



**Phyto-Force**  
HERBAL BLENDS

# HERBAL REMEDIES GUIDE





# FIGHT YOUR AILMENTS SUCCESSFULLY & NATURALLY

*FOR MANY YEARS, WE AT PHYTO-FORCE HAVE DISCOVERED AMAZING COMBINATIONS OF HERBS WHICH HELP WITH MANY AILMENTS.*

We have successfully formulated these combinations and brought to you the very best to help you fight ailments successfully and naturally. It has been an amazing journey of research and trials and we present to you what we have discovered. We have formulated these combinations in a double strength formula which gives you extra potency to help speed along healing.

*WE BEGIN WITH THE BEST, OBTAINING ONLY TOP QUALITY HERBS.*

Most of our herbs are sourced from country of origin, namely Germany, Switzerland, Asia, South America and all our herbs are obtained with quality tested and assured certificates.

All herbs are either wildcrafted or where possible, organically grown. The balance of indigenous herbs are sourced from local organic herb growers.

Each batch of herb is tested against a quality control sample for colour, aroma, texture and taste. Each single herb has its own unique optimum alcohol/water ratio for extraction. Each herb is thus extracted individually and filtered through Micro Filtration Systems. These single extractions are then carefully blended to produce our final high quality and effective herbal blend.

Herbal medicine fills a gap in conventional medical treatment because sometimes it is only the subtle complex of chemicals found in plants which can meet the needs of patients and help to restore them to health.

Generally some improvement will be experienced within anything from couple of hours to 4-6 weeks, although this varies widely. Treatment of chronic problems is sometimes slow, taking many months.





## Acid Free

*Alfalfa, Bearberry Leaves, Birch, Boswellia,  
Celery Seeds, Devil's Claw, Meadowsweet & Nettle.*

This combination of herbs has been especially formulated specifically for the treatment of high levels of uric acids, crystals around the joints, gout, arthritis, carpal tunnel syndrome, fibromyalgia and acidosis and acid related conditions that cause so many other diseases and ailments.



## Brain Storm

*Hydrocotyle, Ginkgo, Calamus, Ginseng & Rosemary.*

Improves circulation and carries oxygen to the brain which helps to improve memory and concentration. Students should be taking this for at least three months.



## Can Beat

*Burdock, Sheepsorrel, Sutherlandia, Rhubarb & Slippery Elm.*

The original formula was known as Essiac and is used as a supportive treatment for the internal organs especially after chemotherapy and other cancer treatments.



## Candida Infections

*Pau d'Arco, Echinacea, Siberian Ginseng, Nettle & Thuja.*

An internal treatment of herbals for fungal/yeast infections of the body such as candida, thrush, ME, dandruff, athletes foot, eczema and other related conditions. Contains powerful herbs that fight fungal infections within the body. In addition for topical treatment, consider our Fungi-Fight herbal cream.



## Cholesterol

*Ginkgo, Cayenne, Tansy, Dandelion & Hawthorn Berries.*

For the treatment of high cholesterol.





## Circulation Health

*Ginkgo, Cayenne, Yarrow & Hawthorn Berry.*

This formulation assists with strengthening the heart, improving blood flow, strengthening, toning and opening up the veins. Is a peripheral vasodilator which helps to open up surface vessels enabling more blood to be circulated and has gentle relaxing benefits which also helps with High blood pressure. Capsicum in the formulation helps to open up every tissue in the body to an increased flow of blood and stimulates and adds iron which accelerates oxygenation of the blood.

## Clear Skin

*Burdock, Sarsaparilla, Echinacea, Guava & Horsetail.*

A powerful blood and liver cleanser which will aid in tissue cleansing and repair, regulates hormonal imbalances and reduces acne in both males and females, can also be used to treat STD's (sexually transmitted diseases).

## Colds & Flu' Remedy

*Elderberry, Echinacea, Cinnamon, Propolis, Feverfew, Yarrow, Peppermint & Mullein.*

A combination of herbs that may be effective in the relief of symptoms of colds and flu, promotes fever and sweating which will help to reduce fever and body temperature. It contains herbs that are decongestant and may assist in all types of coughs, has anti-histamine properties, has natural anti-biotic effects and immune stimulating properties.

