

**HERBAL MONOGRAPHS**  
*including*  
**HERBAL MEDICINAL PRODUCTS**  
*and*  
**FOOD SUPPLEMENTS**



**Maria Spiteri**

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*I am organically grown*

*I am picked fresh starting at sunrise*

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**HERBAL MONOGRAPHS**  
*including*  
**HERBAL MEDICINAL PRODUCTS**  
*and*  
**FOOD SUPPLEMENTS**

**Maria Spiteri**

Department of Pharmacy  
University of Malta  
2011

This book was compiled by Maria Spiteri as part of a project carried out for the partial fulfillment of the requirements of the course leading to the Degree of Bachelor of Pharmacy (Hons.). The study was carried out under the supervision of Professor Anthony Serracino-Inglott, at the Department of Pharmacy, University of Malta, to whom I owe my gratitude for his guidance.

Information compiled has been obtained from sources believed to be reliable in order to provide information that is complete and generally in accordance with the standards accepted at the time of writing. Readers are encouraged to check the product information on the packaging of the product and/or package insert to be certain that no changes to dose, contraindications or drug interactions have been made due to recent research and clinical experience.

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## PREFACE

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Students in the department of pharmacy are encouraged to develop skills to give advice and support patients on the use of medicines. In order to reach this goal, students have to present a project in an area of pharmacy. Maria Spiteri worked on a project to device a formulary of herbal medicines available locally under the supervision of Professor Anthony Serracino-Inglott. The department is grateful to all those who helped Maria in this project leading to the publication of this book.

This book has an academic value as it is the result of careful research by Maria Spiteri and is of practical use since it is intended to be used by healthcare professionals during their day to day work.

In this day and age when the health professionals are giving significant attention to pharmacovigilance, such work presents a good opportunity to advance the process of vigilance over medicine use. One may state that the case of herbal medicines, and also for food supplements, merits an extra dose of input as present sources of information are lacking compared to what is available on conventional medicine.

This book is meant to promote guidelines. The references provide for further reading. In practice one should not rely solely on facts presented in this book, however diligently it was prepared.

**Professor Lilian M. Azzopardi**  
*Head, Department of Pharmacy*



## INTRODUCTION

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The focus of medicinal use has shifted from herbal medicines to synthetic drugs in the last century. There is a movement to reconsider the benefits of herbal medicines. There is a school advocating the use of traditional medicine in addition to a more western type of therapy. Herbal medicines are, however, contrary to common belief, not immune to adverse effects. Consequently doctors, pharmacists and other health professionals as well as patients themselves need to extend their knowledge on herbal medicines. Patients are continuously taught how to take care of their own health. Since a number of herbal medicines are used in self care a greater awareness of the benefits and the possible unwanted effects that may occur is needed. A good glance into the Maltese islands shows that potentially harmful reactions could result from use of such medicines since many believe herbal therapy presents a possibility of causing harm. On the one hand lack of knowledge on the subject not only by patients but also by some health professionals could potentially be a cause for adverse effects while on the other hand misconceptions about herbal medicines may limit the number of patients who could benefit from their use. Easy access to patients makes community pharmacists the ideal health care professionals for offering the necessary information and advice. Pharmacies have the advantage of being conveniently located and the community pharmacist is easily accessible and may be approached without the need of a prior appointment.

The aim of this book on herbal medicines is to provide enough information to arouse the interest of the reader for further reading. Hence the well referenced nature of this work.

It was a pleasure to supervise this work by Maria Spiteri who has worked hard to deliver such a useful service listing the herbal medicines available in Malta including those classified as borderline products.

**Professor Anthony Serracino-Inglott**  
*Department of Pharmacy*

## ABOUT THIS HERBAL HANDBOOK

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Each monograph summarizes in a concise form the most useful scientific research and review information on a plant drug, together with brief information on the herbal medicinal products and food supplements available in Maltese community pharmacies and health food shops. As a reflection of the volume of scientific literature available, in most of the monographs, the proportion of reference papers published since the year 2000 is remarkably high. Internet access to free databases and abstracts of new papers, especially from major journals published in English, has greatly enhanced awareness of the available literature. The acquisition of scientific papers not available at the UOM library was time-consuming and costly, but essential for documentary research of this kind.

This book aims to address the practical needs of all healthcare professionals, particularly pharmacists, who advice patients who take complementary medicines. The monographs provide information on the classification, indications, cautions, contraindications, side-effects, drug interactions and dose. The indications in the monographs are subdivided into principal, major, minor and others in order to give an indication on the actual and potential use of the herbal medicinal product. Such information is well referenced, with over 500 references. For a great number of herbs there is an abundance of research to draw on, whereas for some others the research is scarce and much is still speculative or based on traditional or historical use. To make the book more practical for use by pharmacists a comprehensive indications index is presented. The book was developed considering current evidence-based practice and was validated by a panel of experts and also by laymen through a one-to-one interview.

Recent EU legislation, brought about to ensure patients' safety, gave rise to a change in the classification of what was previously ambiguously referred to as herbal products. While many herbal products are medicines, others are not, and so do not require registration as medicinal products. Herbal *medicinal* products, fall into two main categories, depending on whether they fulfill the criteria for the definition of a traditional herbal medicinal product or a medicinal product. This re-classification of herbal products, done by the Malta Medicines Authority, is very lengthy and time-consuming process, and to date the classification is incomplete. Both food supplements and herbal medicinal products were included in this book.

## ACKNOWLEDGEMENTS

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Putting together a book of this kind is a great task. It took about three years of planning, researching, reviewing, writing and rewriting. It also took patience, resourcefulness and help from some key people in order for it to become a 'real' entity.

Foremost I offer my sincere gratitude to Professor Lilian M. Azzopardi, Professor Anthony Serracino-Ingloft, Dr Maurice Zarb Adami and Dr Claire Shoemake from the Department of Pharmacy for suggesting the title of this project which was the start of my love for complementary medicine and for their support, advice and guidance throughout.

I am particularly indebted to Dr Everaldo Attard not only for his invaluable help in the compilation of the indications and contraindications indices but also for magnificent support in other ways, from book design to the supply of scientific information and computer assistance.

Many thanks also to all the healthcare professionals and herbal specialists who helped in the validation process for their professionalism, dedication and passion because they truly believed that this is a very useful job resulting in a book which is much needed by most local healthcare professionals.

Particular thanks are expressed to all the local distributors who have patiently provided me with complete lists of herbal products that each and every one of them distributes to the local market and later confirming that all the products are still available and/or advice about new products or products which have been discontinued.

Sincere thanks and warm gratitude goes to many, many people that have provided emotional support and encouragement particularly my parents and eldest sister Miran, as well my youngest siblings for their patience. I am also thankful to my aunt, Mary Fenech, for providing me with literature on herbal products and her help during the validation stage by suggesting healthcare professionals specialized on complementary medicine, as well as all my other close relatives and friends.

Finally, a very special thanks to all those who believed in my work and were willing to help financially so as to be able to print both volume 1 and eventually this book. Particular thanks goes to Mr Gaetano Buttigieg, managing director of Print Right Ltd, for sponsoring a substantial part of the printing costs of this book and its copies.

## ABBREVIATIONS

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5-HTP	5-hydroxytryptophan
ACE	Angiotensin converting enzyme
ADHD	Attention deficit hyperactivity disorder
AIDS	Acquired immunodeficiency syndrome
BP	British Pharmacopoeia
BPH	Benign prostatic hypertrophy
CHF	Congestive heart failure
CLA	Conjugate linoleic acid
CNS	Central nervous system
COPD	Chronic obstructive pulmonary disease
DHA	Docosahexaenoic acid
DNA	Deoxyribonucleic acid
EFA	Essential fatty acid
EPA	Eicosapentaenoic acid
EPO	Evening primrose oil
Equiv	Equivalent
EU	European Union
FA	Fatty acid
FDA	Food and drug administration
GI	Gastrointestinal
GLA	Gamma linolenic acid
HIV	Human influenza virus
HMP	Herbal medicinal product
HRT	Hormone replacement therapy
HSV	Herpes simplex virus
IBD	Irritable bowel disease
INR	International normalised ratio
LA	Linoleic acid

LDL	Low density lipoprotein
MAOI	Monoamine oxidase inhibitor
mcg	Micrograms
mg	Milligrams
MSM	Methyl Sulphonyl Methane
NNRTI	Non-nucleoside reverse transcriptase inhibitor
NSAIDs	Nonsteroidal anti-inflammatory drugs
NYHA	New York Heart Association
OCD	Obsessive-compulsive disorder
OCP	Oral contraceptive pill
OTC	Over the counter
oz	Ounce
PABA	Para amino benzoic acid
PMS	Premenstrual syndrome
ppm	Parts per million
SARS-associated CV	SARS-associated coronavirus
SLE	Systemic lupus erythematosus
SSRI	Selective serotonin reuptake inhibitor
tsp	Teaspoon
UOM	University of Malta
UVA	Ultraviolet A
UVB	Ultraviolet B
UVC	Ultraviolet C



## MONOGRAPHS

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### ACEROLA

*Malpighia glabra*

**Family:** Malpighiaceae

**Medicinal Parts:** Leaves, fruit.

**Indications:**

*Principal:* Common cold (acerola is a source of vitamin C)<sup>1,2</sup>.

*Others:* Prophylaxis of scurvy<sup>3</sup>, prophylaxis of atherogenesis in patients with increased risk of coronary heart disease<sup>4</sup>.

**Cautions:** Patients allergic to latex<sup>2</sup>.

**Contraindications:** None noted.

**Side-effects:** Nausea, stomach cramps, sleepiness, insomnia<sup>3</sup>.

**Drug interactions:** Decreased activity of fluphenazine and warfarin<sup>3</sup>,

beneficial synergistic effect with soy & alfalfa<sup>4</sup>.

**Dose:** 40-100mg daily<sup>2</sup>.

*Altasterol® Stimulant* (Alta Care) see Ginger

*Children's Echinacea* (HealthAid) see Echinacea

*Cranberry* (Arkopharma) see Cranberry

*Ester-C® 1000mg Plus Vitamin C* (Solgar)

Tablets; Vitamin C 1000mg, citrus bioflavonoids 200mg, acerola fruit powdered extract 25mg, powdered rose hip 25mg, rutin 25mg.

Local Distributor: Natural Remedies

*Formula VM-75* (Solgar) see Buckwheat

### AGNUS CASTUS

*Vitex agnus-castus*

**Family:** Lamiaceae

**Medicinal Parts:** Fruit.

**Indications:**

*Principal:* PMS, irregularities of the menstrual cycle, mastalgia, mastodynia, poor lactation<sup>5,28</sup>.

*Major:* Acne<sup>5</sup>, mastopathy, hot flushes and sleep disturbances in pre- and

postmenopausal women<sup>6</sup>.

**Contraindications:** Oestrogen or progesterone sensitive tumours, pregnancy<sup>5</sup>.

**Side-effects:** Nausea, headache, GI disturbances, menstrual disorders, acne, pruritus, erythematous rash<sup>5,7</sup>.

## ALFALFA

**Drug interactions:** Dopamine antagonists, oral contraceptives<sup>5</sup>.

**Dose:** Aqueous alcohol extract: 30-40mg daily<sup>8</sup>; Fruit: 0.5-1g three times daily<sup>9</sup>.

*Acne-n-Pimple Cream* (Himalaya) see Aloe Vera

*Agnus Castus* (A.Vogel)  
Liquid; Tincture of chaste tree dried fruit, extracted in alcohol (69% v/v).  
Local Distributor: Health Plus

*Agnus Castus* (HealthAid)  
Liquid; Agnus castus extract 1:3 (equiv. to 330mg of agnus castus herb in 1ml).  
Tablets; Agnus castus powder 550mg.  
Local Distributor: Galea & Galea

## ALFALFA

### *Medicago sativa*

**Family:** Fabaceae

**Medicinal Parts:** Whole flowering plant, germinating seeds.

**Indications:**

*Principal:* Hypercholesterolemia; used as a source of nutrients including vitamins<sup>9</sup>.

*Major:* Diabetes<sup>11, 28</sup>; malfunctioning of the thyroid gland<sup>28</sup>.

*Minor:* Kidney, bladder & prostate disorders; asthma; arthritis<sup>10, 11</sup>.

**Cautions:** Undergoing HRT, taking birth control medications<sup>12</sup>, diabetes<sup>13</sup>.

**Contraindications:** History of SLE,

*Agnus Castus Herbal Complex* (Vega)  
Capsules; Agnus castus berry extract (5:1) 60mg (equiv. to 300mg agnus castus berry herb); Vega Phytoantioxidant Base™ 330mg providing antioxidants and prebiotics: apple & mixed wild berries concentrate 8:1, equiv. to herb 528mg, prebiotic acacia gum 264mg.  
Local Distributor: Alfred Gera & Sons Ltd.

*Femmevit*<sup>®</sup> (HealthAid) see Starflower

*Herbal Female Complex* (Solgar) see Black Cohosh

*Menovital*<sup>®</sup> (HealthAid) see Dong Quai

*Vitex Agnus Castus 1000mg* (Lamberts)  
Tablets; 1000mg *Vitex agnus-castus* (provided by 100mg of a 10:1 extract).  
Local Distributor: Health Plus

children under 18<sup>13</sup>, pregnant or breast-feeding<sup>9, 12</sup>.

**Side-effects:** Photosensitivity<sup>11</sup>, mild GI symptoms (stomach discomfort, diarrhea, flatulence), hypoglycemia, muscle pain, fatigue, abnormal blood cell count<sup>13</sup>.

**Drug interactions:** HRT, anti-oestrogen therapy, contraceptive pill, anticoagulants<sup>14</sup>.

**Dose:** 5-10g dried herb three times daily; 5-10ml liquid extract (1:1 in 25% alcohol) three times daily<sup>9, 12</sup>.



**Alfalfa** (Arkopharma)

Tablets; Medicago sativa powder 435mg.  
Local Distributor: Pharmacos Ltd.

**Alfalfa 500mg** (Power Health)

Tablets; Alfalfa powder 500mg.  
Local Distributor: Kemimport Ltd.

**Alfalfa Leaf** (HealthAid)

Tablets; Alfalfa leaf powder 700mg.  
Local Distributor: Galea & Galea

**EyeVit** (HealthAid) see Eyebright

**Formula VM-75** (Solgar) see Buckwheat

**Healthy Mega** (HealthAid) see

Buckwheat

**Slim-Rite** (HealthAid)

Tablets; Alfalfa leaf powder 200mg, buckthorn extract 75mg, cascara sagrada extract 50mg, birch extract 40mg, taurine 40mg, dandelion extract 20mg, uva ursi extract 20mg, bladderwrack extract 17mg, barberry root powder 10mg, ginger root powder 5mg, chicory powder 3mg, parsley seed powder 2mg, nasturtium extract 2mg, juniper berry powder 2mg, curcuma root powder 250mcg.  
Local Distributor: Galea & Galea

## ALOE VERA

### *Aloe barbadensis*

**Family:** Aloeaceae

**Medicinal Parts:** Leaves.

**Indications:**

*Principal:* Topically as an emollient for wounds, burns, sunburn, mild abrasion<sup>15, 16, 17</sup>.

*Major:* Occasional constipation<sup>15, 16, 17</sup>.

*Minor:* Ulcers, psoriasis, genital herpes, radiation-induced dermatitis, type 2 diabetes, HIV infection, ulcerative colitis, irritable bowel syndrome, lung cancer prevention<sup>5, 16, 17</sup>.

**Cautions:** Thyrotoxicosis<sup>5</sup>, heart disease, electrolyte abnormalities, diabetes or hypoglycemia<sup>16</sup>. Avoid excessive and long-term use (more than 2 weeks), as potassium losses may occur, which may alter cardiac electrophysiology<sup>5</sup>.

**Contraindications:** Hypersensitivity to aloe or with nausea, vomiting or signs & symptoms of GI obstruction<sup>5</sup>, GI obstruction, appendicitis, abdominal pain of unknown origin, children under 12<sup>8</sup>, pregnancy and lactation, chronic constipation, kidney disorders, haemorrhoids, irritable bowel conditions<sup>15</sup>.

**Side-effects:** Cramping, diarrhoea, dependency or worsening of constipation, red urine<sup>16, 17</sup>, hypersensitivities and contact dermatitis to aloe<sup>5</sup>.

**Drug interactions:** Antidiabetic therapy, laxatives, cardiac glycosides, antiarrhythmic drugs<sup>18</sup>; thiazide diuretics, corticosteroids, licorice roots – cause exacerbation of potassium depletion<sup>14</sup>.

## ALOE VERA

**Dose:** Single dose: powdered aloe vera, 50-200mg at bedtime; tincture (1:40, 45% ethanol), 2-8ml. Aloe vera should be taken for a maximum of 8-10 days<sup>15</sup>.

### *Active Mature 50+* (Vega)

Tablets; Aloe vera whole leaf extract 200:1 equiv. to herb 2000mg, ginkgo biloba leaf extract 50:1 equiv. to herb 500mg, deodorized garlic clove extract 10:1, equiv. to herb 100mg, magnesium 90mg, vitamin C 60mg, niacin 30mg, betaine hydrochloride 30mg, bilberry fruit extract 4:1 equiv. to herb 30mg, cruciferous vegetable (cabbage, broccoli, sprouts) concentrate 30mg, pancreatin (vegetarian source) 30mg, shiitake mushroom powder 30mg, vitamin E 30mg, pantothenic acid 18mg, zinc 15mg, choline bitartrate 10mg, inositol 10mg, vitamin B6 10mg, iron 7mg, beta carotene 4.8mg, vitamin B2 4.8mg, vitamin B1 4.2mg, alpha lipoic acid 2mg, lutein esters 2mg, folate 600mcg, manganese 0.5mg, selenium 200mcg, chromium 100mcg, copper 100mcg, vitamin B12 5mcg, vitamin D2 5mcg.

Local Distributor: Alfred Gera & Sons Ltd.

### *Acne-n-Pimple Cream* (Himalaya)

Cream; Lentil, silk cotton tree, alum, aloe vera, chaste tree.

Local Distributor: Grefed Worldwide Trading

### *Alkagin*<sup>®</sup> (Istituto Ganassini) see Mallow

### *Aloe Vera* (HealthAid)

Cream, lotion; Aloe vera, lavender oil, patchouli oil, sweet almond oil.

Gel; Aloe vera.

Soap; Aloe vera leaf juice 3%, lavender oil, patchouli oil.

Local Distributor: Galea & Galea

### *Aloe Vera 5000* (Power Health)

Capsules; Aloe vera (200:1) equiv. to fresh

aloe vera gel 25mg.

Local Distributor: Kemimport Ltd.

### *Aloe Vera 5000mg* (HealthAid)

Capsules; Aloe vera (200:1) gel extract equiv. to 5000mg of fresh aloe vera.

Local Distributor: Galea & Galea

### *Aloe Vera 10,000mg* (Lamberts)

Capsules; 10,000mg aloe vera extract equivalent to 50mg of a 200:1 extract.

Local Distributor: Health Plus

### *Aloe Vera ESI*<sup>®</sup> (ESI)

Gel; Aloe vera, tea tree, vitamin E.

Juice; Aloe vera.

Local Distributor: Collis Williams Ltd.

### *Aloe Vera Herbal Complex* (Vega)

Capsules; Aloe vera whole leaf extract 200:1 equiv. to herb 500mg; Vega Phytoantioxidant Base<sup>TM</sup> providing antioxidants and prebiotics: apple & mixed wild berries concentrate 8:1 equiv. to herb 624mg, prebiotic acacia gum 312mg.

Local Distributor: Alfred Gera & Sons Ltd.

### *Aloe Vera Juice* (Kelkin)

Juice; *Aloe barbadensis* miller leaf juice (filtered), citric acid anhydrous E330, potassium sorbate E202, sodium benzoate E211.

Local Distributor: Galea & Galea

### *Aloe Vera Juice* (Power Health)

Juice; 99.7% aloe vera.

Local Distributor: Kemimport Ltd.

### *Altaflora*<sup>®</sup> *Gastrogel* (Alta Care)

Syrup; Pineapple concentrate 9.46g, aloe leaf 400mg, elder leaf 30mg, liquorice 30mg, fructose 25mg, mint leaf 20mg, green aniseed 20mg, xanthane gum 5mg, pineapple flavour 2.5mg, pineapple juice extract 2mg, artichoke extract 1.5mg, papaya dry extract 1mg, potassium sorbate 1mg, sodium methyl parahydroxybenzoate 1mg.

Tablets; Di calcium phosphate 268mg, calcium carbonate 105mg, micro crystalline cellulose 100mg, aloe vera concentrate 80mg, pineapple extract 50mg, fennel seed extract 30mg, chamomile extract 30mg, papaya latex extract 20mg, magnesium stearate 14mg, lactobacillus acidophilus 1mg, peppermint essential oil 1mg, silica 1mg.  
Local Distributor: Ultra Pharma Ltd.

**Bromelain Complex** (Vega)

Capsules; Aloe vera whole leaf extract 200:1 equiv. to herb 2000mg, bromelain 200mg, vitamin C 60mg, DL-phenylalanine 50mg, flaxseed seed powder 50mg, malic acid 50mg, pumpkin seed powder 50mg, niacin 18mg, vitamin E 10mg, zinc 7.5mg, pantothenic acid 6mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.25mg, folate 200mcg, selenium 100mcg, copper 50mcg, vitamin B12 1mcg.  
Local Distributor: Alfred Gera & Sons Ltd.

**Coloclear Extra** (Higher Nature) see Flaxseed

**Colonease** (HealthAid)

Capsules; 25mg Aloe vera (200:1), 5mg peppermint oil, 5mg parsley seed oil, 1mg clary sage oil.  
Local Distributor: Galea & Galea

**Dermavital** (HealthAid)

Lotion; *Aloe barbadensis* (Aloe vera), *Lavandula angustifolia* (lavender oil), water, glycerin, cetearyl alcohol (from palm oil), isopropyl palmitate (from palm oil), dimethicone, cetearth-20, stearic acid, cetyl alcohol (from palm oil), phenoxyethanol, ethylhexylglycerin, pogostemon cablin (patchouli oil), triethanolamine, tetrasodium EDTA, carbomer, tocopheryl acetate (vitamin E), linalool, limonene & geraniol from natural essential oils .  
Local Distributor: Galea & Galea

**Erbalax® Forte Comresse** (Erba Vita) see Senna

**Gastro-Vit Formula** (Vega)

Capsules; Aloe vera whole leaf extract 200:1 equiv. to herb 2000mg; oat bran 50mg; aniseed fruit oil and powder 20mg; caraway fruit/seed oil and powder 20mg; deglycyrrhised liquorice root extract 20mg; ginger root powder 10mg; cardamon pod oil 10mg; cinnamon bark oil 10mg; activated organic charcoal 50mg; prebiotic fructooligosaccharides 50mg; lipase 10mg; peppermint leaf powder 10mg; protease 10mg; Vega Phytoantioxidant Base™ 50mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1, equiv. to herb 80mg, prebiotic acacia gum 40mg.  
Local Distributor: Alfred Gera & Sons Ltd.

**Herbal Cream** (HealthAid) see Arnica

**Multi-Gyn® ActiGel** (MultiGyn)

Gel; *Aloe barbadensis* extract, \*2QR-complex.  
Local Distributor: Svea Distributors Co. Ltd.

**Multi-Gyn® FemiWash** (MultiGyn)

Emulsion; *Aloe barbadensis* extract, lactic acid, 2QR-complex\*.  
Local Distributor: Svea Distributors Co. Ltd.

**Multi-Gyn® LiquiGel** (MultiGyn)

Gel; *Aloe barbadensis* extract, \*2QR-complex.  
Local Distributor: Svea Distributors Co. Ltd.

**Multi-Gyn® Tablets** (MultiGyn)

Effervescent tablets; Sodium bicarbonate, citric acid, aloe vera powder, lactose, ascorbic acid.  
Local Distributor: Svea Distributors Co. Ltd.

**Multi-Mam® BabyWash** (Multi-Mam)

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\* Patented bio-active polysaccharides derived from *Aloe barbadensis* inner leaf gel by molecular filtration process.

## ANANAS

Emulsion; *Aloe barbadensis* extract, lactic acid, *lavendula angustifolia*, 2QR-complex.  
Local Distributor: Svea Distributors Co. Ltd.

**Multi-Mam® Compresses** (Multi-Mam)  
Compresses; 2QR-complex, glycerin (plant origin), xanthan gum.  
Local Distributor: Svea Distributors Co. Ltd.

**Neo Fermental Max** (ESI)  
Capsules; Aloe vera 20mg, vitamin B2 1.4mg, vitamin B6 1.4mg, vitamin B1 1.1mg, vitamin B12 2.5mcg, bacillus coagulans, fructooligosaccharides.  
Sachets; Aloe vera 60mg, vitamin B2 1.4mg, vitamin B6 1.4mg, vitamin B1 1.1mg, vitamin B12 2.5mcg, bacillus coagulans fructosaccharides.  
Local Distributor: Collis Williams Ltd.

**No-Dol** (ESI) see Devil's Claw

**Organic Aloe Vera** (dr.organic®)  
Cream; Aloe vera, shea butter, cocoa butter, sweet almond oil, panthenol.  
Eye gel; Aloe vera, butcher's broom, horse chestnut, gotu kola, calendula, liquorice, eyebright, panthenol.  
Gel; Aloe vera.

Lip Balm; Aloe vera, shea butter, beeswax, vitamin E.  
Local Distributor: Galea & Galea

**Organic Aloe Vera Gel Infused with Cucumber, Witch Hazel and Calendula** (dr.organic®)  
Gel; Aloe vera, cucumber, calendula, witch hazel, arnica.  
Local Distributor: Galea & Galea

**Organic Aloe Vera Gel Infused with Organic Tea Tree Oil and Arnica** (dr.organic®)  
Gel; Aloe vera, tea tree oil, witch hazel, arnica.  
Local Distributor: Galea & Galea

**Organic Lavender** (dr.organic®) see Lavender

**Organic Pomegranate** (dr.organic®) see Pomegranate

**Organic Tea Tree** (dr.organic®) see Tea tree

**Rash Relief Cream** (Rapaid)  
Cream; Aloe vera, tea tree oil.  
Local Distributor: Collis Williams Ltd.

## ANANAS

see *Pineapple*

## ANGELICA

*Angelica archangelica*

**Family:** Umbelliferae

**Medicinal Parts:** Seed, whole herb, root.

**Indications:**

*Principal:* Dyspeptic complaints

such as mild GI spasms, flatulence, eructation, bloating or sluggish digestion; loss of appetite, anorexia nervosa<sup>8,9,19,28</sup>.

*Major:* Bronchitis, respiratory catarrh, rheumatic and arthritic conditions,

menstruation complaints<sup>9, 19, 28</sup>.

*Minor:* Peripheral vascular disease (a specific treatment for Buerger's disease)<sup>19</sup>.

*Others:* Liver & biliary duct conditions, body lice<sup>28</sup>.

**Cautions:** Avoid prolonged exposure to sunlight for the duration of treatment with Angelica or its preparations<sup>19, 28</sup>.

**Contraindications:** Pregnancy<sup>9, 19, 28</sup>.

**Side-effects:** Photosensitization of the skin is possible due to furanocoumarins<sup>8, 19, 28</sup>.

**Drug interactions:** Anticoagulants, thrombolytic agents, low molecular weight heparins<sup>28</sup>.

**Dose:** Three times daily: dried root and rhizome, 0.6-2 gm or as an infusion (1 in 20); liquid extract 1:1 in 25% alcohol, 0.5-2 ml; tincture 1:5 in 50% alcohol, 0.5-2ml<sup>19</sup>.

*Carbogas* (Sella) see Fennel

*CarbonFlor*<sup>®</sup> (Erba Vita) see Aniseed

*Flodol*<sup>®</sup> *Artro* (Alta Care) see Meadowsweet

*Menophase* (Higher Nature) see Schisandra

## ANISE

*see Aniseed*

## ANISEED

*Pimpinella anisum*

**Family:** Umbelliferae

**Medicinal Parts:** Essential oil from ripe & dried fruit.

### Indications:

#### Internal

*Principal:* Dyspeptic complaints such as flatulence and colic especially in children, nausea, indigestion<sup>9, 19</sup>.

*Major:* Catarrhs of the respiratory tract, bronchitis, whooping cough, spasmodic cough<sup>9, 19, 20</sup>.

*Minor:* To stimulate lactation<sup>9, 19</sup>.

#### External

As diluted anise oil to treat lice and scabies<sup>9, 19</sup>.

**Cautions:** Pregnancy, lactation (increases milk secretions, promotes menstruation & facilitates birth), patients on OCP, HRT or MAOIs<sup>9, 14</sup>.

**Contraindications:** Hypersensitivity to anise or related plants in the

## ARNICA

Umbelliferae family such as fennel, cumin and coriander<sup>14</sup>.

**Side-effects:** Contact dermatitis, photodermatitis, asthma<sup>9,21</sup>.

**Drug interactions:** Caution with patients on MAOIs, warfarin<sup>22</sup>, contraceptive pill, HRT.

**Dose:** Dried, crushed fruits, 3g as an infusion or equivalent preparation; anise oil, 0.3g<sup>19</sup>.

**External use:** Preparations containing 5-10% of anise oil<sup>19</sup>.

*Alito Fresco e Balsamico* (Sella) see Eucalyptus

## ARNICA

*Arnica montana*<sup>†</sup>

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Flowers, leaves, rhizome, roots.

**Indications:**

*Principal:* Bruises, sprains<sup>23</sup>.

*Major:* Unbroken chilblains, dislocations, inflammation caused by insect bites, oedema associated with fractures, rheumatic complaints in muscles and joints<sup>8, 9, 19, 20</sup>.

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<sup>†</sup> Arnica should not be taken internally except in suitable homeopathic dilutions. Oral administration of arnica is often accompanied by severe side effects and may even lead to death<sup>8</sup>.

*Altaflora® Gastrogel* (Alta Care) see Aloe Vera

*CarbonFlor®* (Erba Vita)

Capsules; Charcoal 202.5mg, green anise fruits dry extract 202.5mg, fennel fruits dry extract 202.5mg, standardised at 0.5% in essential oil, angelica root dry extract 202.5mg, peppermint leaves micronized powder 135mg, balm-mint leaves dry extract 135mg, standardized at 2% in rosemary acid, pineapple stem dry extract 135mg, oats fruits dry extract 135mg. Local Distributor: E.J. Busutil Ltd.

*Gastro-Vit Formula* (Vega) see Aloe Vera

*Ivy-Thyme Complex* (A.Vogel) see Thyme

*Karbofin Forte* (ESI) see Fennel

*Potter's Sugar Free Cough Pastilles* see Licorice

*Minor:* Furunculosis, phlebitis, cardiac insufficiency, angina pectoris, myocarditis<sup>8, 9, 19, 20</sup>.

*Others:* Oedema during the early postoperative period<sup>23, 24</sup>, prophylaxis of pain in tonsillectomy<sup>25</sup>.

**Cautions:** For use only on unbroken skin<sup>19</sup>.

**Contraindications:** Other known hypersensitivity to other family members of the family Compositae, and *Tagetes* spp. (Marigold)<sup>14, 19, 20, 26, 27</sup>.

**Side-effects:**

*Fairly common:* Skin irritation and inflammation<sup>19</sup>.

*Others:* Prolonged use on damaged skin e.g. on injuries or crural ulcer, relatively frequently causes oedematous dermatitis with blistering; eczema may also arise with prolonged use; primary toxic skin reactions with blistering or even necrosis with dosage forms of higher concentrations<sup>8, 19</sup>.

**Drug interactions:** Potential interaction with aspirin<sup>14</sup>.

**Dose:**

Infusion for compresses: 2g of arnica flower to 100ml of water.

Tincture 1:10 in 70% ethanol: for compression, tincture diluted 3- to 10-fold with water; for mouthwashes, tincture diluted 10-fold with water; in ointments or gels, 10-25% of tincture<sup>19</sup>.

**Arnica** (Bios Line)

Ointment; Sweet almond oil 3%, arnica glycerin maceration 4%, centella glycerin maceration 2%, witch hazel hydrolat 5%.  
Local Distributor: Collis Williams Ltd.

**Arnica** (HealthAid)

Cream; Sweet almond oil, arnica, lavender

oil, ylang-ylang.

Local Distributor: Galea & Galea

**Arnica** (Sella)

Gel; *Arnica montana* 10%.

Local Distributor: Premier HealthCare

**Arnicare™** (Nelsons)

Cream, gel; *Arnica montana*.

Local Distributor: Serolf Trading Agency

**Atrogel** (A.Vogel)

Gel; 1g contains 500mg arnica extract, equiv. to 160mg fresh arnica flowers.

Local Distributor: Health Plus

**Flodol®** (Alta Care) see Meadowsweet

**Herbal Cream** (HealthAid)

Cream; Sweet almond oil, neem oil, tea tree, arnica, rosemary oil, peppermint oil, aloe vera, vitamin E.

Local Distributor: Galea & Galea

**Organic Aloe Vera Gel Infused with Cucumber, Witch Hazel and Calendula** (dr.organic®) see Aloe Vera

**Organic Aloe Vera Gel Infused with Organic Tea Tree Oil and Arnica** (dr.organic®) see Aloe Vera

**Organic Pomegranate** (dr.organic®) see Pomegranate

**Organic Tea Tree** (dr.organic®) see Tea tree

## ARTICHOKE

### ARTICHOKE

*Cynara scolymus L.*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Leaves.

#### Indications:

**Major:** Loss of appetite, dyspepsia, liver and gallbladder complaints<sup>8, 28, 31, 32, 45</sup>.

**Minor:** Irritable bowel syndrome, prophylactic treatment against the recurrence of gall stones, hypercholesterolaemia<sup>5, 9, 28, 29, 30, 31</sup>.

**Others:** Alcohol-induced hangovers<sup>5, 31</sup>.

**Cautions:** Pregnancy, lactation, known allergies to other composites (including chrysanthemes, arnica pyrethrum)<sup>5, 9, 28, 31</sup>.

**Contraindications:** Bile duct obstruction, gallstones<sup>5, 8, 9, 28, 31</sup>.

**Side-effects:** Flatulence, weakness, hunger, contact dermatitis<sup>5, 31</sup>.

**Drug interactions:** No known or reported drug or supplement interactions with artichoke leaf extract<sup>31</sup>.

**Dose:** Average daily dose is 6gm of drug in divided doses; single dose is 500mg of dry extract<sup>28, 31</sup>.

**2-Day DetoxPlan** (HealthAid) see Milk Thistle

**4.3.2.1 Shape Up Ultimate** (Arkopharma) see Fenugreek

**Altadrine® Day Burner** (Alta Care) see Grapeseed

**Altaflora® Gastrogel** (Alta Care) see Aloe Vera

**Altaflora® Transit** (Alta Care) see Rhubarb

**Artichoke** (Arkopharma)  
Capsules; Artichoke 200mg.  
Local Distributor: Pharmacos Ltd.

**Artichoke** (HealthAid)  
Tablets; 190mg artichoke powder, 204mg artichoke extract standardised for min. 2.5% cynarin (equiv. to 8160mg raw artichoke powder).  
Local Distributor: Galea & Galea

**Colestroforte™** (HealthAid) see Fenugreek

**Cynara** (A.Vogel)  
Liquid; Tincture of organically grown fresh globe artichoke leaves, extracted in alcohol (66% v/v).  
Local Distributor: Health Plus

**Detoxil** (Vitabiotics)  
Tablets; Artichoke conc. extract 25mg, grapefruit conc. extract 25mg, dandelion root extract 25mg, vitamin A 200mcg, vitamin D 2.5mcg, vitamin E 15mg, vitamin C 60mg, thiamin 6mg, riboflavin 2.5mg, niacin 13.5mg, vitamin B6 5mg, folacin 200mcg, vitamin B12 10mcg, biotin 15mcg, pantothenic acid 25mg, iron 2.5mg, magnesium 25mg, zinc 7.5mg, manganese 2mg, copper 0.5mg, iodine 100mcg, selenium 60mcg, betacarotene 1mg, N-acetyl cysteine 15mg, methionine 20mg, phosphatidylcholine 5mg.  
Local Distributor: Kemimport Ltd.

**Ibisen®** (Lamberts)  
Tablets; Artichoke extract 8000mg providing cynarin 16mg.



Local Distributor: Health Plus

*Livercare*<sup>®</sup> (HealthAid) see Milk Thistle

*Milk Thistle & Artichoke* (Higher Nature)  
see Milk Thistle

*Milk Thistle Complex* (HealthAid) see  
Milk Thistle

*Milk Thistle Plus* (FSC) see Milk Thistle

## ASTRAGALUS

*see Tragacanth*

## BAMBOO

*Arundinaria japonica*

**Family:** Poaceae

**Medicinal Parts:** Young shoots.

**Indications:** Asthma, arthritis,  
coughs<sup>28</sup>.

**Contraindications:** None known.

**Side-effects:** No health hazards are  
known in conjunction with the proper  
administration of designed therapeutic  
dosages.

**Drug interactions:** None known.

**Dose:** There is not enough scientific

evidence to safely recommend the use  
of bamboo.

*Bamboo Gum* (Arkopharma)  
Capsules; Bamboo dry extract 314mg.  
Local Distributor: Pharmacos

*Organic Pomegranate* (dr.organic<sup>®</sup>) see  
Pomegranate

*Organic Tea Tree* (dr.organic<sup>®</sup>) see Tea  
tree

*Silica 250mg* (HealthAid)  
Capsules; Bamboo extract 357mg whichh  
provides silica 250mg.  
Local Distributor: Galea & Galea

## BAOBAB

*Adansonia digitata*

**Family:** Bombacaceae

**Medicinal Parts:** Roots, fruit, leaves.

**Indications:**

*Principal:* Fever, mild diarrhoea,

urinary disorders<sup>28</sup>.

*Major:* Malaria, ulcer, skin problems,  
anaemia<sup>28</sup>.

**Cautions:** The plant contains tartaric

## BARBERRY

acid which is mildly irritating in high concentrations<sup>28</sup>.

**Side-effects:** None known.

**Drug interactions:** No human drug information is available.

## BARBERRY

*Berberis vulgaris*

**Family:** Berberidaceae

**Medicinal Parts:** Fruit, root, bark.

### Indications:

**Principal:** Liver malfunction, kidney stones, gall bladder disease, urinary tract disorders, diarrhoea, indigestion<sup>8, 19, 28</sup>.

**Major:** Jaundice, splenopathy, renal disease<sup>8, 28</sup>.

**Minor:** Gout, rheumatism, arthritis, lumbago, malaria, leishmaniasis<sup>14, 19, 28</sup>.

**Others:** Dry skin disease, opium or morphine withdrawal<sup>19, 28</sup>.

**Cautions:** To avoid polyherbal remedies containing goldenseal and oregon grape due to a high total content of berberine, patients receiving antithrombotic or antirheumatic therapy<sup>14</sup>.

**Reintegra MgKB Balance** (Erba Vita) Sachets; Baobab fruit pulp 325mg, magnesium 375mg, potassium 300mg, vitamin B3 27mg, vitamin B6 3mg, vitamin B2 2.4mg, vitamin B1 2.1mg, vitamin B9 200mcg, vitamin B12 2.5mcg. Local Distributor: E.J. Busuttil Ltd.

**Contraindications:** Pregnancy<sup>14, 28</sup>, use of NSAIDs<sup>28</sup>.

**Side-effects:** None at normal doses<sup>14, 19, 28</sup>. Lethargy, nosebleeds, dyspnoea, nephritis, GI discomfort, hypotension, flu-like symptoms, cardiac damage occurs in excessive doses<sup>14, 28</sup>.

**Drug interactions:** NSAIDs, antithrombotic and antirheumatic therapy<sup>14</sup>.

**Dose:** Dried stem or root bark: 1.5-3 gm; liquid extract: 3-6ml; tincture: 7-14ml<sup>19</sup>.

**Aquaflow**<sup>®</sup> (HealthAid) see Dandelion

**Slim-Rite** (HealthAid) see Alfalfa

**Livercare**<sup>®</sup> (HealthAid) see Milk Thistle

**Milk Thistle Complex** (HealthAid) see Milk Thistle

**BARLEY***Hordeum distichon***Family:** Gramineaceae**Medicinal Parts:** Polished grain without the husk.**Indications:** Convalescents, diarrhoea, gastritis, inflammatory bowel conditions<sup>28</sup>.**Contraindications:** Pregnancy<sup>28</sup>.**Side-effects:** No health hazards are known in conjunction with the proper administration of designated therapeutic dosages.**Drug interactions:** None known.**Dose:** Boil 1 part barley in 9 parts water for 20 minutes and strain; a dose is from 1 to 4 oz<sup>28</sup>.**4.3.2.1 Performance Detox** (Arkopharma) see Green Tea**4.3.2.1 Shape Up Day & Night** (Arkopharma) see Green Tea**Bambu®** (A.Vogel) see Chicory**Venalta®** (Alta Care) see Grapeseed**Venalta® Ampoules** (Alta Care) see Grapeseed**BEAN POD***see Kidney Bean***BEARBERRY***see Uva Ursi***BETONY***see Wood Betony***BILBERRY***Vaccinium myrtillus***Family:** Ericaceae**Medicinal Parts:** Dried leaves, dried ripe fruit or fresh fruit.**Indications:***Fruit***Principal:** Prevention of cataract worsening, impaired night vision, macular degeneration<sup>33</sup>, haemorrhoids<sup>5, 8, 14, 28, 36</sup>.**Major:** Non-specific acute diarrhoea, inflammation of the mouth and

## BILBERRY

pharynx, vomiting, bleeding<sup>5,14,28</sup>.

**Minor:** Poorly healing skin ulcers, wound healing, diabetes, bleeding gums, nose bleeds, peptic ulcers, spider veins<sup>5,28</sup>.

**Others:** Dysmenorrhea, diabetic retinopathy, coronary artery relaxation<sup>34</sup>, chronic fatigue syndrome<sup>35</sup>.

### *Leaves*

**Principal:** Prevention & treatment of diabetes mellitus<sup>5,8,28,37</sup>.

**Major:** Complaints of the GI tract, kidneys and urinary tract, arthritis, poor circulation, functional heart problems<sup>5,8,28</sup>.

**Minor:** Gout, dermatitis, haemorrhoids, inflammation of the oral mucosa<sup>28</sup>, eye inflammation<sup>38</sup>, burns<sup>28</sup>, anti-carcinogenic properties: repair and protect genomic DNA integrity, reduce age-associated oxidative stress, improve neuronal and cognitive brain function<sup>39</sup>.

**Cautions:** Not to be used in high doses or on prolonged use as chronic intoxication may arise<sup>14</sup>.

**Side-effects:** GI disorders including nausea<sup>5,8,14,28</sup>.

**Drug interactions:** Increased risk of bleeding or bruising with high doses in patients taking oral anticoagulants or platelet-inhibiting drugs<sup>14</sup>.

**Dose:** For commercially available tablets and capsules that are standardised to 36% anthocyanosides,

the recommended dose is 60-160mg three times daily<sup>28</sup>.

**Active Mature 50+** (Vega) see Aloe Vera

**Active Women's Multivitamins & Minerals** (Vega) see Siberian Ginseng

**Antioxidant Selenium-ACE Formula** (Vega)

Capsules; Bilberry standardised extract 120mg (min. 20% anthocyanadins), green tea standardised extract 50mg (min. 40% polyphenols), grape standardised extract 20mg (min. 95% polyphenols), vitamin C 150mg, vitamin E 200mg, vitamin A 400mcg, selenium 100mcg, Vega Phytoantioxidant Base™ providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1, equiv. to herb 160mg, prebiotic acacia gum 80mg.

Local Distributor: Alfred Gera & Sons Ltd.

**Bilberry** (A.Vogel)

Liquid; Tincture of fresh bilberry leaves and stems, extracted in alcohol (66% v/v).  
Local Distributor: Health Plus

**Bilberry** (HealthAid)

Liquid; Bilberry extract 1:3 (equiv. of 330mg of bilberry herb in 1ml).  
Tablets; Bilberry powder 210mg, bilberry extract 65mg (standardised to 25% anthocyanidine).  
Local Distributor: Galea & Galea

**Bilberry Extract** (Power Herbs)

Tablets; Bilberry extract (100:1) 25mg equiv. to fresh bilberries 2500mg.  
Local Distributor: Kemimport Ltd.

**Brain Fuel Formula** (Vega) see Ginkgo

**Cardiohealth Formula** (Vega) see Garlic

**Cellulite Formula** (Vega) see Ginkgo

*Eyewise*<sup>®</sup> (Lamberts) see Grapeseed

*Grapeseed Antioxidant Formula* (FSC)  
see Grapeseed

*Hematinic Blood Co-Factors* (Vega) see  
Ginkgo

*Immune +* (Higher Nature) see Elder

*Maxijoint Formula* (Vega)  
Capsules; Bilberry standardised fruit  
extract 4:1 equiv. to herb 30mg  
(min. 20% anthocyanadins), green  
tea standardised leaf extract 30mg  
(min. 40% polyphenols), pine  
standardised bark extract 2mg (min.  
70% proanthocyanadins), MSM 250mg,  
vitamin C 60mg, citrus bioflavonoids  
30mg, niacin 18mg, vitamin E 10mg,  
zinc 7.5mg, pantothenic acid 6mg, beta  
carotene 2.4mg, alpha lipoic acid 2mg,  
vitamin B6 2mg, vitamin B2 1.6mg,  
vitamin B1 1.4mg, vitamin B12 1mcg,  
manganese 0.25mg, folate 200mcg,  
selenium 100mcg, copper 50mcg.  
Local Distributor: Alfred Gera & Sons  
Ltd.

*Multi Antioxidant Complex* (Vega) see  
Ginkgo

*Multibionta<sup>®</sup> Probiotic Multivitamin 50+*  
(Seven Seas) see Ginseng Korean

*Multiglucos Tolerance Factor* (Vega) see  
Ginkgo

*Opticare Formula 20:20* (Vega) see  
Ginkgo

*Super Antioxidant* (Higher Nature) see  
Chicory

*TotallyWise* (Vega) see Green Tea

*Vein Support Formula* (Vega) see Ginkgo

*Visionace* (Vitabiotics)  
Capsules; Vitamin A 300mcg, vitamin  
D 2.5mcg, vitamin E 60mg, vitamin C  
150mg, thiamin 7.5mg, riboflavin 5mg,  
niacin 9mg, vitamin B6 4.5mg, folacin  
250mcg, vitamin B12 4.5mcg, pantothenic  
acid 10mg, vitamin K 45mcg, iron 3mg,  
magnesium 50mg, zinc 7.5mg, iodine  
100mcg, copper 1mg, manganese 2mg,  
selenium 100mcg, chromium 50mcg,  
natural mixed carotenoids 3mg, citrus  
bioflavonoids 15mg, bilberry extract  
60mg.  
Local Distributor: Kemimport Ltd.

*Visionace Plus* (Vitabiotics)  
Tablets and capsules.  
Tablets; Vitamin A 300mcg, vitamin  
D 2.5mcg, vitamin E 60mg, vitamin C  
150mg, thiamin 12mg, riboflavin 4.8mg,  
niacin 18mg, vitamin B6 10mg, folacin  
400mcg, vitamin B12 9mcg, pantothenic  
acid 20mg, iron 6mg, magnesium 50mg,  
zinc 15mg, iodine 100mcg, copper 1mg,  
manganese 4mg, selenium 150mcg,  
chromium 50mcg, natural mixed  
carotenoids 3mg, citrus bioflavonoids  
5mg, bilberry extract 60mg, lutein esters  
4mg.

Capsules; Omega-3 fish oil 600mg  
(providing DHA 300mg, EPA 60mg),  
lutein esters 8mg.  
Local Distributor: Kemimport Ltd.

*VisualEyes* (Higher Nature)  
Capsules; Vitamin A 250mcg, vitamin  
C 30mg, vitamin E 5mg, lutein complex  
30mg, zeaxanthin complex 30mg,  
bilberry standardised extract 18mg  
(25% anthocyanidins), vitamin B2 2mg,  
selenium 75mcg, zinc 3mg, tomato  
powder.  
Local Distributor: Health Plus

*Vitalize Regenerative Formula* (Vega) see  
Siberian Ginseng

*V-Vein<sup>TM</sup>* (HealthAid) see Horse Chestnut

## BIRCH LEAF

### BIRCH LEAF

*Betulae folium*

**Family:** Betulaceae

**Medicinal Parts:** Bark, leaves & buds.

**Indications:**

Internal

*Principal:* To promote diuresis in the treatment of ailments which require it including irrigation in bacterial and inflammatory disorders of the urinary tract and for kidney gravel<sup>18, 19, 28</sup>.

*Major:* In adjunct therapy for rheumatic ailments and in gout<sup>8, 19, 28</sup>.

External

Hair loss, dandruff<sup>28</sup>.

**Cautions:** Ensure copious fluid intake<sup>8</sup>.

**Contraindications:** Oedema in cardiac or renal insufficiency<sup>8, 19</sup>.

**Side-effects:** None known in conjunction with the proper administration of designated therapeutic doses<sup>8, 19, 28</sup>.

**Drug interactions:** None known<sup>8, 19, 28</sup>.

**Dose:** 2-3g of dried leaf several times daily in infusion or as an equivalent aqueous or hydroethanolic extract<sup>8, 19</sup>.

*HaemoVit Liquid Gold™* (HealthAid) see Sarsaparilla

*Slim-Rite* (HealthAid) see Alfalfa

### BISSY NUT

*see Kola Nut*

### BITTER MELON

*see Karela*

### BITTER ORANGE

*Citrus aurantium*

**Family:** Rutaceae

**Medicinal Parts:** Fresh & dried fruit peel, flowers, seeds, extracted essential oil.

**Indications:**

*Principal:* Gastric complaints

including dyspepsia & vomiting, loss of appetite<sup>5, 8, 28, 40</sup>.

*Major:* As a sedative<sup>41</sup> for nervous tension & insomnia, gout, sore throat, anorexia<sup>5, 8, 19, 28</sup>.

*Minor:* Obesity<sup>42</sup>.

*Others:* Chronic bronchitis<sup>28</sup>.

**Cautions:** Pregnancy<sup>5</sup>, hypertension<sup>43</sup>, skin sensitization and phototoxicity are possible with the essential oils and thus, exposure to UV light sources should be avoided for at least 12 hours after dermal application<sup>5, 28, 44</sup>. Sensitization can result in erythema, swelling, blisters, pustules, dermatoses leading to scab formation and pigment spots<sup>28</sup>.

**Contraindications:** Do not apply essential oils to eyes or undiluted to mucous membranes<sup>5</sup>.

**Side-effects:** Abdominal pain, nausea, vomiting, diarrhoea, dizziness, skin sensitization, photosensitization, cardiotoxicity<sup>5</sup>.

**Drug interactions:** Bitter orange juice inhibits CYP3A

and P-glycoprotein<sup>5, 28, 40</sup>. This results in increased absorption of dextromethorphan and felodipine<sup>‡ 40</sup>.

**Dose:** Daily dose: drug: 4-6g; extract: 1-2g; tea: 1 cup half-hour before meals; tincture: 2-3g<sup>28</sup>.

*Altadrine® Fat Burner* (Alta Care)  
Tablets; Bitter orange 200mg, maltodextrin 175.75mg, guarana extract 100mg, micro-crystalline cellulose 80mg, lactoserum protein 50mg, magnesium oxide 50mg, vitamin C 40mg, tri calcium phosphate 40mg.  
Local Distributor: Ultra Pharma Ltd.

*Altadrine® Lipodrainer* (Alta Care) see Nettle

*Controller* (Alta Care) see Lemon Balm

*Controller® Natural Sleep* (Alta Care) see Linden

## BLACK COHOSH

*Cimicifuga racemosa*

**Family:** Ranunculaceae

**Medicinal Parts:** Fresh and dried root.

### Indications:

*Principal:* Menopausal disorders including neurovegetative symptoms (hot flushes, fits of perspiration, night sweats, sleep disorders), psychological symptoms (nervousness, mood swings, depressed mood, physical and mental fatigue), disturbances of the menstrual

cycle and urogenital symptoms (vaginal dryness & itching)<sup>5, 28, 45, 46, 47, 48</sup>.

*Major:* Premenstrual complaints, dysmenorrhoea, uterine spasm<sup>5, 45</sup>.

*Minor:* Muscular rheumatism, rheumatoid arthritis, mild depression, tinnitus, sore throat, bronchitis<sup>28, 45</sup>.

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‡ Interactions may occur with the fruit and fruit products. There are no known interactions between the essential oils and conventional medicines<sup>5</sup>.

## BLACK ELDERBERRY

**Cautions:** *Cimicifuga racemosa* should not be substituted for HRT with oestrogen - no studies to date show cardioprotective effects or protective effects against osteoporosis<sup>5,28</sup>, liver disease<sup>5</sup>.

**Contraindications:** Pregnancy, breastfeeding<sup>5,28,45</sup>.

### Side-effects:

**Major:** GI disturbances (gastroenteritis, nausea, vomiting), mild rashes<sup>5,28</sup>.

**Minor:** Dizziness, headache, tremors, giddiness, muscle damage<sup>5,28</sup>, liver damage<sup>49</sup>.

**Others:** Headache, nausea, vomiting, vertigo, visual disturbances & hypotension in case of overdose<sup>5,28</sup>.

### Drug interactions:

Immunosuppressants: azathioprine & cyclosporine; antihypertensives; iron-containing products<sup>28,50</sup>; tamoxifen<sup>50</sup>.

**Dose:** Alcoholic-aqueous extract corresponding to 40mg drug daily. The herb is not recommended for treatment longer than 6 months unless advised by a physician<sup>28</sup>.

### *Black Cohosh* (HealthAid)

Liquid; Black cohosh extract 1:3 (equiv. of 330mg of black cohosh herb in 1ml).  
Tablets; Black cohosh powder 55mg,

black cohosh extract 250mg (standardised for min 2.5% triterpene glycosides).  
Local Distributor: Galea & Galea

***Black Cohosh 1000mg*** (Lamberts)  
Tablets; Black cohosh 1000mg (provided by 250mg of a 4:1 extract).  
Local Distributor: Health Plus

***Black Cohosh Herbal Complex*** (Vega)  
Capsules; Black cohosh standardised root extract 300mg (min. 2.5% triterpene glycosides); Vega Phytoantioxidant Base™ providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1, equiv. to herb 320mg, prebiotic acacia gum 160mg.  
Local Distributor: Alfred Gera & Sons Ltd.

***Herbal Female Complex*** (Solgar)  
Vegicaps; Black cohosh root powdered extract (4:1) 100mg, soy bean germ powder (providing 2mg [2%] isoflavones) 100mg, motherwort aerials powdered extract (5:1) 75mg, standardized agnus castus powdered extract (providing 0.38mg [0.5%] agnuside) 75mg, standardized dong quai root powdered extract (providing 0.75mg [1%] ligustilide) 75mg, raw astragalus root powder 75mg, standardized milk thistle extract (total flavonoids including silymarin 40mg [80%]) 50mg, raw dong quai root powder 50mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).  
Local Distributor: Natural Remedies

***Menovital®*** (HealthAid) see Dong Quai

## BLACK ELDERBERRY

*see Elder*



**BLADDERWRACK***Fucus vesiculosus***Family:** Fucaceae**Medicinal Parts:** Dried and fresh thallus.**Indications:***Principal:* Obesity associated with iodine deficiency and hypothyroidism<sup>8, 28, 45</sup>.*Major:* Lymphadenoid goiter, arteriosclerosis<sup>8, 28, 45</sup>.*Minor:* Digestive disorders, sprains<sup>8, 28</sup>, rheumatism<sup>45</sup>.**Cautions:** Long-term use of bladderwrack is not recommended; avoid using iodine supplements while taking bladderwrack<sup>28</sup>.**Contraindications:** Hyperthyroidism, cardiac problems, pregnancy, lactation<sup>28, 45</sup>.**Side-effects:** Exacerbation or induction of hyperthyroidism, renalfailure, acne, allergic reactions<sup>28</sup>.**Drug interactions:** Anticoagulants, antiplatelets, thrombolytic agents, low molecular weight heparins, hypoglycemic agents<sup>28</sup>.**Dose:** Daily dose: dried thallus, 0.8-2 gm; liquid extract (1:1, 25% ethanol), 1-2 ml; tincture (1:5, 25% ethanol), 4-10ml<sup>45</sup>.*Altadrine® Day Burner* (Alta Care) see Grapeseed*Altadrine® Night Burner* (Alta Care) see Green Tea*Aquaflow®* (HealthAid) see Dandelion*Silvia® Women Formula* (Alta Care) see Guarana*Slim-Rite* (HealthAid) see Alfalfa**BLESSED THISTLE***Cnicus benedictus***Family:** Asteraceae/Compositae**Medicinal Parts:** Dried leaves, upper stems.**Indications:***Principal:* Dyspepsia, loss of appetite, flatulence<sup>8, 9, 28</sup>.*Minor:* Anorexia, fever & colds,externally for wounds and ulcers<sup>28</sup>.**Cautions:** Drug exhibits a strong potential for sensitization due to cross-reactions with other members of the Compositae family particularly mugwort and cornflower<sup>9, 28</sup>.

## BOLDO

**Contraindications:** Pregnancy<sup>9,28</sup>.

**Side-effects:** Rarely allergic reactions<sup>28</sup>.

**Drug interactions:** None noted.

**Dose:** Dried extract: 4-6 gm of drug; Aromatic bitter: 1 cup ½ hour before meals; Tea: 1 cup three times daily<sup>28</sup>.

*Cellusite™* (HealthAid) see White Willow

## BOLDO

*Peumus boldo*

**Family:** Monimiaceae

**Medicinal Parts:** Leaves.

**Indications:**

*Principal:* Minor hepatobiliary dysfunction<sup>9,19,28,36</sup>.

*Major:* Mild spasmodic disorders of the GI tract especially functional disorders of the bile duct, gall stones, liver or gall bladder pains, dyspeptic complaints<sup>8,9,19,28,36</sup>.

*Minor:* Urinary tract inflammation including cystitis, rheumatism<sup>19,36</sup>.

**Cautions:** Elderly patients with fatty liver<sup>51</sup>, use of boldo leaf in gall stones only after consulting a physician<sup>8,9,19,28</sup>, use of warfarin and related drugs<sup>52</sup>.

**Contraindications:** Bile duct obstruction, severe liver disorders,

*Hip & Thigh Formula* (HealthAid) see White Willow

*Vegilax®* (HealthAid)

Tablets; 25mg blessed thistle extract (3:1), 25mg cascara sagrada extract (3:1), 25mg licorice root extract (3:1), 25mg fennel seed extract (3:1), 16.7mg buckthorn bark extract (3:1), 16.7mg prune extract (3:1), 16.7mg uva ursi extract (3:1), 16.7mg yellow dock extract (3:1), 12mg senna leave extract (3:1), 12mg rhubarb root extract (3:1), 10mg parsley leaf extract (3:1).

Local Distributor: Galea & Galea

pregnancy<sup>8,9,19,28</sup>, existing kidney disorders<sup>9</sup>.

**Side-effects:** None known in conjunction with the proper administration of designated therapeutic doses.

**Drug interactions:** None known.

**Dose:** Three times daily: dried leaf, 60-200mg, or as an infusion<sup>19</sup>.

*Boldo Multi-Herbal Complex* (Healthlife)

Tablets; Boldo extract 13mg equiv. to herb 65mg, sea kelp extract 11.5mg equiv. to herb 46mg, dandelion root extract 6.25mg equiv. to herb 25mg, uva-ursi extract 8.25mg equiv. to herb 33mg, cleavers extract 6.25mg equiv. to herb 25mg.  
Local Distributor: Kemimport Ltd.

*Sollievo* (Aboca) see Senna

**BONESET***Eupatorium perfoliatum***Family:** Asteraceae/Compositae**Medicinal parts:** The herb after flowering.**Indications:***Principal:* Influenza<sup>9, 14, 28, 53</sup>.*Major:* Acute bronchitis<sup>9, 53</sup>.*Minor:* Nasopharyngeal catarrh, febrile diseases<sup>9, 28, 53</sup>.**Cautions:** Hypersensitivity to other members of the Asteraceae family<sup>9, 14, 28</sup>.**Contraindications:** Pregnancy, lactation<sup>9</sup>.**Side-effects:** Sensitization after skin contact with the plant, outbreaks of sweat, diarrhoea<sup>28</sup>, nausea<sup>14</sup>.**Drug interactions:** None noted.**Dose:** Herb: 1-2 gm or by infusion three times daily; Liquid extract: 1-2ml three times daily; Tincture: 1-4ml three times daily<sup>9</sup>.**BORAGE***see Starflower***BOSWELLIA***Boswellia serrata***Family:** Burseraceae**Medicinal Parts:** Resin gum exuded when incisions are made in the bark of the trunk.**Indications:***Principal:* Inflammatory bowel disease (ulcerative colitis and Crohn's disease)<sup>54, 55</sup>, osteoarthritis, rheumatoid arthritis<sup>14, 28, 56</sup>.*Major:* Collagenous colitis (a cause of chronic diarrhoea)<sup>28, 56, 57</sup>, asthma<sup>28, 58</sup>.*Minor:* Dysentery, pulmonary disease, ringworm<sup>14</sup>.**Cautions:** Pre-existing gastritis<sup>28</sup>.**Contraindications:** None noted.**Side-effects:** Retrosternal burning, nausea, abdominal fullness, epigastric pain, anorexia, dermatitis<sup>28</sup>, skin rash<sup>14</sup>.**Drug interactions:** Possibly, food may increase bioavailability of boswellic acids; drugs that inhibit P-glycoproteins and/or cytochrome P450 isoenzymes but data is sparse<sup>56</sup>.

## BRAHMI

**Dose:** For arthritis: 400mg 3 times daily; for asthma: 300mg 3 times daily.

## BRAHMI

*Bacopa monnieri*

**Family:** Scrophulariaceae

**Medicinal Parts:** Aerial parts mainly the leaves and stems.

### Indications:

**Principal:** Improve cognitive function – learning, memory, intelligence; neuroprotection against Alzheimer’s disease<sup>59</sup>; anxiety<sup>5, 60, 61, 62</sup>.

**Major:** Gastric ulcers<sup>61</sup>, bronchitis & asthma, epilepsy at high doses, diarrhoea-predominant form of irritable bowel syndrome<sup>5, 60</sup>.

**Minor:** Hypothyroidism, cardiovascular disease<sup>5, 60</sup>.

**Cautions:** Hyperthyroidism<sup>5</sup>.

**Side-effects:** None known with the therapeutic doses.

**Drug interactions:** Cholinergic drugs<sup>5</sup> including perphenazine, prochlorperazine, thioridazine<sup>63</sup>.

**Boswellia** (HealthAid)

Capsules; Boswellia 400mg (standardised to contain 65% boswellic acids), boswellia resin powder 120mg.

Local Distributor: Galea & Galea

**Dose:** Dried aerial parts of herb: 5-10 g/day; Fluid extract (1:2) or equivalent oral dose form: 5-13 ml/day in divided doses. Cognitive activator effects: 300mg/day<sup>§ 5</sup>.

**Brainvit**<sup>®</sup> (HealthAid)

Tablets; 150mg brahmi extract (20:1) (equivalent to 3000mg powder), 60mg ginkgo biloba extract (50:1) (equivalent to 3000mg powder) (standardised to min 24% ginkgo flavoglycosides & 6% triterpene lactones), 30mg gotu kola extract (4:1) (equivalent to 120mg of gotu kola powder), 67mg vitamin E, 60mg vitamin C, 50mg L-tyrosine, 50mg L-phenylalanine, 50mg L-methionine, 50mg L-arginine, 50mg alpha lipoic acid, 34mg natural mixed carotenoids, 25mg phosphatidyl choline, 25mg phosphatidyl serine, 20mg Co-Q10, 20mg acetyl-L-carnitine, 20mg L-glutathione, 20mg L-glutamine, 18mg niacin, 15mg thiamin, 14mg zinc, 14mg iron, 12mg pantothenic acid, 3.2mg riboflavin, 400mcg folic acid, 200mcg selenium, 50mcg vitamin B12.

Local Distributor: Galea & Galea

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§ 3 months’ use is required before clinical effects are observed<sup>5</sup>.

