in broccoli.
3. Uniquely contains the natural salts and ashes of the native broccoli to release the "full spectrum," energetic/spiritual benefits of the plant.

Also: Emotional benefits:

Just as Cruciferous plants contribute on a physiological level to remove unwanted toxins, on a mental level they help to overcome a feeling of stagnation, the experience of not being able to resolve "road blocks"*

Suggested usage: One capsule one time daily or as suggested by your healthcare provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 30

| AMT PER SERVING | % DAILY VALUE** |
|--|-----------------|
| Broccoli (<i>Brassica oleracea italica</i>) (seed) extract [standardized for 12% Glucoraphanin (30 mg)] (SGS) | 250 mg * |
| Broccoli (<i>Brassica oleracea italica</i>) (sprout)† | 200 mg * |
| Broccoli (<i>Brassica oleracea italica</i>) (head) | 200 mg * |
| Other ingredients: FrutaFit®-Inulin, Vegetable cellulose, Maltodextrin, Broccoli (<i>Brassica oleracea italica</i>) (root) Ash (10 ⁻³) | |

† ORGANIC
* DAILY VALUE IS NOT DETERMINED.

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC

You can easily satisfy your entire daily dietary needs of calcium with this formula. Every serving provides 1,000 mg of high quality calcium.

What is special about this formula?

- Contains egg shell derived calcium. This calcium has outstanding absorption and digestive tolerability as well as a fast action time. Its qualities are enhanced by naturally occurring trace minerals and other co-factors. According to Rudolf Steiner's research, only this and similarly derived calcium can quickly be assimilated into all the areas needed, including all the way to the teeth. Thus **egg shell derived calcium** is particularly important for children. (The extraction of the calcium from egg shells is done from tons of otherwise wasted egg shells. The only production by product is clean steam.)
- Contains Calcium Reservoir™, a rhythmically prepared calcium carbonate and phosphate which helps the entire digestive processes in the body. Having this Reservoir included in every serving allows the product to be taken just once a day.
- Contains specific trace minerals known to act synergistically with calcium towards both its absorption from the intestine as well as its physiological activity.*

Suggested Usage: Three capsules daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 3 capsules • Servings per container: 30

| AMT PER SERVING | % DAILY VALUE** |
|--|-----------------|
| Calcium (from 3215 mg of ESC™ Eggshell calcium, Calcium citrate and Calcium Reservoir™ Blend) | 1110 mg 111% |
| Magnesium (from 100 mg of Dimagnesium Malate 20%) | 20 mg 5% |
| Zinc (from 5 mg of TRAACS® Zinc Glycinate Chelate 19.9%) | 1 mg 7% |
| Copper (from 1 mg of TRAACS® Copper Glycinate Chelate 10%) | 0.1 mg 5% |
| Manganese (from 4 mg of TRAACS® Manganese Glycinate Chelate 16%) | 0.65 mg 33% |
| Molybdenum (from 500 mcg of TRAACS® Molybdenum Glycinate Chelate 2.5%) | 12.5 mcg 17% |
| Boron (from 500 mcg of Bororganic Glycine 10%) | 50 mcg † |
| Other ingredients: Vegetable cellulose, non-hydrogenated vegetable stearate, and FrutaFit®-Inulin. | |

† DAILY VALUE NOT ESTABLISHED.
** DAILY VALUES ARE BASED ON A 2,000 CALORIE PER DAY DIET.

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC
TRAACS® is a registered trademark of Albion Laboratories, Inc.

Throughout life, even casual walking, let alone more strenuous activities like prolonged standing, running, etc. may cause loss of flexibility and pain on motion in “normally healthy” joints. With age the sensitivity of joints will only increase.

Consuming even small amounts of undenatured collagen type II has been shown to significantly improve the metabolism and function of joints.

Studies have shown that daily supplementation with 40 mg of UC-II was well tolerated and led to improved knee joint extension. UC-II also demonstrated the potential to lengthen the period of pain free strenuous exertion and alleviate the joint pain that occasionally arises from such activities.

Suggested Usage: One capsule daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 30

| AMT PER SERVING | % DAILY VALUE |
|--------------------------------|---------------|
| UC-II® Standardized Cartilage† | 40 mg * |
| Total Collagen | 10 mg |

Other ingredients: FrutaFit®-Inulin, vegetable cellulose, Potassium chloride (stabilizer), Stannum (10⁻⁹).

† UC-II BRAND COLLAGEN WITH UNDENATURATED TYPE II COLLAGEN (U.S. PATENTS 7,845,487; 7,083,829 AND EPO PATENT EP1435906B1; CANADIAN PATENT CA 2459981C; AND JAPANESE PATENT JP 480057482)

* DAILY VALUE NOT ESTABLISHED

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC

This formula contains French patented, non alcoholic, clinically proven lemon balm (*Melissa*). The restorative qualities of this plant have been legendary for centuries. With its tonic and health maintaining effects on virtually every organ of the body and mind, no wonder that Melissa is present in practically all European households.

Melissa is known to:

- enhance creativity through a state of alert calmness,
- relieve stress and increases a sense of well being,
- improve relationship skills on the psychological level,
- ease falling asleep at night with resulting less nervous exhaustion,
- support the immune system — through its cling effect on the autonomic system,
- reduces weather sensitivity,
- lessen anxiety and restlessness thus calming a “nervous heart”; and more.

Rudolf Seiner’s research indicates that lemon balm has the following effects — in addition to the ones mentioned above (especially when the herb is rhythmically prepared as it is here and when the natural salts of the herb are added):

- encourages energetic streams flowing from above down. This increased health lessens discomforts of the back, nerves, diaphragm, pleura, abdominal lining;
- improves “the imaginative” fantasy life;
- supports the circulation of the brain by allowing the Ego organization to penetrate deeper;
- supports the heart.*

Suggested Usage: One capsule twice a day, or two at night, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 60

| AMOUNT PER SERVING | % DAILY VALUE |
|--|---------------|
| Cyracos® Lemon Balm Extract (<i>Melissa officinalis</i> L.) (leaf) [Standardized to Min 14% hydroxycinnamic acids (42 mg) and 7% Rosmarinic acid (21 mg)] | 300 mg * |

| | |
|---|---------|
| Lemon Balm Pentas™ Mix (a proprietary, rhythmically prepared Pentas™ mix of Lemon balm) | 25 mg * |
|---|---------|

Other Ingredients: FrutaFit®-Inulin, vegetable cellulose, and non-hydrogenated vegetable stearate

* DAILY VALUE NOT ESTABLISHED

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC
Cyracos® is a registered trademark of the Berkem Corp.

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

The incredible healing properties of curcumin (turmeric) extracts have been known for thousands of years. Curcumin:

- maintains a healthy inflammatory state largely through control of the COX-2 enzyme;
- supports healthy and flexible joints;
- enhances gall bladder activity and detoxification;
- sustains proper cell division in the colon, all digestive mucous membranes;
- improves mental and physical brain function;
- supports healthy aging;
- maintains normal blood sugar levels after meals;
- and much more.

Unique aspects of this formula:

- Contains curcumin of high bio-availability. The absorption is further enhanced by the patented **Bioperine®**, **black pepper extract**, shown to give up to eight times more curcumin across the intestinal barrier.
- The formula contains a uniquely full spectrum curcumin: the complete root; highly purified extracts (95% curcuminoids); rhythmically prepared curcumin root, curcumin oils, curcumin trace minerals, salts and ashes.
- Contains a uniquely high concentration of the most active extract — AKBA — of frankincense (*boswellia*). AKBA is the most potent natural 5-lipoxygenase inhibitor. Together with curcumin this makes a very complete formula to maintain a healthy inflammatory state.
- The rhythmically prepared — Pentas™ — portions of curcumin and AKBA ensures that the formula will have a full range beneficial effect on both physical and mental levels.*

Suggested Usage: One capsule twice daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 60

| AMT PER SERVING | % DAILY VALUE | |
|---|---------------|---|
| Curcumin C3 Complex® (Nature's Bioprotectant®) (<i>Curcuma longa</i>) (rhizome) [Standardized for 95% Total Curcuminoids (475 mg), including Bisdemethoxy curcumin 2.5 – 6.5%, Demethoxy curcumin 15.0–25.0% and Curcumin 70.0–80.0%] | 500 Mg | * |
| Bio-Curcumin® BCM-95® Extract (<i>Curcuma longa</i>) (rhizome) [Standardized to 95% Total Curcuminoids Complex (213.5 mg) consisting of: Curcumin, Curcuminoids, Volatile Oils (from Turmeric Rhizome)] | 225 Mg | * |
| Curcumin Pentas™ Mix [a proprietary, rhythmically prepared Pentas™ mix of turmeric (<i>Curcuma longa</i>) (root) in a base of FrutaFit®-Inulin] | 15 Mg | * |
| AKBA 90™ (<i>Boswellia serrata</i>) (resin) {Standardized for 90% AKBA [3-O-acetyl-Keto-beta-Boswellic acid (9 mg)]} | 10 Mg | * |
| Bioperine® Nature's Thermonutrient™ (<i>Piper nigrum</i>) (fruit) [Standardized for 95% piperine (0.95 mg)] | 5 Mg | * |
| AKBA True Pentas™ (a proprietary, rhythmically prepared boswellia (<i>Boswellia serrata</i>) (resin) in a base of FrutaFit®-Inulin) | 1 Mg | * |
| Other ingredients: Vegetable cellulose, non-hydrogenated vegetable stearate. | | |

* DAILY VALUE NOT ESTABLISHED

The main ingredient, the herb devil's claw, *harpagophytum procumbens*, is complemented here with trace minerals, the native salts of devil's claw and bamboo in order to result in a unique back and joints supporting formula.

- Devil's Claw — confirmed by research to inhibit TNF-alpha and prevent collagen destruction; maintains joints and back flexibility and wellbeing; the formula contains the amount of herbal substance shown in studies to be needed to achieve satisfactory results;
- Bamboo — adds the vital force of uprightness and flexibility to the formula;
- The salts and minerals added intensify the positive effects of the overall formula.

Suggested Usage: One capsule twice daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 60

| AMT PER SERVING | % DAILY VALUE | |
|--|---------------|---|
| Devil's Claw (<i>Harpagophytum procumbens</i> and/or <i>Harpagophytum zeyhari</i>) (root) | 500 mg | * |
| Other ingredients: FrutaFit®-Inulin, Vegetable Cellulose, Devil's Claw (<i>Harpagophytum procumbens</i> and/or <i>Harpagophytum zeyhari</i>) (root) 10-6, Bamboo (<i>Pseudosasa japonica</i>) (stem) 10-6. | | |

* DAILY VALUE NOT ESTABLISHED

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

This digestive support formula consists of a blend of 19 carefully chosen broad spectrum, high potency enzymes.

They are effective over a broad pH range.

The formula assists in:

- Complete digestion of carbohydrates, proteins and fats;
- Reduction of bloating, reflux, and gas formation;
- Removal and detoxification of waste products;
- Better food and nutrients absorption and availability.*

Feel the difference when taking a serving before or after meals or on an empty stomach as needed!

A healthier metabolism assists all other vital functions in the human organism.

Suggested Usage: Take one capsule with each meal.

Supplement Facts

Serving size: 1 capsule • Servings/container: 90

| AMT PER SERVING | % DAILY VALUE | |
|---|-----------------|---|
| Professional Digestive Enzyme Blend | 428 mg | |
| Amylase | 15,000 DU | * |
| Protease 4.5 | 40,000 HUT | * |
| Peptidase | 10,000 HUT | * |
| Bromelain | 1,000,000 FCCPU | * |
| Glucoamylase | 30 AGU | * |
| Lactase | 3,000 ALU | * |
| Acid Maltase | 15 MaltU | * |
| ProCerase® | 20 mg | * |
| (Cellulase, beta-glucanase, hemicellulase, phytase) | | |
| Protease 6.0 | 10,000 HUT | * |
| α-Galactosidase | 250 GalU | * |
| Pectinase | 25 endo-PGU | * |
| Lipase | 3,000 FIP | * |
| Neutral bacterial protease | 10,000 PC | * |
| Xylanase | 400 XU | * |
| Invertase | 500 SU | * |

Other ingredients: Vegetable capsule (cellulose and water) and rice bran

* DAILY VALUE NOT ESTABLISHED.

ProCerase® is a registered trademark of National Enzyme Company

This unique combination of highest quality bilberry, lutein, zeaxanthin, ginkgo, alpha lipoic acid and antioxidant minerals and vitamins:

- Supports the tired and over-used eye function
- Supports a healthy eye accommodation;
- Supports a healthy retinal and macula function;
- Lessens eye fatigue;
- Improves night vision.

One of the most fundamental pleasures and necessities in life is eye sight. Disturbingly though, by the time adults reach maturity 1 in 6 people will have some significant visual problems and shockingly after age 75 one in three seniors will have substantial loss of vision.

A healthy eye function can be supported with the above mentioned nutrients and specifically the colored pigments of plants called carotenoids, like zeaxanthin and lutein. Unfortunately, the majority of us do not have a high enough intake of fruits and vegetables in order to get an adequate amount of these pigments.

Best taken together with...

No single formulation can include absolutely all ingredients that have been shown to be beneficial to the eye health. For an ideal eye health regimen the following would be a desirable daily combination:

1. Algae Plus™ – **contains** astaxanthin – a carotenoid vital for eye health;
2. Chrysolith Pentas™ – a potentized peridot gemstone **for eye health**
3. Multivitamins Plus™*

Suggested Usage: Take one capsule three times daily.

Supplement Facts

Serving size: 1 capsule • Servings per container: 90

| AMT PER SERVING | % DAILY VALUE | |
|--|---------------|------|
| Vitamin A (100% as beta-carotene) | 5000 IU | 100% |
| Vitamin C (ascorbic acid) | 166 mg | 277% |
| Vitamin E (d-alpha-tocopheryl succinate) | 15 IU | 50% |
| Riboflavin | 0.85 mg | 50% |
| Zinc (as zinc citrate) | 5 mg | 33% |
| Selenium (as selenium amino acid complex) | 66.7 mcg | 95% |
| Copper (as copper citrate) | 0.67 mg | 34% |
| Professional Vision Herbal Blend | 217 mg | ** |
| Grape (seed) ext., Aztec marigold ext. (5% lutein with zeaxanthin), Bilberry (fruit) ext., Ginkgo biloba (leaf) ext. | | |
| alpha-Lipoic acid | 50 mg | ** |
| Vegetarian Superoxide Dismutase (SOD) (70 IU) | 5 mg | ** |
| Other ingredients: Vegetable capsule (cellulose and water) and rice bran | | |

** DAILY VALUE NOT ESTABLISHED

The ginger root is not only an important kitchen spice but also a very important health remedy.

It is highly helpful in:

- Improving the digestion and healthy abdominal comfort;
- Supports a normal, comfortable menstrual cycle;
- Helpful in maintaining a calm stomach feeling with travel and other life situations;
- Keeping the joints flexible;
- Maintaining a healthy respiratory tract;
- Supporting a heightened sense of energy and wellbeing.

What is special about this formula:

Contains a high ginger amount per serving;

Contains uniquely the salts and ashes of the ginger root in order to further increase the energetic and full spectrum value of the ingredient.*

Suggested Usage: One capsule twice daily or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 60

| AMT PER SERVING | % DAILY VALUE | |
|--|---------------|---|
| Ginger (<i>Zingiber officinale</i>) (root) [†] | 500 mg | * |
| Other ingredients: FrutaFit®-Inulin, Vegetable Cellulose, Ginger (<i>Zingiber officinale</i>) (root) Ash (10 ⁻³) | | |

† ORGANIC

* DAILY VALUE IS NOT DETERMINED

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC

An advanced natural formula for maintaining healthy sugar levels and a healthy weight.

Contains, among others:

- Madeglucyl™ the novel, patented, clinically tested, herbal extract from Madagascar and
- Chromium — as chromium picolinate, a well documented form of Chromium with proven effectiveness and bioavailability.

Fully doctor designed, tested and approved for daily use. Not known to cause hypoglycemia.

Unique features:

- Extensive research on Rudolf Steiner's part indicates that rosemary and the trace minerals featured here (especially topaz and emerald) are valuable in strengthening the spiritual Ego forces involved in the sugar metabolism;
- Bioperine™ has been incorporated — a special black pepper extract that greatly enhances the plasma levels of all active ingredients.

Who should take Glucanol Plus™?

- Anyone wanting to maintain healthy glucose levels
- Especially significant for individuals considered to be overweight — with a BMI over 25
- People relying largely on a carbohydrate rich diet
- People experiencing excessive fatigue or mood swings after a carbohydrate meal
- People wanting to keep healthy cholesterol levels*

Suggested Usage: Two capsules daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 2 capsules • Servings per container: 30

| AMT PER SERVING | % DAILY VALUE | |
|--|---------------|------|
| Chromium (as Chromium picolinate) | 600 mcg | 500% |
| Madeglucyl® Eugenia Jambolana (<i>Syzygium cumini</i> (L.) Skeels) | 1650 mg | * |
| AquaROX® Rosemary extract (<i>Rosmarinus officinalis</i>) (leaves) [Standardized to 6% Rosmarinic acid (1.5 mg)] | 25 mg | * |
| Trace Minerals Pentas™ GP Mix: a proprietary mix of complete trace minerals; rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, emerald and topaz | 25 mg | * |
| Bioperine® Nature's Thermonutrient™ (<i>Piper nigrum</i>) (fruit) [Standardized for 95% piperine (1.9 mg)] | 2 mg | * |
| Other ingredients: Vegetable cellulose, FrutaFit®-Inulin, and non-hydrogenated vegetable stearate. | | |

* DAILY VALUE NOT ESTABLISHED

AquaROX® is a registered trademark of Vitiva d. d. and distributed by PL Thomas.

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585.

FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

Madeglucyl® is a registered trademark of INDENA, S.p.A.

Glutamine Peptide

SRW0090

This formula significantly contributes to a positive nitrogen balance, essential to tissue repair and physical and mental well being.

Contains glutamine, a vital amino acid (not to be confused with glutamic acid, glutamate, MSG or glutathione). Several principal properties of glutamine are:

- It is a conditionally essential amino acid, i.e. in times of stress the body cannot keep up with the demand for this protein and needs supplementation from outside.
- Provides a major alternative fuel source to the brain when low blood sugar levels occur;
- It is a precursor of GABA, the anxiety relieving amino acid;
- Increases overall physiological and mental alertness;
- Helps the brain dispose of the ammonia waste;
- Assists in muscle mass development;
- Supports the immune system;
- Supports pancreatic health and function;
- Assists repair of tissues in the kidneys and liver;
- Vitrally important energy source for the repair of the cells lining the intestine — makes the gut less permeable to outside particulates.

Uniquely, contains rhythmically prepared glutamine (in order to further augment the mental and spiritual benefits) and rhythmically prepared herbs that assist in proper absorption of foods from the intestinal tract (based on Rudolf Steiner's research.)*

Suggested Usage: Mix 1–2 teaspoons in 4–6 ozs. of water or flavored drink. Take two to three times daily.

Supplement Facts

Serving size: 1 tsp., approx. 2.5g • Servings per container: 70

| AMT PER SERVING | % DAILY VALUE | |
|--|---------------|---|
| Glutamine Peptide | 2.3 grams | * |
| In a proprietary blend of : FrutaFit®-Inulin; and biodynamically prepared White Oak Bark (<i>Quercus alba</i>), Chamomile (<i>Chamomilla recutita</i>), Yarrow (<i>Achillea millefolium</i>), Dandelion (<i>Taraxacum officinalis</i>), Stinging Nettles (<i>Urtica dioica</i>), Valerian (<i>Valeriana officinalis</i>) | | |

* DAILY VALUE NOT ESTABLISHED

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC

This unique formula contains not just one but two of the most intensely clinically studied yeast based probiotics. Taking these kinds of probiotics can result in both rapid intestinal relief as well as long term reduction in digestive discomfort.

Saccharomyces cerevisiae boulardii are natural yeasts that were already found decades ago to restore the normal balance of the many microorganisms that form the intestinal environment.

The original observations stem from the French explorer Henri Boulard, who during his travels in Indochina in the early 1920's observed the many benefits for digestive health that the local people experienced from a tea made from the skins of various fruits (which contained *Saccharomyces*). Since then the beneficial role of *Saccharomyces cerevisiae boulardii* has been confirmed in a host of published studies in peer reviewed journals.

Saccharomyces cerevisiae boulardii have been shown to:

- Improve the immune system of the intestinal tract by stimulating the production of secretory IgA and IgG.
- * Detoxify the intestine by the production of a 54KDa protein protease, an enzyme that can neutralize some bacterial toxins.
- * Have a restoring effect on the intestinal mucosa by releasing several proteins which contribute to the activity of the enzymes present in the mucous layer. This ultimately leads to the repair of the intestinal cells.
- * Supports the function and availability of the lactase, sucrase and maltase enzymes.

The **Pro GI+** *Saccharomyces* is stomach acid resistant and has been shown to be helpful in promoting normal bowel movements and reducing occasional intestinal discomforts.

The **Pro SCB** *Saccharomyces* is a more recently patented probiotic shown to bring relief in occasional abdominal/intestinal bloating and temporary digestive discomforts. In recent studies with this ingredient, persistent long term discomfort was shown to be statistically significantly reduced after taking the probiotic for as little as four weeks.

Suggested Usage: One capsule daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 40

| AMT PER SERVING | % DAILY VALUE | |
|--|---------------|---|
| Lyndside® Pro GI+ <i>Saccharomyces cerevisiae</i> (Providing 2 billion live organisms*) | 250 mg | † |
| Lyndside® Pro SCB <i>Saccharomyces cerevisiae</i> <i>var. boulardii</i> (Providing 4 billion live organisms*) | 250 mg | † |

Other ingredients: Vegetable cellulose, non-hydrogenated vegetable stearate, and FrutaFit®-Inulin.

† DAILY VALUE NOT ESTABLISHED

* AT THE TIME OF MANUFACTURE

This uniquely formulated full-spectrum hawthorn product contains:

- Organic hawthorn berry;
- Hawthorn leaf/flower/stems
- The salts of the hawthorn plant

Hawthorn — main actions:

- **Keeps a strong, healthy heart;**
- **Increases overall exercise tolerance – even if the heart is not as strong as it should be;**
- **Lessens fatigue by invigorating the cardiovascular system (addresses an often ignored cause of fatigue);**
- **Supports healthy blood pressure;**
- Supports a healthy liver and lessens fat accumulation in the liver;
- Keep healthy levels of blood lipids (fats)
- Anti-oxidant activity especially important in obese individuals;
- Supports cellular neuro-protection;
- Lessens overall anxiety levels.

Rudolf Steiner's research indicates that the heart and the circulatory system benefit especially from remedies made from fruits and seeds!

Suggested Usage: One capsule twice daily or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 60

| AMT PER SERVING | % DAILY VALUE | |
|--|---------------|---|
| Hawthorn (<i>Crataegus monogyna</i>) (berry)** | 250 mg | * |
| Hawthorn (<i>Crataegus monogyna</i>) (leaf, flower, stem) | 200 mg | * |
| Other ingredients: FrutaFit®-Inulin, Vegetable Cellulose, Hawthorn (<i>Crataegus pinnatifida</i>) (root) Ash (10 ⁻³) | | |

* DAILY VALUE NOT ESTABLISHED

** ORGANIC

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC

What is unique about this formula?

Why "Plus" in the name?

This formula contains not only a high quality amount of ivy leaf extract but also includes the salts of the native plant. This gives the composition a "PLUS" over other ivy products, and increases its effectiveness. It has proven itself to many customers who have tried it.

Ivy is known to support:

- A healthy respiratory tract (recognized claim by the German Commission E – a prestigious government body overseeing herbal supplements);
- Loosening of mucous;
- A deeper, easier breathing;
- Anti-oxidant effects;
- Maintaining a calm and quiet respiratory tract.*

Suggested Usage: One capsule twice daily or as suggested by your health care provider.

Suggested Usage: One capsule twice daily or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 60

| AMT PER SERVING | % DAILY VALUE | |
|---|---------------|---|
| Ivy (<i>Hedera helix</i>) (leaf) 8:1 Extract | 100 mg | * |
| Other ingredients: FrutaFit®-Inulin, Vegetable Cellulose, Maltodextrin, Ivy (<i>Hedera helix</i>) (ash) (10 ⁻³) | | |

* DAILY VALUE NOT ESTABLISHED

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

This fast acting vegetarian formula is intended to keep the joints healthy, increase mobility and flexibility, and allow quick relief from temporary discomfort following physical stresses from work, exercise and other physical stresses such as nutritional deficiencies, aging, obesity and more.

The concept behind the formula is to unify the underlying components in such a way that “a complete plant” results: roots (devil’s claw and ginger); leaves (nettles); flowers (chamomile); fruits (schizandra); and seeds (black pepper). Thus besides the physical benefits a true holistic result may be expected.