## Constipation

*Sacred Bark, Barberry, Dandelion, Rosehip & Aloe.*

Encourages natural peristaltic movement of the colon which may help relieve constipation. This will ensure better absorption of nutrients and therefore all round better health. Stimulates and encourages bile and enzyme production.



## Detoxi-Gen

*Guava, Nettle, Dandelion, Burdock & Milkthistle.*

Promotes the elimination of toxins from the body.  
Blood purifier and also recommended for skin diseases.

## Diabi-aid

*Nettle, Raspberry, Quassia, Black Walnut & Java Plum.*

For the treatment of raised blood sugar levels to stimulate insulin production and reduce parasitical infection of the pancreas which is common in diabetics. Recommended for type 2 diabetics.

## Energy on the Go

*Ginkgo, Nettle, Alfalfa, Siberian Ginseng, Hydrocotyle & Milkthistle.*

To restore depleted energy levels, stimulate liver function and help replace lost vitamins.  
Milkthistle stimulates liver function and helps repair liver damage.

## Eye-Care

*Eyebright, Ginkgo & Billberry.*

To help restore weakened eyesight.

## Gut Soothe

*Slippery Elm, Chamomile, Liquorice Root, Marshmallow & Aloe.*

Promotes healing of irritable bowel and colon and soothes discomfort, assisting bowel movement.

## Hair Growth

*Fenugreek, Nettle, Rosemary, Horsetail & Hydrocotyle.*

Encourages existing hair to grow as well as stimulating new growth.  
Used to treat baldness, falling hair and improve condition of hair, skin and nails generally.







## HBP & Heart Health

*Mistletoe, Valerian, Hawthorn Berries, Yarrow & Dong Quai.*

Used to lower high blood pressure and equalise circulation.

## Immuno-Stim

*Echinacea, Ginger, Cayenne, Red Clover & Elder Flower.*

Used to increase the body's natural ability to fight infection and disease, also to treat both bacterial and viral infections.

## Joint Health

*Celery Seeds, Devil's Claw, Bearberry, Black Cohosh,  
Pokeroot, Boswellia, Nettle & Meadowsweet.*

For pain and inflammation of the joints from arthritis, gout and crystals of calcium forming in the joints and cartilage and bio-chemical changes in the cartilage.

## Kidney Support

*Golden Rod, Birch, Horsetail, Hydrangea,  
Marshmallow Root & Dandelion Root.*

This herbal formulation has soothing anti-inflammatory actions on mucous membranes, thereby relieving infection. It may assist with prostatitis, kidney gravel, kidney stones and eliminating kidney waste.

It also may assist with sluggish kidney function, bedwetting, dropsy, chronic bladder infections and incontinence in the aged and is good for catarrh of the urinary organs.





## Life Drops

*Cayenne, Peppermint, Elderflower, Kola Nuts & Hawthorn berry.*

A warming herbal formula used to stimulate the body's major organs, warming the body in winter, warding off colds, chills and imminent infections from drastic change in temperatures. Revives the body's vital force.

## Low Blood Pressure

*Broom, Ginkgo, Hawthorn Berry, Alfalfa & Gentian.*

Used to strengthen the heart and help normalise blood pressure and circulation. It is also useful in the treatment of angina, fibrillation and other heart conditions.



## Liv-Tonic

*Milkthistle, Sarsaparilla, Dandelion root, Gentian & Barberry.*

For detoxifying, strengthening and healing the liver, also stimulates liver secretion. Recommended for use during or after excess intake of alcohol, nicotine and medicines.

## Lung Tonic


*Elecampagne, Lobelia, Gotu Kola, Mullein, Plantain & Horsetail.*

For the treatment of asthma, emphysema and general debility of the lungs. Strengthens and repairs damage to the lungs. Natural expectorant that helps expel mucous from the lungs.



## Lymph Detox

*Fennel, Echinacea, Poke Root, Calamus, Bedstraw & Golden Seal.*



A natural lymphatic cleanser that promotes the proper flow of lymph through the lymphatic system and encourages proper drainage of the lymph nodes and reduces toxins i.e. cellulite. Helps to reduce swollen and inflammation in the glands.