## BUCHU

*Barosmae folium*

**Family:** Rutaceae

**Medicinal Parts:** Leaves.

**Indications:**

*Principal:* Dysuria, cystitis, urethritis, prostatitis<sup>9, 28, 45</sup>.

*Major:* Inflammation and infection of the kidneys and urinary tract<sup>8, 14, 28, 45, 64</sup>, bladder disorders including stones and inflammation<sup>14, 28, 45</sup>.

*Minor:* Gout, rheumatism<sup>14, 28</sup>.

*Others:* Stomach ache<sup>14, 64</sup>.

**Cautions:** Patients taking lithium<sup>64</sup>.

**Contraindications:** Pregnancy<sup>28, 45</sup>.

**Side-effects:** Occasional GI intolerance - avoid taking on an empty

stomach<sup>45</sup>; signs of irritation with the volatile oil<sup>28</sup>.

**Drug interactions:** Loop diuretics, spironolactone, thiazide diuretics, triamterene<sup>63</sup>.

**Dose:** 1-2 gm daily. Fluid extracts of 0.3-1.2 ml are taken 3 times daily. Dosage for the tincture is 2-4 ml up to 3 times daily. Infusion usage is typically 1 gm per cup<sup>28, 45</sup>.

*Aquaflow*<sup>®</sup> (HealthAid) see Dandelion

*Cellusite*<sup>™</sup> (HealthAid) see White Willow

*Cysticare*<sup>®</sup> (HealthAid) see Cranberry

*Hip & Thigh Formula* (HealthAid) see White Willow

## BUCKTHORN

*Rhamnus catharticus*

**Family:** Rhamnaceae

**Medicinal Parts:** Whole, ripe, dried fruit; fresh ripe fruit.

**Indications:**

*Principal:* Constipation, bowel movement relief in cases of anal fissures & haemorrhoids<sup>28</sup>.

*Major:* After recto-anal surgery, in preparation for diagnostic intervention in the GI tract, to achieve softer stools<sup>28</sup>.

*Others:* Poor digestion<sup>28</sup>.

**Cautions:** Pregnancy, lactation. Not suitable for long term use<sup>28</sup>.

**Contraindications:** Intestinal obstruction, acute inflammatory intestinal diseases, appendicitis, abdominal pain of unknown origin, children under 12 years of age<sup>28</sup>.

**Side-effects:**

*Major:* Spasmodic GI complaints<sup>28</sup>.

*On long term use:* Potassium deficiency, nephropathy, oedema,

## BUCKWHEAT

accelerated bone deterioration<sup>28</sup>.

**Drug interactions:** Thiazide diuretics, oral corticosteroids<sup>63</sup>, licorice root. Effect of cardiac glycosides & heartbeat-regulating drugs is altered in chronic use/overuse<sup>28</sup>.

**Dose:** 2-5 gm drug corresponding to 20-30 mg hydroxyanthracene derivative per day; Tea: 1

## BUCKWHEAT

*Fagopyrum esculentum*

**Family:** Polygonaceae

**Medicinal Parts:** Fresh aerial parts, leaves and flowers collected during the flowering season and later dried.

### **Indications:**

*Principal:* Chronic venous insufficiency, hypertension, prophylaxis to prevent general hardening of the arteries<sup>28</sup>.

*Major:* Type-2 diabetes, venous stasis, varicose veins<sup>28</sup>.

**Cautions/contraindications:** None known.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** 5 drops, 1 tablet or 10 globules every 30 to 60 minutes (acute) or 1 to 3 times daily (chronic)<sup>28</sup>.

cup mornings and evenings. Administration should be limited to a few days<sup>28</sup>.

*Erbalax® Delicato Capsule* (Erba Vita) see Rhubarb

*Linoforce®* (A.Vogel) see Flaxseed

*Slim-Rite* (HealthAid) see Alfalfa

*Vegilax®* (HealthAid) see Blessed Thistle

### *50 Plus Once A Day* (Quest)

Tablets; Vitamin A 375mcg, beta carotene 3mg, alpha carotene 45mcg, cryptoxanthin 10.6mcg, zeaxanthin 10.6mcg, lutein 6.8mcg, vitamin D 5mcg, vitamin E 17mg, thiamine 19.5mg, riboflavin 25mg, niacin 25mg, vitamin B6 5mg, folacin 100mcg, vitamin B12 25mcg, biotin 29mcg, pantothenic acid 25mg, vitamin C 75mg, calcium 77mg, phosphorus 43.9mg, iron 7.5mg, magnesium 30mg, zinc 5mg, copper 500mcg, manganese 500mcg, iodine 50mcg, selenium 16mcg, chromium 12.5mcg, molybdenum 12.5mcg, vanadium 12.5mcg, choline bitartrate 25mg, inositol 25mg, methionine 25mg, PABA 25mg, bioflavonoids 14.3mg, lysine HCl 11mg, lecithin 15mg, papain 1mg, rutin 1mg, betaine HCl 6mg, hesperidin 5mg, cysteine 0.3mg.

Local Distributor: Pharma MT Ltd.

*Altadrine® Day Burner* (Alta Care) see Grapeseed

*Day-vit® Probio* (HealthAid) Tablets; Rutin 8mg, papain 6mg,

bromelain 5mg, apple pectin 5mg, hesperidin complex 20mg, silica 3mg, CoQ10 5mg, lutein 2mg, vitamin A 800mcg, vitamin D 5mcg, vitamin E 10mg, vitamin C 60mg, thiamin 1.4mg, riboflavin 1.6mg, niacin 18mg, vitamin B6 2mg, folic acid 200mcg, vitamin B12 1mcg, biotin 150mcg, pantothenic acid 6mg, vitamin K 30mcg, calcium 100mg, phosphorus 50mg, iron 14mg, magnesium 50mg, zinc 15mg, iodine 150mcg, copper 1000mcg, manganese 2mg, potassium 5mg, selenium 100mcg, chromium 40mcg, molybdenum 50mcg, chloride 5mg, choline bitartrate 50mg, inositol 100mg, probiotic cultures (Acidophilus, Bifidobacterium, Bifidus, Lactobacillus Rhamonosus) 2 billion.  
Local Distributor: Galea & Galea

**Ester-C® 1000mg Plus Vitamin C** (Solgar) see Acerola

**Ester-C Formula** (Vega) see Rose Hip

**Fema45+** (Lamberts)

Tablets; Rutin 10mg, vitamin A 30mcg, vitamin D 5mcg, vitamin E 50mg, vitamin C 60mg, thiamine 2mg, riboflavin 2mg, niacin 9mg, vitamin B6 4mg, folic acid 200mcg, vitamin B12 50mcg, biotin 0.075mg, pantothenic acid 6mg, vitamin K 0.025mg, calcium 100mg, iron 3.75 mg, magnesium 75mg, zinc 7.5mg, iodine 75mcg, manganese 2mg, copper 0.6mg, selenium 100mcg, chromium 50mcg, choline bitartrate 2.5mg, inositol 2.5mg, querceptin 12.5mg, PABA 2.5mg, boron 1mg.  
Local Distributor: Health Plus

**Formula VM-75** (Solgar)

Tablets; Vitamin C 250mg, calcium 64mg, vitamin E 100mg, thiamin 75mg, vitamin B6 75mg, pantothenic acid 75mg, vitamin B2 92mg, niacin 75mg, inositol 75mg, choline 31mg, magnesium 32mg, natural source betacarotene 4.5mg providing

other carotenoids 12mcg, iodine 150mcg, zinc 10mg, citrus bioflavonoid complex powder 25mg, betaine hydrochloride 25mg, rutin powder 25mg, boron 0.5mg, copper 1000mcg, vitamin D 10mcg, vitamin B12 75mcg, biotin 75mcg, iron 1.3mg, selenium 25mcg, hesperidin 5mg, folic acid 400mcg, powdered herbal base 4mg (alfalfa, acerola extract, kelp, parsley, watercress, rose hip), chromium 25mcg.  
Local Distributor: Natural Remedies

**Hawthorn Compound** (Power Herbs)

Tablets; Green buckwheat powder 80mg, garlic powder extract (2.5:1) 60mg, hawthorn powder extract (5:1) 8mg, citrus bioflavonoids 6.3mg.  
Local Distributor: Kemimport Ltd.

**Healthy Mega** (HealthAid)

Prolonged release tablets; Rutin 25mg, alfalfa powder 10mg, guar gum 10mg, kelp powder 10mg, golden seal root powder 7mg, papain 6mg, horse grass powder 5mg, apple pectin 5mg, bromelain 5mg, betain hydrochloride 30mg, vitamin A 375mcg, vitamin D 11mcg, vitamin E 90.6mg, vitamin C 300mg, thiamine 85mg, riboflavin 100mg, niacin 18mg, vitamin B6 60mg, folic acid 400mcg, vitamin B12 110mcg, biotin 0.2mg, pantothenic acid 51mg, vitamin K 12mcg, calcium 139mg, iron 10mg, magnesium 40mg, zinc 8mg, iodine 235mg, boron 100mcg, choline 41mg, chromium sulphate 200mcg, copper 400mcg, inositol 100mg, manganese 2mg, molybdenum 10mcg, para amino benzoic acid 50mg, potassium 27mg, selenium 15mcg, glutamic acid 25mg, lecithin 10mg, citrus bioflavonoids 50mg, hesperidin 10mg, silica 2mg, di-calcium phosphate 133mg, acacia 20mg, vegetable stearic acid 36mg, vegetable magnesium stearate 8mg.  
Local Distributor: Galea & Galea

**Horse Chestnut Complex** (Lamberts) see Horse Chestnut

## BUCKWHEAT

**MegaMulti™** (HealthAid) see Ginseng Korean

### ***Omega-H3*** (Vitabiotics)

Capsules; PABA 30mg, vitamin B1 15mg, vitamin B2 3mg, nicotinamide 25mg, calcium pantothenate 3mg, vitamin B6 5mg, vitamin B12 10mcg, biotin 5mcg, folic acid 100mcg, vitamin C 60mg, vitamin A 2000IU, vitamin D 200IU, vitamin E 10mg, iron 12mg, lecithin 40mg, wheat germ oil 100mg, lysine 40mg, methionine 60mg, rutin 10mg, calcium 52mg, phosphorus 40mg, potassium 2mg, zinc 8mg, copper 1mg, manganese 2mg, iodine 50mcg, Siberian ginseng 5:1 conc. extract 4mg.  
Local Distributor: Kemimport Ltd.

### ***Pregnazon®*** (HealthAid)

Tablets; Rutin 10mg, vitamin D 5mg, vitamin C 75mg, riboflavin 3mg, vitamin B6 10mg, vitamin B12 6mg, pantothenic acid 6mg, calcium 100mg, magnesium 100mg, iodine 150mg, selenium 35mg, choline 10mg, vitamin E 25mg, thiamine 4mg, niacin 20mg, folic acid 400mg, biotin 150mg, vitamin K 75mg, iron 20mg, zinc 15mg, copper 1000mg, chromium 5mg, inositol 25mg.  
Local Distributor: Galea & Galea

### ***Rutin and Vitamin C 500mg*** (Lamberts)

Tablets; Rutin 50mg, vitamin C 500mg, citrus bioflavonoid complex 100mg, hesperidin 50mg.  
Local Distributor: Health Plus

### ***Rutivite Original*** (Power Health)

Tablets; Finest dried green buckwheat

570mg (provides natural source rutin 30mg).

Local Distributor: Kemimport Ltd.

### ***Vein Support Formula*** (Vega) see Ginkgo

***Venalta® Ampoules*** (Alta Care) see Grapeseed

### ***Vitamin C (Ascorbic Acid) 1000mg High Strength*** (Vega)

Tablets; Vitamin C (as ascorbic acid) 1000mg, citrus bioflavonoids 100mg, hesperidin 25mg, rose hip powder 25mg, rutin bean extract 25mg.  
Local Distributor: Alfred Gera & Sons Ltd.

### ***Vitamin C (Ascorbic Acid) 1500mg Super Strength*** (Vega)

Tablets; Vitamin C (as ascorbic acid) 1500mg, citrus bioflavonoids 50mg, hesperidin 15mg, rose hip powder 15mg, rutin bean extract 15mg.  
Local Distributor: Alfred Gera & Sons Ltd.

### ***Vitamin C (Calcium Ascorbate)*** (Vega)

Capsules (500mg); Vitamin C (as calcium ascorbate) 500mg, citrus bioflavonoids 50mg, hesperidin 25mg, rutin bean extract 20mg.  
Local Distributor: Alfred Gera & Sons Ltd.

***Wintervits®*** (HealthAid) see Tragacanth

***Zinc-C Formula*** (Vega) see Green Tea



**BURDOCK***Arctium lappa***Family:** Asteraceae/Compositae**Medicinal Parts:** Ripe seed, fresh/dried roots.**Indications:***Principal:* Ichthyosis, psoriasis, seborrhea of the scalp (used externally)<sup>28, 65</sup>.*Major:* Ailments & complaints of the GI tract, as a diaphoretic and diuretic<sup>66</sup>; rheumatism; blood purifying<sup>8, 28</sup>.*Minor:* Carbuncles, ulcers, erythema of the skin, gout, acne, sore throat<sup>9, 28</sup>.*Others:* Cancer<sup>66</sup>.**Cautions:** Excessive doses may interfere with existing hypoglycaemic therapy<sup>9</sup>.**Contraindications:** Pregnancy<sup>9, 28</sup>.**Side-effects:** Skin sensitization<sup>28</sup>.**Drug interactions:** Burdock tincture or alcohol extract with disulfiram or metronidazole should not becombined due to the alcohol content<sup>28</sup>.**Dose:** *Dried root* 2-6 gm by infusion 3 times daily; *Liquid extract* 2-8 ml 3 times daily; *Tincture* 8-12 ml 3 times daily; *Decoction* 500 ml per day<sup>9</sup>.*2-Day DetoxPlan* (HealthAid) see Milk Thistle*Aquaflow*<sup>®</sup> (HealthAid) see Dandelion*Burdock* (HealthAid)Tablets; 140mg standardised burdock root extract and raw powder (*Arctium lappa*) 4:1 equiv. to 560mg of raw burdock root powder.

Local Distributor: Galea &amp; Galea

*Cellusite*<sup>™</sup> (HealthAid) see White Willow*Flodol*<sup>®</sup> *Artro* (Alta Care) see Meadowsweet*Hip & Thigh Formula* (HealthAid) see White Willow*Milk Thistle Plus* (FSC) see Milk Thistle*Perfectil* (Vitabiotics) see Echinacea**BUTCHER'S BROOM***Ruscus aculeatus***Family:** Ruscaceae**Medicinal Parts:** Herb, rhizome.**Indications:***Principal:* Haemorrhoids, varicose veins, discomfort of chronic venousinsufficiency<sup>67</sup> such as pain & heaviness<sup>28, 68</sup>.*Major:* Cramps in legs, itching & swelling<sup>28, 67</sup>.*Minor:* Orthostatic hypotension<sup>69</sup>.

## CALENDULA

**Contraindications:** None known.

**Side-effects:** Rarely stomach complaints, nausea<sup>28</sup>.

**Drug interactions:** No interactions found<sup>68</sup>.

**Dose:** Raw extract, equivalent to 7-11 mg total ruscogenin (determined as the sum of neoruscogenin and ruscogenin obtained after fermentation or acid hydrolysis)<sup>28</sup>.

**Butcher's Broom** (HealthAid)  
Liquid; Butchers broom extract 1:4 (equiv. of 250mg of Butcher's broom herb in 1ml).  
Local Distributor: Galea & Galea

**Cellusite™** (HealthAid) see White Willow

**Hip & Thigh Formula** (HealthAid) see White Willow

**Horse Chestnut Complex** (Lamberts) see Horse Chestnut

**Organic Aloe Vera** (dr.organic®) see Aloe Vera

**Venalta®** (Alta Care) see Grapeseed

**Venis® Sollievo** (Erba Vita) see Grapeseed

**Vitiven® ultra cold** (Arkopharma)  
Gel; Butcher's broom, horse chestnut, red vine, witch hazel.  
Local Distributor: Pharmacos Ltd.

**V-Vein™** (HealthAid) see Horse Chestnut

## CALENDULA

*see Marigold*

## CALIFORNIA POPPY

*Eschscholtzia californica*

**Family:** Papaveraceae

**Medicinal Parts:** Aerial parts collected during the flowering season and dried.

**Indications:**

*Principal:* Insomnia<sup>28, 70, 71</sup>.

*Major:* Aches, nervous agitation, enuresis nocturna in children, bladder & liver diseases, depression, neurasthenia<sup>28, 70, 71</sup>.

*Minor:* Neuropathy, mood swings, weather sensitivity, organic neuroses,

vegetative-dystonic disorders, vasomotor dysfunction, vegetative-endocrine syndrome, constitutional weakness of the nervous system, vasomotor cephalgia<sup>28</sup>.

**Contraindications:** Pregnancy<sup>28, 70</sup>.

**Side-effects:** None known.

**Drug interactions:** Benzodiazepines, CNS depressants<sup>70</sup>.

**Dose:** Average single dose for the liquid extract is 1-2 ml<sup>28</sup>.

## CAPSICUM

*see Cayenne*

## CARAWAY

*Carum carvi*

**Family:** Umbelliferae

**Medicinal Parts:** Fruit; oil obtained from the squashed fruit when ripe.

**Indications:**

*Principal:* Dyspeptic complaints such as flatulence, eructation, bloating and mild spasmodic pains in the GI tract, including flatulent colic of infants<sup>19, 26, 72</sup>.

*Others:* Loss of appetite, dysmenorrhoea, to stimulate flow of milk in breast-feeding mothers, bronchitis, laryngitis (as a gargle), hyperglycaemia<sup>19, 26, 73</sup>.

**Contraindications:** None known.

## CARDAMOM

*Elettaria cardamomum*

**Family:** Zingiberaceae

**Medicinal Parts:** The oil extracted from the seeds and fruit & seeds harvested shortly after ripening.

**Indications:**

*Principal:* Flatulent dyspepsia,

*Californian Poppy* (Arkopharma)  
Capsules; Californian poppy aerial part powder 300mg.  
Local Distributor: Pharmacos Ltd.

*Sedivitax* (Aboca) see Passionflower

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** Average single dose of oil: 2-3 drops on sugar; caraway, 1-5 gm.  
Average daily dose of oil: 3-6 drops; caraway, 1.5-6 gm<sup>28</sup>.

*Finocarbo Plus* (Aboca) see Fennel

*Flodol® Artro* (Alta Care) see Meadowsweet

*Gastro-Vit Formula* (Vega) see Aloe Vera

*Sollievo* (Aboca) see Senna

dyspeptic complaints<sup>8, 19, 74</sup>.

*Major:* Morning sickness, vomiting & diarrhoea, loss of appetite, Roemheld syndrome<sup>26</sup>.

*Minor:* Hypertension, epilepsy<sup>74</sup>.

*Others:* Mouth freshener<sup>19</sup>.

## CASCARA SAGRADA

**Contraindications:** Presence of gallstones<sup>19, 28</sup>.

**Side-effects:** Gallstone colic<sup>19, 28</sup>.

**Drug interactions:** None known.

**Dose:** Average daily dose is 1.5 gm of drug; when using a tincture, the dosage range is 1-2 gm<sup>19, 28</sup>.

*Candaway™* (Lamberts) see Cinnamon

## CASCARA SAGRADA

*Rhamnus purshiana*

**Family:** Rhamnaceae

**Medicinal Parts:** Dried bark.

### Indications:

*Principal:* Constipation<sup>8, 9, 28, 45, 75</sup>, defecation with anal fissures or haemorrhoids<sup>¶ 28, 45</sup>.

*Major:* Recto-anal post-operative treatment<sup>28, 45</sup>.

*Minor:* In diagnostic preparation of the GI tract<sup>28</sup>.

*Others:* Rheumatism<sup>28</sup>.

**Cautions:** Avoid excessive laxative use & prolonged use<sup>\*\*</sup>, adequate fluid intake (may lead to electrolyte imbalance)<sup>28</sup>.

**Contraindications:** Intestinal & bowel obstruction, acute inflammatory intestinal disease (colitis, Crohn's disease, irritable bowel), foecal

impaction, nausea, vomiting, appendicitis, abdominal pain of unknown origin, pregnancy, breast-feeding, children under 12 years of age<sup>8, 14, 28, 45</sup>.

### Side-effects:

*Common:* Spasmodic GI complaints<sup>8, 14, 28</sup>.

*On long term use/abuse:* Disturbances of electrolyte balance especially potassium deficiency, albuminuria, haematuria, pigmentation of the colonic mucosa, heart arrhythmias, neuropathies, oedema, accelerated bone deterioration<sup>8, 28</sup>.

**Drug interactions:** Cardiac glycosides especially digoxin<sup>63</sup>, potassium-depleting diuretics, corticosteroids<sup>8, 14, 28, 45, 75</sup>.

**Dose:** 20-30 mg hydroxyanthracene derivatives daily<sup>28</sup>.

*Erbalax® Forte Comprese* (Erba Vita) see Senna

*Slim-Rite* (HealthAid) see Alfalfa

*Vegilax®* (HealthAid) see Blessed Thistle

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¶ Preparation should be used only if no effects can be obtained through change of diet or use of bulk-forming products<sup>8</sup>.

\*\* Cascara Sagrada is not recommended for use for longer than 1 or 2 weeks unless medical advice is sought<sup>8, 28</sup>.

## CAT'S CLAW

*Uncaria tomentosa*

**Family:** Rubiaceae

**Medicinal Parts:** Root bark.

### Indications:

*Principal:* All forms of arthritis, rheumatism and other inflammatory diseases<sup>14, 28, 76</sup>.

*Major:* Gastric ulcers; viral diseases including herpes zoster, herpes simplex, HIV, cancer<sup>14, 28, 77, 78, 79</sup>.

*Others:* Diarrhoea, gastritis, treatment of wounds, asthma<sup>80</sup>, menstrual irregularity, as a contraceptive<sup>28, 78, 79</sup>.

**Cautions:** Drugs metabolized by P450 3A4 enzyme should be taken with caution<sup>14, 28</sup>, patients receiving antihypertensive therapy.

**Contraindications:** Autoimmune disease, immunosuppressants, bone marrow transplantation, pregnancy, breast-feeding<sup>28</sup>.

**Side-effects:** Reduced serum oestradiol and progesterone with long term use, renal failure<sup>81</sup>, hypotension<sup>14, 28</sup>.

**Drug interactions:** Anticoagulants, antiplatelets, thrombolytic agents, low

molecular weight heparins (cat's claw may increase risk of bleeding if taken with these medications)<sup>28</sup>.

**Dose:** 250-1000 mg daily; Decoction dosage: 60ml once daily in the morning on an empty stomach<sup>28</sup>.

*Arthur's Formula Ltd* (Power Health) see Devil's Claw

*Cat's Claw* (HealthAid)

Liquid; Cat's claw extract 1:3 (equiv. of 330mg of cat's claw herb in 1ml).

Tablets; Cat's claw powder 315mg, cat's claw standardised extract 160mg.

Local Distributor: Galea & Galea

*Cat's Claw* (Power Herbs)

Tablets; Cat's claw bark powder extract 34mg (containing 3% total alkaloids and 15% polyphenols).

Local Distributor: Kemimport Ltd.

*Cat's Claw Herbal Complex* (Vega)

Capsules; Cat's claw inner bark powder 300mg (equiv. to 1000mg cat's claw inner bark herb); cat's claw inner bark extract (4:1) 175mg (min. 15% polyphenols, 3% alkaloids).

Local Distributor: Alfred Gera & Sons Ltd.

*Immuno baby* (Erba Vita) see Echinacea

## CATNIP

### CATNIP

*Nepeta cataria*

**Family:** Labiatae

**Medicinal Parts:** Aerial parts of the plant.

**Indications:**

*Principal:* Colds, colic, fever, teething in children<sup>28, 82</sup>.

*Major:* Nervous disorders, migraine<sup>28</sup>.

*Others:* Gynaecological disorders<sup>28</sup>.

**Contraindications:** Pregnancy<sup>28</sup>.

**Side-effects:** None known.

**Drug interactions:** CNS depressants, drugs acting on the CNS<sup>14</sup>.

**Dose:** 3 cups of tea daily<sup>28</sup>.

### CAYENNE

*Capsicum species*

**Family:** Solanaceae

**Medicinal Parts:** Fresh or dried fruits.

**Indications:**

*Principal:* Muscular pain in areas of shoulder, arm & spine of adults and school-age children<sup>8</sup>; rheumatism; digestive ailments; dyspepsia; frostbite<sup>83</sup>; chronic lumbago<sup>9, 28</sup>.

*Major:* Prophylactic therapy for atherosclerosis, stroke & heart disease<sup>83</sup>; sea sickness<sup>28</sup>.

*Minor:* As a gargle for hoarseness, sore throat, infected throat<sup>28, 83</sup>.

*Others:* Loss of appetite (in compound preparations); for lowering the temperature in malaria, yellow fever, scarlet fever & typhus; alcoholism<sup>28</sup>.

**Cautions:** Pregnancy, breast-feeding<sup>83</sup>. Wash hands immediately

after use unless treating the hands<sup>28, 83</sup>.

**Contraindications:** Open wounds or eyes, stomach ulcers or stomach inflammation, chronic irritable bowel, GI, hepatic or renal disease<sup>9, 28, 83</sup>.

**Side-effects:**

*Common:* Burning, stinging & redness of the skin (these effects lessen or disappear over a few days time with repeated application)<sup>28</sup>.

*Others:* Diarrhoea, intestinal & gallstone colics (with internal administration); blister, ulcer formation (with external applications)<sup>9, 28</sup>.

**Drug interactions:** Aspirin (beneficial interaction)<sup>28, 63</sup>; ACE inhibitors; anticoagulants, antiplatelet agents, thrombolytic agents, low molecular weight heparins;

barbiturates; theophylline<sup>28</sup>.

**Dose<sup>††</sup>:**

*External daily dose:* 10 gm drug.  
Semisolid preparations: max 50 mg capsaicin in 100 gm neutral base. The cream is applied to the affected area not more than 3 or 4 times daily<sup>28</sup>.  
*Internal application:* Decoction: ½ litre water with 5 gm powdered drug, 3 gm powdered cascarilla bark and 5

gm powdered rhubarb root; 2 cups per day<sup>28</sup>.

*Cardiohealth Formula* (Vega) see Garlic

*Herbal Booster™* (HealthAid) see Guarana

*Prostate Formula* (Vega) see Saw Palmetto

*V-Vein™* (HealthAid) see Horse Chestnut

**CELERY**

*Apium graveolens*

**Family:** Umbelliferae

**Medicinal Parts:** Root, above-ground foliage and stems, fruit (seeds), oil extracted from seeds.

**Indications:**

*Principal:* Arthritis, rheumatism, gout<sup>5, 8, 9, 28, 45, 84, 85</sup>.  
*Major:* Urinary tract infection, fluid retention, high total serum cholesterol & triglycerides<sup>86</sup>, prophylactic for colon cancer development<sup>5, 28</sup>.  
*Minor:* Nervousness, hysteria, exhaustion, loss of appetite, cough, helminthic infections<sup>5, 8, 28</sup>.  
*Others:* Mosquito repellent<sup>87</sup>.

**Contraindications:** Pregnancy, kidney disorders<sup>5, 8, 28, 45</sup>.

**Side-effects:** Allergic reactions<sup>8, 45</sup>.

**Drug interactions:** NSAIDs

(beneficial interaction), phenobarbital, thyroxine, warfarin (when celery is taken in high doses)<sup>5</sup>.

**Dose:** *Seeds:* 1.2 to 4 gm; *Infusion:* 1 gm drug<sup>28</sup>.

**4.3.2.1 Performance Detox** (Arkopharma) see Green Tea

**4.3.2.1 Shape Up Day & Night** (Arkopharma) see Green Tea

**4.3.2.1 Shape Up Organic** (Arkopharma) see Green Tea

**Celery Seed 200mg** (Power Herbs)  
Capsules; Celery seed 200mg.  
Local Distributor: Kemimport Ltd.

**MSM Glucosamine Joint Complex** (Higher Nature)  
Tablets; Vitamin C 30mg, zinc 5mg, copper 250mcg, boron 250mcg, MSM 450mg, glucosamine 180mg, ginger 75mg, nettle 75mg, celery seed powder 75mg, korean ginseng 15mg, kelp 5mg.  
Local Distributor: Health Plus

†† Use should be limited to 2 days and should only be used again after 2 weeks<sup>28</sup>.

## CENTAURY

### CENTAURY

*Centaurium erythraea*

**Family:** Gentianaceae

**Medicinal Parts:** Dried aerial parts of the flowering plant.

**Indications:**

*Principal:* Disorders of the upper digestive tract, mainly dyspepsia<sup>8,9,19,28,88</sup>.

*Major:* Loss of appetite, anorexia<sup>8,9,19,28,88</sup>.

**Contraindications:** Stomach or intestinal ulcers<sup>28,88</sup>.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose**<sup>‡‡</sup>: 3-4 times daily: dried herb, 1-3 gm, usually as an infusion; liquid extract 1:1 in 25% alcohol, 1-3 ml<sup>19</sup>.

## CHAMOMILE, GERMAN

*Matricaria recutita*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** The entire flowering herb or only the flowers.

**Indications:**

*Principal:* Stomach upset, minor illness (colds, fever, flatulence, diarrhea, headache, nausea, vomiting, poor digestion)<sup>5,28,89,90</sup>, insomnia, anxiety<sup>91,92</sup>.

*Major:* Dyspepsia, travel sickness<sup>91</sup>, colic & teething pain in children<sup>5,28,93</sup>, haemorrhoids (topically)<sup>5</sup>.

*Minor:* Nasal catarrh, restlessness<sup>28,91</sup>, chemotherapy induced oral mucositis<sup>5</sup>.

*Others:* Skin & mucous membrane inflammations, bacterial skin ailments, gingivitis, wounds & burns<sup>28,94</sup>.

**Contraindications:** Hypersensitivity to any member of the Asteraceae/Compositae family, history of atopic hay fever or asthma<sup>5,28</sup>.

**Side-effects:** Allergic reactions including emesis in high doses, allergic conjunctivitis, contact dermatitis, eczema<sup>5,9,28</sup>.

**Drug interactions:** Anticoagulants<sup>89</sup>, alcohol, benzodiazepines<sup>28</sup>, NSAIDs, drugs metabolized by CYP 3A4<sup>5</sup>.

**Dose:** Internal single dose: 3 gm as an infusion; Liquid extract: 1-4 ml or 1 cup of freshly made tea –

**Cautions:** Babies, pregnancy, breast-feeding<sup>9</sup>.

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<sup>‡‡</sup> Taken 20-30 minutes before meals and sipped slowly. The tonic effects take time to fully develop and several weeks of treatment would be advisable<sup>19</sup>.



administered 3-4 times daily; Washes & gargles: administered several times a day<sup>28</sup>.

*Altaflora® Gastrogel* (Alta Care) see Aloe Vera

*Ad-muc®* (Merz)  
Mouth cream; Chamomile extract, myrrhæ tincture.  
Local Distributor: George Farrugia & Sons Ltd.

*Calma Baby* (Erba Vita) see Linden

*Chamomile* (HealthAid)  
Liquid; Chamomile extract 1:3 (equiv. of 330mg of chamomile herb in 1ml).

Tablets; 550mg chamomile extract 4:1 equiv. to 2200mg of raw powder (standardised for 2.5% apigenin).  
Local Distributor: Galea & Galea

*Colic Baby* (Erba Vita) see Linden

*Controller® Natural Sleep* (Alta Care) see Linden

*Femmevit®* (HealthAid) see Starflower

*Finocarbo Plus* (Aboca) see Fennel

*Karbofin Forte* (ESI) see Fennel

*No-Gas® enzimi* (Giuliani) see Ginger

*St. John's Wort Herbal Complex* (Vega) see St. John's Wort

## CHASTE TREE

see *Agnus Castus*

## CHICKWEED

*Stellaria media*

**Family:** Caryophyllaceae

**Medicinal Parts:** Aerial parts – leaves, stems, flowers.

### Indications:

*Internally:* Rheumatism, gout, stiffness of joints, tuberculosis, bronchial phlegm, bronchitis, diseases of the blood<sup>5, 28, 95</sup>.

*Externally:* Poorly healing wounds, haemorrhoids<sup>95</sup>, inflammation of the eyes, eczema, urticaria, other diverse skin diseases<sup>5, 28</sup>.

**Cautions:** Rarely, chickweed can

cause allergic skin reactions – allergy sensitive individuals should try a small amount first<sup>5</sup>.

**Side-effects:** None noted.

**Drug interactions:** Nitrates<sup>95</sup>.

**Dose:** Tincture (1:5): 2-10 ml three times daily; Infusion of dried herb: 1-5 gm three times daily; Chickweed is commonly incorporated into a topical ointment or cream base for external use (1 part chickweed to 5 parts base) and applied as required<sup>5</sup>.

## CHICORY

### CHICORY

*Cichorium intybus*

**Family:** Asteraceae/Compositae  
**Medicinal Parts:** Dried leaves & roots collected in autumn, whole plant collected and dried in the flowering season, fresh plant and root.

**Indications:**

*Principal:* Loss of appetite, dyspepsia<sup>8,28</sup>.

*Others:* Jaundice, gallbladder & liver problems, intestinal worms, diabetes<sup>96</sup>.

**Cautions/Contraindications:** None noted.

**Side-effects:** Potential for sensitization via skin contact with the drug<sup>28</sup>.

**Drug interactions:** None noted.

**Dose:** 3 gm comminuted drug daily. Single dose: 2-4 gm whole herb for an infusion<sup>28</sup>.

**4.3.2.1 Shape Up Day & Night**

(Arkopharma) see Green Tea

**4.3.2.1 Shape Up Organic** (Arkopharma)

see Green Tea

**Bambu®** (A.Vogel)

Granules; Chicory, wheat, malted barley, figs, acorns.

Local Distributor: Health Plus

**Sollievo** (Aboca) see Senna

**Super Antioxidant** (Higher Nature)

Tablets; Chicory root 10mg, bilberry fruit 10mg, vitamin A 1133mcg, vitamin C 167mg, vitamin E 45mg, riboflavin 5mg, zinc 4mg, manganese 1.3mg, selenium 50mcg, N-acetyl cysteine 5mg, L-cysteine 5mg, glutathione 2.5mg.

Local Distributor: Health Plus

## CHINESE ANGELICA

see *Dong Quai*

## CINCHONA

*Cinchona pubescens*

**Family:** Rubiaceae

**Medicinal Parts:** Dried bark of 6- to 8-year-old trees.

**Indications:**

*Principal:* Loss of appetite<sup>8,28,45</sup>.

*Major:* Dyspeptic complaints<sup>97</sup>, flatulence with a sense of fullness<sup>8,28</sup>.

*Others:* Feverish infections, malaria<sup>98</sup>, flu, muscle cramps, muscle pain, gastric disorders<sup>28</sup>, cancer<sup>28,99</sup>.

**Cautions:** Recommended dosages should not be exceeded as it contains quinine alkaloids that are toxic in large doses<sup>28</sup>.

**Contraindications:** Pregnancy<sup>28</sup>, hypersensitivity to quinine<sup>8</sup>, gastric or intestinal ulcers<sup>45</sup>.

**Side-effects:** Hypersensitivity reactions (skin allergies, fever),

increased tendency of bleeding<sup>28, 45</sup>.

**Drug interactions:** Digoxin, anticoagulants<sup>28, 45</sup>, flecainide<sup>28</sup>.

**Dose:** Total daily dose: 1 to 3 gm of drug; liquid extract daily dose: 0.6 to 3 gm of cinchona liquid extract; standard single dose of the extract is 0.2 gm; liquid extract single dose is 0.5 to 1 gm<sup>45</sup>.

## CINNAMON

*Cinnamomum verum*

**Family:** Lauraceae

**Medicinal Parts:** Oil extracted from bark, bark of younger branches, leaf oil.

### Indications:

*Principal:* Digestive disorders such as nausea, flatulence, dyspepsia & GI colic; loss of appetite<sup>5, 8, 19, 28, 100</sup>.

*Major:* Diarrhoea in children, common cold, influenza, winter chills, poor circulation<sup>19</sup>.

*Minor:* Type 2 diabetes<sup>5, 101</sup>, gestational diabetes, *Helicobacter pylori* infection<sup>5</sup>.

*Others:* Cancer<sup>102</sup>.

**Contraindications:** Pregnancy (except in amounts normally used in foods)<sup>5, 8, 19, 28</sup>, allergy to cinnamon or Peru balsam, in cases of fever of unknown origin, active stomach or duodenal ulcers<sup>5, 8</sup>.

**Side-effects:** Allergic skin and mucosal reactions may occur in sensitive individuals, arising mainly

from cinnamaldehyde (the major component of the essential oil)<sup>5, 8, 19</sup>.

**Drug interactions:** Hypoglycaemic agents<sup>5, 100</sup>.

**Dose:** Three times daily: dried bark, 0.5-1 gm as an infusion; liquid extract (1:1 in 70% alcohol), 0.5-1 ml; tincture, 2-4 ml<sup>19</sup>.

**4.3.2.1 Shape Up Ultimate** (Arkopharma) see Fenugreek

**Altasterol® Stimulant** (Alta Care) see Ginger

**Candaway™** (Lamberts)

Capsules; Cinnamon bark 3750mg (provided by 750mg of a 5:1 extract), olive leaf 800mg (provided by 200mg of a 4:1 extract), fennel seed 400mg (provided by 100mg of a 4:1 extract), cardamom oil 100mg.

Local Distributor: Health Plus

**Cinnamon** (HealthAid)

Capsules; Cinnamon bark powder 250mg,

## CITRONELLA

cinnamon extract 30mg (equiv. to 600mg of powder).

Local Distributor: Galea & Galea

### *Dietrim* (Vitabiotics)

Capsules; Conjugated linoleic acid (80%) 400mg, papain (papaya extract) 10mg, cinnamon bark extract 10mg, vitamin A 100mcg, vitamin D 2.5mcg, vitamin E 2.5mcg, vitamin C 15mg, vitamin B1 2.5mg, vitamin B2 0.5mg, vitamin B3 5mg, vitamin B6 2.5mg, folacin 100mcg, vitamin B12 2.25mcg, biotin 11.25mcg, pantothenic acid 7.5mg, iron 2mg, magnesium 12.5mg, zinc 3mg, iodine 7.5mcg, manganese 0.125mg, copper 0.25mg, chromium 37.5mcg, selenium 31.25mcg, natural mixed carotenoids

0.5mg, co-enzyme Q10 2.5mg, lecithin 7.5mg.

Local Distributor: Kemimport Ltd.

### *Gastro-Vit Formula* (Vega) see Aloe Vera

*Male Formula* (HealthAid) see Ginseng Korean

*Male Max™* (HealthAid) see Ginseng Korean

*Red Sterol Complex* (Higher Nature) Tablets; 250mg cinnamon bark, 250mg plant sterols, 50mg red yeast rice, 25mg vitamin E.

Local Distributor: Health Plus

*VeinTain®* (Lamberts) see Ginger

## CITRONELLA

*see Lemongrass*

## CLEAVERS

*Galium aparine*

**Family:** Rubiaceae

**Medicinal Parts:** Dried aerial parts collected during the flowering and fruiting period.

### **Indications:**

*Principal:* Ulcers, breast lumps, skin rashes, dysuria<sup>9, 26, 45, 103</sup>.

*Major:* Cystitis, as a diuretic for dropsy, bladder catarrh, retention of urine (ischuria)<sup>26, 45, 103</sup>.

**Cautions/Contraindications:** None known.

**Side-effects:** None noted.

**Drug interactions:** Loop diuretics, thiazide diuretics, spironolactone, triamterene<sup>63</sup>.

**Dose:** Three times daily: dried herb, 2-4 gm or in infusion; expressed juice, 5-15 ml; liquid extract (1:1, 25% ethanol), 2-4 ml; tincture (1:5, 25% ethanol), 4-10 ml<sup>45</sup>.

*Aquaflow®* (HealthAid) see Dandelion

*Boldo Multi-Herbal Complex* (Healthlife) see Boldo

**CLOVE***Syzygium aromaticum***Family:** Myrtaceae**Medicinal Parts:** Dried flowerbud, leaf, stem.**Indications:***Principal:* Toothache<sup>9</sup>, pain & inflammation of the mouth and throat mucosa, for buccal hygiene<sup>5, 19, 28</sup>.*Major:* Stomach ulcers, flatulence, colic, abdominal bloating, nausea, headache, colds<sup>5, 19, 28</sup>.*Minor:* Coughs, treatment of small wounds, sores, acne & other inflammatory conditions (locally)<sup>19</sup>, chronic anal fissures<sup>104</sup>, herpes simplex virus type 1<sup>5, 105</sup>.*Others:* Neuralgia, bronchitis, whooping cough<sup>19</sup>.**Cautions:** None known.**Contraindications:** Liver function impairment, patients taking paracetamol or anticoagulants<sup>19</sup>.**Side-effects:** Contact dermatitis, irritation to mucous membranes on local application in sensitive individuals<sup>5</sup>.**Drug interactions:** Anticoagulants, antiplatelet agents, thrombolyticagents, low molecular weight heparins<sup>28</sup>.**Dose:***Internal:* Three times daily: dried buds, 120-300 mg or as an infusion of 2 cloves to a cupful of hot water; tincture, 20 drops; clove oil, 0.05-0.1 ml (2-4 drops)<sup>19</sup>.*Local:* For toothache, undiluted oil dab 1-2 drops of clove oil on to cotton wool and rub over affected tooth. In mouthwashes, the equivalent of 1-5% of essential oil<sup>19</sup>.*Coloclear Extra* (Higher Nature) see Flaxseed*Erbalax® Forte Comresse* (Erba Vita) see Senna*Jointace Gel* (Vitabiotics) see Ginger*Jointace Patch* (Vitabiotics) see Ginger*Natural Herbal Inhalant Oil* (Numark) see Eucalyptus*Neuralta® Migren* (Alta Care) see Peppermint*Teenstick* (Arkopharma)

Roll-on; Essential oils of clove, geranium, palmarosa, tea tree, ylang ylang.

Local Distributor: Pharmacos Ltd.

## COLT'S FOOT

### COLT'S FOOT

*Tussilago farfara*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Leaves, flowers.

**Indications:**

*Principal:* Treatment and prevention of diseases and ailments of the respiratory tract such as cough, hoarseness, bronchial catarrh, acute & chronic bronchitis, asthma, colds, influenza, inflammation and irritation of the oral and pharyngeal mucosa, sore throat, tonsillitis, swelling of the glands and tuberculosis of the lymph nodes<sup>8,9,14,28</sup>.

*Major:* Smoking addiction<sup>28</sup>.

*Minor:* Diarrhoea, for the stimulation of metabolism<sup>8</sup>.

*Others:* Wound treatment<sup>8</sup>.

**Cautions:** Colt's foot contains hepatotoxic (hepatic venoocclusive

disease) and carcinogenic pyrrolizidine alkaloids<sup>8,9,14,28</sup>.

**Contraindications:** Pregnancy, breastfeeding<sup>9,28</sup>.

**Side-effects:** Contact dermatitis in patients sensitive to the Compositae family and cross-reactivity may occur with other compositae<sup>14</sup>.

**Drug interactions:** None known.

**Dose:** The total daily dose is 4.5 to 6 gm of drug. The maximum daily dose must not be more than 1mcg of total pyrrolizidine alkaloids with 1.2 unsaturated necine structure. The drug should not be taken for more than 4 to 6 weeks a year<sup>28</sup>.

### COMFREY

*Symphytum officinale*

**Family:** Boraginaceae

**Medicinal Parts:** Leaf, rhizome, root.

**Indications:**

*Principal:* Bruises, sprains, pulled muscles & ligaments, promotion of bone healing, skin inflammation, varicose ulcers [externally]<sup>8,9,14,28,45</sup>.

*Minor:* Gum disease, pharyngitis, strep throat [as a mouthwash and gargle]; gastritis, GI ulcers [internally]<sup>28,45</sup>.

*Others:* Arthritic pain<sup>28</sup>, cough<sup>14</sup>.

**Cautions:** External administration should only be on areas where the skin is unbroken, and only with industrially produced pyrrolizidine alkaloid-free extracts<sup>28</sup>.

**Contraindications:** Previous liver or kidney disease, pregnancy, breastfeeding<sup>8,9,28</sup>.

**Side-effects:** Hepatotoxicity<sup>9, 14, 28</sup>.

**Drug interactions:** None known.

**Dose**<sup>§§</sup>: Unless otherwise prescribed, ointment or other preparations for external use with 5 to 20% of dried drug or equivalent preparations<sup>45</sup>.

**Comfrey Cream** (A.Vogel)  
 Cream; Each gram contains 200mg comfrey extract.  
 Local Distributor: Health Plus

**Jointcare Comfrelieve™** (Seven Seas)  
 Cream; 35g liquid extract (1:2) from Comfrey root.  
 Local Distributor: Associated Drug Co. Ltd.

## CORN SILK

*Zea mays*

**Family:** Poaceae

**Medicinal Parts:** Seeds.

**Indications:** Disorders of the urinary tract<sup>28</sup> such as dysuria, cystitis<sup>45</sup>, urethritis, nocturnal enuresis, prostatitis, and specifically for acute and chronic inflammation of the urinary tract<sup>9</sup>.

**Cautions:** None known.

**Side-effects:** No health hazards are known in conjunction with the proper administration of designed therapeutic dosages.

**Drug interactions:** Corticosteroids<sup>63</sup>.

**Dose:** Three times daily: dried drug, 2-8 gm or in infusion; liquid extract (1:1, 25% ethanol), 4-8 ml; tincture (1:5, 25% ethanol) 5-15 ml<sup>45</sup>.

## COUCH GRASS

*Agropyron repens*

**Family:** Gramineae

**Medicinal Parts:** Rhizome collected in spring or autumn.

**Indications:**

*Principal:* Ailments and infections of

the urinary tract, particularly cystitis, but also urethritis, prostatitis and irritable bladder; renal calculi<sup>8, 9, 19, 28</sup>.  
*Major:* Gout, rheumatic pain<sup>19, 28</sup>, chronic skin disorders<sup>19, 28, 106</sup>.

**Cautions:** Ensure copious fluid intake for irrigation therapy<sup>28</sup>.

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§§ Comfrey should not be used orally for more than 4 weeks if pyrrolizidine alkaloids might be present. Comfrey should only be applied to intact skin<sup>28</sup>.

## CRANBERRY

**Contraindications:** No irrigation therapy if oedema is present due to cardiac or renal insufficiency<sup>8, 28</sup>.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** Three times daily: dried

rhizome, 4-8 gm, usually in decoction or infusion; liquid extract (1:1 in 25% alcohol), 4-8 ml; tincture (1:5 in 40% alcohol), 5-15 ml<sup>19</sup>.

*Cellusite™* (HealthAid) see White Willow

*Hip & Thigh Formula* (HealthAid) see White Willow

## CRANBERRY

*Vaccinium macrocarpon*

**Family:** Ericaceae

**Medicinal Parts:** Fruit.

### Indications:

*Principal:* Prevention and treatment of urinary tract infections<sup>5, 28, 107, 108</sup>.

*Major:* Blood disorders<sup>110</sup>, digestive ailments, prevention of *H. pylori*<sup>109</sup> and dental plaque<sup>5, 28</sup>.

*Others:* Anorexia, cancer treatment<sup>110</sup>, diabetes<sup>111</sup>, scurvy, wound care, gout<sup>28</sup>.

**Cautions:** Pregnancy<sup>28</sup>, diabetics when using commercially prepared cranberry juices because of the high sugar content<sup>5</sup>.

**Contraindications:** None known.

**Side-effects:** GI discomfort, diarrhoea<sup>5, 28</sup>.

**Drug interactions:** Warfarin<sup>107</sup>, proton pump inhibitors, H<sub>2</sub> antagonists<sup>5, 28</sup>.

**Dose:** To prevent urinary tract infections, 30-300 gm cranberry juice; in children 15mg/kg body weight. In type 2 diabetes, 200-400mg<sup>28</sup>.

*Cranberola®* (Arkopharma)

Capsules; Cranberry powder and berry extract 400mg.

Local Distributor: Pharmacos Ltd.

*Cranberry* (Arkopharma)

Capsules; Cranberry fruit powder, acerola powder, vitamin C, cellulose.

Local Distributor: Pharmacos Ltd.

*Cranberry* (HealthAid)

Tablets; Cranberry (25:1) extract 200mg equiv. to 5000mg of cranberry powder.

Local Distributor: Galea & Galea

*Cranberry* (NatraHealth)

Tablets; Cranberry extract 3500mg.

Local Distributor: Collis Williams Ltd.

*Cranberry* (Quest)

Tablets; Cranberry fruit extract 200mg providing 60mg organic acids, equiv. to 5000mg herb powder.

Local Distributor: Pharma MT Ltd.



***Cranberry Complex*** (Lamberts)

Powder; Per 5 gm (1 teaspoon): cranberry powder 2470mg, fructooligosaccharides (derived from chicory root) 2470mg, vitamin C 60mg.

Local Distributor: Health Plus

***Cranberry Cyst*** (ESI)

Tablets; Cranberry 700mg, bearberry 200mg, grapefruit seed 100mg, ortosiphon 100mg, goldenrod 100mg.

Local Distributor: Collis Williams Ltd.

***Cranberry Extract*** (Numark)

Tablets; Cranberry extract 80mg, equiv. to 2000mg herb.

Local Distributor: Premier HealthCare

***Cranberry Juice Concentrate*** (Power Health)

Tablets; Cranberry juice concentrate (25:1) 180mg equiv. to fresh cranberries 4500mg.

Local Distributor: Kemimport Ltd.

***Cranberry Plus Formula*** (Vega)

Capsules; Cranberry standardised extract 200mg (min. 40% organic acids), caprylic acid 100mg, deodorized garlic standardised clove extract 10:1 equiv. to herb 100mg (min. 0.5% allicin content), bromelain 50mg, prebiotic fructooligosaccharides 50mg, lactobacillus acidophilus 30mg, vitamin C 30mg, niacin 18mg, zinc 7.5mg, pantothenic acid 6mg, beta carotene 2.4mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.25mg, folate 200mcg, selenium 100mcg, copper 50mcg, vitamin B12 1mcg.

Local Distributor: Alfred Gera & Sons Ltd.

***Cys-control® Cranberola*** (Arkopharma)

Sachets; Cranberry, rich in proanthocyanidins (36mg).

Local Distributor: Pharmacos Ltd.

***Cysticare®*** (HealthAid)

Tablets; Cranberry extract (4:1) 250mg, dandelion root powder 50mg, parsley powder 50mg, sage 50mg, bearberry extract (4:1) 25mg, stinging nettle extract (4:1) 25mg, buchu leaf extract (4:1) 25mg, vitamin C 125mg.

Local Distributor: Galea & Galea

***Ellegyn® Cysti*** (Alta Care)

Capsules; Omega 3 (350mg), cranberry seed oil (100mg), EPO (50mg).

Local Distributor: Ultra Pharma Ltd.

***Natural Cranberry with Vitamin C*** (Solgar)

Vegicaps; Cranberry concentrate powder 440mg, vitamin C 60mg.

Local Distributor: Natural Remedies

***Super Strength Cranberry*** (Higher Nature)

Capsules; Cranberry (standardised cranberry fruit extract and infused whole fruit) 500mg.

Local Distributor: Health Plus

***Venalta®*** (Alta Care) see Grapeseed

***WellTeen® Plus Omega-3*** (Vitabiotics)

WellTeen tablets; Cranberry extract 100mg, green tea extract 40mg, L-carnitine tartarate 50mg, co-enzyme Q10 2mg, natural mixed carotenoids 2mg, vitamin A 400mcg, vitamin D 20mcg, vitamin E 8mg, vitamin C 80mg, vitamin B1 6mg, vitamin B2 3mg, vitamin B3 18mg, vitamin B6 8mg, olic acid 400mcg, vitamin B12 15mcg, biotin 75mcg, pantothenic acid 6mg, magnesium 94mg, iron 12mg, zinc 15mg, copper 1000mcg, manganese 2mg, selenium 55mcg, chromium 50mcg, iodine 130mcg. Omega-3 capsules; Omega-3 ish oil 541mg (providing EPA 165mg & DHA 116mg), vitamin E 5.5mg.

Local Distributor: Kemimport Ltd.

## CRANESBILL

### CRANESBILL

*Geranium maculatum*

**Family:** Geraniaceae

**Medicinal Parts:** Dried rhizome, leaf, root.

**Indications:**

*Principal:* Haemorrhoids, peptic & duodenal ulcers, diarrhoea, heavy menstruation, dysmenorrhoea<sup>19,28</sup>.

*Major:* Acute bronchitis, tonsillitis, upper respiratory tract infection, sore throat, mouth ulcers, infected gums<sup>19</sup>.

*Minor:* Bleeding of mucous membranes<sup>19,28</sup>.

**Contraindications:** None known.

**Side-effects:** No health hazards are known in conjunction with the proper administration of designated therapeutic dosages.

**Drug interactions:** None known.

**Dose:** Three times daily: dried rhizome, 1-2 gm as an infusion or decoction; liquid extract 1:1 in 45% alcohol, 1-2 ml<sup>19</sup>.

*Citronella Geranium Aerosol Free Nebuliser* (Sella) see Lemongrass

*Citronella Geranium for Children* (Sella) see Lemongrass

*Citronella Geranium Stick* (Sella) see Lemongrass

*Evening Primrose* (HealthAid) see Evening Primrose

*Teenstick* (Arkopharma) see Clove

## CURCUMA

*see Turmeric*

## DAMIANA

*Turnera diffusa*

**Family:** Turneraceae

**Medicinal Parts:** Leaves harvested during the flowering season.

**Indications:**

*Principal:* Sexual dysfunction, decreased libido<sup>5, 8, 9, 14, 28, 112</sup>.

*Major:* For strengthening &

stimulation during exertion (overwork), for boosting and maintaining physical and mental capacity<sup>8</sup>.

*Minor:* Anxiety & depression associated with hormonal changes (e.g. menopause), nervous dyspepsia, constipation<sup>5, 28, 45</sup>.

**Cautions:** Patients with hypoglycaemia<sup>9, 113</sup>.

**Contraindications:** Patients with overactive sympathetic nervous system activity<sup>5</sup>.

**Side-effects:** None known.

**Drug interactions:** Hypoglycaemic agents<sup>5</sup>.

**Dose:** Three times daily: dried drug, 2-4 gm or in infusion; liquid extract (1:1, 60% ethanol), 3-6 ml<sup>45</sup>.

## DANDELION

*Taraxacum officinale*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Dried leaves & roots.

### Indications:

*Principal:* Water retention due to various causes<sup>114, 115</sup>, insufficient production of bile<sup>5, 9, 28, 45, 115</sup>.

*Major:* Dyspeptic complaints, urinary tract infections, liver & gall bladder complaints, loss of appetite<sup>8, 28</sup>.

*Others:* Diabetes, rheumatic conditions, urticaria, eczema<sup>5, 28</sup>.

**Contraindications:** Bile duct obstruction, gall bladder empyema, ileus<sup>5, 8, 28</sup>.

**Side-effects:** Superacid gastric complaints, sensitization reactions<sup>28</sup>.

**Damiana Leaf** (HealthAid)

Liquid; Damiana extract 1:4 (equiv. of 250mg of damiana herb in 1ml).

Local Distributor: Galea & Galea

**Energizer Formula** (Vega) see Siberian Ginseng

**Male Formula** (HealthAid) see Ginseng Korean

**Male Max™** (HealthAid) see Ginseng Korean

**Zotrim** (Nature's Remedies) see Maté

**Drug interactions:** Anticoagulants, antiplatelet agents, thrombolytic agents, low molecular weight heparins, fluoroquinolones, potassium<sup>5, 28, 115</sup>.

**Dose:** Tincture: 10-15 drops three times daily; a cup of freshly made tea can be taken mornings and evenings<sup>28</sup>.

**2-Day DetoxPlan** (HealthAid) see Milk Thistle

**4.3.2.1 Shape Up Organic** (Arkopharma) see Green Tea

**4.3.2.1 Shape Up Ultimate** (Arkopharma) see Fenugreek

**Altadrine® Day Burner** (Alta Care) see Grapeseed

## DEVIL'S CLAW

**Altadrine® Night Burner** (Alta Care) see Green Tea

**Aquaflow®** (HealthAid)

Tablets; Dandelion root powder 80mg, bladderwrack powder 80mg, buchu leaf powder 80mg, uva ursi powder 80mg, juniper berry powder 80mg, yellow dock root extract 80mg, cleavers powder extract 80mg, burdock powder 80mg, parsley leaf powder 75mg, barberry bark powder 15mg.

Local Distributor: Galea & Galea

**Boldo Multi-Herbal Complex** (Healthlife) see Boldo

**Cellusite™** (HealthAid) see White Willow

**Cysticare®** (HealthAid) see Cranberry

**Dandelion** (HealthAid)

Liquid; Dandelion extract 1:4 (equiv. of 250mg of dandelion herb in 1ml).

Local Distributor: Galea & Galea

**Dandelion Root** (HealthAid)

Tablets; 140mg dandelion root extract and raw powder 4:1 equiv. to 560mg of raw dandelion root powder.

Local Distributor: Galea & Galea

## DEVIL'S CLAW

*Harpagophytum procumbens*

**Family:** Pedaliaceae

**Medicinal Parts:** Dried tuber/root.

**Indications:**

**Principal:** Dyspeptic complaints, inflammatory disorders including arthritis, gout, myalgia, fibrositis, lumbago & rheumatic disease<sup>5, 8, 9, 28, 45, 116, 117, 118, 119</sup>.

**Detoxil** (Vitabiotics) see Artichoke

**Erbalax® Delicato Capsule** (Erba Vita) see Rhubarb

**Hip & Thigh Formula** (HealthAid) see White Willow

**Lass-B** (Erba Vita)

Syrup; Manna 15%, decoction of figs 10%, tamarind fruit pulp extract 5%, dandelion root extract 7.5%, concentrated and purified propolis extract (total flavonoids expressed as galangin 12%, according to HPLC, 28%, UV method). Local Distributor: E.J. Busuttil Ltd.

**Livercare®** (HealthAid) see Milk Thistle

**Menophase** (Higher Nature) see Schisandra

**Milk Thistle Complex** (HealthAid) see Milk Thistle

**Milk Thistle Plus** (FSC) see Milk Thistle

**Slim-Rite** (HealthAid) see Alfalfa

**Sollievo** (Aboca) see Senna

**Major:** Acute low back pain, loss of appetite<sup>5, 28, 118</sup>.

**Minor:** Allergies, kidney, bladder & gall bladder disorders<sup>28, 118</sup>.

**Contraindications:** Stomach or duodenal ulcers<sup>8, 28, 45</sup>, gallstones, acute diarrhoea, pregnancy<sup>5</sup>.

**Side-effects:** Diarrhoea<sup>5</sup>.

**Drug interactions:** Warfarin, antiarrhythmic drugs<sup>5</sup>, antiplatelet drugs, NSAIDs<sup>16</sup>.

**Dose:** Three times daily.

*For dyspepsia or lack of appetite:* dried tuber, 0.5 gm in decoction; tincture (1:5, 25% ethanol), 1ml.

*For other indications:* dried tuber, 1.5-2.5 gm in decoction; liquid extract (1:1, 25% ethanol), 1-2ml<sup>45</sup>.

**Arthur's Formula Ltd** (Power Health)  
Tablets; Devil's claw powder 225mg, cat's claw bark extract 34mg, alkaloids 1mg, willow bark powder 40mg, garlic powder 40mg.  
Local Distributor: Kemimport Ltd.

**Atrosan**<sup>®</sup> (A.Vogel)  
Tablets; Devil's claw extract 480mg.  
Local Distributor: Health Plus

**Devil's Claw** (Arkopharma)  
Capsules; Devil's claw powder 435mg (containing 9.5mg glucoiridoids).  
Local Distributor: Pharmacos Ltd.

**Devil's Claw** (A.Vogel)  
Liquid; Tincture of devil's claw dried root, extracted in alcohol (66% v/v).  
Local Distributor: Health Plus

## DONG QUAI

*Angelica sinensis*

**Family:** Umbelliferae

**Medicinal Parts:** Whole root.

**Indications:**

*Principal:* Menstrual complaints

**Devil's Claw** (HealthAid)  
Liquid; devil's claw extract 1:3 (equiv. of 330mg of devil's claw herb in 1ml).  
Local Distributor: Galea & Galea

**Devil's Claw Herbal Complex** (Vega)  
Capsules; Devil's claw root extract 4:1 150mg (min. 2.5% harpagosides); devil's claw root powder 150mg (equiv. to 750mg devil's claw root herb); Vega Phytoantioxidant Base<sup>™</sup> 140mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 224mg, prebiotic acacia gum 112mg.  
Local Distributor: Alfred Gera & Sons Ltd.

**Flodol**<sup>®</sup> (Alta Care) see Meadowsweet

**Flodolor**<sup>®</sup> **Flexi** (Alta Care) see Papaya

**Neuralta**<sup>®</sup> **Plus** (Alta Care) see Papaya

**No-Dol** (ESI)  
Capsules; Glucosamine 250mg, chondroitin sulfate 100mg, MSM 100mg, devil's claw 100mg, manganese 5mg, aloe vera 15mg.  
Local Distributor: Collis Williams Ltd.

**Phytorhuma** (Arkopharma)  
Gel; Devil's claw extract 30%.  
Local Distributor: Pharmacos Ltd.

such as menstrual cramps & scanty menstruation; uterine contractions; menopausal symptoms<sup>5, 28, 120</sup>.  
*Major:* Arrhythmia, asthma & bronchitis, cardiovascular disorders,

## DONG QUAI

kidney problems<sup>5, 28, 121</sup>.

*Others:* Constipation, migraine, neuralgia, hypertension<sup>28</sup>.

**Cautions:** Patients taking large doses of Dong Quai, or using it concurrently with blood thinners, should be monitored for increases in prothrombin time and INR<sup>28, 122</sup>, limit sun exposure & use sunscreen<sup>28</sup>.

**Contraindications:** Pregnancy, hemorrhagic disease, hypermenorrhoea, chronic diarrhoea, abdominal bloating, acute infections including cold & flu<sup>5, 28</sup>.

**Side-effects:** GI disturbances, increased bleeding, photodermatitis<sup>5, 28, 123</sup>.

**Drug interactions:** Anticoagulants, low molecular weight heparins, thrombolytic agents, benzodiazepines, beta-adrenergic blockers, nifedipine, testosterone, tolbutamide<sup>5, 28, 63</sup>.

**Dose:** 2-3 gm 2 to 3 times daily (liquid extract, tablet)<sup>28</sup>.

### *Dong Quai* (HealthAid)

Liquid; Dong quai extract 1:4 (equiv. of 250mg of dong quai herb in 1ml).

Tablets; Raw dong quai powder 210mg, standardised dong quai root 160mg.

Local Distributor: Galea & Galea

### *Dong Quai Herbal Complex* (Vega)

Capsules; Dong quai root powder 350mg; dong quai root extract (6:1) 200mg (min. 1% lingustilides) equiv. to 1550mg dong quai root herb.

Local Distributor: Alfred Gera & Sons Ltd.

### *Dong Quai Root Extract* (Solgar)

Vegicaps; Raw dong quai root powder 200mg, standardised dong quai root extract (2mg [1%] ligustilides) 150mg, PhyTO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).

Local Distributor: Natural Remedies

*Herbal Female Complex* (Solgar) see Black Cohosh

### *Menovital*<sup>®</sup> (HealthAid)

Tablets; Dong quai 6:1 standardised extract 167mg (min. 1% lingustilide) equiv. to 1000mg of dong quai powder, flaxseed oil powder 100mg (provides 20mg alpha linolenic acid), siberian ginseng 5:1 extract 100mg, sage powder 100mg, starflower oil powder 100mg (provides 7mg GLA), red clover blossoms 50mg, liquorice standardised extract 25mg (min. 20% glycyrrhizic acid), black cohosh standardised extract 20mg (provides 1mg of deoxyacetyl), agnus castus 5:1 standardised extract 8mg (min. 1% lingustilide) equiv. to 40mg powder, vitamin C 60mg, vitamin B6 10mg, zinc 15mg, soya isoflavone extract 50mg (provides 40% isoflavone), vitamin E 5mg, iron 14mg, L-tyrosine 50mg.