Other unique features include:

- Vegetarian glucosamine (as opposed to animal sourcing such as from shrimp);
- Bioperine™ has been incorporated — a special black pepper extract that greatly enhances the plasma levels of all active ingredients;
- A mix of ingredients delivering a comprehensive support for a healthy inflammatory state:
 - Schizandra, ginger — CoX-2 enzyme inhibitors;
 - Nettles — TNF-alpha and IL-1 inhibitor in synovial tissues;
 - AKBA — the most active extract of the boswellia (frankincense) is the most potent natural 5-lipoxygenase inhibitor; here in a uniquely high concentration of 90% (as opposed to 3–25% in other commercial formulas) and a uniquely high amount of 70mg per serving.
 - Pomegranates — inhibit stimulation of matrix metalloproteinase enzymes which may lead to cartilage degradation and joint damage.
- Silicates — for the support of bone re-mineralization through increased deposition of calcium and phosphate and reduction of the number of osteoclasts as well as increase in the number of osteoblasts;
- Rosemary — supports the circulation to the joints;
- Vital trace minerals nutritionally needed for helping to build a healthy joint are included (selenium, manganese, boron);
- Biodynamic herbal preparation (oak bark, dandelion, etc), rhythmically prepared, have been added to enhance the absorption of all nutrients;
- Based on Rudolf Steiner’s research rhythmically prepared forms of trace minerals derived from chalcedony as well as tin (stannum) are included in order to increase the etheric life forces supporting the integrity of the joint functions.*

Suggested Usage: Two capsules twice daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 2 capsules • Servings per container: 60

| AMT PER SERVING % | DAILY VALUE | |
|--|-------------|------|
| Selenium (as selenium amino acid chelate) | 40 mcg | 57% |
| Manganese (as TRAACS® Manganese Glycinate Chelate) | 6 mg | 300% |
| Glucosamine HCl (as Regenasure®) | 750 mg | * |
| Schizandra chinensis powder (fruit/seeds) | 150 mg | * |
| OptiMSM® Methylsulfonylmethane | 100 mg | * |
| Devil’s claw extract (<i>Harpagophytum procumbens</i>) (root) [Standardized for 4% harpagosides (3.2 mg)] | 80 mg | * |
| AKBA 90™ (<i>Boswellia serrata</i>) (resin) {Standardized for 90% AKBA [3-acetyl-11-Keto-beta-Boswellic acid (63 mg)]} | 70 mg | * |
| AquaROX® Rosemary extract (<i>Rosmarinus officinalis</i>) (leaves) [Standardized to 6% Rosmarinic acid (3 mg)] | 50 mg | * |
| Trace Minerals Pentas™ JR Mix (a proprietary blend of complete, trace minerals derived from slate, apatite, porphyry, sulfur, chalcedony, and Stannum Pentas™) | 40 mg | * |
| Pomegranate extract (<i>Punica granatum L.</i>) (whole fruit) [standardized to minimum 40% ellagic acid (8 mg)] | 20 mg | * |
| Stinging nettles extract (<i>Urtica dioica radix</i>) (root) [standardized for 1% silica (0.2 mg)] | 20 mg | * |
| Chamomile powder (<i>Matricaria chamomilla</i>) (flowers) | 6 mg | * |
| Ginger root extract (<i>Zingiber officinale</i>) (root) [Standardized for 5% gingerols (0.3 mg)] | 6 mg | * |
| Bioperine® Nature’s Thermonutrient™ (<i>Piper nigrum</i>) (fruit) [Standardized for 95% piperine (3.8 mg)] | 4 mg | * |
| Biodynamic Herbal Pentas™ Mix (a proprietary blend of rhythmically prepared yarrow, oak, chamomile, nettles, dandelion and valerian) | 2 mg | * |
| Boron (as amino acid complex) | 1 mg | * |
| Silica (from Silicon amino acid chelate) | 200 mcg | * |
| Other ingredients: Vegetable cellulose, FrutaFit®-Inulin, and non-hydrogenated vegetable stearate | | |

* DAILY VALUE NOT ESTABLISHED

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

The unusual properties of *Dioscorea batatas*, a wild yam, are confirmed by ancient wisdom, modern research and spiritual science. The herb offered here is of biodynamic (“super organic”) quality. This cultivar is protected under the copyrighted name of “Lightroot™”.

Dioscorea batatas, also known as shan yao or Mountain Herb in Chinese, is famous for its tonic properties. Traditionally it has been used to strengthen the lungs, the kidneys, and the spleen. It is especially indicated where there is a “leakage of fluids”.

The spiritual scientist Rudolf Steiner reveals what is probably the main reason for its effectiveness, i.e. that it has the unique property of storing the so called light ether. R. Steiner called this light ether an indispensable necessity for modern people.

The light ether storing capacity helps our understanding for its overall tonifying effect on bodily functions, but also clarifies the beneficial role in strengthening the memory and helping the meditative work.

A surprisingly high number of physiological events in the human body depend on a proper functioning of the light dependent metabolism, the circadian clock. Lightroot™ helps to keep it healthy and rhythmical.

Take Lightroot Comp.™ preferably in the morning.*

Suggested Usage: One capsule twice daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 60

| AMOUNT PER SERVING | % DAILY VALUE |
|--|---------------|
| Lightroot™ powder [<i>Dioscorea batatas</i> (roots)] | 100 mg * |
| Other ingredients: FrutaFit®-Inulin, vegetable cellulose, Lightroot [<i>Dioscorea batatas</i> (roots)] Ash 10 ⁻³ . | |

* DAILY VALUE NOT ESTABLISHED

FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

This formula contains a European certified “best in class” extract of milk thistle. The fruits of this herb have long been known to support liver health and detoxification. Its European certification and standardization assures even more that the reliability and safety will be present from batch to batch. This potent variety of milk thistle is effective on all known fronts of activity of the milk thistle:

- liver cell protection;
- antioxidant quality;
- maintenance of healthy inflammatory processes, and more.

Our formula goes much beyond the milk thistle as such though.

Beside the fruits of the milk thistle we have incorporated also the seeds, the flowers, the leaves and the roots from other plants that are known to support the liver. Thus a truly full spectrum formula has resulted that **can be taken daily** as a detoxifying and liver supporting supplement to assist both the energetic and physical functions of the liver.

According to the research of Rudolf Steiner a healthy liver function is indispensable also for a good memory, especially in the word-finding area. An energetically weak liver is considered to be one of the causative factors behind a tendency toward excessive procrastination.*

Suggested Usage: Two capsules daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 2 capsules • Servings/container: 30

| AMT PER SERVING | % DAILY VALUE |
|---|---------------|
| Milk thistle extract [<i>Silybum marianum</i> (L.) Gaertn] (fruit) [Standardized for 30.0–65.0% Silymarin expressed as silibinin (180–390 mg), 20.0–45.0% Sum of Silicristin and Silidianin (120–270 mg), 40.0–65.0% Sum of Silibinin A and Silibinin B (240–390 mg), 10.0–20.0% Sum of Isosilibinin A and Isosilibinin B (60 – 120 mg)] | 600 mg * |
| <i>Schizandra chinensis</i> extract (fruit/seeds) [standardized for 9% schisandrins (13.5 mg)] | 150 mg * |
| Artichoke flower extract (<i>Cynara scolymus</i>) [Standardized for minimum 5% cynarin (3.75 mg)] | 75 mg * |
| Dandelion Leaf Powder (<i>Taraxacum officinale</i> L.) | 30 mg * |
| St. John's Wort extract (<i>Hypericum perforatum</i>) (flower heads) [standardized for 0.3% hypericin (0.09 mg)] | 30 mg * |
| Dandelion root Powder (<i>Taraxacum officinale</i>) | 20 mg * |
| Yarrow flowers powder (<i>Achillea millefolium</i>) | 20 mg * |
| Trace Minerals Pentas™ LC mix: (a rhythmically prepared, proprietary mix of complete trace minerals; Stannum (tin) Pentas™; and trace minerals derived from topaz) | 10 mg * |
| Other ingredients: Vegetable cellulose, Non-hydrogenated vegetable stearate, FrutaFit®-Inulin HD. | |

* DAILY VALUE NOT ESTABLISHED

Magnesium deficiency is alarmingly wide spread. Magnesium plays a vital role in many important functions to help maintain optimal health. Adequate magnesium levels are a major help in feeling well, improving work and play performance, enabling sleep and relaxation, and lessening anxiety.

Overall no optimal health can be achieved without adequate magnesium levels. Adult blood levels, checked by your health care provider, should be at least 2.2 mg/dl.

This “best in its category” formula provides:

- Organic magnesium citrate with a superior bioavailability; this magnesium form is found mostly in fruits and vegetables and directs the body to a healthier, alkaline state. No wonder that it is the preferred magnesium form recommended by knowledgeable therapists.
- Excellent amounts of magnesium per serving make it easy to satisfy the daily requirements with this formula. Three capsules of the formula alone already may cover 100% of the daily magnesium requirements.
- Contains the **unique Magnesium Reservoir™**, a magnesium combination that enhances a healthy digestive process and supports all the magnesium connected processes in the body. (The Magnesium Reservoir™ concept is based on Rudolf Steiner’s research.)*

Suggested Usage: Two capsules daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 2 capsules • Servings/container: 30

| AMT PER SERVING | % DAILY VALUE | |
|--|---------------|------|
| Magnesium (from 1510 mg of Magnesium citrate, Albion® Dimagnesium malate and Magnesium Reservoir™ blend) | 267 mg | 67%† |

Other ingredients: FrutaFit®-Inulin, Vegetable Cellulose.

† PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.

The True Botanica “multi vitamins and minerals” formula contains three categories of substances:

1. It delivers over 100% of the recommended daily dietary needs for most vitamins and basic minerals.
 - A special feature is the use of methylcobolamin B-12 — a more active, easier to metabolize B-12 form of this vitamin.
2. It includes rhythmically prepared herbs, trace minerals and spices (Bioperine) that enhance the absorption and utilization of all nutrients, and
3. It is enhanced by the energizing herb Guarana.

Supplement Facts

Serving size: 3 caps • Servings per container: 30

| AMT PER SERVING | % DAILY VALUE*** | |
|---|------------------|-----|
| Vitamin A (as beta carotene and retinyl palmitate) | 2000 IU | 40 |
| Vitamin C (as ascorbic acid) | 150 mg | 250 |
| Vitamin D (as cholecalciferol) | 400 IU | 100 |
| Vitamin E (as d-alpha tocopheryl acetate) | 30 IU | 100 |
| Vitamin K (as phytonadione) | 80 mcg | 100 |
| Thiamin (Vitamin B-1) (as thiamine mononitrate) | 1.5 mg | 100 |
| Riboflavin (Vitamin B-2) | 1.7 mg | 100 |
| Niacin (Vitamin B-3) (as niacinamide) | 20 mg | 100 |
| Vitamin B-6 (as pyridoxine HCl) | 2 mg | 100 |
| Folate (as folic acid) | 400 mcg | 100 |
| Vitamin B-12 (as methylcobolamin) | 500 mcg | 500 |
| Biotin | 300 mcg | 100 |
| Pantothenic acid (as d-calcium pantothenate) | 10 mg | 100 |
| Calcium (as calcium citrate and Calcium Reservoir™) | 100 mg | 10 |
| Phosphorus (as magnesium phosphate, tribasic) | 42.4 mg | 4.2 |
| Iodine (as potassium iodide) | 150 mcg | 100 |
| Magnesium (as magnesium phosphate, tribasic) | 49 mg | 12 |
| Zinc (as zinc gluconate) | 15 mg | 100 |
| Selenium (as selenium selenate) | 70 mcg | 100 |
| Copper (as copper gluconate) | 2 mg | 100 |
| Manganese (as manganese sulfate) | 2 mg | 100 |
| Chromium (as chromium chloride) | 120 mcg | 120 |
| Molybdenum (as sodium molybdate) | 75 mcg | 100 |

- Guarana has been shown to increase mental alertness, improve attention in performance of complex tasks, elevate mood and contentedness and improve memory. Guarana has only a very limited amount of caffeine and many scientists now agree that its effects are probably not due to the caffeine like substances it contains but rather to its antioxidant flavonoids.

A true holistic formula intended to fulfill a threefold health support for body, soul and spirit.*

Suggested usage: One serving daily or as directed.

| AMT PER SERVING VALUE*** | % DAILY | |
|---|---------|-----|
| Chloride (as potassium chloride) | 31.7 mg | 0.9 |
| Potassium (as potassium chloride) | 35 mg | 1 |
| Alpha lipoic acid | 100 mg | * |
| Guarana extract (<i>Paulinia cupana</i>) (seeds) [standardized for 15% alkaloids as caffeine (15 mg)] | 100 mg | * |
| Ajipure® L-Glycine | 100 mg | * |
| Bioflavonoids (from Citrus bioflavonoid complex) | 50 mg | * |
| Choline (as choline bitartrate) | 50 mg | * |
| Trace Minerals Pentas™ MC Mix: a proprietary mix of complete trace minerals and rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, jasper and topaz. | 30 mg | * |
| Biodynamic Herbal Pentas™ Mix: a proprietary mix of rhythmically prepared yarrow, oak, chamomile, nettles, dandelion and valerian. | 5 mg | * |
| Bioperine® Nature's Thermonutrient® (<i>Piper nigrum</i>) (fruit) [Standardized for 95% piperine (1.9 mg)] | 2 mg | * |
| Lycopene | 1 mg | * |
| Boron (as amino acid chelate) | 0.25 mg | * |
| Lutein (from Lutein 5% extract) | 0.1 mg | * |
| Vanadium (as Vanadium amino acid chelate) | 20 mcg | * |
| Other ingredients: Vegetable cellulose, FrutaFit®-Inulin, and non-hydrogenated vegetable stearate. | | |
| Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole and flounder) and soybeans. | | |

* % DAILY VALUE NOT ESTABLISHED

*** DAILY VALUES ARE BASED ON A 2,000 CALORIE PER DAY DIET.

Ajipure® registered trademark of Ajinomoto AminoScience LLC.
Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585.
FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

This formula contains a standardized form of oregano that ensures the presence of the active polyphenols in every batch.

The overall effect of oregano is warming and tonic. Studies and traditional uses have shown it to be helpful in promoting:

- a healthy immune system;
- a healthy skin;
- a normal level of inflammation;
- relief of occasional menstrual cramps.

Suggested usage: One capsule twice daily or as suggested by your healthcare provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 60

| AMT PER SERVING VALUE*** | % DAILY VALUE** |
|--|--------------------|
| Oregano (<i>Origanum vulgare</i>) (leaf) [Standardized for 20% polyphenols (50 mg)] | 250 mg * |
| Other ingredients: Frutafit® Inulin, Vegetable Cellulose, (<i>Origanum vulgare</i>) (leaf and leaf ash) 10 ⁻⁶ . | |

* DAILY VALUES NOT ESTABLISHED.

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.

Potassium Reservoir™ Multi-Minerals

SRW0345

Our physical and energetic bodies have an enormous need for potassium. The body stores about 200,000mg(!) of potassium at any one time.

Need for more potassium can be indicated by (but not exclusively): fatigue, muscle weakness, confusion, irritability, heart problems, chronic diarrhea, etc.

Regular intense exercise requires more potassium intake!

Moreover, adequate potassium levels help maintain a healthy blood pressure.

Many foods such as Swiss chard, spinach, potatoes, etc., are high in potassium but most people do not consume enough on a daily basis to achieve the recommended daily amounts of 5,000mg/day.

Unfortunately the FDA allows only 99mg of potassium per serving in any nutritional supplement. This makes the quality of the formula of paramount importance.

In order to not just supply potassium but support all the processes that are related to potassium we have added the unique Potassium Reservoir™.

Even the intake of 2–3 capsules of our formula will make a tremendous visible difference in just a few days.

(Please consult with your doctor if you are already taking a prescription potassium supplementation.)

Overall, our best in its category formula provides:

1. **Organic potassium citrate** with a superior bioavailability; this potassium form is **found mostly in fruits and vegetables** and directs the body to a healthier, alkaline state. It is the preferred natural potassium form recommended by knowledgeable therapists.
2. Contains the **unique Potassium Reservoir™** a potassium combination that enhances a healthy digestive process and supports all the potassium connected processes in the body.

3. **Trace minerals** have been added to both increase absorption and help overcome the chronic trace minerals deficiencies.*

Suggested Usage: One to three capsules daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings/container: 90

| AMT PER SERVING | % DAILY VALUE** | |
|---|-----------------|-----|
| Iodine (from 5 mg of Atlantic kelp) | 20 mcg | 13% |
| Zinc (from 8 mg of TRAACS® Zinc Glycinate Chelate) | 1.6 mg | 11% |
| Selenium (from 1 mg of selenium amino acid chelate) | 10 mcg | 14% |
| Copper (from 1 mg of TRAACS® Copper Glycinate Chelate) | 0.1 mg | 5% |
| Manganese (from 2.5 mg of TRAACS® Manganese Glycinate Chelate) | 0.4 mg | 20% |
| Molybdenum (from 500 mcg of TRAACS® Molybdenum Glycinate Chelate) | 12.5 mcg | 17% |
| Potassium (from 250 mg of Potassium citrate, Potassium chloride, Potassium malate and Potassium Reservoir™ blend) | 99 mg | 3% |
| Boron (from 1 mg of amino acid complex) | 100 mcg | † |
| Silicon (from 250 mcg of Silicon amino acid chelate) | 12.5 mcg | † |
| Vanadium (from 500 mcg of TRAACS® Vanadium Nicotinate Glycinate Chelate) | 5 mcg | † |
| Other ingredients: FrutaFit®-Inulin, vegetable cellulose, and magnesium stearate. | | |

† DAILY VALUE NOT ESTABLISHED.

** DAILY VALUES ARE BASED ON A 2,000 CALORIE PER DAY DIET.

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.

This uniquely designed supplement consists of:

Three essential types of patented, documented and intensely researched probiotic strains (*Bacillus coagulans* – Lactospore®; *Bifidobacterium longum* Ro 175; *Lactobacillus acidophilus* Lafti L 10®)

Plus

Growth promoting pre-biotic nutrients (FruitaFit® inulin) to support probiotics levels;

Plus

Especially formulated vegetarian capsules to further protect the probiotic bacteria from the stomach acid. After passing essentially unharmed through the stomach the capsules disintegrate naturally in the intestinal fluid and release the good bacteria where they will do most good.

A few of the beneficial effects of the 3 probiotic strains are:*Bacillus coagulans:*

- A Probiotic that is extremely resistant to heat, acid and bile;
- Reduces disturbance of healthy intestinal flora by stress and multiple other challenges (among other mechanisms by competing with unfriendly bacteria for adherence to intestinal walls);
- Contributes to a normal bowel movement pattern — improves regularity;
- Produces L(+) lactic acid — the same acid needed to ferment foods such as yogurt, sourdough bread, etc. Lactic acid fermentation improves bioavailability of copper, iron, calcium, zinc, manganese, phosphorus, and other nutrients;
- Supports a healthy immune system.

Bifidobacterium longum:

- Supports a healthy cholesterol level;
- Helps to reduce lactose intolerance symptoms;
- Supports normal bowel movement function and diarrhea prevention; Generates lactic acid, hydrogen peroxide, and acetic acid that increase the acidity of the intestine and reduce the incidence of unwanted intestinal bacteria;
- Reduces constipation associated with weight loss;
- Specifically, *Bifidobacterium* Rosell-175 has been shown to stimulate the proliferation of intestinal epithelial cells — the first line of defense.

Lactobacillus acidophilus

Maintains a healthy and balanced intestinal microbiota and reduces the incidence of intestinal infections by eg. increasing mucin production.

- Frequently recommended to prevent unbalanced intestinal micro flora which can occur from various stressors; Contributes to the modulation of specific and non-specific immune responses;
- Reduces over-sensitivity to foods;
- Increases the production of beneficial antibodies; Enhances the production of interferon-gamma in active athletes;
- Creates a significantly higher sense of wellbeing, energy and less fatigue.*

Suggested Usage: One capsule daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings/container: 30

| AMT PER SERVING | % DAILY VALUE** | |
|---|-----------------|---|
| Lactospore® <i>Bacillus coagulans</i> 3.75 Billion spores** | 250 mg | * |
| <i>Bifidobacterium longum</i> Rosell-175 | 30 mg | * |
| <i>Lactobacillus helveticus</i> LAFTI® L10 3 Billion cfu** | 20 mg | * |
| Other ingredients: FrutaFit®-Inulin, vegetable cellulose, Maltodextrin. | | |

* DAILY VALUE NOT ESTABLISHED.

** AT TIME OF MANUFACTURE.

Lactospore® is a registered trademark of Sabinsa Corp.

This formula supports the prostate in order to:

- Lessen urinary hesitation;
- Reduce frequent urge to empty the bladder — with the often accompanying sleep interruption;
- Improve sexual performance difficulties;
- Decrease the unwanted dihydrotestosterone (DHT), known to contribute to male pattern baldness and keep an overall healthy testosterone level;
- Reduce unwanted estrogen build up in mature men;
- Maintain a healthy cell division in the prostate.

Feel a physical relief but also an age appropriate sense of health and vitality.

Excellent features of the Prostate Complex™ formula include:

- Saw Palmetto — most prostate formulas fail because they include too little of this abundantly studied palm extract. Saw palmetto has clinically proven prostate benefits and contributes to longer male sexual performance.
- Lignans from Norway spruce — form enterolactones in the body which oppose DHT (dihydrotestosterone). DHT is partially responsible for prostate enlargement and has a significant role in male pattern baldness;
- Nettles — support the prostate against unwanted estrogenic influences in males;
- Tocotrienols —
 - Are the most potent fractions of Vitamin E to support healthy prostate cell division;
 - Maintain a healthy inflammatory level;
 - Assist hair growth;
 - Potent antioxidants;
 - Promote a healthy cardiovascular system;
 - Promote healthy cholesterol and triglycerides levels;
- Beta-Sitosterol — to ensure effectiveness we have included nearly double the amounts shown to be necessary in most studies. Beta Sitosterols promote normal prosta-glandin levels and reduce prostate irritation.
- Boswellia, standardized to 90% of its most potent fraction, the AKBA. Only True Botanica offers this essential component that maintains a healthy inflammation level in the prostate and sustains a healthy prostate cell division.

Unique features:

- Includes Bioperine, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.
- Based on Rudolf Steiner's research we have included rhythmically prepared:
 - herbs like hellebores;
 - the salts and ashes naturally occurring in nettle root;
 - trace minerals derived from beryl, and more.*

Suggested Usage: Two capsules daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 2 capsules • Servings/container: 30

| AMT PER SERVING | % DAILY VALUE** | |
|---|-----------------|-----|
| Calories | 6 | 0% |
| Calories from Fat | 5 | † |
| Total Fat: | 0.5 g | 1% |
| Zinc (as zinc picolinate) | 10 mg | 67% |
| SabalSelect™ CO ₂ Saw Palmetto extract (<i>Serenoa repens</i> Small) (berries) [Standardized for 85–95% fatty acids (450.50–503.50 mg)] | 530 mg | † |
| Plant Sterols (from †Phytopin® Pine extract) | 350 mg | |
| Typical Profile provides: | | |
| Beta-Sitosterol 70–80% (247–283 mg) | | |
| Beta-Sitosteranol NMT 15% (53 mg) | | |
| Campesterol 6–10% (21–35 mg) | | |
| Campestanol NMT 2% (7 mg) | | |
| Other Phytosterols NMT 3% (10 mg) | | |
| DeltaGold® Tocotrienols (from annatto) [Typically providing 50% Mixed Tocotrienols (112.50 mg), including 85% Delta-Tocotrienol (95.63 mg) and 8% Gamma-tocotrienol (9 mg)] | 225 mg | † |
| Chrysin (from Passion flower extract 99%) (<i>Passiflora incarnata</i>) (flowering parts) | 50 mg | † |
| HMRlignan™ [7-Hydroxymatairesinol from Norwegian Spruce (<i>Picea abies</i>)] | 50 mg | † |
| Pumpkin seed extract (<i>Cucurbita pepo</i>) [standardized for 25% fatty acids (mg)] | 50 mg | † |
| Quercetin (as dihydrate) (<i>Dimorphandra gardeniaria</i> Fam. Leguminosae) (seeds) | 50 mg | † |
| Nettles root extract 4:1 (<i>Urtica dioica</i>) | 25 mg | † |
| Tocomin® Mixed Tocopherols/Tocotrienols Suspension [Typically providing 50% Mixed tocopherols and tocotrienols (12.50 mg)] | 25 mg | † |
| Trace Minerals Pentas™ PC Mix: a proprietary mix, rhythmically prepared from: Christmas rose (<i>Helleborus niger</i>); complete trace minerals and minerals derived from beryl, slate, apatite, porphyry, sulfur, and the minerals from the ashes of nettle root (<i>Urtica dioica</i>). | 10 mg | † |
| AKBA 90™ (<i>Boswellia serrata</i>) (resin) [Standardized for 90% AKBA (3-acetyl-11-Keto-beta-Boswellic acid (4.5 mg))] | 5 mg | † |
| Bioperine® Nature's Thermonutrient™ (<i>Piper nigrum</i>) (fruit) [Standardized for 95% piperine (1.90 mg)] | 2 mg | † |
| Other ingredients: Vegetable cellulose and chlorophyll | | |

† DAILY VALUE NOT ESTABLISHED.

** DAILY VALUES ARE BASED ON A 2,000 CALORIE PER DAY DIET.

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585. HMRlignan™ trademark is used under license from Linnea SATM. SabalSelect™ is a trademark of Indena SpA. Phytopin® is a registered trademark of DRT Nutraceuticals (France).

The intended benefits of this unique, quercetin containing formula, is to support the:

- normal respiratory function;
- normal nasal mucosa;
- normal cardiovascular system;
- normal reproductive system

It also reduces the occasional environmental challenges.

Has an overall tonic effect and fights fatigue.

Principal features:

- Quercetin, a citrus derived bioflavonoid which inhibits the production of leukotrienes and prostaglandins has many health giving actions: it inhibits the histamine release by basophils and mast cells; strengthens the prostate gland; increases work and athletic endurance.
- Fenugreek and nettles help to stabilize the connective tissues and lessen sensitivity to outside environmental factors.
- Rudolf Steiner's research indicates that rhythmically prepared oak bark and fruits characterized by "leathery rinds" (lemon, quince) are particularly helpful in situations where the person answers environmental challenges in an excessive manner. "In such fruits it becomes visible how form giving forces that work from the outside towards the inside are active in a particularly strong way. (They) can stimulate the astral body to be inclined toward the etheric body; the mineral content of the juices, (like) potassium, calcium, and silicic acid will, at the same time, bring about a support from the side of the Ego organization."

Suggested Usage: Two capsules once daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 2 capsules • Servings/container: 30

| AMT PER SERVING | % DAILY VALUE * | |
|--|-----------------|---|
| Quercetin (as dihydrate) | 500 mg | * |
| Nettle Leaf Extract (<i>Urtica dioica</i>) [Standardized for 1% Silica (1 mg)] | 100 mg | * |
| Fenugreek seed powder (<i>Trigonella foenum graecum</i>) | 15 mg | * |
| BD Oak Bark Pentas™ Mix | 10 mg | * |
| Lemon/Quince Pentas™ Mix | 10 mg | * |
| Other ingredients: Vegetable cellulose (capsule), Frutafit HD Inulin Powder, magnesium stearate, silica dioxide. | | |

* DAILY VALUE NOT ESTABLISHED.

Frutafit®-Inulin is a registered trademark of Imperial-Sensus, LLC.

Recovery Tonic™ is a unique, proprietary blend of various forms of the ashwagandha root.

Its adaptogenic properties have been known both through traditional uses and through scientific studies.

