## SKIN COMPLEXION, HAIR, AND NAILS

FORMULATED BY CLEAN HERBALS PTY LTD

### Ingredients

Peppermint, Rooibos, Safflower, Calendula, Nettle , Burdock Root, Lemon Myrtle, Orange Peel

#### **DIRECTIONS:**

1tsp per cup, Infuse 15 minutes covered. Use as required up to 3 cups daily. May be served hot or cold. Can be sweetened with honey or maple syrup or made into an iced tea or added to smoothies once prepared.

These synergistically blended ,hand picked herbs may help boost blood flow, collagen, elastin & skin, nail regeneration capacities. Sip away and support your skin, hair and nails from inside out. Shine from inside out!

#### Indications:

Skin blemishes, acne, pimples, hair loss, brittle hair, brittle nails, dry or oily skin, rosacea, psoriasis.

#### DISCLAIMER

This product is a mixed blend of teas. It is not intended as a substitute for the treatment of medical health issues. If you are on prescription medication, please do not remove or reduce any of your ongoing medical treatment without consulting a doctor or qualified health professional. Where you experience any health issues or allergies while consuming this product, you should stop, and seek advice from your local doctor immediately. (Blended teas are not suitable for children under the age of 18).

#### **Exclusion:**

(a) The law implies terms, conditions, warranties or guarantees (Prescribed Terms) into contracts for the supply of goods and services and prohibits the exclusion, restriction or modification of certain terms, conditions, warranties or guarantees. Some Prescribed Terms permit a Seller to limit its liability for a breach of the prescribed terms.

(b) Except as provided by Prescribed Terms, the liability of the Seller in respect of a breach of a Prescribed Term relating to the Goods or any part of the Goods is limited at the option of the Seller to the replacement or repair of the Goods or any part of it or payment of the cost of repairing or replacing the Goods or any part of the Goods.

(c) Under this agreement, the Buyer does not have any cause of action against or right to claim or recover from the Seller for, or in respect of, any loss or damage of any kind whatsoever, caused directly or indirectly by:
(i) any defect in material or workmanship of, or any other defect whatsoever in, or unsuitability for, any purpose of the Goods or any part of the Goods; or

(ii) any default or negligence on the part of the Seller or of any employee, contractor or agent of the Seller or of any person for whom the Seller has legal responsibility relating to the supply of, or otherwise concerning Goods or any part of Goods; or

(iii) any consequential loss, damage or death which may arise due to a chemical reaction of the Goods with the coronavirus vaccines, where the Buyer has been vaccinated.

Herb	Name	Traditional use	Contraindications
	Orange Peel Citrus Aurantium Dulcis	Help improve digestion, relieve intestinal gas and bloating, and resolve phlegm.	Avoid in citrus allergy, migraine, and IBS. Contains fructose
	Peppermint <i>Mentha x Piperita</i>	Colds and flu virus. Cooling, antiviral, digestion. Mood, cognition, memory, fatigue.	
	Rooibos Aspalathus linearis	Digestive support, lever, energy and adrenal support, stomach digestive issues and arthritis.	

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Herb	Name	Traditional use	Contraindications	
	Nettle <i>Urtica dioica</i>	Antihistamine, immune.	May lower blood sugars,may lower blood pressure, avoid in diabetes and kidney issues.	
	Burdock <i>Arctium lappa</i>	Blood purifyer, antioxidant, antiinflammatory, digestion, immune, liver support, diuretic.	Avoid if taking diuretics. Avoid if allergies to rageed, marigold, chrsantemums, daisy and others.	
	Calendula Calendula officinalis	Anti-inflammatory, relaxant,helps heal ulcers, wounds and haemarrhoids, mensturation,antimicrobia l, antiviral,oral health.	Avoid calendula at least two weeks prior to surgery. Avoid if allergies to rageed, marigold, chrsantemums, daisy and others	
	Safflower Carthamus Tinctorius	Heart health, Treat diabetes, Obesity, Healthy hair, Skin health	<ul> <li>Pregnant women should Safflower as it leads to menstruation.</li> <li>The patients of hemorrhagic illness and peptic ulcers should avoid Safflower.</li> <li>Its results in abdominal pain, discomfort, gastrointestinal bleeding, diarrhea, menorrhagia and cramps.</li> <li>Sensitive people might get allergic reactions.</li> <li>Safflower slows down the blood clotting.</li> </ul>	
	Lemon Myrtle <i>Myrtus communis</i>	Used against bronchitis and inflammation of the respiratory tract; An infusion, useful against bleeding and as an astringent in case of diarrhea. Contain numerous useful substances to improve the action of the immune system against seasonal ailments.	No particular contraindications are indicated in taking myrtle; the only side effect could be skin allergies and is not recommended for pregnant women and children up to two years of age.	