Local Distributor: Galea & Galea

**ECHINACEA***Echinaceae species*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Roots, leaves or the whole plant in various stages of development, depending on varieties.

**Indications:**

*Principal:* Upper respiratory tract infections including common cold & influenza<sup>5, 9, 19, 28, 124, 125, 126, 127</sup>.

*Major:* Poorly healing superficial wounds; digestive, respiratory & urinary tract infections; inflammatory and purulent conditions including furunculosis, carbuncles, abscesses & acne<sup>5, 19, 28, 127</sup>.

*Minor:* Mild septicaemia, burns, eczema, leg ulcers<sup>5, 19, 28, 127</sup>.

*Others:* Treatment of leucopenia following radio & cytostatic therapy and in support of anti-infectious chemotherapy<sup>5, 28, 128</sup>.

**Cautions:** Diabetes may worsen in diabetic patient receiving Echinacea intravenously<sup>28</sup>.

**Contraindications:** Pregnancy, hypersensitivity to Compositae plants, tuberculosis, multiple sclerosis, leukosis, collagenosis, AIDS or HIV infection, other autoimmune diseases<sup>5, 28</sup>.

**Side-effects:**

*Rare:* Allergic reactions<sup>5, 28</sup>.

*Others:* Short-term fever reactions, nausea and vomiting can occur when used parenterally<sup>28</sup>.

**Drug interactions:** Caffeine, midazolam, basiliximab, azathioprine, corticosteroids, cyclosporine, daclizumab, muromonab, mycophenolic acid, mycophenolate acid, sirolimus, tacrolimus<sup>28, 126</sup>.

**Dose:**

*Internally:* 6-9 ml of the expressed juice<sup>28</sup>.

*Externally:* 50 ml of a decoction from root, three times daily<sup>19</sup>.

Avoid prolonged use.

*Altacura® Infludrink* (Alta Care) see Meadowsweet

*Children's Echinacea* (HealthAid) Liquid; Per 1ml average: Echinacea extract (1:1) 100mg derived from *Echinacea angustifolia* root powder, acerola cherry extract 25% 240mg which provides 60mg of vitamin C in a base of cherry juice concentrate.  
Local Distributor: Galea & Galea

**Concentrated Echinacea 500mg**

(Numark)  
Tablets; Echinacea root extract 500mg.  
Local Distributor: Premier HealthCare

**Echinacea** (A. Vogel)

Lozenges; Fresh echinacea extract, glucose syrup, cane sugar, honey, caramel sugar syrup, menthol, peppermint oil, citric acid.  
Local Distributor: Health Plus

**Echinacea** (HealthAid)

Liquid; Echinacea extract 1:5 (equiv. of 200mg of echinacea herb in 1ml).  
Tablets; Pure *Echinacea purpurea* powder

## ECHINACEA

500mg.

Local Distributor: Galea & Galea

### **Echinacea** (NatraHealth)

Tablets; *Echinacea purpurea* equiv. to 1000mg, providing polyphenols 10mcg.

Local Distributor: Collis Williams Ltd.

### **Echinacea 300** (Power Herbs)

Tablets; Echinacea (3:1) dry extract 100mg equiv. to fresh echinacea 300mg (providing echinacosides 4mg).

Local Distributor: Kemimport Ltd.

### **Echinacea 1000mg** (Lamberts)

Tablets; 1000mg echinacea (*Echinacea purpurea*) provided by 250mg of a 4:1 extract.

Local Distributor: Health Plus

### **Echinacea 1000mg & Goldenseal 2000mg** (Lamberts)

Tablets; 1000mg echinacea (*Echinacea purpurea*) provided by 250mg of a 4:1 extract, 2000mg goldenseal provided by 100mg of a 20:1 extract.

Local Distributor: Health Plus

### **Echinacea & Black Elderberry** (Higher Nature)

Capsules; 127.5mg echinacea extract 4:1, 85mg black elderberry extract 4:1, 170mg olive leaf extract 4:1, 50mg myrrh.

Local Distributor: Health Plus

### **Echinacea Cream** (A. Vogel)

Cream; Each gram contains tinctures of: echinacea (*Echinacea purpurea*) 50mg, wild pansy 50mg.

Local Distributor: Health Plus

### **Echinacea Extract** (Solgar)

Vegicaps; Raw echinacea aerials powder 300mg, standardised echinacea root powdered extract (5mg [4%] echinacosides) 125mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).

Local Distributor: Natural Remedies

### **Echinacea Forte** (A. Vogel)

Tablets; *Echinacea purpurea* herb and root extract 750mg equiv. to 810mg of whole fresh plant.

Local Distributor: Health Plus

### **Echinacea Herbal Complex** (Vega)

Capsules; Echinacea (angustifolia and purpurea) leaf/root powder 750mg, echinacea (angustifolia and purpurea) root extract (5:1) 140mg (min. 4% echinacosides) equiv. to 1450mg echinacea leaf/root herb.

Local Distributor: Alfred Gera & Sons Ltd.

### **Echinacea Plus Ginseng & Astragalus Herbal Complex** (Vega)

Capsules; Echinacea (purpurea) root extract 5:1 equiv. to herb 250mg (min. 4% echinacosides), ginseng korean (panax) root extract 5:1 equiv. to herb 250mg (min. 20% ginsenosides), astragalus root extract 4:1 equiv. to herb 200mg, deglycyrrhised liquorice root extract 50mg (<1% glycyrrhisin), ginger root powder 50mg, ginkgo biloba leaf powder 50mg, schisandra fruit powder 50mg, shiitake mushroom powder 50mg.

Local Distributor: Alfred Gera & Sons Ltd.

### **Echinacea (Purpurea & Angustifolia)** (Health Aid)

Tablets; *Echinacea purpurea* extract 180mg equiv. to 900mg raw echinacea powder (standardised for min 4% polyphenols), echinacea tri spectrum 25mg equiv. to 100mg echinacea powder.

Local Distributor: Galea & Galea

### **Echinacea Root 500mg** (FSC)

Tablets; Echinacea root (*Echinacea purpurea*) extract equiv. to dried herb powder 500mg.

Local Distributor: Kemimport Ltd.



***Echinacea Throat Spray*** (A.Vogel)  
 Spray; Tinctures of: fresh *Echinacea purpurea* (echinacea) herb 190mg, fresh *salvia officinalis* (sage) leaves 95mg, fresh *Echinacea purpurea* (echinacea) root 10mg.  
 Local Distributor: Health Plus

***Echinaforce***<sup>®</sup> (A.Vogel)  
 Tablets; 6.2 mg echinacea (*Echinacea purpurea*) herb and root concentrate equiv. to 270mg whole fresh plant or 60mg of whole dried plant . .  
 Local Distributor: Health Plus

***Echinaforce Forte*** (A. Vogel)  
 Tablets; 1,140mg of *Echinacea purpurea* extract from fresh herb and 60mg of extract from fresh root.  
 Local Distributor: Health Plus

***Herbal Booster***<sup>TM</sup> (HealthAid) see Guarana

***Immuno baby*** (Erba Vita)  
 Syrup; Quantities for maximum daily dose (15ml): Blackcurrant buds 0.3ml, rosehip berries 0.3ml, *Echinacea angustifolia* root dry extract 150mg (0.1% of echinacoside 0.15mg), tabebuia bark dry extract 75mg

(3.8% naphthoquinone 2.85mg), cat's claw dry extract 75mg (1.05% of total alkaloids ossindolici 0.79mg).  
 Local Distributor: E.J. Busuttill Ltd.

***Milk Thistle & Artichoke*** (Higher Nature) see Milk Thistle

***Perfectil*** (Vitabiotics)  
 Capsules; Echinacea extract equiv. to 195mg, burdock extract equiv. to 80mg, vitamin D 2.5mcg, vitamin E 40mg, vitamin C 30mg, thiamin 10mg, riboflavin 5mg, niacin 18mg, vitamin B6 20mg, folacin 500mcg, vitamin B12 9mcg, biotin 45mcg, pantothenic acid 40mg, iron 12mg, magnesium 50mg, zinc 15mg, iodine 200mcg, manganese 2mg, silicon 3mg, copper 2mg, chromium 50mcg, selenium 100mcg, cystine 10mg, betacarotene 5mg, PABA 30mg.  
 Local Distributor: Kemimport Ltd.

***Phytocold*** (Arkopharma)  
 Capsules; Powdered roots of *Echinacea purpurea* 250mg.  
 Local Distributor: Pharmacos Ltd.

***Uva-ursi complex*** (A.Vogel) see Uva-Ursi

***Wintervits***<sup>®</sup> (HealthAid) see Tragacanth

## ELDER

### *Sambucus nigra*

**Family:** Caprifoliaceae  
**Medicinal Parts:** Bark peeled from branches, air-dried flowers, fresh & dried leaves, fresh & dried ripe fruit, dried roots, fresh leaves.

**Indications:**  
**Principal:** Common cold, feverish conditions<sup>9, 28, 45, 129, 130</sup>.  
**Major:** Respiratory disorders such

as coughs, laryngitis, shortness of breath<sup>9, 28, 129, 130</sup>.

**Cautions:** Diabetics<sup>28</sup>.

**Contraindications:** None known.

**Side-effects:** Dizziness, headache, convulsions, GI distress, nausea, vomiting, diarrhoea, tachycardia<sup>28</sup>.

## ELDERBERRY

**Drug interactions:** Iron, magnesium<sup>28</sup>, antidiabetics, morphine, phenobarbital<sup>130</sup>.

**Dose:** Three times daily: dried flowers, 3-5 gm in infusion; liquid extract (1:1, 25% ethanol), 3-5 ml; tincture (1:5, 25% ethanol), 10-25 ml<sup>45</sup>.

**4.3.2.1 Performance Detox** (Arkopharma) see Green Tea

**Allergforte™** (HealthAid) see Nettle

**Altaflora® Gastrogel** (Alta Care) see Aloe Vera

**Echinacea & Black Elderberry** (Higher Nature) see Echinacea

**Elderberry** (HealthAid)  
Liquid; Elderberry extract 1:3 (equiv. of 330mg of elderberry herb in 1ml).  
Local Distributor: Galea & Galea

**Immune +** (Higher Nature)  
Tablets; 40mg black elderberry standardised extract (2% total flavanoids),

25mg bilberry standardised extract (2% anthocyanidins), 25mg blackcurrant fruit 4:1 extract (min. 2% anthocyanidins), 500mg vitamin C, 2.5mg zinc.  
Local Distributor: Health Plus

**Mucovit® Sciroppo Adulti** (Erba Vita) see Grindelia

**Mucovit® Sciroppo bambini** (Erba Vita) see Grindelia

**Sambucol For Children** (Sambucol)  
Liquid; Black elderberry (berry extract) 0.95g, vitamin C 32.5mg.  
Local Distributor: Kemimport Ltd.

**Sambucol® Immuno Forte Formula** (Sambucol)  
Liquid; Black elderberry (berry extract) 1.9g, zinc (as gluconate) 1.3mg, vitamin C 55mg.  
Local Distributor: Kemimport Ltd.

**Sambucol® Original Formula** (Sambucol)  
Liquid; Black elderberry (berry extract) 1.9g.  
Local Distributor: Kemimport Ltd.

## ELDERBERRY

see *Elder*

## ELECAMPANE

*Inula helenium*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Dried or fresh rhizome.

**Indications:**

**Principal:** Bronchitis, coughs, bronchial catarrh, dry irritating cough in children<sup>9, 28, 45, 131</sup>.

**Others:** Urinary tract infections,

worm infestations (roundworm, threadworm, hookworm, whipworm)<sup>9</sup>, stomach ulcers, menstrual complaints, headaches<sup>28</sup>.

**Contraindications:** Hypersensitivity to other plants in the Asteraceae family<sup>9</sup>, pregnancy, lactation<sup>28, 45</sup>.

**Side-effects:** Occasional allergic reactions<sup>28, 45</sup>.

**Drug interactions:** Hypoglycaemic & antihypertensive treatment<sup>9</sup>.

## EPHEDRA

*Ephedra sinica*

**Family:** Ephedraceae

**Medicinal Parts:** Young canes, dried rhizome with roots.

**Indications<sup>9f</sup>:**

*Principal:* Asthma, allergies, nasal congestion, related upper respiratory symptoms<sup>14, 28, 132, 134</sup>.

*Major:* Bronchitis, hayfever, colds<sup>28, 134</sup>.

*Others:* Weight gain<sup>133</sup>, decreased libido<sup>14</sup>.

**Cautions:** For short term use only due to danger of addiction<sup>28, 133</sup>.

**Contraindications:** Diabetes, heart disease, hypertension, hyperthyroidism, thyrotoxicosis, individuals under 18 years, anorexia, bulimia, states of anxiety and restlessness, insomnia, depression, suicidal tendency, mental, emotional or behavioural disorders, stomach ulcers, pheochromocytoma, angle-closure glaucoma, use before or during strenuous exercise, use with other stimulants<sup>28</sup>.

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<sup>9f</sup> Ephedra has become liable to abuse as a stimulant and slimming aid. The US FDA banned all the dietary supplements containing ephedrine alkaloids<sup>28</sup>.

**Dose:** Three times daily: Dried root, 1.5-3 gm in decoction; liquid extract (1:1, 25% ethanol), 1-2 ml; tincture (1:5, 25% ethanol), 3-5 ml<sup>45</sup>.

**Side-effects:** Headache, dizziness, irritability, motor restlessness, sleeplessness, urinary disorders, nausea, vomiting, tachycardia, cardiac arrhythmias, myocardial infarction, haemorrhagic or ischaemic stroke, seizures<sup>28, 133</sup>.

**Drug interactions:**

*Contraindicated:* Isocarbizid, cyclopropane, halothane, selegiline, rasagiline.

*Major risk:* Iproniazid, MAOIs, procarbazine, pargyline, nialamide, furazolidine, tranlycypromine, phenelzine, caffeine.

*Moderate risk:* Guanethidine, iobenguane, bethanidine, theophylline, sodium bicarbonate and other antacids.

*Potential interactions:*

Antihypertensives, cardiac glycosides, corticosteroids, digoxin, NSAIDs, phenylpropanolamine, pseudoephedrine, reserpine<sup>14, 28, 134</sup>.

**Dose:** Depends in the alkaloids content in the form used. Ephedra is administered as a comminuted herb, as well as other galenic preparations for internal use<sup>28</sup>.

## EUCALYPTUS

# EUCALYPTUS

## *Eucalyptus globulus*

**Family:** Myrtaceae

**Medicinal Parts:** Oil extracted from fresh leaves and branch tips; dried leaves.

**Indications:**

*Principal:* Infections of the upper respiratory tract including common cold, catarrh, bronchitis, sore throat, sinusitis, asthma<sup>5, 8, 9, 19, 28</sup>.

*Major:* Rheumatism, wounds, burns, ulcers (topically)<sup>5, 19, 28</sup>.

*Minor:* Insect repellent<sup>5, 28</sup>.

**Cautions:** Eucalyptus may interfere with hypoglycaemic control in diabetics<sup>28</sup>.

**Contraindications:** Eucalyptus oil: should not be administered internally to children, people with inflammatory GI tract disease or impaired liver function or during pregnancy<sup>19</sup>; should not be applied to the face, especially of infants and young children because of the risk of bronchospasm and irritation<sup>28</sup>.

**Side-effects:** GI upset<sup>19</sup> (nausea, vomiting), burning epigastric pain, esophagitis, diarrhoea may occur occasionally<sup>28</sup>; urticaria, contact dermatitis, skin irritation with topical application<sup>5</sup>.

**Drug interactions:** CNS depressants, drugs metabolized by CYP 450, hypoglycaemic agents<sup>5, 28</sup>.

**Dose:** *Internal:* Dried leaf in infusion, 4-6 gm daily, average single dose 2g; Tincture (1:5 in 45% ethanol), 5-20 ml daily<sup>19</sup>.

*Alito Fresco e Balsamico* (Sella)

Spray; Eucalyptus, aniseed, lemon, common sage, thyme.

Local Distributor: Premier HealthCare

*Altacura® Broncotuss* (Alta Care) see Meadowsweet

*Ivy-Thyme Complex* (A.Vogel) see Thyme

*Jointace Gel* (Vitabiotics) see Ginger

*Jointace Patch* (Vitabiotics) see Ginger

*Mucovit® Sciroppo Adulti* (Erba Vita) see Grindelia

*Mucovit® Sciroppo Bambini* (Erba Vita) see Grindelia

*Natural Herbal Inhalant Oil* (Numark)  
Oil; Eucalyptus leaf oil, peppermint oil, cajuput oil, juniper berry oil, clove oil.  
Local Distributor: Premier HealthCare

*Neem Cream* (A.Vogel) see Neem

*Neem Oil* (A.Vogel) see Neem

*Neuralta® Migren* (Alta Care) see Peppermint

*Pectovit®* (Erba Vita) see Grindelia

*Potter's Decongestant Pastilles* (Potter's)  
Pastilles; Eucalyptus oil 0.6% v/w, menthol 0.8% w/w.  
Local Distributor: Kemimport Ltd.

*Tea Tree & Witch Hazel Cream* (Lanes)  
see Witch Hazel

*Vapour Rub* (Numark)  
Cream; *Eucalyptus globulus* leaf oil,  
turpentine, menthol.  
Local Distributor: Premier HealthCare

## EVENING PRIMROSE

*Oenothera biennis*

**Family:** Onagraceae

**Medicinal Parts:** Fixed oil from the seed.

### Indications:

#### Internal

*Principal:* Atopic eczema<sup>135</sup>,  
mastalgia<sup>136, 5, 9, 28, 137</sup>.

*Major:* PMS, menopausal symptoms,  
perimenopausal hot flushes, ADHD  
in children, high cholesterol levels<sup>138</sup>,  
chronic fatigue syndrome, diabetes<sup>5, 9,</sup>  
14, 28, 137.

*Minor:* Rheumatoid arthritis<sup>139</sup>,  
hypertension, thrombosis,  
autoimmune disease such as multiple  
sclerosis, Raynaud's phenomenon<sup>139,</sup>  
5, 9, 19, 28.

*Others:* Asthma, whooping cough, GI  
disorders<sup>5</sup>.

#### External

For the relief of dry or inflamed  
skin<sup>137</sup>.

**Contraindications:** Patients with  
epilepsy<sup>5, 28, 135</sup>.

**Side-effects:** Mild GI effects such  
as nausea, vomiting, diarrhoea,  
flatulence & bloating<sup>5, 9, 28</sup>; seizures  
in schizophrenic patients that  
were treated with EPO along with

phenothiazine medications<sup>28</sup>.

**Drug interactions:** Oral  
anticoagulants, antiplatelets,  
phenothiazines<sup>5, 28, 137</sup>.

### Dose \*\*\*:

*Atopic eczema:* Adults 4-8 gm daily in  
divided doses; Pediatrics 2-4 gm daily  
in divided doses.

*Mastalgia:* 3-4 gm daily in divided  
doses<sup>28</sup>.

*Cardiosterol® Krill* (Alta Care)  
Capsules; Omega 3, gelatin, glycerol,  
EPO, water, astaxanthin.  
Local Distributor: Ultra Pharma Ltd.

*Cardiosterol® SLO* (Alta Care)  
Capsules; Omega 3, shark liver oil (20%  
alkylglycerols), EPO (71% omega 6 &  
omega 9).  
Local Distributor: Ultra Pharma Ltd.

*Chaler® Hair Stimulant* (Alta Care) see  
Saw Palmetto

*Ellegyn® Cysti* (Alta Care) see Cranberry

*Evening Primrose* (HealthAid)  
Cream, lotion; Sweet almond oil, evening  
primrose, rosemary oil, geranium oil.

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\*\*\* Treatment with EPO may require up to 3  
months duration before positive results are  
attained for all indications listed above<sup>28</sup>.

## EVENING PRIMROSE

Soap; EPO, lavender, ylang-ylang.  
Local Distributor: Galea & Galea

**Evening Primrose 500mg** (Quest)  
Capsules; EPO 500mg, providing 10% GLA.  
Local Distributor: Pharma MT Ltd.

**Evening Primrose 1000mg** (Quest)  
Capsules; EPO 1000mg, providing 10% GLA.  
Local Distributor: Pharma MT Ltd.

**Evening Primrose Oil** (Arkopharma)  
Capsules; Pure first cold pressed EPO 520mg.  
Local Distributor: Pharmacos Ltd.

**Evening Primrose Oil** (HealthAid)  
Oil; Pure EPO 1000mg (10% GLA).  
Local Distributor: Galea & Galea

**Evening Primrose Oil 500mg** (HealthAid)  
Capsules; EPO 500mg, which provides: GLA 50mg (min. GLA 10%), vitamin E 10mg.  
Local Distributor: Galea & Galea

**Evening Primrose Oil 500mg** (Lamberts)  
Capsules; EPO 500mg, vitamin E 10mg, GLA 45mg.  
Local Distributor: Health Plus

**Evening Primrose Oil 500mg** (Numark)  
Capsules; EPO 500mg of which GLA 43mg.  
Local Distributor: Premier HealthCare

**Evening Primrose Oil 500mg** (Power Health)  
Capsules; EPO 500mg.  
Local Distributor: Kemimport Ltd.

**Evening Primrose Oil 500mg** (Solgar)  
Softgels; EPO 500mg providing: linoleic acid 365mg, gamma linolenic acid (GLA) 50mg, oleic acid 35mg, palmitic acid 30mg, other fatty acids 20mg, vitamin E

9mg.  
Local Distributor: Natural Remedies

**Evening Primrose Oil 500mg High Strength** (Vega)  
Capsules; Evening primrose seed oil 500mg (providing GLA 9.5% 47.5mg), vitamin E 10mg.  
Local Distributor: Alfred Gera & Sons Ltd.

**Evening Primrose Oil 1000mg** (HealthAid)  
Capsules; EPO 1000mg, which provides: GLA 100mg (min. GLA 10%), vitamin E 20mg.  
Local Distributor: Galea & Galea

**Evening Primrose Oil 1000mg** (Healthlife)  
Capsules; EPO 1000mg of which GLA 80mg, vitamin E 10mg.  
Local Distributor: Kemimport Ltd.

**Evening Primrose Oil 1000mg** (Lamberts)  
Capsules; EPO 1000mg providing 84mg GLA, vitamin E 10mg.  
Local Distributor: Health Plus

**Evening Primrose Oil 1000mg** (Numark)  
Capsules; EPO 1000mg of which GLA 80mg.  
Local Distributor: Premier HealthCare

**Evening Primrose Oil 1000mg Extra High Strength** (Vega)  
Capsules; Evening primrose seed oil 1000mg (providing GLA 9.5% 95mg), vitamin E 10mg.  
Local Distributor: Alfred Gera & Sons Ltd.

**Evening Primrose Oil 1300mg** (HealthAid)  
Capsules; EPO 1300mg, vitamin E 13.4mg, which provides: cis-linoleic acid (73%) 949mg, GLA 130mg, oleic acid

(7.5%) 98mg, other fatty acids (10%) 130mg.

Local Distributor: Galea & Galea

**Evening Primrose Oil Formula** (Vega)

Capsules; Evening primrose seed oil powder 33% 250mg (min. 10% GLA), green tea leaf extract 30mg (min. 40% polyphenols), magnesium oxide 30mg, vitamin C (as calcium ascorbate) 30mg, vitamin E 20mg, niacin 18mg, zinc 7.5mg, iron 7mg, pantothenic acid 6mg, vitamin B6 4mg, beta carotene 2.4mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.25mg, folate 200mcg, iodine 150mcg, selenium 100mcg, copper 50mcg, vitamin D2 5mcg, vitamin B12 1mcg.

Local Distributor: Alfred Gera & Sons Ltd.

**Evening Primrose Oil with Starflower Oil 1000mg** (Lamberts)

Capsules; EPO and starflower oil 1000mg, GLA 120mg, vitamin E 10mg.

Local Distributor: Health Plus

**Nicosolven® Astaxanthin** (Alta Care)

Capsules; Omega 3 (449.5mg), gelatin (139.0mg), glycerol (53.9mg), EPO (50.0mg), water (9.65mg), astaxanthin (0.5mg).

Local Distributor: Ultra Pharma Ltd.

**Omega 3 & 6** (Quest)

Capsules; EPO 500mg of which LA

280mg, GLA 80mg, fish oil concentrate 250mg.

Local Distributor: Pharma MT Ltd.

**One A Day Pure Cod Liver Oil Plus Evening Primrose** (Seven Seas)

Capsules; 650mg cod oil blend providing 200mg omega-3 nutrients of which 162mg EPA & DHA, 200mg EPO of which 15.2mg GLA, 5mcg vitamin D.

Local Distributor: Associated Drug Co. Ltd.

**Organic Optimum Oil** (FSC) see Flaxseed

**Premenstrual Formula** (Vega) see Oats

**Pure Evening Primrose Oil** (Efamol)

Capsules; Pure EPO 1000mg of which GLA 115mg, vitamin E 10mg.

Local Distributor: Vivian Corporation

**Pure Evening Primrose Oil** (Seven Seas)

Capsules; EPO 1000mg providing 74mg GLA, Vitamin E 6.7mg.

Local Distributor: Associated Drug Co. Ltd.

**Royal 3** (HealthAid)

Capsules; EPO 500mg, Korean ginseng extract (5:1) 250mg, royal jelly (natural) 150mg.

Local Distributor: Galea & Galea

**Wellwoman** (Vitabiotics) see Starflower

## EYEBRIGHT

### *Euphrasia officinalis*

**Family:** Scrophulariaceae

**Medicinal Parts:** The flowering plant.

**Indications:**

*Principal:* Eye complaints including

blepharitis, conjunctivitis, stye, eye fatigue symptoms, eye strain, oversensitivity to light, weeping eyes, functional eye disorders of muscular & nervous origin<sup>9, 28</sup>.

*Others:* Cough, hoarseness<sup>28</sup>.

## FENNEL

**Cautions/Contraindications:** None known.

**Side-effects:** None known following the proper administration of designated therapeutic dosages.

**Drug interactions:** None known.

**Dose:**

*Dried herb:* 2-4 gm or by infusion 3 times daily.

*Liquid extract:* (1:1 in 25% alcohol) 2-4 ml 3 times daily.

*Tincture:* (1:5 in 45% alcohol) 2-6 ml 3 times daily<sup>9</sup>.

*Eyebright* (HealthAid)

Liquid; Eyebright extract 1:3 (equiv. of 330mg of eyebright herb in 1ml).

Tablets; Eyebright extract powder (4:1) 138mg equiv. to 550mg of powder, raw eyebright powder 250mg.

Local Distributor: Galea & Galea

*EyeVit* (HealthAid)

Prolonged release tablets; Eyebright 120mg, alfalfa 50mg, rutin 25mg, L-glutamine 60mg, L-cysteine 25mg, bioflavonoids 30mg, vitamin A 751mcg, beta-carotene 3mg, vitamin D 2.5mcg, vitamin E 16.8mg, vitamin C 50mg, riboflavin 25mg, niacin 30mg, zinc 1.4mg, selenium 25mcg.

Local Distributor: Galea & Galea

*Organic Aloe Vera* (dr.organic<sup>®</sup>) see Aloe Vera

## FENNEL

*Foeniculum vulgare*

**Family:** Umbelliferae

**Medicinal Parts:** Seeds, oil extracted from ripe fruit and dried ripe fruit.

**Indications:**

Internal

*Principal:* Dyspeptic complaints including flatulence, infantile colic, eructation, sluggish digestion, appetite suppressant, feeling of fullness<sup>14, 19, 28, 140, 141</sup>.

*Major:* Cough, bronchitis, catarrh of the upper respiratory tract<sup>14, 19, 28, 141</sup>.

*Minor:* Anorexia, amenorrhoea, dysmenorrhoea, to stimulate milk flow in nursing mothers<sup>19</sup>.

External

*Principal:* Idiopathic hirsutism<sup>142</sup>,

conjunctivitis, blepharitis (as an eye wash), sore throat, pharyngitis (as a gargle)<sup>19, 28</sup>.

**Contraindications:** Hypersensitivity to other plants of the Umbelliferae family, pregnancy, pediatrics<sup>19, 28</sup>.

**Side-effects:** Cross sensitivity among patients with celery allergy<sup>28</sup>, allergic reactions of the skin and respiratory tract<sup>19</sup>.

**Drug interactions:** Ciprofloxacin<sup>63, 143</sup>.

**Dose:** Daily dose: 5-7 gm drug; 10-20 gm fennel syrup or fennel honey,



or 5-7.5 gm of compound fennel tincture<sup>19</sup>.

**2-Day DetoxPlan** (HealthAid) see Milk Thistle

**4.3.2.1 Performance Detox** (Arkopharma) see Green Tea

**4.3.2.1 Shape Up Day & Night** (Arkopharma) see Green Tea

**4.3.2.1 Shape Up Organic** (Arkopharma) see Green Tea

**Altadrine® Lipodrainer** (Alta Care) see Nettle

**Altaflora® Gastrogel** (Alta Care) see Aloe Vera

**Candaway™** (Lamberts) see Cinnamon

**Carbogas** (Sella)  
Tablets; Sweet fennel extract, angelica extract, stinging nettle extract.  
Local Distributor: Premier Healthcare

**CarbonFlor®** (Erba Vita) see Aniseed

**Colic Baby** (Erba Vita) see Linden

**Coloclear Extra** (Higher Nature) see Flaxseed

**Erbalax® Delicato Capsule** (Erba Vita) see Rhubarb

**Erbalax® Forte Comprese** (Erba Vita) see Senna

**Finocarbo Plus** (Aboca)  
Capsules; Fennel fruits phytocomplex 250mg, chamomile extract 135mg, charcoal 208mg, caraway fruit phytocomplex 110mg, cumin fruit phytocomplex 80mg, essential oils of fennel and mint 25mg.  
Local Distributor: Pharma MT Ltd.

**Jointace Gel** (Vitabiotics) see Ginger

**Jointace Patch** (Vitabiotics) see Ginger

**Karbofin Forte** (ESI)  
Capsules; Vegetable coal 150mg, fennel 30mg, chamomile 25mg, fennel oil extract 5mg, anise oil extract 5mg, mint oil extract 5mg.  
Local Distributor: Collis Williams Ltd.

**Sollievo** (Aboca) see Senna

**Vegilax®** (HealthAid) see Blessed Thistle

## FENUGREEK

*Trigonella foenum-graecum*

**Family:** Leguminosae-Fabaceae

**Medicinal Parts:** Ripe, dried seeds.

### Indications:

#### Internal

**Principal:** Non-insulin dependent diabetes mellitus<sup>144</sup>,<sup>145</sup>, hypercholesterolaemia, hyperlipidaemia<sup>146, 147, 5, 14, 19, 28</sup>.

**Major:** Digestive disorders (including constipation, dyspepsia & gastritis), gastric ulcers<sup>148</sup>, loss of appetite<sup>149</sup> especially in convalescence<sup>5, 9, 19, 28</sup>, to increase milk production<sup>19, 150</sup>.

**Minor:** Upper respiratory catarrh<sup>19, 150</sup>.

**Others:** Tuberculosis, menopausal symptoms<sup>151</sup>.

## FENUGREEK

### External

*Principal:* Local inflammation, wounds, leg ulcers, eczema, burns, boils<sup>5, 9, 19, 28</sup>.

**Cautions:** Monitor patients with thyrotoxicosis when using the herb at doses above usual dietary intake<sup>5</sup>.

**Contraindications:** Pregnancy (except in small amounts as food flavouring)<sup>5, 9, 19, 28</sup>, known allergy to the herb or to chickpeas because of possible cross-reactivity<sup>5</sup>.

**Side-effects:** Mild GI symptoms such as diarrhoea & flatulence, rare allergic reactions<sup>5, 19</sup>.

**Drug interactions:** Antidiabetic agents, anticoagulants, low molecular weight heparins, thrombolytic agents<sup>28, 147</sup>.

### **Dose:**

*Internal:* 6 gm of the drug or equivalent preparations.

*External:* 50 gm of powdered drug to 250 ml of water<sup>19</sup>.

### **4.3.2.1 Shape Up Ultimate** (Arkopharma)

Capsules; Fenugreek extract 100mg, grape extract 100mg, bean pod extract 80mg, green tea extract 60mg, maté extract 60mg, kola extract 60mg, green coffee extract 60mg, dandelion extract 50mg,

artichoke extract 50mg, cinnamon extract 40mg.

Local Distributor: Pharmacos Ltd.

### **Cholestro-Vit Formula** (Vega) see Garlic

### **Colestroforte™** (HealthAid)

Tablets; Fenugreek seed powder 100mg, gugulipid extract (3:1) 100mg, artichoke extract (3:1) 50mg, fermented red rice yeast 200mg, inositol hexanicotinate 125mg, pantethine 50mg, chromium 100mcg, L-taurine 50mg, oat bran fiber 10mg, soy isoflavone concentrate 100mg. Local Distributor: Galea & Galea

### **Coloclear Extra** (Higher Nature) see Flaxseed

### **Fenugreek** (Arkopharma)

Capsules; Fenugreek seed powder 495mg. Local Distributor: Pharmacos Ltd.

### **Fenugreek** (HealthAid)

Capsules; Fenugreek seed powder 200mg, fenugreek seed extract 100mg (standardised for min 60% saponins). Local Distributor: Galea & Galea

### **FootCare Cream** (Himalaya)

Cream; Fenugreek, turmeric, sal tree, honey. Local Distributor: Grefed Worldwide Trading

### **Testofen™** (Power Herbs)

Capsules; Fenugreek extract 300mg standardised to 50% fenuside. Local Distributor: Kemimport Ltd.

## FEVERFEW

*Tanacetum parthenium*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Leaf.

### Indications:

*Principal:* Migraine prophylaxis<sup>152, 153, 154</sup>, arthritis, rheumatic diseases<sup>5, 9, 28, 45</sup>.

*Major:* Cough, colds, fever, allergies<sup>5, 28</sup>.

*Others:* Tinnitus, vertigo, toothache, insect bites, asthma, menstrual disorders, difficulty during labor<sup>5, 28, 154</sup>.

**Cautions:** Patients on platelet aggregation inhibitors such as aspirin and dipyridamole<sup>28</sup>.

**Contraindications:** Pregnancy, breastfeeding, children under 2 years of age, hypersensitivity to plants in the Asteraceae family<sup>5, 28, 45</sup>.

**Side-effects:** Mouth ulcers, GI symptoms, allergic dermatitis, lip

swelling, glossitis<sup>5, 28, 45</sup>.

**Drug interactions:** Anticoagulants, thrombolytic agents, antiplatelet agents, NSAIDs<sup>5, 28</sup>.

**Dose:** Daily dose: dried herb, 50-200 mg (normally in tablets or capsules); tincture (1:5, 25% ethanol), 5-20 drops<sup>45</sup>.

*Feverfew* (HealthAid)

Liquid; Feverfew extract 1:3 (equiv. of 330mg of feverfew herb in 1ml).  
Tablets; Feverfew powder 250mg (standardised for min 0.2% parthenolide).  
Local Distributor: Galea & Galea

*Feverfew Herbal Complex* (Vega)

Capsules; Feverfew leaf powder 240mg, feverfew leaf extract (4:1) 190mg (min. 2.5% parthenolides) equiv. to 1000mg feverfew leaf herb.  
Local Distributor: Alfred Gera & Sons Ltd.

## FLAXSEED

*Linum usitatissimum*

**Family:** Linaceae

**Medicinal Parts:** Oil extracted from the seeds<sup>†††</sup>.

### Indications:

*Principal:* Reduce mortality in coronary heart disease,

hypercholesterolaemia<sup>5, 9, 28, 155, 156, 157, 158</sup>, arthritis.

*Major:* Insulin sensitivity/metabolic syndrome<sup>156</sup>; Sjogren's syndrome<sup>159</sup>; breast<sup>160</sup>, colon, & prostate cancer<sup>5, 9, 28, 158</sup>.

*Minor:* Bronchitis, coughs, constipation, irritable colon, diverticulitis, burns (applied externally)<sup>9, 28</sup>.

††† The oil should be kept out of direct light and in refrigeration to preserve it; should never be heated as it becomes mutagenic<sup>28</sup>.

## FLAXSEED

*Others:* Colons damaged by laxative abuse, gastritis, enteritis, mild rectal inflammation<sup>9, 28</sup>.

**Cautions:** Overweight people (should only use the whole seeds) due to the considerable caloric content of the fixed oil<sup>28</sup>.

**Contraindications:** Hypersensitivity to other members of the family Compositae, pregnancy, intestinal obstruction, stricture of the oesophagus and in the GI area, acute inflammatory illness of the intestine, oesophagus and stomach entrance<sup>5, 9, 28</sup>.

**Side-effects:** Loose stools rarely<sup>5</sup>.

**Drug interactions:** May delay the absorption of other drugs taken simultaneously (flaxseed contains mucilage & cellulose)<sup>28</sup>, anticoagulants, antiplatelets<sup>158</sup>.

### **Dose:**

*Lower cholesterol:* 35-50 gm daily of the crushed seed as a fiber supplement.

*Decrease platelet aggregation:* 1 to 2 tablespoonfuls flaxseed oil daily.

*Constipation:* 1 dessertspoon of whole or bruised (not ground) seed with at least 150 ml of liquid 2 to 3 times daily.

*Topical:* 30-50 gm flaxseed flour for a hot moist cataplasm or compress<sup>28</sup>.

**Active Women's Multivitamins & Minerals** (Vega) see Siberian Ginseng

**AntiStress** (Erba Vita) see Maca

**Bromelain Complex** (Vega) see Aloe Vera

**Coloclear Extra** (Higher Nature)  
Capsules; High lignan flax 900mg, fennel seed 150mg, fenugreek seed 150mg, liquorice root 90mg, cloves 60mg, aloe vera 30mg, lactobacillus sporogenes 18 million viable organisms.  
Local Distributor: Health Plus

**Flax Seed Oil 1000mg** (HealthAid)  
Capsules; Flax seed oil 1000mg, vitamin E 2mg.  
Local Distributor: Galea & Galea

**Flax Seed Oil 1000mg** (Lamberts)  
Capsules; Flax seed oil 1000mg, alpha-linolenic acid 500mg, linoleic acid 122mg.  
Local Distributor: Health Plus

**Flax Seed Oil 1000mg** (Power Health)  
Capsules; Flax seed oil 1000mg of which alpha linolenic acid 484mg, vitamin E 10mg.  
Local Distributor: Kemimport Ltd.

**Linoforce®** (A.Vogel)  
Granules; 100g typically contains: Linseed 43.03g, senna leaves 12.91g, alder buckthorn 1.07g, crystallised sucrose 12.05g, vanilla 0.02g, ginger essence 0.02g, excipients to 100g.  
Local Distributor: Health Plus

**Menopace® Plus** (Vitabiotics) see Sage

**Menovital®** (HealthAid) see Dong Quai

**Omega Excellence Flax Seed Oil 1000mg** (Higher Nature)  
Capsules; Alpha-linolenic acid (omega 3 EFA) 329mg, linoleic acid (omega 6 EFA) 103mg, oleic acid (omega 9 FA) 103mg<sup>†††</sup>.

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††† Flax Seed Oil is rich in omega 3 EFA & alpha-linolenic acid. It also provides the omega 6 EFA linoleic acid & oleic acid, and the omega 9 monounsaturated FA.

Oil; 5ml provides: alpha-linolenic acid 2890mg, linoleic acid 585mg, monounsaturates 720mg.

Local Distributor: Health Plus

**Organic Flax Oil** (Arkopharma)

Capsules; Organic flax seed oil 500mg.

Local Distributor: Pharmacos Ltd.

**Organic Optimum Oil** (FSC)

Capsules; Omega 3, 6 and 9 essential fatty acids in the ratio 2:1:1 by blending certified organic flaxseed, sunflower, evening primrose and sesame seed oils.

Local Distributor: Kemimport Ltd.

**Tri-Omega EFA** (Sci-MX)

Capsules; Flaxseed oil, EPO, blackcurrant

oil, cold water fish omega-3 oil, vitamin E.

Local Distributor: Ruth & Marcel

Degabriele

**wellKiD® Smart Chewable** (Vitabiotics)

Tablets; Flaxseed oil powder (providing 20% omega-3 fatty acids) 114mg, vitamin

A 400mcg, vitamin D 5mcg, vitamin

E 10mg, vitamin C 40mg, vitamin B1

0.9mg, vitamin B2 0.8mg, vitamin

B3 9mg, vitamin B6 0.7mg, folic acid

200mcg, vitamin B12 3mcg, biotin

25mcg, pantothenic acid 4mg, magnesium

75mg, iron 7mg, zinc 7.5mg, copper

100mcg, manganese 0.2mg, selenium

20mcg, chromium 10mcg, iodine 75mcg.

Local Distributor: Kemimport Ltd.

## GAMBOGE

### *Garcinia hanburyi*

**Family:** Guttiferae

**Medicinal Parts:** Resin extracted from the plant.

**Indications:** Digestive disorders, particularly constipation<sup>28, 161</sup>.

**Contraindications:** Pregnancy, breastfeeding, stomach pain, ulcers or obstruction, Crohn’s disease, ulcerative colitis, appendicitis<sup>161</sup>.

**Side-effects:** Abdominal pain, vomiting<sup>28, 161</sup>.

**Drug interactions:** Digoxin, warfarin, diuretics, stimulant laxatives, corticosteroids<sup>161</sup>.

**Dose:** The appropriate dose of gamboge depends on several factors such as the user’s age, health, and several other conditions. There is not enough scientific information to determine an appropriate range of doses for gamboge<sup>28, 161</sup>.

## GARLIC

# GARLIC

*Allium sativum*

**Family:** Liliaceae

**Medicinal Parts:** Whole fresh bulb, dried bulb, oil of garlic.

### Indications:

**Principal:** Hypertension, hypercholesterolaemia, arteriosclerosis & atherosclerosis, diabetes with hyperlipidaemia, peripheral arterial occlusive disease<sup>5, 8, 9, 28, 45, 162, 163, 164, 167</sup>.

**Major:** Infections including tinea pedis, tinea corporis, tinea cruris, vaginitis, *Helicobacter pylori* infection<sup>165</sup>, common cold prevention<sup>166</sup>, colorectal cancer<sup>162, 5, 28, 167</sup>.

**Minor:** Respiratory infections and catarrhal conditions, whooping cough, bronchitis, GI ailments particularly digestive disorders with flatulence and GI spasms<sup>5, 28, 45</sup>.

**Others:** Menstrual pains, corns, calluses, otitis, muscle pain, neuralgia, arthritis, sciatica<sup>28, 45</sup>.

### Cautions/Contraindications:

Garlic may increase risk of bleeding and should be discontinued at least 10 days before elective surgery, breastfeeding<sup>5, 8, 28</sup>.

**Side-effects:** Breath & body odour<sup>8</sup>, allergic reaction, nausea, heartburn, flatulence, abdominal pain, diarrhea<sup>5, 9, 28</sup>.

**Drug interactions:** Anticoagulants particularly warfarin, antiplatelets,

ACE inhibitors, alcohol, chlorzoxazone, isoniazid, protease inhibitors, saquinavir<sup>5, 14, 28, 167</sup>.

**Dose:** Average daily dose: 4 gm of garlic or 8 gm of essential oil. One fresh garlic clove, 1 to 2 times daily<sup>28</sup>.

**Active Mature 50+** (Vega) see Aloe Vera

**Arthur's Formula Ltd** (Power Health) see Devil's Claw

### Cardiohealth Formula (Vega)

Capsules; Deodorised garlic clove extract 10:1 equiv. to herb 500mg (min. 0.5% allicin content), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), vitamin C 60mg, vitamin E 40mg, L-taurine 25mg, pantothenic acid 12mg, cayenne fruit powder 12mg, chinese red yeast 10mg, grape seed extract 10mg (min. 95% polyphenols), N,N-dimethylglycine 10mg, soy isoflavones concentrate 10mg, niacin 9mg, vitamin B6 8mg, zinc 7.5mg, iron 7mg, beta carotene 4.8mg, vitamin B2 2.8mg, vitamin B1 2.8mg, alpha lipoic acid 2mg, co-enzyme Q10 2mg, pine bark extract 2mg (min. 70% proanthocyanadins), folate 800mcg, manganese 0.5mcg, selenium 200mcg, copper 100mcg, vitamin B12 4mcg. Local Distributor: Alfred Gera & Sons Ltd.

### Cardiosterol® Garlic + Co. Q10 (Alta Care)

Capsules; Garlic oily macerate 501mg, gelatin 82.1mg, water 13.9mg, ubidecarenone 10.3mg. Local Distributor: Ultra Pharma Ltd.

***Cholestro-Vit Formula*** (Vega)

Capsules; Deodorised garlic clove extract 10:1 equiv. to herb 500mg (min. 0.5% allicin content), oat bran 100mg, chinese red yeast 50mg, fenugreek seed extract 4:1 equiv to herb 50mg, soya lecithin powder 25mg, vitamin C 60mg, choline bitartrate 25mg, inositol 25mg, L-methionine 25mg, pantothenic acid 12mg, niacin 9mg, vitamin B6 8mg, zinc 7.5mg, iron 7mg, vitamin B2 3.2mg, vitamin B1 2.8mg, vitamin B12 4mcg, manganese 0.5mg, folate 800mcg, selenium 200mcg, copper 100mcg.

Local Distributor: Alfred Gera & Sons Ltd.

***Cranberry Plus Formula*** (Vega) see Cranberry

***Garlic*** (Wassen)

Tablets; Garlic granules 320mg which typically provides 1600mcg of allicin (equiv. to 960mg of fresh garlic).  
Local Distributor: Pharmacos Ltd.

***Garlic Extra High Strength (Deodorised)*** (Vega)

Capsules; Deodorised garlic standardised clove extract (10:1) 150mg (min. allicin content 750mcg) providing fresh garlic bulb 1500mg, Vega Phytoantioxidant Base™ 260mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 416mg, prebiotic acacia gum 208mg.  
Local Distributor: Alfred Gera & Sons Ltd.

***Garlic Max 4000*** (HealthAid)

Capsules; 40mg pure garlic extract.  
Local Distributor: Galea & Galea

***Garlic Oil*** (Solgar)

Softgels; Garlic oil concentrate 1mg from approx 500mg fresh garlic bulbs in a natural base of safflower oil.  
Local Distributor: Natural Remedies

***Hawthorn Compound*** (Power Herbs) see Buckwheat

***HeartMax™*** (HealthAid) see Grapeseed

***Hi-Garlic Perles Odourless*** (Power Health)

Capsules; Deodorised garlic oil 2mg.  
Local Distributor: Kemimport Ltd.

***Kyolic Garlic 1000*** (Quest)

Tablets; Aged garlic extract 1000mg.  
Local Distributor: Pharma MT Ltd.

***Multiglucos Tolerance Factor*** (Vega) see Ginkgo

***Odourless Garlic*** (Healthlife)

Capsules; Odourless garlic powder 2mg.  
Local Distributor: Kemimport Ltd.

***Odourless Garlic*** (NutraHealth)

Capsules; Odourless garlic oil 2mg.  
Local Distributor: Collis Williams Ltd.

***Odourless Garlic Gems*** (FSC)

Capsules; Odourless garlic 2mg.  
Local Distributor: Kemimport Ltd.

***Odourless Garlic Pearls*** (Numark)

Capsules; Garlic oil 2mg.  
Local Distributor: Premier HealthCare

***One A Day Pure Cod Liver Oil Plus Garlic*** (Seven Seas)

Capsules; 800mg cod liver oil blend providing 160mg omega-3 nutrients of which 120mg EPA & DHA, 6mg garlic extract, 5mcg vitamin D.  
Local Distributor: Associated Drug Co. Ltd.

***Super Strength Supergar 8000*** (Higher Nature)

Tablets; 500mg extra high allicin garlic (providing 8000ppm allicin, 20,000ppm alliin and 8500ppm thiosulfinates).  
Local Distributor: Health Plus

## GENTIAN

### *Swiss Garlic* (A.Vogel)

Capsules; 270mg rapeseed oil extract of fresh garlic, equiv. to 270mg of fresh garlic.

Local Distributor: Health Plus

### *Triple G - Ginseng, Ginkgo, Garlic*

(Power Health) see Ginseng Korean

*Wellman* (Vitabiotics) see Siberian Ginseng

### *Whole Bulb Garlic* (FSC)

Capsules; Dried garlic 300mg equiv. to fresh garlic 1070mg.

Local Distributor: Kemimport Ltd.

## GENTIAN

### *Gentiana lutea*

**Family:** Gentianaceae

**Medicinal Parts:** Root and rhizome.

### **Indications:**

*Principal:* Dyspepsia, flatulence<sup>5, 9, 28, 45</sup>.

*Major:* Loss of appetite<sup>5, 9, 28, 45</sup>.

*Others:* Anorexia, GI atony<sup>9, 45</sup>.

**Cautions:** Pregnancy<sup>5</sup>.

**Contraindications:** Stomach or duodenal ulcers<sup>5, 9, 28, 45</sup>.

**Side-effects:** Headache<sup>5, 9, 28, 45</sup>, nausea & vomiting with high doses<sup>5</sup>.

**Drug interactions:** None known.

**Dose:** Average daily dose: 1 gm of the drug; daily dose: 2-4 gm. Average daily dose of tincture: 1-4 ml 3 times daily. Liquid extract: 2-4 gm; root 2-4 gm<sup>28</sup>.

*Kalms* (Lanes) see Valerian

## GERANIUM

see *Cranesbill*

## GINGER

### *Zingiber officinale*

**Family:** Zingiberaceae

**Medicinal Parts:** Rhizome.

### **Indications:**

*Principal:* Sore throat, upper respiratory tract infections, motion sickness, morning sickness in

pregnancy<sup>168, 169, 170</sup>, postoperative nausea<sup>171</sup>, chemotherapy-induced nausea<sup>172, 173</sup>.

*Major:* Dyspeptic complaints, osteoarthritis, rheumatoid arthritis<sup>174</sup>, migraine<sup>175</sup>, anorexia<sup>5, 28, 45, 177</sup>.

*Minor:* Colds, shortness of breath<sup>28</sup>.



*Others:* Primary dysmenorrhoea<sup>176</sup>, mastitis (externally)<sup>5</sup>.

**Cautions:** Gastric ulcers or reflux, gallstones, children under 6 years, pregnancy. Suspend use of high dose supplements (>10g) 1 week before major surgery<sup>5</sup>.

**Side-effects:** Gastric irritation, heartburn, bloating, contact dermatitis with topical use<sup>5</sup>.

**Drug interactions:** Anticoagulants (warfarin), antiplatelets, thrombolytic agents, nifedipine<sup>5, 28, 177</sup>.

**Dose:**

*Liquid extract* (1:2): 0.7-2.0 ml/day.

*Dried root:* 1-3 gm daily in divided doses or 1-2 gm taken as a single dose for nausea and vomiting.

*Infusion:* 4-6 slices of fresh ginger steeped in boiling water for 30 minutes<sup>5</sup>.

*Allergforte™* (HealthAid) see Nettle

*Altasterol® Stimulant* (Alta Care)

Ampoules; Hydroglycerin extracts of: ginger extract, wild yam extract, red vine leaf extract, fructose, guarana powder, acerola extract, vanilla flavour, ginseng root, vitamin C, cinnamon essential oil, black pepper essential oil.  
Local Distributor: Ultra Pharma Ltd.

*Echinacea Plus Ginseng & Astragalus Herbal Complex* (Vega) see Echinacea

*Femmevit®* (HealthAid) see Starflower

*Gastro-Vit Formula* (Vega) see Aloe Vera

*Ginger* (Arkopharma)

Capsules; Ginger root powder 365mg.  
Local Distributor: Pharmacos Ltd.

*Ginger* (Lamberts)

Capsules; Ginger root 14,400mg (provided by 120mg of a 120:1 extract).  
Local Distributor: Health Plus

*Ginger* (Quest)

Tablets; Ginger root extract 250mg, providing gingerols & essential oils.  
Local Distributor: Pharma MT Ltd.

*Ginger Root* (HealthAid)

Liquid; Ginger root 1:3 (equiv. of 330mg of ginger root herb in 1ml).  
Local Distributor: Galea & Galea

*Ginger Root Extract* (HealthAid)

Tablets; Standardised ginger root extract (4:1) 138mg (standardised to contain at least 5% gingerols extract) equiv. to 550mg of ginger root powder.  
Local Distributor: Galea & Galea

*Ginger Root (Zingiber officinale) 280mg*

(Power Herbs)  
Capsules; Ground ginger root 280mg.  
Local Distributor: Kemimport Ltd.

*Herbal Booster™* (HealthAid) see Guarana

*Jointace Chondroitin* (Vitabiotics)

Tablets; Ginger root extract equiv. to 40mg, glucosamine sulphate 500mg, chondroitin sulphate 200mg, vitamin D3 5mcg, vitamin E 20mg, vitamin C 30mg, folic acid 200mcg, vitamin B12 10mcg, zinc 5mg, manganese 2mg, copper 0.5mg, selenium 60mcg.  
Local Distributor: Kemimport Ltd.

*Jointace Collagen* (Vitabiotics)

Tablets; Ginger root extract equiv. to 40mg, glucosamine sulphate 500mg, chondroitin sulphate 50mg, vitamin D3

## GINKGO

5mcg, vitamin E 20mg, vitamin C 30mg, folic acid 200mcg, vitamin B12 10mcg, zinc 5mg, manganese 2mg, copper 0.5mg, selenium 60mcg, collagen 150mg.  
Local Distributor: Kemimport Ltd.

### *Jointace Fizz* (Vitabiotics)

Effervescent tablets: Glucosamine sulphate 500mg, chondroitin 100mg, vitamin C 60mg, magnesium 50mg, ginger extract 40mg.

Local Distributor: Kemimport Ltd.

### *Jointace Gel* (Vitabiotics)

Gel; Ginger oil, eucalyptus oil, sweet orange oil, clove oil, lavender oil, fennel oil, menthol, glucosamine sulphate, chondroitin sulphate.

Local Distributor: Kemimport Ltd.

### *Jointace Patch* (Vitabiotics)

Patches; Ginger oil, eucalyptus oil, sweet orange oil, clove oil, lavender oil, fennel oil, menthol, glucosamine sulphate, chondroitin sulphate.

Local Distributor: Kemimport Ltd.

*JointCare Sport* (HealthAid) see Ginseng Korean

### *JointWise* (Vega)

Syrup; Glucosamine hydrochloride 500mg, chondroitin sulphate 100mg,

omega-3 fish oil 700mg (providing EPA 170mg, DHA 115mg), cod liver oil 300mg (providing EPA 20mg, DHA 30mg), vitamin A 400mcg, vitamin D 5mcg, vitamin E 10mg, ginger extract 3.5mg, pineapple juice concentrate 1466mg, orange juice concentrate 353mg, medium chain triglycerides 0.2mg.

Local Distributor: Alfred Gera & Sons Ltd.

*MSM Glucosamine Joint Complex* (Higher Nature) see Celery

### *No-Gas® enzimi* (Giuliani)

Tablets; Passionflower, German chamomile, ginger.

Local Distributor: Collis Williams Ltd.

*SiberSlim™* (HealthAid) see Siberian Ginseng

*Slim-Rite* (HealthAid) see Alfalfa

### *VeinTain®* (Lamberts)

Capsules; Ginger 3600mg, ginkgo biloba 3000mg (providing 14.4mg flavonglycosides), cinnamon bark 1500mg.

Local Distributor: Health Plus

*V-Vein™* (HealthAid) see Horse Chestnut

## GINKGO

### *Ginkgo biloba*

**Family:** Ginkgoaceae

**Medicinal Parts:** Leaf, seeds separated from the fleshy outer layer.

### **Indications:**

*Principal:* Mild to moderate dementia of the Alzheimer type<sup>178</sup>, memory loss<sup>5, 9, 14, 19, 28, 179</sup>.

*Major:* Acute ischaemic stroke<sup>180</sup>, generalized anxiety disorder<sup>181</sup>, peripheral vascular disease including intermittent claudication & Raynaud's syndrome<sup>5, 28, 179, 182</sup>.

*Minor:* Vertigo, tinnitus, sudden deafness<sup>5, 183</sup>.

*Others:* Macular degeneration,

glaucoma, retinopathy, prevention of altitude sickness, PMS, asthma, sexual dysfunction, cancer prevention<sup>5</sup>.

**Cautions:** If unusual bleeding or bruising occurs stop use immediately, history of convulsive disorders, suspend use for 1 week prior to major surgery<sup>5, 28</sup>.

**Contraindications:** Hypersensitivity to the herb or any of its constituents<sup>28</sup>, pregnancy<sup>5</sup>.

**Side-effects:** GI upset, headache, dizziness<sup>5, 9, 28</sup>.

**Drug interactions:** Aminoglycosides, antiplatelets, antiepileptics, benzodiazepines, calcium-channel blockers, ciclosporin, cisplatin, doxorubicin, haloperidol, insulin, NSAIDs, phenobarbital, propranolol, protease inhibitors, proton pump inhibitors, risperidone, St. John's Wort, theophylline, tolbutamide, trazodone, valerian, warfarin and related drugs<sup>5, 28, 179</sup>.

**Dose:**

*Asthma:* 40 mg three times daily.

*Dementia & memory impairment:* 120-240 mg standardised extract daily in divided doses.

*Intermittent claudication, vertigo:* 120-320 mg standardised extract daily in divided doses.

*Normal tension glaucoma:* 120 mg standardised extract daily<sup>5</sup>.

**Active Mature 50+** (Vega) see Aloe Vera

**Brain Fuel Formula** (Vega)

Capsules; *Ginkgo biloba* leaf extract 50:1 equiv. to herb 500mg (min. 24% ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), siberian ginseng root extract (10:1) 100mg (min 0.8% eleutherosides), vitamin C 60mg, choline bitartrate 50mg, inositol 50mg, L-glutamic acid 50mg, L-glutamine 50mg, L-phenylalanine 50mg, L-tyrosine 50mg, niacin 36mg, pantothenic acid 12mg, zinc 7.5mg, iron 7mg, acetyl L-carnitine 5mg, alpha lipoic acid 5mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, vitamin B12 2mcg, folate 400mcg, manganese 0.25 mg, selenium 100mcg, copper 50mcg. Local Distributor: Alfred Gera & Sons Ltd.

**Brainvit®** (HealthAid) see Brahmi

**Cellulite Formula** (Vega)

Capsules; *Ginkgo biloba* leaf extract 50:1 equiv. to herb 500mg (min. 24% ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), kelp seaweed powder 60mg (providing min. 0.1% iodine), acetyl L-carnitine 60mg, potassium 60mg, vitamin C 60mg, choline bitartrate 30mg, inositol 30mg, niacin 18mg, L-arginine 10mg, L-lysine 10mg, L-methionine 10mg, L-tyrosine 10mg, PABA 10mg, pantothenic acid 6mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, vitamin B12 1mcg, manganese 0.25mg, folate 200mcg, biotin 150mcg, selenium 100mcg, copper 50mcg. Local Distributor: Alfred Gera & Sons Ltd.

**Centrum Performance** (Centrum)

Tablets; Vitamin A 800mcg, vitamin D 5mcg, vitamin E 26.8mg, vitamin C 120mg, vitamin B1 4.2mg, vitamin B2

## GINKGO

4.8mg, vitamin B6 6mg, vitamin B12 18mcg, folic acid 400mcg, niacin 36mg, biotin 40mcg, pantothenic acid 10mg, vitamin K 25mcg, calcium 100mg, phosphorus 48mg, iron 14mg, magnesium 45mg, zinc 7.5mg, iodine 150mcg, copper 700mcg, manganese 4mg, potassium 80mg, chloride 72mg, chromium 120mcg, molybdenum 75mcg, selenium 70mcg, ginkgo biloba extract 60mg, ginseng extract 50mg.

Local Distributor: Vivian Corporation

### *Echinacea Plus Ginseng & Astragalus Herbal Complex* (Vega) see Echinacea

#### *Efalex* (Efamol)

Capsules, liquid; Fish oil (of which omega-3 nutrients, DHA, EPA), ginkgo biloba standardised leaf extract (providing 24% ginkgoflavone bilobalides), phosphatidylserine, vitamin E, folic acid, vitamin B12.

Local Distributor: Vivian Corporation

#### *Efalex Active 50+* (Efamol)

Capsules; Fish oil (of which omega-3 nutrients, DHA, EPA), ginkgo biloba standardised leaf extract (providing 24% ginkgoflavone glycosides, 8% ginkgolide and bilobalides), phosphatidylserine, vitamin E, folic acid, vitamin B12.

Local Distributor: Vivian Corporation

#### *Gericaps® Active* (HealthAid) see Ginseng Korean

#### *Gincosan* (Pharmaton)

Capsules; Standardised ginkgo biloba extract, standardised *Panax Ginseng* extract.

Local Distributor: Vivian Corporation

#### *Ginkgo* (Arkopharma)

Capsules; Ginkgo leaf powder 250mg.  
Local Distributor: Pharmacos Ltd.

#### *Ginkgo 6000mg* (Lamberts)

Tablets; Ginkgo biloba leaves 6000mg

(provided by 120mg of a 50:1 extract), flavonglycosides 28.8mg, ginkgolides A, B and C and bilobalide 7.2mg.

Local Distributor: Health Plus

#### *Ginkgo Biloba* (A.Vogel)

Liquid; Tinctures of fresh ginkgo biloba leaves, extract in alcohol (66% v/v).

Local Distributor: Health Plus

#### *Ginkgo Biloba* (HealthAid)

Liquid; Ginkgo biloba extract 1:4 (equiv. of 250mg of ginkgo biloba herb) in 1ml.

Local Distributor: Galea & Galea

#### *Ginkgo Biloba* (NatraHealth)

Tablets; Ginkgo biloba standardised extract equiv. to 6000mg, providing 28.8mg ginkgo flavonglycosides, 7.2mg terpene lactones.

Local Distributor: Collis Williams Ltd.

#### *Ginkgo Biloba* (Quest)

Tablets; Ginkgo biloba leaf extract 150mg, providing ginkgo flavonglycosides 36mg, ginkgolides A, B & C 4.5mg, bilobalide 3.8mg.

Local Distributor: Pharma MT Ltd.

#### *Ginkgo Biloba 500mg* (FSC)

Tablets; Ginkgo biloba leaf extract equiv. to dried herb powder 250mg, ginkgo biloba dried herb powder 250mg.

Local Distributor: Kemimport Ltd.

#### *Ginkgo Biloba Herbal Complex* (Vega)

Capsules; Ginkgo biloba leaf powder 400mg, ginkgo biloba leaf extract (50:1) 60mg (min. 24% ginkgoflavonglycosides & 6% terpene lactones).

Local Distributor: Alfred Gera & Sons Ltd.

#### *Ginkgo Biloba Leaf 180mg* (Power Herbs)

Capsules; Ginkgo biloba leaf powder 180mg.

Local Distributor: Kemimport Ltd.

#### *Ginkgo Biloba Leaf Extract* (Solgar)

Vegicaps; Standardised ginkgo biloba leaf

powdered extract 90mg (providing 21.6mg [24%] ginkgoflavoglycosides, 5.4mg [6%] terpene lactones), raw ginkgo biloba leaf powder 45mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).

Local Distributor: Natural Remedies

**GinkoVital™** (HealthAid)

Capsules; Ginkgo biloba (50:1) extract 100mg (equiv. to 5000mg of ginkgo biloba powder) standardised to 24% flavones glycosides & 6% terpene lactones.

Local Distributor: Galea & Galea

**Ginkgo Vital 3™** (HealthAid) see Siberian Ginseng

**Goldcare 50+** (Vitabiotics)

Capsules; Ginkgo biloba extract 10mg, vitamin D 10mcg, vitamin E 20mg, vitamin C 80mg, vitamin B1 12mg, vitamin B2 5mg, vitamin B3 20mg, vitamin B6 20mg, folic acid 500mcg, vitamin B12 20mcg, pantothenic acid 10mg, iron 6mg, magnesium 75mg, zinc 15mg, iodine 130mcg, manganese 2mg, copper 1mg, boron 1mg, chromium 100mcg, selenium 150mcg, citrus bioflavonoids 16mg, natural mixed carotenoids 3mg.

Local Distributor: Kemimport Ltd.