Ashwagandha (*Withania somnifera*), also known as Winter Cherry or Indian Ginseng:

- Besides being significantly tonifying it is simultaneously calming rather than over-stimulating, thus very appropriate for people who have nervous exhaustion due to stress or are recovering from acute or chronic health challenges;
- Given, in a study, as a tonic in milk for normal children (2 g per day for 60 days) it was shown to increase total plasma proteins, healthy weight, hemoglobin, and hand grip!
- Adaptogenic and tonic effects seen in animals (better weight in the new born offspring, better metabolic rate, less inflammatory markers, etc);
- Promotes a normal white cell count;
- Supports less weight loss in chronic disease states, helpful in convalescence;
- Increases resistance to cold stress;
- Supports the healthy function of the adrenal gland with a stable cortisol level;
- Promotes a normal blood pressure;
- Reduces inflammatory markers, for example decreases glycosaminoglycan content in inflammatory granulomas; decreases the inflammatory marker alpha-2-macroglobulin;
- Promotes normal cell division;
- Traditionally used as an aphrodisiac and energizing tonic.

As unique features the formula contains:

- A full spectrum of the ashwagandha root: whole root; standardized extracts for a reliable effectiveness; the naturally occurring salts and minerals of the root;

- Rhythmically prepared additional trace minerals to better enable an effectiveness at all three levels of body, mind and spirit (based on Rudolf Steiner's indications);
- The thermo-nutrient Bioperine™, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.

In general follow instructions on the bottle. For more immediate results, when a stronger effect is desired take 2 capsules three times daily for several weeks.*

Suggested Usage: One capsule twice daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule Servings per container: 60

| AMOUNT PER SERVING DAILY | | VALUE |
|---|--------|-------|
| Ashwagandha extract (<i>Withania somnifera</i>) (roots) [Standardized for 2.5% total alkaloids (7.5 mg), 4.5% total withanolides (13.5 mg), and 1.5% total withaferin-A (4.5 mg)] | 300 mg | * |
| Ashwagandha Pentas™ (a proprietary, rhythmically prepared blend of Ashwagandha (<i>Withania somnifera</i>) (roots) and the salts and minerals of Ashwagandha) | 20 mg | * |
| Trace Minerals Pentas™ RT Mix: a proprietary mix of complete trace minerals and rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, emerald and topaz | 20 mg | * |
| Bioperine® Nature's Theronutrient™ (<i>Piper nigrum</i>) (fruit) [Standardized for 95% piperine (0.95 mg)] | 1 mg | * |
| Other ingredients: FrutaFit®-Inulin, vegetable cellulose, non-hydrogenated vegetable stearate. | | |

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972, 382; & 6,054,585.
FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

The Vikings already took this adaptogen, and tonic, of the rose family, before they went into battle. Rhodiola is known to support:

- Cognitive functions: improved long and short term memory; increased work productivity; improved concentration;
- Mood elevation and less anxious states;
- Overall less fatigue and an invigorated sense of well being;
- Improved work and athletic stamina (in one study exercise endurance was increased after one single dose);
- Better hand- eye coordination;
- Resistance to various physiologic stresses like cold, etc;
- A healthy cell division level in the prostate and other major organs;
- A quicker adaptation to high altitude by reducing fatigue, drowsiness, chest tightness, palpitations, vertigo, lack of attention and/or memory loss;
- May reduce the suffering of nicotine withdrawal;
- Abolished binge eating-in animal studies, by the rhodiola extract salidrosides;
- The promotion of erythropoiesis;
- Reduction of the inflammatory markers COX-2 and PLA2.

Unique features of this formula. It contains:

- The essential rhodiola root plus its native salts and ashes.

Including the native salts and ashes of the root into the final product conception is one of the cardinal enhancements that distinguish the TB formulas. The salts and ashes of the root do

*not “just” make the preparation more truly “full spectrum.” Rudolf Steiner’s research shows that minerals, especially the ones native to the plants, support physiologically the Ego organization and thus make a preparation stronger in supporting all body, soul and spirit functions. Moreover, when the minerals are obtained through an ashing process an additional light and warmth quality is enhanced in the formula.**

Suggested Usage: One capsule twice daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings per container: 60

| AMOUNT PER SERVING | % DAILY | VALUE |
|--|---------|-------|
| Rhodiola rosea root extract [Standardized for 3% Rosavins (12 mg) and 1% Salidrosides (4 mg)] | 400 mg | * |
| Other ingredients: FrutaFit®-Inulin, vegetable cellulose, Rhodiola (Rhodiola rosea) (root) Ash (10 ³). | | |

* DAILY VALUE NOT ESTABLISHED

FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

Serrazimes are a powerful proteolytic (protein digesting) enzyme. Serrazimes used in this formula are of non-animal origin, and are completely suitable for vegetarians.

Their support and promote:

- A faster recovery after minor muscle or connective tissue injuries which can occur after exercising, workout, etc;
- A healthy inflammatory state;
- A normal blood flow, blood fibrinogen level and blood viscosity;
- A healthy, loose respiratory mucous flow from the lungs;

Should be taken on an empty stomach, ½ hour before or 2 hours after meals.

Suggested Usage: One to two capsules daily, or as suggested by your health care provider. (Best taken on an empty stomach — ½ hour before or 2 hours after meals).

Supplement Facts

Serving size: 1 capsule • Servings/container: 90

| AMT PER SERVING | % DAILY VALUE** |
|---|-----------------|
| Serrazimes® (from <i>Aspergillus oryzae</i> and <i>Aspergillus melleus</i>) (providing 30,000 units of serratiopeptidase activity) | 50 mg † |
| Other Ingredients: Rice bran, vegetable cellulose and silica. | |

† DAILY VALUE NOT ESTABLISHED.

** DAILY VALUES ARE BASED ON A 2,000 CALORIE PER DAY DIET.

Contains trace amounts of soy and wheat.

FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC
Serrazimes® is a registered trademark of National Enzyme Company.

This combination of calcium carbonate and enzymes fulfills a dual function:

- It alleviates the occasional heartburn – by neutralizing stomach acid;
- Continues to support the digestive processes – through enzymes that have been selected to function at this more comfortable pH level.

In vitro studies demonstrate that the chosen enzyme blend effectively replaces the stomach digestion lost to enzyme neutralization.

All three types of basic foods, carbohydrates, proteins and fats continue to be digested at a more comfortable acidity level. The relief may be perceived very quickly.

Stomach acid is an essential requirement for the digestion and absorption of many nutrients. In preparations where only an antacid is used the stomach digestion is incomplete (since most stomach enzymes do not work well in a neutral environment) and undigested food particles may cause problems: bloating, gas and discomfort in the intestinal tract and even disturbances in the immune system if undigested food particles reach the blood. Hence the advantage to a formula that combines an antacid function with digestive enzymes that function even in a changed environment.*

Suggested Usage: Chew and swallow one tablet as needed. Drink one full glass of water (8 ounces) after swallowing. Repeat as necessary.

Supplement Facts

Serving size: 1 Chewable tablet

| AMOUNT PER SERVING | % DAILY VALUE | |
|----------------------------------|---------------|------|
| Calories | 5 | |
| Total Carbohydrate | 1 g | <1%† |
| Sugars | <1g | ** |
| Calcium (from calcium carbonate) | 304 mg† | 30% |
| BioCore+ IAR | 945 mg | |
| Calcium carbonate | 844 mg | ** |
| Protease | 15,000 HUT | ** |
| Amylase | 2500 DU | ** |
| Glucoamylase | 0.75 AGU | ** |
| Protease | 40 SAPU | ** |
| Invertase | 250 SU | ** |
| Lipase | 100 FIP | ** |
| Diastase | 3,000 DP | ** |
| Protease | 2,600 PC | ** |

Other ingredients: Fructose, natural flavors (mixed berry flavor and raspberry flavor), vegetable cellulose, citric acid, stearic acid, magnesium stearate, maltodextrin.

† PERCENT DAILY VALUE (DV) BASED ON A 2,000 CALORIE DIET.

** DAILY VALUE NOT ESTABLISHED

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Immune strength ... and fresh breath too!

- Use once daily for long term immune support;
- Use many times daily for quicker action;
- Children will love the Berry flavor.

Our mouth, ear, nose and throat are meant to be the first line of immune defense! They were designed by nature to be a formidable barrier that traps all kinds of bacteria, viruses and other agents trying to enter our bodies.

This “trap-and-destroy” barrier can be weakened by stress, use of antibiotics, heavy exercise, advancing age, and other factors. A healthy protective barrier is particularly vital in those situations when you need to be in crowded places, whether they are at:

- Work;
- School;
- Sports events;
- Travel.

With **Throat Defense™**, you can now support this immune barrier with breakthrough, throat-specific Probiotics and other helpful ingredients like xylitol and trace minerals.

The BLIS K12 Probiotics have a dual function: they discharge bacteria-fighting proteins and also replenish the desirable normal cells in the lining of your mouth, crowding out and making it more difficult for the “outside” invaders to establish themselves.

It turns out the BLIS K12 probiotics also fight the growth of those bacteria that cause malodor, the bad breath that we want to avoid.

Take advantage all year long of these powerful, patented, clinically tested probiotics.

Now you can have it all:

- a natural throat remedy for quick soothing relief;
- long term immune support; and
- fresh breath, too!

This is truly advanced, natural, oral care.

Also try **Throat Defense Menthol**.

This product is well suited for the entire family. Effective for adults, yet gentle enough for children.

Suggested Usage: For daily immune support: Daily approx. ¼ tsp; When more intense support needed take several times daily approx. ¼ tsp. Place content directly on the tongue; let melt slowly in the mouth and swallow.

Supplement Facts

Serving size: Approx. ¼ tsp (1.1 gm) • Servings per container: 30

| AMOUNT/SERVING | % DV |
|--|-----------|
| Calories | 4 |
| Total Carbohydrates | 1 gm <1%† |
| Sugars | 0 mg |
| Sugar alcohols | 800 mg |
| Xylitol | 800 mg * |
| <i>Streptococcus Salivarius</i> (BLIS K 12®) (1.0 billion cfus) | 20 mg * |
| Trace Minerals Pentas™ TD (a proprietary mix of complete trace minerals with rhythmically prepared Cinnabar Pentas™ and Pyrite Pentas™) | 5 mg * |
| Other ingredients: Raspberry fruit powder, FrutaFit-Inulin, Tri Calcium Phosphate, Citric Acid | |

†PERCENT DAILY VALUES ARE BASED ON A 2000 CALORIE DIET.

*DAILY VALUE (DV) NOT ESTABLISHED

Immune strength ... and fresh breath too!

- Use once daily for long term immune support;
- Use many times daily for quicker action;
- The menthol flavor helps for soothing an irritated throat and cough.

Our mouth, ear, nose and throat are meant to be the first line of immune defense! They were designed by nature to be a formidable barrier that traps all kinds of bacteria, viruses and other agents trying to enter our bodies.

This “trap-and-destroy” barrier can be weakened by stress, use of antibiotics, heavy exercise, advancing age, and other factors. A healthy protective barrier is particularly vital in those situations when you need to be in crowded places, whether they are at:

- Work;
- School;
- Sports events;
- Travel.

With **Throat Defense™**, you can now support this immune barrier with breakthrough, throat-specific Probiotics and other helpful ingredients like xylitol and trace minerals.

The BLIS K12 Probiotics have a dual function: they discharge bacteria- fighting proteins and also replenish the desirable normal cells in the lining of your mouth, crowding out and making it more difficult for the “outside” invaders to establish themselves.

It turns out the BLIS K12 probiotics also fight the growth of those bacteria that cause malodor, the bad breath that we want to avoid.

Take advantage all year long of these powerful, patented, clinically tested probiotics.

Now you can have it all:

- a natural throat remedy for quick soothing relief;
- long term immune support; and
- fresh breath, too!

This is truly advanced, natural, oral care.

Also try **Throat Defense Berry flavor**.

This product is well suited for the entire family. Effective for adults, yet gentle enough for children.

Suggested Usage: For daily immune support: Daily approx. ¼ tsp. For additional quick, soothing cough relief: Approx ¼ tsp every 2 hours. Place content directly on the tongue; let melt slowly in the mouth and swallow.

Supplement Facts

Serving size: Approx. ¼ tsp (1.1 gm) • Servings per container: 30

| AMOUNT/SERVING | | % DV |
|--|--------|------|
| Calories | 4 | |
| Total Carbohydrates | 1 gm | <1%† |
| Sugars | 0 mg | |
| Sugar alcohols | 800 mg | |
| Xylitol | 800 mg | * |
| <i>Streptococcus Salivarius</i> (BLIS K 12®) (1.0 billion cfus) | 20 mg | * |
| Trace Minerals Pentas™ TD (a proprietary mix of complete trace minerals with rhythmically prepared Cinnabar Pentas™ and Pyrite Pentas™) | 5 mg | * |
| Menthol | 2.5 mg | * |
| Other ingredients: FrutaFit®-Inulin, Tri Calcium Phosphate, Citric Acid | | |

†PERCENT DAILY VALUES ARE BASED ON A 2000 CALORIE DIET.

*DAILY VALUE (DV) NOT ESTABLISHED

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

For an optimal health to be possible, nutrients need to be taken up, in a very profound and comprehensive manner, by specialized life forces of the human body. Eating the “right” foods and even absorbing them is just not enough. They need to be utilized!

These forces underlying all nutrition processes stay dormant until they are needed. Thus they are called “a reservoir” by Rudolf Steiner. In many people this reservoir is functioning at inadequate levels resulting for example, in the feeling that foods do not satisfy, one gets tired after meals, obese fat deposits can result, the skin complexion can become sallow, vulnerability to outer and inner stresses can occur and more.

In order to re-enliven this incredibly important reservoir R. Steiner suggested a rhythmically prepared combination of calcium carbonate and calcium phosphate.

He calls this composition of substances a “nutritional supplement” and recommends that it should not be missing from any dinner table. One should add it to the food in the same way that one might spice meals or add salt and pepper, etc. This would apply both for children and adults. This is arguably the most fundamental supplementation to a meal.

One can definitely feel stronger if the nutritional reservoir is more vigorous!

The “Reservoir” is presented here as a sole ingredient. However, it has been also added to the pepper and salt formulas and to the calcium supplement. In addition, using the substances appropriate to the formula (for example, magnesium carbonate and magnesium phosphate in the Magnesium Reservoir™), the Reservoir principle has been added to the magnesium, potassium and iron supplements.

Attention! Please keep in mind that the calcium mentioned here is intended for the support of the general nutritional forces and is not an adequate source of nutritional calcium. For a calcium supplementation as such use the Calcium AM-PM™ formula which is indeed an excellent source of calcium.*

Suggested Usage: 1/8 tsp. three times daily, or as suggested by your health care provider.

Supplement Facts

Serving size: 1/8 teaspoon Servings/container: 165

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Calcium Reservoir™ (a proprietary mix of rhythmically prepared calcium carbonate and calcium tri-phosphate) | 450 mg † |
| Other ingredients: FrutaFit®-Inulin. | |

† CONTAINS LESS THAN 1% OF CALCIUM DAILY VALUE.

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.

This is a special ginseng containing formula that offers not only the root extract of a superior ginseng quality but also the salts that are available in the root. This extract and native salts formula is thus more “full spectrum”. The formula intends to help:

- overcome mental fatigue;
- increase work efficiency and vitality;
- improve cognitive functions;
- improve the general mood;
- focus attentiveness;
- support the immune system;
- relieve nervousness and calm abdominal complaints due to stress;
- promote a normal blood sugar.

Unique in this formula is the presence of all parts of the ginseng root, including the prongs and root fibers of the herb as well as the natural ginseng root salts!*

Suggested Usage: One capsule twice daily or as suggested by your health care provider.

Supplement Facts

Serving size: 1 capsule • Servings/container: 60

| AMT PER SERVING | % DAILY VALUE |
|---|---------------|
| American Ginseng (<i>Panax quinquefolius</i>) (root) [Standardized for 5% ginsenosides (7.5 mg)] | 150 mg * |
| Other ingredients: FrutaFit®-Inulin, vegetable cellulose, American Ginseng (<i>Panax quinquefolius</i>) (root) 10 ⁻³ . | |

* DAILY VALUE NOT ESTABLISHED.

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.

Every year it seems that the daily recommended intake of vitamin D is going up!

The currently accepted levels seem to be at a minimum 800–1,000 IUs, and that is just the amount expected to prevent an outright vitamin D deficiency. To get additional benefits that result in a lower risk to develop a number of diseases by supporting the overall health of various body systems, even higher amounts are required.

Knowledgeable doctors place the desirable range of vitamin D in the blood above 40ng/ml.

The current formula allows great flexibility in both an easy way to maintain a desirable range as well as easy adjustments should your therapist recommend higher amounts.

Special features of this formula:

- Contains 2,000 IUs of vitamin D — allows great flexibility in amounts taken both for maintaining an adequate daily level as well as enabling the easy taking of higher amounts if a therapist should suggest that;
- Bioperine™ has been added in order to further stabilize the blood level of this vitamin;
- Rudolf Steiner's research indicates that the Lightroot™ yam has the ability to store light ether in the root. We have

included this herb here (as well as rhythmically prepared trace minerals) in order to further increase and facilitate the processes that are connected to the light.*

Suggested Usage: One capsule daily, or as suggested by your health care provider.

Supplement Facts**Serving size: 1 capsule • Servings/container: 60**

| AMT PER SERVING | % DAILY VALUE | |
|--|---------------|------|
| Vitamin D (as cholecalciferol) | 2,000 IU | 500% |
| Trace Minerals Pentas™ VDP Mix (a proprietary mix of complete trace minerals and rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, and jasper) | 20 mg | * |
| Lightroot™ powder (<i>Dioscorea batatas</i>) (roots) | 10 mg | * |
| Bioperine® Nature's Thermonutrient™ (<i>Piper nigrum</i>) (fruit) [Standardized for 95% piperine (0.95 mg)] | 1 mg | * |
| Other ingredients: FrutaFit®-Inulin, vegetable cellulose, and non-hydrogenated vegetable stearate | | |

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a registered trademark of the Sabinsa Corp.
FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.

Hormonal challenges of the mature female body in all stages of pre-, peri-, and post menopause, can be manifested as a lack of vitality, occasional night sweats, etc. or, temporary sleep difficulty, cognitive complaints, digestive disturbances, graying of hair, and of course intermittent hot flashes, etc. All too often these are ascribed to aging. However, wellbeing and vitality can be significantly enhanced by promoting a healthy hormonal balance.

What is special about this formula?

It contains:

The essential pueraria root plus its native salts and ashes.

Including the native salts and ashes of the root into the final product conception is one of the cardinal enhancements that distinguish the TB formulas. The salts and ashes of the root do not "just" make the preparation more truly "full spectrum". Rudolf Steiner's research shows that minerals, especially the ones native to the plants, support physiologically the Ego organization and thus make a preparation stronger in supporting all body, soul and spirit functions. Moreover, when the minerals are obtained through an ashing process an additional light and warmth quality is enhanced in the formula.

Pueraria mirifica (PM):

The Pueraria plant is native to Thailand where women have used this root extract effectively as a "rejuvenating" folk medicine for hundreds of years.

Traditionally it was felt that Pueraria can:

- be rejuvenating
- serve as an anti-wrinkle agent for aged and wrinkled skin
- darken white hair, and increase hair growth
- help with memory loss
- increase energy and vigor, more reflexive bodily movements
- increase blood circulation
- alleviate sleep difficulties.

In a Buddhist manuscript it was noted that pueraria "... helps to live a thousand years".

Modern research has confirmed that pueraria contains phyto-estrogens, similar to estriol, and that the herb revitalizes any organ where estrogen receptors might be located, such as bones, brain, skin, etc. Additionally, the safety data is impressive.

Latest findings show PM also has a breast cell stabilizing effect.

In conclusion, PM is a significant adaptogen that helps regulate the body's natural metabolism and leads it to a healthy state.*

Suggested Usage: One capsule twice daily or as suggested by your healthcare provider.

Supplement Facts

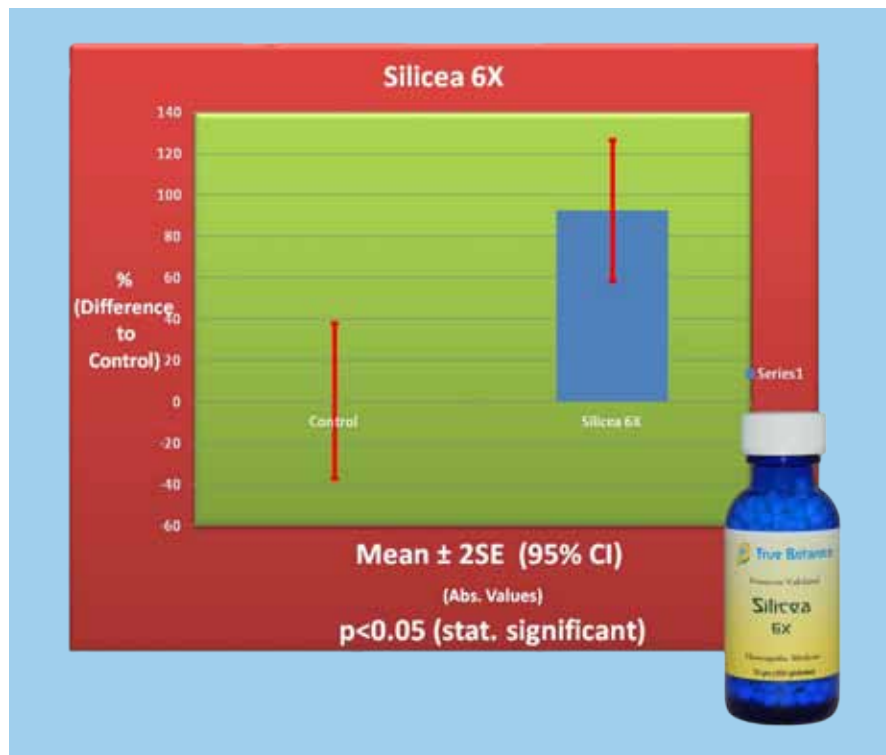
Serving size: 1 capsule • Servings/container: 60

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Purestrol® (<i>Pueraria mirifica</i>) (root)† | 80 mg * |
| Other ingredients: FrutaFit®-Inulin, vegetable cellulose, Maltodextrin, Kudzu (<i>Pueraria lobata</i>) (root) Ash (10-3) | |
| † ORGANIC | |
| * DAILY VALUE NOT ESTABLISHED | |

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC. Purestrol®, a registered trademark of Bio-Botanica, Inc.