## Male Tonic

*Puncture Vine, Ginseng, Ginkgo, Pulsatilla & Horny Goat Weed.*

A natural aphrodisiac to treat impotence in men by helping to increase the production of testosterone which improves drive, energy and vitality.

## Meno-Mise Drops

*Alfalfa, Black Cohosh, Chasteberry, Valerian root, Wild Yam & Lily of the Valley.*

For the treatment of menopausal symptoms which include hot flushes, insomnia, depression, vaginal discomfort, irritability and brain fog.

## Menstrual-Ease

*Nettle, Lady's Mantle, Motherwort, Chaste Tree & Black Cohosh.*

Used to treat hormonal imbalances in the body including premenstrual symptoms, cysts, fibroids, period pains and irregular periods.

## Natural Anti-Biotic

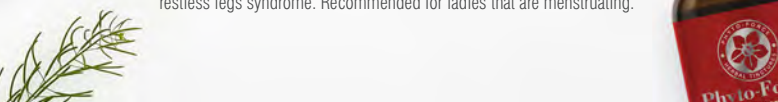
*Olive Leaf, Pau d' Arco, Golden seal, Pepperbark & Horseradish.*

This combination of herbs may assist to help the body rid itself of infections and inflammation.

## Phyto-Iron

*Nettle, Alfalfa, Dandelion, Burdock & Yellow Dock.*

Contains natural sources of absorbable iron used to replace depleted iron levels in those suffering from anaemia. This in turn allows for more oxygen to be absorbed and thus restores energy levels. Recommended for restless legs syndrome. Recommended for ladies that are menstruating.





## Prostate

*Saw Palmetto, Red Stinkwood, Buchu, Indian Corn Beard & Horsetail.*

Used to treat swollen and painful prostate glands by reducing swelling and inflammation.

## Rescue

*St. John's Wort, Passion Flower, Chamomile, Rosehip, Skullcap & Valerian.*

Contains soothing and calming herbs which helps with shock, stress, anxiety, hysteria, depression and nervous system disorders. Also recommended for ADHD (Hyperactivity).



## Restless Legs

*Chamomile, Skullcap, Korean Ginseng, Hops & Nettle*

The need for constant motion as in the restless legs or limbs syndrome requires iron supplementation which is found in nettle in this formulation. Combined with calming herbs, this formulation will assist to calm the constant need to move and help with getting a good night's sleep. Supplementation of magnesium and Iron may be required.

A test for anaemia is recommended.

## Shingles

*Witchhazel, Lemon Balm, Rhodiola Rosea, Burdock, Neem & White Willow.*

This combination of herbs assists with the alleviation of symptoms of shingles



## Sinus & Allergies

*Plantain, Elderflowers, Golden Rod, Thyme & Golden Seal.*

Lowers histamine levels and is used to treat and clear sinusitis, hayfever, rhinitis and other nasal congestive disorders.





## Sleep Deep

*Valerian, Chamomile, Hops, Passion Flower & Lemon Balm.*

A combination of calming herbs which gently induce a restful sleep without leaving you with sleep hangover.

## Slim-Aid

*Sacred Bark, Bladderwrack, Dandelion root, Boldo, Fennel, Centaury & Nettle.*

Helps to stimulate the lymphatic system, reduce cellulite, balance the thyroid, speed up metabolism, improve liver and gallbladder function as well as the digestive function. A good all round slimming aid. It is recommended to reduce carbohydrate intake, eliminate sugar and alcohol and eat a balanced vegetable and fruit diet with protein. Exercise such as walking and or any type of sport will help to burn more calories than you take in.





## Stress Control

*Rhodiola Rosea, Ashwagandha, Korean Ginseng, Astragalus, Gotu Kola, Liquorice root, Schisandra & Siberian Ginseng.*

This formula contains energising adaptogens to neutralise fatigue and enhance mental and physical performance. Improves adrenal gland health to equip the body to manage stress more effectively.