**HaemoVit Liquid Gold™** (HealthAid) see Sarsaparilla

**Hematinic Blood Co-Factors** (Vega)

Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg (min. ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), Vega Phytoantioxidant Base™ 100mg providing antioxidants and prebiotics: apple & mixed wild berries concentrate 8:1 equiv. to herb 160mg, prebiotic acacia gum 80mg, citrus bioflavonoids 60mg, vitamin C 60mg, niacin 54mg, pantothenic

acid 18mg, zinc 15mg, iron 14mg, vitamin B6 6mg, vitamin B2 4.8mg, vitamin B1 4.2mg, folate 600mcg, manganese 0.5mg, selenium 200mcg, copper 100mcg, vitamin K 100mcg, vitamin B12 10mcg.

Local Distributor: Alfred Gera & Sons Ltd.

**Mega Potency Ginkgo 6000** (Higher Nature)

Tablets; 120mg ginkgo biloba guaranteed standardised extract 50:1 providing minimum: 24% ginkgo flavones glycosides, 6% terpene lactones (ginkgolides A, B, C & bilobalides).

Local Distributor: Health Plus

**Memory Plus Formula** (Vega)

Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg (min. 24% ginkgoflavonglycosides, 6% terpene lactones), bacopa leaf extract 150mg (min. 20% bacosides), soy lecithin powder 67mg, choline bitartrate 50mg, inositol 50mg, niacin 36mg, acetyl L-carnitine 30mg, alpha lipoic acid 30mg, L-glutamic acid 30mg, L-glutamine 30mg, L-tyrosine 30mg, pantothenic acid 12mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, folate 400mcg, manganese 0.25mg, selenium 100mcg, copper 50mcg, vitamin B12 2mcg.

Local Distributor: Alfred Gera & Sons Ltd.

**Multi Antioxidant Complex** (Vega)

Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg, green tea leaf extract 20mg, grape seed extract 5mg, pine bark extract 2mg, broccoli floret extract 5mg, Vega phytoantioxidant Base™ 100mg providing apple & mixed wild berries concentrate 8:1 equiv. to herb 160mg, prebiotic acacia gum 80mg, bilberry fruit extract 4:1 equiv. to herb 80mg, vitamin C 60mg, niacin 36mg, citrus bioflavonoids 30mg, vitamin E 20mg, pantothenic acid 12mg, zinc 7.5mg, iron 7mg, beta carotene 4.8mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, alpha lipoic

## GINKGO

acid 2mg, L-glutathione 2mg, lycopene 7.5% 2mg, N,N-dimethylglycine 2mg, manganese 0.5mg, selenium 200mcg, copper 100mcg.

Local Distributor: Alfred Gera & Sons Ltd.

### **Multiglucos Tolerance Factor** (Vega)

Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg (min.

24% ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), deodorized garlic clove extract 10:1 equiv. to herb 100mg (min. 0.5% allicin content), java plum fruit extract 100mg (min. 2.5% bitter principles), vitamin C 60mg, taurine 50mg, niacin 18mg, vitamin E 10mg, zinc 7.5mg, iron 7mg, pantothenic acid 6mg, beta carotene 4.8mg, alpha lipoic acid 2mg, co-enzyme Q10 2mg, L-glutathione 2mg, lutein esters 2mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.5mg, chromium 400mcg, folate 200mcg, selenium 200mcg, copper 100mcg, vitamin B12 1mcg.

Local Distributor: Alfred Gera & Sons Ltd.

### **Neuroforte**<sup>®</sup> (HealthAid)

Tablets; Ginkgo biloba extract (50:1) 20mg (equiv. to 1000mg of ginkgo biloba powder, contains min. 24% flavoglycosides), vitamin C 60mg, nicotinamide 18mg, vitamin B6 5mg, magnesium 100mg, lecithin 50mg, L-phenylalanine 100mg, L-tyrosine 100mg, L-glutamine 100mg, choline 50mg, inositol 50mg.

Local Distributor: Galea & Galea

### **Opticare Formula 20:20** (Vega)

Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg (min. 24% ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 120mg (min. 20% anthocyanadins), grape seed extract 2mg (min. 95% polyphenols), citrus bioflavonoids 60mg, vitamin C 60mg, niacin 36mg, vitamin

E 20mg, pantothenic acid 12mg, taurine 10mg, zinc 7.5mg, iron 7mg, beta carotene 4.8mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, vitamin B12 2mcg, alpha lipoic acid 2mg, co-enzyme Q10 2mg, L-glutathione 2mg, lutein esters 2mg, lycopene 2mg, manganese 0.5mg, folate 400mcg, selenium 200mcg, copper 100mcg.

Local Distributor: Alfred Gera & Sons Ltd.

### **Powerplus**<sup>TM</sup> (HealthAid) see Siberian Ginseng

### **Refreshall**<sup>®</sup> (Lamberts)

Tablets; Ginkgo biloba 3000mg, lemon balm 500mg, sage 500mg, rosemary 50mg. Local Distributor: Health Plus

### **Sexovir**<sup>® forte</sup> (HealthAid) see Ginseng Korean

### **Triple G - Ginseng, Ginkgo, Garlic** (Power Health) see Ginseng Korean

### **Vein Support Formula** (Vega)

Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg (min. 24% ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), rutin bean extract 60mg, pine bark extract 2mg (min. 70% proanthocyanadins), citrus bioflavonoids 60mg, hesperidin 60mg, vitamin C 120mg, niacin 18mg, zinc 7.5mg, iron 7mg, pantothenic acid 6mg, beta carotene 4.8mg, alpha lipoic acid 2mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.5mg, folate 200mcg, selenium 200mcg, copper 100mcg, vitamin B12 1mcg.

Local Distributor: Alfred Gera & Sons Ltd.

### **VeinTain**<sup>®</sup> (Lamberts) see Ginger

### **Venalta**<sup>®</sup> (Alta Care) see Grapeseed

### **V-Vein**<sup>TM</sup> (HealthAid) see Horse Chestnut

## GINSENG KOREAN

*Panax ginseng*

**Family:** Araliaceae

**Medicinal Parts:** Dried lateral roots.

### Indications:

*Principal:* Physical or mental exhaustion, stress, fatigue<sup>5,9,28,45,184</sup>.

*Major:* Hyperglycaemia<sup>185</sup>, erectile dysfunction<sup>186</sup>, menopausal symptoms, thrombotic & cardiovascular diseases<sup>187</sup>, degenerative conditions associated with aging<sup>5,9,184</sup>.

*Minor:* Cancer prevention<sup>188,189</sup>.

*Others:* Gastroprotection during heart surgery<sup>5</sup>.

**Cautions:** Cardiovascular disease, diabetes, hyper and hypotensive disorders, with all steroid therapy<sup>9,28,45</sup>.

**Contraindications:** Acute illness, haemorrhage, during the acute period of coronary thrombosis, pregnancy, use of other stimulants<sup>5,9,45</sup>.

**Side-effects:** Insomnia, epistaxis, headache, nervousness, vomiting<sup>5,9,28,45</sup>.

**Drug interactions:** Albendazole, alcohol, antidiabetics, digoxin assays, guarana, MAOIs, tamoxifen and other oestrogen antagonists, warfarin and related drugs, zidovudine<sup>5,28,184</sup>.

**Dose**<sup>§§§</sup>: Daily dose (taken in the morning): dried root, 0.6-2 gm or by decoction<sup>45</sup>.

### *Altacura*<sup>®</sup> *Ginseng* (Alta Care)

Ampoules; *Panax ginseng* root dry extract 1000mg, guarana powder extract 500mg, magnesium 75mg, orange flavour 50mg, vitamin B6 2mg, purified water.

Capsules; *Panax ginseng* root 400mg.  
Local Distributor: Ultra Pharma Ltd.

*Altacura*<sup>®</sup> *Infludrink* (Alta Care) see Meadowsweet

*Altasterol*<sup>®</sup> *Stimulant* (Alta Care) see Ginger

*Centrum Performance* (Centrum) see Ginkgo

### *Day-vit*<sup>®</sup> *Active* (HealthAid)

Tablets; Ginseng 50:1 extract 12mg (standardised to 25% ginsenosides) equiv. to 600mg *Panax ginseng* powder, CoQ10 5mg, vitamin A 800mcg, vitamin D 5mcg, vitamin E 10mg, vitamin C 60mg, thiamin 1.4mg, riboflavin 1.6mg, niacin 18mg, vitamin B6 2mg, folic acid 200mcg, vitamin B12 1mcg, biotin 150mcg, pantothenic acid 6mg, vitamin K 30mcg, calcium 100mg, phosphorus 50mg, iron 14mg, magnesium 50mg, zinc 15mg, iodine 150mcg, copper 1000mcg, manganese 2mg, potassium 50mg, selenium 100mcg, chromium 40mcg, molybdenum 50mcg, chloride 45mg, L-lysine HCl 25mg, L-carnitine

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§§§ *Panax ginseng* should not be taken continuously for periods exceeding 3 months; occasional use or courses of 1 month followed by a 2-month interval are recommended<sup>45</sup>.

## GINSENG KOREAN

34mg, di-methionine 40mg, L-arginine HCl 40mg, choline bitartrate 50mg, inositol 50mg, lutein 2mg, silica 10mg.

Local Distributor: Galea & Galea

***Echinacea Plus Ginseng & Astragalus Herbal Complex*** (Vega) see Echinacea

***Flodo<sup>®</sup> Artro*** (Alta Care) see Meadowsweet

***Gentlemen's Three<sup>™</sup>*** (HealthAid)  
Capsules; Koregin<sup>®</sup> standardised Korean ginseng extract (5:1) 350mg, standardised muira puama extract (10:1) 240mg (bark & root), standardised saw palmetto fruit extract (10:1) 160mg, pumpkin seed oil 50mg, zinc 3.5mg.

Local Distributor: Galea & Galea

***Gericaps<sup>®</sup> Active*** (HealthAid)  
Capsules; Standardised *Panax ginseng* extract 120mg, ginkgo biloba extract 30mg, vitamin A 1.5mg, vitamin D 10mcg, vitamin E 10mg, vitamin C 60mg, thiamin 5mg, riboflavin 5mg, niacin 20mg, vitamin B5 5mg, vitamin B6 6mg, vitamin B12 3mcg, folic acid 500mcg, inositol 50mg, biotin 150mcg, di-methyl amino ethanol bitartrate 20mg, DL-methionine 30mg, choline bitartrate 50mg, calcium 75mg, phosphorus 58mg, iron 15mg, copper 2mg, potassium 2mg, iodine 300mcg, manganese 2.5mg, magnesium 10mg, zinc 4mg, selenium 50mcg.  
Local Distributor: Galea & Galea

***Gincosan*** (Pharmaton) see Ginkgo

***Ginkgo Vital 3<sup>™</sup>*** (HealthAid) see Siberian Ginseng

***Ginsana*** (Pharmaton)  
Capsules, syrup; Standardised *Panax ginseng* root extract.  
Local Distributor: Vivian Corporation.

***Ginseng Forte*** (Arkopharma)  
Capsules; *Panax ginseng* root powder 310mg, *Panax ginseng* root extract 70mg, together providing 50mg ginsenosides, equiv. to 2000mg ginseng dried root.  
Local Distributor: Pharmacos Ltd.

***Ginseng Korean Herbal Complex*** (Vega)  
Capsules; Ginseng korean (panax) root powder 300mg, ginseng korean (panax) root extract (5:1) 100mg (min. 20% ginsenosides) equiv. to 800mg ginseng korean root herb.  
Local Distributor: Alfred Gera & Sons Ltd.

***Herbal 3*** (HealthAid) see Pumpkin

***JointCare Sport*** (HealthAid)  
Capsules; Korean ginseng extract 10mg, ginger extract 6mg, glucosamine sulphate 200mg, omega-3 nutrients 100mg, chondroitin sulphate 50mg, GLA 5mg, vitamin E 5mg, beta-carotene 2mg, calcium 135mg, iron 7mg, zinc 7.5mg, selenium 25mcg.  
Local Distributor: Associated Drug Co. Ltd.

***Korean Ginseng*** (HealthAid)  
Liquid; Korean ginseng extract 1:3 (equiv. of 330mg of Korean ginseng herb) in 1ml.  
Local Distributor: Galea & Galea

***Korean Ginseng*** (NatraHealth)  
Tablets; Korean ginseng extract.  
Local Distributor: Collis Williams Ltd.

***Korean Ginseng*** (Numark)  
Tablets; Korean ginseng extract 60mg, equiv. to 6000mg herb.  
Local Distributor: Premier HealthCare

***Korean Ginseng 1200mg*** (Lamberts)  
Tablets; Korean ginseng extract 1200mg (min. 20mg ginsenosides).  
Local Distributor: Health Plus

***Korean Ginseng 250mg*** (HealthAid)  
Capsules; 250mg Korean ginseng powder.



Local Distributor: Galea & Galea

***Korean Ginseng Extract*** (IL HWA)

Capsules, tea bags; Pure *Panax ginseng* extract.

Local Distributor: Tongil Trading Co. Ltd.

***Korean Ginseng with Multivitamins & Minerals*** (Red Kooga)

Tablets; Korean ginseng root extract 37.5mg (equiv. to Korean ginseng root powder 300mg), vitamin A 800mcg, vitamin D 5mcg, vitamin E 10mg, vitamin C 60mg, thiamin 1.4mg, riboflavin 1.6mg, niacin 18mg, vitamin B6 2mg, folic acid 200mcg, vitamin B12 1mcg, pantothenic acid 6mg, calcium 140mg, phosphorus 110mg, iron 14mg, zinc 15mg, iodine 150mcg, copper 500mcg, manganese 1mg, selenium 50mcg.

Local Distributor: George Borg Barthet Ltd.

***Koregin® 3000*** (HealthAid)

Capsules; Korean ginseng 5:1 extract 600mg, standardised to 8% ginsenosides, equiv. to 3000mg of ginseng root powder.

Local Distributor: Galea & Galea

***Kwai® ACE*** (Kwai)

Tablets; Dried garlic 300mg, vitamin A 540mcg, vitamin C 80mg, vitamin E 20mg.

Local Distributor: Vivian Corporation

***Kwai® One-A-Day*** (Kwai)

Tablets; Dried garlic 300mg.

Local Distributor: Vivian Corporation

***Male Formula*** (HealthAid)

Tablets; 250mg korean ginseng extract 2:1 equiv. to 500mg powder, standardised 5% ginsenosides; 150mg ashwagandha extract, standardised to 1.5% withanolides, 1% alkaloids; 100mg velvet bean extract 4:1 equiv. to 400mg powder; 100mg muira puama extract 4:1 equiv. to 400mg powder; 100mg pumpkin extract 4:1 equiv. to 400mg powder; 100mg

damiana extract 4:1 equiv. to 400mg powder; 100mg maca extract 5:1 equiv. to 500mg powder; 60mg pussy willow extract 4:1 equiv. to 240mg powder; 50mg cinnamon extract; 50mg kola nut extract 4:1 equiv. to 200mg powder; 50mg puncture vine extract; 25mg saw palmetto.  
Local Distributor: Galea & Galea

***Male Max™*** (HealthAid)

Tablets; 250mg korean ginseng standardised extract 2:1, 150mg ashwagandha standardised extract, 100mg velvet bean extract 4:1, 100mg muira puama extract 4:1, 100mg guarana extract 4:1, 100mg pumpkin extract 4:1, 100mg damiana extract 4:1, 100mg cinnamon extract, 100mg maca extract 5:1, 60mg pussywillow extract 4:1, 50mg kola nut 4:1, 25mg puncture vine standardised extract, 25mg Saw Palmetto standardised.

Local Distributor: Galea & Galea

***MegaMulti™*** (HealthAid)

Prolonged release tablets; Ginseng 100mg, rutin 25mg, vitamin A 750mcg, vitamin D 6.25mcg, vitamin E 2mg, vitamin C 300mg, thiamin 50mg, riboflavin 65mg, niacin 75mg, vitamin B6 10mg, folacin 300mcg, vitamin B12 5mcg, biotin 0.08mg, pantothenic acid 60mg, calcium 50mg, iron 10mg, zinc 4mg, iodine 150mcg, choline 20mg, chromium 6mcg, copper 35mcg, inositol 40mg, manganese 0.10mg, para amino benzoic acid 30mg, selenium 10mcg, citrus bioflavonoids 30mg, L-lysine 60mg.

Local Distributor: Galea & Galea

***MSM Glucosamine Joint Complex***

(Higher Nature) see Celery

***Multibionta® Activate*** (Seven Seas)

Capsules; Ginseng extract 10mg (equiv. to ginseng root 40mg), schisandra fruit 7.5mg, vitamin A 800mcg, vitamin D 5mcg, vitamin E 10mg, vitamin C 60mg, thiamin 1.4mg, riboflavin 1.6mg,

## GINSENG KOREAN

niacin 18mg, vitamin B6 2mg, folic acid 200mcg, vitamin B12 1mcg, biotin 0.15mg, pantothenic acid 6mg, calcium 90mg, phosphorus 38mg, iron 5mg, magnesium 45mg, zinc 5mg, iodine 100mcg, chloride 4.5mg, chromium 25mcg, manganese 0.4mg, molybdenum 25mcg, selenium 30mcg, potassium 5mg, coenzyme Q10 2mg.  
Local Distributor: Associated Drug Co. Ltd.

### **Multibionta® Probiotic Multivitamin 50+** (Seven Seas)

Capsules; Ginseng extract 20mg (equiv. to 80mg ginseng root), bilberry extract 1mg (equiv. to 100mg fresh bilberry), vitamin A 800mcg, vitamin D 5mcg, vitamin E 10mg, vitamin C 60mg, thiamin 1.4mg, riboflavin 1.6mg, niacin 18mg, vitamin B6 2mg, folic acid 200mcg, vitamin B12 1mcg, biotin 0.15mg, pantothenic acid 6mg, calcium 90mg, phosphorus 38mg, iron 5mg, magnesium 45mg, zinc 5mg, iodine 100mcg, manganese 0.4mg, chromium 25mcg, molybdenum 25mcg, selenium 30mcg, chloride 4.5mg, potassium 5mg, lutein 100mcg.  
Local Distributor: Associated Drug Co. Ltd.

### **Neovita®** (Savoy Laboratories)

Capsules; Ginseng 100mg, vitamin A 2400IU, thiamin mononitrate 2.5mg, riboflavin 2.5mg, pyridoxine 1mg, calciferol 240IU, dl-alpha tocopheryl acetate 2mg, cyanocobalamin 4.9mcg, nicotinamide 20mg, calcium pantothenate 10mg, ascorbic acid 40mg, magnesium oxide 10mg, zinc oxide 5mg, magnesium sulphate 2mg, copper sulphate 2mg, ferrous sulphate 33mg, lecithin 9.5mg, calcium phosphate 100mg.  
Syrup; Ginseng extract 17.5mg (equiv. to 87.5mg root), vitamin A 450IU, thiamin hydrochloride 625mcg, riboflavin 625mcg, pyridoxine 250mcg, cyanocobalamin 0.875mcg, ascorbic acid 4.2mg, sodium ascorbate 6.525mg, calciferol 45IU, nicotinamide 5mg,

d-panthenol 1.25mg.  
Local Distributor: Pharmacos Ltd.

### **Pharmaton®** (Pharmaton)

Capsules; Standardised ginseng extract G115 (made from the roots of *Panax ginseng*) 40mg, vitamin A 2667IU, biotin 150mcg, thiamin 1.4mg, riboflavin 1.6mg, pyridoxine 2.0mg, cyanocobalamin 1mcg, ascorbic acid 60mg, cholecalciferol 200IU, dl-alpha tocopherol acetate 10mg, nicotinamide 18mg, folic acid 100mcg, iron 10mg, calcium 100mg, copper 2mg, magnesium, 10mg, zinc 1mg, selenium 50mcg, lecithin 100mg.  
Local Distributor: Aldox Ltd.

### **Power Ginseng GX 2500+** (Power Health)

Capsules; Korean ginseng extract 100mg containing typically 30% ginsenosides.  
Local Distributor: Kemimport Ltd.

### **Powerplus™** (HealthAid) see Siberian Ginseng

### **Revive** (Kelkin) see Guarana

### **Royal 3** (HealthAid) see Evening Primrose

### **Sexovii® forte** (HealthAid)

Tablets; 60mg Korean ginseng 10:1 extract (standardised to 20% ginsenosides) equiv. to 600mg powder, 50mg ginkgo biloba extract (standardised to 24% glycosides & 6% terpenoids), 100mg vitamin C, 67mg vitamin E, 15mg zinc, 200mcg selenium, 250mg L-arginine HCl, 50mg L-carnitine, 50mg L-methionine, 50mg L-phenylalanine.  
Local Distributor: Galea & Galea

### **Triple G - Ginseng, Ginkgo, Garlic** (Power Health)

Tablets; Pure korean ginseng powder 250mg, standardised 24% ginkgo biloba extract 60mg, pure garlic powder 2mg.  
Local Distributor: Kemimport Ltd.

**GOLDENSEAL***Hydrastis canadensis***Family:** Ranunculaceae**Medicinal Parts:** Root, rhizome.**Indications:**Internal*Principal:* Digestive ailments including infectious diarrhoea, hypercholesterolaemia<sup>190</sup>, CHF<sup>5, 28, 45</sup>.*Minor:* Menorrhagia, dysmenorrhoea, peptic ulcer, colds & fever, recurrent ear infections, vaginitis, urinary tract infections<sup>5, 28</sup>.External*Principal:* To clean wounds, skin infections including ringworm & athlete's foot<sup>5, 9, 28</sup>.*Major:* Reduce haemorrhoids, soothe canker sores<sup>5</sup>.*Others:* Conjunctivitis, blepharitis<sup>9</sup>.**Cautions:** Not to be used as a douche due to potential for mucous membrane irritation<sup>5, 28</sup>.**Contraindications:** Kidney disease, pregnancy, lactation, hypertension, people with glucose-6-phosphate-dehydrogenase deficiency<sup>5, 9, 28, 45</sup>.**Side-effects:** Digestive disorders, mucous membrane irritation, constipation, excitatory states, hallucinations, occasionally deliria if taken over an extended period<sup>5, 9, 28</sup>.**Drug interactions:** Benzodiazepines, cytochrome P450 3A4-metabolized drugs, indinavir, paclitaxel, vitamin B<sup>28, 191</sup>.**Dose:** Three times daily: dried rhizome & root, 0.5-1 gm; tincture (1:10, 60% ethanol), 2-4 ml; liquid extract (1:1, 60% ethanol), 0.3-1 ml<sup>5, 45</sup>.***Echinacea 1000mg & Goldenseal 2000mg*** (Lamberts) see Echinacea***Golden Seal*** (HealthAid)

Liquid; Golden seal extract 1:5 (equiv. of 200mg of golden seal herb) in 1ml.

Tablets; Golden seal root powder 315mg, standardised golden seal root extract 160mg.

Local Distributor: Galea &amp; Galea

***Healthy Mega*** (HealthAid) see Buckwheat

## GOTU KOLA

### GOTU KOLA

*Centella asiatica*

**Family:** Apiaceae

**Medicinal Parts:** Leaf, stem.

**Indications:**

*Principal:* Skin scars, ulcers, burns<sup>192</sup> & wounds<sup>193, 194</sup>, memory enhancement, neurodegenerative disorders<sup>28, 195</sup>.

*Major:* Rheumatism, venous insufficiency circulatory disorders, anxiety, epilepsy<sup>196, 197</sup>.

*Minor:* Prevention of cancer, diabetic microangiopathy, oedema, venous hypertension<sup>197</sup>.

*Others:* Leprosy, eczema<sup>197</sup>.

**Cautions:** Diabetes, hyperlipidaemia<sup>28</sup>.

**Contraindications:** Pregnancy<sup>28</sup>.

**Side-effects:** Skin irritation (when

used topically), photosensitization, infertility<sup>28</sup>.

**Drug interactions:** None known.

**Dose:** Daily dose: 0.6 gm of dried leaves or infusion taken 3 times daily; normal single dose is 0.33 to 0.68 gm<sup>28</sup>.

*Brainvit*<sup>®</sup> (HealthAid) see Brahmi

*Gotu Kola* (HealthAid)

Liquid; Gotu Kola extract 1:3 (equiv. of 330mg of gotu kola herb) in 1ml.

Local Distributor: Galea & Galea

*Herbal Booster*<sup>TM</sup> (HealthAid) see Guarana

*Organic Aloe Vera* (dr.organic<sup>®</sup>) see Aloe Vera

*Venalta*<sup>®</sup> (Alta Care) see Grapeseed

### GRAPESEED

*Vitis vinifera*

**Family:** Vitaceae

**Medicinal Parts:** Seeds, grape skins.

**Indications:**

*Principal:* Fluid retention, peripheral venous insufficiency, capillary resistance, diabetic retinopathy<sup>5, 28, 198, 200</sup>.

*Major:* Eye strain, hyperlipidaemia, enhances dermal wound healing, aging skin, cancer<sup>5, 198, 199, 200</sup>.

*Minor:* Pancreatitis, preventing reperfusion injury, reduces sun burn<sup>5</sup>.

*Others:* Headache, dysuria, scabies, gonorrhoea, haemorrhoids, vomiting<sup>28</sup>.

**Cautions/Contraindications:** None known.

**Side-effects:** Dry, itchy scalp, dizziness, headache, hypertension,

hives, indigestion, nausea<sup>200</sup>.

**Drug interactions:** Warfarin & other anticoagulants<sup>198</sup>, ascorbic acid, midazolam<sup>201</sup>.

**Dose:**

*To protect against free radical damage (oxidation):* 25 - 150 mg of a standardised extract (40 - 80% proanthocyanidins or 95% OPC value), 1 - 3 times daily.

*Chronic venous insufficiency:* 150 - 300 mg daily.

*Oedema:* 200 - 400 mg daily for 10 - 30 days<sup>198</sup>.

**4.3.2.1 Shape Up Ultimate** (Arkopharma) see Fenugreek

**Altadrine® Day Burner** (Alta Care)  
Ampoules; Grapeseed, bromelain, green tea, papaya, artichoke, dandelion, fructose, magnesium citrate, bladderwrack, witch hazel, meadowsweet, exotic fruit aroma, vitamin C, vitamin E, vitamin B6, beta-carotene, lemon juice, wild carrot, tomato, selenium yeast, buckwheat, potassium sorbate, sodium benzoate.  
Local Distributor: Ultra Pharma Ltd.

**Altadrine® Night Burner** (Alta Care) see Green Tea

**Altasterol® Stimulant** (Alta Care) see Ginger

**Antioxidant Selenium-ACE Formula** (Vega) see Bilberry

**Cardiohealth Formula** (Vega) see Garlic

**Citricidal™** (Higher Nature)  
Liquid; Grapefruit seed extract concentrate.

Tablets; Grapefruit seed extract 100mg.  
Local Distributor: Health Plus

**Eyewise®** (Lamberts)  
Tablets; Grapeseed 500mg (provided by 10mg of a 50:1 extract), bilberry 200mg (provided by 50mg of a 4:1 extract), blackberry 200mg (provided by 50mg of a 4:1 extract), lutein 10mg, zeaxanthin 400mcg.  
Local Distributor: Health Plus

**Grapeseed Antioxidant Formula** (FSC)  
Capsules; Grapeseed extract 50mg (providing 25mg polyphenols 50%), selenium 15mcg, green tea leaf 50mg, citrus bioflavonoid 60mg, bilberry fruit 20mg.  
Local Distributor: Kemimport Ltd.

**Grapeseed Extract** (HealthAid)  
Tablets; Grapeseed extract (500:1) 100mg containing 95% total phenolic compounds.  
Local Distributor: Galea & Galea

**HeartMax™** (HealthAid)  
Capsules; Grapeseed extract 25mg, garlic oil (100:1) 1.25mg equiv. to 125mg of fresh garlic bulb, lycopene 5mg, chromium 50mcg, fish oil concentrate 400mg which provides 132mg EPA & 88mg DHA, L-carnitine 125mg, L-taurine 125mg, lecithin 100mg, alpha lipoic acid 50mg, coenzyme Q10 30mg, citrus bioflavonoids 5mg.  
Local Distributor: Galea & Galea

**Herbal Booster™** (HealthAid) see Guarana

**Horse Chestnut Complex** (Lamberts) see Horse Chestnut

**Multi Antioxidant Complex** (Vega) see Ginkgo

**Multi Max®** (Lamberts)  
Tablets; Grapeseed 500mg (provided

## GRAPSEED

by 1mg of a 500:1 extract), vitamin A 1948mcg, vitamin D 5mcg, vitamin E 100mg, vitamin C 150mg, thiamin 25mg, riboflavin 25mg, niacin 25mg, vitamin B6, folic acid 400mcg, vitamin B12 10mcg, biotin 0.15mg, pantothenic acid 25mg, calcium 62mg, iron 14mg, magnesium 50mg, zinc 15mg, iodine 150mcg, choline bitartrate 25mg, inositol 25mg, PABA 25mg, manganese 4mg, copper 1.2mg, molybdenum 500mcg, selenium 200mcg, chromium 200mcg.  
Local Distributor: Health Plus

**Multi-Max® Advance** (Lamberts) see Turmeric

**Opticare Formula 20:20** (Vega) see Ginkgo

**Perfectil Platinum** (Vitabiotics) see Green Tea

**Phytobronz** (Arkopharma)  
Capsules; Grape seed extract, vitamin E, carotenoids, squalene, starflower oil, IHA (Intense Helio Active) Arkopharma's unique compound of natural extract of red palm oil, capsicum & tomato.  
Local Distributor: Pharmacos Ltd.

**TotallyWise** (Vega) see Green Tea

**Venalta®** (Alta Care)  
Capsules; Omega 3 (350mg), grape seed (100mg), grapeseed skin (37.5mg), grapeseed whole fruit 12.5mg.  
Patches; Acrylates copolymer, propylene glycol, grapeseed extract, horse chestnut extract, butcher's broom extract, gotu kola extract, ginkgo biloba extract, glycine soya oil, lavender oil, peppermint oil, sweet orange oil, limonene, Linalool.  
Syrup; Honey sugar free 6400mg, cranberry juice 2000mg, grapeseed 400mg, barley 280mg, witch hazel 250mg, cranberry extract 200mg, butcher's broom root 200mg, soya isoflavones 150mg,

dioscorea 100mg, bilberry flavour 10mg, sodium benzoate 10mg.  
Local Distributor: Ultra Pharma Ltd.

**Venalta® Ampoules** (Alta Care)  
Ampoules; Red Vine leaf extract 3750mg, barley extract 2500mg, buckwheat extract 1000mg, witch hazel extract 1000mg, vitamin C 60mg, vitamin E 10mg, grapefruit natural flavour 50mg, citrus limonum 10mg.  
Local Distributor: Ultra Pharma Ltd.

**Venis® Sollievo** (Erba Vita)  
Gel; Grapeseed extract, butcher's broom extract, blueberry extract, ivy extract, escin, lavender oil.  
Local Distributor: E.J. Busuttill Ltd.

**Vitiven® ultra cold** (Arkopharma) see Butcher's Broom

**Wellman® Tricologic** (Vitabiotics)  
Tablets; Proanthocyanidins (red grape extract) 5mg, vitamin D 15mcg, vitamin E 60mg, vitamin C 180mg, vitamin B1 10mg, vitamin B2 8mg, vitamin B3 36mg, vitamin B6 10mg, folic acid 400mcg, vitamin B12 20mcg, biotin 150mcg, pantothenic acid 90mg, magnesium 50mg, iron 8mg, zinc 15mg, copper 100mcg, manganese 0.5mg, selenium 150mcg, chromium 50mcg, iodine 150mcg, PABA 30mg, silicon 15mg, betacarotene 2mg, lignans 150mg, choline 100mg, myo-inositol 50mg, N-acetyl cysteine 50mg, L-cystine 50mg, L-methionine 50mg, L-lysine 50mg.  
Local Distributor: Kemimport Ltd.

**Wellwoman Tricologic®** (Vitabiotics)  
Tablets; Grapeseed extract 5mg, vitamin D 20mcg, vitamin E 60mg, vitamin C 60mg, vitamin B1 10mg, vitamin B2 8mg, vitamin B3 36mg, vitamin B6 10mg, folic acid 400mcg, vitamin B12 20mcg, biotin 150mcg, pantothenic acid 90mg, magnesium 50mg, iron 14mg, zinc

15mg, copper 1000mcg, manganese 2mg, selenium 150mcg, chromium 50mcg, iodine 150mcg, silicon 60mg, natural mixed carotenoids 3mg, hydrolysed

marine collagen 200mg, L-cystine 100mg, L-methionine 50mg, inositol 90mg.  
Local Distributor: Kemimport Ltd.

## GREEN COFFEE

*Coffea arabica*

**Family:** Rubiaceae  
**Medicinal Parts:** Seed.

### Indications:

**Principal:** Stimulation of the nervous system, increasing arousal and vigilance, reducing fatigue<sup>202</sup>.

**Major:** Diarrhoea, inflammation of the mouth & pharynx, festering wounds<sup>28, 202</sup>.

**Minor:** Hepatitis, oedema, neuralgia, migraine, fever, asthma, to treat opium and alcohol intoxication<sup>28, 202</sup>.

**Cautions:** Patients with sensitive cardiovascular systems, kidney diseases, hyperthyroidism, higher disposition to convulsions, certain psychic disorders (including panic anxiety states), pregnancy<sup>28</sup>.

**Side-effects:** Hyperacidity, stomach irritation, diarrhoea, reduced appetite, sleeplessness, anxiety, tremor, nervous restlessness, palpitations and withdrawal headaches<sup>28</sup>.

**Drug interactions:** Antidiabetics, antihypertensives, iron compounds, nicotine, phenylpropanolamine<sup>203</sup>.

**Dose:** Average daily dose: 9 gm of ground drug; Average single dose: 3 gm of powder<sup>28</sup>.

**4.3.2.1 Shape Up Organic** (Arkopharma)  
see Green Tea

**4.3.2.1 Shape Up Ultimate** (Arkopharma)  
see Fenugreek

**Green Coffee** (Quest)

Tablets; Green coffee bean extract 200mg, chlorogenic acids 90mg.  
Local Distributor: Pharma MT Ltd.

**Green Coffee Bean** (Power Health)

Capsules; Green coffee bean powder 133mg.  
Local Distributor: Kemimport Ltd.

**Pure Green Coffee Extract** (Lamberts)

Tablets; Decaffeinated green coffee extract 200mg.  
Local Distributor: Health Plus

## GREEN TEA

# GREEN TEA

*Camellia sinensis*

**Family:** Theaceae

**Medicinal Parts:** Leaf.

### Indications:

**Principal:** Atherosclerosis<sup>204</sup>,  
<sup>205</sup>, hypercholesterolaemia<sup>206</sup>,  
dental caries<sup>207</sup>, gingivitis, cancer  
prevention<sup>208, 209</sup>.

**Major:** Sunburn protection<sup>210, 211</sup>,  
weight loss, weight maintenance<sup>212</sup>.

**Minor:** Inflammatory bowel disease,  
diabetes<sup>5, 28</sup>.

**Others:** Headache, diarrhoea, fatigue,  
vomiting, dyspepsia & other digestive  
symptoms, migraine<sup>5, 28</sup>.

**Cautions:** Weak cardiovascular  
system, renal disease,  
hyperthyroidism, elevated  
susceptibility to spasm<sup>28</sup>.

**Contraindications:** Hypertension,  
cardiac arrhythmias, severe liver  
disease, anxiety disorders, insomnia<sup>5</sup>.

**Side-effects:** CNS stimulation,  
diuresis, hyperacidity, gastric  
irritation, reduction in appetite when  
consumed in large amounts<sup>5, 28</sup>.

**Drug interactions:** Anticoagulants,  
hypoglycaemic agents, iron, CNS  
stimulants, CNS depressants,  
diuretics, drugs metabolized by  
CYP1A2<sup>5, 28</sup>.

**Dose:** 3-5 cups of green tea per day<sup>28</sup>.

### 4.3.2.1 Performance Detox (Arkopharma)

Vials; Green tea, maté, pawpaw, kola,  
turmeric, elder, fennel, celery, chicory,  
barley malt, fructo-oligosachharides.  
Local Distributor: Pharmacos Ltd.

### 4.3.2.1 Shape Up Day & Night

(Arkopharma)

Capsules;

Yellow day capsule: Green tea extract  
85.5mg, maté extract 85.5mg, barley malt  
powder 45mg, kola seed powder 39mg,  
fennel fruit powder 30mg, celery seed  
powder 15mg.

Brown night capsule: Lemon balm extract  
60mg, grape seed extract 60mg, kidney  
bean powder 60mg, hawthorn powder  
20mg, chichory powder 20mg.

Local Distributor: Pharmacos Ltd.

### 4.3.2.1 Shape Up Organic (Arkopharma)

Liquid; Green tea leaves, green coffee  
beans, fennel seed, maté leaves, guarana  
seeds, celery stalks and leaves, chicory  
roots, dandelion roots, kola seeds, black  
radish roots.

Local Distributor: Pharmacos Ltd.

### 4.3.2.1 Shape Up Ultimate (Arkopharma)

see Fenugreek

**Active Women's Multivitamins &  
Minerals** (Vega) see Siberian Ginseng

### Altadrine® Aquadrain (Alta Care)

Capsules; Green tea leaf 250mg, sodium  
carbonate 50mg, potassium carbonate  
50mg, magnesium gluconate 50mg.

Local Distributor: Ultra Pharma Ltd.

### Altadrine® Day Burner (Alta Care) see

Grapeseed

### Altadrine® Lipodrainer (Alta Care) see

Nettle



**Altadrine® Night Burner** (Alta Care)

Ampoules; Aqueous extracts of: cherry peduncle 4000mg, green tea 800mg, dandelion roots 800mg, stinging nettle aerial parts 680mg, meadowsweet 400mg, red vine leaf 400mg, ground ivy 240mg, orange concentrated juice 454mg, orange flavour 40mg, lemon flavour 40mg, bladderwrack 15mg.

Local Distributor: Ultra Pharma Ltd.

**Antioxidant Selenium-ACE Formula**

(Vega) see Bilberry

**Bodylean® CLA Plus** (HealthAid)

30 CLA capsules & 30 bodylean tablets; Each CLA capsule contains 1000mg CLA oil (80% CLA) derived from sunflower & safflower oil, which provides 800mg free CLA. Each bodylean tablet contains 100mg green tea polyphenols, 125mg L-ornithine, 125mg L-carnitine, 125mg creatine, 15mg CoQ10, 200mcg chromium.

Local Distributor: Galea & Galea

**Carboslim® Phase 2** (HealthAid)

Capsules; 100mg standardised green tea extract (min. 60% polyphenols & 35% catechins), 500mg phase 2 (from kidney bean extract), 100mcg chromium.

Local Distributor: Galea & Galea

**Diet Shake** (Sci-MX)

Powder; Green tea extract, corn source maltodextrin, whey protein concentrate, soya protein isolate, skimmed milk, milk protein concentrate, cocoa powder, fructose, insulin fibre, MCT-oil, rice starch, conjugated linoleic acid, whey protein isolate, egg albumin, cellulose gum, potassium, lactase enzymes, niacin, iodine, folic acid, biotin.

Local Distributor: Ruth & Marcel Degabriele

**Evening Primrose Oil Formula** (Vega)

see Evening Primrose

**Grapeseed Antioxidant Formula** (FSC)

see Grapeseed

**Green Tea** (Arkopharma)

Capsules; Green tea leaf powder 390mg.  
Local Distributor: Pharmacos Ltd.

**Green Tea** (HealthAid)

Liquid; 1:4 extract of *Camellia sinensis* (equiv. of 250mg green tea extract and 100mg polyphenols).

Tablets; Green tea extract 100mg (equiv. to 1000mg of green tea powder).

Local Distributor: Galea & Galea

**Green Tea** (Quest)

Tablets; Green tea leaf extract 100mg, providing polyphenols 60mg.

Local Distributor: Pharma MT Ltd.

**Green Tea 1000mg** (Power Herbs)

Tablets; Green Tea (5:1) extract 200mg equiv. to green tea 1000mg (40% catechins).

Local Distributor: Kemimport Ltd.

**Kelp Plus Greens Formula** (Vega) see Kelp**Maxijoint Formula** (Vega) see Bilberry**Menopace® Plus** (Vitabiotics) see Sage**Menopause Formula** (Vega) see Starflower**Molkosan Vitality** (A.Vogel)

Powder; Green tea extract, maize starch, concentrated whey powder, lactic acid, fructose, orange flavour.

Local Distributor: Health Plus

**Multi Antioxidant Complex** (Vega) see Ginkgo**Multibionta® Immune Support Probiotic Multivitamin** (Seven Seas)

Capsules; Green tea extract 100mg,

## GREEN TEA

vitamin E 20mg, vitamin C 150mg, folic acid 400mcg, zinc 7.5mg, selenium 100mcg, total bioflavonoids 30mg.  
Local Distributor: Associated Drug Co. Ltd.

**Multi-Max<sup>®</sup> Advance** (Lamberts) see Turmeric

### **Perfectil Platinum** (Vitabiotics)

Tablets; Bio marine collagen 100mg, lycopene extract 5% 5mg, grape seed extract 7.5mg, pine bark extract 4mg, green tea extract 10mg, blackcurrant seed oil 25mg, alpha lipoic acid 20mg, enzyme Q10 2.5mg, betacarotene 2mg, vitamin D3 2.5mcg, vitamin E 25mg, vitamin C 45mg, thiamin 4mg, riboflavin 2mg, niacin 9mg, vitamin B6 5mg, folacin 200mcg, vitamin B12 4.5mcg, biotin 75mcg, pantothenic acid 20mg, iron 6mg, magnesium 50mg, zinc 7.5mg, iodine 100mcg, copper 500mcg, manganese 0.25mg, selenium 500mcg, chromium 25mcg, silicon 25mcg, L-cystine 10mcg.  
Local Distributor: Kemimport Ltd.

**Pine Bark Complex** (Vega) see Scotch Pine

**Premenstrual Formula** (Vega) see Oats

### **Rejuvadeen Formula** (Vega)

Capsules; Soy protein isolate 100mg; Vega Bio-Marine Complex<sup>™</sup> 100mg providing chitosan 30mg, glucosamine sulphate 30mg, blue green algae 10mg, chlorella broken cell algae 10mg, kelp seaweed 10mg, spirulina algae 10mg; vitamin C 60mg; citrus bioflavonoids 20mg; collagen type II 20mg; zinc 15mg; beta 1,3 glucans 10mg; green tea leaf powder 10mg (min. 60% polyphenols); L-cysteine; silicon 10mg; vitamin E 10mg; grape seed extract 5mg (min. 95% polyphenols); L-glutathione 5mg; soy isoflavone concentrate 5mg (min. 40% isoflavones); superoxide dismutase 5mg;

beta carotene 4.8mg; vitamin B6 2mg; vitamin B2 1.6mg; vitamin B1 1.4mg; manganese 0.5mg; copper 250mcg; selenium 250mcg.

Local Distributor: Alfred Gera & Sons Ltd.

**SiberSlim<sup>™</sup>** (HealthAid) see Siberian Ginseng

### **TotallyWise** (Vega)

*Multivitamin & mineral tablet*; Vitamin A 800mcg, vitamin D3 10mcg, vitamin E 20mg, vitamin C 120mg, thiamin 2.8mg, riboflavin 3.2mg, niacin 36mg, vitamin B6 4mg, folic acid 400mcg, vitamin B12 2mcg, biotin 300mcg, pantothenic acid 12mg, calcium 200mg, magnesium 75mg, iron 14mg, zinc 15mg, iodine 150mcg, manganese 2mg, chromium 120mcg, molybdenum 10mcg, copper 1mg, selenium 25mcg, silicon 1mg.

*Omega-3 fish oil capsule*; Concentrated fish oil 630mg (providing EPA 150mg, DHA 100mg), total omega-3 fatty acids 320mg, sweet orange oil 16.2mg, olive oil 9.3mg, tomato lipids 0.7mg, medium chain triglycerides 0.3mg.

*Antioxidant tablet*; Alpha lipoic acid 20mg, CoQ10 2mg, N-acetyl cysteine 40mg, beta-carotene 2mg, lycopene 1.5mg, lutein esters 1.5mg, pomegranate extract 7mg, green tea extract 10mg, grape skin extract 5mg, quercetin 5mg, soy isoflavones 5mg (providing 2mg isoflavones), soy protein isolate 18mg, pine bark extract 1mg, bilberry extract 10mg, blackberry extract 5mg, blackcurrant extract 5mg, blueberry extract 5mg, blackcherry extract 5mg, watercress extract 5mg.

*Prebiotic & probiotic capsule*; Lactobacillus acidophilus CUL60, lactobacillus acidophilus CUL21, bifidobacterium lactis CUL34, bifidobacterium bifidum CUL20.  
Local Distributor: Alfred Gera & Sons Ltd.

## GRIFFONIA (5-HTP)

**Vitalize Regenerative Formula** (Vega) see Siberian Ginseng

### **Wellwoman 50+** (Vitabiotics)

Tablets; Lutein esters 2mg, green tea extract 20mg, phosphatidylcholine 10mg, Co-Q10 2mg, L-carnitine 10mg, alpha lipoic acid 20mg, citrus bioflavonoid complex 10mg, natural mixed carotenoids 2mg, vitamin D 10mcg, vitamin E 15mg, vitamin C 60mg, thiamin 14mg, riboflavin 4mg, niacin 30mg, vitamin B6 10mg, folacin 500mcg, vitamin B12 5mcg, biotin 50mcg, pantothenic acid 6mg, iron 10mg, magnesium 25mg, zinc 15mg, manganese 0.5mg, copper 1000mcg, selenium

120mcg, chromium 75mcg.  
Local Distributor: Kemimport Ltd.

**WellTeen® Plus Omega-3** (Vitabiotics) see Cranberry

### **Zinc-C Formula** (Vega)

Tablets; Green tea leaf extract 100mg (min. 40% polyphenols), rutin bean extract 30mg, vitamin C 240mg, pantothenic acid 60mg, citrus bioflavonoids 30mg, hesperidin 30mg, zinc 15mg, manganese 0.5mg, selenium 200mcg, copper 100mcg.  
Local Distributor: Alfred Gera & Sons Ltd.

## GRIFFONIA (5-HTP)

### *Griffonia simplicifolia*

**Family:** Leguminosae

**Medicinal Parts:** Seeds.

### **Indications:**

**Principal:** Depression, anxiety, other psychiatric and neurological disorders where there is a deficiency of neural serotonin, insomnia<sup>28, 213</sup>.

**Major:** Fibromyalgia, obesity, chronic headache, migraine<sup>28</sup>.

**Minor:** To reduce risk of artery & heart spasm, management of Parkinson's disease & epilepsy<sup>28</sup>.

**Contraindications:** Pregnancy, lactation<sup>28</sup>.

**Side-effects:** Heartburn, stomach pain, flatulence, diarrhoea, vomiting, decreased libido<sup>28, 213</sup>.

**Drug interactions:** Carbidopa, MAOIs, SSRIs<sup>28, 213</sup>.

### **Dose:**

**Depression:** 50 mg three times daily.

**Insomnia:** 100-300 mg before bedtime.

**Fibromyalgia:** 100 mg three times daily<sup>28, 213</sup>.

### **5-HTP** (HealthAid)

Prolonged release tablets; 50mg 5-HTP from *Griffonia simplicifolia* seed extract.  
Local Distributor: Galea & Galea

### **5-HTP** (Solgar)

Vegicaps; 5-HTP (from standardized *Griffonia simplicifolia* seed extract) 100mg, valerian root powdered extract 100mg, magnesium 50mg, vitamin B6 10mg.  
Local Distributor: Natural Remedies

## GRINDELLA

### GRINDELIA

*Grindelia robusta*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Dried leaves, flowering branches.

**Indications:**

*Principal:* Catarrhs of the upper respiratory tract<sup>19</sup>, cough, bronchitis<sup>28</sup>.

*Others:* Asthma, whooping cough<sup>19</sup>.

**Cautions/Contraindications:** None known.

**Side-effects:** Gastric or renal irritation rarely<sup>19</sup>.

**Drug interactions:** None known.

**Dose:** Daily dose: 4-6 gm of the drug or 3-6 gm of grindelia fluid extract; tincture (1:10 or 1:5, ethanol 60-80% v/v), 1.5-3 ml<sup>19</sup>.

**Broncovit®** (Erba vita)

Syrup; Grindelia summit 1125mg, extracts of maidenhair fern summit 900mg, common sundew flowered plant 675mg, iceland moss whole plant 675mg, peppermint leaves 675mg, blackcurrant berries 450mg, dry extract of grapefruit seed 11.25mg, peppermint essential oil 22.5mg, acacia honey 5625mg, vitamin C 22.5mg.

Local Distributor: E.J. Busuttil Ltd.

**GrinTuss** (Aboca)

Paediatric & adult syrup; Plant extracts of grindelia, plantain, helichrysum.

Local Distributor: Pharma MT Ltd.

**Mucovit® Sciroppo Adulti** (Erba Vita)

Syrup; Acacia honey 11250mg, grindelia flower heads 1135mg, vegetal extracts: eucalyptus leaves 900mg, scotch pine buds 675mg, thyme flowers and leaves 675mg, european elder flowers 675mg, fir buds and berries 450mg, adhatoda vasica leaves 225mg, scotch pine needles essential oil 22.5mg, vitamin C 22.5mg.

Local Distributor: E.J. Busuttil Ltd.

**Mucovit® Sciroppo Bambini** (Erba Vita)

Syrup; Acacia honey 5625mg, grindelia flower heads 675mg, vegetal extracts of eucalyptus leaves 450mg, scotch pine buds 450mg, european elder flowers 450mg, fir buds and berries 450mg, thyme flowers and leaves 225mg, vitamin C 22.5mg, orange peel essential oil 22.5mg.

Local Distributor: E.J. Busuttil Ltd.

**Pectovit®** (Erba Vita)

Ointment; Grindelia extract, eucalyptus essential oil, pine essential oil, lavender essential oil, tea tree oil, niaouli essential oil.

Local Distributor: E.J. Busuttil Ltd.

## GUARANA

*Paullinia cupana*

**Family:** Sapindaceae

**Medicinal Parts:** Seeds.

### Indications:

*Principal:* Chemotherapy-related fatigue<sup>214, 215</sup>; lack of alertness, energy or stamina<sup>5, 216, 217</sup>.

*Major:* To promote weight loss, enhance athletic performance<sup>5, 28, 215</sup>.

*Others:* Headache, dysmenorrhoea, fever, digestion problems<sup>28</sup>.

**Cautions:** Patients taking other drugs or herb supplements containing caffeine or any other stimulant products, diabetes, sensitive cardiovascular system, renal disease, hyperthyroidism, gastric ulcers, chronic headache, pregnancy, nursing mothers<sup>5, 28</sup>.

**Contraindications:** Hypertension, cardiac arrhythmias<sup>5</sup>.

**Side-effects:** Nervousness, restlessness, irritability, insomnia<sup>14</sup>.

### Drug interactions:

Antihypertensives, Ephedra & kava herbal medicines<sup>215</sup>, OTC nasal decongestants, sedating antihistamines, anti-nausea agents<sup>14</sup>, diuretics, anticoagulants, antiplatelets, digoxin<sup>5</sup>.

### Dose:

*Cognition, alertness, mood:* 37.5-75 mg every 6 hours.

*Other indications:* 2.5-4 gm guarana/day<sup>5</sup>.

**4.3.2.1 Shape Up Organic** (Arkopharma)  
see Green Tea

**Altacura® Ginseng** (Alta Care) see Ginseng Korean

**Altacura® Infludrink** (Alta Care) see Meadowsweet

**Altadrine® Fat Burner** (Alta Care) see Bitter Orange

**Altasterol® Stimulant** (Alta Care) see Ginger

**Cellusite™** (HealthAid) see White Willow

**Guaramax® 1000** (HealthAid)  
Capsules; Guarana seed 4:1 extract 250mg, standardised to 10% caffeine, equivalent to 1000mg guarana seed powder.  
Local Distributor: Galea & Galea

**Guarana 500mg** (Power Herbs)  
Capsules; Stoneground amazon guarana seeds 500mg.  
Local Distributor: Kemimport Ltd.

**Herbal Booster™** (HealthAid)  
Liquid; Red grape juice, purified water, gotu kola, muira puama, guarana seed, Echinacea (*Echinacea angustifolia*), Siberian ginseng, disodium hydrogen phosphate anhydrous, citric acid, potassium sorbate, sodium benzoate.  
Tablets; Guarana powder 250mg, siberian ginseng 175mg, bee pollen 50mg, gotu kola 20mg, bissu nut 20mg, spirulina 20mg, ginger root 20mg, mullein 20mg, liquorice 20mg, hawthorn berry 20mg, yellow dock 20mg, papaya fruit 20mg, capsicum 19mg, pepsin 1mg.  
Local Distributor: Galea & Galea

## GUAR GUM

**Hip & Thigh Formula** (HealthAid) see White Willow

**Male Max™** (HealthAid) see Ginseng Korean

**Revive** (Kelkin)

Effervescent tablets; Guarana extract 50mg, *Panax ginseng* 15mg, vitamin C 85mg, vitamin B1 1.2mg, vitamin B2 1.5mg, niacin 18mg, vitamin B6 1.5mg, folic acid 220mcg, vitamin B12 2mcg, biotin 80mcg, vitamin B5 6mg, calcium 100mg, magnesium 110mg, zinc 9.5mg. Local Distributor: Galea & Galea

**SiberSlim™** (HealthAid) see Siberian Ginseng

**Silvia® Women Formula** (Alta Care) Tablets; **Day** (pink tablets): Cellulose 200mg, maltodextrin 147.77mg, magnesium carbonate 80mg, vitamin C 60mg, guarana seed dry extract 50mg,

soy lecithin 50mg, bladderwrack 25mg, potassium gluconate 20mg, vitamin E 20mg, sodium chloride 20mg, magnesium oxide 20mg, zinc gluconate 15mg, magnesium stearate 14mg, royal jelly 14mg, vitamin A 10mg, lutein 8.23mg, marigold extract 5mg, vitamin B2 1.60mg, vitamin B1 1.40mg, vitamin B6 1mg, vitamin B12 1mg. **Night** (blue tablets): Cellulose 200mg, tri calcium phosphate 200mg, lithothamnium calcareum 100mg, vitamin C 60mg, glucosamine sulphate 50mg, spirulina 20mg, vitamin E 20mg, ferrous gluconate 20mg, maltodextrin 15.80mg, magnesium stearate 14mg, chondroitin sulphate 14mg, royal jelly 10mg, soy lecithin 10mg, L-tryptophan 10mg, zinc gluconate 5mg, vitamin B6 1mg, vitamin B2 1.6mg, vitamin B1 1.4mg, vitamin B12 1mg, folic acid 0.2mg, vitamin D3 0.001mg. Local Distributor: Ultra Pharma Ltd.

**Zotrim** (Nature's Remedies) see Maté

## GUAR GUM

*Cyamopsis tetragonoloba*

**Family:** Leguminosae

**Medicinal Parts:** Whole plant.

**Indications:**

*Principal:* Diabetes mellitus<sup>218</sup>, post prandial hyperglycemia<sup>219</sup> & glucosuria, hyperlipoproteinaemia<sup>28, 220</sup>.

*Others:* Night blindness, dyspeptic complaints, anorexia, constipation<sup>28, 220</sup>.

**Cautions:** Adequate intake of fluid to prevent bolus formation and oesophageal obstruction<sup>28</sup>.

**Contraindications:** Diseases of the

oesophagus, stomach, and intestine, which might hinder passage of the chyme<sup>28</sup>.

**Side-effects:** Feeling of fullness, nausea, wind & diarrhoea particularly at the beginning of treatment<sup>28</sup>.

**Drug interactions:** Acetaminophen, nitrofurantoin, digoxin, bumetanide, metformin, phenoxymethylpenicillin, some formulations of glibenclamide, slowed absorption of oral contraceptives, potentiation of insulin<sup>14</sup>.

**Dose:** One dose of 5 gm per tablet or granules, three times daily<sup>28</sup>.

*Healthy Mega* (HealthAid) see Buckwheat

*Snoreeze Oral Strips* (Snoreeze) see Peppermint

*Snoreeze Throat Spray* (Snoreeze) see Peppermint

## GYMNEMA

*Gymnema sylvestre*

**Family:** Asclepiadaceae

**Medicinal Parts:** Leaf.

### Indications:

*Principal:* Type 1 & type 2 diabetes<sup>221, 222</sup>, hypercholesterolaemia, hypertriglyceridaemia<sup>14, 223</sup>.

*Major:* Sweet taste suppression & weight loss<sup>5</sup>.

**Cautions:** Monitor blood glucose levels closely when used in conjunction with insulin and hypoglycaemic agents, pregnancy<sup>5, 14</sup>.

**Side-effects:** Gastric irritation, hepatotoxicity<sup>5</sup>.

**Drug interactions:** Hypoglycaemic agents, insulin<sup>5</sup>.

**Dose:** 400-600 mg/day in divided doses with meals<sup>5</sup>.

*Chitosan Complex* (HealthAid) Capsules; 50mg *Gymnema sylvestre* extract, 700mg shellfish shell fibre (chitosan), vitamin C 40mg.  
Local Distributor: Galea & Galea

## HAWTHORN

*Crataegus laevigata*

**Family:** Rosaceae

**Medicinal Parts:** Extracts of leaf and flower are most commonly used, although the berries may also be used.

### Indications:

*Principal:* Arrhythmias, hypertension<sup>224</sup>, angina pectoris, atherosclerosis<sup>225</sup>, NYHA functional class II CHF<sup>226, 227, 5, 9, 19, 28</sup>.

*Major:* Hyperlipidaemia, anxiety<sup>5, 228</sup>.

*Minor:* Connective tissue disorders,

kidney & bladder stones<sup>224</sup>.

*Others:* Herpes simplex infection<sup>5</sup>.

**Contraindications:** Pregnancy<sup>5, 9</sup>, children under 12 years of age<sup>28</sup>.

**Side-effects:** Sweating, nausea, fatigue, rash on the hands, headache, dizziness, palpitations, sleepiness, agitation, GI symptoms<sup>5, 9, 28, 227</sup>.

## HOODIA

### **Drug interactions:**

Antihypertensives, cardiac glycosides<sup>5, 227, 229</sup>.

**Dose:** 160-900 mg of a native water-ethanol extract of the leaves or flowers; 1.5-3.5 gm as infusion or decoction<sup>19, 227</sup>.

### *4.3.2.1 Shape Up Day & Night*

(Arkopharma) see Green Tea

### *Hawthorn* (Arkopharma)

Capsules; Hawthorn powder 350mg, providing at least 1.5% flavonoids. Local Distributor: Pharmacos Ltd.

### *Hawthorn 2500mg* (Lamberts)

Tablets; Hawthorn 2500mg (providing 500mg of a 5:1 extract) providing flavonoids 10mg. Local Distributor: Health Plus

### *Hawthorn Berry* (HealthAid)

Liquid; Hawthorn berry extract 1:3 (equiv.

of 330mg of hawthorn berry herb) in 1ml. Local Distributor: Galea & Galea

### *Hawthorn Berry 500mg* (FSC)

Tablets; Hawthorn berry extract equiv. to 500mg.

Local Distributor: Kemimport Ltd.

*Herbal Booster™* (HealthAid) see Guarana

*Hawthorn Compound* (Power Herbs) see Buckwheat

### *Tranquil™* (HealthAid)

Capsules; 250mg hawthorn oil macerate (2:1); 100mg hawthorn extract (1:1); 50mg viburnum extract (10:1) equiv. to 500mg raw viburnum powder; 50mg *Valeriana officinalis* extract (5:1) equiv. to 250mg raw valerian root powder; 25mg magnolia extract; 25mg St. John's Wort extract (10:1); 2.5mg passionflower extract (4:1), equiv. to 10mg raw powder. Local Distributor: Galea & Galea

*V-Vein™* (HealthAid) see Horse Chestnut

## HOODIA

### *Hoodia gordonii*

**Family:** Asclepiadaceae

**Medicinal Parts:** Aerial parts.

**Indications:** Appetite suppression<sup>28, 230</sup>.

**Cautions/Contraindications:** None known.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** 400mg twice daily<sup>231</sup>.

### *Magnolia, Valerian, St. John's Wort Complex* (HealthAid)

Capsules; Hawthorn oil macerate (2:1) 250mg, hawthorn powder extract (1:1) 100mg, viburnum extract (10:1) 50mg, valerian extract (5:1) 50mg, St. John's Wort extract (10:1) 25mg, passionflower extract (4:1) 2.5mg.

Local Distributor: Galea & Galea



**HOPS***Humulus lupulus***Family:** Cannabaceae**Medicinal Parts:** Dried strobiles.**Indications:***Principal:* Restlessness, nervousness, anxiety, sleep disturbances<sup>5, 9, 28, 45, 232, 233</sup>.*Major:* Menopause, headache, indigestion<sup>5, 28, 234</sup>.*Minor:* Neuralgia<sup>235</sup>, to wean patients off pharmaceutical sedative medicines, leg ulcers, oedema<sup>5, 28</sup>.**Cautions:** When given in conjunction with other central nervous system depressants, antipsychotics or alcohol due to its sedative effect<sup>28</sup>.**Contraindications:** Oestrogen-dependent tumours, depression, pregnancy<sup>5, 9, 28, 45</sup>.**Side-effects:** Drowsiness (with excessive use), systemic urticaria, allergic dermatitis, respiratory allergy, anaphylaxis, on contact with the herb or oil<sup>5, 28</sup>.**Drug interactions:** Pharmaceutical sedatives, anti-oestrogenic drugs, cocaine, paracetamol, diazepam, phenobarbital<sup>5, 28, 236</sup>.**Dose:** Up to three times daily and before going to bed: dried strobiles, 0.5-1 gm or in infusion; liquid extract (1:1, 45% ethanol), 0.5-1 ml; tincture (1:5, 60% ethanol), 1-2 ml<sup>5, 45</sup>.*Calma Baby* (Erba Vita) see Linden*Chaler® Hair Stimulant* (Alta Care) see Saw Palmetto*Controller® Natural Sleep* (Alta Care) see Linden*Dormeasan®* (A.Vogel) see Valerian*Ellegyn®* (Alta Care)  
Patches; Hops extract, soya oil, acrylates copolymer, triethanolamine, glycine, propylene glycol, ethoxy-diglycol.  
Local Distributor: Ultra Pharma Ltd.*Kalms* (Lanes) see Valerian*Menophase* (Higher Nature) see Schisandra*Natrasleep* (Natra) see Valerian*Quiet Life* (Lanes)  
Tablets; Motherwort powder 34.00mg, hops powder 75.00mg, passiflora powder 58.00mg, lettuce aqueous powdered extract 29.00mg, valerian dry extract 50.00mg, thiamin hydrochloride (vit B1) 0.71mg, riboflavin (vit B2) 0.57mg, nicotinamide 4.59mg.  
Local Distributor: Collis Williams Ltd.*Silvia® Feminin Formula* (Alta Care)  
Ampoules; Soya 999mg, hops 333mg, wild yam 333mg, melilot flower 1500mg, magnesium 100mg, sage leaf 30mg, red mandarin essential oil 17mg, iron 14mg, borage oil 10mg, EPO 10mg.  
Syrup; Blueberry juice 5190mg, honey sugar free 3000mg, soya extract 600mg (6-10% isoflavones), sage leaf extract 500mg, wild yam extract 250mg (6-10% disogenina), hops extract 200mg, papaya

## HOREHOUND

extract 200mg, blueberry aroma 50mg,  
sodium benzoate 10ml.  
Local Distributor: Ultra Pharma Ltd.

*Silvia® Women* (Alta Care)  
Patches; Hops extract, acrylates  
copolymer, triethanolamine, glycine soya  
oil, propylene glycol, ethoxy-diglycol.  
Local Distributor: Ultra Pharma Ltd.

## HOREHOUND

*Marrubium vulgare*

**Family:** Labiatae

**Medicinal Parts:** Whole herb,  
collected during flowering.

### **Indications:**

#### Internal

*Principal:* Respiratory catarrh, acute  
& chronic bronchitis, whooping  
cough, poor digestion<sup>9, 28</sup>.

*Major:* Type 2 diabetes<sup>237</sup>,  
hypercholesterolaemia<sup>238</sup>,  
hypertension.

*Minor:* Loss of appetite, bloating &  
flatulence, diarrhoea, jaundice, painful  
menstruation<sup>28</sup>.

#### External

Ulcers, skin damage, mouth and  
throat infections<sup>28</sup>.