ANTHROPOSOPHIC/HOMEOPATHIC OTC DRUGS



Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Digestive discomfort
 - Weakness after illness
- Selected emotional symptoms:
 - Irritability

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Artemesia abrotanum 6X, HPUS

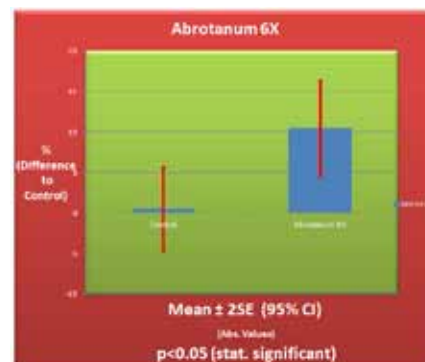
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Aconitum 6X/30X 23 gm (450 globules)
SRW0623/SRW0567

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Fever
 - Nerve Pains
- Selected emotional symptoms:
 - Agitation
 - Restlessness

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Aconitum napellus 6X or 30X, HPUS

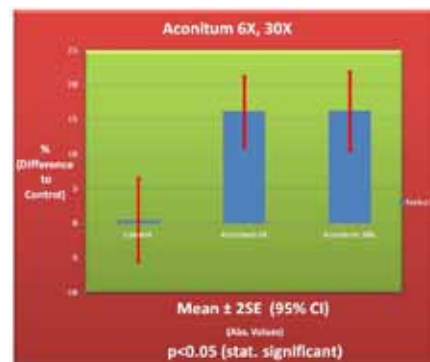
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Supports healthy teeth
 - Fights a heavy feeling in the lower body

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Aesculus hipp. 8X or 50X, HPUS

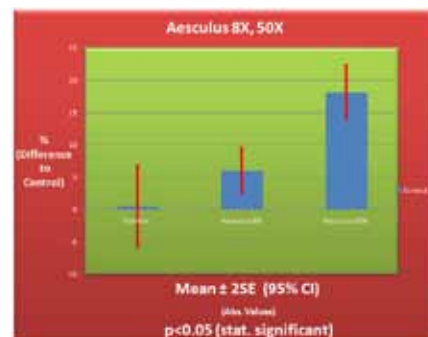
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Headaches
 - Strong cough

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Agaricus albus 30X, HPUS

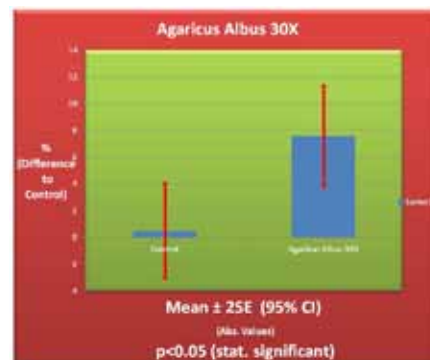
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: *(Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)*

For temporary relief of:

- Selected physical symptoms:
 - Watery discharges in ears, eyes, nose
 - Raspy cough

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Allium cepa 8X or 30X, HPUS

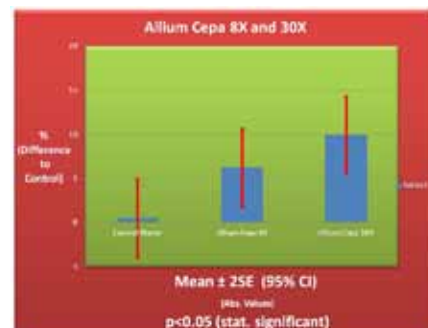
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: *(Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)*

For temporary relief of:

- Selected physical symptoms:
 - Dryness of the skin and mucous membranes
 - Aging skin
 - Fatigue

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Alumina 30X, HPUS

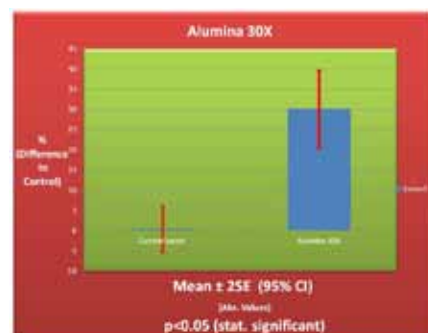
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Vesicular, itchy rash
- Selected emotional symptoms:
 - Absentmindedness ■ Lack of confidence ■ Apprehensive

Directions for Use: Place drops under the tongue for 30 seconds. Adults: 20 drops 3 times a day. Children 2–12 years: 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

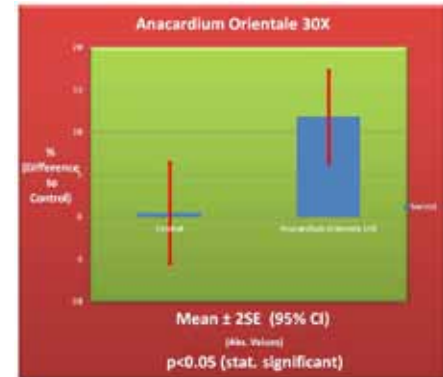
Active Ingredients: Anacardium orientale 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Anagallis Arvensis 4X 55 ml — Homeopathic Medicine
SRW0631

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Digestive irritations

Directions for Use: Place drops under the tongue for 30 seconds. Adults: 20 drops 3 times a day. Children 2–12 years: 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

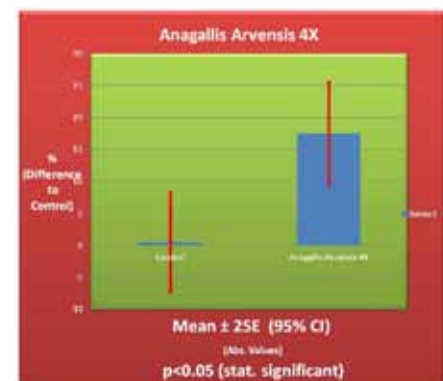
Active Ingredients: Anagallis Arvensis 4X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Digestive irritations

Directions for Use: Place drops under the tongue for 30 seconds. Adults: 20 drops 3 times a day. Children 2–12 years: 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Anagallis Arvensis 30X, HPUS

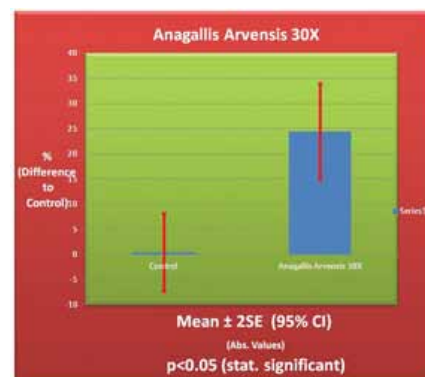
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

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Antimonium Crudum 6X 23 gm (450 globules)
SRW0519

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Eczema
 - Loose stools
 - Selected emotional symptoms:
 - A sulky disposition
 - Irritability
 - Fretfulness

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Antimonium crudum 6X, HPUS

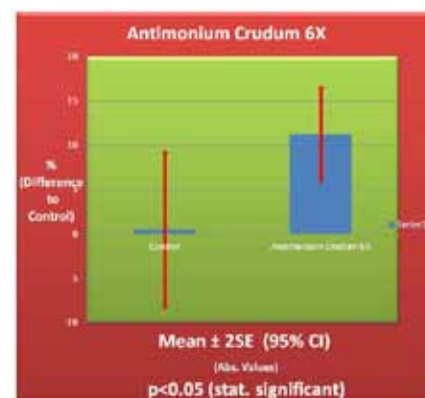
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Fever
 - Inflammation
 - Joint Pains

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Apis mellifica 6X or 30X, HPUS

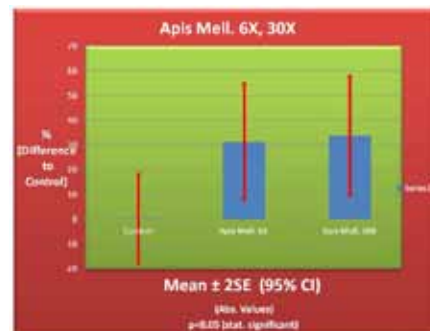
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Swelling and redness of mucous membranes
 - Inflammation

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

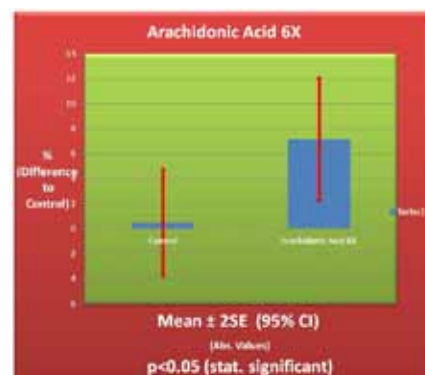
Active Ingredients: Arachidonic acid 6X.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Supports recovery from illness
 - Alleviates spasms/cramps in the reproductive area

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

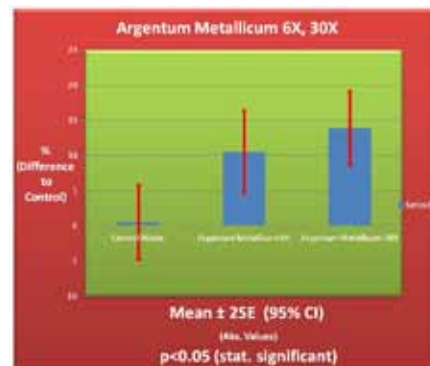
Active Ingredients: Argentum met. 6x , HPUS, Silicea 6x, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Headaches
- Selected emotional symptoms:
 - Craving for Sweets
 - Phobias

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

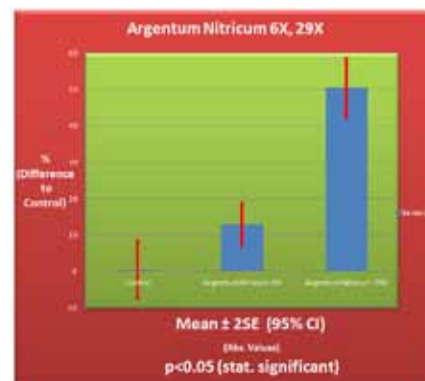
Active Ingredients: Argentum nitricum 6X or 29X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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For temporary relief of:

- Selected physical symptoms:
 - Fever
 - Headache

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Argentum met 6X or 30X, HPUS

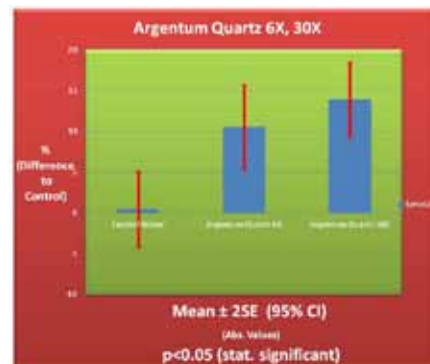
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Minor trauma
- Selected emotional symptoms:
 - Minor trauma
 - Shocks
 - Stress

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Arnica Montana, flor, 6X or 30X, HPUS, Arnica Montana, rad, 6X or 30X, HPUS

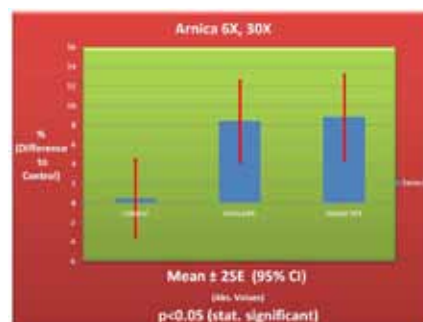
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Exhaustion ■ Fever ■ Diarrhea
 - Ear, nose, eyes watery discharges
- Selected emotional symptoms:
 - Restlessness

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Arsenicum album 6X or 30X, HPUS

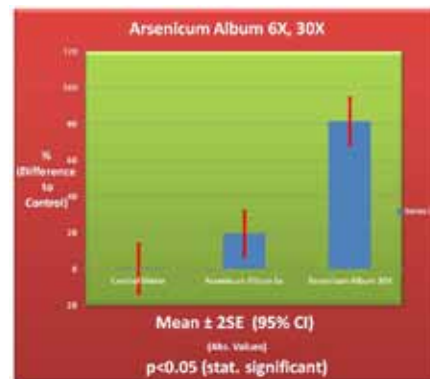
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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For temporary relief of:

- Selected physical symptoms:
 - Burning pains ■ Digestive complaints
- Selected emotional symptoms:
 - Agitation ■ Restlessness

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Arsenicum Metallicum 6X or 30X, HPUS

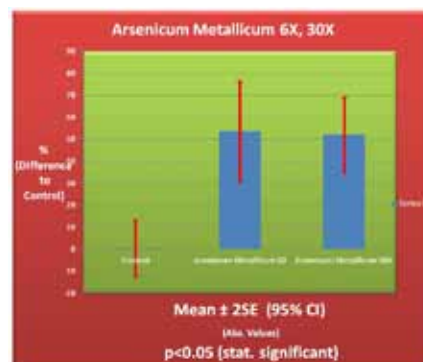
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Supports the circulation
 - Heart palpitations
 - Weak memory
 - Poor tissue healing
- Selected emotional symptoms:
 - Depressed/low mood
 - Noise sensitivity

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Aurum metallicum 6X or 30X, HPUS

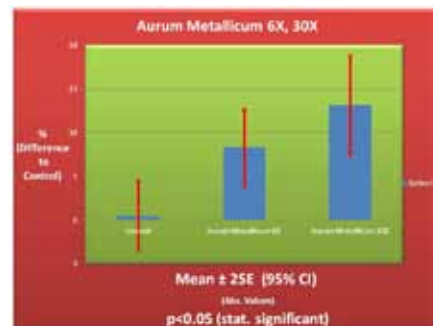
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Occasional lack of sleep
- Selected emotional symptoms:
 - Calming influence

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Avena sativa 30X, HPUS

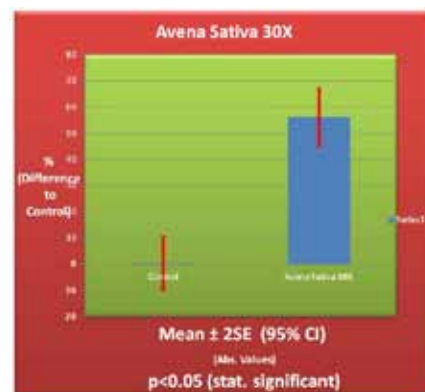
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Muscular stiffness ■ Muscular pains ■ Drowsiness
- Selected emotional symptoms:
 - Difficult concentration

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Baptisia tinctoria 6X, HPUS

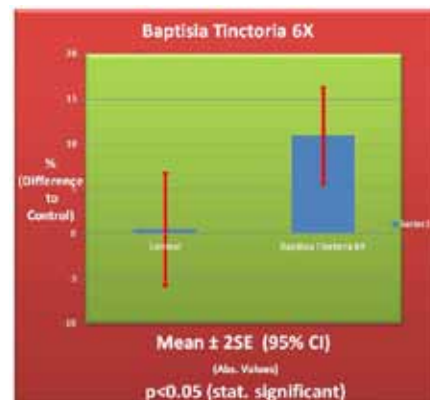
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Allergy relief

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

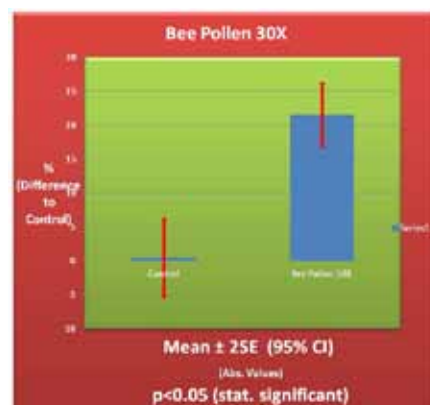
Active Ingredients: Bee pollen 30X

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Dry fever
 - Inflammation
 - Throbbing pains
 - Cramps
- Selected emotional symptoms:
 - Sensitivity to touch

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

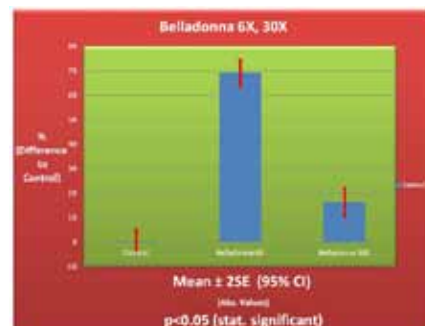
Active Ingredients: Atropa belladonna 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Radiating body pains
 - Swollen tonsils and/or adenoids
 - Skin eruptions

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

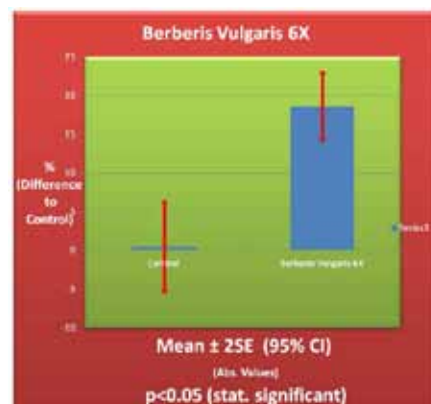
Active Ingredients: Berberis vulgaris, fruct. 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Joint pains
 - Dryness of mucous membranes

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Bryonia alba 6X, HPUS

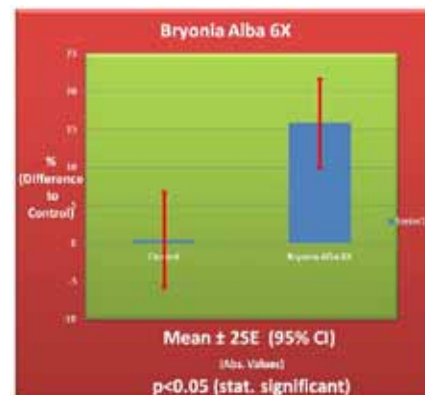
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Spasms
- Selected emotional symptoms:
 - Regeneration of life forces
 - Calming

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Bryophyllum pinnatum 6X, HPUS

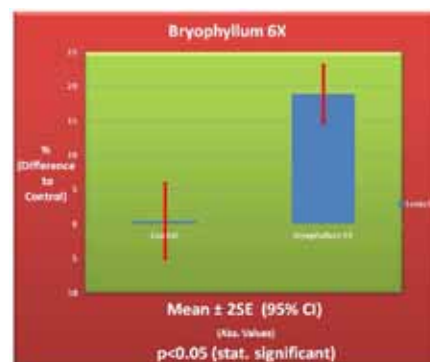
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Swollen glands
 - Difficulty swallowing
 - Light sensitivity
- Selected emotional symptoms:
 - Overwork exhaustion

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Calcarea carbonica 30X, HPUS

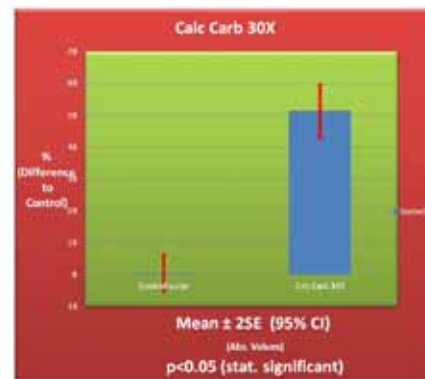
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Infant colics
 - Glandular enlargements
- Selected emotional symptoms:
 - Fatigue from mental work

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Calcarea phosphorica 30X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Resolution of cysts
 - Ganglions
 - Swollen lymph nodes

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Calcarea fluorica 6X, HPUS

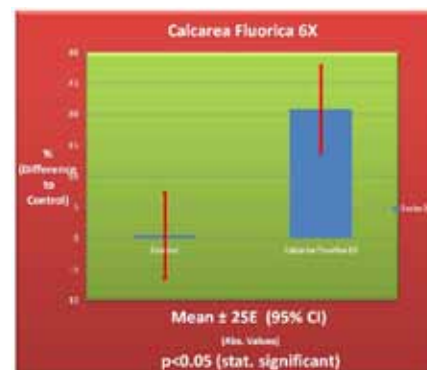
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

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For temporary relief of:

- Selected physical symptoms:
 - Wound healing
 - Skin eruptions
- Selected emotional symptoms:
 - Absent mindedness

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Calcarea sulfurica 6X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

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For temporary relief of:

- Selected physical symptoms:
 - Chilliness
 - Sneezing
 - Loss of strength

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Camphora 6X or 30X, HPUS

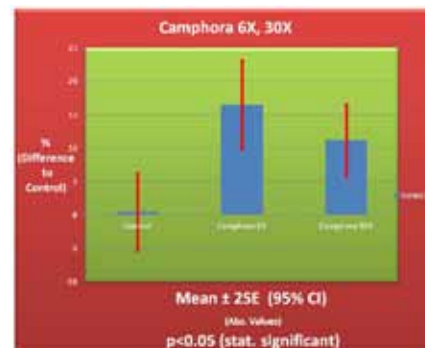
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

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For temporary relief of:

- Selected physical symptoms:
 - Burning bladder irritation
- Selected emotional symptoms:
 - Intense emotional irritation

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Cantharis vesicatoria 30X, HPUS

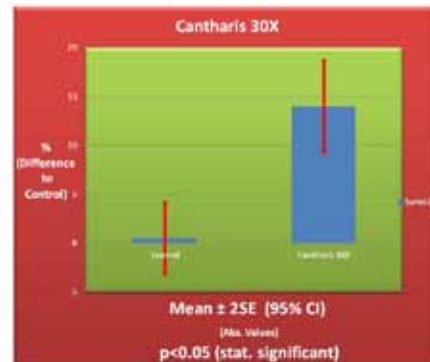
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Indigestion
 - All foods are disagreeable
 - Bleeding gums
- Selected emotional symptoms:
 - Nightly fears

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

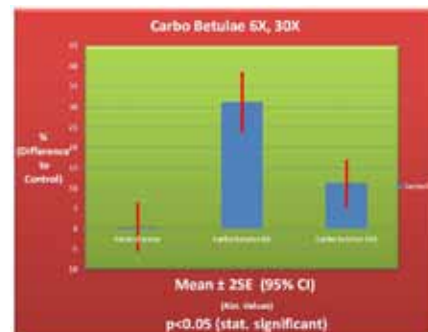
Active Ingredients: Carbo betulae 6X or 30X

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Healthy bone structure
- Selected emotional symptoms:
 - Alleviates anxiety
 - Alleviates unexplained fears

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Strontium sulfate 6X, HPUS

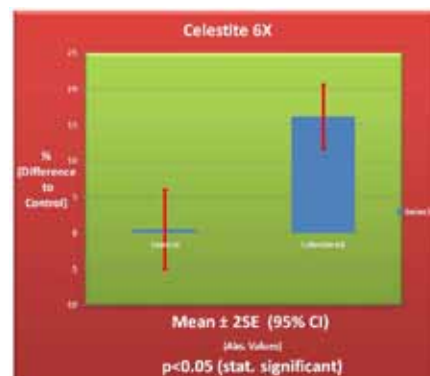
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Bone Health
- Selected emotional symptoms:
 - Anxious sense of doom

Directions for Use: Place drops under the tongue for 30 seconds. Adults: 20 drops 3 times a day. Children 2–12 years: 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Cerussite 7X, HPUS

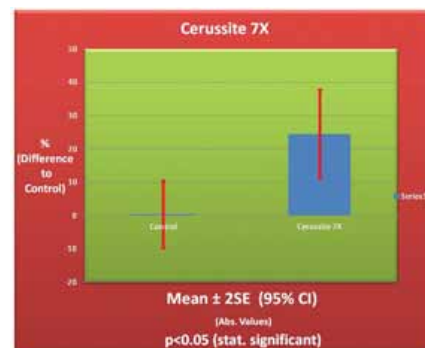
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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Chamomilla 7X/30X 23 gm (450 globules)

SRW0585/SRW0510

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For temporary relief of:

- Selected physical symptoms:
 - Spasms
- Selected emotional symptoms:
 - Calming effect

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Matricaria recutita 7X or 30X, HPUS

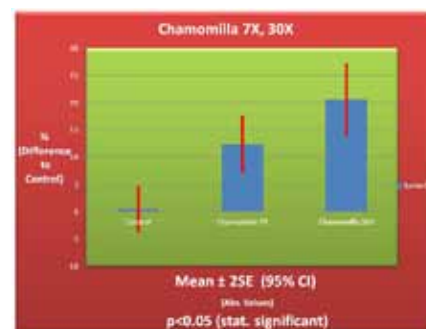
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Heartburn/dyspepsia
- Selected emotional symptoms:
 - Agitated behavior

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Cichorium Intybus 30X, HPUS

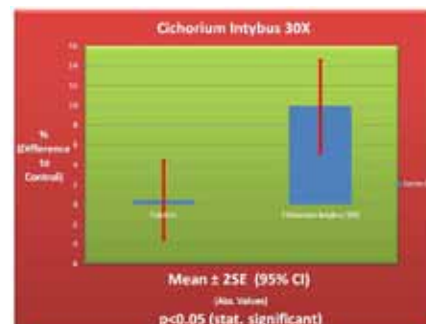
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

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For temporary relief of:

- Selected physical symptoms:
 - Ringing in the ears
 - Flatulence and belching
 - Exhaustion from dehydration
 - Recurrent fevers

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Cinchona officinales 6X, HPUS

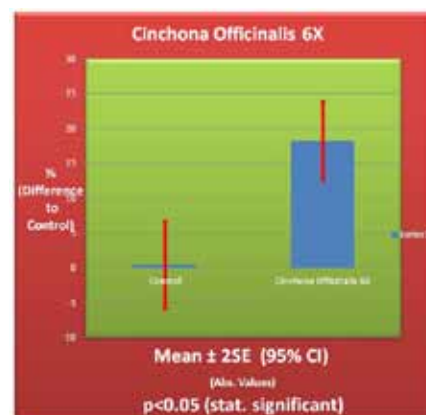
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Occasional sleeplessness/lack of sleep
- Selected emotional symptoms:
 - Calming influence

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Cinis of Carpini, Fraxinus, Cerasi, Quercus, Ulmus, Acer, Betula Trees (all in equal amounts) 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

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For temporary relief of:

- Selected physical symptoms:
 - Sore throat
 - Respiratory complaints

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

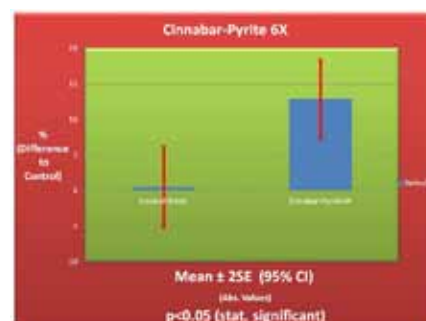
Active Ingredients: Mercurius sulf 6X, HPUS, Ferrum sulf 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Occasional lack of sleep
- Selected emotional symptoms:
 - Calming influence

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Coffea tosta 6X or 30X, HPUS

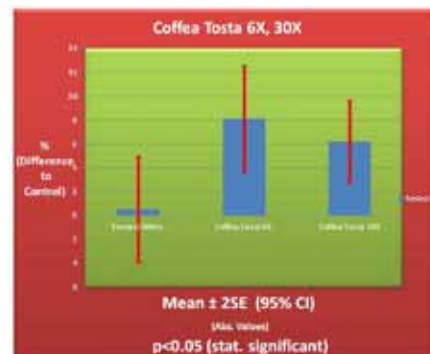
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Occasional joint discomforts
 - Occasional stomach and intestinal discomforts

Directions for Use: Place drops under the tongue for 30 seconds. Adults: 20 drops 3 times a day. Children 2–12 years: 5–0 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Colchicum Autumnale 6X, HPUS

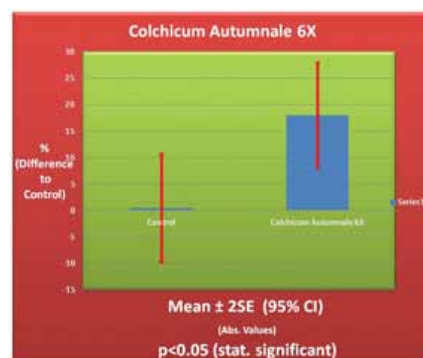
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Poor recovery after injuries
 - Painful urination
- Selected emotional symptoms:
 - Calming influence
 - Difficulty concentrating

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Conium maculatum 30X, HPUS

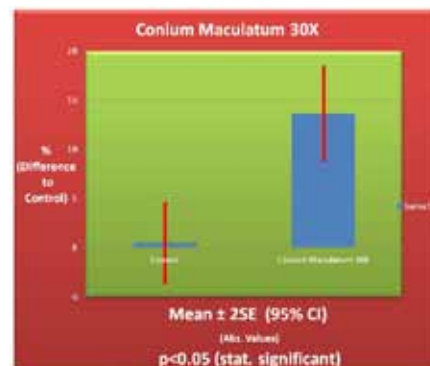
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Congested cramps
 - Fluid congestion
 - Spasms
- Selected emotional symptoms:
 - Calming effect

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Cuprum metallicum 6X or 30X, HPUS

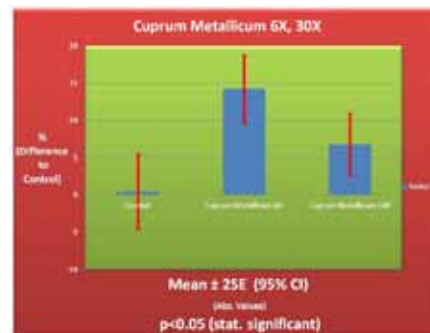
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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For temporary relief of:

- Selected physical symptoms:
 - Barking cough
 - Muscle pains
- Selected emotional symptoms:
 - Restlessness

Directions for Use: Place drops under the tongue for 30 seconds. Adults 20 drops 3 times a day. Children 2–12 years 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Drosera intermedia 6X, HPUS

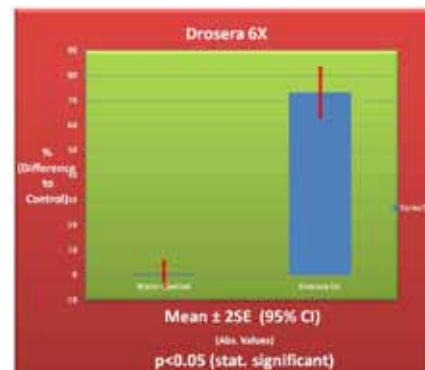
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Ferrum Carbonicum 6X 23 gm (450 globules)