## Urinary & Incontinence Formula

*Horsetail, Knotgrass, Ginkgo, Bedstraw, Buchu & Cranberry.*

Contains herbs that strengthen the walls of the bladder and the urethral sphincters which helps for the treatment of incontinence and bedwetting due to nervous and emotional strain, coughing, sneezing or lifting heavy weights. Also helpful in urinary tract infections.



## Worms & Parasites

*Wormwood, Slippery Elm, Black Walnut, Tansy & Thuja.*

Used in the treatment of any parasitical infestation of the body such as worms, flukes and parasites.

Can be used for both humans and pets.

Recommended to be taken after full moon.

Finish the bottle.





## Clear Skin Soap

*Essential Oils: Lavender & Calendula.*

Acne.

## Gentle Soap

*Essential Oils: Calendula & Cedar. Rooibos Tea.*

Sensitive and baby skin.

## Hair & Body Soap

*Essential Oils: Rosemary & Tea Tree. Herbs: Rosemary & Thyme.*

Dandruff, rashes and anti-fungal.

## Healing Soap

*Essential Oils: Lavender & Cedar. Herbs: Echinacea, St Johns Wort & Burdock.*

Eczema, psoriasis and pigmentation.

## Herb Garden Soap

*Essential Oils: Lavender, Lemon, Cedar & Calendula. Herbs: Basil. Flowers: Marigold.*

Anti-septic, anti-bacterial and itches.

## Sutherlandia Soap

*Essential Oils: Tea Tree. Herbs: Sutherlandia.*

Acne, shingles, herpes, eczema, psoriasis and lesions.

## Tea-Tree Soap

*Essential Oils: Tea Tree.*

Anti-fungal and anti-bacterial.



## Clear Skin Cream

*Oils of Lavender, Tea Tree, Calendula, Geranium, Petitgrain & Witchazel.*

This soothing and moisturizing cream assist in the treatment and healing of skin problems such as acne, pimples and blackheads.

Does not contain any petroleum based products or parabens.

## Complexion Care Cream

*Extracts of Dandelion, Fenugreek, Frankincense, Lavender & Elderflower. Oils of Lemon & Avocado.*

This cream is used to return the skin to its natural colour. It contains only natural oils and herbs with no synthetic or harsh products.

It is used to treat pigmentation and blemishes.



## Eczema-Ease Cream

*Comfrey, Nettle, Tea Tree, Calendula, Rose & Grapeseed.*

This is a soothing and healing cream used to reduce the itching and inflammation associated with eczema and psoriasis. If the skin is weeping profusely, it is advisable to commence internal treatment e.g.: Phyto-Force Clear Skin and Phyto-Force Candida Infections, as well as rinsing the skin with a Nettle and Comfrey wash.

Once the weeping has subsided, the cream can be applied.

It is also necessary to follow the Candida Diet.



## Fungi-Fight Cream

*Oils of Tea Tree, Pine, Lavender, Thuja, Calendula & Sandalwood.*

An anti-fungal cream that may help in the treatment of fungal infections on the skin and nails, Athlete's foot, ringworm and other itchy rashes.





## Meno-Mise Cream

*Wild Yam, Cayenne & Grape Seed.*


This cream contains a high potency extract of the herb Mexican Wild Yam which has successfully been used to treat hormonal imbalances in women. This cream is therefore valuable in treating menopause and as a result of the herbs used in conjunction with the Wild Yam it is readily absorbed and utilised by the body. About 1/2 a teaspoon is necessary daily. This can be applied to any of the soft areas of the body where the cream is quickly absorbed. Rotate the place of application every 3-4 days. DO NOT USE WHILST MENSTRUATING.

## Re-Leaf Rub Cream

*Oils of Clove, Calendula, Eucalyptus, Grape Seed Oil, Lavender, Tea Tree & Evening Primrose. Extracts of Aloe Ferox, St, John's Wort & Honey.*

Non petroleum, non paraben base cream.

NEW FORMULA. This cream is used for the relief of dry winter skin, cracked heels and fingertips, ageing skin, dermatitis, eczema and psoriasis, arthritis and rheumatic pain, gout and joint pain, sprains, bruises, insect bites and itchings, stings, sunburn and other burns, abrasions cuts and wounds.





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