**Cautions:** Heart disease, GI  
disorders<sup>239</sup>.

**Contraindications:** Pregnancy<sup>28, 239</sup>.

**Side-effects:** Rash, arrhythmias,  
hypotension, decreased blood sugar,  
vomiting, diarrhoea<sup>239</sup>.

**Drug interactions:** SSRIs,  
ondansetron, bromocriptine<sup>239</sup>.

**Dose:** Average daily dose: 4.5 gm of  
the drug; 30 to 60 ml pressed juice<sup>28</sup>.

*Erbalax® Delicato Capsule* (Erba Vita)  
see Rhubarb

## HORNY GOAT WEED

*Herba epimedii*

**Family:** Berberidaceae

**Medicinal Parts:** Leaf.

### **Indications:**

*Principal:* Decreased male sexual  
function<sup>240, 241, 242</sup>, osteoporosis<sup>243</sup>.

*Major:* Arthralgia<sup>241</sup>, rheumatoid  
arthritis<sup>244</sup>.

*Minor:* Age related learning and  
memory impairment<sup>241, 242</sup>, asthma<sup>245</sup>.

**Contraindications:** Heart disease,  
mood disorders<sup>241</sup>.

**Side-effects:** Aggressiveness,  
irritability, fever, tachyarrhythmia,  
hypomania<sup>241, 246</sup>.

**Drug interactions:** Phosphodiesterase type-5 inhibitors<sup>244</sup>.

**Dose:** 1 to 3 gm daily<sup>246</sup>.

## HORSE CHESTNUT

*Aesculus hippocastanum*

**Family:** Hippocastanaceae

**Medicinal Parts:** Seed. Less commonly bark, flower & leaf.

### Indications:

*Principal:* Vascular insufficiency, especially varicose veins<sup>247</sup>, venous ulcers<sup>248, 249</sup>, haemorrhoids & inflammation<sup>5, 9, 14, 19, 28</sup>.

*Major:* Oedema, swelling, pain, itching, feeling of heaviness, nocturnal cramp in the lower legs<sup>247</sup>, menstrual pain<sup>5, 19, 28</sup>.

*Minor:* Bruising, sprains, spinal problems, diarrhoea, fever, enlarged prostate<sup>5, 9, 28</sup>.

*Others:* Arthritis, rheumatism<sup>28</sup>.

**Cautions:** *Aesculus hippocastanum* should be taken with food; should be avoided by people with infectious or inflammatory conditions of the GI tract, including celiac disease and malabsorption disorders; pregnancy & breast feeding<sup>5</sup>.

**Contraindications:** Should not be applied topically to broken or ulcerated skin<sup>5</sup>; hepatic or renal insufficiency<sup>250</sup>.

**Side-effects:** Gastric irritation, skin irritation, dizziness, nausea, headache, pruritus<sup>5, 9, 14, 19</sup>.

**Drug interactions:** Warfarin, heparin, salicylates, antiplatelet drugs<sup>14, 28, 250</sup>, digoxin<sup>251</sup>.

**Dose:** 50-100 mg escin twice daily.

The dose may be reduced to a maintenance dose of 50 mg escin once daily after 8 weeks<sup>5, 250</sup>.

*Flodol*<sup>®</sup> (Alta Care) see Meadowsweet

*Horse Chestnut* (HealthAid)

Tablets; Horse chestnut powder 1000mg (standardised to contain 20% aescin).  
Local Distributor: Galea & Galea

*Horse Chestnut Complex* (Lamberts)

Tablets; Horse Chestnut 1390mg providing aescin 50mg (provided by 278mg of a 5:1 extract), butcher's broom 56.25mg (provided by 14.06mg of a 4:1 extract), rutin 12.5mg, grapeseed 125mg (provided by 2.5mg of a 50:1 extract).  
Local Distributor: Health Plus

*Organic Aloe Vera* (dr.organic<sup>®</sup>) see Aloe Vera

*Organic Pomegranate* (dr.organic<sup>®</sup>) see Pomegranate

*Organic Tea Tree* (dr.organic<sup>®</sup>) see Tea tree

*Venaforce*<sup>®</sup> (A.Vogel)

Tablets; 157.5mg – 225.0mg horse chestnut extract from fresh seeds, corresponding to 50mg triterpene

## HORSERADISH

glycosides.

Local Distributor: Health Plus

**Venagel** (A.Vogel)

Gel; Horse chestnut seeds extract.

Local Distributor: Health Plus

**Venalta**<sup>®</sup> (Alta Care) see Grapeseed

**Vitiven**<sup>®</sup> *ultra cold* (Arkopharma) see

Butcher's Broom

**V-Vein**<sup>™</sup> (HealthAid)

Tablets; 250mg standardised horse chestnut extract 2:1 (seed), 150mg standardised butcher's broom extract 2:1 (root), 150mg standardised hawthorn berry extract 2:1 (berry), 150mg citrus bioflavonoids (fruit), 125mg standardised bilberry extract 2:1 (berry), 100mg standardised prickly ash extract 2:1 (berry), 100mg standardised ginger extract 2:1 (root), 60mg standardised cayenne extract 2:1 (fruit), 50mg standardised ginkgo biloba extract 10:1 (leaf).

Local Distributor: Galea & Galea

## HORSERADISH

*Armoracia rusticana*

**Family:** Brassicaceae

**Medicinal Parts:** Roots, leaves.

### Indications:

**Principal:** Nasal congestion, sinusitis<sup>5, 9, 28, 252</sup>.

**Major:** Urinary tract infections, bronchitis<sup>252</sup>, joint & tissue inflammation<sup>5, 28</sup>.

**Minor:** Gall bladder disorders, reducing oedema<sup>5, 28</sup>.

**Others:** As an abortifacient<sup>5</sup>.

**Cautions:** People with stomach & intestinal ulcers, kidney disorders, hypothyroidism, patients receiving thyroxine<sup>5, 9</sup>.

**Contraindications:** Pregnancy, lactation, children under 4 years of age<sup>9, 28</sup>.

**Side-effects:** GI upsets, vomiting, diarrhoea, irritation of mucous membranes<sup>5</sup>; irritation, blistering or allergic reactions with skin contact of fresh horseradish<sup>5, 9</sup>.

**Drug interactions:** None known.

**Dose:** 2-20 g/day of the root or equivalent preparations before meals. Topical preparations with a maximum of 2% mustard oil content<sup>5, 9</sup>.

**HORSETAIL***Equisetum arvense***Family:** Equisetaceae**Medicinal Parts:** Barren stems.**Indications:***Principal:* Urinary tract complaints including cystitis<sup>253</sup>, prostatitis, urethritis, enuresis<sup>254, 255, 256</sup>.*Major:* Kidney & bladder stones, post-traumatic & static oedema<sup>294</sup>, wounds, burns<sup>256</sup>.*Minor:* Brittle fingernails, loss of hair, rheumatic diseases, chilblains<sup>28, 256</sup>.**Cautions:** Consult a doctor when the drug is utilized as a bath additive in cases of major skin lesions, acute skin lesions of unknown origin, major feverish and infectious diseases,cardiac insufficiency, hypertonia<sup>28</sup>.**Contraindications:** Oedema due to impaired heart or kidney function<sup>28</sup>.**Side-effects:** None known.**Drug interactions:** Lithium<sup>255</sup>.**Dose:** 6 gm of herb daily administered with plenty of fluids; Liquid extract: 1 to 4 ml 3 times daily; Tea: 2-3 gm per cup repeatedly during the day between mealtimes<sup>28</sup>.*Horsetail* (HealthAid)

Liquid; Horsetail extract 1:5 (equiv. of 200mg of horsetail herb) in 1ml.

Local Distributor: Galea &amp; Galea

**HYDRANGEA***Hydrangea arborescens***Family:** Hydrangeaceae**Medicinal Parts:** Dried rhizomes and roots.**Indications:***Principal:* Bladder and kidney stones<sup>9, 19, 28</sup>.*Major:* Other genito-urinary complaints such as cystitis, urethritis & prostatitis<sup>19</sup>.*Minor:* Enlarged prostate gland<sup>9</sup>.**Contraindications:** Pregnancy<sup>19</sup>.**Side-effects:** Contact dermatitis<sup>257</sup>, gastro-enteritis<sup>9</sup>.**Drug interactions:** None known.**Dose:** Three times daily: dried rhizome and root, 2-4 gm or by decoction; liquid extract 1:1 in 25% alcohol, 2-4 ml; tincture 1:5 in 45% alcohol, 2-10 ml<sup>19</sup>.

## HYSSOP

### HYSSOP

*Hyssopus officinalis*

**Family:** Labiatae

**Medicinal Parts:** Leaves, flower tips.

**Indications:**

*Principal:* Bronchitis, common colds, chronic nasal catarrh, coughs, asthma<sup>28, 19</sup>.

*Major:* Sore throat, hoarseness (as a gargle), congested nose due to colds (topically)<sup>19</sup>.

*Minor:* For the gentle stimulation of circulation, intestinal catarrhs<sup>28</sup>.

**Contraindications:** Pregnancy<sup>19</sup>.

**Side-effects:** None known at therapeutic dose levels.

**Drug interactions:** None known.

**Dose:** *Adults*, three times daily: dried herb, usually in infusion, 2-4g; liquid extract 1:1 in 25% ethanol, 2-4ml; tincture 1:5 in 45% alcohol, 5-10ml<sup>45</sup>.

### ICELAND MOSS

*Cetraria islandica*

**Family:** Parmeliaceae

**Medicinal Parts:** Dried thallus.

**Indications:**

*Principal:* Irritation of the oral and pharyngeal mucous membranes and accompanying dry cough, hoarseness, sore throat<sup>8, 19, 28</sup>.

*Major:* Bronchitis, bronchial asthma, respiratory catarrh, loss of appetite<sup>19, 28</sup>.

*Minor:* Gastritis, digestive complaints, nausea and vomiting (in particular in pregnancy and with migraine)<sup>19, 28</sup>.

*Others:* Gastric & duodenal ulcers, irritable bowel syndrome, cachexia, tumours<sup>19</sup>.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** *Adults:* three or four times daily: 1-2 gm of dried lichen as a decoction or infusion; tincture (1:5 in 40% alcohol), 1-1.5ml; equivalent preparations<sup>19</sup>.

*Broncovit*<sup>®</sup> (Erba vita) see Grindelia

*Isla Cassis*

Lozenges; Aqueous iceland moss extract 80mg.

Local Distributor: Kemimport Ltd.

*Isla Mint*

Lozenges; Aqueous iceland moss extract 80mg.

Local Distributor: Kemimport Ltd.

**Cautions/Contraindications:** None known.

**Isla Moss**

Lozenges; Aqueous iceland moss extract 80mg.

Local Distributor: Kemimport Ltd.

**Organic Pomegranate** (dr.organic®) see Pomegranate

**Organic Tea Tree** (dr.organic®) see Tea tree

**IVY LEAF**

*Hedera helix*

**Family:** Araliaceae

**Medicinal Parts:** Leaves.

**Indications:**

*Principal:* Chronic inflammatory bronchial conditions including cough, bronchitis<sup>8, 14, 28</sup>.

*Minor:* Gout, rheumatism, burns, wounds, calluses, rheumatic complaints, phlebitis<sup>28</sup>.

**Cautions/Contraindications:** None known.

**Side-effects:** GI upset, contact dermatitis with large doses<sup>14</sup>.

**Drug interactions:** None known.

**Dose:** Average daily dosage: 0.3 gm of drug; equivalent preparations<sup>8</sup>.

**Prospan** (BioRevive)

Syrup; Dried ivy leaf 0.7g/100ml.

Local Distributor: Kemimport Ltd.

**ISPAGHULA HUSK**

*See Psyllium*

**JUNIPER**

*Juniperus communis*

**Family:** Cupressaceae

**Medicinal Parts:** Essential oil from berry cones, berry.

**Indications:**

*Principal:* Dyspeptic complaints, cystitis & other benign urinary tract disorders<sup>9, 19, 28</sup>.

*Major:* Appetite stimulant,

rheumatism, arthritis, gout<sup>9, 19, 28</sup>.

*Minor:* To regulate menstruation, to relieve menstrual pain<sup>28, 258</sup>.

*Others:* Severe irritation resulting from bronchitis, diabetes<sup>9, 28</sup>.

**Cautions:** Hyperglycaemia; hypokalaemia; external administration for large skin wounds, acute skin

## KARELA

diseases, feverish diseases, cardiac insufficiency, hypertonia<sup>9, 28</sup>.

**Contraindications:** Renal disease, pregnancy, lactation<sup>9, 19, 28</sup>.

**Side-effects:** Prolonged use or overdosing may cause kidney damage<sup>19</sup>.

**Drug interactions:** Loop diuretics, spironolactone, thiazide diuretics, triamterene<sup>63</sup>.

**Dose:** Daily dose: from 2 gm up to a maximum of 10 gm of dried juniper berries, equiv. to 20-100 mg of the essential oil<sup>19</sup>.

## KARELA

*Momordica charantia*

**Family:** Cucurbitaceae

**Medicinal Parts:** Fruit, leaves.

### Indications:

**Principal:** Diabetes<sup>259, 260</sup>, cancer (breast<sup>261</sup>, gall bladder<sup>5</sup>, lung, colon<sup>262</sup>), HIV<sup>263</sup>.

**Major:** Hypercholesterolaemia<sup>260</sup>, worms, viral conditions<sup>263</sup>, GI complaints, headaches<sup>5, 28</sup>.

**Minor:** As an emmenagogue in reproductive health, psoriasis, wounds (externally)<sup>5, 28</sup>.

**Cautions:** Diabetics while monitoring their blood sugar levels regularly<sup>28</sup>.

**Contraindications:** Hypoglycaemia,

*Aquaflow*<sup>®</sup> (HealthAid) see Dandelion

*Cellusite*<sup>™</sup> (HealthAid) see White Willow

*Flodo*<sup>®</sup> (Alta Care) see Meadowsweet

*Hip & Thigh Formula* (HealthAid) see White Willow

*Natural Herbal Inhalant Oil* (Numark) see Eucalyptus

*Potter's Catarrh Pastilles* (Potter's) Pastilles; Eucalyptus oil BP 0.02% v/w, menthol BP 0.8% w/w, pumilio pine oil BP 0.6% v/w.  
Local Distributor: Kemimport Ltd.

*Slim-Rite* (HealthAid) see Alfalfa

pregnancy, lactation, people with glucose-6-phosphate dehydrogenase deficiency<sup>5, 28</sup>.

**Side-effects:** Headache, hypoglycaemic coma, convulsions in children<sup>5, 14</sup>.

**Drug interactions:** Antidiabetic agents, cholesterol lowering drugs<sup>5, 14, 28</sup>.

### Dose:

**Diabetes:** Aqueous extract of bitter melon fruit juice containing 100 gm of fruit in 100ml of extract taken daily<sup>5</sup>.



**Diaglucoforte™** (HealthAid)

Tablets; Karela fruit extract 100mg, milk thistle seed extract 75mg, purple rice extract 200mg, alpha lipoic acid 75mg, zinc 7.5mg, folacin 200mcg, chromium 100mcg, copper 0.5mg, manganese 1mg, potassium 50mg.

Local Distributor: Galea & Galea

**Karela** (HealthAid)

Tablets; Karela extract 179mg (equiv. to 1250mg karela powder).

Local Distributor: Galea & Galea

**KELP***Laminaria hyperborea*

**Family:** Fucaceae

**Medicinal Parts:** Leaves.

**Indications:**

**Principal:** Hypothyroidism, goiter<sup>9, 14, 28, 261</sup>.

**Major:** Arthritis, rheumatism, obesity<sup>9</sup>.

**Minor:** Diabetes, cancer<sup>261</sup>.

**Cautions:** Not to be consumed for a long period of time<sup>28</sup>, CNS stimulants<sup>14</sup>, patients with bleeding disorders or taking drugs that may increase the risk of bleeding, diabetes, hypoglycaemia<sup>261</sup>.

**Contraindications:** Pregnancy, breast feeding<sup>261</sup>.

**Side-effects:** Increase or decrease in blood thyroid hormone levels, acne-type skin lesions, acne exacerbation, brassy taste, increased salivation, stomach irritation, kidney & nerve toxicity, bleeding, reduced blood platelet count<sup>261</sup>.

**Drug interactions:** Thyroid medications including levothyroxine

and iodine<sup>14</sup>, ginkgo, garlic, saw palmetto, diuretics<sup>261</sup>.

**Dose:** *Dried herb:* 5-10 gm or infusion 3 times daily; *Liquid extract* (1:1 in 25% alcohol): 4-8 ml 3 times daily<sup>9</sup>.

**Boldo Multi-Herbal Complex** (Healthlife)  
see Boldo

**Cellusite™** (HealthAid) see White Willow

**Cellulite Formula** (Vega) see Ginkgo

**Cider Trim** (HealthAid)

Capsules; Kelp, soybean oil, cider vinegar, vitamin B6, yellow beeswax, lecithin.

Local Distributor: Galea & Galea

**Cidiet** (Power Health)

Capsules; Vitamin B5 4mg, kelp powder 50mg (providing iodine between 30mcg and 50mcg), dry apple cider vinegar powder 80mg, lecithin 200mg.

Local Distributor: Kemimport Ltd.

**Colloidal Minerals Plus Kelp Formula** (Vega)

Capsules; Fossilized plant humus powder 350mg, kelp seaweed powder 150mg (providing iodine 150mcg (min. 0.1%)).

Local Distributor: Alfred Gera & Sons Ltd.

## KIDNEY BEAN

**Formula VM-75** (Solgar) see Buckwheat

**Healthy Mega** (HealthAid) see Buckwheat

**Kelp** (Power Health)

Tablets; Kelp 500mg providing iodine on average between 300 and 495mcg.  
Local Distributor: Kemimport Ltd.

**Kelp Plus Greens Formula** (Vega)

Capsules; Kelp seaweed powder 300mg (providing iodine 300mcg (min 0.1%)), green tea leaf extract 10mg (min. 40%

polyphenols), blue green algae 30mg, chlorella broken cell algae 30mg, spirulina algae 30mg.

Local Distributor: Alfred Gera & Sons Ltd.

**Menophase** (Higher Nature) see Schisandra

**MSM Glucosamine Joint Complex**

(Higher Nature) see Celery

**Rejuvadeen Formula** (Vega) see Green Tea

## KIDNEY BEAN

*Phaseolus vulgaris*

**Family:** Fabaceae

**Medicinal Parts:** Pods, beans.

**Indications:** Urinary tract infections, kidney and bladder stones<sup>28</sup>.

**Cautions/Contraindications:** None known.

**Side-effects:** No health hazards known in conjunction with the proper administration of designated therapeutic dosages.

**Drug interactions:** None known.

**Dose:** The recommended daily dose is 5 to 15 gm of herb<sup>28</sup>.

**4.3.2.1 Shape Up Day & Night**

(Arkopharma) see Green Tea

**4.3.2.1 Shape Up Ultimate** (Arkopharma)

see Fenugreek

**SiberSlim™** (HealthAid) see Siberian

Ginseng

## KOLA NUT

*Cola acuminata*

**Family:** Sterucliaceae

**Medicinal Parts:** Cotyledon.

**Indications:**

Internally

**Principal:** Lack of stamina<sup>8, 9, 14, 28, 265</sup>.

**Major:** Depression, tiredness, poor appetite<sup>9, 28, 265</sup>.

**Minor:** Migraine headache, diarrhoea<sup>14, 28, 265</sup>.

Externally

Wounds, inflammation<sup>28</sup>.

**Contraindications:** Pregnancy, stomach or duodenal ulcers<sup>8, 9, 28</sup>.

**Side-effects:** Insomnia, hyperexcitability, nervousness, restlessness, stomach complaints<sup>8, 9, 14, 28</sup>.

**Drug interactions:** Antihypertensives<sup>14</sup>, halofantrine, bitter orange, ephedra<sup>265</sup>.

**Dose:** *Daily dosage:* 2 to 6 gm of kola nut drug, usually taken 1 to 3 gm three times daily; 0.25 to 0.75 gm of kola extract; 2.5 to 7.5 gm of kola liquid extract; 10 to 30 gm of kola tincture; 60 to 180 gm of kola wine<sup>28</sup>.

## LAVENDER

*Lavandula officinalis*

**Family:** Labiatae

**Medicinal Parts:** Flower.

### Indications:

*Principal:* Anxiety, insomnia, lack of concentration<sup>5, 8, 14, 28</sup>.

*Major:* Dyspepsia, bloating<sup>8</sup>, alopecia, perineal discomfort following childbirth, burns, insect bites<sup>5</sup>.

*Minor:* Migraine, neuralgia, minor cuts & bruises, strained muscles, acne, eczema<sup>5, 28</sup>.

*Others:* Varicose ulcers, loss of voice (in a gargle)<sup>5</sup>.

**Cautions:** Topical preparations should be tested on a small area of skin

**4.3.2.1 Performance Detox** (Arkopharma) see Green Tea

**4.3.2.1 Shape Up Day & Night** (Arkopharma) see Green Tea

**4.3.2.1 Shape Up Organic** (Arkopharma) see Green Tea

**4.3.2.1 Shape Up Ultimate** (Arkopharma) see Fenugreek

**Altadrine® Lipodrainer** (Alta Care) see Nettle

**Herbal Booster™** (HealthAid) see Guarana

**Male Formula** (HealthAid) see Ginseng Korean

**Male Max™** (HealthAid) see Ginseng Korean

before widespread application<sup>5, 28</sup>.

**Contraindications:** Pregnancy & lactation<sup>28</sup>.

### Side-effects:

*Major:* Drowsiness, GI disturbance, skin irritation<sup>5, 28</sup>.

*Minor:* Prepubertal gynecomastia in boys<sup>5</sup>.

**Drug interactions:** Pharmaceutical sedatives, antidepressants<sup>5</sup>.

### Dose:

*Infusion* (tea): 1.5gm dried flowers in 150ml water.

## LEMON BALM

*Internal:* 1-4 drops (20-80mg) on a sugar cube.

*Liquid extract* (1:2): 2-4.5 ml/day.

*External use:* Mix 20 drops of oil with 20ml of carrier oil such as almond oil; may be applied undiluted to insect bites or stings.

*As a bath additive:* 20-100gm lavender flowers are commonly steeped in 2 L boiling water, strained, and then added to the bathwater<sup>5</sup>.

*Aloe Vera* (HealthAid) see Aloe Vera

*Arnica* (HealthAid) see Arnica

*Calendula* (HealthAid) see Marigold

*Calma Baby* (Erba Vita) see Linden

*Dermavital* (HealthAid) see Aloe Vera

*Evening Primrose* (HealthAid) see Evening Primrose

*Jointace Gel* (Vitabiotics) see Ginger

*Jointace Patch* (Vitabiotics) see Ginger

*Migrastick* (Arkopharma) see Peppermint

*Multi-Mam® BabyWash* (Multi-Mam) see Aloe Vera

*Organic Lavender* (dr.organic®)  
Oil; Lavender oil.

Lotion; Lavender oil, aloe vera, cocoa butter, shea butter, olive oil, sunflower oil, Irish moss, vitamin A, vitamin E.

Local Distributor: Galea & Galea

*Pectovit®* (Erba Vita) see Grindelia

*Sedivitax* (Aboca) see Passionflower

*Tea Tree* (Bios Line) see Tea Tree

*Venalta®* (Alta Care) see Grapeseed

*Venis® Sollievo* (Erba Vita) see Grapeseed

## LEMON BALM

*Melissa officinalis*

**Family:** Labiatae

**Medicinal Parts:** Aerial parts.

### **Indications:**

#### Internally

*Principal:* Anxiety, nervousness, insomnia<sup>5, 8, 28, 266, 267</sup>.

*Major:* To improve cognitive function, Alzheimer's disease<sup>268, 269</sup>, gastrointestinal conditions associated with spasm and nervousness<sup>5, 8, 28, 267</sup>.

#### Externally

Herpes simplex type 1, rheumatism, nerve pain, stiff neck<sup>5, 28</sup>.

**Cautions:** Limit alcohol intake, diabetes, alcohol dependence, liver disease<sup>270</sup>.

**Contraindications:** Hypothyroidism, pregnancy<sup>5, 270</sup>.

**Side-effects:** Drowsiness<sup>270</sup>.

**Drug interactions:** Barbiturates, cholinergic drugs<sup>5, 270</sup>.

**Dose:** *Fresh herb:* 1.5-4.5 gm two-three times daily; *Infusion:* 1.5-4.5

gm in 150 ml water; *Fluid extract* (1:1) (g/ml): 6-12 ml/day; *Ointment*: 700 mg/g ointment applied four times daily for herpes simplex infection<sup>5</sup>.

**4.3.2.1 Shape Up Day & Night**

(Arkopharma) see Green Tea

*Calma Baby* (Erba Vita) see Linden

*Candiclear* (Higher Nature) see Thyme

*Colic Baby* (Erba Vita) see Linden

*Controller* (Alta Care)

Patches; Lemon balm, roman chamomile,

neroli essential oil, bitter orange, olibanum essential oil.  
Local Distributor: Ultra Pharma Ltd.

*Controller® Natural Sleep* (Alta Care) see Linden

*Melissa Leaf Extract* (HealthAid)  
Capsules; Melissa leaf extract 4:1 (lemon balm) 138mg equiv. to 550mg of Melissa leaf powder.

Local Distributor: Galea & Galea

*Refreshall®* (Lamberts) see Ginkgo

*Sedivitax* (Aboca) see Passionflower

**LEMONGRASS**

*Cymbopogon citratus*

**Family:** Poaceae

**Medicinal Parts:** Dried leaves, oil.

**Indications:**

*Principal:* GI symptoms, as a mild astringent<sup>8,28</sup>.

*Major:* Lumbago, neuralgic & rheumatic pain, sprains, colds, bronchitis, fever<sup>28</sup>.

*Minor:* Insect repellent<sup>8</sup>.

**Contraindications:** Pregnancy<sup>28</sup>.

**Side-effects:** Rarely, allergic reactions<sup>8,28</sup>.

**Drug interactions:** None known.

**Dose:** 2g of dried leaf in 150ml of water; two fresh minced leaves or 2 gm of powdered dried leaf is used<sup>28</sup>.

*Citronella Geranium Aerosol Free Nebuliser* (Sella)

Spray; Citronella essential oil 5%, geranium essential oil 0.5%.

Local Distributor: Premier Healthcare

*Citronella Geranium for Children* (Sella)

Cream; Citronella essential oil 5%, geranium essential oil 0.5%.

Local Distributor: Premier Healthcare

*Citronella Geranium Stick* (Sella)

Cream; Citronella essential oil 5%, geranium essential oil 0.5%.

Local Distributor: Premier Healthcare

## LICORICE

# LICORICE

*Glycyrrhiza glabra*

**Family:** Leguminosae

**Medicinal Parts:** Root, stolon.

### Indications:

*Principal:* Peptic ulcer<sup>271, 272</sup>, dyspepsia, dermatitis<sup>273, 5, 9, 14, 28, 45, 274</sup>.

*Major:* Viral infections (SARS-associated CV, HIV, influenza, HSV-1)<sup>271, 275, 276</sup>, respiratory tract infections<sup>276</sup>, chronic stress<sup>5, 9, 28, 45, 274</sup>.

*Minor:* Chronic fatigue syndrome, polycystic ovary disease, preventing diabetic complications, menopause, weight loss, Addison's disease<sup>5, 28</sup>.

*Others:* Rheumatism<sup>277</sup>, arthritis, adrenocorticoid insufficiency<sup>45</sup>.

**Cautions:** Hypertension (or a genetic predisposition to hypertension), fluid retention, men with a history of impotence, infertility or decreased libido<sup>5, 9</sup>.

**Contraindications:** Hypokalaemia, cirrhosis of the liver, hypotonia, severe renal insufficiency, diabetes mellitus, pregnancy<sup>5, 9, 14, 28, 45</sup>.

### Side-effects:

*Principal:* Hypercortisolism, pseudohyperaldosteronism, hypokalaemia, hypertension, encephalopathy, oedema, weight gain.

*Major:* Hypokalaemic paralysis, rhabdomyolysis, juvenile hypertension, decreased testosterone.

*Minor:* Visual disturbance, dropped head syndrome<sup>5, 9, 14, 28, 45</sup>.

**Drug interactions:** Anticoagulants, antihypertensives, chemotherapy (paclitaxel & vinblastine), corticosteroids, digitalis glycosides, diuretics, iron compounds, laxatives, oral contraceptive pill, potassium, ulcer-healing drugs, warfarin, drugs metabolized by liver enzymes CYP3A4, 2B6, 2C9, 2E1 or 1A1<sup>5, 14, 28, 274</sup>.

**Dose:** *Fluid extract (1:1):* 2-4 ml three times daily or 15-40 ml/week; *Root:* 5-15 g/day; *Tea:* pour 150 ml of boiling water over 1 teaspoon (2-4 gm) licorice root, simmer for 5 minutes and filter through a tea strainer after cooling<sup>5</sup>.

*2-Day DetoxPlan* (HealthAid) see Milk Thistle

*Altaflora® Gastrogel* (Alta Care) see Aloe Vera

*Coloclear Extra* (Higher Nature) see Flaxseed

*DigestivAid No Acid* (ESI)

Chewable tablets; Carbonated calcium 160mg, licorice 120mg, fossil coral 100mg, apple pectin 30mg, papaya 16.5mg.

Local Distributor: Collis Williams Ltd.

*Echinacea Plus Ginseng & Astragalus Herbal Complex* (Vega) see Echinacea

*Erbalax® Delicato Scioppo* (Erba Vita) see Rhubarb

**Erbalax® Forte Comprese** (Erba Vita)  
see Senna

**Flodoi®** (Alta Care) see Meadowsweet

**Gastro-Vit Formula** (Vega) see Aloe Vera

**Herbal Booster™** (HealthAid) see  
Guarana

**Ivy-Thyme Complex** (A.Vogel) see Thyme

**Liquorice** (HealthAid)  
Liquid; Liquorice extract 1:3 (equiv. of

330mg of liquorice herb) in 1ml.  
Local Distributor: Galea & Galea

**Organic Aloe Vera** (dr.organic®)  
see Aloe Vera

**Potter's Sugar Free Cough Pastilles**  
(Potter's)

Pastilles; Liquorice extract 5.7% w/w,  
menthol 0.5% w/w, benzoin tincture 0.5%  
v/w, aniseed oil 0.3% v/w, peppermint oil  
0.025% v/w.

Local Distributor: Kemimport Ltd.

**Vegilax®** (HealthAid)  
see Blessed Thistle

## LINDEN

*Tilia species*

**Family:** Tiliaceae

**Medicinal Parts:** Flowers.

### Indications:

**Principal:** Cough, bronchitis, catarrh  
of the respiratory tract, feverish colds,  
infectious diseases<sup>8, 9, 28, 45, 278, 279</sup>.

**Major:** Hypertension<sup>279</sup>, restlessness,  
anxiety<sup>28, 45, 280, 281</sup>.

**Minor:** Migraine, hysteria, raised  
arterial pressure associated with  
arteriosclerosis and nervous tension<sup>8,  
9, 28, 281</sup>.

**Others:** Leg ulcers<sup>28</sup>.

**Cautions:** Cardiac disorders,  
pregnancy, lactation<sup>9</sup>.

**Contraindications:** None known.

**Side-effects:** No side-effects  
known in conjunction with proper

administration of designated  
therapeutic dosages.

**Drug interactions:** None known.

**Dose:** Three time daily: dried  
inflorescence, 2-4 gm in infusion,  
preferably taken hot; liquid extract  
(1:1, 25% ethanol), 2-4 ml; tincture  
(1:5, 25% ethanol), 4-10 ml<sup>45</sup>.

**Alkagin®** (Istituto Ganassini)  
see Mallow

**Calma Baby** (Erba Vita)

Syrup; Per 20ml: \*\*\*Fructolysat® mixture  
of linden inflorescence 0.612ml, lemon  
balm leaves 0.594ml, chamomile  
flowers 0.594ml; passionflower aerial  
part 200mg; hops flowers 100mg; sweet  
orange flowers 100mg; lavender flowers  
100mg.

Local Distributor: E.J. Busuttill Ltd.

## LINSEED

### *Colic Baby* (Erba Vita)

Syrup; <sup>¶¶¶</sup>Fructolysat<sup>®</sup> mixture (10%) of linden inflorescence 34%, lemon balm leaves 33%, chamomile flowers 33%; dry extract of fennel seeds 2% (0.1% essential oil); cumin seeds 0.35%; coriander seeds 0.3%.

Local Distributor: E.J. Busuttill Ltd.

### *Controller<sup>®</sup> Natural Sleep* (Alta Care)

Ampoules; Hops flower extract, linden

extract, lemon balm flower extract, verbena extract, honey, magnesium, bitter orange flower, vitamin B6.

Syrup; Ananas juice 5240mg, honey sugar free 3000mg, St. John's Wort 600mg, linden extract 500mg, lemon balm 250mg, chamomile 200mg, valerian 150mg, ananas aroma 50mg, sodium benzoate 10mg.

Local Distributor: Ultra Pharma Ltd.

## LINSEED

*see Flaxseed*

## LUFFA

*Luffa aegyptica*

**Family:** Cucurbitaceae

**Medicinal Parts:** Fruit.

### **Indications:**

*Principal:* Prevention for infections or colds, treatment for nasal catarrh, sinusitis<sup>28</sup>.

*Others:* Cough, chronic bronchitis<sup>28</sup>.

**Cautions/Contraindications:** None known.

**Side-effects:** None known.

**Drug interactions:** None known.

### *Luffa Complex* (A.Vogel)

Tablets, nasal spray; Extracts of: Luffa, American spikenard, heartseed, golden thryallis, chapparal, okoubaka, toothpick weed.

Local Distributor: Health Plus

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<sup>¶¶¶</sup> Fructolysat<sup>®</sup> is the total extract and concentrate (1:2) of the vital whole fresh plant, in fructo-oligosaccharides.



## MACA

*Lepidium meyenii*

**Family:** Brassicaceae

**Medicinal Parts:** Root.

### Indications:

**Principal:** Male sexual dysfunction<sup>282, 283, 284</sup>, decreased epididymal sperm count<sup>285</sup>, psychological symptoms (including anxiety & depression) and sexual dysfunction in postmenopausal women<sup>286, 292</sup>.

**Major:** Learning & memory impairment<sup>287</sup>, prostatic hyperplasia<sup>288, 289</sup>, diabetes, hypercholesterolaemia<sup>290, 292</sup>.

**Minor:** Protection against UVA, UVB and UVC<sup>291, 292</sup>.

**Cautions:** Pregnant, breastfeeding, breast tenderness (decrease dosage), children under 12 years of age<sup>292</sup>.

**Contraindications:** Patients with thyroid conditions<sup>293</sup>.

**Side-effects:** None known.

**Drug interactions:** None documented.

**Dose:** 1 dried maca extract 450 mg capsule 3 times daily taken orally with food<sup>293</sup>.

**AntiStress** (Erba Vita)

Capsules; Micronized powder of siberian

ginseng root, dry extract of maca root, micronized powder of maca root, dry extract of roseroot, dry extract of *Zizyphus jujube spinosa* seed, flax oil microencapsulated, linolenic acid, linoleic acid, oleic acid, dry extract of Jiao Gu Lan leaves, L-teinina (extract from green tea leaves), vitamin B6, vitamin B1, vitamin B12.

Local Distributor: E.J. Busuttill Ltd.

**Maca** (HealthAid)

Liquid; Maca extract 1:10 (equiv. of 100mg of maca herb) in 1ml.

Tablets; Maca powder 500mg.

Local Distributor: Galea & Galea

**Male Formula** (HealthAid) see Ginseng Korean

**Male Max™** (HealthAid) see Ginseng Korean

**Wellman® Conception** (Vitabiotics)

Tablets; Vitamin A 750mcg, vitamin D 15mcg, vitamin E 30mg, vitamin C 90mg, vitamin B1 12mg, vitamin B2 15mg, vitamin B3 18mg, vitamin B6 10mg, folic acid 400mcg, vitamin B12 75mcg, biotin 150mcg, pantothenic acid 10mg, magnesium 60mg, iron 6mg, zinc 15mg, copper 1000mcg, manganese 0.5mg, selenium 150mcg, chromium 50mcg, Peruvian maca 250mg, lycopene extract 1.5mg, pine bark extract 30mg, octacosanol 3mg, inositol 40mg, L-glutathione 2.5mg, L-arginine 10mg, Siberian ginseng extract 30mg, co-enzyme Q10 2mg, L-carnitine tartarate 50mg, citrus bioflavonoids 10mg.

Local Distributor: Kemimport Ltd.

## MAGNOLIA

### MAGNOLIA

*Magnolia glauca*

**Family:** Magnoliaceae

**Medicinal Parts:** Bark.

**Indications:**

*Principal:* Stomach pain, gastroenteritis, flatulence, vomiting & diarrhoea associated with indigestion, poor appetite, fullness & distension of the abdomen<sup>28, 294</sup>.

*Major:* Fever (malarial fever, fever of a typhoid type), pain & inflammation of rheumatism & gout, upper respiratory tract infections & spasms including asthma, coughs, profuse phlegm in the lungs, shortness of breath and fullness & pressure in the chest area<sup>294</sup>.

*Minor:* Obesity & weight management, substitute for tobacco<sup>294</sup>.

**Contraindications:** Pregnancy, breast-feeding<sup>294</sup>.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** 600mg as a powder or liquid extract once or twice daily at mealtimes<sup>28, 294</sup>.

*Magnolia Extract* (HealthAid)  
Tablets; Magnolia extract 500mg (standardised to contain 2% Honokiol), Philodendron amurense extract 250mg (standardised to contain 0.1% berberine), passionflower extract (1:4) 120mg.  
Local Distributor: Galea & Galea

*Tranquil™* (HealthAid) see Hawthorn

### MAIZE

*see Corn Silk*

### MALLOW (High Mallow)

*Malva sylvestris*

**Family:** Malvaceae

**Medicinal Parts:** Leaves, roots, flowers.

**Indications:**

*Principal:* Cough, bronchitis, inflammation of the mouth & pharynx<sup>28, 295</sup>.

*Major:* Gastroenteritis, bladder complaints, wound management (used externally for the latter indication)<sup>28</sup>.

**Cautions/Contraindications:** None known.

**Side-effects:** None known in conjunction with the proper

administration of designated therapeutic dosages.

**Dose:** Average daily dose: 5 gm of the drug; Tea: drink 2 to 3 times a day<sup>28</sup>.

**Alkagin**<sup>®</sup> (Istituto Ganassini)

Cleansing solution, ovules; Extracts of mallow, linden & calendula.

Gel; Mallow extract, linden extract, marigold extract, aloe vera, peppermint, panthenol, hyaluronic acid, hydrolyzed glycosaminoglycan.

Powder; Mallow extract, calendula extract, linden extract, extracts from wheat, rice and corn grains, tapioca starch, zinc oxide, ethyl linoleate, ethyl linolenate, tocopheryl acetate.

Wipes; Mallow, calendula, linden, potassium glycyrrhizate, vitamin E (tocopherol acetate).

Local Distributor: E.J. Busuttill Ltd.

**Erbalax**<sup>®</sup> *Delicato Capsule* (Erba Vita)

see Rhubarb

## MARIGOLD

*Calendula officinalis*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** The flowers are primarily used, but the stems, younger leaves, seeds and roots all have medicinal properties.

### Indications:

**Principal:** Poorly healing wounds<sup>296</sup>, minor burns & scalds (including sunburns)<sup>297, 298</sup>, mosquito bites & bee stings, cuts, sprains, bruises, inflammatory skin lesions<sup>296, 298, 5, 9, 14, 19, 28, 302</sup> [External use].

**Major:** Varicose veins, haemorrhoids, crural ulcer<sup>300</sup>, prophylaxis & treatment of bedsores, conjunctivitis<sup>299, 301, 5, 9, 14, 19, 28</sup> [External use].

**Minor:** Gastric & duodenal ulcers, gastrointestinal inflammatory disorders<sup>296</sup>, gingivitis, amenorrhoea, dysmenorrhoea, epistaxis<sup>301, 5, 9, 19, 28</sup> [Internal use].

**Others:** Eczema, proctitis, frostbite<sup>299, 5, 19, 28</sup> [External use].

**Cautions:** Patients with confirmed allergy to herbs or foods from the Compositae family<sup>5, 14</sup>.

**Contraindications:** Internal use in pregnancy<sup>19</sup>.

**Side-effects:** Irritant dermatitis<sup>5, 14, 28</sup>.

**Drug interactions:** None known.

**Dose:** *Dried herb:* 1-2 gm as an infusion daily in divided doses;

*Liquid extract* (1:2): 15-30 ml/week for internal use or 1.5-4.5 ml/day in divided doses; dilute 1:3 for external application; *Tincture* (1:5): 0.3-1.2 ml three times daily<sup>5</sup>.

**Alkagin**<sup>®</sup> (Istituto Ganassini) see Mallow

## MARSHMALLOW

**Calendula** (HealthAid)  
Cream; Sweet almond oil, calendula,  
lavender oil, ylang-ylang.  
Local Distributor: Galea & Galea

**Calendula Cream** (Nelsons)  
Cream; *Calendula officinalis* tincture  
0.9% v/w.  
Local Distributor: Serolf Trading Agency

**Hypercal<sup>TM</sup>** (Nelsons)  
Cream; *Calendula officinalis* tincture  
0.45% v/w, *Hypericum perforatum*  
tincture 0.45% v/w.  
Local Distributor: Serolf Trading Agency

**Organic Aloe Vera** (dr.organic<sup>®</sup>) see Aloe  
Vera

**Organic Aloe Vera Gel Infused with  
Cucumber, Witch Hazel and Calendula**  
(dr.organic<sup>®</sup>) see Aloe Vera

**Otolaya** (Inebios)  
Nasal spray solution; Himalaya salt  
rich in trace elements including copper,  
*Calendula officinalis*, glycerine.  
Local Distributor: Pharmacos Ltd.

**Silvia<sup>®</sup> Women Formula** (Alta Care) see  
Guarana

## MARSHMALLOW

*Althaea officinalis*

**Family:** Malvaceae

**Medicinal Parts:** Leaf, root.

### Indications:

#### Internal

**Principal:** Dry irritating coughs<sup>303</sup>,  
respiratory catarrh & bronchitis,  
irritation & inflammation of the oral  
and pharyngeal mucosa<sup>304, 305, 8, 9, 19, 28</sup>.

**Major:** Digestive tract disorders  
(including enteritis & peptic ulcer<sup>304</sup>),  
urinary tract disorders (including  
cystitis & urethritis)<sup>305, 9, 19</sup>.

#### External

**Principal:** Mouth & throat  
inflammations (as a gargle)<sup>304, 8, 9, 19, 28</sup>.

**Major:** Skin disorders including  
abrasions, fissures, insect stings, boils,  
abscesses & ulcers<sup>9, 19</sup>.

**Cautions:** Marshmallow may  
interfere with existing hypoglycaemic  
therapy<sup>9</sup>.

**Contraindications:** None known.

**Side-effects:** None known.

**Drug interactions:** Concurrent  
use may result in impaired drug  
absorption. Administration of  
marshmallow should be separated by  
at least two hours from that of other  
orally-administered drugs<sup>28</sup>.

**Dose:** Up to three times daily:  
dried leaf, 2-5 gm as an infusion  
or equivalent preparation; liquid  
extract (1:1 in 25% ethanol), 2-5 ml.  
Topically: 5% powdered leaf in an  
ointment base<sup>9, 19</sup>.

**Altaflora<sup>®</sup> Transsit** (Alta Care) see  
Rhubarb

## MATÉ

*Ilex paraguariensis*

**Family:** Aquifoliaceae

**Medicinal Parts:** Leaf.

### Indications:

*Principal:* Mental & physical fatigue, headache<sup>8, 9, 19, 28, 306</sup>.

*Major:* Mild depression, rheumatic pains<sup>9, 19, 28, 307</sup>.

*Minor:* Adjuvant in slimming regimens<sup>14</sup>, oliguria<sup>19</sup>.

*Others:* As a prophylaxis against fever and infection<sup>28</sup>.

**Cautions:** Hypertension, cardiac disorders, pregnancy, lactation<sup>9</sup>.

**Contraindications:** None known.

**Side-effects:** Anxiety, tremors, palpitations, withdrawal headaches, nervousness, restlessness, insomnia<sup>9, 14</sup>.

**Drug interactions:** Centrally acting drugs, OTC nasal decongestants, sedating antihistamines, anti-nausea agents. The metabolic clearance

of caffeine from the body may be enhanced or retarded by concomitant use of certain other drugs<sup>14, 19</sup>.

**Dose:** Three times daily: 1-2 gm of dried leaf or an equivalent preparation such as an infusion or liquid extract 1:1 in 25% alcohol<sup>19</sup>.

**4.3.2.1 Performance Detox** (Arkopharma) see Green Tea

**4.3.2.1 Shape Up Day & Night** (Arkopharma) see Green Tea

**4.3.2.1 Shape Up Organic** (Arkopharma) see Green Tea

**4.3.2.1 Shape Up Ultimate** (Arkopharma) see Fenugreek

**Biofreeze® Pain Relieving Gel** (Biofreeze) Gel; Natural menthol, *Ilex paraguariensis* extract.  
Local Distributor: Collis William Ltd.

**Zotrim** (Nature's Remedies) Tablets; Maté extract 27.5%, guarana extract 23.3%, damiana extract 9%.  
Local Distributor: Collis Williams Ltd.

## MEADOWSWEET

*Filipendula ulmaria*

**Family:** Rosaceae

**Medicinal Parts:** Aerial parts.

### Indications:

*Principal:* Supportive therapy for colds, cough, bronchitis,

fever, gastrointestinal conditions (hyperacidity, acidic dyspepsia, peptic ulceration)<sup>5, 8, 9, 28, 45, 308</sup>.

*Major:* Conditions associated with mild to moderate pain – rheumatism of joints & muscles<sup>5, 9, 28, 308</sup>.

## MEADOWSWEET

*Minor:* Gout, bladder & kidney disease<sup>5, 9, 28, 308</sup>.

**Cautions:** Asthmatics<sup>9</sup>.

**Contraindications:** Salicylate sensitivity, pregnancy<sup>5, 9, 45</sup>.

**Side-effects:** None known.

**Drug interactions:** Anticoagulant or antiplatelet drugs (warfarin, aspirin, simple analgesics)<sup>5, 14, 308</sup>.

**Dose:** *Fresh flowers:* 2.5-3.5 gm/day; *fresh herb:* 4-5 g/day; *Infusion:* Steep 2-3 gm in 150 ml boiled water for 10 minutes and drink as hot as tolerable; *fluid extract:* (1:1) (gm/ml): 2-3 ml/day<sup>5</sup>.

**2-Day DetoxPlan** (HealthAid) see Milk Thistle

**Altacura® Broncotuss** (Alta Care)  
Syrup; Orange concentrate 98.65g, glycerol 1.20g, vitamin C 60mg, meadowsweet extract 20mg, propolis 14mg, orange flavour 14mg, thyme extract 10mg, eucalyptus extract 10mg, sodium methyl parahydroxybenzoate 10mg, potassium sorbate 10mg, aspartame 2mg, potassium acesulfame 2mg.  
Local Distributor: Ultra Pharma Ltd.

**Altacura® Influidrink** (Alta Care)  
Sachets; Lemon powder 1600mg, vitamin C 1105mg, maltodextrin 849mg, meadowsweet flower dried extract (4:1) 100mg, ginseng root dried extract 100mg, propolis dried extract 50mg, guarana seed dried extract 50mg, echinacea plant dried extract 50mg, lemon flavour 50mg, zinc oxide 18.8mg, aspartame 10mg, potassium acesulfame 10mg, silica 5mg, vitamin B6 2mg.

Local Distributor: Ultra Pharma Ltd.

**Altacura® Influtuss** (Alta Care)  
Syrup; Lemon concentrate 96.65g, honey 2.00g, glycerol 1.20g, vitamin C 60mg, xanthane 24mg, zinc gluconate 15mg, propolis 14mg, potassium sorbate 10mg, meadowsweet extract 10mg, sodium methyl parahydroxybenzoate 10mg, aspartame 2mg, potassium acesulfame 2mg, lemon flavour 1mg.  
Tablets; Sorbitol 313.4mg, papaya fruit 60.0mg, vitamin C 60.0mg, propolis 30.0mg, zinc oxide 18.7mg, magnesium stearate 5.0mg, lemon flavour 5.0mg, mint essential oil 3.0mg, silica 2.0mg, curcuma extract 2.0mg, aspartame 0.4mg, potassium acesulfame 0.4mg.  
Local Distributor: Ultra Pharma Ltd.

**Altadrine® Day Burner** (Alta Care) see Grapeseed

**Altadrine® Night Burner** (Alta Care) see Green Tea

**Flodo!®** (Alta Care)  
Patches; Meadowsweet, liquorice, arnica, horse chestnut, devil's claw, bromelain, papaya, juniper, peppermint, yu zhu, propylene glycol.  
Local Distributor: Ultra Pharma Ltd.

**Flodo!® Artro** (Alta Care)  
Ampoules; Pawpaw juice 1g, pineapple juice powder 1g, magnesium citrate 150mg, lithothamne powder algae 60mg, potassium citrate 35mg, sodium citrate 20mg, iron citrate 15mg, calcium citrate 10mg, manganese chloride 1g, meadowsweet 0.5g, ginseng root 0.5g, stinging nettle aerial parts 1.5g, great burdock 1g, blackcurrant leaves 0.5g, fructose 40mg, blackcurrant natural flavor 10mg, lemon juice 150mcg, essential oils: angelica 150mcg, caraway 150mcg, coriander 150mcg, rosemary 150mcg.  
Local Distributor: Ultra Pharma Ltd.

**MELILOT***See Sweet Clover***MILK THISTLE***Silybum marianum***Family:** Asteraceae/Compositae**Medicinal Parts:** Fruit, leaves.**Indications:**

**Principal:** Liver diseases<sup>309,311,312</sup> – hepatocyte repair, supportive treatment in patients with alcoholic liver disease<sup>313</sup> with cirrhosis and/or abnormal liver function, acute viral hepatitis<sup>314</sup>, hepatitis C infection, liver damage following exposure to chemical toxins, diabetes<sup>319</sup>, jaundice, to prevent hepatotoxicity after poisoning with the mushroom *Amanita phalloides*, chemoprevention, treatment of cancer<sup>310,311,315,5,8,14,28,45,320</sup>.

**Major:** Dyspeptic complaints such as flatulence and bloating<sup>310</sup>, hypercholesterolaemia<sup>309,317</sup>, to stimulate milk production<sup>318</sup>, depression<sup>319,5,28,45</sup>.

**Minor:** Loss of appetite, haemorrhoids, psoriasis, skin cancer prevention<sup>309,5,28,45</sup>.

**Contraindications:** Known allergy to the Asteraceae family<sup>5</sup>.

**Side-effects:** Generally well tolerated but occasionally mild GI distress – sweating, abdominal cramping, nausea, vomiting, diarrhoea & weakness<sup>14,28</sup>.

**Drug interactions:** Cisplatin, metronidazole, nifedipine, protease inhibitors, pyrazinamide, warfarin<sup>5,14,28,320</sup>.

**Dose:** Average daily recommended dose: 12-15 gm of milk thistle seed in divided doses; Liquid extract (1:1): 4-9 ml/day; liquid extract (1:2): 30-60 ml/week<sup>5</sup>.

**2-Day DetoxPlan** (HealthAid)

Liquid; Milk thistle extract (1:3), tamarind pulp concentrate (4:1), dandelion root extract (1:3), artichoke leaf extract (1:3), meadowsweet herb extract (1:3), burdock extract (1:3), oregon grape root extract (1:3), liquorice root extract (1:3), fennel seed extract (1:3), yellow dock root extract (1:3), swedish bitters extract (1:3), prune juice.

Local Distributor: Galea & Galea

**Diaglucoforte™** (HealthAid) see Karela

**Herbal Female Complex** (Solgar) see Black Cohosh

**High Strength Milk Thistle Extract** (Lifeplan)

Tablets; Milk thistle 175mg of which silymarin 140mg.

Local Distributor: Kemimport Ltd.

**Livercare®** (HealthAid)

Prolonged release tablets; Milk thistle seed powder 250mg, dandelion root

## MILK THISTLE

powder 100mg, barberry root powder 100mg, turmeric powder 100mg, artichoke powder 100mg, methionine 100mg, choline 100mg, inositol 100mg, taurine 100mg.  
Local Distributor: Galea & Galea

**Milk Thistle** (Arkopharma)  
Capsules; Milk thistle powder.  
Local Distributor: Pharmacos Ltd.

**Milk Thistle** (A.Vogel)  
Liquid; Each ml contains tincture of milk thistle fruit (1:2) 923mg equiv. to 461mg fruit.  
Local Distributor: Health Plus

**Milk Thistle** (HealthAid)  
Liquid; Milk thistle extract 1:3 (equiv. of 330mg of milk thistle herb) in 1ml.  
Tablets; Milk thistle powder 125mg, milk thistle extract 15mg standardised for min. 80% silymarin (equiv. to 375mg of milk thistle powder).  
Local Distributor: Galea & Galea

**Milk Thistle** (Power Herbs)  
Tablets; Milk thistle extract 125mg (providing silybin 100mg).  
Local Distributor: Kemimport Ltd.

**Milk Thistle 4500mg** (Lamberts)  
Tablets; Milk Thistle 8580mg (provided by 286mg of a 30:1 extract) providing silymarin 200mg.  
Local Distributor: Health Plus

**Milk Thistle & Artichoke** (Higher Nature)  
Capsules; 200mg milk thistle standardised extract (80% silymarin, 30% silibin), 150mg artichoke leaf standardised extract (2.5% cynarin), 50mg schizandra fruit extract 5:1, 20mg Echinacea (*Echinacea*

*purpurea*) extract 4:1.  
Local Distributor: Health Plus

**Milk Thistle Complex** (HealthAid)  
Tablets; Milk thistle seed powder 250mg, dandelion root powder 100mg, barberry root powder 100mg, turmeric powder 100mg, artichoke powder 100mg, choline citrate 100mg, inositol 100mg, taurine 100mg, methionine 100mg.  
Local Distributor: Galea & Galea

**Milk Thistle Herbal Complex** (Vega)  
Capsules; Milk thistle seed extract 100mg (min. 80% silymarin, 30% silybin); milk thistle seed powder 100mg (equiv. to 200mg milk thistle seed herb); Vega Phytoantioxidant Base™ providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 320mg; prebiotic acacia gum 160mg.  
Local Distributor: Alfred Gera & Sons Ltd.

**Milk Thistle Herb Extract** (Solgar)  
Vegicaps; Raw milk thistle herb powder 300mg, standardised milk thistle seed powdered extract 175mg (total flavonoids including silymarin 140mg [80%]), PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).  
Local Distributor: Natural Remedies

**Milk Thistle Plus** (FSC)  
Capsules; Milk thistle extract 125mg (standardised to 80% silymarin), oregan grape powder 50mg, dandelion 50mg, schisandra root 50mg, curcumin white herb 50mg, artichoke leaf 50mg, burdock whole root 50mg.  
Local Distributor: Kemimport Ltd.



**MINT***see Peppermint***MUIRA-PUAMA***Ptychopetalum olacoides***Family:** Olacaceae**Medicinal Parts:** Roots, bark.**Indications:***Principal:* Prevention of sexual disorders, to promote sexual function<sup>28, 321, 323</sup>.*Major:* Depression, to enhance memory, nervousness<sup>28, 321, 322, 323</sup>.*Minor:* Diarrhoea, loss of appetite<sup>28</sup>.**Cautions:** Use with caution if taking medicines that act on the central nervous system<sup>321</sup>.**Contraindications:** None known.**Side-effects:** None known.**Drug interactions:** Analgesics, anticoagulants, anti-platelets, MAOIs, SSRIs, steroid hormones<sup>324</sup>.**Dose:** Daily dose for internal use: 0.5 gm of drug; for liquid extract anddecoction: 0.5 to 2 ml 3 times daily; for external use, the herb can be added to baths<sup>28</sup>.*Chalel® Hair Stimulant* (Alta Care) see Saw Palmetto*Gentlemen's Three™* (HealthAid) see Ginseng Korean*Herbal 3* (HealthAid) see Pumpkin*Herbal Booster™* (HealthAid) see Guarana*Male Formula* (HealthAid) see Ginseng Korean*Male Max™* (HealthAid) see Ginseng Korean*Muir Puama* (HealthAid)

Liquid; Muira Puama extract 1:3 (equiv. of 330mg of muira puama herb) in 1ml.

Tablets; Muira Puama leaf extract and raw powder (4:1) 140mg equiv. to 560mg of muira puama leaf powder.

Local Distributor: Galea &amp; Galea

## MULLEIN

### MULLEIN

*Verbascum densiflorum*

**Family:** Scrophulariaceae

**Medicinal Parts:** Flower.

**Indications:**

*Principal:* Bronchitis, tracheitis, coughs & colds, catarrh of the upper respiratory tract, asthma<sup>5, 28, 45, 325</sup>.

*Major:* Wounds, burns, bruises, haemorrhoids, pruritis, to soften the skin, chronic otitis media (topical use)<sup>5, 45</sup>.

*Minor:* Inflamed mucosa, sore throat<sup>5, 45</sup>.

**Cautions/Contraindications:** None known.

**Side-effects:** Contact dermatitis<sup>5</sup>.

**Drug interactions:** None noted.

**Dose:** *Fluid extract* (1:1): 1.5-2 ml twice daily; *tincture* (1:5): 7.5-10 ml twice daily; *Dried leaf:* 12-24 gm/day; *decoction:* 1.5-2 gm of herb in 250 ml of cold water, brought to boil for 10 minutes, taken twice daily<sup>5</sup>.

*Herbal Booster™* (HealthAid) see Guarana

*Tusserbe® Fluid* (ESI)

Syrup; Mountain pine 6ml, small plantain 6ml, thyme 6ml, mullein 6ml.

Local Distributor: Collis Williams Ltd.

### MYRRH

*Commiphora molmol*

**Family:** Burseraceae

**Medicinal Parts:** Gum resin, stem, leaves.

**Indications:**

*Principal:* Oral or pharyngeal inflammation, bed sores, minor wounds, haemorrhoids<sup>326</sup> [externally as a tincture], respiratory conditions, mouth ulcers, gingivitis<sup>327</sup> [as a mouthwash], pharyngitis [as a gargle], respiratory catarrh<sup>326, 328, 329, 5, 9, 14, 28, 45</sup>.

*Major:* Hyperlipidaemia, hypercholesterolaemia, hypertriglyceridaemia<sup>5</sup>.

*Minor:* Dysmenorrhoea, amenorrhoea,

menopausal symptoms<sup>328, 5</sup>.

*Others:* Schistosomiasis<sup>329</sup>, acne<sup>5</sup>.

**Contraindications:** Known allergy, pregnancy<sup>5, 28</sup>.

**Side-effects:** Restlessness, mild abdominal discomfort, GI symptoms such as diarrhoea & nausea<sup>5, 14</sup>.

**Drug interactions:** Diabetic medication, lipid-lowering medication, anticoagulant & antiplatelet medication, diltiazem, propranolol<sup>5, 28</sup>.

**Dose:** Three times daily: Myrrh

tincture (1:5, 90% ethanol). For external use apply undiluted tincture. As a gargle or mouthwash: 5ml of tincture in a glass or water<sup>45</sup>.

## NASTURTIUM

*Tropaeolum majus*

**Family:** Tropaeolaceae

**Medicinal Parts:** The whole flowering plant & the seeds.

### Indications:

*Principal:* Recurrent urinary tract infections<sup>330, 331, 332</sup>.

*Major:* Catarrh of the upper respiratory tract, cough, bronchitis<sup>28</sup>.

*Minor:* Mild muscular pain, menstrual disorders, hair loss, infected & poorly healing wounds [externally]<sup>28</sup>.

*Others:* Scurvy, tuberculosis<sup>28</sup>.

## NEEM

*Antelaea azadirachta*

**Family:** Meliaceae

**Medicinal Parts:** Bark, leaves, branches, seeds, latex.

**Indications:** Inflammatory and febrile diseases (including malaria and leprosy), dyspeptic complaints, worm infestations<sup>28</sup>.

**Contraindications:** None known.

**Side-effects:** No health hazards or side effects are known in conjunction with the proper administration of

*Ad-muc*<sup>®</sup> (Merz) see Chamomile, German

*Echinacea & Black Elderberry* (Higher Nature) see Echinacea

**Contraindications:** GI ulcers, kidney diseases, infants or small children<sup>28</sup>.

**Side-effects:** Contact dermatitis<sup>330</sup>.

**Drug interactions:** None known.

**Dose:** Daily dose: extract: 14.4 mg taken 3 times daily; infusion: 2 to 3 cups per day; pressed juice: 30 gm per day<sup>28</sup>.

*Slim-Rite* (HealthAid) see Alfalfa

designed therapeutic dosages.

**Drug interactions:** None known.

**Dose:** There is not enough scientific evidence to safely recommend the use of neem<sup>28</sup>.

*Herbal Cream* (HealthAid) see Arnica

*Neem Cream* (A.Vogel)

Cream; Neem leaf extract, eucalyptus, rosemary, beeswax, sunflower oil, sweet almond oil.

Local Distributor: Health Plus

## NETTLE

### *Neem Leaf Herbal Complex* (Vega)

Capsules; Neem leaf extract 200mg (min. 2.5% bitter principles); Vega Phytoantioxidant Base™ 85mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 136mg, prebiotic acacia gum 68mg; artemesia leaf powder 50mg; black walnut husk powder 20mg; grapefruit seed

extract 20mg.

Local Distributor: Alfred Gera & Sons Ltd.

### *Neem Oil* (A.Vogel)

Oil; Neem oil, sweet almond oil, bergamot, rosemary, eucalyptus.

Local Distributor: Health Plus

## NETTLE

### *Urtica dioica*

**Family:** Urticaceae

**Medicinal Parts:** Leaf, root.

#### **Indications:**

*Principal:* Benign prostatic hyperplasia<sup>333</sup> & difficulties in passing urine<sup>334</sup> (root), allergic rhinitis<sup>335</sup> (leaf extracts), arthritic conditions (whole nettle extracts)<sup>5, 8, 14, 28, 45, 336</sup>.

*Major:* Kidney & bladder stones<sup>5, 28</sup>, hereditary hair loss, chilblains.

*Minor:* Diarrhoea, colon diseases, internal bleeding, chronic skin eruptions such as eczema<sup>5, 9, 28</sup>.

*Others:* Dysentery; dandruff & oily hair [externally]<sup>28</sup>.

**Cautions:** Known sensitivities or allergies to the herb<sup>5, 28</sup>; swelling or fluid retention caused by heart failure, kidney conditions (avoid use of nettle's aerial parts, especially with excessive amounts of water)<sup>337</sup>.

**Contraindications:** Pregnancy<sup>5, 28</sup>, breast-feeding, diabetic patients<sup>337</sup>.

**Side-effects:** GI discomfort, allergic

reactions (skin afflictions, oedema), urticaria, pruritus<sup>5, 28, 19, 45, 337</sup>.

#### **Drug interactions:** Diuretics,

antiplatelets, anticoagulants (including heparin & warfarin), antihypertensive medicines, finasteride, anticonvulsants, hypoglycaemic drugs<sup>5, 337</sup>.

#### **Dose:**

*Leaf:* Dry extract: 0.6-2.1 g/day in divided doses; liquid extract (1:2): 2-6 ml/day.

*Root:* 4-6 g/day cut root<sup>5, 9</sup>.

### *Allergoforte™* (HealthAid)

Tablets; Stinging nettle extract 100mg, elderberry powder 50mg, bromelain powder 50mg, ginger powder 50mg, chickweed powder 50mg, turmeric extract (4:1) 31.5mg, quercetin 75mg, vitamin C 30mg.

Local Distributor: Galea & Galea

### *Altadrine® Lipodrainer* (Alta Care)

Syrup; Ananas concentrated juice 6425mg, sugar free honey 3000mg, bromelaine 250mg, carrot powder 150mg, stinging nettle leaf 80mg, kola nut 50mg,

bitter orange fruit 50mg, green tea leaf 50mg, tomato powder 50mg, paullina cubana 30mg, fennel fruit 30mg, sodium benzoate 10mg.

Local Distributor: Ultra Pharma Ltd.