SRW0564

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For temporary relief of:

- Selected physical symptoms:
 - Digestive complaints
- Selected emotional symptoms:
 - Shyness

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Ferrum carbonicum 6X, HPUS

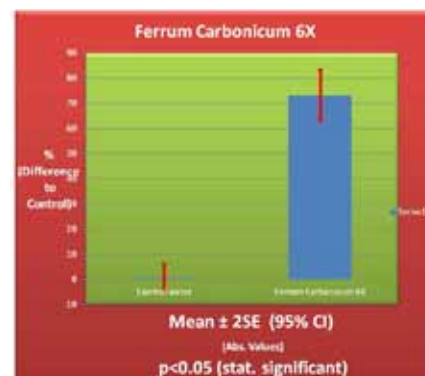
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Exhaustion
 - Muscle weakness
 - Pale complexion

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Ferrum metallicum 6X or 30X, HPUS

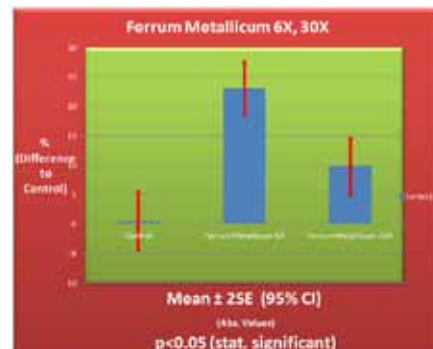
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Stomach discomfort
 - Fullness
 - Indigestion
 - Lack of hydrochloric acid
- Selected emotional symptoms:
 - Failure to thrive

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Ferrum muriaticum 6X, HPUS

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Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Respiratory complaints
 - Exhaustion

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Ferrum phosphoricum 6X, HPUS

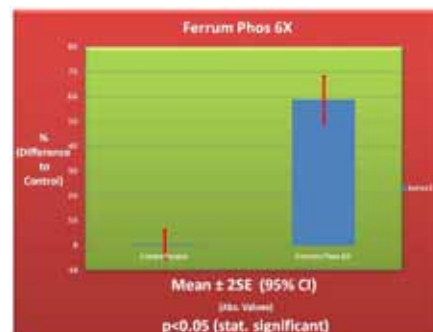
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Respiratory complaints
 - Improves vitality
- Selected emotional symptoms:
 - Improves vitality

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Formicum acidum 6X, HPUS

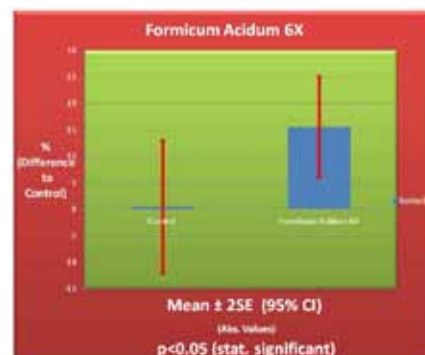
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Sneezing
 - Cough
 - Watery discharges
 - Fevers

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Gelsemium sempervirens 6X, HPUS

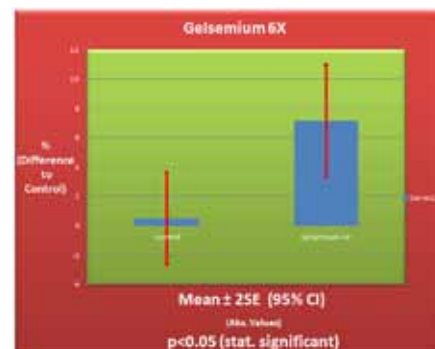
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Supports the normal functions of the adrenal gland

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Glandula suprarenalis 6X, HPUS

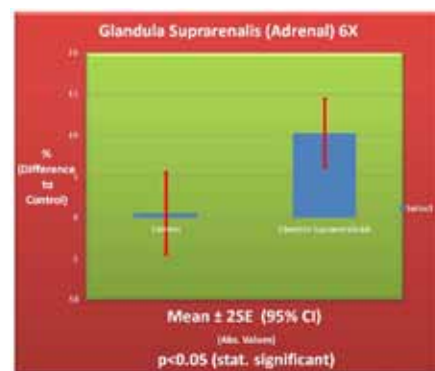
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - For general support of the 5 organs (lung, liver, kidney, heart, spleen)
 - Constitutional tonic

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Pulmo bovis 6X, Hepar bovis 6X, Renes bovis 6X, Cor bovis 6X, Lien bovis 6X

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Occasional headaches
 - Supports a healthy brain
 - Supports nerves metabolism
- Selected emotional symptoms:
 - Nervous tremor

Directions for Use: Place drops under the tongue for 30 seconds. Adults: 20 drops 3 times a day. Children 2–12 years: 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Granite 30X, HPUS

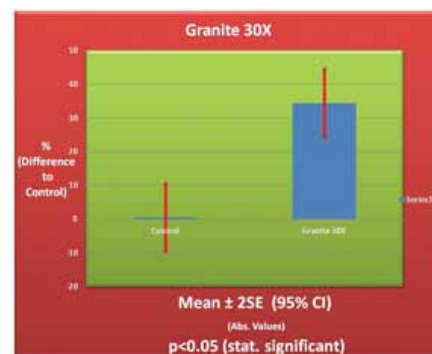
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Constipation
- Selected emotional symptoms:
 - Over-sensitivity

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Graphites 30X, HPUS

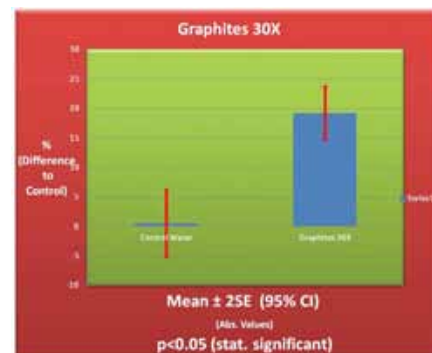
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected mental/psychological symptoms:
 - Dull, sluggish, vacuous mood;
 - Slow in communicating, interacting;
 - Spacy, difficulty word finding;
 - Dark moods
- Selected physical symptoms:
 - Low vitality;
 - Low night vision;
 - Homeopathic support against inflammation;
 - Homeopathic support for the immune system

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Helleborus niger 6X

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected mental/psychological symptoms:
 - See above
- Selected physical symptoms:
 - See above

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

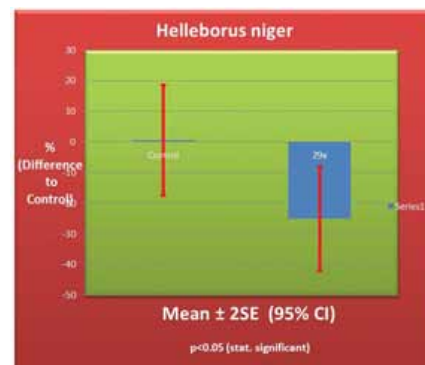
Active Ingredients: Helleborus niger 29X

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/



anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Hepar Sulf 6X/30X 23 gm (450 globules)
SRW0597/SRW0549

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Sluggishness
 - Tendency to discharges
- Selected emotional symptoms:
 - Sensitivity to all impressions

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Hepar sulfuris 6X or 30X, HPUS

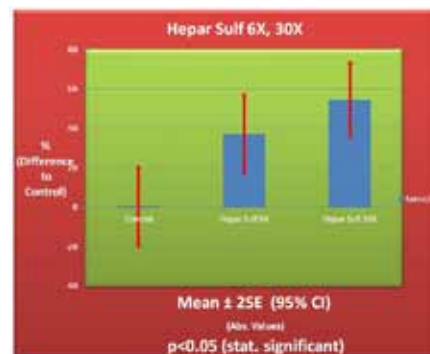
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: *(Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)*

For temporary relief of:

- Selected physical symptoms:
 - Allergic reactions

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Histaminum hydrochloricum 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: *(Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)*

For temporary relief of:

- Selected physical symptoms:
 - Muscular and nervous twitches
- Selected emotional symptoms:
 - Increased alertness/creativity

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

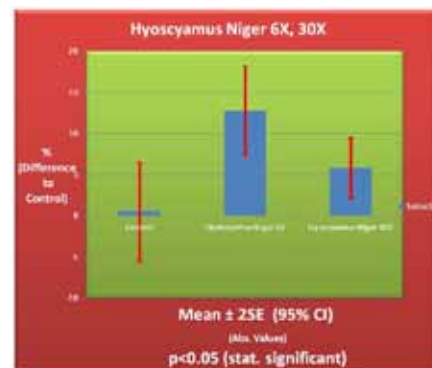
Active Ingredients: Hyoscyamus niger 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Supports lung and respiratory functions
- Selected emotional symptoms:
 - Balances a controlling nature
 - Relief of stiff and inflexible thoughts
 - Relief of traumatic experiences related to a nearby death

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Juglans regia 30X, HPUS

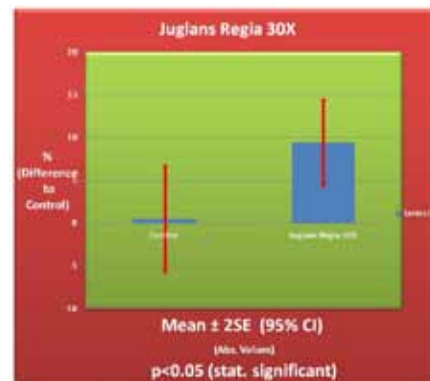
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Profuse sweating with exertion
 - Stabbing pains
 - Indigestion after eating

Directions for Use: Place drops under the tongue for 30 seconds. Adults: 20 drops 3 times a day. Children 2–12 years: 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Kali carbonicum 6X, HPUS

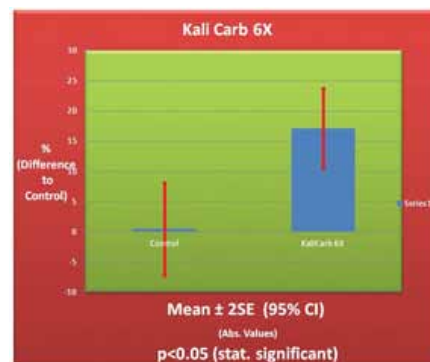
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Sensitivity to touch, noise, constriction
- Selected emotional symptoms:
 - Talkativeness

Directions for Use: Place drops under the tongue for 30 seconds. Adults 20 drops 3 times a day. Children 2–12 years 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Lachesis mutus 6X, HPUS

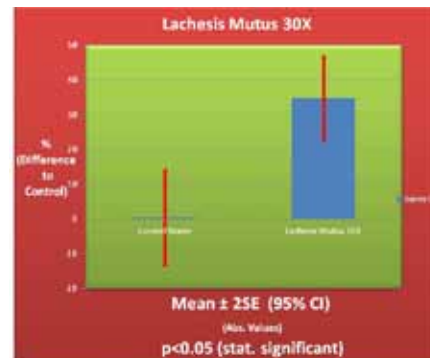
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

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Ledum Palustre 6X 23 gm (450 globules)
SRW0621

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Painful swollen joints
- Selected emotional symptoms:
 - Dissatisfied mood

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Ledum palustre 6X, HPUS

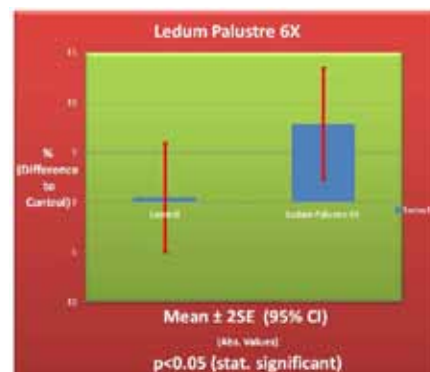
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: *(Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)*

For temporary relief of:

- Selected physical symptoms:
 - Palpitations
 - Supports heart functions
 - Supports thyroid functions

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Leonurus cardiaca 6X, HPUS

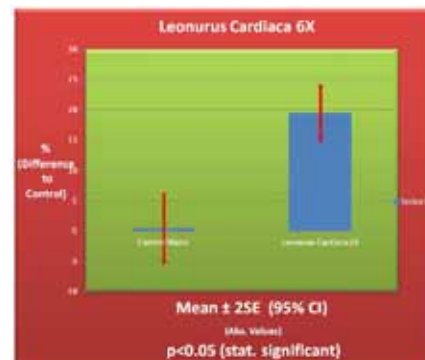
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: *(Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)*

For temporary relief of:

- Selected physical symptoms:
 - Alleviating food allergies
 - Ear pains
 - Digestive discomforts

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Levisticum officinale 6X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Eases breathing
 - Nausea
 - Vomiting

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Lobelia inflata 6X, HPUS

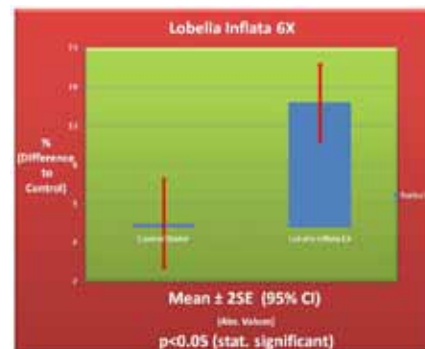
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Hair loss
 - Indigestion
- Selected emotional symptoms:
 - Averse to changing routines
 - Extreme sensitivity

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Lycopodium clavatum 6X or 30X, HPUS

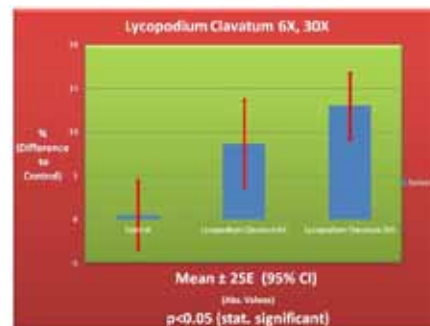
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Menstrual cramps
 - Abdominal colics
- Selected emotional symptoms:
 - Learning effort
 - Forgetfulness

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

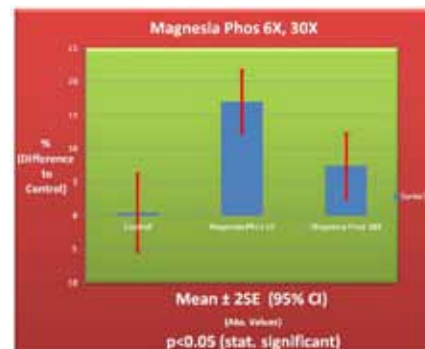
Active Ingredients: Magnesia phosphorica 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Inflamed mucous membranes
 - Swollen glands
- Selected emotional symptoms:
 - Slow to answer questions

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

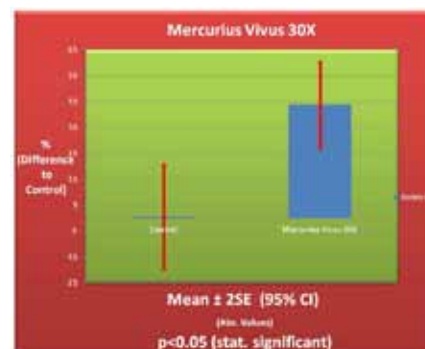
Active Ingredients: Mercurius vivus 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Supports the liver functions
 - Supports the kidney functions

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Achillea millefolium 6X, HPUS

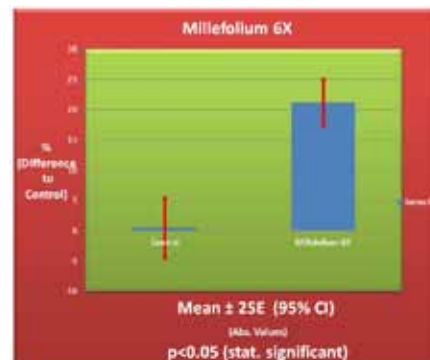
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Fatigue
 - Sinus inflammation
 - Cold sores
- Selected emotional symptoms:
 - Grief

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Natrium Muriaticum 30X, HPUS

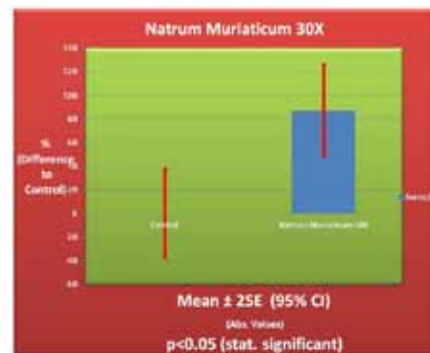
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Indigestion
 - Insomnia
 - Frequent constipation
 - Waking up tired

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Nux vomica 30X, HPUS

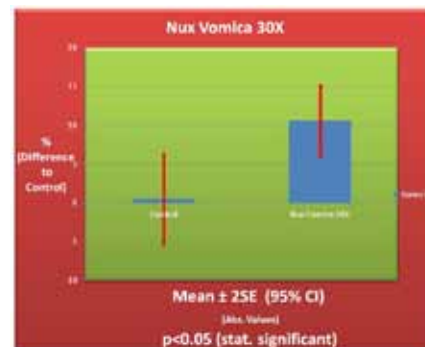
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Fatigue
 - Overcoming metabolic sluggishness

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Oxalis montana 6X, HPUS

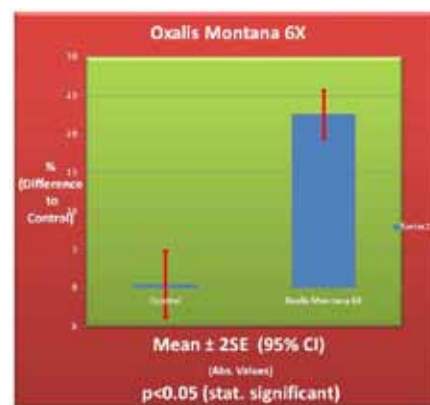
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Joint weakness
 - Neuralgia
 - Pains
- Selected emotional symptoms:
 - Hyperactive feeling

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Phosphorus 6X or 30X, HPUS

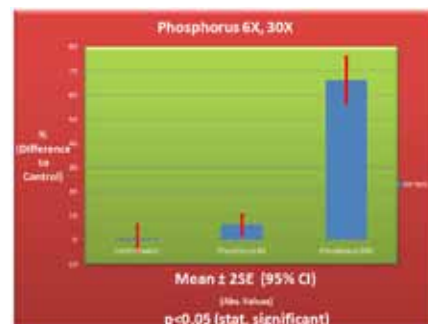
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Dizziness
- Selected emotional symptoms:
 - Support of aging memory

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Plumbum mel 30X, HPUS

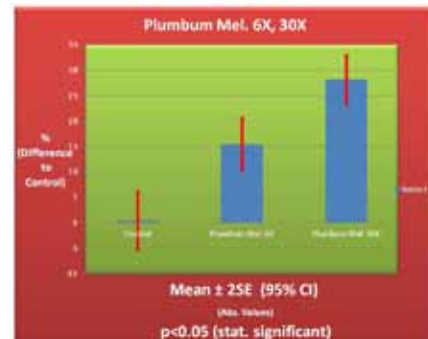
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose, Honey

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - A refreshing restoring tonic, especially from exhaustion

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Prunus spinosa 6X, HPUS

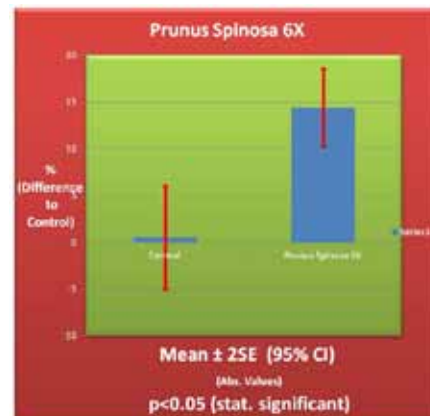
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Pulsatilla 6X/30X 55 ml — Homeopathic Medicine
SRW0619/SRW0626

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Ear discharge
 - Loss of smell
- Selected emotional symptoms:
 - Timid
 - Weepy disposition

Directions for Use: Place drops under the tongue for 30 seconds. Adults 20 drops 3 times a day. Children 2–12 years 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Pulsatilla vulgaris 6X or 30X, HPUS

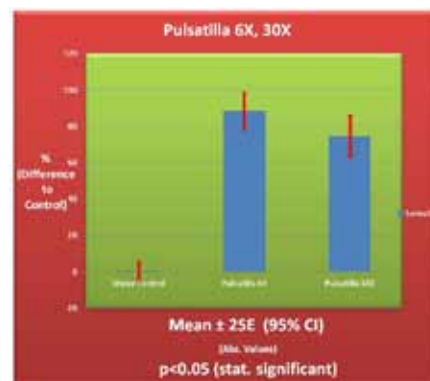
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Upper respiratory symptoms
 - Post illness fatigue
 - Supports immune system

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Sambucus canadensis 6X, HPUS

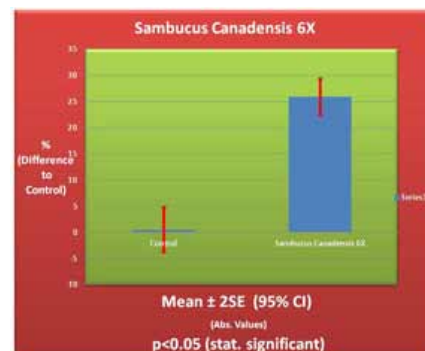
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Pre-menstrual tension
 - Irritability
- Selected emotional symptoms:
 - Pessimistic tiredness

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Sepia 6X or 30X, HPUS

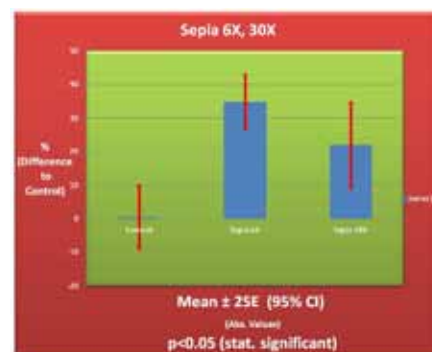
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Headache
 - Indigestion
 - Supports the immune system
 - Nerve pain
 - Malabsorption of foods
- Selected emotional symptoms:
 - Sensitivity to noises

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Silicea 6X or 30X, HPUS

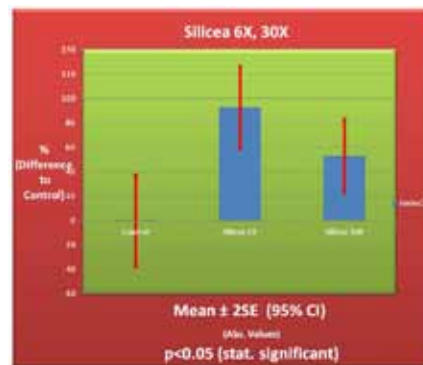
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Supports connective tissues
 - Supports kidney functions

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Stannum metallicum 6X, HPUS, Cuprum metallicum 6X, HPUS, Alumen 6S, HPUS

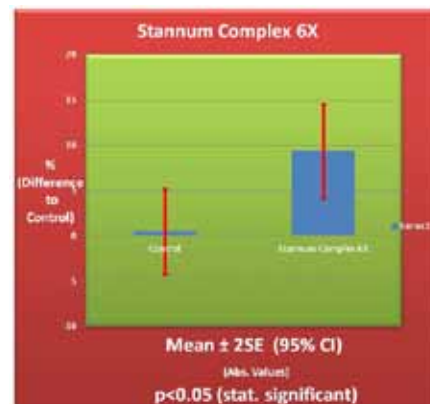
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Weak ligaments
 - Joint pain
 - Dizziness
 - Nerve pain
 - Mucous congestion
- Selected emotional symptoms:
 - Nervous tics
 - Nervous exhaustion

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

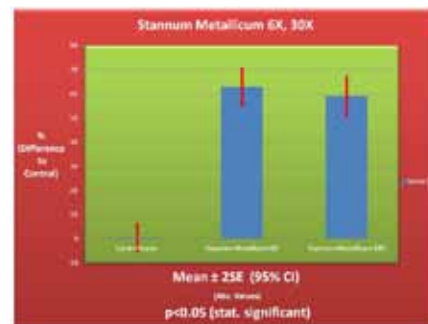
Active Ingredients: Stannum metallicum 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected emotional symptoms:
 - Anxiety
 - Night terrors
 - Nightmares
 - Feelings of Isolation

Directions for Use: Place drops under the tongue for 30 seconds. Adults: 20 drops 3 times a day. Children 2–12 years: 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

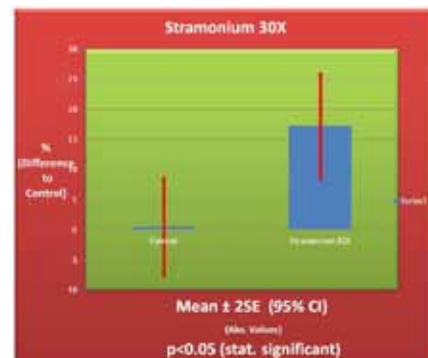
Active Ingredients: Datura stramonium 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Citric Acid, Potassium Sorbate, Water

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

How do you know that the final homeopathic/ anthroposophic product you are getting is not “just water” or “just sugar pills”?