**Altadrine® Night Burner** (Alta Care) see Green Tea

**Carbogas** (Sella) see Fennel

**Chalel® Hair Stimulant** (Alta Care) see Saw Palmetto

**Cysticare®** (HealthAid) see Cranberry

**Flodol® Artro** (Alta Care) see Meadowsweet

## OATS

### *Avena sativa*

**Family:** Poaceae

**Medicinal Parts:** The whole flowering plant, including the oat straw and the seed.

#### **Indications:**

**Principal:** Hyperlipidaemia<sup>338, 339</sup>, hypertension<sup>340</sup>, pruritus, blood sugar regulation (diabetes)<sup>341</sup>.

**Major:** Libido, exhaustion, insomnia, anxiety, neurasthenia, GI complaints, consequences of nicotine abuse<sup>5, 8, 28</sup>.

**Minor:** Rheumatism, bladder weakness, gout, kidney ailments<sup>28</sup>.

**Cautions:** Oat bran products should be taken with large amounts of water to assure that the fiber is well dispersed in the bowel<sup>28</sup>.

**MSM Glucosamine Joint Complex** (Higher Nature) see Celery

**Nettle Leaf** (HealthAid)

Liquid; Nettle leaf extract 1:4 (equiv. of 250mg of nettle leaf herb) in 1ml.

Tablets; Nettle leaf extract and raw powder (4:1) 140mg equiv. to 560mg of nettle leaf powder.

Local Distributor: Galea & Galea

**Prostavital®** (HealthAid) see Pumpkin

**Urtica** (A.Vogel)

Liquid; Tincture of organically grown fresh stinging nettle leaves and root, extracted in alcohol (50% v/v).

Local Distributor: Health Plus

**Contraindications:** Patients with coeliac disease, intestinal obstruction<sup>5, 28</sup>.

**Side-effects:** Flatulence, anal irritation<sup>5</sup>.

#### **Drug interactions:**

Antihypertensives, lipid-lowering medications including statins<sup>5, 28</sup>.

**Dose:** 1-4 gm three times daily of oatmeal or straw; 20-40 ml/week 1:2 tincture<sup>5</sup>.

**CarbonFlor®** (Erba Vita) see Aniseed

**Cholestro-Vit Formula** (Vega) see Garlic

**Colestroforte™** (HealthAid) see Fenugreek

## OLIVE

**Femmevit**<sup>®</sup> (HealthAid) see Starflower

**Gastro-Vit Formula** (Vega) see Aloe Vera

### **Hi-Active Formula** (Vega)

Capsules; Oat straw extract 10:1 equiv. to herb 500mg, starflower seed oil powder 33% 100mg (min. 20% GLA), soy lecithin powder 67mg, vitamin C 30mg, choline bitartrate 20mg, inositol 20mg, niacin 18mg, L-glutamine 10mg, L-tyrosine 10mg, vitamin E 10mg, zinc 7.5mg, iron 7mg, pantothenic acid 6mg, beta carotene 2.4mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.25mg, folate 200mcg, selenium 100mcg, copper 50mcg, vitamin B12 1mcg.  
Local Distributor: Alfred Gera & Sons Ltd.

### **Oat Seed** (HealthAid)

Liquid; Oat seed extract 1:2 (equiv. of 500mg of oat seed herb) in 1ml.

## OLIVE

### *Olea europaea*

**Family:** Oleaceae

**Medicinal Parts:** Fruit, leaf.

### **Indications:**

#### Olive leaves

**Principal:** Arteriosclerosis, hypertension<sup>342, 343, 344</sup>.

**Major:** Symptomatic relief in osteoarthritis, rheumatoid arthritis<sup>342</sup>, gout, fever, asthma, tonsillitis, pharyngitis, diabetes<sup>343</sup>.

**Minor:** Bacterial (such as bronchitis & tonsillitis), fungal (such as vaginal candidiasis, *Tinea pedis* & *Tinea capitis*) and viral infections (such as herpes simplex)<sup>342, 344</sup>.

Local Distributor: Galea & Galea

**Passiflora Complex** (A.Vogel) see Passionflower

### **Premenstrual Formula** (Vega)

Capsules; Oat straw extract 10:1 equiv. to herb 250mg, evening primrose seed oil powder 33% 100mg (providing min. 10% GLA), magnesium oxide 100mg, niacin 36mg, vitamin C 30mg, green tea leaf extract 20mg (min. 40% polyphenols), vitamin E 20mg, pantothenic acid 12mg, zinc 7.5mg, iron 7mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, beta carotene 2.4mg, folate 400mcg, manganese 0.25mg, chromium 200mcg, selenium 100mcg, selenium 100mcg, iodine 75mcg, copper 50mcg, vitamin B12 2mcg.  
Local Distributor: Alfred Gera & Sons Ltd.

### Olive Oil

**Principal:** Hypertension, hypercholesterolaemia<sup>345, 346</sup>, psoriasis, eczema, sun burn, mild burns, rheumatism<sup>28</sup>.

**Major:** Used as a laxative to soften impacted faeces, gallbladder inflammation, flatulence<sup>5</sup>, cancer prevention (prostate, colon & breast)<sup>345, 346</sup>.

**Minor:** Roemhel syndrome, GI ulcers, kidney stones<sup>5, 28</sup>.

**Cautions:** Known allergies to the Oleaceae family of plants<sup>5</sup>, biliary tract stones<sup>28</sup>.

**Contraindications:** None known.

**Side-effects:** Seasonal respiratory allergies<sup>5</sup>.

**Drug interactions:** Hypoglycaemic agents, hypertensive agents<sup>5</sup>.

**Dose:**

*Olive leaf extract:* 5ml three times daily with water or juice if necessary.

*Olive oil:* Should replace dietary intake of saturated fats and be consumed as part of a Mediterranean style diet<sup>5</sup>.

*Candaway™* (Lamberts) see Cinnamon

*Echinacea & Black Elderberry* (Higher Nature) see Echinacea

*Olive Leaf Extract* (Power Herbs) Tablets; Olive leaf extract 450mg (6% oleuropein 27mg).  
Local Distributor: Kemimport Ltd.

*Organic Lavender* (dr.organic®) see Lavender

*Tea Tree* (Bios Line) see Tea Tree

## OREGON GRAPE

*Mahonia aquifolium*

**Family:** Berberidaceae

**Medicinal Parts:** Roots.

**Indications:**

*Principal:* Scaly skin, psoriasis<sup>347</sup>, eczema<sup>348</sup>.

*Major:* Bronchitis, diarrhoea, gastritis, cholecystitis, liver & gallbladder conditions<sup>28, 349</sup>.

**Contraindications:** Pregnancy<sup>28</sup>.

**Side-effects:** No health hazards or

side effects are known in conjunction with the proper administration of designed therapeutic dosages<sup>28</sup>.

**Drug interactions:** None known.

**Dose:** *Fluid extract:* 10-20 drops diluted and taken every 3-4 hours as needed; *Tincture:* 20-40 drops per day; *standardized alkaloid extracts:* 250 mg per day<sup>350</sup>.

*2-Day DetoxPlan* (HealthAid) see Milk Thistle

## PAPAYA

# PAPAYA

## *Carica papaya*

**Family:** Caricaceae

**Medicinal Parts:** Leaves, fruit.

**Indications:**

*Principal:* GI digestion complaints, inflammations and ulcers in the gastro-duodenal area<sup>14, 28, 351, 352</sup>.

*Major:* Pancreas excretion insufficiency, intestinal parasites<sup>353</sup>.

*Minor:* Damage to the urinary tract & stones, haemorrhoids, diabetes<sup>14, 28</sup>.

*Others:* Cough, bronchitis<sup>28</sup>.

**Contraindications:** Pregnancy, patients taking oral anticoagulants<sup>14, 28</sup>.

**Side-effects:** Allergic reactions, including asthma attacks<sup>28</sup>.

**Drug interactions:** Anticoagulants<sup>28</sup>.

**Dose:** Dosage depends on the composition of the enzyme substitute preparation<sup>28</sup>.

**50 Plus Once A Day** (Quest) see Buckwheat

**Altacura® Inflatuss** (Alta Care) see Meadowsweet

**Altacura® Inflatuss Extra** (Alta Care)  
Tablets; Sorbitol 313.4mg, papaya fruit dried extract 60.0mg, vitamin C 60.0mg, propolis dried extract 30.0mg, zinc oxide 18.7mg, magnesium stearate 5.0mg, lemon flavour 5.0mg, mint essential oil 3.0mg, silica 2.0mg, curcuma 2.0mg, aspartame 0.4mg, potassium acesulfame 0.4mg.

Local Distributor: Ultra Pharma Ltd.

**Altadrine® Day Burner** (Alta Care) see Grapeseed

**Altaflora® Gastrogel** (Alta Care) see Aloe Vera

**Bromelain Complex** (Vega) see Aloe Vera

**Day-vit® Probio** (HealthAid) see Buckwheat

**Dietrim** (Vitabiotics) see Cinnamon

**DigestivAid No Acid** (ESI) see Licorice

**Digestizyme®** (Lamberts)  
Capsules; Papain 50,000PU, bromelain 120,000PU, lipase 125LU, amylase 5000DU, protease 4.5 10,000HUT, protease 3.0 10SAPU, glucoamylase 9AGU, cellulase 200CU.  
Local Distributor: Health Plus

**Digeston™** (HealthAid)  
Tablets; Papain 80mg, papaya enzyme 5mg, bromelain 50mg, pepsin 150mg, betain hydrochloride 100mg, pancreatin 75mg, amylase 10mg, protease 10mg.  
Local Distributor: Galea & Galea

**Enzyme Digest** (Quest)  
Tablets; Papain 4.17mg, amylase 10mg, lipase 5.56mg, bromelain 5mg, betaine HCl 100mg, peppermint oil 0.25mg.  
Local Distributor: Pharma MT Ltd.

**Flodol®** (Alta Care) see Meadowsweet

**Flodolor® Flexi** (Alta Care)  
Syrup; Ananas juice 5390mg, honey sugar free 3000mg, papaya 600mg, ananas 500mg, olmaria 250mg, devil's claw 200mg, ananas aroma 50mg, sodium benzoate 10mg.  
Local Distributor: Ultra Pharma Ltd.

**Healthy Mega** (HealthAid) see Buckwheat



**Herbal Booster™** (HealthAid) see Guarana

**Neuralta® Plus** (Alta Care)  
Syrup; Ananas juice 5390mg, royal jelly 1600mg, honey sugar free 1289mg, papaya 600mg, ananas 500mg, olmaria 250mg, devil's claw 200mg, ananas aroma 50mg, vitamin B1 100mg, vitamin B6 10mg, vitamin B12 1000mcg, sodium benzoate 10mg.  
Local Distributor: Ultra Pharma Ltd.

**Silvia® Feminin Formula** (Alta Care) see Hops

**Super Once A Day Timed Release** (Quest)  
Tablets; Vitamin A 750mcg, beta carotene 6mg, alpha carotene 90mcg, cryptoxanthin

21.2mcg, zeaxanthin 18mcg, lutein 13.6mcg, folacin 200mcg, biotin 50mcg, vitamin C 150mg, vitamin D 10mcg, vitamin E 34mg, thiamin 39mg, riboflavin 50mg, niacin 50mg, vitamin B6 41mg, vitamin B12 50mcg, pantothenic acid 50mg, calcium 158mg, phosphorus 91mg, iron 15mg, magnesium 60mg, zinc 10mg, iodine 100mcg, manganese 1mg, copper 1000mcg, molybdenum 25mcg, chromium 25mcg, selenium 32.5mcg, vanadium 25mcg, choline bitartrate 50mg, inositol 50mg, methionine 50mg, PABA 50mg, bioflavonoids 28.6mg, lysine HCl 22mg, lecithin 100mg, papain 2mg, rutin 2mg, hesperidin 10mg, betaine HCl 12mg, cysteine 0.6mg.  
Local Distributor: Pharma MT Ltd.

## PARSLEY

*Petroselinum crispum*

**Family:** Umbelliferae  
**Medicinal Parts:** Leaf, root, seed.

**Indications:**  
*Principal:* Urinary tract complaints including cystitis, dysuria & renal gravel<sup>8, 9, 19, 28, 354, 355</sup>.

*Major:* Digestive complaints such as flatulence, dyspepsia & intestinal colic<sup>8, 9, 19, 28, 45</sup>.

*Minor:* Dysmenorrhoea, functional amenorrhoea, myalgia (internal or topical use), rheumatic conditions<sup>9, 19, 354, 355</sup>.

**Contraindications:** Pregnancy, lactation<sup>9, 28</sup>, inflammatory kidney disorders<sup>19, 45</sup>.

**Side-effects:** Rarely contact allergic reactions of skin<sup>19, 28</sup>.

**Drug interactions:** Lithium, warfarin<sup>354</sup>.

**Dose:** Three times daily: dried herb, 2-4 gm or in infusion; liquid extract (1:1 in 25% alcohol), 2-4 ml<sup>45</sup>.

**Aquaflow®** (HealthAid) see Dandelion

**Colonease** (HealthAid) see Aloe Vera

**Cysticare®** (HealthAid) see Cranberry

**Formula VM-75** (Solgar) see Buckwheat

**Interfresh™** (HealthAid)  
Capsules; Safflower oil 65mg, parsley seed oil 15mg, peppermint oil 15mg, chlorophyll 3mg, menthol 0.75mg.  
Local Distributor: Galea & Galea

**Prostate Formula** (Vega) see Saw Palmetto

## PASSIONFLOWER

*Slim-Rite* (HealthAid) see Alfalfa

*Vegilax*<sup>®</sup> (HealthAid) see Blessed Thistle

## PASSIONFLOWER

*Passiflora incarnata*

**Family:** Passifloraceae

**Medicinal Parts:** Aerial parts, particularly leaves.

### Indications:

*Principal:* Anxiety<sup>357, 358</sup>, nervous restlessness<sup>8</sup>, insomnia<sup>5, 9, 14, 45, 356, 359</sup>.

*Major:* Generalised seizures<sup>360</sup>, neuralgia<sup>5, 9, 356, 359</sup>.

*Minor:* Diarrhoea, dysmenorrhoea<sup>14</sup>, decreased libido<sup>5, 359</sup>.

*Others:* Haemorrhoids (externally)<sup>28</sup>, opiate addiction<sup>5</sup>, cough, cancer<sup>359</sup>.

**Caution:** Pregnancy<sup>5</sup>.

**Side-effects:** Drowsiness is possible with excessive doses<sup>5</sup>.

**Drug interactions:** Benzodiazepines (additive effects at high doses), barbiturates (additive CNS effects), anticoagulants (increased risk of bleeding)<sup>5, 356</sup>.

**Dose:** Up to four times daily: dried herb 0.5-2 gm, liquid extract (1:1 in 25% ethanol) 0.5-2 ml, tincture (1:8 in 25% ethanol) 2-4 ml<sup>45</sup>.

*Calma Baby* (Erba Vita) see Linden

*Magnolia Extract* (HealthAid) see Magnolia

*Magnolia, Valerian, St. John's Wort Complex* (HealthAid) see Hoodia

*Vitamin B6* (Quest)

Tablets; Vitamin B6 50mg, parsley leaf powder 12.5mg (equiv. to 50mg parsley leaf powder).

Local Distributor: Pharma MT Ltd.

*Natracalm Passiflora* (Natra)

Tablets; *Passiflora incarnata* extract (7:1) 71.4mg.

Local Distributor: Collis Williams Ltd.

*Night Time Formula* (HealthAid) see Valerian

*No-Gas*<sup>®</sup> *enzimi* (Giuliani) see Ginger

*Passiflora* (HealthAid)

Tablets; *Passiflora* extract 250mg (equiv. to 1000mg *passiflora* powder).

Local Distributor: Galea & Galea

*Passion Flower* (HealthAid)

Liquid; *Passiflora incarnata* 1:4 (equiv. of 250mg of passionflower herb) in 1ml.

Local Distributor: Galea & Galea

*Phyto calm* (Arkopharma)

Capsules; *Passiflora* powdered dried aerial parts 230mg.

Local Distributor: Pharmacos Ltd.

*Quiet Life* (Lanes) see Hops

*Sedivitax* (Aboca)

Capsules; Passionflower leaves multi-fractionated lyophilized concentrate, valerian powdered root, lemon balm leaf powder, California poppy tops powder, valerian root lyophilized concentrate, lemon balm leaves lyophilized concentrate, marjoram essential oil, lavender essential oil.

Local Distributor: Pharma MT Ltd.

*Tranquil*<sup>TM</sup> (HealthAid) see Hawthorn

**PAU D'ARCO***Tabebuia avellanedae***Family:** Bignoniaceae**Medicinal Parts:** Inner bark.**Indications:***Principal:* Candida & yeast infections, colds, flu and other upper respiratory bacterial and viral infections<sup>14, 360, 361</sup>.*Major:* Urinary tract infections, GI problems, constipation, psoriasis, dermatitis, arthritis, diabetes, bladder & prostate infections, ulcers<sup>14, 360, 361</sup>.*Minor:* Allergies, sexually transmitted diseases (syphilis, gonorrhea), cancer & leukemia<sup>360, 361</sup>.**Contraindications:** Children, pregnant women<sup>14</sup>.**Side-effects:** Nausea & vomiting, bruising & bleeding at higher doses<sup>14</sup>.**Drug interactions:** Oral anticoagulants, NSAIDs<sup>14</sup>.**Dose:** One-half to one cup bark and/or heartwood decoction taken orally 2-4 times daily<sup>360</sup>.*Candiclear* (Higher Nature) see Thyme*Pau D'Arco* (HealthAid)

Liquid; Pau D'Arco extract 1:4 (equiv. of 250mg of Pau D'Arco herb) in 1ml.

Local Distributor: Galea &amp; Galea

**PEONY***Paeonia officinalis***Family:** Paeoniaceae**Medicinal Parts:** Roots, seeds, flowers.**Indications:**Roots*Major:* Neurasthenia, neuralgia, migraines, allergic disorders such as excitability, epilepsy.*Minor:* Whooping cough, cramps, rheumatism<sup>28</sup>.Flowers*Major:* Epilepsy, menstrual cramps & irregularities, fissures (including those associated with haemorrhoids), ailments of the respiratory tract.*Minor:* As an emetic, abortifacient, for diseases of the skin & mucous membranes, gout, rheumatoid arthritis<sup>28</sup>.**Cautions/contraindications:** None known.**Side-effects:** Gastroenteritis with vomiting, colic and diarrhoea<sup>28</sup>.**Drug interactions:** None known.**Dose:** *Flowers:* One cup of infusion daily; *Root:* tincture: 30 to 50 drops daily<sup>28</sup>.

## PEPPERMINT

# PEPPERMINT

*Mentha piperita*

**Family:** Lamiaceae

**Medicinal Parts:** Leaf, stem.

### Indications:

**Principal:** Irritable bowel syndrome<sup>14, 362, 363</sup>, nervousness, anxiety, stress.

**Major:** Daytime sleepiness, fatigue, low mood, neuralgia, myalgia<sup>5, 8, 28, 367</sup>; symptomatic treatment of digestion problems including dyspepsia<sup>364</sup>, flatulence, gastritis, enteritis; spasmodic complaints of the GI tract, as well as the gall bladder & bile ducts<sup>45, 365, 5, 8, 28, 366</sup>.

**Minor:** Headache; postoperative nausea; respiratory tract infections<sup>5, 8, 28</sup>.

**Others:** Decreased libido, hiccups, menorrhagia<sup>5</sup>.

**Cautions:** Avoid non-enteric-coated peppermint in patients with reflux oesophageal symptoms, avoid chewing enteric-coated capsules as it may cause heartburn, avoid use of peppermint oil on the face of infants and small children<sup>5</sup>.

**Contraindications:** Hypersensitivity to peppermint oil, biliary duct occlusion, gall bladder inflammation, severe liver damage, early pregnancy<sup>5, 8, 14, 28, 45</sup>.

**Side-effects:** Contact dermatitis<sup>5, 28</sup>.

**Drug interactions:** Felodipine, simvastatin, cyclosporin, drugs metabolised by the CYP3A4 liver enzyme, digitalis glycosides, caffeine, food (may compromise the enteric

coating of some commercially available peppermint oil capsules)<sup>5, 366</sup>.

**Dose:** Average daily dose: 3 to 6 gm of drug, 5 to 15 gm of tincture; equivalent preparations<sup>5, 28, 45</sup>.

**Alkagin®** (Istituto Ganassini) see Mallow

**Altacura® Influtuss** (Alta Care) see Meadowsweet

**Altacura® Influtuss Extra** (Alta Care) see Papaya

**Altaflora® Gastrogel** (Alta Care) see Aloe Vera

**Altaflora® Transit** (Alta Care) see Rhubarb

**Broncovit®** (Erba Vita) see Grindelia

**CarbonFlor®** (Erba Vita) see Aniseed

**Colonease** (HealthAid) see Aloe Vera

**Enzyme Digest** (Quest) see Papaya

**Erbalax® Forte Compresse** (Erba Vita) see Senna

**Essential Oil of Peppermint** (Power Herbs)  
Capsules; Peppermint essential oil 50mg.  
Local Distributor: Kemimpro Ltd.

**Finocarbo Plus** (Aboca) see Fennel

**Flodo®** (Alta Care) see Meadowsweet

**Gastro-Vit Formula** (Vega) see Aloe Vera

**Herbal Cream** (HealthAid) see Arnica

*Interfresh™* (HealthAid) see Parsley

*Karbofin Forte* (ESI) see Fennel

*Migrastick* (Arkopharma)  
Roll-on; Peppermint 35%, lavender oil 17%, isopropyl myristate 48%.  
Local Distributor: Pharmacos Ltd.

*Natural Herbal Inhalant Oil* (Numark)  
see Eucalyptus

*Neuralta® Migren* (Alta Care)  
Patches; Peppermint, scotch pine, eucalyptus, cloves, sweet orange, lemon.  
Local Distributor: Ultra Pharma Ltd.

*Peppermint Oil* (Lamberts)  
Capsules; Peppermint oil 50mg.  
Local Distributor: Health Plus

*Potter's Sugar Free Cough Pastilles* see Licorice

## PINEAPPLE

*Ananas comosus\**

**Family:** Bromeliaceae  
**Medicinal Parts:** Fruit.

### Indications:

*Principal:* Bruising, swollen and painful joints, wounds, burns<sup>14, 28, 368</sup>.

*Major:* Post traumatic and postoperative swelling especially of the nasal and paranasal sinuses<sup>8</sup>, inflammation, febrile conditions, digestive complaints<sup>14, 28, 368</sup>, water retention.

*Others:* Constipation, amenorrhoea, dysmenorrhoea<sup>28</sup>.

**Cautions/contraindications:** None known.

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\* The active substance in pineapple is bromelain – a proteolytic enzyme.

*Snoreeze Oral Strips* (Snoreeze)  
Strips; Pectin, water, glycerine, peppermint oil, cellulose, sorbitan stearate, polysorbate 60, vitamin E, menthol, aspartame, potassium sorbate, sodium saccharin, acesulfame K, hyaluronic acid, guar gum, citric acid, brilliant blue FCF.

Local Distributor: Svea Distributors Co. Ltd.

*Snoreeze Throat Spray* (Snoreeze)  
Spray; Water, glycerine, sorbitan stearate, polysorbate 60, cellulose, peppermint oil, vitamin E, potassium sorbate, sodium benzoate, citric acid, xanthan gum, hyaluronic acid, guar gum.

Local Distributor: Svea Distributors Co. Ltd.

*Venalta®* (Alta Care) see Grapeseed

**Side-effects:** Gastric complaints, diarrhoea, dyspepsia, allergic sensitivity<sup>14, 28</sup>.

**Drug interactions:** Amoxicillin, tetracycline, oral anticoagulants, platelet-inhibiting drugs<sup>14, 368</sup>.

**Dose:** Adults: 500 – 2000 mg daily<sup>28</sup>.

*Altadrine® Lipodrainer* (Alta Care) see Nettle

*Altaflora® Gastrogel* (Alta Care) see Aloe Vera

*CarbonFlor®* (Erba Vita) see Aniseed

*Flodol® Artro* (Alta Care) see Meadowsweet

## PINE BARK

*Flodolor® Flexi* (Alta Care) see Papaya

*JointWise* (Vega) see Ginger

*Neuralta® Plus* (Alta Care) see Papaya

*Pineapple* (Arkopharma)

Capsules; Pineapple powder 400mg (0.2% bromelian).

Local Distributor: Pharmacos Ltd.

## PINE BARK

*see Scotch Pine*

## PLANTAIN

*Plantago major*

**Family:** Plantaginaceae

**Medicinal Parts:** Fruit.

**Indications:**

*Principal:* Bronchial congestion (phlegm), inflammation of the oropharyngeal mucosa<sup>8,14</sup>.

*Major:* Intermittent fever, ulcers, sores, dyspepsia, GI complaints, diarrhoea<sup>8,14,28</sup>.

*Minor:* Diabetes, scurvy, hypertension, gout<sup>28</sup>.

*Others:* Cystitis, haematuria, haemorrhoids with bleeding

and irritation<sup>9</sup>.

**Cautions:** Pregnancy<sup>9</sup>.

**Side-effects:** Allergic contact dermatitis<sup>9</sup>, migraine headaches<sup>28</sup>.

**Drug interactions:** None known.

**Dose:** *Dried leaf:* 2-4 gm or by infusion three times daily; *liquid extract* (1:1 in 25% alcohol) 2-4ml three times daily; *tincture* (1:5 in 45% alcohol) 2-4 ml three times daily<sup>9</sup>.

## POMEGRANATE

*Punica granatum*

**Family:** Punicaceae

**Medicinal Parts:** Root, bark, fruit, peel of fruit, flowers.

**Indications:**

*Principal:* Hypercholesterolaemia<sup>369</sup>, hypertension, atherosclerosis, tapeworm infestation and other intestinal parasites, sore throat, candidosis associated with denture

stomatitis<sup>370,371,375</sup>.

*Major:* Diarrhoea<sup>372</sup>, dyspepsia, malignant breast cancer<sup>371</sup>, wounds<sup>373,375</sup>.

*Others:* Haemorrhoids, dysentery, leprosy<sup>371</sup>, asthma & COPD<sup>374,375</sup>.

**Contraindications:** Pregnant & nursing women<sup>28,375</sup>.

**Side-effects:** Gastric irritation including cramps, vomiting and diarrhoea with high doses<sup>28,375</sup>.

**Drug interactions:** Drugs metabolised by CYP2D6, antihypertensive drugs, rosuvastatin<sup>375</sup>.

**Dose:** Tapeworm treatment: *As a decoction:* 4 doses of 6ml with 2 hour intervals between doses accompanied before treatment and after treatment

by a laxative. *As a macerate:* 3 doses of 65ml with a duodenal probe at 30 minute intervals; a laxative is administered after an hour<sup>28</sup>.

**Organic Pomegranate** (dr.organic®)  
Lip balm; Pomegranate, shea butter, beeswax, vitamin E.  
Toothpaste; Pomegranate, arnica, silica, aloe vera, iceland moss, horse chestnut, tea tree.  
Local Distributor: Galea & Galea

## PRICKLY ASH

*Zanthoxylum americanum*

**Family:** Rutaceae  
**Medicinal Parts:** Bark, berries.

**Indications:**  
*Principal:* Rheumatic disorders, Raynaud's syndrome, fever, inflammation<sup>9, 28, 45, 376</sup>.  
*Major:* Colic, flatulence, intermittent claudication, toothache<sup>9, 28, 376</sup>.  
*Minor:* Hypotension, diarrhoea, cough, asthma, worm infestations<sup>28</sup>.

**Contraindications:** Pregnancy<sup>45</sup>.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** Three times daily: dried bark, 1-2 gm or in decoction; liquid extract (1:1, 45% ethanol), 1-2 ml; tincture (1:5, 45% ethanol), 2-5 ml<sup>45</sup>.

**V-Vein™** (HealthAid) see Horse Chestnut

## PSYLLIUM

*Plantago ovata*

**Family:** Plantaginaceae  
**Medicinal Parts:** Seed coat.

**Indications:**  
*Principal:* Chronic constipation, weight loss aid (increase feeling of satiety), hyperlipidaemia (psyllium reduces LDL cholesterol & triglycerides and should be used

as an adjunct to a low-fat diet)<sup>377, 378</sup>, diabetes<sup>379, 380</sup>, irritable bowel syndrome<sup>381, 5, 8, 28</sup>.

*Major:* Disorders were easy bowel movement with a loose stool are desirable e.g. in patients with anal fissures and haemorrhoids<sup>8, 28</sup>.

*Others:* Colorectal cancer<sup>28</sup>.

## PSYLLIUM

**Cautions:** If there is difficulty in regulating diabetes mellitus<sup>5</sup>, pancreatic insufficiency<sup>28</sup>.

**Contraindications:** Partial or complete bowel obstruction, colonic impaction, stenosis of the GI tract<sup>5, 28</sup>.

**Side-effects:** Flatulence; bloating; mild abdominal discomfort; allergy characterized by chest tightness, wheezing & urticaria; oesophageal obstruction (psyllium should not be consumed dry)<sup>5, 28</sup>.

**Drug interactions:** Calcium, iron, zinc, lithium, coumarin derivatives, vitamin B12, cardiac glycosides (take psyllium at least 1 hour before or after ingestion of the above named compounds), hypoglycaemic agents<sup>5</sup>.

**Dose:** 12 to 40 gm of the drug daily. Powder products should be administered as 1 teaspoonful (3.4 gm to 6.0 gm drug) in 8 oz. of fruit juice or cool water. Stir briskly or shake for 3 to 5 seconds depending on the specific product. Psyllium may be taken up to 3 times daily<sup>28</sup>.

*Erbalax® Delicato Sciroppo* (Erba Vita)  
see Rhubarb

*Fibre Dophilus* (HealthAid)  
Tablets; Psyllium 100mg, acidophilus bifidus 17mg, acidophilus lactobacillus

5mg, microcrystalline cellulose 100mg.  
Local Distributor: Galea & Galea

*Ispaghula* (Arkopharma)  
Capsules; Ispaghula seed husk powder 430mg.  
Local Distributor: Pharmacos Ltd.

*Lepicol* (Healthy Bowels)  
Capsules, Powder; Psyllium husk fine powder, fructo-oligosaccharides, probiotic cultures.  
Local Distributor: Kemimport Ltd.

*Psyllium Husk 1000mg* (HealthAid)  
Capsules; Psyllium husk 500mg.  
Local Distributor: Galea & Galea

*Psyllium Husk Fibre* (HealthAid)  
Powder; Psyllium husk fibre.  
Local Distributor: Galea & Galea

*Psyllium Husk Fibre* (Vega)  
Capsules; Psyllium seed husk fibre 450mg.  
Local Distributor: Alfred Gera & Sons Ltd.

*Slimaide Formula* (Vega)  
Capsules; Psyllium husk fibre 60mg, conjugated linoleic acid powder 33% 250mg, acetyl L-carnitine 60mg, vitamin C 60mg, choline bitartrate 30mg, inositol 30mg, niacin 18mg, pantothenic acid 6mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.25mg, chromium 200mcg, folate 200mcg, selenium 100mcg, copper 50mcg, vitamin B12 1mcg.  
Local Distributor: Alfred Gera & Sons Ltd.



**PUMPKIN***Cucurbita pepo***Family:** Curcubitaceae**Medicinal Parts:** Seeds.**Indications:***Principal:* Symptomatic treatment of micturition disorders in the early stages of benign prostatic hyperplasia<sup>19, 28, 382, 383, 384</sup>.*Major:* Irritable bladder prevention, treatment of calcium oxalate kidney stones<sup>19, 28, 384</sup>.*Minor:* Intestinal parasites particularly tapeworm<sup>28, 384</sup>.**Cautions:** If used concomitantly with warfarin, monitor INR and symptoms of excessive bleeding<sup>28</sup>.**Side-effects:** None known.**Drug interactions:** Warfarin.**Dose:** 10-30 gm of pumpkin seed, as ground seed or an equivalent amount of ethanolic extract or pumpkin seed oil<sup>19</sup>.*Bromelain Complex* (Vega) see Aloe Vera*Gentlemen's Three™* (HealthAid) see Ginseng Korean*Herbal 3* (HealthAid)

Capsules; Pumpkin seed oil 100mg, korean ginseng extract (5:1) 70mg (equiv.

to 350mg ginseng powder), muira puama extract (10:1) 24mg (equiv. to 240mg muira puama powder), saw palmetto extract (12:1) 13mg (equiv. to 160mg herb powder), zinc 3mg.

Local Distributor: Galea &amp; Galea

*Male Formula* (HealthAid) see Ginseng Korean*Male Max™* (HealthAid) see Ginseng Korean*Prostate Formula* (Vega) see Saw Palmetto*Prostavital®* (HealthAid)

Capsules; 200mg pumpkin seed oil, 30mg saw palmetto berries 12:1 extract, 10mg stinging nettle 5:1 extract, 5mg pygeum bark (standardised extract, min 2% sterols), 200mg L-glutamic acid, 120mg vitamin C, 100mg magnesium, 100mg lecithin, 90mg wheatgerm oil, 60mg vitamin E, 50mg L-alanine, 25mg zinc, 10mg vitamin B6, 3mg lycopene, 500mcg copper, 50mcg chromium, 50mcg selenium.

Local Distributor: Galea &amp; Galea

*Pumpkin Seed Oil* (HealthAid)  
Capsules; Pumpkin seed oil 1000mg.  
Local Distributor: Galea & Galea*Pumpkin Seed Oil 500mg* (Power Health)  
Capsules; Pumpkin seed oil 500mg providing polyunsaturated fatty acids 265mg, vitamin A 229.4mcg.  
Local Distributor: Kemimport Ltd.

## PYGEUM

### PYGEUM

*Prunus africana*

**Family:** Rosaceae

**Medicinal Parts:** Bark.

**Indications:**

*Principal:* Treatment of lower urinary tract symptoms of benign prostatic hyperplasia stages I and II, with signs such as nocturia, polyuria & urinary retention, where diagnosis of prostate cancer is negative<sup>5, 28, 385</sup>.

*Others:* Impotence, reduced fertility & sexual performance, sphincter disorders, male baldness<sup>5, 28</sup>.

**Cautions:** Paediatrics, pregnancy, lactation<sup>28</sup>.

**Contraindications:** Hypersensitivity to the herb<sup>5</sup>.

**Side-effects:** Mild GI discomfort<sup>5</sup>.

**Drug interactions:** 5  $\alpha$ -reductase inhibitors, saw palmetto<sup>28</sup>.

**Dose:** 50-100 mg twice daily of extract standardised to 12-13% sterols<sup>5</sup>.

*Prostavital*<sup>®</sup> (HealthAid) see Pumpkin

### RASPBERRY

*Rubus idaeus*

**Family:** Rosaceae

**Medicinal Parts:** Leaves, fruit.

**Indications:**

*Principal:* To facilitate parturition, diarrhoea, stomatitis, tonsillitis<sup>5, 9, 19, 28, 386</sup>.

*Major:* Dyspeptic complaints, externally as a wash for superficial wounds and ulcers<sup>5, 9, 19, 386</sup>.

*Others:* Painful and profuse menstruation, influenza, fever, diabetes, vitamin deficiency<sup>8, 19</sup>.

8-10 weeks of pregnancy<sup>9, 19</sup>.

**Side-effects:** GI discomfort, constipation<sup>5, 19</sup>.

**Drug interactions:** Iron, calcium, magnesium (separate the administration of these substances by at least 2 hours)<sup>5</sup>.

**Dose:** 2-3 times daily: dried leaf 3-4 gm, or as a 5% infusion or equivalent extract. Higher doses of up to twice this amount (maximum: 24 gm dried leaf per day) have also been recommended<sup>19</sup>.

**Cautions:** Peptic ulceration, GI conditions associated with inflammation. Avoid in constipation<sup>5, 28</sup>.

**Contraindications:** Early stages of pregnancy. Raspberry preparations should only be taken during the final

*Raspberry Leaf Extract* (HealthAid)  
Capsules; Raspberry extract 125mg (equiv. to 500mg raspberry powder), raspberry powder 400mg.  
Local Distributor: Galea & Galea

## RED CLOVER

*Trifolium pratense*

**Family:** Fabaceae

**Medicinal Parts:** Flower head, leaf.

### Indications:

*Principal:* To relief menopausal symptoms (particularly hot flushes), mastalgia, premenstrual syndrome, prostate cancer prevention<sup>5, 28, 387, 388, 389</sup>.

*Major:* BPH, osteoporosis prevention<sup>5, 390</sup>.

*Minor:* Eczema, psoriasis<sup>5, 9, 28, 45, 388</sup>.

*Others:* Cough, bronchitis<sup>45</sup>.

**Cautions:** In patients with conditions that may be aggravated by increased oestrogen level such as endometriosis or uterine fibroids<sup>5</sup>.

**Side-effects:** Infertility and growth disorders have been reported in grazing animals<sup>5, 9, 28</sup>.

**Drug interactions:** Anticoagulants, oestrogens, tamoxifen<sup>5, 28, 388</sup>.

### Dose:

*Menopausal symptoms:* 40-82 mg daily of red clover-derived isoflavones.

*Osteoporosis prevention:* 44-86 mg daily of red clover-derived isoflavones.

*BPH symptom relief:* 40-80 mg daily of red clover-derived isoflavones<sup>5</sup>.

*Menovital*<sup>®</sup> (HealthAid) see Dong Quai

## RHODIOLA

*Rhodiola rosea*

**Family:** Crassulaceae

**Medicinal Parts:** Root.

### Indications:

*Principal:* Low mental and physical performance, fatigue, altitude sickness<sup>28, 391, 392, 393</sup>.

*Major:* Stress, depression, low mood<sup>28, 393, 395</sup>.

*Minor:* Anaemia, impotence, infections, GI ailments<sup>28, 391, 392</sup>.

**Contraindications:** Patients with bipolar disorder<sup>28</sup>.

**Side-effects:** Interfere with sleep, cause vivid dreams during the first few weeks. Therefore best to take

dose early in the day<sup>28</sup>.

**Drug interactions:** Pepper (diminish antidepressant effect of rhodiola)<sup>393</sup>.

**Dose:** 50 to 200 mg daily<sup>28</sup>.

*AntiStress*<sup>®</sup> (Erba Vita) see Maca

*Rhodiola* (HealthAid)

Tablets; Rhodiola root extract 350mg (standardised for min 1% salidroside and 40% polyphenols), rhodiola root powder 150mg.

Local Distributor: Galea & Galea

*Rhodiola Herbal Complex* (Vega)

Capsules; Rhodiola root extract 300mg (min. 2.8% salidroside, 70%

## RHUBARB

polyphenols), Vega Phytoantioxidant Base™ 100mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 320mg, prebiotic acacia gum 160mg.  
Local Distributor: Alfred Gera & Sons Ltd.

## RHUBARB

### *Rheum palmatum*

**Family:** Polygonaceae

**Medicinal Parts:** Dried root, rhizome.

#### **Indications:**

*Principal:* Occasional constipation, conditions in which a soft stool is desirable, e.g. haemorrhoids<sup>9, 28, 45, 396</sup>.

*Major:* Diarrhoea (at low doses)<sup>9, 28</sup>, liver disease<sup>396</sup>, gastroenteritis<sup>45</sup>.

*Minor:* Painful teething in children, burns (externally), abdominal pain, oedema, tenesmus<sup>28</sup>.

**Cautions:** Avoid by individuals suffering from arthritis, kidney disease or urinary problems<sup>9</sup>; pregnancy; breastfeeding<sup>9, 28</sup>.

**Contraindications:** Intestinal obstruction, acute inflammatory intestinal disease, appendicitis, abdominal pain of unknown origin<sup>28, 45</sup>.

**Side-effects:** Spasmodic GI complaints<sup>28</sup>.

**Drug interactions:** Cardiac glycosides (long term use of rhubarb may lead to potassium deficiency)<sup>28</sup>.

#### **Rhodiola Root Extract** (Solgar)

Vegicaps; Standardised rhodiola root powdered extract 250mg (providing 2.5mg [1%] salidroside, 60mg [24%] polyphenols), raw rhodiola root powder 100mg, PhytO2X ã (powdered blend of beta-carotene prep. and ascorbic acid).  
Local Distributor: Natural Remedies

#### **Dose:**

As a *laxative*, unless otherwise prescribed, daily dose (usually taken at bedtime): preparations standardised to contain 30-100 mg of hydroxyanthracene derivatives; dried drug, 1-4 gm or in decoction.

As an *astringent* or *stomachic*: dried drug, 0.1-0.3 gm<sup>45</sup>.

#### **Altaflora® Transit** (Alta Care)

Ampoules; Radish juice conc. 1091mg, rhubarb rhizomes 500mg, marshmallow leaves 500mg, prune concentrated juice 454mg, fructo-oligosaccharides 200mg, brewer's yeast 100mg, apple fibres 50mg, artichoke concentrated juice 50mg, peppermint essential oil 9mg.  
Local Distributor: Ultra Pharma Ltd.

#### **Erbalax® Delicato Capsule** (Erba Vita)

*Capsules:* Micronized powders: rhubarb rhizome 246mg, alder buckthorn bark 164mg, gentian root 82mg, common mallow leaves 82mg, horehound heads 82mg. Dry extracts: fennel seed 82mg titrated and standardized 0.5% essential oil (0.41mg), dandelion root 82mg titrated and standardized 2% inulin (1.64mg).  
Local Distributor: E.J. Busuttill Ltd.

#### **Erbalax® Delicato Scioppo** (Erba Vita)

Syrup; Rhubarb rhizome dry extract 1.286g, tamarind fruit juice concentrate

1.286g, psyllium seeds micronized powder 286mg, liquorice root 143mg.  
Local Distributor: E.J. Busuttil Ltd.

*Erbalax® Forte Comprese* (Erba Vita)  
see Senna

## RICE

*Oryza sativa*

**Family:** Poaceae

**Medicinal Parts:** Seeds.

### Indications:

*Principal:* For recovery from disorders of the GI tract; illnesses of the GI tract including stomach upsets, heartburn, indigestion, nausea, diarrhoea<sup>28, 397</sup>.

*Major:* Boils, sores, swellings, skin blemishes (externally)<sup>397</sup>.

*Minor:* Diabetes, spontaneous perspiration, pneumonia, diseases of the colon<sup>28</sup>.

*Others:* Breast & stomach cancer, warts<sup>397</sup>.

## ROSE HIP

*Rosa canina*

**Family:** Rosaceae

**Medicinal Parts:** Petals, rose hips with/without seeds, seeds.

### Indications:

*Principal:* Lower urinary tract disorders, kidney stones, gallstones, prevention and treatment of colds, chills, and influenza-type infections, febrile conditions<sup>8, 28, 398</sup>.

*Major:* Arthritis, rheumatic disorders, gout, biliary complaints, colic<sup>8, 28, 398, 399</sup>.

*Eucarbon®* (Trenka) see Senna

*Vegilax®* (HealthAid) see Blessed Thistle

**Cautions/contraindications:** None known.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** The seeds are boiled in water and ingested<sup>28</sup>. It is recommended to follow label instructions.

*Alkagin®* (Istituto Ganassini) see Mallow

*Colestroforte™* (HealthAid) see Fenugreek

*Organic Tea Tree* (dr.organic®) see Tea tree

*Minor:* Prevention and treatment of vitamin C deficiencies, gastric juice deficiencies<sup>8, 28, 398</sup>.

*Others:* As an eyewash<sup>8</sup>.

**Cautions/contraindications:** None known.

**Side-effects:** None known.

**Drug interactions:** None known.

## ROSE HIP

**Dose:** 2 gm drug as a single daily dose<sup>28</sup>.

*Cellusite™* (HealthAid) see White Willow

*Ester-C® 1000mg Plus Vitamin C* (Solgar) see Acerola

*Ester-C Formula* (Vega)

Tablets; Vitamin C 240mg, citrus bioflavonoids 25mg, hesperidin 10mg, rose hip powder 10mg, rutin bean extract 10mg.

Local Distributor: Alfred Gera & Sons Ltd.

*Formula VM-75* (Solgar) see Buckwheat

*Hip & Thigh Formula* (HealthAid) see White Willow

*Kangavites* (Solgar)

Chewable tablets; Calcium 64mg, magnesium 32mg, vitamin C 60mg, fruit and vegetable powders (red beet, carrot, strawberry, apple, broccoli, apricot) 56mg, niacin 10mg, natural source betacarotene 1.4mg, natural source vitamin E 10mg, iron 2.5mg, pantothenic acid 5mg, biotin 50mcg, vitamin B6 1mg, zinc 1.5mg, riboflavin 0.85mg, thiamin 0.75mg, vitamin A 150mcg, soya lecithin powder 2.5mg, choline 500mcg, vitamin D2 2.5mcg, folic acid 100mcg, copper 25mcg, manganese 250mcg, bioflavonoids 150mcg, vitamin B12 3mcg, selenium 2.5mcg, iodine 22.5mcg, inositol 500mcg, rosehip powdered extract (4:1) 500mcg, chromium 5mcg.

Local Distributor: Natural Remedies

*Nutri baby* (Erba Vita)

Vials; Acacia honey, pear juice, blueberry juice, cod liver oil containing vitamin D, rosehip berries containing natural vitamin C, vitamin E, wheat germ oil, freeze-dried royal jelly, vitamin A.

Local Distributor: E.J. Busuttill Ltd.

*Rosehip* (HealthAid)

Tablets; Rosehip extract 150mg (equiv. to 3000mg rosehip powder), vitamin C 60mg.

Local Distributor: Galea & Galea

*Vitamin C 1000mg* (Lamberts)

Tablets; Vitamin C 1000mg, rose hip 100mg, citrus bioflavonoid complex 50mg.

Local Distributor: Health Plus

*Vitamin C (Ascorbic Acid) 1000mg High Strength* (Vega) see Buckwheat

*Vitamin C (Ascorbic Acid) 1500mg Super Strength* (Vega) see Buckwheat

*Vitamin C (Ascorbic Acid) Slow Release 1000mg* (Vega)

Tablets; Vitamin C (as ascorbic acid) 1000mg, rose hip powder 25mg.

Local Distributor: Alfred Gera & Sons Ltd.

*Vitamin C – Time 1000mg* (Lamberts)

Tablets; Vitamin C 1000mg, rose hip powder 50mg, citrus bioflavonoid complex 50mg.

Local Distributor: Health Plus

**ROSELLE***Hibiscus sabdariffa***Family:** Malvaceae  
**Medicinal Parts:** Flowers.**Indications:***Principal:* Loss of appetite, colds that affect the respiratory tract and stomach, hypertension<sup>28, 400</sup>.*Minor:* Carbuncles, swelling and inflammation of the skin, scalding, conjunctivitis, *herpes zoster*<sup>28</sup>.**Cautions/contraindications:** None known.**Side-effects:** None known.**Drug interactions:** None known.**Dose:** Available as a tea preparation: pour boiling water over 1.5 gm comminuted drug and strain after 5 to 10 minutes<sup>28</sup>.**ROSEMARY***Rosmarinus officinalis***Family:** Labiatae  
**Medicinal Parts:** Leaf.**Indications:***Principal:* To increase mental concentration, neuroprotective effect<sup>401</sup>, digestive complaints including dyspepsia, flatulence & bloating, hypotension<sup>5, 8, 9, 19, 28, 402</sup>.*Major:* Chemoprotective & adjunct in cancer therapy (mainly in breast cancer), headache, rheumatic conditions<sup>8</sup>, myalgia, sciatica, neuralgia, alopecia<sup>5, 9, 19, 28, 402</sup>.*Minor:* Toothache, eczema, insect repellent, wound healing, sodium-lauryl-sulfate-induced irritant contact dermatitis [topically]<sup>5, 19</sup>.**Drug interactions:** Iron, anticoagulants, drugs dependent on P-glycoprotein transport<sup>5</sup>.**Dose:***Internal daily dose:* Dried leaf, 4-6 gm or as an infusion or liquid extract (1:1 in 45% alcohol).*External use:* As an infusion for compresses or hair rinses. As a tincture (1:5, 70% ethanol). As a bath additive, a decoction from 50 gm of dried leaf to a full bath. Essential oil (4-6%) diluted with almond oil or in semi-solid preparations for application to joints, muscles etc<sup>19</sup>.*Candiclear* (Higher Nature) see Thyme*CarbonFlor*<sup>®</sup> (Erba Vita) see Aniseed*Evening Primrose* (HealthAid) see Evening Primrose*Flodol*<sup>®</sup> *Artro* (Alta Care) see Meadowsweet**Contraindications:** Pregnancy<sup>5, 9, 28</sup>.**Side-effects:** Stomach & intestinal irritation, seizures, allergic contact dermatitis with large doses<sup>5</sup>.

## ROSEROOT

*Herbal Cream* (HealthAid) see Arnica

*Neem Cream* (A. Vogel) see Neem

*Neem Oil* (A. Vogel) see Neem

*Refreshall*<sup>®</sup> (Lamberts) see Ginkgo

## ROSEROOT

see *Rhodiola*

## RUTIN†

see *Buckwheat*

## SAFFLOWER

*Carthamus tinctorius*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Flowers, seeds, oil extracted from its embryos.

### Indications:

*Principal:* Cardiovascular disease<sup>403</sup>, hypertension, hypercholesterolaemia, atherosclerosis, arrhythmias<sup>404, 405</sup>.

*Major:* Inhibition of thrombus formation<sup>404, 405</sup>, delayed, heavy & painful menstruation, male sterility, dead sperm excess disease<sup>406</sup>, pain & swelling associated with trauma<sup>407, 408</sup>.

*Minor:* Rheumatism particularly rheumatoid arthritis, sciatica<sup>408</sup>.

*Others:* Pertussis, chronic bronchitis, chronic gastritis, atrophic gastritis,

constipation caused by medicines for mental illnesses, chronic nephritis<sup>408</sup>.

**Contraindication:** Pregnancy<sup>28</sup>.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** Average daily dose is 3 gm of decoction; single dose is 1 gm<sup>28</sup>.

*Bodylean*<sup>®</sup> *CLA Plus* (HealthAid) see Green Tea

*Interfresh*<sup>™</sup> (HealthAid) see Parsley

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† Rutin is a citrus flavonoid glycoside found in buckwheat.



**SAFFRON***Crocus sativus***Family:** Iridaceae**Medicinal Parts:** Stigma, style.**Indications:***Principal:* Menorrhagia, amenorrhea, painful labour<sup>28, 409, 410</sup>.*Major:* Indigestion, colic, bronchitis, sore throat, headache, vomiting, fever, skin hyperpigmentation, acne, depression<sup>409, 410</sup>.*Minor:* Insomnia, measles, jaundice, dysentery, cholera, psoriasis<sup>409, 410</sup>.*Others:* Cancer treatment and prevention (fibrosarcoma, cervical epitheloid carcinoma, breast carcinoma)<sup>410, 411</sup>.**Cautions:** Patients taking anticoagulant or antiplatelet drugs<sup>412</sup>.**Contraindication:** Pregnancy<sup>28</sup>.**Side-effects:** None known.**Drug interactions:** Anticoagulants<sup>412</sup>.**Dose:** 3-9 gm daily<sup>412</sup>.*Saffron* (HealthAid)

Capsules; Saffron extract (6:1) 14.75mg (equiv. to 177mg of Saffron powder).

Local Distributor: Galea &amp; Galea

**SAGE***Salvia officinalis***Family:** Labiatae**Medicinal Parts:** Leaf.**Indications:***Principal:* Hot flushes and hyperhidrosis associated with menopause<sup>413</sup>, poor memory, dementia<sup>5, 8, 9, 19, 28, 414</sup>.*Major:* Inflammation of mouth or throat mucosa, such as pharyngitis, tonsillitis, stomatitis, gingivitis, glossitis, digestive disorders such as dyspepsia, flatulence, poor digestion & bloating<sup>5, 8, 9, 19, 28, 415</sup>.*Minor:* Lack of appetite<sup>5</sup>.*Others:* Asthma, cancer<sup>5, 416</sup>.monitored<sup>5</sup>; epileptics<sup>19</sup>.**Contraindications:** Pregnancy, lactation<sup>19</sup>.**Side-effects:** Occasional allergic reactions with topical use<sup>5</sup>.**Drug interactions:** Iron, calcium, magnesium (reduced absorption of these minerals when taken with sage)<sup>5</sup>.**Dose:***Infusion of dried herb:* 1-4 gm three times daily.*Tincture* (1:1): 1-4 ml three times daily.*Essential oil:* 2-3 drops in 100 ml water several times daily.**Cautions:** Sage oil can irritate the skin when used topically; internal use of the essential oil should be closely

## SARSAPARILLA

*Gargle or rinse* (use warm infusion): 2.5 gm cut leaf in 100ml water; or 2-3 drops essential oil in 100 ml water; or use 5 ml fluid extract diluted in a glass of water, several times daily<sup>5</sup>.

*Alito Fresco e Balsamico* (Sella) see Eucalyptus

*Colonease* (HealthAid) see Aloe Vera

*Essential Oil of Sage 50mg* (Power Herbs)  
Capsules; Sage essential oil 50mg.  
Local Distributor: Kemimport Ltd.

*Menopace® Plus* (Vitabiotics)  
Tablets; *Botanical tablet*: Soy isoflavone extract 120mg, sage extract 250mg, green tea extract 50mg, flaxseed lignans 50mg. *Multivitamin tablet*: Vitamin A 750mcg, vitamin D 5mcg, vitamin E 30mg, vitamin C 45mg, vitamin B1 10mg, vitamin B2 5mg, vitamin B3 20mg, vitamin B6 10mg, folic acid 500mcg, vitamin B12 9mcg,

biotin 30mcg, pantothenic acid 30mg, magnesium 100mg, iron 6mg, zinc 15mg, copper 1000mcg, manganese 0.5mg, selenium 100mcg, chromium 50mcg, iodine 225mcg, PABA 25mg.  
Local Distributor: Kemimport Ltd.

*Menophase* (Higher Nature) see Schisandra

*Menovital®* (HealthAid) see Dong Quai

*Phytomenopause* (Arkopharma)  
Capsules; Sage leaf powder 285mg.  
Local Distributor: Pharmacos Ltd.

*Refreshall®* (Lamberts) see Ginkgo

*Sage Leaf Extract* (HealthAid)  
Capsules; Sage leaf extract (5:1) 73mg equiv. to 350mg of sage leaf powder.  
Local Distributor: Galea & Galea

*Silvia® Feminin Formula* (Alta Care) see Hops

## SARSAPARILLA

### *Smilax species*

**Family:** Smilacaceae

**Medicinal Parts:** Rhizome, root.

#### **Indications:**

*Principal:* Skin disorders such as psoriasis & eczema, rheumatoid arthritis<sup>9, 14, 28, 45</sup>.

*Minor:* Inflammation of the urinary organs<sup>28</sup>.

**Cautions/contraindications:** None known.

**Side-effects:** Stomach complaints and queasiness may occur in rare cases<sup>28</sup>.

**Drug interactions:** Digitalis glycosides, bismuth<sup>14</sup>.

**Dose:** Three times daily: dried root, 2-4 gm or in decoction; liquid extract (1:1, 50% ethanol), 2-4 ml<sup>45</sup>.

*HaemoVit Liquid Gold™* (HealthAid)  
Liquid (200ml); 10ml contains: sarsaparilla extract 10mg, ginkgo biloba leaf extract 10mg, birch leaf extract 10mg, malt extract 1000mg, honey 220mg, vitamin C 60mg, thiamine 1.4mg, riboflavin 2.2mg, niacin 18mg, vitamin B6 2mg, folic acid 400mcg, vitamin B12 2mcg, pantothenic acid 8mg, iron 14mg, zinc 15mg, iodine 150mcg, lysine

200mcg, calcium glycerophosphate 45mg, potassium glycerophosphate 45mg, sodium glycerophosphate 23mg, manganese glycerophosphate 0.3mg.  
Local Distributor: Galea & Galea

## SAW PALMETTO

### *Serenoa repens*

**Family:** Arecaceae

**Medicinal Parts:** Dried ripe fruit.

#### **Indications:**

**Principal:** Micturition disorders (such as weak flow, incomplete voiding, frequent daytime and night time urination) associated with mild to moderate BPH<sup>5, 9, 14, 19, 28, 417, 418, 419, 420, 421</sup>.

**Major:** Androgenetic alopecia<sup>420, 422</sup>, chronic prostatitis and pelvic pain<sup>5, 420</sup>.

**Minor:** Impotence, male infertility, decreased libido<sup>5</sup>.

**Cautions:** Patients with hormone-dependent cancers<sup>28</sup>. If symptoms of BPH worsen, blood is detected in the urine, or acute urinary retention occurs, professional reassessment is required<sup>5</sup>.

**Contraindications:** Pregnancy<sup>5, 9, 28</sup>.

**Side-effects:** Occasionally, minor GI complaints<sup>19, 28</sup>.

**Drug interactions:** Finasteride (and other 5-alpha reductase inhibitors), androgenic agents, anticoagulants<sup>5, 421</sup>.

**Dose:** Daily dose: 320 mg of saw palmetto fruit lipidosterolic extract; dried fruit, 204 mg<sup>19</sup>.

**Chale<sup>®</sup> Hair Stimulant** (Alta Care)  
Capsules; Omega 3 (350mg), saw

**Sarsaparilla** (HealthAid)

Tablets; Sarsaparilla extract 140mg equiv. to 560mg of Sarsaparilla powder.

Local Distributor: Galea & Galea

palmetto (100mg), EPO (50mg) (71% omega 6 & omega 9).

Syrup; Blueberry juice 5790mg, honey sugar free 3000mg, saw palmetto extract 400mg, hops yeast 300mg, muira puama extract 250mg, stinging nettle extract 200mg, blueberry aroma 50mg, sodium benzoate 10mg.

Local Distributor: Ultra Pharma Ltd.

**Gentlemen's Three<sup>TM</sup>** (HealthAid) see Ginseng Korean

**Herbal 3** (HealthAid) see Pumpkin

**Male Formula** (HealthAid) see Ginseng Korean

**Male Max<sup>TM</sup>** (HealthAid) see Ginseng Korean

**Prostasan<sup>®</sup>** (A.Vogel)

Capsules; Saw Palmetto extract 320mg.

Local Distributor: Health Plus

**Prostate Formula** (Vega)

Capsules; Saw Palmetto berry extract 150mg (min. 40-45% fatty acids), saw palmetto berry powder 100mg, pumpkin seed powder 50mg, cayenne fruit powder 30mg, parsley leaf powder 30mg, niacin 18mg, zinc 15mg, vitamin C 60mg, vitamin E 10mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, vitamin B12 1mcg, pantothenic acid 6mg, beta carotene 4.8mg, manganese 0.25mg, chromium 200mcg, copper 200mcg, folate 200mcg, selenium 200mcg.

Local Distributor: Alfred Gera & Sons Ltd.

## SCHISANDRA

**Prostavital®** (HealthAid) see Pumpkin

**Saw Palmetto** (Arkopharma)

Capsules; Soya oil, saw palmetto berry oil extract.

Local Distributor: Pharmacos Ltd.

**Saw Palmetto** (HealthAid)

Liquid; Saw palmetto extract 1:3 (equiv. of 330mg of saw palmetto herb) in 1ml.

Tablets; Saw palmetto powder 55mg, saw palmetto extract 210mg (standardised for min 45-50% fatty acids).

Local Distributor: Galea & Galea

**Saw Palmetto** (NatraHealth)

Tablets; Saw palmetto standardised extract

250mg providing fatty acids 50mg.

Local Distributor: Collis Williams Ltd.

**Saw Palmetto 1000mg & Uva Ursi 100mg** (Power Herbs)

Capsules; Saw palmetto (4:1) extract 250mg equiv. to saw palmetto 1000mg, uva ursi 100mg.

Local Distributor: Kemimport Ltd.

**Saw Palmetto Berry Extract** (Solgar)

Vegicaps; Raw saw palmetto berry powder 300mg, standardised saw palmetto berry extract 150mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).

Local Distributor: Natural Remedies

## SCHISANDRA

*Schisandra chinensis*

**Family:** Schisandraceae

**Medicinal Parts:** Fruit

**Indications:**

*Principal:* Liver damage, hepatoprotection<sup>5, 28, 423, 424, 425</sup>.

*Major:* Decreased resistance to physical and emotional stress<sup>5, 425</sup>.

*Minor:* Chronic cough, dyspnoea, diarrhoea, night sweats, irritability, palpitations, insomnia, asthma<sup>5, 28, 424, 426</sup>.

*Others:* In combination with other herbal medicines to treat infection<sup>5, 28, 424</sup>.

**Contraindications:** Patients with epilepsy, severe hypertension, intracranial pressure<sup>28</sup>.

**Side-effects:** Rarely, mild GI discomfort, appetite suppression, hives<sup>5, 28</sup>.

**Drug interactions:** Drugs metabolised by CYP 3A4 (particularly nifedipine), tacrolimus, warfarin and

related drugs<sup>5, 424</sup>.

**Dose:** Dried fruit: 1.5-6 gm/day.

Liquid extract (1:2): 3.5-8.5 ml/day or 25-60 ml/week<sup>5</sup>.

**Echinacea Plus Ginseng & Astragalus Herbal Complex** (Vega) see Echinacea

**Menophase** (Higher Nature)

Capsules; 25mg Schizandra berry extract 5:1, 25mg siberian ginseng, 5.25mg sage leaf extract 5:1, 5mg hops, 5mg angelica, 5mg kelp, 5mg dandelion, 60mg vitamin E (200iu), 50mg hesperidin complex, 25mg vitamin C, 22mg magnesium, 10mg niacin, 5mg vitamin B6, 2.5mg zinc.

Local Distributor: Health Plus

**Milk Thistle and Artichoke** (Higher Nature) see Milk Thistle

**Milk Thistle Plus** (FSC) see Milk Thistle

**Multibionta® Activate** (Seven Seas) see Ginseng Korean

## SCOTCH PINE

*Pinus species*

**Family:** Pinaceae

**Medicinal Parts:** Tar extracted from trunks, branches and roots, oil extracted from fresh needles, branch tips or fresh twigs.

### Indications:

**Principal:** Bronchitis, congestive diseases of the upper & lower respiratory tract, common cold, cough<sup>28,427</sup>.

**Major:** Neuralgia, rheumatism, muscle pain, poor circulation<sup>28,427</sup>.

**Minor:** Weak ligaments of the upper ankle joint, eczema, urticaria<sup>28</sup>.

**Cautions:** Patients with extensive skin injuries, acute skin diseases, feverish or infectious diseases, cardiac insufficiency, or hypertonia should not use the drug as a bath additive<sup>28</sup>.

**Contraindications:** Bronchial asthma, whooping cough<sup>28</sup>.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** *Internal daily dose:* 2 to 3 gm drug several times a day. *External, as a bath additive:* 100 gm alcoholic extract in a full bath. *Semi-solid preparations:* 20 to 50% ointment to be rubbed in several times a day<sup>28</sup>.

**Maxijoint Formula** (Vega) see Bilberry

**Menopause Formula** (Vega) see Starflower

**Mucovit® Scioppo Adulti** (Erba Vita) see Grindelia

**Mucovit® Scioppo Bambini** (Erba Vita) see Grindelia

**Multi Antioxidant Complex** (Vega) see Ginkgo

**Neuralta® Migren** (Alta Care) see Peppermint

**Pectovit®** (Erba Vita) see Grindelia

**Perfectil Platinum** (Vitabiotics) see Green Tea

**Pine Bark Complex** (Vega)  
Capsules; Vega Phytoantioxidant Base™ 385mg providing antioxidants and prebiotics: apple & mixed wild berries concentrate 8:1, equiv. to herb 616mg, prebiotic acacia gum 308mg; Mixed herb polyphenols extract 30mg providing: blueberry fruit extract 15mg, green tea leaf extract 15mg; pine bark extract 30mg. Local Distributor: Alfred Gera & Sons Ltd.

**Totally Wise** (Vega) see Green Tea

**Vein Support Formula** (Vega) see Ginkgo

**Vitalize Regenerative Formula** (Vega) see Siberian Ginseng

**Wellman® Conception** (Vitabiotics) see Maca

## SENNA

### SENNA

*Cassia species*

**Family:** Fabaceae

**Medicinal Parts:** Leaves, fruit, flowers.

**Indications:**

*Principal:* Constipation<sup>9, 14, 28, 45, 428, 429, 430</sup>.