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Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
 - Heart tonic
 - Diuretic

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Strophanthus Kombe 6X, HPUS

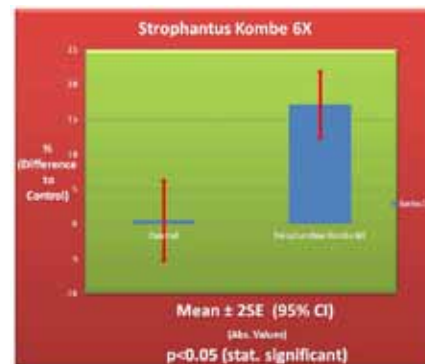
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Skin eruptions
- Selected emotional symptoms:
 - Insomnia

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Sulfur 7X or 30X, HPUS

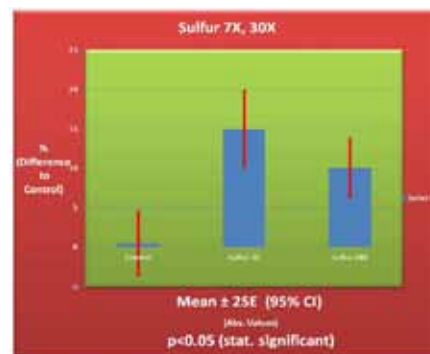
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Urinary irritation
 - Support for the reproductive organs (both male and female)

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Teucrium scorodonia 6X, HPUS

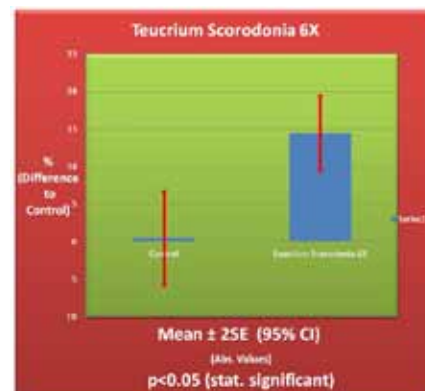
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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For temporary relief of:

- Selected physical symptoms:
 - Skin eruptions
 - Yellow green discharges
- Selected emotional symptoms:
 - Exhaustion with anxiety
 - Impatience

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Thuja occidentalis 6X, HPUS

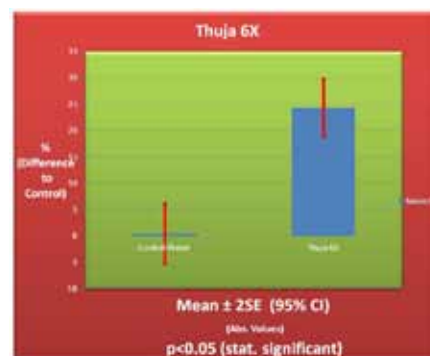
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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Indications: *(Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)*

For temporary relief of:

- Selected physical symptoms:
 - Supports the normal functions of the thyroid gland

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Thyroidinum 6X, HPUS

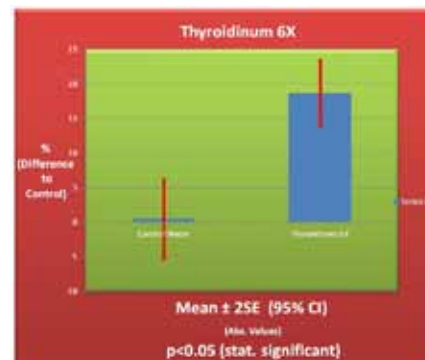
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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Indications: *(Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)*

For temporary relief of:

- Selected physical symptoms:
 - Dysmenorrhea
 - Relief of premenstrual tension

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Potentilla tormentilla 30X, HPUS

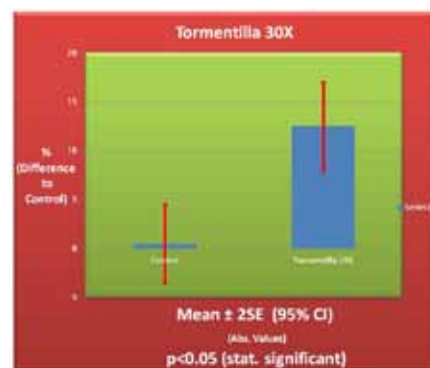
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:

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LIQUIDS



Rudolf Steiner's research indicates that salts and trace minerals derived from slate, sulfur, porphyry and apatite may help the life forces, soul activities and Ego forces work more deeply into the physical body:

- May be used in practically any situation as a general health support.
- Especially important when therapeutic resistance is encountered.
- Intended for use whenever a more balanced, awake state is wanted.
- Helpful in all situations where the person "does not quite feel present".

Special features of this formula:

- The slate, sulfur, porphyry and apatite are rhythmically prepared so that their energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| 5M™ Trace Minerals D8 (10 ⁻⁸) (a proprietary, rhythmically prepared dilution of the salts and trace minerals of slate, sulfur, porphyry and apatite in distilled water; contains <1ppm of slate, sulfur, porphyry and apatite) | 1 ml * |
| Trace Minerals | 10 mg * |
| Other ingredients: Distilled water, Citric Acid, Potassium sorbate. | |

* DAILY VALUE IS NOT DETERMINED

Agnus Castus Herbal Tincture 1.86 oz.

SRW0172

Chaste berry (*Agnus castus*) is used for:

- Helps relieve the discomfort of the premenstrual syndrome.
- Helps relieve the occasional congested breast discomfort.
- Supports a properly functioning female endocrine system.

Special features of this formula:

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very "living" mother tincture of this herb from which the final product is made.
- The herb is also rhythmically prepared so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Agnus castus Herb 1:9 extract from <i>Vitex agnus castus</i> (berry) 55 mg | 0.5 ml * |
| Agnus castus D6 (10 ⁻⁶) [rhythmically prepared mix of <i>Vitex agnus castus</i> (berry) in distilled water] | 0.5 ml * |
| Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium Sorbate, Citric Acid | |

* DAILY VALUE IS NOT DETERMINED

Amethyst Pentas™ TMS 1.67 oz.

SRW0106

Rudolf Steiner's research indicates that amethyst:

- Is helpful in supporting the health of the cognitive functions
- Supports the recovery from all head related traumas both psychological and physical.

Special features of this formula:

- The amethyst is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)
- This batch of Amethyst Pentas is made with D7, D11, D18, and D30 potencies.

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 50

| AMT PER SERVING | % DAILY VALUE |
|---|---------------|
| Amethyst Pentas™ (a proprietary, rhythmically prepared dilution of amethyst in distilled water; contains <1ppm of bovine adrenal) | 1 ml * |
| Trace Minerals | 10 mg * |
| Other ingredients: Distilled water, Citric Acid, Potassium sorbate. | |

* DAILY VALUE IS NOT DETERMINED

Argentum Colloidum 6 oz.

SRW0025

Formula contains: the purest form (0.9999) of colloidal silver; particle size, 0.65 nm; min. 75% silver particles (the higher the number of particles the higher the quality of the product) and 25% silver ions. Concentration min 18 ppm.

Colloidal silver has been used as a mild nutritional support for the immune system in warding off unwanted outside pathogens.

Suggested Usage: One teaspoon 3–4 times daily, or as suggested by your health care provider. Best taken on an empty stomach. Do not take for more than six months continuously unless recommended by a health care provider.

Supplement Facts

Serving size: 1 tsp. (5ml) • Servings/container: 36

| AMT PER SERVING | % DAILY VALUE |
|------------------------------------|---------------|
| Silver | 100 mcg * |
| Other ingredients: Deionized water | |

* DAILY VALUE IS NOT DETERMINED

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Astragalus:

- In traditional medicine
 - Warming, tonic character; helpful in restoring energy during convalescence.
 - Increases resistance to outside influences like cold.
- Modern research has uncovered benefits in:
 - Supporting the immune system, increases the production of white blood cells.
 - Promoting a normal blood pressure.

Rudolf Steiner's research indicates that astragalus:

- Has a strengthening effect on the Ego organization. The effect occurs over the nervous system.

Special features of this formula:

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very "living" mother tincture of this herb from which the final product is made. Both the root and seeds of the plants were utilized here.
- The herb is also rhythmically prepared so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.

- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Astragalus Herb 1:9 extract from <i>Astragalus membranaceus</i> (root) (seed), 55 mg | 0.5 ml * |
| Astragalus D6 (10 ⁻⁶) [rhythmically prepared mix of <i>Astragalus membranaceus</i> (root) (seed) in distilled water] | 0.5 ml * |

Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium Sorbate, Citric Acid

* DAILY VALUE IS NOT DETERMINED

Rudolf Steiner's research indicates that beryl supports the structure and function of:

- Kidneys and Heart.

Special features of this formula:

- The beryl is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)
- This batch of Beryl Pentas was made with D7, D11, D18 and D30 potencies.

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Beryl Pentas™ (a proprietary, rhythmically prepared dilution of beryl in distilled water; contains <1ppm of beryl) | 1 ml * |
| Trace Minerals | 10 mg * |

Other ingredients: Distilled water, Citric Acid, Potassium sorbate.

* DAILY VALUE IS NOT DETERMINED

Our favorite All-Natural Tonic!

Extracts from these blue berries are known to be particularly “vitalizing” and increase a sense of wellbeing. This traditional experience is supported by the finding that **blackthorn is rich in Vitamin C**. (Use whenever possible vitamins and minerals sourced from a living plant rather than a synthetic manufacture!)

Rudolf Steiner calls blackthorn the preeminent strengthener of the entire life body. He describes its supporting effect as “putting a blue mantle around the whole person”.

In general take blackthorn on a daily basis for extra support of all the healthy vital functions, for energy and “get go”. Especially helpful for:

- Adrenal/Hormonal Support
- Cardiovascular Health
- Children’s Health
- Constitutional Strength
- Fatigue
- Metabolic Health
- Recovery from a weakened state
- Stress Relief

Take one teaspoon daily for overall health or multiple times a day for a stronger more immediate support.

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 50

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Blackthorn Berry (Prunus spinosa) (berry) 1.7 extract | 1.7 ml * |
| Other ingredients: Distilled water, Glycerine, Xylitol, Natural Wild berry flavor, Potassium sorbate, Citric Acid. | |

* DAILY VALUE IS NOT DETERMINED

Carnelian Pentas™ TMS 1.86 oz.

SRW0118

Rudolf Steiner’s research indicates that Carnelian:

- Is helpful in supporting the sense of touch
- Improves sense of well being

Special features of this formula:

- The Carnelian is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free).
- This batch of Carnelian Pentas is made with D7, D11, D18, and D30 potencies.

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Carnelian Pentas™ (a proprietary, rhythmically prepared dilution of carnelian in distilled water; contains <1ppm of carnelian) | 1 ml * |
| Other ingredients: Distilled water, Citric Acid, Potassium sorbate. | |

* DAILY VALUE IS NOT DETERMINED

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Rudolf Steiner's research indicates that chalcedony supports the structure and function of:

- Knees and elbows.

Special features of this formula:

- The chalcedony is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)
- This batch of Chalcedony Pentas was made with D7, D11, D18 and D30 potencies.

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|---|---------------|
| Chalcedony Pentas™ (a proprietary, rhythmically prepared dilution of chalcedony in distilled water; contains <1ppm of chalcedony) | 1 ml * |
| Trace Minerals | 10 mg * |
| Other ingredients: Distilled water, Citric Acid, Potassium sorbate. | |

* DAILY VALUE IS NOT DETERMINED

Chicory cum Stanno Herbal Tincture TMS 1.86 oz.
SRW0222

Chicory bitters are:

- A digestive tonic.
- A support for a healthy liver, gall bladder and pancreas function.
- Helpful in detoxification programs.

Rudolf Steiner's research indicates that chicory:

- Has a complex threefold activity: on the digestive tract through its bitters; on the health of the blood through its alkali components; and on the periphery through its silicates content.
- Here a characteristic anthroposophical formula is presented whereby the chicory plant is synergistically combined with the trace metal tin (stannum). This is a specific indication of R. Steiner's that metals can be "potentized" by allowing them to be absorbed first through the plant. Stannum supports the health of the liver but also other nerve related processes.

Special features of this formula:

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very "living" mother tincture of this herb from which the final product is made.
- The chicory is also rhythmically prepared so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Chicory Herb 1:4 extract from <i>Cichorium intybus</i> (root) 75 mg | 0.3 ml * |
| Chicory D6 (10 ⁻⁶) [rhythmically prepared mix of <i>Cichorium intybus</i> (root) in distilled water] | 0.7 ml * |

Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium sorbate, Citric Acid.

* DAILY VALUE IS NOT DETERMINED

Rudolf Steiner's research indicates that chrysolith supports the structure and function of:

- The eyes and the entire visual tract.

Special features of this formula:

- The chrysolith is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)
- This batch of Chrysolith Pentas was made with D7, D11, D18 and D30 potencies.

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|---|---------------|
| Chrysolith Pentas™ (a proprietary, rhythmically prepared dilution of chrysolith in distilled water; contains <1ppm of chrysolith) | 1 ml * |
| Trace Minerals | 10 mg * |
| Other ingredients: Distilled water, Citric Acid, Potassium sorbate. | |

* DAILY VALUE IS NOT DETERMINED

Elderberry Thyme Syrup™ 4 oz.

SRW0010

This formula provides a:

- Soothing effect in times of temporary coughs, congestions and other general winter related challenges.
- Promotes a strong immune defense.
- Promotes a healthy respiratory system.
- Assists the easy expelling of mucous.
- Supports detoxification through healthy sweating.

Special features of the formula:

- Contains pure organic elderberry syrup.
- Contains xylitol, a carbohydrate known to strongly promote the health of the ears, mouth, throat and teeth.
- Contains a full spectrum thyme: the whole plant extract; the thyme oil; the thyme salts and minerals derived from the thyme ashes.*

Suggested Serving: For adults: 2tsp 3–4 times daily or as directed by a health care provider; For children, 3 to 7 years, use half the adult serving.

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving size: 2 tsp (10 ml) • Servings per container: 12

| AMT PER SERVING | % DAILY VALUE** |
|---|-----------------|
| Calories | 36 |
| Total Fat | 0g 0% |
| Cholesterol | 0g |
| Sodium | 0g 0% |
| Potassium | 0g 0% |
| Total Carbohydrates | 9.5 g 0.8% |
| Dietary fiber | 0.1g <1% |
| Sugars | 7.5 g |
| Proteins | 0.42 g |
| Elderberry (<i>Sambucus nigra</i>) extract (berries) | 5.9 g * |
| A proprietary mix of: Water, Sucrose, Xylitol, Citric acid, Thyme Powder, Origanox®, Natural Organic Raspberry Flavor, Usnea, Thyme Oil, Acacia, Thyme Ash. | 7.3g * |

* DAILY VALUE NOT ESTABLISHED

** DAILY VALUE BASED ON 2000 CALORIE DIET.

Rudolf Steiner's research indicates that emerald supports the structure and function of:

- The solar plexus.
- Thus it supports all therapies directed at the stomach, pancreas and metabolism.
- Processes located in the upper arms and the upper legs.

Special features of this formula:

- The emerald is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)
- This batch of Emerald Pentas was made with D7, D11, D18 and D30 potencies.

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Emerald Pentas™ (a proprietary, rhythmically prepared dilution of emerald in distilled water; contains <1ppm of emerald) | 1 ml * |
| Trace Minerals | 10 mg * |
| Other ingredients: Distilled water, Citric Acid, Potassium sorbate. | |

* DAILY VALUE IS NOT DETERMINED

Equisetum cum Silica Herbal Tincture 1.86 oz.

SRW0226

Horsetail is known to:

- Support the kidneys and the urinary system in a comprehensive way.
- Support healthy nails and hair structure.
- Provides the body with valuable organic silicates that assist in the optimal functioning of the nervous system, connective tissues, joints, bones, and sense organs.

Rudolf Steiner's research regarding horsetail indicates:

- Here a characteristic anthroposophical formula is presented whereby the horsetail plant is sprayed as it is growing with a quartz dilution which enriches the horsetail with silica and makes the quartz more organic and able to penetrate deeper into the life forces. This is a specific indication of R. Steiner's that minerals can be "potentized" by allowing them to be absorbed first through the plant.

Special features of this formula:

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very "living" mother tincture of this herb from which the final product is made.
- The horsetail is also rhythmically prepared so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.

- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Horsetail Herb 1:20 extract from <i>Equisetum arvensae</i> (leaf, stem), 15 mg | 0.3 ml * |
| Horsetail D6 (10 ⁻⁶) [rhythmically prepared mix of <i>Equisetum arvensae</i> (stem, leaves) in distilled water] | 0.7 ml * |
| Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium Sorbate, Citric Acid | |

* DAILY VALUE IS NOT DETERMINED

Gentian Herbal Tincture 1.86 oz.

SRW0018

Rudolf Steiner characterizes gentian in detail as being a plant that helps breathing processes and elimination processes on both a physical and a more spiritual level. It helps against stagnations in the head, lungs, digestion or limbs.

Gentian is a well known digestive remedy:

- Promotes stomach emptying.
- Relieves intestinal bloating, gas build up, especially the feeling that food is not passing along properly.
- May also have blood vessel relaxing properties which allow it to support a normal blood pressure.

Rudolf Steiner's research indicates that gentian:

- Has a subtle quality of eliminating stagnation in all organs in the body. This ability extends literally from the head to the limbs. He defines this as a "breathing" quality both on a physical and spiritual level.

Special features of this formula:

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very "living" mother tincture of this herb from which the final product is made.
- The gentian is also rhythmically prepared so that its energetic value is enhanced even more.

- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Gentian Herb 1:7 extract from <i>Gentiana lutea</i> (root), 28 mg | 0.2 ml * |
| Gentian D6 (10 ⁻⁶) [rhythmically prepared mix of <i>Gentiana lutea</i> (root) in distilled water] | 0.8 ml * |
| Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium Sorbate, Citric Acid | |

* DAILY VALUE IS NOT DETERMINED

Goldenrod Herbal Tincture 1.86 oz.

SRW0197

The Latin name, *solidago*, means to make whole, and comes from the observed effect of goldenrod to promote a quicker repair of wounds. It makes the body whole again.

On a spiritual level, goldenrod has a similar effect. It helps to "scar over an old wound," to get over an old trauma, to enable us to forget an injury that we cannot get over. In our modern times where inequities, slights, and traumas can be deep-seated, with people being unable to erase them from their mind, goldenrod may be one of the most important herbs to know about.

Modern scientific research shows that it has the ability to increase the amount of urine that is being passed from the bladder without causing, however, a loss of salts.

Special features of this formula:

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very "living" mother tincture of this herb from which the final product is made.
- The goldenrod also rhythmically prepared so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.

- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Goldenrod Herb 1:12 extract from <i>Solidago virgaurea</i> (root), 16 mg | 0.2 ml * |
| Goldenrod D6 (10 ⁻⁶) [rhythmically prepared mix of <i>Solidago virgaurea</i> (root) in distilled water] | 0.8 ml * |
| Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium Sorbate, Citric Acid | |

* DAILY VALUE IS NOT DETERMINED

Rudolf Steiner's research indicates that Hyacinth:

- Supports normal thyroid function

Special features of this formula:

- The Hyacinth is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- This batch of Hyacinth Pentas includes pelargonium potencies made with D7, D11, D18 and D30 potencies.

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

This batch of Hyacinth Pentas is made with D7, D11, D18, and D30 potencies

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE | |
|--|---------------|----|
| Hyacinth Pentas™ (a rhythmically prepared dilution of hyacinth in distilled water; contains <1ppm of hyacinth) | 1 ml | ** |
| Trace Minerals | 10 mg | ** |
| Other ingredients: Distilled water, citric acid, potassium sorbate. | | |

* DAILY VALUES BASED ON A 2000 CALORIE PER DAY DIET.

** DAILY VALUES NOT ESTABLISHED.

A proprietary, rhythmically prepared combination of iron carbonate and iron phosphate.

Rudolf Steiner attaches a special importance to the mineral compositions that are made from carbonates and phosphates in certain proportions to one another. Those compositions not only bring into the body the beneficial effects of the corresponding spiritual substance forces — in this case the iron forces — but more importantly they also stimulate all the nutritional forces that rest in a sort of “reservoir,” and are connected to the substance in question. (For more details about the “reservoir” principle, see the description for True Life Reservoir™ in the Tablets, Capsules and Powders section of the catalog)

This formula supports:

- The absorption of healthy iron levels.
- Supports iron in its beneficial metabolic effects on the red blood cells, the gall bladder, and more.
- Supports the spiritual iron effects resulting in:
 - A calmer more “courageous” state of mind.
 - A clear voice.

Special features of this formula:

- The iron is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Attention: Only the rhythmically prepared iron is included here. There is not enough iron here to serve as a dietary iron source.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE | |
|---|---------------|------|
| Iron (from 0.1 mg Iron Carbonate 50%) | 0.05 mg | <1%* |
| Iron Reservoir Pentas Mix [a rhythmically prepared mix of the metal salts of (iron phosphate and iron carbonate) < 1ppm in distilled water] | 1 ml | ** |
| Trace Minerals | 10 mg | ** |
| Other ingredients: Potassium sorbate, citric acid. | | |

* DAILY VALUES BASED ON A 2000 CALORIE PER DAY DIET.

** DAILY VALUES NOT ESTABLISHED.

Rudolf Steiner's research indicates that jasper supports the structure and function of:

- The spinal column and back.
- The skin.
- The hands and feet.

Special features of this formula:

- The jasper is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)
- This batch of Jasper Pentas was made with D7, D11, D18 and D30 potencies.

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Jasper Pentas™ (a proprietary, rhythmically prepared dilution of jasper in distilled water; contains <1ppm of jasper) | 1 ml * |
| Trace Minerals | 10 mg * |
| Other ingredients: Distilled water, Citric Acid, Potassium sorbate. | |

* DAILY VALUE IS NOT DETERMINED

Lungroot™ — Lemon 4 oz.

SRW0354

Delicious Lemon flavor! Lungroot™ is an exceptionally high quality, pelargonium root (rich in umckalin) containing product. The root of *Pelargonium sidoides* has been known in traditional medicine, and confirmed by modern research, to be a significant support for the immune system and support the health of the lung and upper respiratory tract. Modern European research has also confirmed other beneficial properties, like its ability to help expelling of mucous.

The following properties make this an unparalleled and unique pelargonium *sidoides* containing formula. We offer a product that is:

1. Full Spectrum
 - a. Our product starts with a high quality extract of the whole root. It is very important that the final extract also contains water soluble parts. The final extract should be standardized for umckalin, the most active ingredient.
 - b. We include then the salts and minerals of the whole root (extracted through a proprietary ashing process);
2. Completely non-alcoholic;
3. Produced with special rhythmical processes;
4. Hand made by people who really care and put their best and most positive energy into the work;
5. GMP (good manufacturing practices) compliant... of course. *

Try the Lungroot together with the Elderberry-Thyme Syrup for complete respiratory support! Also available in handy 1.5 oz Menthol flavor!

Suggested Usage: For quicker relief: Adults: 1tsp (5ml) three times daily; Children under 12 years: ½ the adult dosage. For long term use: 1 tsp daily. Or as suggested by your health care provider.

Supplement Facts

Serving size: 1 tsp • Servings per container: approx. 24

| AMOUNT PER SERVING | % DAILY VALUE |
|---|---------------|
| Calories | 8 |
| Total carbohydrates | 2 g |
| Sugar alcohols | 1.75 g |
| <i>Pelargonium sidoides</i> extract 5:1 (root) | 30 mg * |
| Pelargonium and Pelargonium Cinis Mix D6 (10 ⁻⁶) [a rhythmically prepared, proprietary combination of the <i>Pelargonium sidoides</i> (roots) and the salts and minerals derived from the ashes of <i>Pelargonium sidoides</i> (roots)] | 30 mg * |
| Other ingredients: Distilled Water, Glycerine, Xylitol, Organic Natural Lemon Flavor, Potassium Sorbate, Citric Acid. | |

*DAILY VALUE NOT ESTABLISHED

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Delicious and soothing Menthol flavor! Lungroot™ is an exceptionally high quality, pelargonium root (rich in umckalin) containing product. The root of Pelargonium sidoides has been known in traditional medicine, and confirmed by modern research, to be a significant support for the immune system and support the health of the lung and upper respiratory tract. Modern European research has also confirmed other beneficial properties, like its ability to help expelling of mucous.

The following properties make this an unparalleled and unique pelargonium sidoides containing formula. We offer a product that is:

1. Full Spectrum
 - a. Our product starts with a high quality extract of the whole root. It is very important that the final extract also contains water soluble parts. The final extract should be standardized for umckalin, the most active ingredient.
 - b. We include then the salts and minerals of the whole root (extracted through a proprietary ashing process);
2. Completely non-alcoholic;
3. Produced with special rhythmical processes;
4. Hand made by people who really care and put their best and most positive energy into the work;
5. GMP (good manufacturing practices) compliant...of course.*

Try the Lungroot together with the Elderberry-Thyme Syrup for respiratory support! Also available in Lemon (4 oz bottle)!

Suggested Usage: About 50 drops (1/2 tsp.) every 1 to 2 hours; children under 12: 1/2 the adult dosage. Or as suggested by your health care provider.

Supplement Facts

Serving size: 1 tsp • Servings per container: approx. 24

| AMOUNT PER SERVING | % DAILY VALUE |
|---|---------------|
| Calories | 4 |
| Total carbohydrates | 1 g |
| Sugar alcohols | 0.9 g |
| <i>Pelargonium sidoides</i> extract 5:1 (root) | 15 mg * |
| Pelargonium and Pelargonium Cinis Mix D6 (10 ⁻⁶) [a rhythmically prepared, proprietary combination of the <i>Pelargonium sidoides</i> (roots) and the salts and minerals derived from the ashes of <i>Pelargonium sidoides</i> (roots)] | 30 mg * |
| Other ingredients: Distilled Water, Glycerine, Xylitol, Organic Natural Lemon Flavor, Potassium Sorbate, Menthol, Citric Acid. | |

*DAILY VALUE NOT ESTABLISHED

Rudolf Steiner's research indicates that onyx supports the structure and function of:

- The ears.
- The general sense of hearing.

Special features of this formula:

- The onyx is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)
- This batch of Onyx Pentas was made with D7, D11, D18 and D30 potencies.

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|---|---------------|
| Onyx Pentas™ (a proprietary, rhythmically prepared dilution of onyx in distilled water; contains <1ppm of onyx) | 1 ml * |
| Trace Minerals | 10 mg * |
| Other ingredients: Distilled water, Citric Acid, Potassium sorbate. | |

* DAILY VALUE IS NOT DETERMINED

Shepherd's Purse Herbal Tincture 1.86 oz.

SRW0031

Based on use in traditional therapies and on some research findings Shepherd's purse seems to be:

- Reducing tensions of the premenstrual time or lessens menstrual bleeding.
- Useful in occasional nose bleeds and minor wound bleeds.
- Soothes occasional bladder discomforts.

Rudolf Steiner emphasizes particularly the tendency of this herb to allow the root forces to take over the whole plant and thus to become important in the maintaining of kidney health:

Special features of this formula:

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very "living" mother tincture of this herb from which the final product is made.
- The shepherd's purse is also rhythmically prepared (Pentas TM process) so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Shepherd's Purse Herb 1:12 extract from <i>Capsella bursa pastoris</i> (herb), 41 mg | 0.5 ml * |
| Shepherd's Purse Mix D6 (10 ⁻⁶) [rhythmically prepared mix of <i>Capsella bursa pastoris</i> (herb) in distilled water] | 0.5 ml * |
| Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium Sorbate, Citric Acid | |

* DAILY VALUE IS NOT DETERMINED

St. John's Wort Herbal Tincture 1.86 oz.

SRW0381

Some of the main uses of St. John's Wort (*Hypericum Perforatum*) are to promote:

- A sense of wellbeing and upbeat mood;
- Promotes stress relief;
- A strong immune defense;
- A longer sleep pattern;
- A healthy liver and urinary bladder function;
- A normal inflammatory state through 5-lipoxygenase inhibition;
- A clean skin.

Unique feature of this formula:

Contains rhythmically prepared trace minerals and the

naturally occurring salts of the plant in order to achieve a more pronounced effect on the mental functions.

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|---|---------------|
| St. John's Wort Herb 1:7 extract from <i>Hypericum perforatum</i> (aerial parts), 70 mg | 0.5 ml * |
| St. John's Wort D6 (10 ⁻⁶) [rhythmically prepared mix of <i>Hypericum perforatum</i> (aerial parts) in distilled water] | 0.5 ml * |
| Other ingredients: Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Potassium Sorbate, Citric Acid | |

* DAILY VALUES NOT ESTABLISHED.

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Rudolf Steiner's research indicates that topaz supports the structure and function of:

- The chest and ribs.
- The sense of taste.

Special features of this formula:

- The topaz is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)
- This batch of Topaz Pentas was made with D7, D11, D18 and D30 potencies.

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|--|---------------|
| Topaz Pentas™ (a proprietary, rhythmically prepared dilution of topaz in distilled water; contains <1ppm of topaz) | 1 ml * |
| Trace Minerals | 10 mg * |
| Other ingredients: Distilled water, Citric Acid, Potassium sorbate. | |

* DAILY VALUE IS NOT DETERMINED

Urtica Ferrum™ Tincture 1.86 oz.
SRW0081

Here a characteristic anthroposophical formula is presented whereby the nettle plant (*Urtica dioica*) is grown while being sprayed with a finely diluted iron mist. This is a specific indication of R. Steiner's that metals can be "potentized" by allowing them to be absorbed first through the plant.

This combination formula of nettles and iron:

- Supports all iron related processes as such; improves iron absorption; supports the health of the red blood cells.
- Supports the health of the gall bladder, liver, lung and respiration.
- Supports the cardiovascular system.
- Supports appropriate feelings of courage and initiative-taking.

Special features of this formula:

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very "living" mother tincture of this herb from which the final product is made.
- The nettle (*Urtica*) is also rhythmically prepared so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Contains actual small amounts of easily absorbable iron.

Attention: Even though small amounts of iron are included in this formula utilize this product in cases of iron deficiency anemia only with the guidance and under the supervision of a doctor.

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts

Serving size: 20 drops • Servings/container: 55

| AMT PER SERVING | % DAILY VALUE |
|---|---------------|
| Iron (from 5 mg Iron Glycinate 20%) | 1 mg 5% |
| Iron Mix D6 (10 ⁻⁶) [a rhythmically prepared mix of the metal salts of (siderite, iron citrate, iron oxylate, iron chloride and iron oxide) <1 ppm in distilled water.] | 0.7 ml ** |
| Nettle Mix D6 (10 ⁻⁶) [rhythmically prepared mix of <i>Urtica dioica</i> (root, leaf) in distilled water] | 0.2 ml ** |
| Nettles Herb 1:9 extract from <i>Urtica dioica</i> (root, leaf), 11 mg | 0.1 ml ** |
| Other ingredients: Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Potassium Sorbate, Citric Acid | |

* DAILY VALUES BASED ON A 2000 CALORIE PER DAY DIET.

** DAILY VALUES NOT ESTABLISHED.

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.



SPECIALTY FOODS



True Life Pepper™ — Coarse 2.1 oz.**SRW0324**

This gourmet pepper, presented in coarsely ground form, is “enriched” with trace elements (usually deficient to some extent in all people), True Life Reservoir™ (see explanation under TL Reservoir) and Lightroot™ (see explanation under Lightroot Comp™).

Use this “enriched pepper” the way you would use any other pepper according to your taste and needs.

We trust that this carefully chosen mix will not only add great taste to the food but also invigorate the entire digestive process. Its unique constituents open up the life forces to their full potential.*

Nutrition facts: Serving Size 1/8 tsp; servings 180. Amount per serving: Calories 0. Total fat 0g (0%DV). Cholesterol 0mg (0%DV). Sodium 0mg (0%DV). Potassium 0g (0%DV). Total carbohydrate 0g (0%DV). Protein 0g (0%DV). Not a significant source of fat, cholesterol, sugar, fibers, vitamin A, C, calcium or iron. %DV based on a 2,000 cal diet.

Ingredients: Organic Black Pepper, Trace Minerals,* True Life Reservoir™ (a proprietary mix of calcium carbonate and calcium tri-phosphate (<1% Daily Value of Calcium), *Dioscorea Batatas* (Lightroot™)).*

* % DAILY VALUE NOT ESTABLISHED

True Life Sea Salt™ 4 oz.**SRW0323**

Not all salts are created equal!

This is truly a comprehensive salt product enriched with much needed iodine, trace elements (usually deficient to some extent in all people), True Life Reservoir™ (see explanation under TL Reservoir) and Lightroot™ (see explanation under Lightroot Comp™).

Use this “herby salt” the way you would use any other salt according to your taste and needs.

We trust that this carefully chosen mix will not only add great taste to the food but also invigorate the entire digestive process. Its unique constituents open up the life forces to their full potential.*

Nutrition facts: Serving Size 1/8 tsp; servings 130. Amount per serving: Calories 0. Total fat 0g (0%DV). Cholesterol 0mg (0%DV). Sodium 99mg (4%DV). Potassium 0g (0%DV). Total carbohydrate 0g (0%DV). Protein 0g (0%DV). Iodine 84 mcg (56% DV). Not a significant source of fat, cholesterol, sugar, fibers, vitamin A, C, calcium or iron. %DV based on a 2,000 cal diet.

Ingredients: Sea Salt, Trace Minerals, True Life Reservoir™ [a proprietary mix of calcium carbonate and calcium tri-phosphate (<1% Daily Value of Calcium)], *Dioscorea Batatas* (Lightroot™),* Celery Leaf,* Onion,* Parsley,* Thyme,* Chive,* Basil,* Marjoram,* Rosemary,* Cilantro,* Garlic.*

*ORGANIC



TOPICAL BODY CARE



Topical application to the chest, neck or individual lymph node areas:

- Supports the body's immune system.
- Supports the natural lymph flow.
- Supports the cleansing and draining activity of the lymphatic system.*

Made with the highest concentration of pure total plant oil mixed with whole plant in an organic oil base.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Almond (*Prunus amygdalus*) oil, biodynamic/organic; Olive (*Olea europaea*) oil, organic; Angelica (*Angelica archangelica*) 1% oil and fresh plant, 1%; Vitamin E; Cosmoperine® (*Piper nigrum*); Topaz salts; Lemon (*Citrus limon*) oil

Homeopathic Medicine

For Temporary Relief of and Help With:

- Lower abdominal discomfort
- Wound healing

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

Used as an external application to support all the processes related to the energetic functions of silver (argentum). (Based on Rudolf Steiner's research and subsequent clinical observations.)

Supports especially, but not only:

- The reproductive organs both male and female.
- In general useful in all situations where rejuvenating, restorative, re-enlivening activity is desired.

Attention: This cream contains only the rhythmically prepared form of silver and not the silver substance used in medical therapies against various infections of the skin!

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Argentum Metallicum 6X, HPUS
Other Ingredients: Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Homeopathic Medicine

For temporary relief of and help with:

- Selected physical symptoms:
 - Supports the circulation
 - Heart palpitations
 - Poor tissue healing
- Selected emotional symptoms:
 - Depressed/low mood
 - Noise sensitivity

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

Used as an external application to support all the processes related to the energetic functions of silver (argentum). (Based on Rudolf Steiner's research and subsequent clinical observations.)

Supports especially, but not only:

- The cardiovascular system, particularly the rhythmical beat of the heart.
- In general useful in all situations where a balancing quality is wanted between "polarities" such as f.ex. : fluctuating up and down mood swings; alternating starving oneself and binge eating; and so on.

Attn: this cream contains only the rhythmically prepared Pentas TM form of gold and not the gold particles occasionally used in medical therapies f. ex. for joint inflammations.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Aurum Metallicum 6X, HPUS

Other Ingredients: Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.

These well known skin soothing properties of chamomile are enhanced here through the highest quality and quantity of Chamomile oil.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Distilled Water, Almond (*Prunus amygdalus*) oil, biodynamic/organic; Emulsifying wax, NF; Jojoba (*Simmondsia chinensis*) oil, organic; Chamomile (*Chamomilla officinalis*) Extract; Vegetable glycerine; Beeswax, biodynamic/organic; Natural Kokum Butter; Organic Lecithin; Rosemary (*Rosmarinus officinalis*) extract; Vitamin E; Usnea (*Usnea lichen*) extract; Citric Acid; Potassium Sorbate; Lavender (*Lavandula officinalis*) oil.

Homeopathic Medicine

For Temporary Relief of and Help With:

- Venous Congestion
- Muscle spasms

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

Used as an external application to support all the processes related to the energetic functions of copper (cuprum).

(Based on Rudolf Steiner's research and subsequent clinical observations.)

Supports especially, but not only:

- The veins, liver, thyroid, and kidneys.
- In general useful in all situations where relief from cramping, spasms and colics is needed.

According to R. Steiner useful when applied on the spleen together with Ferrum cream applied on the liver in order to reconnect the person and their challenges to their Karma.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Cuprum Metallicum 6X, HPUS

Other Ingredients: Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.

Directions:

Soothing. Apply several drops into the ear as needed every 2–3 hours.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Almond (*Prunus amygdalus*) oil, biodynamic/organic; Olive (*Olea europaea*) oil, organic; Lovage (*Levisticum officinalis*) oil; Chamomile (*Chamomilla recutita*) oil; Hops (*Humulus lupulus*) oil; Oregano (*Origanum vulgare*) oil; Basil (*Ocimum basilicum*) oil; Arnica (*Arnica Montana*) oil; Angelica (*Angelica archangelica*) oil; Usnea (*Usnea lichens*) oil; St. John's Wort (*Hypericum perforatum*) oil; Vitamin E oil.

Directions: Apply several drops into the ear as needed every 2–3 hours. See a doctor if symptoms persist.

Ferrum Cream 1.67 oz.**SRW0903**

Homeopathic Medicine

For Temporary Relief of and Help With:

- Fatigue
- Dry skin

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

Used as an external application to support all the processes related to the energetic functions of iron (ferrum). (Based on Rudolf Steiner's research and subsequent clinical observations.)

Supports especially, but not only:

- The voice, lungs, liver and gall bladder.

According to R. Steiner useful when applied on the liver together with Copper cream applied on the spleen in order to reconnect the person and their challenges to their Karma.

Attention: This cream contains only the rhythmically prepared Pentas™ form of iron and not the iron form used in medical therapies for example, for anemia, etc.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Ferrum Carbonicum 6X, HPUS; Ferrum Phosphoricum 6X, HPUS

Other Ingredients: Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.

Hypericum Forte Cream 1.67 oz.**SRW0020**

Hypericum Forte is standardized to contain min. 2.5% Hypericum oil of the total weight. This is the highest amount of the active ingredient of St. John's Wort in any cream on the market. Hyperforin is non-sensitizing to sun light.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Distilled Water; Almond (*Prunus amygdalus*) oil, biodynamic/organic; Jojoba (*Simmondsia chinensis*) oil, Emulsifying Wax, NF; Glycerine; St. John's Wort (*Hypericum perforatum*) oil, 2.5%; Alcohol, biodynamic/organic; Beeswax, biodynamic/organic; Kokum butter; Lecithin – non-GMO – organic; Vitamin E oil; Boswellin CG® (*Boswellia serrata*); Cosmoperine® (*Piper nigrum*); Usnea (*Usnea barbata*) oil; Oregano (*Oreganum vulgare*) oil; Potassium sorbate; Citric acid; Lavender (*Lavandula officinalis*) oil.

Lavender & Spruce Bath Oil 4 oz.**CRW0010**

Lavender and Spruce Bath Oil calms and soothes body and mind.

Has an exceptionally high amount of pure standardized Lavender oil as well as an elegant blend of Fir, Spruce, and Juniper oils.

It is enhanced with a unique rhythmically prepared form of the jasper gemstone.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Castor oil, sulfated; Pine (*Pinus sylvestri*) oil; Fir (*Abies balsame*) oil; Spruce (*Tsuga canadensis*) oil; Lavender (*Lavandula officinalis*) oil; Juniper (*Juniperus communis*) oil; Almond (*Prunus amygdalus*) oil, biodynamic/organic, with jasper trace minerals.

Neck Relief .27 oz.

SRW0046

Peppermint, arnica, schizandra, and other oils in an organic oil base help restore a sense of well being. Whether at work in front of a computer or traveling, carry Neck Relief™ on you for use whenever you need a quick, gentle massage and response.

Apply on the affected area every half hour as needed. Not into eyes or open wounds.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Almond (*Prunus amygdalus*) oil, biodynamic/organic; Olive (*Olea europaea*) oil, organic; Peppermint (*Mentha piperita*) oil; Schizandra (*Schizandra chinensis*) oil; Lavender (*Lavandula officinalis*) oil; Basil (*Ocimum basilicum*) oil; Feverfew (*Tanacetum parthenium*) oil; Chamomile (*Chamomilla recutita*) oil; Hops (*Humulus lupulus*) oil; TH Curcuminoids® (*Curcuma longa*); Frankincense (*Boswellia serrata*) oil; Cosmoperine® (*Piper nigrum*); Lemongrass (*Cymbopogon citratus*) oil, Vitamin E.

Orange Salt Scrub 8.4 oz.

CRW0014

This rich moisturizing scrub uses an exclusive mix to renew your skin and body inside and out. It gently removes dead cells, nourishes the skin and leaves you feeling refreshed with a silky and smooth skin.

It invigorates the circulation, enhances a sense of alert calmness!

How To Use The Salt Scrubs:

It is best to apply the salt scrub after an initial wetting of the skin through a bath or shower. Vigorously scrub either the entire body or any desired part with the salt scrub, ideally so that the skin becomes slightly red or at least feels activated. Gently rinse.

From a practical point of view, attention should be paid to the fact that the shower floor or tub bottom may become slippery due to the oil content in the salt scrub.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Macadamia Nut (*Macademia integrifolia*) oil; Sea Salt (*Maris sal*); Meadowfoam Seed (*Limnanthes alba*) oil; Almond (*Prunus amygdalus*) oil; biodynamic/organic; Grape seed (*Vitis vinifera*) oil; Jojoba (*Simmondsia chinensis*) oil; Dead Sea Salt; Aloe (*Aloe Barbadensis*) oil; Dendritic Salt; Sesame Seed (*Sesamum indicum*) oil; Apricot Kernel Meal (*Prunus armeniaca*); Turbinado sugar; Sunflower (*Helianthus annuus*) oil; Solar Salt; Blend of Rhododendron (*Rhododendron anthopogan*) and Orange (*Citrus sinensis*) essential oils; Vitamin E; Arnica (*Arnica montana*) oil; Chamomile (*Matricaria recutita*) oil; Frankincense (*Boswellia carterii*) oil; Natural vegetable colors; Jasper trace minerals.

Real Arnica-Forte™ Oil 4 oz.

SRW0032

Arnica offers:

- Real relief; use before and after workouts.
- Restores tired muscles; supports a longer, more intense sports work out or physical labor.
- Naturally softens dry skin.

Rudolf Steiner's research indicates that arnica applied to the skin has the ability to call upon the restorative forces from deep inside the organism to come and help the parts at the periphery. True Botanica "Real Arnica" products have the highest amount of actual arnica oil on the market.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Almond (*Prunus amygdalus*) oil, biodynamic/organic; Olive (*Olea europaea*) oil, organic; Arnica (*Arnica Montana*) oil, 7%, Arnica (*Arnica Montana*) flower, 1%; Trace minerals (no heavy metals); TH Curcuminoids® (*Curcuma longa*); Cosmoperine® (*Piper nigrum*); St. John's Wort (*Hypericum perforatum*) oil; Frankincense (*Boswellia carterii*) oil; Vitamin E; Lemon (*Citrus limon*) oil; Jasper 1 ppm.

Real Arnica-Forte™ Oil 2 oz.**SRW0057**

Arnica offers:

- Real relief; use before and after workouts.
- Restores tired muscles; supports a longer, more intense sports work out or physical labor.
- Naturally softens dry skin.

Rudolf Steiner's research indicates that arnica applied to the skin has the ability to call upon the restorative forces from deep inside the organism to come and help the parts at the periphery. True Botanica "Real Arnica" products have the highest amount of actual arnica oil on the market.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Almond (*Prunus amygdalus*) oil, biodynamic/organic; Olive (*Olea europaea*) oil, organic; Arnica (*Arnica Montana*) oil, 7%, Arnica (*Arnica Montana*) flower, 1%; Trace minerals (no heavy metals); TH Curcuminoids® (*Curcuma longa*); Cosmoperine® (*Piper nigrum*); St. John's Wort (*Hypericum perforatum*) oil; Frankincense (*Boswellia carterii*) oil; Vitamin E; Lemon (*Citrus limon*) oil; Jasper 1 ppm.

Real Arnica Massage Oil 4 oz.**SRW0051**

Envelops the body with a warm layer that is ideally suited for massage over the entire body.

It is invigorating, soothes tired muscles and naturally softens dry skin.

Arnica offers:

- Comforting massage oil for use before and after workouts.
- Naturally softens dry skin.

Rudolf Steiner's research indicates that arnica applied to the skin has the ability to call upon the restorative forces from deep inside the organism to come and help the parts at the periphery. True Botanica "Real Arnica" products have the highest amount of actual arnica oil on the market.

The formula is enhanced with a unique mixture of calming lavender and other soothing oils.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Almond (*Prunus amygdalus*) oil, biodynamic/organic; Olive (*Olea europaea*) oil, organic; Arnica (*Arnica montana*) oil, 1%; Arnica (*Arnica montana*) flower, 1%; TH Curcuminoids® (*Curcuma longa*); Lavender (*Lavandula augustifolia*) oil, Vitamin E; Jasper 1 ppm.

Real Arnica Ultra™ Cream 1.67 oz.**SRW0033**

Arnica offers:

- Real relief; use before and after workouts.
- Comforting massage restores tired muscles; supports a longer, more intense sports work out or physical labor.
- Naturally softens dry skin.

Rudolf Steiner's research indicates that arnica applied to the skin has the ability to call upon the restorative forces from deep inside the organism to come and help the parts at the periphery. True Botanica "Real Arnica" products have the highest amount of actual arnica oil on the market.

This cream in turn has the highest concentration of arnica oil among the TB arnica products themselves.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Distilled Water (Aqua); Arnica (*Arnica montana*), oil, 10%; Almond (*Prunus amygdalus*) oil, biodynamic/organic; Emulsifying Wax, NF; Jojoba (*Simmondsia chinensis*) oil; Glycerine; Beeswax, biodynamic/organic; Kokum butter; Alcohol, biodynamic/organic; Lecithin, organic, non GMO; St. John's Wort (*Hypericum perforatum*) oil; Vitamin E oil; Cosmoperine® (*Piper nigrum*); TH Curcuminoids® (*Curcuma longa*); Usnea (*Usnea barbata*) oil; Rosemary (*Rosmarinus officinalis*) Oil; Potassium sorbate; Citric acid; Jasper 1 ppm.

Relief 4X Cream 1.67 oz.**SRW0208**

Soothing relief can start in less than 15 minutes and last for hours.

Specific oils create a moisturizing effect on the skin and enhance penetration of the active ingredients. Trace minerals allow the connective tissues to maintain normal functioning even when stressed. The synergy between the gem stone derived salts and other components uniquely energize this topical application.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: MSM 7%; Menthol, 2.5%; Lemongrass (*Cymbopogon citratus*) oil, 0.3%; Arnica (*Arnica montana*) Pentas™, 0.2%. In a proprietary mix of: Distilled water; Almond (*Prunus amygdalus*) oil, biodynamic/organic; Emulsifying wax, NF; Jojoba (*Simmondsia chinensis*) oil; Glycerine; Alcohol, biodynamic/organic; Kokum Butter (*Garcinia Indica*); Beeswax, biodynamic/organic; Crambe Abyssinica oil; Evening Primrose (*Oenothera biennis*) oil; Rosemary (*Rosmarinus officinalis*) oil; Chalcedony Pentas™; Chrysoprass Pentas™; Tin (*Stannum*) Pentas™; Gold (*Aurum*) Pentas™; Cosmoperine® (*Piper nigrum*); TH Curcuminoids® (*Curcuma longa*); Boswellin CG® (*Boswellia serrata*); Vitamin E oil; Potassium Sorbate; Citric Acid; Myrrh (*Commiphora myrrha*) oil.

Rosemary Bath Oil 4 oz.**CRW0011**

This bath oil:

- Great tonic for the whole body.
- Has an invigorating and awakening effect on the mental state.
- Stimulates the skin circulation when massaged over the whole body.
- Softens the skin when applied after a shower or bath.

Contains an exceptionally high amount of pure rosemary oil (obtained by super critical fluid CO2 extraction, standardized to min. 16% carnosolic acid, 20% cineol, and camphor and diterpene phenols) and rosemary oil extracted by steam distillation. You will not find this quality anywhere else.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Castor oil, sulfated; Rosemary (*Rosmarinus vulgare*) oil, 20%; Almond (*Prunus amygdalus*) oil, biodynamic/organic, with emerald, jasper and topaz trace minerals.

Rosemary & Eucalyptus Bath Oil 4 oz.

CRW0006

This bath oil:

- Energizes the body.
- Invigorates the circulation.

Contains an exceptionally high amount of pure rosemary oil (obtained by super critical fluid CO2 extraction, standardized to min. 16% carnosolic acid, 20% cineol, and camphor and diterpene phenols) and rosemary oil extracted by steam distillation. You will not find this quality anywhere else. The formula is enhanced with a unique mixture of trace minerals and soothing oils.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Castor oil, sulfated; Rosemary (*Rosmarinus vulgare*) oil, 15%; Eucalyptus (*Eucalyptus globulus*) oil; Almond (*Prunus amygdalus*) oil, biodynamic/organic, with jasper trace minerals; Thyme (*Thymus vulgaris*) oil.

Rosemary Salt Scrub 8.4 oz.

CRW0015

This rich moisturizing scrub uses an exclusive mix to renew your skin and body inside and out.

It gently removes dead skin cells, nourishes the skin and leaves you feeling refreshed with a silky and smooth skin.

In addition to the stimulating salt rubbing action as such rosemary invigorates the circulation, and enhances a sense of awakesness!

How To Use The Salt Scrubs:

It is best to apply the salt scrub after an initial wetting of the skin through a bath or shower. Vigorously scrub either the entire body or any desired part with the salt scrub, ideally so that the skin becomes slightly red or at least feels activated. Gently rinse.

From a practical point of view, attention should be paid to the fact that the shower floor or tub bottom may become slippery due to the oil content in the salt scrub.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Macadamia Nut (*Macademia integrifolia*) oil; Sea Salt (*Maris Sal*); Dead Sea Salt; Meadowfoam Seed (*Limnanthes alba*) oil; Almond (*Prunus amygdalus*) oil; biodynamic/organic; Grapeseed (*Vitis vinifera*) oil; Jojoba (*Simmondsia chinensis*) oil; Dendritic Salt; Aloe (*Aloe Barbadensis*) oil; Apricot Kernel Meal (*Prunus armeniaca*); Turbinado sugar; Sesame Seed (*Sesamum indicum*) oil; Solar Salt; Sunflower (*Helianthus annuus*) oil; Vitamin E; Blend of Rhododendron (*Rhododendron anthopogan*), Rosemary (*Rosmarinus officinalis*) and other essential oils; Arnica (*Arnica montana*) oil; Chamomile (*Matricaria recutita*) oil; Frankincense (*Boswellia carterii*) oil; Natural vegetable colors; Jasper trace minerals.

Sage Cream 1.67 oz.

SRW0260

A wonderful cream to keep your skin feeling healthy.

The sage oil was obtained by the super critical fluid CO2 extraction method that is free of chemical solvents, and then standardized for a very high level of active components.

The formula includes high quality standardized schizandra and boswellia.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Distilled Water (*Aqua*); Almond (*Prunus amygdalus*) oil, biodynamic/organic; Jojoba (*Simmondsia chinensis*) oil; Emulsifying wax, NF; Glycerine; Kokum (*Garcinia indica*) butter; Beeswax, biodynamic/organic; Alcohol, biodynamic/organic; Sage (*Salvia officinalis*), std. to 5% ursolic/oleanolic acid and 35% diterpene phenols; Schizandra (*Schisandra sphenanthera*) oil; Vitamin E oil; Boswellin CG® (*Boswellia serrata*); Potassium sorbate; Citric acid; Lavender (*Lavendula officinalis*) oil.

Homeopathic Medicine

For Temporary Relief of and Help With:

- Dry skin
- Mild Excema
- Mild Acne

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

Used as an external application to support all the processes related to the energetic functions of Quartz (silica). (Based on Rudolf Steiner's research and subsequent clinical observations.)

Supports especially, but not only:

- The nerve and sense organs, skin, connective tissues

According to R. Steiner useful when applied on the liver together with Copper cream applied on the spleen in order to reconnect the person and their challenges to their Karma.

Attention: This cream contains only the rhythmically prepared Pentas™ form of iron and not the iron form used in medical therapies for example, for anemia, etc.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Silicea 6X, HPUS**Other Ingredients:** Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.**Homeopathic Medicine**

For Temporary Relief of and Help With:

- Nerve pain
- Joint pains

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

Used as an external application to support all the processes related to the energetic functions of tin (stannum). (Based on Rudolf Steiner's research and subsequent clinical observations.)

Supports especially, but not only:

- The proper function of the connective tissues (particularly the joints), and the liver.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Stannum Metallicum 6X, HPUS**Other Ingredients:** Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Homeopathic Medicine

For Temporary Relief of and Help With:

- Dry, itchy skin
- Mild Excema

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

Used as an external application to support all the processes related to the energetic functions of Antimony (stibium). (Based on Rudolf Steiner's research and subsequent clinical observations.)