*Major:* For evacuation of the bowel prior to diagnostic tests of the GI and colorectal area<sup>28</sup>.

**Caution:** Avoid prolonged use<sup>9</sup>.

**Contraindications:** Intestinal obstruction, acute inflammatory intestinal disease, appendicitis<sup>9, 28, 45</sup>.

**Side-effects:** Spasmodic GI complaints. Prolonged use may lead to electrolyte losses, especially of potassium, albuminuria and haematuria, pigmentation of the intestinal mucosa and damage of the myenteric plexus<sup>28, 45, 428</sup>.

**Drug interactions:** Licorice, corticosteroids, digitalis glycosides, potassium-depleting diuretics, quinidine<sup>28, 428, 429</sup>.

**Dose:** Unless otherwise prescribed, daily dose (taken at bedtime): preparations containing 10-60 mg of hydroxyanthracene glycosides. Stimulant laxatives should only be taken for short periods (maximum of 10 days)<sup>45</sup>.

*Erbalax® Forte Compresse* (Erba Vita)

Tablets; Micronized powders of: Senna leaves 312mg, aloe dried juice 288mg, cascara bark 252mg, rhubarb rhizome 120mg, frangula bark, fennel fruits 54mg, liquorice root 54mg, clove nails 54mg, peppermint essential oil 2.4mg. Local Distributor: E.J. Busutil Ltd.

*Eucarbon®* (Trenka)

Tablets; Senna, rhubarb, charcoal vegetable, sulphur purified. Local Distributor: Pharmacos Ltd.

*Linoforce®* (A. Vogel) see Flaxseed

*Prune & Senna* (FSC)

Capsules; Prune extract equiv. to prune powder 125mg, senna extract 12mg (20% sennosides). Local Distributor: Kemimport Ltd.

*Senna* (HealthAid)

Tablets; Senna extract 180mg equivalent to 900mg of senna powder. Local Distributor: Galea & Galea

*Sollievo* (Aboca)

Tablets; Senna powder 122mg (standardised to 2.5% sennosides), cape aloe juice 91.7mg (standardised to 18% aloin A & B), dandelion powder 91mg, chicory powder 32mg, fennel powder 27mg, caraway powder 23mg, boldo powder 7mg, cumin powder 6mg, essential oil of fennel. Local Distributor: Pharma MT Ltd.

*Vegilax®* (HealthAid) see Blessed Thistle

## SHITAKE MUSHROOM

*Lentinus edodes*

**Family:** Pleurotaceae

**Medicinal Parts:** Fruiting body.

**Indications:**

*Principal:* Cancer-prevention (sarcomas)<sup>431</sup>, heart disease, hyperlipidemia (including high blood cholesterol)<sup>432</sup>, hypertension<sup>433</sup>.

*Major:* Infectious disease, hepatitis, diseases involving depressed immune function (including AIDS), frequent colds and flu, bronchial inflammation<sup>432, 434</sup>.

*Minor:* Environmental allergies, fungal (especially *Candida*) infections<sup>435</sup>.

*Others:* Regulating urinary incontinence<sup>435</sup>.

**Cautions/contraindications:** None known.

**Side-effects:** Allergic dermatitis, diarrhoea, mild pressure on the chest (disappear when shiitake is stopped)<sup>436</sup>.

**Drug-interactions:** Anticoagulants, NSAIDs<sup>433</sup>.

**Dose:** Patients over 18 years, 6-16 gm of the whole, dried shiitake mushroom daily, or 1-3 gm powdered extract<sup>9</sup>.

*Echinacea Plus Ginseng & Astragalus Herbal Complex* (Vega) see Echinacea

*Vitalize Regenerative Formula* (Vega) see Siberian Ginseng

## SIBERIAN GINSENG

*Eleutherococcus senticosus*

**Family:** Araliaceae

**Medicinal Parts:** Root, rhizome.

**Indications:**

*Principal:* Stress, fatigue, lack of stamina<sup>5, 9, 28, 45, 437, 438, 439, 440</sup>.

*Major:* Tendency to infection, depression<sup>5, 28, 439</sup>.

*Minor:* Upper respiratory tract conditions<sup>439</sup>.

*Minor:* Sleep disturbances<sup>439</sup>, impotence, loss of appetite, pain & weakness in the hip and knee joints, rheumatoid arthritis<sup>28</sup>.

**Cautions:** Individuals who are highly energetic, schizophrenic<sup>9</sup>, diabetics<sup>5</sup>.

**Contraindications:** Cardiovascular disease or hypertension<sup>5, 28</sup>.

**Side-effects:** None known following the proper administration of designated therapeutic dosages.

**Drug interactions:** Anticoagulants, digoxin, chemotherapy, antidiabetic agents, influenza virus vaccine<sup>5, 28, 439</sup>.

## SIBERIAN GINSENG

**Dose**<sup>‡</sup>: Daily dose: dried root and rhizome, 2-3 gm<sup>45, 438, 439</sup>.

### **Active Women's Multivitamins & Minerals** (Vega)

Tablets; Siberian ginseng root extract 10:1, equiv to herb 500mg; flaxseed seed powder 100mg; bilberry fruit extract 4:1, equiv to herb 60mg; green tea leaf extract 30mg, magnesium oxide 90mg, niacin 90mg, acetyl L-carnitine 30mg, alpha lipoic acid 30mg, pantothenic acid 30mg, PABA 30mg, zinc 15mg, iron 14mg, choline bitartrate 10mg, inositol 10mg, vitamin B6 (10mg), vitamin B2 (8mg), vitamin B1 (7mg), vitamin C (60mg), vitamin E (30mg), vitamin K (100mcg), vitamin B12 (5mcg), vitamin D2 (5mcg), beta carotene 4.8mg, folate 600mcg, manganese 0.5mg, biotin 450mcg, chromium 300mcg, copper 300mcg, selenium 300mcg, iodine 150mcg, molybdenum 100mcg.  
Local Distributor: Alfred Gera & Sons Ltd.

**AntiStress**<sup>®</sup> (Erba Vita) see Maca

**Brain Fuel Formula** (Vega) see Ginkgo

### **Energizer Formula** (Vega)

Capsules; Siberian ginseng root extract (10:1) 500mg (min 0.8% eleutheroides); damiana leaf powder 100mg, pantothenic acid 60mg, vitamin C 60mg, acetyl L-carnitine 30mg, octacosanol 30mg, L-arginine 25mg, L-methionine 25mg, niacin 36mg, zinc 7.5mg, iron 7mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, vitamin B12 1mcg, manganese 0.25mg, folate 200mcg, selenium 100mcg, copper 50mcg.  
Local Distributor: Alfred Gera & Sons Ltd.

### **Fem-X** (HealthAid)

Tablets; Siberian ginseng extract (15:1)

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‡ *Eleutherococcus senticosus* should not be taken continuously for periods exceeding 3 months; occasional use or courses of 1 month followed by a 2-month interval are recommended<sup>45</sup>.

75mg, vitamin E 35mg, vitamin C 60mg, niacin 15mg, vitamin B6 30mg, pantothenic acid 35mg, magnesium 150mg, zinc 12mg, L-histidine 125mg, L-arginine 500mg.

Local Distributor: Galea & Galea

### **Ginkgo Vital 3™** (HealthAid)

Capsules; Siberian ginseng extract (5:1) 250mg, Korean ginseng extract (5:1) 150mg, ginkgo biloba extract (50:1) 100mg.

Local Distributor: Galea & Galea

### **Ginseng Siberian Herbal Complex** (Vega)

Capsules; Ginseng siberian root powder 200mg; ginseng siberian root extract (10:1) 150mg (min. 0.8% eleutheroides) equiv. to 1700mg ginseng siberian root herb; Vega Phytoantioxidant Base™ providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 80mg, prebiotic acacia gum 40mg .

Local Distributor: Alfred Gera & Sons Ltd.

**Herbal Booster™** (HealthAid) see Guarana

**Menophase** (Higher Nature) see Schisandra

**Menovital**<sup>®</sup> (HealthAid) see Dong Quai

**Omega-H3** (Vitabiotics) see Buckwheat

### **Powerplus™** (HealthAid)

Capsules; Siberian ginseng extract (5:1) 250mg, Korean ginseng extract (5:1) 150mg, Ginkgo biloba extract (50:1) 100mg, soyabean oil 430mg.

Local Distributor: Galea & Galea

### **Sibergin<sup>®</sup> 2500** (HealthAid)

Capsules; Siberian ginseng 5:1 extract 500mg (equiv. to 2500mg of ginseng root powder).

Local Distributor: Galea & Galea



## SIBERIAN GINSENG

### **Siberian Ginseng** (Arkopharma)

Capsules; Siberian ginseng powder 250mg (0.2% eleutheroides).

Local Distributor: Pharmacos Ltd.

### **Siberian Ginseng** (HealthAid)

Liquid; Siberian ginseng extract 1:3 (equiv. of 330mg of Siberian ginseng herb).

Local Distributor: Galea & Galea

### **Siberian Ginseng** (Power Health)

Capsules; Siberian ginseng extract 5:1 100mg equiv. to fresh whole root 500mg.

Local Distributor: Kemimport Ltd.

### **Siberian Ginseng** (Quest)

Tablets; Siberian ginseng root extract 35mg, providing eleutheroides 280mcg.

Local Distributor: Pharma MT Ltd.

### **Siberian Ginseng 250mg** (HealthAid)

Capsules; Siberian ginseng 250mg.

Local Distributor: Galea & Galea

### **Siberian Ginseng 1500mg** (Lamberts)

Tablets; Siberian ginseng 1500mg equiv. to 100mg of a 15:1 extract, eleutheroides E 660mcg, eleutheroides B 150mcg.

Local Distributor: Health Plus

### **SiberSlim™** (HealthAid)

Tablets; Siberian eleuthero extract (15:1) 60mg, ginger extract (20:1) 50mg, guarana extract 40mg, apple cider vinegar 50mg, hydroxycitric acid 50mg, seaweed 50mg, white kidney bean 50mg, L-arginine HCl 50mg, L-methionine 50mg, L-ornithine HCl 50mg, green tea extract 20mg, chromium 47.25mcg.

Local Distributor: Galea & Galea

### **Vitalize Regenerative Formula** (Vega)

Capsules; Siberian ginseng root extract 10:1 equiv. to herb 500mg (min. 0.8% eleutheroides), pantothenic acid 60mg, vitamin C 60mg, bilberry fruit extract 4:1 equiv. to herb 50mg (min. 0.5% allicin content), green tea leaf extract 50mg (min. 40% polyphenols), shiitake mushroom powder 50mg, niacin 36mg,

acetyl L-carnitine 25mg, creatine 25mg, malic acid 25mg, octacosanol 25mg, zinc 7.5mg, iron 7mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, alpha lipoic acid 2mg, pine bark extract 2mg (min. 70% proanthocyanadins), folate 400mcg, manganese 0.25mg, selenium 100mcg, copper 50mcg, vitamin B12 2mcg.

Local Distributor: Alfred Gera & Sons Ltd.

### **Wellman** (Vitabiotics)

Capsules; Siberian ginseng 20mg, garlic 20mg, bioflavonoids 10mg, PABA 20mg, vitamin A 750mcg, vitamin D3 5mcg, vitamin E 20mg, vitamin C 60mg, vitamin B1 12mg, vitamin B2 5mg, vitamin B3 20mg, vitamin B6 9mg, folacin 500mcg, vitamin B12 9mcg, biotin 0.05mg, pantothenic acid 10mg, iron 6mg, magnesium 50mg, zinc 15mg, iodine 150mcg, manganese 3mg, copper 1500mcg, chromium 50mcg, selenium 150mcg, silicon 10mg, arginine 20mg, methionine 20mg, natural mixed carotenoids 5mg.

Local Distributor: Kemimport Ltd.

### **Wellman 50+** (Vitabiotics)

Tablets; Siberian ginseng 20mg, Co-Q10 2mg, L-carnitine 10mg, citrus bioflavonoid complex 10mg, lutein esters 2mg, phosphatidylcholine 10mg, L-glutathione 5mg, L-arginine 20mg, L-methionine 20mg, natural mixed carotenoids 3mg, PABA 10mg, vitamin A 800mcg, vitamin D3 15mcg, vitamin E 15mg, vitamin C 80mg, vitamin B1 14mg, vitamin B2 4mg, vitamin B3 36mg, vitamin B6 9mg, folacin 500mcg, vitamin B12 20mcg, biotin 50mcg, pantothenic acid 10mg, iron 6mg, zinc 15mg, iodine 150mcg, magnesium 0.5mg, copper 1mg, chromium 75mcg, selenium 150mcg, silicon 10mg.

Local Distributor: Kemimport Ltd.

**Wellman® Conception** (Vitabiotics) see Maca

### **Wellman® Sport** (Vitabiotics)

Tablets; Siberian ginseng extract 50mg,

## SLIPPERY ELM

citrus bioflavonoids 60% 10mg, natural mixed carotenoids 2mg, vitamin A 750mcg, vitamin D 15mcg, vitamin E 30mg, vitamin C 60mg, vitamin B1 12mg, vitamin B2 5mg, vitamin B3 24mg, vitamin B6 10mg, folic acid 400mcg, vitamin B12 15mcg, biotin

75mcg, pantothenic acid 10mg, iron 6mg, magnesium 50mg, zinc 15mg, iodine 150mcg, manganese 0.5mg, copper 1000mcg, octacosanol 3mg, L-tyrosine 50mg, L-arginine 20mg, L-lysine 20mg, alpha lipoic acid 20mg, L-carnitine tartarate 50mg, co-enzyme Q10 10mg.  
Local Distributor: Kemimport Ltd.

## SLIPPERY ELM

*Ulmus rubra*

**Family:** Ulmaceae

**Medicinal Parts:** Dried inner bark.

### Indications:

*Principal:* GI conditions including gastritis, acid dyspepsia, gastric reflux, peptic ulcers, IBS<sup>5, 9, 45, 28</sup>.

*Major:* Inflamed skin conditions, wounds, burns, to draw out boils & abscesses<sup>5, 28, 45</sup>.

*Minor:* Bronchitis, cystitis, intestinal parasites<sup>5</sup>.

*Others:* Gout, rheumatism, inflamed joints, toothache<sup>5</sup>.

**Contraindications:** Pregnancy<sup>28</sup>.

**Side-effects:** Contact dermatitis<sup>28</sup>.

**Drug interactions:** Iron<sup>28</sup>.

**Dose:** Powdered bark (1:10) in hot water, 5-20 ml; equivalent tablets or other dosage forms. May be taken as often as required. For topical applications, as a poultice using mucilage of suitable viscosity<sup>45</sup>.

*Slippery Elm* (HealthAid)

Tablets; Slippery elm extract 140mg equiv. to 560mg of slippery elm powder.  
Local Distributor: Galea & Galea

## SORREL

*Rumex acetosa*

**Family:** Polygonaceae

**Medicinal Parts:** Fresh leaves, whole herb.

### Indications:

*Principal:* Acute and chronic inflammation of the nasal passages and respiratory tract<sup>28</sup>.

*Major:* An adjuvant in antibacterial therapy<sup>28</sup>.

**Cautions/contraindications:** None known.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** Adults' daily dose: 2 coated tablets or 50 drops (with 19% ethanol) taken 3 times daily<sup>28</sup>.

**ST. JOHN'S WORT***Hypericum perforatum***Family:** Clusiaceae/Guttiferae**Medicinal Parts:** Aerial parts, flowering tops.**Indications:***Principal:* Mild to moderate depression<sup>5, 9, 19, 28, 441, 442, 443, 444, 445</sup>.*Major:* Low mood, anxiety and insomnia, particularly if associated with menopause, seasonal affective disorder, PMS<sup>5, 9, 28, 445, 446, 447</sup>.*Minor:* Obsessive compulsive disorder<sup>448</sup>, polyneuropathy, herpes infection, smoking cessation<sup>5</sup>.*Others:* Sciatica, GI conditions (such as oesophagitis & peptic ulcers)<sup>5</sup>.Topical Use: Acute dermatitis, myalgia, first-degree burns<sup>5, 28</sup>.**Cautions:** People with fair skin undergoing UV treatment should use high doses of St. John's Wort with caution. Suspend use of St. John's Wort 2 weeks prior to major surgery. Pregnancy<sup>5, 9, 28</sup>.**Contraindications:** History of photosensitivity or hypersensitivity to St. John's Wort<sup>28</sup>.**Side-effects:** GI symptoms, photosensitivity, other skin conditions and agitation<sup>5</sup>.**Drug interactions:** General anesthetics, antidiabetics, antiepileptics, long-term use of benzodiazepines, bupropion, buspirone, caffeine, calcium channel blockers, ciclosporin, digoxin, eplerenone, etoposide, tyramine-rich food, hormonal contraceptives, irinotecan, lithium, loperamide, methylphenidate, NNRTIs, opioids, protease inhibitors, proton pump inhibitors, SSRIs, statins (atorvastatin and simvastatin but not pravastatin), tacrolimus, talinolol, theophylline, tibolone, tricyclic antidepressants, triptans, voriconazole, warfarin and related drugs, methadone<sup>5, 28, 445, 449</sup>.**Dose:** Adult daily dose: 450-1050 mg (typically 900mg) of dry extracts (4-7:1, 50-60% ethanol); 900 mg of hydroalcoholic extract standardised to 3-6% of hyperforin and 0.12-0.28% of hypericin; 3-4.5 ml of tincture (1:5, ethanol 50% v/v); equivalent preparations<sup>19</sup>.*It is advised that patients using St. John's Wort long term have their doses reduced slowly when discontinuing use<sup>5</sup>.**Controller® Natural Sleep* (Alta Care) see Linden*Hypercal™* (Nelsons) see Marigold*Hyperiforce®* (A.Vogel) Tablets; 40-73 mg St. John's Wort extract. Local Distributor: Health Plus*Magnolia, Valerian, St. John's Wort Complex* (HealthAid) see Hoodia*St. John's Wort* (Arkopharma) Capsules; St. John's Wort standardised extract 185mg. Local Distributor: Pharmacos Ltd.*St. John's Wort* (HealthAid)

## STARFLOWER

Liquid; St. John's Wort extract 1:3 (equiv. of 330mg of St. John's Wort herb) in 1ml. Tablets; 315mg St. John's Wort powder, 185mg standardised St. John's Wort extract (standardised to contain 0.3% hypericin).

Local Distributor: Galea & Galea

### *St. John's Wort* (Quest)

Tablets; St. John's Wort extract 333mg, providing hypericin 1000mcg.

Local Distributor: Pharma MT Ltd.

### *St. John's Wort '300' Herb Extract* (Solgar)

Vegicaps; Raw St. John's Wort herb powder 300mg, standardised St. John's Wort herb powdered extract (providing 0.5mg [0.3%] hypericin) 175mg,

Phyto2X ä (powdered blend of beta-carotene prep. and ascorbic acid).

Local Distributor: Natural Remedies

*St. John's Wort Herbal Complex* (Vega) Capsules; St. John's Wort herb extract 333mg (min. 0.3% hypericin, 3% hyperforin), chamomile flower extract 4:1, equiv. to herb 50mg (min. 1.2% apigenin); Vega Phytoantioxidant Base™ 40mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1, equiv. to herb 64mg, prebiotic acacia gum 32mg.

Local Distributor: Alfred Gera & Sons Ltd.

*Tranquil™* (HealthAid) see Hawthorn

## STARFLOWER

### *Borago officinalis*

**Family:** Boraginaceae

**Medicinal Parts:** Oil from seeds, leaves.

### **Indications:**

#### Oil

*Principal:* Cardiovascular disease, platelet aggregation. Starflower oil is a source of GLA, an omega-6 fatty acid and is extensively used in diabetes, cardiovascular disease, osteoporosis, menopausal symptoms, PMS, allergic rhinitis, rheumatoid arthritis, ADHD, weight loss, hypertension, ulcers and cancer<sup>14, 28, 450, 451, 452, 453</sup>.

Leaves (Not to be used internally but as an emollient poultice)

*Principal:* Fever, upper respiratory tract infections, inflammation (especially kidney and bladder

disorders), swelling<sup>9, 14, 28, 451</sup>.

*Major:* Eczema, infantile seborrheic dermatosis, hypertension, depression<sup>28</sup>.

**Cautions:** Avoid excessive or prolonged ingestion of starflower due to its toxic pyrrolizidine alkaloid constituents<sup>28, 451</sup>.

**Contraindications:** Schizophrenic and/or epileptic patients and in those receiving epileptogenic drugs (starflower oil may cause temporal lobe epilepsy)<sup>28</sup>. Pregnancy and breastfeeding<sup>14, 28</sup>.

**Side-effects:** GI discomfort<sup>28</sup>, status epilepticus<sup>452</sup>.

**Drug interactions:** Antiplatelet drugs, NSAIDs, phenothiazines, warfarin

and related drugs, iron<sup>28,451</sup>.

**Dose:**

*Atopic dermatitis/eczema:* 2-3 gm borage oil daily in divided doses.

*Rheumatoid arthritis:* 6-7 gm of borage oil (equivalent to 1.4 gm of GLA content) daily in 3 divided doses after meals.

*Topical: Atopic dermatitis/eczema:*

Cream containing 3% to 10% borage oil content: apply twice daily<sup>28</sup>.

***Biocosmetics Starflower Oil*** (Power Health)

Discaps; Starflower oil 250mg (containing on average 23% of its fatty acids as GLA), vitamin E 8mg.

Local Distributor: Kemimport Ltd.

***Borage Oil 500mg*** (Power Health)

Capsules; Borage oil 500mg providing GLA 130mg, linolenic acid 184mg.

Local Distributor: Kemimport Ltd.

***Evening Primrose Oil with Starflower Oil 1000mg*** (Lamberts) see Evening Primrose

***Femmevit***<sup>®</sup> (HealthAid)

Tablets; Starflower oil powder 150mg, chamomile extract 50mg, oat seed extract (10:1) (equiv. to 400mg of oat seed powder) 40mg, ginger root extract (20:1) (equiv. to 1000mg of ginger root powder) 50mg, *vitex agnus-castus* (5:1) (equiv. to 100mg of agnus castus powder) 20mg, natural mixed carotenoids 120mg, vitamin D3 5mcg, vitamin E 33mg, vitamin C 60mg, vitamin B1 10mg, vitamin B2 10mg, vitamin B3 18mg, pantothenic acid 6mg, vitamin B6 10mg, folacin 400mcg, vitamin B12 10mcg, iron 14mg, magnesium 150mg, zinc 15mg, iodine 150mcg, chromium 200mcg, selenium 50mcg, PABA 50mg.

Local Distributor: Galea & Galea

***Hi-Active Formula*** (Vega) see Oats

***Menopause Formula*** (Vega)

Capsules; Starflower seed oil powder 33% 100mg (providing min. 20% GLA), green tea leaf extract 20mg (min. 40% polyphenols), pine bark extract 2mg (min. 70% proanthocyanadins), magnesium oxide 60mg, vitamin C 60mg, soy isoflavone concentrate 25mg, niacin 18mg, vitamin B6 10mg, vitamin E 10mg, zinc 7.5mg, iron 7mg, pantothenic acid 6mg, beta carotene 4.8mg, alpha lipoic acid 4mg, vitamin B2 1.6mg, vitamin B1 1.4mg, folate 500mcg, manganese 0.5mg, selenium 200mcg, copper 100mcg, vitamin B12 5mcg.

Local Distributor: Alfred Gera & Sons Ltd.

***Menovital***<sup>®</sup> (HealthAid) see Dong Quai

***Perfectil Plus*** (Vitabiotics)

Capsules; Starflower seed oil 200mg, blackcurrant seed oil 50mg, omega-6 fatty acids 121mg, lycopene extract 6mg, co-enzyme Q10 5mg, omega-3 fish oil 300mg (providing DHA 150mg, EPA 30mg), lutein esters 6mg.

Tablets; Vitamin D 5mcg, vitamin E 40mg, vitamin C 60mg, thiamin 8mg, riboflavin 4mg, niacin 18mg, vitamin B6 10mg, folacin 500mcg, vitamin B12 9mcg, biotin 45mcg, pantothenic acid 40mg, iron 12mg, magnesium 75mg, zinc 15mg, iodine 200mcg, manganese 0.5mg, copper 1mg, chromium 50mcg, selenium 100mcg, cystine 10mg, natural and mixed carotenoids 2mg.

Local Distributor: Kemimport Ltd.

***Phytobronx*** (Arkopharma) see Grapeseed

***Starflower Oil*** (Arkopharma)

Capsules; Starflower oil (24% GLA).  
Local Distributor: Pharmacos Ltd.

***Starflower Oil*** (HealthAid)

Oil; 15 drops provide on average: pure starflower oil (borage oil) 1000mg which contains GLA 230mg (23%).

Local Distributor: Galea & Galea

## SUNDEW

**Starflower Oil** (Higher Nature)  
Capsules; Starflower oil 1000mg,  
providing 204mg GLA.  
Local Distributor: Health Plus

**Starflower Oil 1000mg** (HealthAid)  
Capsules; Starflower oil 1000mg (contains  
23% GLA), vitamin E 20mg.  
Local Distributor: Galea & Galea

**Starflower Oil (Omega-6) Plus Soya  
Lecithin** (Vega)  
Capsules; Soya lecithin powder 150mg;  
Starflower seed oil powder 33% 150mg  
(providing GLA 20% 10mg); Vega  
Phytoantioxidant Base™ providing  
antioxidants and prebiotics: apple and  
mixed wild berries concentrate 8:1, equiv.

to herb 224mg, prebiotic acacia gum  
112mg.  
Local Distributor: Alfred Gera & Sons  
Ltd.

**Wellwoman** (Vitabiotics)  
Capsules; Starflower oil 100mg, EPO  
100mg, citrus bioflavonoids 10mg, natural  
mixed carotenoids 2mg, vitamin D 5mcg,  
vitamin E 30mg, vitamin C 60mg, vitamin  
B1 10mg, vitamin B2 5mg, vitamin  
B3 36mg, vitamin B6 10mg, folacin  
400mcg, vitamin B12 20mcg, biotin  
50mcg, pantothenic acid 6mg, iron 12mg,  
magnesium 100mg, zinc 12mg, vitamin  
K 90mcg, manganese 2.5mg, copper  
1500mcg, selenium 100mcg, chromium  
50mcg, PABA 30mg.  
Local Distributor: Kemimport Ltd.

## SUNDEW

### *Drosera rotundifolia*

**Family:** Droseraceae  
**Medicinal Parts:** Whole herb.

#### **Indications:**

**Principal:** Respiratory problems  
particularly coughing fits and dry  
coughs<sup>9, 28</sup>.

**Major:** Asthma, warts<sup>9, 28</sup>.

**Minor:** Chronic bronchitis with  
peptic ulceration or gastritis, gastric  
ulceration<sup>9</sup>.

**Cautions/contraindications:** None  
known.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** The daily average dose is 3 gm  
drug. The dosage of the infusion when  
used as a broncholytic is 1 cup, 3 to 4  
times daily<sup>28</sup>.

**Broncovit®** (Erba Vita) see *Grindelia*

**Tusserbe® Sed** (ESI)

Syrup; Red poppy 6ml, hollyhock 6ml,  
sundew 6ml, lichen 6ml, ivy 6ml.  
Local Distributor: Collis Williams Ltd.

## SWEET CLOVER

*Melilotus officinalis*

**Family:** Fabaceae

**Medicinal Parts:** Flowering herb.

**Indications:**

*Principal:* Complaints arising from chronic venous insufficiency in the legs, such as varicose veins and associated pains, swelling, nocturnal cramp, itching and feeling of heaviness<sup>19, 28, 454</sup>.

*Major:* Oedema, inflammation, cutaneous capillary fragility, haemorrhoids<sup>19, 28, 454</sup>.

*Minor:* Phlebitis, indigestion and flatulence, minor sleep disorders, rheumatic pains, burns<sup>19, 28</sup>.

*Others:* Bruises, sprains, superficial bleeding [external use]<sup>19, 28</sup>.

**Cautions:** Patients taking aspirin<sup>19</sup>.

**Side-effects:** In rare cases headaches<sup>19</sup>, transitory liver damage is possible in susceptible individuals (monitor liver enzymes)<sup>28</sup>.

**Drug interactions:** Anticoagulants<sup>19, 454</sup>.

**Dose:** *Adult daily dose:* preparations containing the equivalent of up to 10 gm dried herb, in divided doses. For preparations of known coumarin content, the equivalent of up to 30 mg of coumarin, or up to 1 mg/kg body weight<sup>19, 28</sup>.

*Silvia® Feminin Formula* (Alta Care) see Hops

## STINGING NETTLE

*see Nettle*

## TAMARIND

*Tamarindus indica*

**Family:** Fabaceae

**Medicinal Parts:** Fruit pulp, dried seeds.

**Indications:**

*Principal:* Acute or chronic constipation<sup>14, 28, 455</sup>.

*Major:* Liver and gallbladder ailments, stomachache, fever<sup>14, 28, 455</sup>.

*Minor:* Gastric ulceration<sup>456</sup>, obesity<sup>457</sup>.

*Others:* Biliary vomiting, pharyngitis, stomatitis, haemorrhoids<sup>28</sup>.

**Cautions/contraindications:** None known.

**Side-effects:** None known.

**Drug interactions:** Aspirin (increased bioavailability leading to GI bleeding)<sup>14</sup>.

## TEA TREE

**Dose:** 10 to 50 gm of cleaned tamarind paste, pure or with other purgatives daily; taken in fruit cubes<sup>28</sup>.

**2-Day DetoxPlan** (HealthAid) see Milk Thistle

**Erbalax® Delicato Sciroppo** (Erba Vita) see Rhubarb

## TEA TREE

### *Melaleuca alternifolia*

**Family:** Myrtaceae

**Medicinal Parts:** Essential oil from leaves and branches.

#### **Indications:**

**Principal:** Acne vulgaris<sup>458, 459</sup>, athlete's foot, onychomycosis<sup>5, 28, 460</sup>.

**Major:** Dandruff, cystitis<sup>5, 28, 460</sup>.

**Minor:** Vaginitis, cervicitis, gingivitis, MRSA infection<sup>5, 28, 461</sup>.

**Others:** Cold sores<sup>462</sup>, head lice eradication<sup>5</sup>.

**Contraindications:** Eczematous or inflamed skin (may cause irritation). The essential oil should not be used internally in the form of an oral rinse that is not swallowed or as a vaginal douche<sup>5, 28</sup>.

**Side-effects:** Contact dermatitis<sup>5, 28</sup>. Diarrhoea, CNS toxicity, and coma may occur if sufficient quantities are ingested<sup>28</sup>.

**Drug interactions:** None known.

#### **Dose:**

**Onychomycosis:** 100% essential oil applied twice daily.

**Tinea pedis:** 10% essential oil in

**HCA** (Higher Nature)

Tablets; Tamarind fruit extract 750mg, providing hydroxycitric acid (HCA) (60%) 450mg.

Local Distributor: Health Plus

**Lass-B** (Erba Vita) see Dandelion

cream base applied twice daily.

**Acne:** 5% essential oil in cream or gel base applied twice daily.

**Vaginitis:** intravaginally applied tampons saturated in a 1% emulsified solution, vaginal pessaries containing 0.2 gm essential oil.

**Cervicitis:** Intravaginally applied tampons saturated in a 20% emulsified solution<sup>5</sup>.

**Aloe Vera ESI®** (ESI) see Aloe Vera

**Herbal Cream** (HealthAid) see Arnica

**Organic Aloe Vera Gel Infused with Organic Tea Tree Oil and Arnica** (dr.organic®) see Aloe Vera

**Organic Pomegranate** (dr.organic®) see Pomegranate

**Organic Tea Tree** (dr.organic®)

Cream; Tea tree, aloe vera, sesame seed oil, cocoa butter.

Lip balm; Tea tree oil, shea butter, beeswax, vitamin E.

Mouthwash; Tea tree oil, Iceland moss, grapefruit.

Nail solution; Tea tree oil, undecylenic acid, sweet almond oil, rice bran oil, jojoba oil, vitamin E.

Oil; Tea tree.



Stick; Tea tree, arnica.  
Toothpaste; Tea tree oil, aloe vera, silica,  
Iceland moss, horse chestnut.  
Local Distributor: Galea & Galea

**Rash Relief Cream** (Rapaid) see Aloe  
Vera

**Tea Tree** (Bios Line)  
Ointment; Sweet almond oil 3%, tea tree  
essential oil 0.5%, lavender essential oil  
0.5%, olive glycerine maceration 2%,  
thyme hydrolat 5%.  
Local Distributor: Collis Williams Ltd.

**Tea Tree** (HealthAid)  
Cream, lotion; Sweet almond oil, tea tree.

Shampoo; Tea tree.  
Soap; Tea tree oil.  
Local Distributor: Galea & Galea

**Tea Tree** (Nelsons)  
Cream; *Melaleuca alternifolia*.  
Local Distributor: Serolf Trading Agency

**Tea Tree Balm** (Power Health)  
Balm; Tea tree oil, aqua, cetearyl alcohol,  
petrolatum.  
Local Distributor: Kemimport Ltd.

**Tea Tree & Witch Hazel Cream** (Lanes)  
see Witch Hazel

**Teenstick** (Arkopharma) see Clove

## THYME

*Thymus vulgaris*

**Family:** Labiatae

**Medicinal Parts:** Leaves, flowering  
tops.

### Indications:

**Principal:** Respiratory tract infections  
(particularly bronchitis)<sup>5, 9, 19, 28, 463, 464</sup>.

**Major:** Diarrhoea, gastritis, dyspepsia,  
skin disinfection in minor wounds  
(topical use)<sup>5, 9, 19, 28</sup>.

**Minor:** Inflammations of the mouth  
and throat, enuresis in children<sup>5, 9, 19,</sup>  
<sup>28, 463</sup>.

**Others:** Insect bites and stings,  
athlete's foot & other fungal  
infections, scabies, lice, oral cavity  
squamous cell carcinoma<sup>464, 5, 9, 19, 28</sup>.

**Cautions:** Enterocolitis, congestive  
heart failure<sup>5</sup>, pregnant women<sup>19</sup>.

**Contraindications:** People who are  
allergic to the Labiatae family<sup>5</sup>.

**Side-effects:** Nausea, vomiting,  
headache, dizziness, convulsions,  
cardiac or respiratory arrest if taken  
internally; contact dermatitis with  
topical use<sup>5, 28</sup>.

**Drug interactions:** None known.

**Dose:** The recommended daily dose  
is 10 gm drug with 0.03% phenol,  
calculated as thymol. When using a  
liquid extract, 1 to 2 gm is taken 1 to  
3 times daily. The single dose for the  
infusion is 1.5 gm drug, or 1 to 2 gm  
drug per cup of water taken several  
times a day. The dose for the powder  
is 1 to 4 gm drug twice daily<sup>28</sup>.

**Alito Fresco e Balsamico** (Sella) see  
Eucalyptus

**Altacura® Broncotuss** (Alta Care) see  
Meadowsweet

## TRAGACANTH

### *Candiclear* (Higher Nature)

Capsules; Thyme 25mg, rosemary 25mg, lemon balm 25mg, Pau D'arco 25mg, calcium octanoate 175mg, magnesium octanoate 175mg.  
Local Distributor: Health Plus

### *Ivy-Thyme Complex* (A.Vogel)

Liquid; Tinctures of fresh ivy herb 40%, thyme herb 35%, licorice dried root

24.875%, aniseed essential oil 0.075%, eucalyptus essential oil 0.05%.  
Local Distributor: Health Plus

*Mucovit® Sciroppo Adulti* (Erba Vita) see Grindelia

*Mucovit® Sciroppo Bambini* (Erba Vita) see Grindelia

*Tusserbe® Fluid* (ESI) see Mullein

## TRAGACANTH

### *Astragalus gummifer*

**Family:** Fabaceae

**Medicinal Parts:** Gum-like exudation from trunk and branches.

### **Indications:**

*Principal:* Constipation<sup>28</sup>.

*Major:* Treatment of eye, liver & throat tumors<sup>28</sup>.

**Cautions:** Maintain adequate fluid intake (insufficient intake can lead to obstruction ileus & oesophageal closure)<sup>28</sup>.

**Side-effects:** Allergic reactions in rare cases<sup>28</sup>.

**Drug interactions:** None known.

**Dose:** A typical single dose is 1 tsp granulated drug (approximately 3 gm)

added to 250 to 300 ml liquid for oral administration<sup>28</sup>.

### *Astragalus* (HealthAid)

Liquid; Astragalus extract 1:3 (equiv. of 330mg of astragalus herb in 1ml).

Tablets; Astragalus root powder 545mg (standardised for min 0.5% glycosides and 70% polysaccharides).

Local Distributor: Galea & Galea

*Herbal Female Complex* (Solgar) see Black Cohosh

### *Wintervits®* (HealthAid)

Tablets; Astragalus powder 230mg, echinacea (*Echinacea purpurea*) extract (4:1) 225mg, maitake mushroom powder 225mg, rutin 100mg, propolis extract (4:1) 150mg, white willow bark 50mg, vitamin C 1000mg, zinc 15mg, calcium 100mg, quercetin 30mg.

Local Distributor: Galea & Galea

**TURMERIC***Curcuma domestica***Family:** Zingiberaceae**Medicinal Parts:** Dried secondary rhizome.**Indications:**

*Principal:* Cancer prevention (notably for GI, colorectal & prostate cancer)<sup>465, 466</sup>, osteoarthritis<sup>467</sup> and other inflammatory conditions – inflammatory bowel disease, pancreatitis<sup>468, 469, 470</sup>.

*Major:* Hyperlipidaemia, cardiovascular diseases, type 2 diabetes, hypertension, stroke<sup>471</sup>, dyspepsia<sup>468</sup>, peptic ulcers<sup>5, 14, 28, 470</sup>.

*Minor:* Chronic anterior uveitis<sup>469</sup>, oral submucous fibrosis<sup>5</sup>.

*Others:* Jaundice, skin infections, psoriasis<sup>5, 468</sup>.

**Cautions:** Avoid high doses in males and females wanting to conceive, suspend concentrated extracts 1 week prior to major surgery<sup>5</sup>.

**Contraindications:** Bile duct obstruction<sup>5, 28</sup>, breast cancer patients treated with cyclophosphamide<sup>5</sup>, hyperacidity or GI ulcers, pregnancy<sup>28</sup>.

**Side-effects:** Contact dermatitis<sup>5, 28</sup>.

**Drug interactions:** Beta-blockers, midazolam<sup>470</sup>, anticoagulants, cyclophosphamide<sup>5</sup>.

**Dose:** The average daily dose is 1.5 to 3 gm of drug. The powder should be taken 2 to 3 times daily after meals; the tea (2 to 3 cups) should be taken

between meals. The tincture dose is 10 to 15 drops 2 to 3 times daily<sup>28</sup>.

**4.3.2.1 Performance Detox** (Arkopharma) see Green Tea

**Allergforte™** (HealthAid) see Nettle

**Altacura® Influtuss** (Alta Care) see Meadowsweet

**Altacura® Influtuss Extra** (Alta Care) see Papaya

**Atrotone®** (HealthAid)  
Prolonged release tablets; Turmeric powder 100mg, green lipped mussel powder 350mg, glucosamine sulphate 250mg, free glucosamine 195mg, chondroitin sulphate 200mg, methyl sulfanyl methane 150mg, collagen type II 100mg, manganese 2mg.  
Local Distributor: Galea & Galea

**DLPA & Turmeric** (Quest)  
Tablets; DL-Phenylalanine 250mg, curcumin 100mg, black pepper extract providing piperine 2.5mg.  
Local Distributor: Pharma MT Ltd.

**FootCare Cream** (Himalaya) see Fenugreek

**JointWise Complete Multipack** (Vega)  
*Hard capsules:* Turmeric 35mg, MSM complex 10mg, calcium 85mg.  
*Tablets:* Glucosamine 1500mg, chondroitin 1200mg.  
*Soft capsules:* Marine omega 3 fatty acids and fish oil 1000mg.  
Local Distributor: Alfred Gera & Sons Ltd.

**Livercare®** (HealthAid) see Milk Thistle

## UVA-URSI

**Milk Thistle Complex** (HealthAid) see Milk Thistle

**Multi-Max® Advance** (Lamberts)

Tablets; Turmeric extract 50mg, green tea extract 50mg, grapeseed extract 10mg, vitamin A 781mcg, vitamin D 10mcg, vitamin E 30mg, vitamin C 120mg, thiamin 5mg, riboflavin 4mg, niacin 4mg, vitamin B6 10mg, folic acid 500mcg, vitamin B12 500mcg, biotin 0.15mg, pantothenic acid 12mg, vitamin K 40mcg, calcium 100mg, iron 7mg, magnesium 50mg, zinc 15mg, iodine 150mcg, manganese 4mg, copper 1.2mg, selenium 200mcg, chromium 200mcg, choline bitartrate 5mg, inositol 5mg, PABA 5mg, lutein 2mg.

Local Distributor: Health Plus

**Osteoflex®** (HealthAid)

Prolonged release tablets; Glucosamine sulphate 500mg, of which: free glucosamine 390mg, chondroitin sulphate

400mg, vitamin C 100mg, turmeric powder 100mg, manganese 2mg.  
Local Distributor: Galea & Galea

**Osteoflex® Plus** (HealthAid)

Prolonged release tablets; Glucosamine sulphate 500mg, of which: free glucosamine 390mg, chondroitin sulphate 400mg, vitamin C 100mg, turmeric powder equivalent 100mg, manganese 2mg, hyaluronic acid 55mg.  
Local Distributor: Galea & Galea

**Turmeric 10,000mg** (Lamberts)

Tablets; Turmeric spice 10,000mg (as a 500mg extract).  
Local Distributor: Health Plus

**Turmeric Root Extract** (HealthAid)

Tablets; Curcumin powder extract 350mg (derived from turmeric) standardised for a min 95% curcuminoids, turmeric powder 150mg, bromelain 20mg.  
Local Distributor: Galea & Galea

## UVA-URSI

### *Arctostaphylos uva-ursi*

**Family:** Ericaceae

**Medicinal Parts:** Leaves.

**Indications:**

**Principal:** Urinary tract infections<sup>9, 28, 45, 472</sup>.

**Major:** Cystitis, urethritis, dysuria, pyelitis, lithuria<sup>9, 28</sup>.

**Cautions:** Not for unsupervised, prolonged use<sup>28</sup>.

**Contraindications:** Kidney disorders, irritated digestive disorders, acidic urine, pregnancy, lactation, children under 12 years. It should not be administered with substances that cause acidic urine since it reduces its

antibacterial effect<sup>9, 28, 45</sup>.

**Side-effects:** Individuals with gastric sensitivity may experience nausea, vomiting and/or stomachache<sup>28, 45</sup>.

**Drug interactions:** Iron, thiazide & loop diuretics<sup>28</sup>.

**Dose:** Unless otherwise prescribed, three to four times daily: dried leaf, 1.5-2.5 gm or in infusion or cold aqueous extract; liquid extract (1:1, 25% ethanol), 1.5-2.5 ml; tincture (1:5, 25% ethanol), 2-4 ml.  
Treatment should be of short duration (maximum of 7 days). An 'alkaline' diet, high in vegetables and fruit,

should be taken during treatment<sup>45</sup>.

*Aquaflow*<sup>®</sup> (HealthAid) see Dandelion

*Boldo Multi-Herbal Complex* (Healthlife)  
see Boldo

*Slim-Rite* (HealthAid) see Alfalfa

*Uva Ursi* (HealthAid)  
Liquid; Uva ursi extract 1:3 (equiv. of  
330mg of uva ursi herb) in 1ml.  
Local Distributor: Galea & Galea

*Uva-ursi complex* (A.Vogel)  
Liquid; Tinctures of fresh aerial parts of

bearberry 75%, Echinacea herb 23.75%,  
fresh Echinacea root 1.25%.  
Local Distributor: Health Plus

*Vegilax*<sup>®</sup> (HealthAid) see Blessed Thistle

*Vitamin B12* (Quest)  
Tablets; Vitamin B12 500mcg, uva ursi  
leaf extract 25mg (equiv. to 100mg herb  
powder).  
Local Distributor: Pharma MT Ltd.

*Saw Palmetto 1000mg & Uva Ursi  
100mg* (Power Herbs) see Saw Palmetto

## VALERIAN

*Valeriana officinalis*

**Family:** Valerianaceae  
**Medicinal Parts:** Roots, rhizome.

### Indications:

*Principal:* Insomnia, anxiety and  
psychological stress states<sup>5, 9, 14, 28, 45,</sup>  
<sup>473, 474, 475</sup>.

*Major:* Restlessness, muscle spasm  
& cramping (associated with  
dysmenorrhoea)<sup>5, 9, 28, 45, 474, 476</sup>.

*Minor:* Fibromyalgia, benzodiazepine  
withdrawal<sup>5</sup>.

**Cautions:** When driving a car or  
operating heavy machinery when high  
doses are used<sup>5</sup>, pre-existing liver  
disease, pregnancy & breastfeeding<sup>28</sup>.

**Side-effects:** Rarely, GI complaints  
and contact allergies<sup>28</sup>.

**Drug interactions:** Alcohol,  
barbiturates, benzodiazepines,  
caffeine, chlorzoxazone,

dextromethorphan<sup>5, 28, 474</sup>.

**Dose:** Unless otherwise prescribed,  
up to three times daily: dried root  
and rhizome, 1-3 gm or by infusion;  
tincture (1:5, 70% ethanol), 3-5 ml;  
equivalent preparations<sup>45</sup>.

*5-HTP* (Solgar) see Griffonia

*Controller<sup>®</sup> Natural Sleep* (Alta Care) see  
Linden

*Dormeasan<sup>®</sup>* (A.Vogel)  
Liquid; Valerian extract and hops  
extract obtained from freshly harvested  
organically cultivated valerian root and  
hops.  
Local Distributor: Health Plus

*Kalms* (Lanes)  
Tablets; Hops powder 45mg, valerian  
extract 135mg, gentian extract 90mg.  
Local Distributor: Collis Williams Ltd.

*Magnolia, Valerian, St. John's Wort*

## VELVET BEAN

**Complex** (HealthAid) see Hoodia

**Natrasleep** (Natra)

Tablets; Hops powders extract (5:1)  
33.4mg, valerian powder extract (4:1)  
62.5mg.

Local Distributor: Collis Williams Ltd.

**Quiet Life** (Lanes) see Hops

**Sedivitax** (Aboca) see Passionflower

**Tranquil<sup>TM</sup>** (HealthAid) see Hawthorn

**Valerian** (HealthAid)

Tablets; Valerian root powder 50mg,  
valerian root extract 215mg (standardised  
for min 0.8% valerianic acid).

Local Distributor: Galea & Galea

**Valerian 270mg** (Power Herbs)

Capsules; Valerian root powder 270mg.  
Local Distributor: Kemimport Ltd.

**Valerian 1600mg** (Lamberts)

Tablets; Valerian 1600mg (provided by  
400mg of a 4:1 extract).

Local Distributor: Health Plus

**Valerian Herbal Complex** (Vega)

Capsules; Valerian root powder 300mg;  
valerian root extract (4:1) 150mg (min.  
0.8% valerianic acid) equiv. to 900mg  
valerian root herb; Vega Phytoantioxidant  
Base<sup>TM</sup> 45mg providing antioxidants and  
prebiotics: apple and mixed wild berries  
concentrate 8:1, equiv. to herb 72mg,  
prebiotic acacia gum 36mg.

Local Distributor: Alfred Gera & Sons  
Ltd.

**Valerian Root** (HealthAid)

Liquid; Valerian extract 1:3 (equiv. of  
330mg of valerian herb) in 1ml.

Local Distributor: Galea & Galea

**Valerian Root Extract** (Solgar)

Vegicaps; Raw valerian root powder  
300mg, standardised valerian root extract  
(providing 1mg [0.8%] valerianic acid)  
150mg, PhytO2X ã (powdered blend of  
beta-carotene prep. and ascorbic acid).

Local Distributor: Natural Remedies

## VELVET BEAN

*Mucuna pruriens*

**Family:** Fabaceae

**Medicinal Parts:** Seeds, hairs on the  
pod.

**Indications:**

**Principal:** Parkinson's disease<sup>477, 478, 479</sup>.

**Major:** Impotence, erectile  
dysfunction<sup>479</sup>.

**Minor:** To increase testosterone,  
anabolic/androgenic aid to stimulate  
growth hormone, as a weight loss  
aid<sup>479</sup>.

**Others:** Worm infestation<sup>28, 479</sup>.

**Contraindications:** Pregnancy<sup>479</sup>.

**Side-effects:** Itching, burning and  
inflammation if stinging hairs are in  
contact with the skin<sup>28</sup>.

**Drug interactions:** None known.

**Dose:** Decoction: ½ to 1 cup twice  
daily; 1-2 gm twice daily of seed  
powder (tablets or capsules)<sup>479</sup>.

**Male Formula** (HealthAid) see Ginseng  
Korean

**Male Max<sup>TM</sup>** (HealthAid) see Ginseng  
Korean

## WHITE WILLOW

*Salix species*

**Family:** Salicaceae

**Medicinal Parts:** Bark.

**Indications:**

*Principal:* Osteoarthritis, rheumatoid arthritis, fever, headaches<sup>5, 9, 14, 28, 45, 480</sup>.

*Major:* Lower back pain<sup>481</sup>.

*Minor:* Gout<sup>9, 28, 45</sup>.

**Cautions:** Pregnancy, children, gastric or duodenal ulcers, hemophilia, asthma, diabetes<sup>5, 28</sup>.

**Contraindications:** Salicylate hypersensitivity<sup>5, 28</sup>.

**Side-effects:** None known.

**Drug interactions:** Anticoagulants, salicylate drugs, aspirin, NSAIDs<sup>5, 28</sup>.

**Dose:** Unless otherwise prescribed, three times daily: dried bark, 1-2 gm or in decoction; liquid extract (1:1, 25% ethanol), 1-2 ml; tincture (1:5, 25% ethanol), 5-8 ml; standardised dosage forms containing 20-40 mg of total salicin<sup>45</sup>.

*Arthur's Formula Ltd* (Power Health) see Devil's Claw

*Cellusite™* (HealthAid)

Tablets; 200mg white willow bark extract 2:1, 100mg dandelion, 66mg kelp, burdock 60mg, butcher's broom 60mg, 40mg guarana seed extract (1:4), 20mg rose hip, 20mg blessed thistle, 10mg buchu, 10mg cough grass, 10mg hydrangea, 10mg uva ursi, 10mg juniper berry, 66mg apple cider vinegar, quercetin 60mg, potassium 40mg, 32mg lecithin, 20mg dimethylglycine.

Local Distributor: Galea & Galea

*Hip & Thigh Formula* (HealthAid)

Tablets; White willow bark 100mg, dandelion root 50mg, kelp 33mg, burdock powder 30mg, butcher's broom 30mg, guarana (extract 4:1) 20mg, rose hip 10mg, blessed thistle 10mg, buchu 5mg, cough grass 5mg, hydrangea 5mg, uva ursi 5mg, juniper berry 5mg, apple cider vinegar 33mg, quercetin 30mg, lecithin 16mg.

Local Distributor: Galea & Galea

*White Willow Bark* (HealthAid)

Liquid; White willow bark extract 1:3 (equiv. of 330mg of white willow herb) in 1ml.

Local Distributor: Galea & Galea

## WILD LETTUCE

*Lactuca virosa*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Leaves.

**Indications:**

*Principal:* Insomnia, restlessness & nervous excitability, particularly in

children<sup>9, 45, 482</sup>.

*Major:* Irritable cough, whooping cough, asthma<sup>9, 28, 45, 482</sup>.

*Minor:* Rheumatic pains, atherosclerosis<sup>9, 28, 45, 482</sup>.

*Others:* Urinary tract disorders<sup>28, 482</sup>.

## WILD OREGANO

**Cautions/contraindications:** None known.

**Side-effects:** None known.

**Drug interactions:** CNS

depressants<sup>482</sup>.

**Dose:** Unless otherwise prescribed, three times daily: dried leaf, 0.5-4 gm or by infusion; liquid extract (1:1, 25% ethanol), 0.5-4 ml<sup>45</sup>.

## WILD OREGANO

*Origanum vulgare*

**Family:** Labiatae

**Medicinal Parts:** Leaves.

### Indications:

*Principal:* Colds and flu, bacterial and viral infections including herpes simplex virus outbreaks<sup>28, 483, 484, 485</sup>.

*Others:* Coughs, dyspepsia, painful menstruation, rheumatoid arthritis, urinary tract disorders<sup>28</sup>.

**Cautions/contraindications:** None known.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** *Tea:* 1 cup several times a day. *Powder:* 0.5 to 1 dessertspoon 2 to 3 times daily with food<sup>28</sup>.

## WILD YAM

*Dioscorea villosa*

**Family:** Dioscoreaceae

**Medicinal Parts:** Root, rhizome.

### Indications:

*Principal:* Topical HRT for women<sup>5, 14, 19, 28, 486</sup>.

*Major:* PMS, dysmenorrhoea, postmenopausal vaginal dryness, osteoporosis, to increase energy and libido in men and women<sup>5, 28, 487</sup>.

*Minor:* Acute phase of rheumatoid arthritis, rheumatic and arthritic ailments, biliary and intestinal colic<sup>5, 19, 28, 486</sup>.

*Others:* Diverticulitis, cholecystitis, nausea in pregnancy<sup>5, 28</sup>.

**Cautions/contraindications:** None known.

**Side-effects:** Nausea, vomiting & diarrhoea with large doses<sup>5, 19</sup>.

**Drug interactions:** Indomethacin, oestrogen containing drugs<sup>28</sup>.

**Dose:** Three times daily: dried root, 2-4 gm or by infusion or decoction; liquid extract (1:1 in 45% alcohol), 2-4 ml; tincture (1:5 in 45% alcohol), 2-10 ml<sup>19</sup>.

*Altasterol® Stimulant* (Alta Care) see Ginger



*Silvia*<sup>®</sup> *Feminin Formula* (Alta Care) see Hops

*Wild Yam* (HealthAid)  
Liquid; Wild Yam 1:3 (equiv. of 330mg of

wild yam herb) in 1ml.  
Tablets; Wild yam extract 83.5mg (equiv. to 500mg of wild yam powder).  
Local Distributor: Galea & Galea

## WITCH HAZEL

*Hamamelis virginiana*

**Family:** Hamamelidaceae  
**Medicinal Parts:** Bark, leaf.

### Indications:

*Principal:* Haemorrhoids, wounds & burns, localized inflamed swellings of skin & mucous membranes<sup>9, 14, 28, 488</sup>.

*Major:* Haematemesis, haemoptysis, menstrual complaints<sup>9, 28</sup>.

*Minor:* Varicose veins<sup>9, 28</sup>.

**Cautions:** Avoid long term administration as it may lead to liver damage<sup>9, 28</sup>, pregnancy & breastfeeding<sup>14</sup>.

**Contraindications:** None known.

**Side-effects:** Contact dermatitis<sup>14</sup>.

**Drug interactions:** None known.

**Dose:** *Daily dosage:* Decoction: 250 ml water with 5-10 gm drug or washes or pultrices; 2 to 3 gm to 150 ml water as a gargle solution. Suppositories: 0.1-1 gm drug 3 times daily. Tea: 1 cup 2-3 times daily between meals; liquid extract: 2-4 ml 3 times daily<sup>28</sup>.

*Altadrine*<sup>®</sup> *Day Burner* (Alta Care) see Grapeseed

*Arnica* (Bios Line) see Arnica

*Organic Aloe Vera Gel Infused with Cucumber, Witch Hazel and Calendula* (dr.organic<sup>®</sup>) see Aloe Vera

*Organic Aloe Vera Gel Infused with Organic Tea Tree Oil and Arnica* (dr.organic<sup>®</sup>) see Aloe Vera

*Tea Tree & Witch Hazel Cream* (Lanes)  
Cream; Distilled witch hazel BPC 40.61%, eucalyptus oil BPC 1.04%, methyl salicylate BP 1.04%, camphor BP 0.52%, tea tree oil BPC 2.50%, zinc oxide BP 3.11%.  
Local Distributor: Collis Williams Ltd.

*Venalta*<sup>®</sup> (Alta Care) see Grapeseed

*Venalta*<sup>®</sup> *Ampoules* (Alta Care) see Grapeseed

*Vitiver*<sup>®</sup> *ultra cold* (Arkopharma) see Butcher's Broom

*Witch Hazel* (Arkopharma)  
Capsules; Witch hazel powder 290mg (4.5% polyphenols).  
Local Distributor: Pharmacos Ltd.

## WOLFGERRY

### WOLFBERRY

*Lycium barbarum*

**Family:** Solanaceae

**Medicinal Parts:** Dried berries, root bark.

**Indications:**

*Principal:* Ophthalmic disorders (treatment or prevention of visual degeneration)<sup>28, 489, 490, 491, 492</sup>.

*Major:* Hypertension, diabetes<sup>491, 492, 493, 494</sup>.

*Minor:* Erectile dysfunction, cancer, inflammation<sup>28, 492</sup>.

**Contraindications:** Pregnancy<sup>28</sup>.

**Side-effects:** None known.

**Drug interactions:** Antidiabetic agents, warfarin<sup>492, 495</sup>.

**Dose:** *Daily dose:* Drug/tea: 6-12 gm or 6-15 gm, depending on the literature source<sup>28</sup>.

*Goji Berry 500mg* (Power Health) Capsules; Goji berry powder 125mg equiv. to fresh goji berries 500mg. Local Distributor: Kemimport Ltd.

### WOOD BETONY

*Betonica officinalis*

**Family:** Labiatae

**Medicinal Parts:** Basal leaves.

**Indications:**

*Principal:* Headaches, pain in the facial region<sup>496</sup>.

*Major:* Nervous stress, emotional tension, premenstrual complaints, sinusitis headaches & nasal congestion when used in combination with other herbs (including comfrey & linden)<sup>28, 496</sup>.

*Minor:* Nosebleeds<sup>496</sup>.

*Others:* Cough, bronchitis, asthma<sup>28</sup>.

**Cautions/contraindications:** None known.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** The infusion can be taken daily. The total daily dosage of the powder is 1-2 gm, to be taken in 3 separate doses. The fresh leaves may be boiled and used for wounds and swelling<sup>28</sup>.

## WORMWOOD

*Artemisia absinthium*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Aerial shoots, leaves.

### Indications:

*Principal:* Dyspeptic complaints including flatulence & mild GI spasms, loss of appetite<sup>19, 497</sup>.

*Major:* Stimulations of weak and underactive digestions<sup>19</sup>.

*Minor:* As a tonic with general strengthening effect in debility and convalescence, especially in influenza and colds; worm infestations<sup>19, 28, 498</sup>.

**Cautions:** Continuous use of wormwood is not advisable<sup>28</sup>.

**Contraindications:** History of seizures and gastric or duodenal ulcers, pregnancy, breastfeeding<sup>19, 28</sup>.

**Side-effects:** None at recommended dose levels. Depending on the thujone content, excessive doses can lead to vomiting, severe diarrhoea, dazed feelings spasms and hallucinations<sup>19, 28</sup>.

**Drug interactions:** Phenobarbital, iron<sup>28</sup>.

**Dose:** Three times daily: dried herb, 1-2 gm as an infusion; liquid extract 1:1 in 25% alcohol, 1-2 ml; tincture 1:10 in 70% alcohol, 5-10 ml<sup>19</sup>.

*Duration of treatment should not exceed 3-4 weeks*<sup>19</sup>.

*Wormwood* (HealthAid)

Capsules; Wormwood freeze dried herb 350mg.

Local Distributor: Galea & Galea

## YARROW

*Achillea millefolium*

**Family:** Asteraceae/Compositae

**Medicinal Parts:** Flowerhead.

### Indications:

*Principal:* Bruises, swelling, strains, fever, colds<sup>9, 14, 28, 45, 499, 500</sup>.

*Major:* Essential hypertension<sup>501</sup>, amenorrhoea, loss of appetite, dyspeptic complaints<sup>9, 14, 28, 45, 500</sup>.

*Minor:* Thrombotic conditions, diarrhoea, dysentery<sup>9, 500</sup>.

*Others:* Liver disease, cancer<sup>499</sup>.

**Contraindications:** Known hypersensitivity to yarrow or other Compositae<sup>14, 45</sup>, pregnancy<sup>28, 499</sup>.

**Side-effects:** Contact dermatitis<sup>14, 28</sup>.

**Drug interactions:** None known.

**Dose:** Unless otherwise prescribed, three times daily: dried herb, 2-4 gm in infusion; liquid extract (1:1, 25% ethanol), 1-2 ml; tincture (1:5, 25% ethanol), 2-4 ml; pressed juice from fresh herb, 3-5 ml<sup>45</sup>.

## YELLOW DOCK

### YELLOW DOCK

*Rumex crispus*

**Family:** Polygonaceae  
**Medicinal Parts:** Roots.

**Indications:**

*Principal:* Constipation<sup>9</sup>.

*Major:* Psoriasis<sup>9</sup>, acute & chronic inflammation of the nasal passages and respiratory tract<sup>28</sup>.

*Minor:* Obstructive jaundice<sup>9</sup>.

**Cautions:** Avoid excessive use, pregnancy, breastfeeding<sup>9</sup>.

**Contraindications:** Existing intestinal obstruction<sup>9</sup>.

**Side-effects:** Overuse may cause abdominal cramps and diarrhoea, and

prolonged use may lead to intestinal atrophy and hypokalaemia<sup>9</sup>.

**Drug interactions:** None known.

**Dose:** Dried root: 2-4 gm or by decoction three times daily; liquid extract (1:1, in 25% ethanol), 2-4 ml three times daily; tincture (1:5, in 45% alcohol), 1-2 ml three times daily<sup>9</sup>.

*2-Day DetoxPlan* (HealthAid) see Milk Thistle

*Aquaflow*<sup>®</sup> (HealthAid) see Dandelion

*Herbal Booster*<sup>™</sup> (HealthAid) see Guarana

*Vegilax*<sup>®</sup> (HealthAid) see Blessed Thistle

### YELLOW MELILOT

*see Sweet Clover*

### YOHIMBE

*Pausinystalia yohimbe*

**Family:** Rubiaceae  
**Medicinal Parts:** Bark.

**Indications:**

*Principal:* Erectile dysfunction, decreased libido<sup>14, 28, 502</sup>.

**Contraindications:** Liver & kidney disease, chronic inflammation of the sexual organs or prostate gland,

history of gastric or duodenal ulcers, psychiatric patients, pregnancy, breastfeeding, children under 12 yrs of age<sup>28</sup>.

**Side-effects:** GI upset, anxiety, hypertension, headache, agitation, rash, tachycardia, frequent urination<sup>14, 28, 502</sup>.

**Drug interactions:** Tyramine-containing food, alcohol, antihypertensive agents, antidepressants & other centrally-acting drugs<sup>14,28</sup>.

**Dose:** *Erectile dysfunction:* 10 mg three times daily. *Erectile impotence:* 5.4 mg (1 tablet) three times daily. Therapy should not exceed 10 weeks<sup>28</sup>.

## YUCCA

*Yucca schidigera*

**Family:** Agavaceae

**Medicinal Parts:** Leaves.

### Indications:

*Principal:* Hypertension, hypercholesterolaemia<sup>9,503,504</sup>.

*Major:* Arthritis, joint pain<sup>9,505</sup>.

*Minor:* To clean wounds and prevent infections, to clear up and prevent acne (topically)<sup>504</sup>.

**Cautions:** Pregnancy, lactation<sup>9</sup>.

**Side-effects:** None known.

**Drug interactions:** None known.

**Dose:** There is no proven safe or effective dose for yucca.

**Yucca Root** (HealthAid)

Liquid; Yucca root extract 1:3 (equiv. of 330mg of yucca herb) in 1ml.

Tablets; Yucca root extract (4:1) 140mg (equiv. to 560mg of yucca root powder).

Local Distributor: Galea & Galea



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# INDICATIONS INDEX

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Indications	Common Name	Indications	Common Name
Abdominal bloating	Clove		Starflower
Abdominal pain	Rhubarb	Allergies	Devil's Claw Ephedra Feverfew Pau D'Arco
Abortifacient	Peony		
Abrasions	Marshmallow	Alopecia	Lavender Rosemary
Abscesses	Marshmallow Slippery Elm	Altitude sickness	Rhodiola
Aches	California Poppy	Alzheimer's disease	Brahmi Lemon Balm
Acne	Agnus Castus Burdock Clove Echinacea Lavender Myrrh Saffron Tea Tree	Amenorrhoea	Fennel Marigold Myrrh Parsley Pineapple Saffron Yarrow
Acne prevention	Yucca	Anaemia	Baobab Rhodiola
Acute ischaemic stroke	Ginkgo	Anal fissures	Buckthorn Clove Psyllium
Acute viral hepatitis	Milk Thistle	Androgenetic alopecia	Saw Palmetto
Addison's disease	Licorice	Angina pectoris	Arnica Hawthorn
ADHD	Evening Primrose Starflower	Anorexia	Angelica Bitter Orange Blessed Thistle Centaury Cranberry Fennel Gentian Ginger Guar Gum
Adjuvant in slimming	Maté		
Adrenocorticoid insufficiency	Licorice		
Age related learning & memory impairment	Horny Goat Weed		
Aging skin	Grapeseed		
Alcoholic liver disease	Milk Thistle		
Alcohol-induced hangovers	Artichoke	Anxiety	Brahmi Chamomile, German Damiana Gotu Kola Griffonia (5-HTP)
Alcoholism	Cayenne		
Allergic rhinitis	Nettle		

Indications	Common Name	Indications	Common Name
	Hawthorn	<b>As an eyewash</b>	Rose Hip
	Hops	<b>Asthma</b>	Alfalfa
	Lavender		Bamboo
	Lemon Balm		Boswellia
	Linden		Brahmi
	Maca		Cat's Claw
	Oats		Dong Quai
	Passionflower		Ephedra
	St. John's Wort		Eucalyptus
	Valerian		Evening Primrose
<b>Appetite stimulant</b>	Juniper		Feverfew
<b>Appetite suppression</b>	Fennel		Ginkgo
	Hoodia		Grindelia
<b>Arrhythmias</b>	Dong Quai		Green Coffee
	Hawthorn		Horny Goat Weed
	Safflower		Hyssop
<b>Arteriosclerosis</b>	Bladderwrack		Magnolia
	Garlic		Mullein
	Olive		Olive
<b>Artery &amp; heart spasm</b>	Griffonia (5-HTP)		Pomegranate
<b>Artery hardening</b>	Buckwheat		Prickly Ash
<b>Arthralgia</b>	Horny Goat Weed		Sage
<b>Arthritic pain</b>	Comfrey	<b>Atherogenesis</b>	Schisandra
<b>Arthritis</b>	Alfalfa	<b>Atherosclerosis</b>	Sundew
	Angelica		Wild Lettuce
	Bamboo		Wood Betony
	Barberry		Acerola
	Bilberry	<b>Atherosclerosis prophylaxis</b>	Garlic
	Cat's Claw		Green Tea
	Celery	<b>Atherosclerosis prophylaxis</b>	Hawthorn
	Feverfew		Pomegranate
	Garlic	<b>Athlete's foot</b>	Safflower
	Horse Chestnut		Wild Lettuce
	Juniper	<b>Atopic eczema</b>	Cayenne
	Kelp		Goldenseal
	Licorice	<b>Bacterial infections</b>	Tea Tree
	Nettle		Thyme
	Pau D'Arco	<b>Bacterial skin ailments</b>	Evening Primrose
	Rose Hip		Olive
	Yucca		Sorrel
<b>As a contraceptive</b>	Cat's Claw		Wild Oregano
<b>As an abortifacient</b>	Horseradish		Chamomile, German

Indications	Common Name	Indications	Common Name
<b>Bed sores</b>	Marigold Myrrh	<b>Boils</b>	Marshmallow Rice Slippery Elm
<b>Bee stings</b>	Marigold	<b>Bone healing</b>	Comfrey
<b>Benign prostatic hyperplasia</b>	Nettle	<b>BPH</b>	Red Clover
<b>Benign urinary tract disorders</b>	Juniper	<b>BPH stages I and II</b>	Pygeum
<b>Benzodiazepine withdrawal</b>	Valerian	<b>Breast &amp; stomach cancer</b>	Rice
<b>Biliary and intestinal colic</b>	Wild Yam	<b>Breast cancer</b>	Rosemary
<b>Biliary complaints</b>	Rose Hip	<b>Breast lumps</b>	Cleavers
<b>Bilious vomiting</b>	Tamarind	<b>Breast, colon, prostate cancer</b>	Flaxseed
<b>Bladder disease</b>	Buchu California Poppy Mallow Meadowsweet	<b>Breast-milk stimulation</b>	Caraway
<b>Bladder &amp; kidney stones</b>	Hydrangea	<b>Brittle fingernails</b>	Horsetail
<b>Bladder &amp; prostate infections</b>	Pau D'Arco	<b>Bronchial asthma</b>	Iceland Moss
<b>Bladder catarrh</b>	Cleavers	<b>Bronchial catarrh</b>	Elecampane
<b>Bladder weakness</b>	Oats	<b>Bronchial inflammation</b>	Shiitake Mushroom
<b>Bleeding</b>	Bilberry	<b>Bronchial phlegm</b>	Chickweed
<b>Bleeding of mucous membranes</b>	Cranesbill	<b>Bronchitis</b>	Angelica Aniseed Bitter Orange Black Cohosh Boneset Brahmi Caraway Chickweed Clove Cranesbill Dong Quai Elecampane Ephedra Fennel Flaxseed Garlic Grindelia Horehound Horseradish Hyssop Iceland Moss Ivy Leaf Juniper
<b>Blepharitis</b>	Eyebright Fennel Goldenseal		
<b>Bloating</b>	Rosemary Sage		
<b>Bloating &amp; flatulence</b>	Horehound Lavender		
<b>Blood diseases</b>	Chickweed Cranberry		
<b>Blood purifying</b>	Burdock		
<b>Body lice</b>	Angelica		

Indications	Common Name	Indications	Common Name
	Lemongrass		Cinnamon
	Linden		Cranberry
	Luffa		Grapeseed
	Mallow		Karela
	Marshmallow		Kelp
	Meadowsweet		Milk Thistle
	Mullein		Passionflower
	Nasturtium		Pau D'Arco
	Oregon Grape		Saffron
	Papaya		Sage
	Red Clover		Starflower
	Safflower		Wolfberry
	Saffron		Yarrow
	Scotch Pine		
	Slippery Elm	<b>Cancer prevention</b>	Ginkgo
	Sundew		Ginseng Korean
	Thyme		Gotu Kola
	Wood Betony		Green Tea
<b>Bruises</b>	Arnica		Olive
	Comfrey		Shiitake Mushroom
	Horse Chestnut		Turmeric
	Marigold	<b>Candida &amp; yeast infections</b>	Pau D'Arco
	Mullein		
	Pineapple	<b>Candidosis</b>	Pomegranate
	Sweet Clover		
	Yarrow	<b>Canker sores</b>	Goldenseal
<b>Burns</b>	Echinacea	<b>Capillary resistance</b>	Grapeseed
	Eucalyptus		
	Flaxseed	<b>Carbuncles</b>	Burdock
	Gotu Kola		Roselle
	Horsetail	<b>Cardiac insufficiency</b>	Arnica
	Ivy Leaf		
	Lavender	<b>Cardiovascular disease</b>	Brahmi
	Mullein		Dong Quai
	Olive		Safflower
	Pineapple		Starflower
	Rhubarb		Turmeric
	Rhubarb		
	St. John's Wort	<b>Cataract worsening</b>	Bilberry
	Slippery Elm		
	Sweet Clover	<b>Catarrh of the respiratory tract</b>	Fennel
	Witch Hazel		Linden
<b>Cachexia</b>	Iceland Moss	<b>Cervicitis</b>	Tea Tree
<b>Calluses</b>	Ivy Leaf	<b>Chemoprevention</b>	Milk Thistle
<b>Cancer</b>	Burdock	<b>Chemotherapy induced nausea</b>	Ginger
	Cat's Claw		
	Cinchona		



Indications	Common Name	Indications	Common Name
<b>Chemotherapy induced oral mucositis</b>	Chamomile, German		Roselle Shiitake Mushroom Wild Oregano Yarrow
<b>Chemotherapy-related fatigue</b>	Guarana		
<b>Chilblains</b>	Arnica Horsetail	<b>Colic</b>	Catnip Clove Prickly Ash Rose Hip Saffron
<b>Chills</b>	Rose Hip		
<b>Cholecystitis</b>	Oregon Grape Wild Yam	<b>Colic &amp; teething in children</b>	Chamomile, German
<b>Cholera</b>	Saffron	<b>Collagenous colitis</b>	Boswellia
<b>Chronic anterior uveitis</b>	Turmeric	<b>Colon cancer prophylaxis</b>	Celery
<b>Chronic CHF</b>	Goldenseal	<b>Colon diseases</b>	Nettle Rice
<b>Chronic constipation</b>	Psyllium	<b>Colorectal cancer</b>	Garlic Psyllium
<b>Chronic cough</b>	Ivy Leaf	<b>Common cold</b>	Acerola Cinnamon Elder Hyssop Scotch Pine
<b>Chronic fatigue syndrome</b>	Bilberry Evening Primrose Licorice	<b>Common cold prevention</b>	Garlic
<b>Chronic headache</b>	Griffonia (5-HTP)	<b>Complaints arising from chronic venous insufficiency</b>	Sweet Clover
<b>Chronic nasal catarrh</b>	Hyssop	<b>Congestive diseases of upper &amp; lower respiratory tract</b>	Scotch Pine
<b>Chronic nephritis</b>	Safflower	<b>Conjunctivitis</b>	Eyebright Fennel Goldenseal Marigold Roselle
<b>Chronic otitis media</b>	Mullein	<b>Connective tissue disorders</b>	Hawthorn
<b>Chronic stress</b>	Licorice	<b>Constipation</b>	Aloe Vera Buckthorn Cascara sagrada
<b>Chronic venous insufficiency</b>	Buckwheat Butcher's Broom		
<b>Cognitive function improvement</b>	Brahmi		
<b>Cold sores</b>	Tea Tree		
<b>Colds</b>	Catnip Clove Colt's Foot Ephedra Feverfew Ginger Goldenseal Lemongrass Meadowsweet Pau D'Arco Rose Hip		

Indications	Common Name	Indications	Common Name
	Damiana		Wood Beton
	Dong Quai	<b>Coughs &amp; colds</b>	Mullein
	Flaxseed	<b>Coughing fits</b>	Sundew
	Gamboge	<b>Cramps</b>	Peony
	Guar Gum	<b>Crohn's disease</b>	Slippery Elm
	Pau D'Arco	<b>Crural ulcer</b>	Marigold
	Pineapple	<b>Cutaneous capillary fragility</b>	Sweet Clover
	Rhubarb	<b>Cuts</b>	Marigold
	Safflower	<b>Cystitis</b>	Buchu
<b>Contact dermatitis</b>	Rosemary		Cleavers
<b>Convalescence</b>	Barley		Hydrangea
	Wormwood		Juniper
<b>COPD</b>	Pomegranate		Parsley
<b>Corns &amp; calluses</b>	Garlic		Plantain
<b>Coronary artery relaxation</b>	Bilberry		Slippery Elm
			Tea Tree
			Uva-Ursi
<b>Coronary heart disease</b>	Flaxseed	<b>Dandruff</b>	Birch Leaf
<b>Cough</b>	Bamboo		Nettle
	Celery		Tea Tree
	Clove	<b>Daytime sleepiness</b>	Peppermint
	Comfrey	<b>Dead sperm excess disease</b>	Safflower
	Elecampane	<b>Debility</b>	Wormwood
	Eyebright	<b>Decreased epididymal sperm count</b>	Maca
	Fennel	<b>Decreased libido</b>	Damiana
	Feverfew		Ephedra
	Flaxseed		Horny Goat Weed
	Grindelia		Passionflower
	Hyssop		Saw Palmetto
	Linden		Yohimbe
	Luffa	<b>Decreased resistance to physical and emotional stress</b>	Schisandra
	Magnolia	<b>Decreases libido</b>	Peppermint
	Mallow	<b>Defecation with anal fissures/haemorrhoids</b>	Cascara sagrada
	Meadowsweet		
	Nasturtium		
	Papaya		
	Passionflower		
	Prickly Ash		
	Red Clover		
	Schisandra		
	Scotch Pine		
	Wild Oregano		

Indications	Common Name	Indications	Common Name
<b>Degenerative conditions associated with aging</b>	Ginseng Korean		Raspberry Rice Starflower Wolfberry
<b>Dementia</b>	Ginkgo Sage		
<b>Dental caries</b>	Green Tea	<b>Diabetic complaints prevention</b>	Licorice
<b>Dental plaque</b>	Cranberry	<b>Diabetic microangiopathy</b>	Gotu Kola
<b>Depression</b>	Black Cohosh California Poppy Damiana Griffonia (5-HTP) Kola Nut Maca Maté Milk Thistle Muir-Puama Rhodiola Saffron Siberian Ginseng St. John's Wort Starflower	<b>Diabetic retinopathy</b>	Bilberry Grapeseed
		<b>Diagnostic preparation of the GIT</b>	Cascara sagrada
		<b>Diarrhoea</b>	Baobab Barberry Barley Bilberry Cardamom Cat's Claw Colt's Foot Cranesbill Green Coffee Green Tea Horehound Horse Chestnut Kola Nut Magnolia Muir-Puama Nettle Oregon Grape Passionflower Plantain Pomegranate Prickly Ash Raspberry Rhubarb Rice Schisandra Thyme Yarrow
<b>Dermatitis</b>	Bilberry Licorice Pau D'Arco St. John's Wort	<b>Diarrhoea in children</b>	Cinnamon
<b>Diabetes</b>	Alfalfa Bilberry Chicory Cranberry Dandelion Evening Primrose Garlic Green Tea Guar Gum Gymnema Juniper Karela Kelp Maca Milk Thistle Oats Olive Papaya Pau D'Arco Plantain Psyllium	<b>Difficulty in passing urine</b>	Nettle
		<b>Digestive complaints</b>	Goldenseal

Indications	Common Name	Indications	Common Name
	Guarana		Pineapple
	Iceland Moss		Raspberry
	Pineapple		Safflower
<b>Digestive disorders</b>	Bladderwrack		Valerian
	Cayenne	<b>Dyspepsia</b>	Wild Oregano
	Cinnamon		Wild Yam
	Cranberry		Blessed Thistle
	Fenugreek		Cayenne
	Gamboge		Centauray
	Marshmallow		Chamomile, German
<b>Digestive, respiratory &amp; UTIs</b>	Echinacea		Chicory
			Gentian
<b>Diseases involving immunosuppression</b>	Shiitake Mushroom		Green Tea
			Lavender
<b>Diseases of the skin &amp; mucous membranes</b>	Peony		Licorice
			Parsley
<b>Dislocations</b>	Arnica		Peppermint
			Plantain
<b>Diverticulitis</b>	Flaxseed		Pomegranate
	Wild Yam		Rosemary
			Sage
<b>Dry cough</b>	Iceland Moss		Slippery Elm
	Marshmallow		Thyme
	Sundew	<b>Dyspeptic complaints</b>	Turmeric
			Wild Oregano
<b>Dry or inflamed skin</b>	Evening Primrose		Angelica
			Aniseed
<b>Dry skin</b>	Barberry		Boldo
			Caraway
<b>Dysentery</b>	Boswellia		Cardamom
	Nettle		Cinchona
	Pomegranate		Dandelion
	Saffron		Devil's Claw
	Yarrow		Fennel
			Ginger
<b>Dysmenorrhoea</b>	Bilberry		Guar Gum
	Black Cohosh		Juniper
	Caraway		Milk Thistle
	Cranesbill		Neem
	Fennel		Raspberry
	Ginger		Wormwood
	Goldenseal		Yarrow
	Guarana	<b>Dyspnoea</b>	
	Horehound		Schisandra
	Marigold	<b>Dysuria</b>	
	Myrrh		Buchu
	Parsley		Cleavers
	Passionflower		Grapeseed
			Parsley

Indications	Common Name	Indications	Common Name
	Uva-Ursi	<b>Essential hypertension</b>	Yarrow
<b>Eczema</b>	Chickweed Dandelion Echinacea Gotu Kola Lavender Marigold Nettle Olive Oregon Grape Red Clover Rosemary Sarsaparilla Scotch Pine Starflower Peony	<b>Excitability</b>	Peony
		<b>Exhaustion</b>	Celery Oats
		<b>Eye fatigue syndrome</b>	Eyebright
		<b>Eye inflammation</b>	Chickweed
		<b>Eye strain</b>	Eyebright Grapeseed
		<b>Fatigue</b>	Ginseng Korean Green Coffee Green Tea Peppermint Rhodiola Siberian Ginseng
<b>Emetic</b>	Peony		
<b>Emmenagogue in reproductive health</b>	Karela	<b>Febrile conditions</b>	Pineapple Rose Hip
<b>Emotional tension</b>	Wood Betony	<b>Febrile diseases</b>	Boneset
<b>Energy/stamina</b>	Guarana	<b>Feeling of heaviness</b>	Horse Chestnut
<b>Enhance athletic performance</b>	Guarana	<b>Festering wounds</b>	Green Coffee
<b>Enlarged prostate</b>	Horse Chestnut Hydrangea	<b>Fever &amp; colds</b>	Blessed Thistle Linden
<b>Enteritis</b>	Flaxseed Peppermint	<b>Fibromyalgia</b>	Griffonia (5-HTP) Valerian
<b>Enuresis</b>	Horsetail	<b>Fissures</b>	Marshmallow Peony
<b>Enuresis in children</b>	Thyme	<b>Flatulence</b>	Blessed Thistle Cinchona Clove Gentian Magnolia Olive Parsley Peppermint Prickly Ash Rosemary Sage Sweet Clover Wormwood
<b>Environmental allergies</b>	Shiitake Mushroom		
<b>Epilepsy</b>	Brahmi Cardamom Gotu Kola Griffonia (5-HTP) Peony	<b>Flu</b>	Cinchona Pau D'Arco
<b>Epistaxis</b>	Marigold		
<b>Erectile dysfunction</b>	Ginseng Korean Velvet Bean Wolfberry Yohimbe		
<b>Erythema of the skin</b>	Burdock		

Indications	Common Name	Indications	Common Name
	Shiitake Mushroom	<b>Gastric ulcers</b>	Brahmi
	Wild Oregano		Cat's Claw
	Yarrow		Fenugreek
<b>Fluid retention</b>	Celery		Sundew
	Grapeseed		Tamarind
<b>For evacuation of the bowel</b>	Senna	<b>Gastritis</b>	Barley
			Cat's Claw
<b>For recovery from GI disorders</b>	Rice		Comfrey
			Flaxseed
<b>Frostbite</b>	Cayenne		Iceland Moss
	Marigold		Oregon Grape
<b>Fullness &amp; distension of the abdomen</b>	Magnolia		Peppermint
			Safflower
<b>Fullness &amp; pressure in chest area</b>	Magnolia	<b>Gastroenteritis</b>	Slippery Elm
			Thyme
<b>Functional eye disorders</b>	Eyebright	<b>Gastrointestinal inflammatory disorders</b>	Marigold
<b>Fungal infections</b>	Shiitake Mushroom	<b>Gastroprotection during heart surgery</b>	Ginseng Korean
	Thyme		
	Wild Oregano	<b>Generalised seizures</b>	Passionflower
<b>Furunculosis</b>	Arnica	<b>Generalized anxiety disorders</b>	Ginkgo
<b>Gall bladder disorders</b>	Barberry	<b>Genital herpes</b>	Aloe Vera
	Horseradish	<b>Gestational diabetes</b>	Cinnamon
<b>Gall bladder inflammation</b>	Olive	<b>GI ailments (flatulence, GI spasms)</b>	Garlic
<b>Gall stones</b>	Rose Hip	<b>GI atony</b>	Gentian
<b>Gall stones prophylaxis</b>	Artichoke	<b>GI complaints</b>	Karela
<b>Gallbladder &amp; liver complaints</b>	Chicory		Lemon Balm
<b>Gastric &amp; duodenal ulcers</b>	Iceland Moss		Oats
	Marigold		Papaya
<b>Gastric complaints</b>	Bitter Orange		Plantain
<b>Gastric disorders</b>	Cinchona	<b>GI disorders</b>	Rhodiola
			Burdock
<b>Gastric juice deficiencies</b>	Rose Hip		Centaury
			Evening Primrose
<b>Gastric reflux</b>	Slippery Elm		Lemongrass
			Meadowsweet
			Pau D'Arco

Indications	Common Name	Indications	Common Name
	St. John's Wort	<b>H. Pylori infection</b>	Cinnamon Garlic
<b>GI spasms</b>	Wormwood	<b>H. Pylori prevention</b>	Cranberry
<b>GI ulcers</b>	Comfrey Olive	<b>Haematemesis</b>	Witch Hazel
<b>Gingivitis</b>	Chamomile, German Green Tea Marigold Myrrh Sage Tea Tree	<b>Haematuria</b>	Plantain
		<b>Haemoptysis</b>	Witch Hazel
		<b>Haemorrhoids</b>	Bilberry Buckthorn Butcher's Broom Chamomile, German Chickweed Cranesbill Goldenseal Grapeseed Horse Chestnut Marigold Milk Thistle Mullein Myrrh Papaya Passionflower Plantain Pomegranate Psyllium Rhubarb Sweet Clover Tamarind Witch Hazel
<b>Glaucoma</b>	Ginkgo		
<b>Glossitis</b>	Sage		
<b>Glucosuria</b>	Guar Gum		
<b>Goiter</b>	Kelp		
<b>Gonorrhoea</b>	Grapeseed		
<b>Gout</b>	Barberry Bilberry Birch Leaf Bitter Orange Buchu Burdock Celery Chickweed Couch Grass Cranberry Ivy Leaf Juniper Magnolia Meadowsweet Oats Olive Peony Plantain Rose Hip Slippery Elm White Willow	<b>Hair loss</b>	Birch Leaf Horsetail Nasturtium
		<b>Hayfever</b>	Ephedra
		<b>Head lice</b>	Tea Tree
		<b>Headache</b>	Clove Elecampane Grapeseed Green Tea Guarana Hops Karela Maté Peppermint Rosemary Saffron
<b>Gum disease</b>	Comfrey		
<b>Gum infections</b>	Cranesbill		
<b>Gynaecological disorders</b>	Catnip		

Indications	Common Name	Indications	Common Name
	White Willow		Maca
	Wood Betony		Milk Thistle
<b>Heart disease</b>	Shiitake Mushroom		Myrrh
<b>Heartburn</b>	Rice		Olive
<b>Helminthic infections</b>	Celery		Pomegranate
<b>Hepatitis</b>	Green Coffee	<b>Hyperglycaemia</b>	Safflower
	Shiitake Mushroom		Yucca
<b>Hepatitis C infection</b>	Milk Thistle	<b>Hyperlipidaemia</b>	Caraway
<b>Hepatobiliary dysfunction</b>	Boldo		Ginseng Korean
<b>Hepatocyte repair</b>	Milk Thistle		Fenugreek
<b>Hepatoprotection</b>	Schisandra		Grapeseed
<b>Herpes simple infection</b>	Clove		Hawthorn
	Hawthorn		Myrrh
	St. John's Wort		Oats
	Wild Oregano	<b>Hyperlipoproteinaemia</b>	Psyllium
<b>Herpes simplex type I</b>	Lemon Balm		Shiitake Mushroom
<b>Herpes zoster</b>	Roselle	<b>Hypertension</b>	Turmeric
<b>Hiccups</b>	Peppermint		Guar Gum
<b>HIV infection</b>	Aloe Vera		Buckwheat
	Karela		Cardamom
<b>Hoarseness</b>	Cayenne		Dong Quai
	Eyebright		Evening Primrose
	Hyssop		Garlic
	Iceland Moss		Hawthorn
<b>Hot flushes</b>	Agnus Castus		Horehound
<b>HRT</b>	Wild Yam		Linden
<b>Hypercholesterolaemia</b>	Alfalfa		Oats
	Artichoke		Olive
	Celery		Plantain
	Evening Primrose	<b>Hypertriglyceridaemia</b>	Pomegranate
	Fenugreek		Roselle
	Flaxseed		Safflower
	Garlic		Shiitake Mushroom
	Goldenseal		Starflower
	Green Tea		Turmeric
	Gymnema		Wolfberry
	Horehound		Yucca
	Karela		Celery
			Gymnema
			Myrrh
		<b>Hypotension</b>	Prickly Ash
			Rosemary
		<b>Hypothyroidism</b>	Brahmi
			Kelp



Indications	Common Name	Indications	Common Name
<b>Hysteria</b>	Celery Linden	<b>Infectious diseases</b>	Linden Shiitake Mushroom
<b>IBD</b>	Aloe Vera Artichoke Barley Boswellia Brahmi Green Tea Iceland Moss Peppermint Psyllium Slippery Elm Turmeric	<b>Inflamed joints</b>	Slippery Elm
<b>Ichthyosis</b>	Burdock	<b>Inflamed mucosa</b>	Mullein
<b>Idiopathic hirsutism</b>	Fennel	<b>Inflamed mucous membranes</b>	Witch Hazel
<b>Impaired night vision</b>	Bilberry	<b>Inflamed skin conditions</b>	Slippery Elm
<b>Impotence</b>	Pygeum Rhodiola Saw Palmetto Siberian Ginseng Velvet Bean	<b>Inflammation</b>	Arnica Devil's Claw Kola Nut Pineapple Prickly Ash Starflower Sweet Clover Wolfberry
<b>Increasing arousal &amp; vigilance</b>	Green Coffee	<b>Inflammation &amp; ulcers in gastro-duodenal area</b>	Papaya
<b>Indigestion</b>	Aniseed Barberry Hops Rice Saffron Sweet Clover	<b>Inflammation of mouth &amp; pharynx</b>	Bilberry Clove Colt's Foot Green Coffee Horehound Iceland Moss Mallow Marshmallow Myrrh Plantain Thyme
<b>Infantile colic</b>	Caraway	<b>Inflammation of the nasal passages &amp; respiratory tract</b>	Sorrel Yellow Dock
<b>Infantile seborrheic dermatitis</b>	Starflower	<b>Inflammation of the urinary organs</b>	Sarsaparilla
<b>Infected &amp; poorly healing wounds</b>	Nasturtium	<b>Inflammation of the urinary tract</b>	Corn Silk
<b>Infected throat</b>	Cayenne	<b>Inflammatory &amp; febrile diseases</b>	Neem
<b>Infection/cold prevention</b>	Luffa	<b>Inflammatory &amp; purulent conditions</b>	Echinacea
<b>Infections</b>	Rhodiola Schisandra		

Indications	Common Name	Indications	Common Name
<b>Inflammatory skin lesions</b>	Marigold	<b>Intestinal catarrhs</b>	Hyssop
<b>Inflamed skin swellings</b>	Witch Hazel	<b>Intestinal colic</b>	Parsley
<b>Influenza</b>	Boneset Cinnamon Colt's Foot Raspberry Rose Hip	<b>Intestinal parasites</b>	Papaya Pomegranate Pumpkin Slippery Elm
<b>Inhibition of thrombus formation</b>	Safflower	<b>Intestinal worms</b>	Chicory
<b>Insect bites</b>	Feverfew Lavender Thyme	<b>Irritability</b>	Schisandra
<b>Insect repellent</b>	Celery Eucalyptus Lemongrass Rosemary	<b>Irritable bladder prevention</b>	Pumpkin
<b>Insect stings</b>	Marshmallow Thyme	<b>Irritable colon</b>	Flaxseed
<b>Insomnia</b>	Bitter Orange California Poppy Chamomile, German Griffonia (5-HTP) Lavender Lemon Balm Oats Passionflower Saffron Schisandra St. John's Wort Valerian Wild Lettuce	<b>Irritable cough</b>	Wild Lettuce
<b>Insufficient bile production</b>	Dandelion	<b>Itching &amp; swelling</b>	Butcher's Broom Horse Chestnut
<b>Insulin sensitivity/ metabolic syndrome</b>	Flaxseed	<b>Jaundice</b>	Barberry Chicory Horehound Milk Thistle Saffron Turmeric
<b>Intermittent caludication</b>	Prickly Ash	<b>Joint &amp; tissue inflammation</b>	Horseradish
<b>Intermittent fever</b>	Plantain	<b>Joint pain</b>	Yucca
<b>Internal bleeding</b>	Nettle	<b>Joint stiffness</b>	Chickweed
		<b>Kidney &amp; bladder stones</b>	Hawthorn Horsetail Kidney Bean Nettle
		<b>Kidney ailments</b>	Dong Quai Meadowsweet Oats
		<b>Kidney stones</b>	Barberry Olive Pumpkin Rose Hip
		<b>Kidney, bladder, gall bladder disorders</b>	Devil's Claw
		<b>Kidney, bladder, prostate disorders</b>	Alfalfa

Indications	Common Name	Indications	Common Name
<b>Labour aid</b>	Feverfew		Blessed Thistle
<b>Lack of alertness</b>	Guarana		Caraway
<b>Lack of appetite</b>	Sage		Cardamom
<b>Lack of concentration</b>	Lavender		Cayenne
<b>Lack of stamina</b>	Kola Nut		Celery
	Siberian Ginseng		Centauray
<b>Laryngitis</b>	Caraway		Chicory
<b>Learning &amp; memory impairment</b>	Maca		Cinchona
<b>Leg cramps</b>	Butcher's Broom		Cinnamon
<b>Leg ulcers</b>	Echinacea		Dandelion
	Hops		Devil's Claw
	Linden		Fenugreek
<b>Leishmaniasis</b>	Barberry		Gentian
<b>Leprosy</b>	Gotu Kola		Horehound
	Pomegranate	<b>Loss of voice</b>	Iceland Moss
<b>Leucopenia</b>	Echinacea	<b>Low back pain</b>	Milk Thistle
<b>Leukaemia</b>	Pau D'Arco	<b>Low mental &amp; physical performance</b>	Muira-Puama
<b>Libido</b>	Oats	<b>Low mood</b>	Roselle
<b>Lice</b>	Aniseed		Siberian Ginseng
	Thyme		Wormwood
<b>Lithuria</b>	Uva-Ursi		Yarrow
<b>Liver &amp; gall bladder conditions</b>	Artichoke		Lavender
	Dandelion	<b>Low back pain</b>	Devil's Claw
	Oregon Grape	<b>Lower urinary tract disorders</b>	Rhodiola
	Tamarind	<b>Lumbago</b>	Peppermint
<b>Liver and biliary duct conditions</b>	Angelica		Rhodiola
<b>Liver damage</b>	Schisandra	<b>Lung cancer prevention</b>	St. John's Wort
<b>Liver disease</b>	California Poppy		White Willow
	Rhubarb	<b>Lower urinary tract disorders</b>	Rose Hip
	Yarrow	<b>Lumbago</b>	Barberry
<b>Liver malfunction</b>	Barberry		Cayenne
<b>Loss of appetite</b>	Angelica		Lemongrass
	Artichoke	<b>Lymphadenoid goiter</b>	Aloe Vera
	Bitter Orange	<b>Macular degeneration</b>	Bladderwrack
		<b>Malaria</b>	Bilberry
		<b>Male bladness</b>	Ginkgo
			Baobab
			Barberry
			Cinchona
			Pygeum

Indications	Common Name	Indications	Common Name
<b>Male infertility</b>	Saw Palmetto	<b>Micturition disorders</b>	Pumpkin
<b>Male sexual dysfunction</b>	Maca	<b>in early stages of BPH</b>	Saw Palmetto
<b>Male sterility</b>	Safflower	<b>Migraine</b>	Catnip
<b>Malignant breast cancer</b>	Pomegranate		Dong Quai
<b>Mastalgia</b>	Evening Primrose		Ginger
	Red Clover		Green Coffee
<b>Mastitis</b>	Ginger		Green Tea
<b>Mastopathy</b>	Agnus Castus		Griffonia (5-HTP)
<b>Measles</b>	Saffron		Kola Nut
<b>Memory enhancement</b>	Gotu Kola	<b>Migraine prophylaxis</b>	Lavender
	Muir-Puama	<b>Mild septicaemia</b>	Linden
<b>Memory loss</b>	Ginkgo	<b>Minor burns &amp; scalds</b>	Peony
<b>Menopausal symptoms</b>	Black Cohosh	<b>Minor cuts &amp; bruises</b>	Feverfew
	Dong Quai	<b>Minor illness</b>	Echinacea
	Evening Primrose	<b>(e.g. cough, fever, headache)</b>	
	Fenugreek	<b>Mood swings</b>	California Poppy
	Ginseng Korean	<b>Morning sickness</b>	Cardamom
	Hops	<b>Motion sickness</b>	Ginger
	Licorice	<b>Mouth freshener</b>	Cardamom
	Myrrh	<b>Mouth ulcers</b>	Cranesbill
	Red Clover		Myrrh
	Sage	<b>MRSA infection</b>	Tea Tree
	Starflower	<b>Multiple sclerosis</b>	Evening Primrose
<b>Menorrhagia</b>	Cranesbill	<b>Muscle cramps</b>	Cinchona
	Goldenseal	<b>Muscle pain</b>	Cayenne
	Peppermint		Cinchona
	Saffron		Garlic
<b>Menstrual complaints</b>	Angelica		Nasturtium
	Dong Quai		Scotch Pine
	Elecampane	<b>Muscular rheumatism</b>	Black Cohosh
	Feverfew	<b>Myalgia</b>	Parsley
	Nasturtium		Peppermint
	Witch Hazel		Rosemary
<b>Menstrual cramps</b>	Cat's Claw		St. John's Wort
<b>&amp; irregularities</b>	Peony	<b>Myocarditis</b>	Arnica
<b>Menstrual pains</b>	Garlic		
	Horse Chestnut		
	Juniper		
<b>Mental &amp; physical</b>	Maté		
<b>fatigue</b>			

Indications	Common Name	Indications	Common Name
<b>Nasal catarrh</b>	Boneset Chamomile, German Luffa	<b>Neurasthenia</b>	California Poppy Oats Peony
<b>Nasal congestion</b>	Ephedra Horseradish Hyssop Wood Betony	<b>Neurodegenerative disorders</b>	Gotu Kola
<b>Nausea</b>	Aniseed Clove Iceland Moss Rice	<b>Neuronal &amp; cognitive brain function improvement</b>	Bilberry
<b>Nausea in pregnancy</b>	Wild Yam	<b>Neuropathy</b>	California Poppy
<b>Nerve pain</b>	Lemon Balm	<b>Neuroprotective effect</b>	Rosemary
<b>Nervous agitation</b>	California Poppy	<b>Nicotine abuse</b>	Oats
<b>Nervous disorders</b>	Catnip	<b>NIDDM</b>	Fenugreek
<b>Nervous dyspepsia</b>	Damiana	<b>Night blindness</b>	Guar Gum
<b>Nervous excitability</b>	Wild Lettuce	<b>Night sweats</b>	Schisandra
<b>Nervous restlessness</b>	Passionflower	<b>Nocturnal cramp in lower legs</b>	Horse Chestnut
<b>Nervous stress</b>	Wood Betony	<b>Nocturnal enuresis</b>	California Poppy Corn Silk
<b>Nervous system stimulation</b>	Green Coffee	<b>Nosebleeds</b>	Wood Betony
<b>Nervous system weakness</b>	California Poppy	<b>NYHA functional class II CHF</b>	Hawthorn
<b>Nervousness</b>	Celery Hops Lemon Balm Muir-Puama	<b>Obesity</b>	Bitter Orange Bladderwrack Griffonia (5-HTP) Kelp Magnolia Tamarind
<b>Neuralgia</b>	Clove Dong Quai Garlic Green Coffee Hops Lavender Passionflower Peony Peppermint Rosemary Scotch Pine	<b>Obstructive jaundice</b>	Yellow Dock
<b>Neuralgic &amp; rheumatic pain</b>	Lemongrass	<b>OCD</b>	St. John's Wort
		<b>Oedema</b>	Arnica Gotu Kola Green Coffee Hops Horse Chestnut Horseradish Rhubarb Sweet Clover
		<b>Oily hair</b>	Nettle
		<b>Oliguria</b>	Maté

Indications	Common Name	Indications	Common Name
<b>Onychomycosis</b>	Tea Tree	<b>Parkinson's disease</b>	Griffonia (5-HTP) Velvet Bean
<b>Ophthalmic disorders</b>	Wolfberry	<b>Pelvic pain</b>	Saw Palmetto
<b>Opiate addiction</b>	Passionflower	<b>Peptic &amp; duodenal ulcers</b>	Cranesbill
<b>Opium &amp; alcohol intoxication</b>	Green Coffee	<b>Peptic ulcers</b>	Bilberry Goldenseal Licorice Slippery Elm Turmeric
<b>Opium or morphine withdrawal</b>	Barberry	<b>Perineal discomfort following childbirth</b>	Lavender
<b>Oral cavity squamous cell carcinoma</b>	Thyme	<b>Peripheral vascular disease</b>	Angelica Ginkgo
<b>Oral submucous fibrosis</b>	Turmeric	<b>Peripheral venous insufficiency</b>	Grapeseed
<b>Organic neuroses</b>	California Poppy	<b>Pertussis</b>	Safflower
<b>Orthostatic hypotension</b>	Butcher's Broom	<b>Pharyngitis</b>	Comfrey Fennel Myrrh Olive Sage Tamarind
<b>Osteoarthritis</b>	Boswellia Ginger Olive Turmeric White Willow	<b>Phlebitis</b>	Arnica Ivy Leaf Sweet Clover
<b>Osteoporosis</b>	Horny Goat Weed Starflower Wild Yam	<b>Phlegm</b>	Plantain
<b>Osteoporosis prevention</b>	Red Clover	<b>Physical or mental exhaustion</b>	Ginseng Korean
<b>Otitis</b>	Garlic	<b>Platelet aggregation</b>	Starflower
<b>Oversensitivity to light</b>	Eyebright	<b>PMS</b>	Agnus Castus Black Cohosh Evening Primrose Ginkgo Red Clover St. John's Wort Starflower Wild Yam Wood Betony
<b>Pain &amp; swelling associated with trauma</b>	Safflower	<b>Pneumonia</b>	Rice
<b>Pain &amp; weakness in hip and knee joints</b>	Siberian Ginseng		
<b>Pain in facial region</b>	Wood Betony		
<b>Painful labour</b>	Saffron		
<b>Painful teething in children</b>	Rhubarb		
<b>Palpitations</b>	Schisandra		
<b>Pancrease excretion insufficiency</b>	Papaya		
<b>Pancreatitis</b>	Grapeseed Turmeric		

Indications	Common Name	Indications	Common Name
<b>Polycystic ovary disease</b>	Licorice	<b>Protection against UVA, UVB and UVC</b>	Maca
<b>Polyneuropathy</b>	St. John's Wort	<b>Pruritus</b>	Mullein Oats
<b>Poor appetite</b>	Kola Nut Magnolia	<b>Psoriasis</b>	Aloe Vera Burdock Karela Milk Thistle Olive Oregon Grape Pau D'Arco Red Clover Saffron Sarsaparilla Turmeric Yellow Dock
<b>Poor circulation</b>	Scotch Pine	<b>Psychiatric &amp; neurological disorders</b>	Griffonia (5-HTP)
<b>Poor digestion</b>	Buckthorn Horehound Sage	<b>Psychological stress</b>	Valerian
<b>Poor memory</b>	Sage	<b>Pulled muscles &amp; ligaments</b>	Comfrey
<b>Poorly healing skin ulcers</b>	Bilberry	<b>Pulmonary disease</b>	Boswellia
<b>Poorly healing wounds</b>	Marigold	<b>Pyelitis</b>	Uva-Ursi
<b>Post prandial hyperglycaemia</b>	Guar Gum	<b>Pyrexia</b>	Baobab Catnip Cayenne Cinchona Elder Feverfew Goldenseal Green Coffee Guarana Horse Chestnut Lemongrass Magnolia Meadowsweet Olive Prickly Ash Raspberry Saffron Starflower Tamarind White Willow Yarrow
<b>Post traumatic &amp; postoperative swelling</b>	Pineapple		
<b>Postmenopausal vaginal dryness</b>	Wild Yam		
<b>Postoperative nausea</b>	Ginger Peppermint		
<b>Post-traumatic &amp; static oedema</b>	Horsetail		
<b>Pregnancy discomfort</b>	Devil's Claw		
<b>Prevention of altitude sickness</b>	Ginkgo		
<b>Prevention of sexual disorders roctitis</b>	Marigold Muiru-Puama		
<b>Profuse phlegm in lungs</b>	Magnolia		
<b>Prophylaxis of scurvy</b>	Acerola		
<b>Prostate cancer preventions</b>	Red Clover		
<b>Prostatic hyperplasia</b>	Maca		
<b>Prostatitis</b>	Buchu Corn Silk Horsetail Hydrangea Saw Palmetto		

Indications	Common Name
<b>Pyrexia &amp; infection prophylaxis</b>	Maté
<b>Raised arterial pressure</b>	Linden
<b>Raynaud's syndrome</b>	Evening Primrose Prickly Ash
<b>Rectal inflammation</b>	Flaxseed
<b>Recto-anal post-operative treatment</b>	Cascara sagrada
<b>Recurrent ear infections</b>	Goldenseal
<b>Reduced fertility</b>	Pygeum
<b>Reduces sun burn</b>	Grapeseed
<b>Renal calculi</b>	Couch Grass
<b>Renal gravel</b>	Parsley
<b>Reperfusion injury</b>	Grapeseed
<b>Respiratory catarrh</b>	Aniseed Horehound Iceland Moss Marshmallow Mullein Myrrh
<b>Respiratory conditions</b>	Elder Myrrh
<b>Respiratory infections</b>	Garlic Licorice Pau D'Arco Peppermint
<b>Respiratory tract diseases</b>	Colt's Foot Peony
<b>Restlessness</b>	Chamomile, German Hops Linden Valerian Wild Lettuce
<b>Retinopathy</b>	Ginkgo
<b>Rheumatic conditions</b>	Dandelion Devil's Claw Feverfew Horsetail

Indications	Common Name
	Ivy Leaf Parsley Prickly Ash Rose Hip Rosemary
<b>Rheumatic pain</b>	Couch Grass Maté Meadowsweet Sweet Clover Wild Lettuce
<b>Rheumatism</b>	Angelica Arnica Barberry Birch Leaf Bladderwrack Boldo Buchu Burdock Cascara sagrada Cat's Claw Cayenne Celery Chickweed Eucalyptus Gotu Kola Horse Chestnut Ivy Leaf Juniper Kelp Lemon Balm Licorice Magnolia Oats Olive Peony Sarsaparilla Scotch Pine Slippery Elm
<b>Rheumatoid arthritis</b>	Black Cohosh Boswellia Evening Primrose Ginger Horny Goat Weed Olive Peony Safflower Sarsaparilla Starflower



Indications	Common Name	Indications	Common Name
	Siberian Ginseng Wild Oregano Wild Yam White Willow	<b>Skin &amp; mucous membrane inflammation</b>	Chamomile, German
<b>Ringworm</b>	Boswellia Goldenseal	<b>Skin blemishes</b>	Rice
<b>Roemheld syndrome</b>	Cardamom Olive	<b>Skin cancer prevention</b>	Milk Thistle
<b>Scabies</b>	Aniseed Grapeseed Thyme	<b>Skin damage</b>	Horehound
<b>Scalding</b>	Roselle	<b>Skin diseases</b>	Chickweed Couch Grass
<b>Scaly skin</b>	Oregon Grape	<b>Skin disinfection in minor wounds</b>	Thyme
<b>Schistosomiasis</b>	Myrrh	<b>Skin hyperpigmentation</b>	Saffron
<b>Sciatica</b>	Garlic Rosemary Safflower St. John's Wort	<b>Skin infections</b>	Turmeric
<b>Scurvy</b>	Cranberry Nasturtium Plantain	<b>Skin inflammation</b>	Comfrey Roselle
<b>Sea sickness</b>	Cayenne	<b>Skin problems</b>	Baobab
<b>Seasonal affective disorder</b>	St. John's Wort	<b>Skin rashes</b>	Cleavers
<b>Seborrhea of the scalp</b>	Burdock	<b>Skin scars</b>	Gotu Kola
<b>Sexual dysfunction</b>	Damiana Ginkgo	<b>Sleep disorders</b>	Sweet Clover
<b>Sexual dysfunction in postmenopausal women</b>	Maca	<b>Sleep disturbances</b>	Agnus Castus Hops Siberian Ginseng
<b>Sexual performance</b>	Pygeum	<b>Small wounds &amp; sores</b>	Clove
<b>Shortness of breath</b>	Elder Ginger Magnolia	<b>Smoking addiction</b>	Colt's Foot St. John's Wort
<b>Sinusitis</b>	Horseradish Luffa	<b>Sore throat</b>	Black Cohosh Burdock Cayenne Colt's Foot Cranesbill Fennel Garlic Hyssop Iceland Moss Mullein Pomegranate Saffron
<b>Sinusitis headaches</b>	Wood Betony	<b>Sores</b>	Plantain Rice
<b>Sjogren's syndrome</b>	Flaxseed		

Indications	Common Name
<b>Spasmodic complaints of GIT, gall bladder and bile ducts</b>	Peppermint
<b>Spasmodic cough</b>	Aniseed
<b>Spasmodic disorders</b>	Boldo
<b>Sphincter disorders</b>	Pygeum
<b>Spider veins</b>	Bilberry
<b>Spinal problems</b>	Horse Chestnut
<b>Spontaneous perspiration</b>	Rice
<b>Sprains</b>	Arnica Bladderwrack Comfrey Horse Chestnut Lemongrass Marigold Sweet Clover
<b>Stiff neck</b>	Lemon Balm
<b>Stimulation of metabolism</b>	Colt's Foot
<b>Stomach ache</b>	Buchu
<b>Stomach pain</b>	Magnolia
<b>Stomach ulcers</b>	Clove Elecampane Tamarind
<b>Stomach upset</b>	Chamomile, German Rice
<b>Stomatitis</b>	Raspberry Sage Tamarind
<b>Stones in urinary tract</b>	Papaya
<b>Strained muscles</b>	Lavender
<b>Strains</b>	Yarrow
<b>Strep throat</b>	Comfrey
<b>Stress</b>	Ginseng Korean Rhodiola Siberian Ginseng
<b>Stroke</b>	Turmeric

Indications	Common Name
<b>Stroke &amp; heart disease</b>	Cayenne
<b>Stye</b>	Eyebright
<b>Substitute for tobacco</b>	Magnolia
<b>Sudden deafness</b>	Ginkgo
<b>Sun burn</b>	Olive
<b>Sunburn protection</b>	Green Tea
<b>Superficial bleeding</b>	Sweet Clover
<b>Sweet taste suppression</b>	Gymnema
<b>Swellings</b>	Rice Starflower Yarrow
<b>Swollen &amp; painful joints</b>	Pineapple
<b>Syphilis, gonorrhea</b>	Pau D' Arco
<b>Tapeworm infestation</b>	Pomegranate
<b>Teething in children</b>	Catnip
<b>Tendency to infection</b>	Siberian Ginseng
<b>Tenesmus</b>	Rhubarb
<b>Thrombosis</b>	Evening Primrose
<b>Thrombotic &amp; cardiovascular disease</b>	Ginseng Korean
<b>Thrombotic conditions</b>	Yarrow
<b>Thyroid gland malfunction</b>	Alfalfa
<b>Tinea corporis</b>	Garlic
<b>Tinea cruris</b>	Garlic
<b>Tinea pedis</b>	Garlic
<b>Tinnitus</b>	Black Cohosh Feverfew Ginkgo
<b>Tiredness</b>	Kola Nut
<b>To achieve softer stools</b>	Buckthorn
<b>To clean wounds</b>	Goldenseal Yucca
<b>To facilitate parturition</b>	Raspberry

Indications	Common Name	Indications	Common Name
<b>To improve and maintain physical &amp; mental capacity</b>	Damiana	<b>Travel sickness</b>	Chamomile, German
<b>To improve cognitive function</b>	Lemon Balm	<b>Tuberculosis</b>	Chickweed Fenugreek Nasturtium
<b>To increase breast milk production</b>	Fenugreek	<b>Tuberculosis &amp; swelling of lymph nodes</b>	Colt's Foot
<b>To increase breast milk flow</b>	Fennel	<b>Tumors of eye, liver &amp; throat</b>	Tragacanth
<b>To increase energy and libido</b>	Wild Yam	<b>Tumours</b>	Iceland Moss
<b>To increase mental concentration</b>	Rosemary	<b>Type 2 diabetes</b>	Aloe Vera Buckwheat Cinnamon Horehound Turmeric
<b>To increase testosterone</b>	Velvet Bean	<b>Ulcers</b>	Baobab Blessed Thistle Burdock Cleavers Eucalyptus Gotu Kola Horehound Marshmallow Pau D'Arco Plantain Raspberry Starflower
<b>To promote diuresis</b>	Birch Leaf	<b>Upper respiratory tract catarrh</b>	Fenugreek Grindelia Nasturtium
<b>To promote sexual function</b>	Muira-Puama	<b>Upper respiratory tract infections</b>	Cranesbill Echinacea Eucalyptus Garlic Magnolia Siberian Ginseng Starflower
<b>To regulate menstruation</b>	Juniper	<b>Urethritis</b>	Buchu Horsetail Hydrangea Uva-Ursi
<b>To soften impacted faeces</b>	Olive	<b>Urinary incontinence</b>	Shiitake Mushroom
<b>To soften the skin</b>	Mullein	<b>Urinary retention</b>	Cleavers
<b>To stimulate circulation</b>	Hyssop		
<b>To stimulate growth hormone</b>	Velvet Bean		
<b>To stimulate lactation</b>	Aniseed		
<b>To stimulate milk production</b>	Milk Thistle		
<b>Tonsillitis</b>	Colt's Foot Cranesbill Olive Raspberry Sage		
<b>Toothache</b>	Clove Feverfew Prickly Ash Rosemary Slippery Elm		
<b>Tracheitis</b>	Mullein		

Indications	Common Name	Indications	Common Name	
<b>Urinary tract disorders</b>	Baobab	<b>Venous insufficiency circulatory disorders</b>	Gotu Kola	
	Barberry		<b>Venous ulcers</b>	Horse Chestnut
	Corn Silk	<b>Vertigo</b>		Feverfew
	Marshmallow			Ginkgo
	<b>Urticaria</b>	Wild Lettuce	<b>Viral diseases</b>	Cat's Claw
Wild Oregano		Karela		
<b>Uterine spasm</b>		Black Cohosh		<b>Viral infections</b>
	Dong Quai	Olive		
<b>UTIs</b>	Boldo Buchu Celery Couch Grass Cranberry Dandelion Elecampane Goldenseal Horseradish Horsetail Kidney Bean Nasturtium Pau D'Arco Uva-Ursi	<b>Vitamin C deficiencies</b>	Rose Hip	
			<b>Vitamin deficiencies</b>	Raspberry
		<b>Vomiting</b>		Bilberry
			Cardamom	
			Grapeseed	
			Green Tea	
			Iceland Moss	
		<b>Warts</b>	Magnolia	
			Saffron	
			Rice	
			Sundew	
			<b>Water retention</b>	Dandelion
		<b>Weak &amp; underactive digestion</b>		Wormwood
			<b>Weak ligaments of the upper ankle joint</b>	Scotch Pine
		<b>Weather sensitivity</b>		California Poppy
<b>Weeping eyes</b>	Eyebright			
	<b>Weight gain</b>	Ephedra		
<b>Weight loss</b>		Green Tea		
	Gymnema			
	Licorice			
	Starflower			
<b>Vegetative-endocrine syndrome</b>	Guarana			
	Psyllium			
	Velvet Bean			
<b>Venous hypertension</b>	Gotu Kola	<b>Weight maintenance</b>	Green Tea	
			<b>Weight management</b>	Magnolia

Indications	Common Name	Indications	Common Name
<b>Whooping cough</b>	Clove	<b>Wound treatment</b>	Cat's Claw
	Evening Primrose		<b>Wounds</b>
	Garlic	Chickweed	
	Grindelia	Colt's Foot	
	Horehound	Echinacea	
Peony	Eucalyptus		
Wild Lettuce	Gotu Kola		
<b>Winter chills</b>	Cinnamon	Horsetail	
		Ivy Leaf	
<b>m infestations</b>	Elecampane	Karela	
	Karela	Kola Nut	
	Neem	Mullein	
	Prickly Ash	Myrrh	
	Velvet Bean	Pineapple	
	Wormwood	Pomegranate	
<b>Wound care</b>	Cranberry	Raspberry	
<b>Wound healing</b>	Bilberry	Slippery Elm	
	Grapeseed	Witch Hazel	
	Rosemary	<b>Wounds &amp; burns</b>	Aloe Vera
	Chamomile, German		
<b>Wound management</b>	Mallow		

### 38 Bach™ Original Flower Remedies



Dr Edward Bach was a Physician and Homeopath who spent his life searching for the purest methods of healing.

Dr Bach discovered 38 remedies which he split into seven different groups and can be combined to suit the individual. The flower remedies are made from wild plants, trees and bushes. They work by treating the individual rather than the disease or its symptoms and

are a gentle way to manage your emotions and rediscover the positive side of ourselves.

Each of the 38 Bach™ Original Flower Remedies is unique and helps to treat a different emotion. Most people find it reasonably easy to select their own remedies. All you need to do is find the remedy (or remedies) that seem to reflect your situation, mood or personality the best.

You can mix up to seven together at a time. All the states described are everyday human emotions that we all feel from time to time. Even the most negative state has a corresponding positive quality that shows us what we can be when we are fully ourselves. Above all, you can use them to be yourself.

### RESCUE Remedy®

RESCUE Remedy has been used by generations and is trusted as a safe, gentle and effective remedy to help restore inner calm, control and focus. It's relied upon for a wide range of everyday stressful situations as it can be taken by anyone, anywhere.

RESCUE Remedy is made up of a five individual flower essences that help you cope with the different emotional aspects of stressful situations: **Rock Rose** is used for terror and panic - **Impatiens** addresses irritation and impatience - **Clematis** is for inattentiveness and a lack of focus - **Star of Bethlehem** is for shock - **Cherry Plum** helps with irrational thoughts and a lack of self control.



# CONTRAINDICATIONS INDEX

Contraindications	Common Name	Contraindications	Common Name
<b>Abdominal bloating</b>	Dong Quai	<b>Bile duct obstruction</b>	Artichoke Boldo Dandelion Peppermint Turmeric
<b>Abdominal pain of unknown origin</b>	Aloe Vera Buckthorn Cascara sagrada Rhubarb	<b>Bipolar disorder</b>	Rhodiola
<b>Acidic urine</b>	Uva-Ursi	<b>Bone marrow transplantation</b>	Cat's Claw
<b>Acute diarrhoea</b>	Devil's Claw	<b>Breast-feeding</b>	Alfalfa Aloe Vera Black Cohosh Bladderwrack Boneset Cascara sagrada Cat's Claw Colt's Foot Comfrey Elecampane Feverfew Gamboge Ginger Goldenseal Griffonia (5-HTP) Horseradish Juniper Karela Kelp Lavender Magnolia Nettle Parsley Pomegranate Sage Starflower Uva-Ursi Wormwood Yohimbe
<b>Acute illness</b>	Ginseng Korean		
<b>Acute infections</b>	Dong Quai		
<b>Acute inflammatory intestinal disorders</b>	Buckthorn Cascara sagrada Flaxseed Rhubarb Senna		
<b>Acute inflammatory illness of the oesophagus and stomach entrance</b>	Flaxseed		
<b>AIDS</b>	Echinacea		
<b>Allergy to cinnamon or Peru balsam</b>	Cinnamon		
<b>Angle-closure glaucoma</b>	Ephedra		
<b>Anorexia</b>	Ephedra		
<b>Anxiety</b>	Ephedra Green Tea		
<b>Appendicitis</b>	Aloe Vera Buckthorn Cascara sagrada Gamboge Rhubarb Senna		
<b>Asthma</b>	Chamomile, German Scotch Pine	<b>Bulimia</b>	Ephedra
<b>Autoimmune disease</b>	Cat's Claw Echinacea	<b>Cardiac arrhythmias</b>	Green Tea Guarana
<b>Behavioural disorders</b>	Ephedra	<b>Cardiac disease</b>	Bladderwrack Ephedra

Contraindications	Common Name
	Horny Goat Weed Siberian Ginseng
<b>Children</b>	Eucalyptus Pau D'Arco
<b>Children under 2 years</b>	Feverfew
<b>Children under 4 years</b>	Horseradish
<b>Children under 12 years</b>	Aloe Vera Buckthorn Cascara sagrada Hawthorn Uva-Ursi Yohimbe
<b>Children under 18 years</b>	Alfalfa Ephedra
<b>Chronic constipation</b>	Aloe Vera
<b>Chronic diarrhoea</b>	Dong Quai
<b>Chronic inflammation of prostate gland</b>	Yohimbe
<b>Chronic inflammation of sexual organs</b>	Yohimbe
<b>Chronic irritable bowel, GI, hepatic or renal disease</b>	Cayenne
<b>Coeliac disease</b>	Oats
<b>Cold and flu</b>	Dong Quai
<b>Collagenosis</b>	Echinacea
<b>Colonic impaction</b>	Psyllium
<b>Contact with eyes or mucous membranes</b>	Bitter Orange
<b>Coronary thrombosis</b>	Ginseng Korean
<b>Depression</b>	Ephedra Hops
<b>Diabetes</b>	Ephedra Licorice Nettle
<b>Digestive disorders</b>	Uva-Ursi
<b>Duodenal ulcers</b>	Cinnamon Devil's Claw

Contraindications	Common Name
	Gentian Kola Nut Wormwood Yohimbe
<b>Eczema</b>	Tea Tree
<b>Emotional disorders</b>	Ephedra
<b>Epilepsy</b>	Evening Primrose Schisandra Starflower Wormwood
<b>Fever of unknown origin</b>	Cinnamon
<b>Foecal impaction</b>	Cascara sagrada
<b>G6PD deficiency</b>	Goldenseal Karela
<b>Gall bladder empyema</b>	Dandelion
<b>Gall bladder inflammation</b>	Peppermint
<b>Gallstones</b>	Artichoke Cardamom Devil's Claw
<b>GI obstruction</b>	Aloe Vera
<b>GI ulcers</b>	Nasturtium Turmeric
<b>GIT stenosis</b>	Psyllium
<b>Haemorrhage</b>	Ginseng Korean
<b>Haemorrhagic disease</b>	Dong Quai
<b>Haemorrhoids</b>	Aloe Vera
<b>Hepatic impairment</b>	Clove Comfrey Eucalyptus Horse Chestnut Yohimbe
<b>History of atopic hay fever</b>	Chamomile, German
<b>History of SLE</b>	Alfalfa
<b>HIV infection</b>	Echinacea



Contraindications	Common Name	Contraindications	Common Name
<b>Hypermenorrhoea</b>	Dong Quai	<b>Immunosuppressants</b>	Cat's Claw
<b>Hypersensitivity to chickpeas</b>	Fenugreek	<b>Inflammatory GIT disease</b>	Eucalyptus
<b>Hypersensitivity to Compositae family</b>	Arnica Chamomile, German Echinacea Elecampane Feverfew Flaxseed Milk Thistle Yarrow	<b>Inflamed skin</b>	Tea Tree
<b>Hypersensitivity to Labiatae family</b>	Thyme	<b>Insomnia</b>	Ephedra Green Tea
<b>Hypersensitivity to Tagetes spp.</b>	Arnica	<b>Intestinal disorders</b>	Guar Gum
<b>Hypersensitivity to the herb</b>	Aloe Vera Aniseed Fenugreek Ginkgo Myrrh Peppermint Pygeum St. John's Wort Yarrow	<b>Intestinal obstruction</b>	Buckthorn Cascara sagrada Flaxseed Oats Psyllium Rhubarb Senna Yellow Dock
<b>Hypersensitivity to Umbelliferae family</b>	Aniseed Fennel	<b>Intestinal ulcers</b>	Centaury Cinchona
<b>Hypertension</b>	Ephedra Goldenseal Green Tea Guarana Schisandra Siberian Ginseng	<b>Intracranial pressure</b>	Schisandra
<b>Hyperthyroidism</b>	Bladderwrack Ephedra	<b>Leukosis</b>	Echinacea
<b>Hypoglycaemia</b>	Karela	<b>Liver cirrhosis</b>	Licorice
<b>Hypokalaemia</b>	Licorice	<b>Mental disorders</b>	Ephedra
<b>Hypothyroidism</b>	Lemon Balm	<b>Mood disorders</b>	Horny Goat Weed
<b>Hypotonia</b>	Licorice	<b>Multiple sclerosis</b>	Echinacea
<b>IBD</b>	Gamboge Aloe Vera	<b>Nausea</b>	Aloe Vera Cascara sagrada
<b>Ileus</b>	Dandelion	<b>NSAID use</b>	Barberry
		<b>Oedema due to impaired heart or kidney function</b>	Horsetail
		<b>Oedema in cardiac or renal insufficiency</b>	Birch Leaf Couch Grass
		<b>Oesophageal disease</b>	Guar Gum
		<b>Oestrogen dependent tumours</b>	Hops
		<b>Oestrogen or progesterone sensitive tumours</b>	Agnus Castus
		<b>Open wounds</b>	Cayenne

Contraindications	Common Name
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<b>Overactive sympathetic nervous system activity</b>	Damiana
<b>Paediatrics</b>	Fennel Nasturtium
<b>Pheochromocytoma</b>	Ephedra
<b>Photosensitivity</b>	St. John's Wort
<b>Pregnancy</b>	Agnus Castus Alfalfa Aloe Vera Angelica Barberry Barley Black Cohosh Bladderwrack Blessed Thistle Boldo Boneset Buchu Burdock California Poppy Cascara sagrada Catnip Cat's Claw Celery Cinchona Cinnamon Colt's Foot Comfrey Devil's Claw Dong Quai Echinacea Elecampane Eucalyptus Fennel Fenugreek Feverfew Flaxseed Gamboge Ginkgo Ginseng Korean Goldenseal Gotu Kola Griffonia (5-HTP) Hawthorn Hops Horehound

Contraindications	Common Name
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	Horseradish Hydrangea Hyssop Juniper Karela Kelp Kola Nut Lavender Lemon Balm Lemongrass Licorice Magnolia Marigold Meadowsweet Myrrh Nettle Oregon Grape Papaya Parsley Pau D'Arco Peppermint Pomegranate Prickly Ash Raspberry Rosemary Safflower Saffron Sage Saw Palmetto Slippery Elm Starflower Turmeric Uva-Ursi Velvet Bean Wolfberry Wormwood Yarrow Yohimbe
<b>Psychiatric conditions</b>	Yohimbe
<b>Quinine hypersensitivity</b>	Cinchona
<b>Renal impairment</b>	Aloe Vera Boldo Celery Comfrey Goldenseal Horse Chestnut Juniper Nasturtium

Contraindications	Common Name
	Parsley Uva-Ursi Yohimbe
<b>Restlessness</b>	Ephedra
<b>Salicylate sensitivity</b>	Meadowsweet White Willow
<b>Schizophrenia</b>	Starflower
<b>Severe liver disease</b>	Boldo Green Tea Peppermint
<b>Severe renal insufficiency</b>	Licorice
<b>Stomach disease</b>	Guar Gum
<b>Stomach inflammation</b>	Cayenne
<b>Stomach obstruction</b>	Gamboge
<b>Stomach pain</b>	Gamboge
<b>Stomach ulcers</b>	Cayenne Centaury Cinchona Cinnamon Devil's Claw Ephedra Gamboge Gentian Kola Nut Wormwood

Contraindications	Common Name
<b>Stricture of the oesophagus &amp; in GI area</b>	Yohimbe Flaxseed
<b>Suicidal tendency</b>	Ephedra
<b>Taking anticoagulants</b>	Clove Papaya
<b>Taking cyclophosphamide</b>	Turmeric
<b>Taking paracetamol</b>	Clove
<b>Thyrototoxicosis</b>	Ephedra
<b>Tuberculosis</b>	Echinacea
<b>Thyroid disorders</b>	Maca
<b>Ulcerated or broken skin</b>	Horse Chestnut
<b>Use before or during strenuous exercise</b>	Ephedra
<b>Use with stimulants</b>	Ephedra Ginseng Korean
<b>Vomiting</b>	Aloe Vera Cascara sagrada
<b>Whooping cough</b>	Scotch Pine



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Women's Health

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