Supports especially, but not only:

- The skin (relieves itching, redness and irritation)

According to R. Steiner useful when applied on the liver together with Copper cream applied on the spleen in order to reconnect the person and their challenges to their Karma.

Attention: This cream contains only the rhythmically prepared Pentas™ form of iron and not the iron form used in medical therapies for example, for anemia, etc.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Stibium Metallicum 6X, HPUS

Other Ingredients: Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.



COSMETICS



Boswellia Lip Balm 4.8 gm**CRW0001**

A very soothing lip balm giving the lips an additional all natural feel and radiant look.

Contains only natural, high quality ingredients like frankincense extracts and biodynamic beeswax.



Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: A proprietary mix of Boswellia (Frankincense), Beeswax, biodynamic/organic, coconut oil, shea butter, cocoa butter, macadamia oil, vanilla flavor, castor oil and vitamin E.

Cleansing Cream 1.67 oz.**CRW0021**

Suited for any type of complexion, our Cleansing Cream for the face is formulated entirely with natural essential and skin healing oils to bring out your face's natural glow and radiance.

We use only gentle apricot kernel meal, apple acid and French green clay as cleansing products in order to achieve a mild cell exfoliation that is not drying or abrasive.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.



Ingredients: Water (*Aqua*), Emulsifying Wax, NF; Green Clay, Macadamia (*Macadamia integrifolia*) oil; Cetyl Alcohol; Glycerine; Grape seed (*Vitis vinifera*) oil; Almond (*Prunus amygdalus*) oil, biodynamic/organic; Castor (*Ricinus communis*) oil; Apricot kernel meal (*Prunus armeniaca*); Beeswax, biodynamic/organic; Jojoba (*Simmondsia chinensis*) oil; Jojoba (*Simmondsia chinensis*) wax beads and meal/seed powder; Kokum butter; Aloe (*Aloe barbadensis*) oil; Vitamin E; Walnut shell powder; Allantoin; natural Fruit Acids (Malic acid), Guar Gum (*Cymopsis tetragonobulus*), Schizandra (*Simondsia chinensis*); Xanthan powder; Alcohol, biodynamic/organic; Rosehip seed (*Rosa mosqueta*) oil; Tartaric acid (vegetable alpha hydroxy acid); Rhododendron (*Rhododendron anthopoga*) oil and natural Lemon essential oil; Arnica (*Arnica Montana*) oil; Calendula (*Calendula officinalis*) oil; Chamomile (*Chamomilla recutita*) oil; Frankincense (*Boswellia carterii*) oil; Hops (*Humulus lupulus*) oil; TH curcuminoid®; Potassium sorbate; Citric acid; Chrysolith (peridot); Jasper.

Face Moisturizing Cream 1.67 oz.

CRW0019

Non greasy, complex, yet hypoallergenic cream for a lasting, deep, moisturizing and skin renewing effect.

Special features of this formula:

- All natural red algae extract astaxanthin, giving the cream its pink color.

Astaxanthin:

- Has a natural anti-wrinkle activity, particularly around the eyes.

How to apply:

Apply at least twice daily. For a clear visible change several weeks of use are needed.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Distilled Water (*Aqua*); Almond (*Prunus amygdalus*) oil, biodynamic/organic; Emulsifying Wax, NF; Jojoba (*Simmondsia chinensis*) oil; Vegetable Glycerine; Hazelnut (*Corylus avelana*) oil; Kokum Butter (*Garcinia indica*); Beeswax, biodynamic/organic; Meadowfoam Seed (*Limnanthes alba*) oil; Alcohol, biodynamic/organic; Comfrey Allantoin (*Ureidoxydantoin*); Avocado (*Persea gratissima*) oil; Aloe (*Aloe barbadensis*) oil; Evening Primrose (*Oenothera biennis*) oil; Vitamin E oil; Schizandra (*Schizandra chinensis*) oil; Natural Lavender, Rosewood and Rose Essential oils for scenting; Cosmoperine® (*Piper longum*); TH Curcuminoid® (*Curcuma longa*); Potassium Sorbate; Citric Acid; Frankincense (*Boswellia carterii*) oil; Astaxanthin; Chrysolith trace minerals; Jasper trace minerals.



Hand & Body Cream 1.67 oz.

CRW0020

A hypoallergenic, natural cream for a deep lasting moisturizing and renewing effect.

Absorbs quickly and does not leave a greasy residue.

Suitable for all skin types.

Meadowfoam seed oil, Jojoba oil, comfrey allantoin and vegetable glycerine hydrate the skin for hours. Trace minerals derived from the jasper and peridot (chrysolith) gemstones strengthen the skin and give it a radiant quality. A refreshing blend of Pink Grapefruit, Vanilla and Lavender give a natural subtle scent.

Use as often as desired.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Distilled Water (*Aqua*); Almond (*Prunus amygdalus*) oil, biodynamic/organic; Jojoba (*Simmondsia chinensis*) oil; Emulsifying Wax, NF; Vegetable Glycerine; Meadowfoam (*Limnanthes alba*) oil; Kokum (*Garcinia indica*) Butter; Beeswax biodynamic/organic; Vanilla-Grapefruit-Lavender fragrance; Aloe (*Aloe barbadensis*) oil; Evening Primrose (*Oenothera biennis*) oil; Alcohol, biodynamic/organic; Comfrey Allantoin (*Ureidoxydantoin*); Vitamin E oil; Frankincense (*Boswellia carterii*) oil; TH Curcuminoid® (*Curcuma longa*); Potassium Sorbate; Citric Acid; Jasper trace minerals; Chrysolith trace minerals.



A refreshing foot cream with menthol, rare natural oils, gemstone derived trace minerals and peppermint fragrance. Designed to be incredibly invigorating for your health and soothing to the skin. Apply to the feet, ankles and calves by gently massaging it in for a refreshing effect.

Made with **organic or biodynamic oils**. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free."

Ingredients: Distilled Water (*Aqua*); Almond (*Prunus amygdalus*) oil, biodynamic/organic; Emulsifying Wax, NF; Jojoba (*Simmondsia chinensis*) oil; Vegetable Glycerine; Beeswax, biodynamic/organic; Kokum (*Garcinia indica*) Butter; Alcohol, biodynamic/organic; Peppermint essential oil; Natural Lemon-Lavender fragrance; Menthol; Vitamin E oil; Chamomile (*Chamomilla officinalis*) oil; Arnica (*Arnica montana*) oil; Hops (*Humulus lupulus*) oil; TH Curcuminoid® (*Curcuma longa*); Boswellin CG® (*Boswellia serrata*); Potassium Sorbate; Citric Acid; Jasper trace minerals; Topaz trace minerals.



5-lipoxygenase enzyme inhibitor: 20, 23
 5M Trace Minerals: 11, 13, 14, 15, 16, 96
 α-Galactosidase: 28

A

Abrotanum: 11, 50
 Abrotanum 6X: 11
 Acacia: 101
 Acer: 69
 Achillea millefolium: 85
 Acid Maltase: 28
 Aconitum: 11, 50
 Aconitum napellus: 50
 Aesculus: 11, 51
 Agaricus Albus: 11, 51
 Agnus Castus Herbal Tincture: 11, 17, 96
 Ajipure®: 36
 AKBA: 11, 13, 14, 15, 16, 17, 20, 23, 24, 27, 33, 39
 AKBA 90™: 20, 23, 24, 27, 33, 39
 AKBA Plus™: 11, 13, 14, 15, 16, 17, 20, 23
 AKBA True Pentas™: 20, 27
 Alcohol: 115, 117, 118, 119, 124, 125, 126
 Algae Plus: 11, 13, 14, 16, 17
 Allium Cepa: 11, 52
 Almond: 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 124, 125, 126
 Aloe: 116, 119, 124, 125
 Alpha lipoic acid: 29
 Alumen: 90
 Alumina: 11, 52
 Amethyst: 97
 Amethyst Pentas™ TMS: 11, 13, 97
 Amino acid: 29, 30, 33, 36, 37
 Amylase: 28, 43
 Anacardium Orientale: 11, 53
 Anagallis Arvensis: 11, 53, 54
 Angelica: 11, 13, 14, 15, 17, 22, 112, 114
 Angelica Forte Oil: 11, 112
 Angelica Plus: 11, 15, 17
 Antimonium Crudum: 11, 54
 Apatite: 24, 30, 33, 36, 39, 41, 47, 96
 Apis Mell.: 11
 Apis mellifica: 55
 Apricot: 116, 119, 124
 Arachidonic Acid: 11, 55
 Argentum: 11, 13, 14, 17, 56, 57, 97, 112, 127
 Argentum Colloidum: 11, 14, 97
 Argentum Cream: 11, 17, 112

Argentum met: 56, 57
 Argentum Metallicum: 11, 13, 17, 56, 112
 Argentum Nitricum: 11, 56
 Argentum-Quartz: 11, 13
 Arnica: 11, 12, 13, 14, 15, 16, 17, 57, 114, 116, 117, 118, 119, 124, 126
 Arsenicum Album: 11, 58
 Arsenicum Metallicum: 11, 13, 58
 Artemesia abrotanum: 50
 Ascorbic acid: 29, 36
 Astaxanthin: 21, 125
 Astragalus: 6, 11, 14, 98
 Astragalus Herbal Tincture: 6, 11, 14, 98
 Aurum: 11, 13, 14, 15, 16, 17, 59, 113, 118, 127
 Aurum Cream: 11, 13, 113
 Aurum Metallicum: 11, 13, 14, 15, 16, 17, 59, 113
 Avena Sativa: 11, 59
 Avocado: 125

B

Bamboo: 4, 27
 Baptisia Tinctoria: 11, 60
 Barberry: 22
 Basil: 110, 114, 116
 Bee Pollen: 11, 60
 Beeswax: 112, 113, 114, 115, 117, 118, 119, 120, 121, 124, 125, 126
 Belladonna: 11, 13, 14, 15, 16, 17, 61
 Berberine HCL: 22
 Berberine Plus™: 11, 13, 14, 15, 16, 17, 22
 Berberis Vulgaris: 11, 61
 Beryl: 39, 98
 Beryl Pentas™ TMS: 11, 13, 15, 98
 Betula: 69
 Bifidobacterium: 38
 Bilberry: 29
 Bioperine®: 20, 22, 23, 24, 27, 30, 33, 36, 39, 41, 47
 Biotin: 36
 Black pepper: 22, 27, 30, 33, 39, 41
 Blackthorn: 11, 13, 14, 15, 16, 17, 99
 Blackthorn Tonic™: 11, 13, 14, 15, 16, 17, 99
 BLIS K12: 44, 45
 Boron: 25, 33, 36, 37
 Boswellia: 20, 23, 27, 33, 119
 Boswellia 3K™: 11, 13, 14, 15, 16, 17, 23
 Boswellia Lip Balm: 11, 124
 Boswellin CG®: 115, 118, 119, 126
 Boswellin® PS: 20, 23
 Breast Protect Plus™: 11, 17, 24
 Broccoli: 11, 14, 15, 17, 24, 25

Broccoli Plus™: 11, 25
 Bromelain: 28
 Brown rice bran: 24
 Bryonia Alba: 11, 62
 Bryophyllum: 11, 62

C

Calcarea carbonica: 63
 Calcarea Fluorica: 11, 64
 Calcarea phosphorica: 63
 Calcarea Sulfurica: 11, 64
 Calc Carb: 11, 63
 Calcium: 11, 13, 14, 15, 16, 17, 25, 36, 43, 44, 45, 46, 110
 Calcium AM-PM™: 11, 13, 14, 15, 16, 17, 25, 46
 Calcium carbonate: 25, 43, 46, 110
 Calc Phos: 11, 63
 Calendula: 124
 Camphora: 11, 65
 Cantharis: 11, 65
 Carbo Betulae: 11, 13, 66
 Carnelian: 99
 Carnelian Pentas™ TMS: 11, 99
 Carpini: 69
 Cartilage: 11, 13, 15, 16, 26
 Cartilage Plus: 11
 Castor oil: 115, 118, 119
 Celery: 110
 Celestite: 11, 66
 Cerasi: 69
 Cerussite: 11, 67
 Chalcedony: 33, 100
 Chalcedony Pentas™ TMS: 11, 15, 100
 Chamomile: 11, 16, 30, 33, 36, 113, 114, 116, 119, 124, 126
 Chamomile Forte Cream: 11
 Chamomilla: 11, 13, 15, 16, 17, 30, 67, 113, 114, 116, 124, 126
 Chicory: 11, 13, 14, 15, 100
 Chicory cum Stanno Herbal Tincture: 11
 Chive: 110
 Chlorophyll: 24, 39
 Chromium: 30, 36
 Chrysolith: 11, 14, 29, 101, 124, 125
 Chrysolith Pentas™ TMS: 11, 14, 101
 Chrysopras: 118
 Cichorium Intybus: 11, 13, 14, 15, 68
 Cilantro: 110
 Cinchona Officinalis: 11, 68
 Cinis Radix Comp: 11, 13, 15, 17, 69
 Cinnabar: 11, 14, 15, 16, 17, 44, 45, 69
 Cinnabar-Pyrite: 11, 14, 15, 16, 17, 69
 Citric acid: 101, 115, 117, 119, 124

Citric Acid: 44, 45, 53, 54, 67, 70, 72, 76, 77, 78, 80, 81, 88, 91, 96, 97, 98, 99, 100, 101, 102, 103, 105, 106, 107, 108, 112, 113, 114, 115, 118, 120, 121, 125, 126
 Cleansing Cream: 11, 124
 Clear & Calm™: 11, 13, 15, 17, 26
 Coconut: 124
 Coffea Tosta: 11, 70
 Colchicum Autumnale: 11, 70
 Comfrey: 125
 Conium Maculatum: 11, 71
 Copper: 25, 29, 36, 37, 115, 120, 121
 Cor bovis: 76
 Cosmoperine®: 112, 115, 116, 117, 118, 125
 Crambe Abyssinica: 118
 Cuprum: 11, 14, 15, 16, 17, 71, 90, 114, 127, 128
 Cuprum Cream: 11, 15, 16, 17, 114
 Cuprum Metallicum: 11, 14, 15, 17, 71, 90, 114
 Curcumin: 24, 27
 Curcumin Plus™: 11, 13, 14, 15, 16, 17, 27

D

Dandelion: 33, 36
 Datura stramonium: 91
 Devil's claw: 27, 33
 Devil's Claw Plus: 11
 Dioscorea batatas: 34, 47
 Drosera: 11, 72

E

Ear Oil: 11, 114
 Elderberry: 11, 12, 14, 15, 16, 17, 101
 Elderberry Thyme Syrup™: 11, 14, 15, 16, 17, 101
 Emerald: 11, 14, 30, 41, 102, 118
 Emerald Pentas™ TMS: 11, 14, 102
 Enzyme Complex: 11, 28
 Equisetum: 11, 14, 15, 16, 17, 102, 127, 128
 Equisetum cum Silica Herbal Tincture: 11
 Eucalyptus: 12, 14, 16, 119
 Eye Refresh™: 11, 14, 29

F

Face Moisturizing Cream: 11, 125
 Fenugreek: 20, 40
 Ferrum: 11, 12, 13, 14, 15, 69, 72, 73, 74, 114, 115, 127, 128, 130
 Ferrum Carbonicum: 11, 72, 115
 Ferrum Cream: 11, 13, 14, 15, 115
 Ferrum Metallicum: 11, 73

Ferrum Muriaticum: 11, 73
 Ferrum Phos: 11, 74
 Ferrum phosphoricum: 74
 Feverfew: 116
 Fir: 115
 Fish: 36
 Folate: 36
 Folic acid: 36
 Formicum Acidum: 11, 13, 15, 74
 Frankincense: 4, 20, 23, 24, 27, 33, 116, 117, 119, 124, 125
 Fraxinus: 69
 Fruitafit® inulin: 38

G

Garlic: 110
 Gelsemium: 11, 13, 14, 75
 Gentian: 11, 13, 14, 15, 17, 103
 Gentian Herbal Tincture: 11, 13, 14, 15, 17, 103
 Germander herb: 22
 Ginger: 11, 15, 29, 33
 Ginger Plus™: 11, 29
 Gingko: 29
 Ginseng: 41, 46
 Glandular Comp: 11, 13, 14, 16, 17, 76
 Glandula Suprarenalis: 11, 13, 14, 16, 75
 Glucanol Plus™: 11, 13, 14, 15, 17, 30
 Glucoamylase: 28, 43
 Glucosamine: 33
 Glutamine: 30
 Glutamine Peptide: 11, 14, 15, 16, 30
 Glycerine: 96, 98, 99, 100, 102, 103, 105, 106, 107, 108, 112, 113, 114, 115, 117, 118, 119, 120, 121, 124, 125, 126
 Gold: 4, 23, 113, 118
 Goldenrod: 11, 16, 103
 Goldenrod Herbal Tincture: 11, 16, 103
 Granite: 11, 76
 Grape: 29, 124
 Grapeseed: 116, 119
 Graphites: 11, 77
 Guarana: 36
 Gut Restore™: 11, 14, 15, 16, 31

H

Hand & Body Cream: 11, 125
 Harpagophytum procumbens: 27
 Hawthorn: 32
 Hawthorn Plus: 11, 13, 14, 16, 17, 32
 Hazelnut: 125
 Helleborus Niger: 11, 14, 15, 16, 77, 78
 Hepar bovis: 76

Hepar Sulf: 11, 78
 Hepar sulfuris: 78
 Histaminum Hydrochloricum: 11, 79
 HMRLignan™: 24
 Hops: 114, 116, 124, 126
 Horsetail: 102
 Hyacinth: 11, 14, 104
 Hyacinth Pentas™ TMS: 11, 104
 Hyoscyamus Niger: 11, 13, 79
 Hypericum Forte Cream: 11, 115

I

Inulin: 20, 22, 23, 25, 26, 27, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 40, 41, 42, 44, 45, 46, 47, 48, 127
 Invertase: 28, 43
 Iodine: 36, 37, 110
 Iron: 12, 38, 46, 104, 108, 110, 115, 120, 121
 Iron Reservoir™ TMS: 12, 104
 Ivy: 12, 14, 15, 32
 Ivy Plus: 12

J

Jasper: 12, 13, 16, 36, 47, 105, 115, 116, 117, 118, 119, 124, 125, 126
 Jasper Pentas™ TMS: 12, 13, 16, 105
 Joint Relief Plus™: 12, 13, 14, 15, 16, 33
 Jojoba: 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 124, 125, 126
 Juglans Regia: 12, 80
 Juniper: 115

K

Kali Carb: 12, 80
 Kali carbonicum: 80
 Kokum: 112, 113, 114, 115, 117, 118, 119, 120, 121, 124, 125, 126
 Kudzu: 48

L

Lachesis Mutus: 12, 81
 Lactase: 28
 Lavender: 12, 13, 14, 16, 17, 112, 113, 114, 115, 116, 117, 119, 120, 121, 125, 126
 Lavender & Spruce Bath Oil: 12, 115
 Ledum Palustre: 12, 81
 Lemon: 12, 14, 15, 16, 17, 26, 40, 105, 106, 112, 116, 117, 124, 126
 Lemon balm: 26
 Lemongrass: 116, 118
 Leonurus Cardiaca: 12, 13, 17, 82
 Levisticum Officinalis: 12, 13, 15, 17, 82
 Lien bovis: 76
 Lightroot Comp™: 12, 13, 14, 15, 17, 34, 110

Lipase: 28, 43
Liver Cleanse™: 12, 13, 14, 15, 34
Lobelia Inflata: 12, 14, 15, 83
Lovage: 114
Lungroot™: 12, 14, 15, 16, 17, 105, 106
Lutein: 29
Lycopodium Clavatum: 12, 83

M

Macadamia: 116, 119, 124
Magnesia Phos: 12, 84
Magnesia phosphorica: 84
Magnesium: 12, 13, 14, 15, 16, 17, 25, 35, 36, 46
Magnesium Reservoir™: 12, 13, 14, 15, 16, 17, 35, 46
Maltodextrin: 22, 32, 38, 48
Manganese: 25, 33, 36, 37
Marigold: 29
Marjoram: 110
Meadowfoam: 116, 119, 125
Melissa: 26
Menthol: 12, 14, 15, 16, 17, 44, 45, 105, 106, 118, 126
Mercurius: 12, 15, 69, 84, 127, 129
Mercurius Vivus: 12, 15, 84
Millefolium: 12, 13, 15, 85
Molybdenum: 25, 36, 37
Multivitamins Plus: 12, 13, 14, 15, 16, 17, 36
Myrrh: 4, 23, 118

N

Natrum Muriaticum: 12, 85
Neck Relief: 12, 13, 116
Nettle: 40, 108
Nettles: 33, 36, 40, 108
Niacin: 36
Norwegian Spruce: 24, 39
Nux Vomica: 12, 86

O

Oak: 30, 33, 36, 40
Onion: 110
Onyx: 12, 14, 106
Onyx Pentas™ TMS: 12, 14, 106
Orange Salt Scrub: 12, 116
Oregano: 12, 37, 114, 115
Oregano Plus: 12, 37
Organox®: 101
Oxalis Montana: 12, 86

P

Pantothenic acid: 36
Parsley: 110
Passion flower: 39
Pectinase: 28

Pelargonium: 104, 105, 106
Pentas™ process: 3
Pepper: 12, 110, 127, 130
Peppermint: 116, 126
Peptidase: 28
Peridot: 29, 124, 125
Phosphorus: 12, 36, 87
Phycocyanin: 21
Pine: 39, 115
Piper nigrum: 20, 22, 24, 30, 36, 41, 47, 112, 115, 116, 117, 118
Plumbum: 12, 15, 16, 87, 127, 129
Plumbum Mel.: 12, 15, 16, 87
Pomegranate: 33
Porphyry: 24, 30, 33, 36, 39, 41, 47, 96
Potassium: 22, 36, 37, 40, 46, 104
Potassium Reservoir™: 12, 13, 14, 15, 16, 17, 37
Potentilla tormentilla: 94
Primrose: 118, 125
Probiotics: 31, 38, 44, 45
Probiotics Comp.: 12
ProCerase®: 28
Prostate Complex™: 12, 14, 16, 39
Protease: 28, 43
Prunus Spinosa: 12, 88
Pulmo bovis: 76
Pulsatilla: 12, 88
Pumpkin: 39
Pyrite: 11, 14, 15, 16, 17, 44, 45, 69

Q

Quartz: 11, 13, 57, 120, 127
Quercetin: 13, 14, 16, 17, 39, 40
Quercitin Plus: 12
Quercus: 30, 69
Quince: 40

R

Raspberry: 44, 101
Real Arnica Forte™ Oil: 12, 17
Real Arnica Massage Oil: 12, 117
Renes bovis: 76
Rhodiola: 12, 14, 15, 16, 17, 42
Rhododendron: 116, 119, 124
Riboflavin: 29, 36
Rose: 118, 125
Rosehip: 124
Rosemary: 12, 13, 14, 16, 17, 30, 33, 110, 113, 117, 118, 119
Rosewood: 125
Rosmarinus officinalis: 30

S

Sage: 12, 16, 119
Salt: 12, 13, 14, 16, 17, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 110, 116, 119

Saw Palmetto: 39
Schizandra: 33, 34, 116, 119, 124, 125
Selenium: 29, 33, 36, 37
Sesame: 116, 119
Shea: 124
Shepherd's Purse: 12, 15, 107
Silica: 11, 14, 15, 17, 33, 40, 102
Silver: 97
Slate: 24, 30, 33, 36, 39, 41, 47, 96
Spirulina: 21
Spruce: 12, 13, 14, 16, 17, 24, 39, 115
Stannum: 12, 15, 26, 33, 34, 90, 91, 100, 118, 120
Stannum metallicum: 90, 91
Stibium: 12, 16, 121, 127, 129
Stibium Cream: 12, 121
St. John's Wort: 12, 13, 15, 34, 107, 114, 115, 116, 117
Stomach Aid: 12, 43
Stramonium: 12, 91
Streptococcus Salivarius: 44, 45
Strophanthus Kombe: 12, 13, 92
Sugar: 44, 45, 105, 106
Sulfur: 12, 24, 30, 33, 36, 39, 41, 47, 92, 96
Sunflower: 116, 119

T

Teucrium Scorodonia: 12, 22, 93
Thiamin: 36
Thistle: 34
Throat Defense™: 12, 14, 16, 17, 44
Thuja: 12, 13, 14, 93
Thyme: 11, 14, 15, 16, 17, 101, 105, 106, 110, 119
Thyroidinum 6X: 12, 14, 16, 17, 94
Tin: 118
Tocotrienols: 24, 39
Topaz: 12, 14, 15, 24, 30, 34, 36, 41, 108, 112, 118, 126
Topaz Pentas™ TMS: 12, 14, 15, 108
Tormentilla: 12, 94
Trace minerals: 8, 11, 13, 14, 15, 16, 24, 25, 27, 30, 33, 34, 36, 37, 39, 41, 44, 45, 47, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 110, 115, 116, 117, 118, 119, 125, 126
Tri Calcium Phosphate: 44, 45
True Life Pepper: 12
True Life Reservoir™: 12, 15, 16, 46, 104, 110
True Life Sea Salt: 12
Turbinado sugar: 116, 119
Turmeric: 27

U

Ulmus: 69
Urtica: 12, 30, 33, 39, 40, 108, 127, 130
Urtica Ferrum Tincture: 12
Usnea: 101, 113, 114, 115, 117

V

Valerian: 33, 36
Vanadium: 36, 37
Vanilla: 124
Vital Mind Plus: 12, 17
Vitamin A: 29, 36
Vitamin B: 36

Vitamin C: 29, 36, 99

Vitamin D: 24

Vitamin D Plus™: 12, 13, 14, 15, 16, 47

Vitamin E: 21, 29, 36, 39, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 124, 125, 126

W

Walnut: 124
Watercress: 24
Winter Cherry: 41
Women's Plus: 12, 17, 48

X

Xylanase: 28
Xylitol: 44, 45, 101

Y

Yam: 34, 47
Yarrow: 15, 22, 30, 34
Yeasts: 31

Z

Zeaxanthin: 29
Zinc: 25, 29, 36, 37, 39
Zingiber officinale: 29, 33

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