



Phyto-Force
HEALING THE NATURAL WAY

AILMENTS & HERBS GUIDE





USING THIS GUIDE

Use the **AILMENTS CHART** to find the herbs you need for your ailment. You can then use the **HERB CHART** to find what other ailments your herb treats. *Note: The herbs listed may also assist with ailments not mentioned. Please remember to check the contra-indications on the bottle label.*

This educational information guide is not intended to substitute a competent Health Care professional's advice or treatment.

WHY TAKE HERBAL TINCTURES AS OPPOSED TO PILLS OR CAPSULES?

We are glad you are considering the benefits of Phyto-Force herbal tinctures. We strive to give you the best quality herbal treatments. We source our herbs along with quality certificates from reputable suppliers all over the world. We manufacture according to British Pharmacopoeia standards to ensure constant quality, safety and efficacy of our tinctures.

Today's renewed interest in herbs reflects increasing concern about the side effects of powerful synthetic drugs as well as the desire of many people to take charge of their own health.

Nature's pharmacy is abundant. Many herbs are rich in compounds which have a beneficial effect on certain tissues and organs, and, therefore can be used as treatments to assist combating disease or ailments. Herbal treatments can help nourish your immune system, stimulate the regeneration of damaged liver tissue, build strength of the adrenal glands, counter the adverse side effects of chemotherapy, balance the endocrine system, stimulate milk production, and improve night vision amongst many other benefits too numerous to mention.

Phytomedicine, a recently coined term, refers to herbal treatments that are a whole-plant preparation, rather than a single isolated chemical compound. ("Phyto is the Greek word for Plant").



Tinctures are herbs concentrated in ethanol / purified water, extracted from plants over a period of time. Our tinctures therefore have a shelf life of 5 - 6 years, provided they are stored in a cool dark place in a dark bottle. A herbal tincture allows 96% absorption of the components, whereas as generally a capsule allows only 60% absorption and a pill 40%. Capsules and pills take time to disintegrate in the stomach before being absorbed, whereas tinctures begin to be absorbed immediately when taken. Not all herbs are available fresh or even dried at all times. Tinctures however allow a large variety of herbs to be available at all times. One herb can treat many ailments; many herbs can treat one ailment. Up to 9 different herbal tinctures can be taken at one time.

If alcohol cannot be tolerated, or if administered to a child on a regular basis, drops can be added to hot water. The alcohol will evaporate without affecting the efficacy of the herbal. You may even want to disguise the taste by putting the drops in a little juice or simply diluted in a ¼ glass of cold water. It is also possible for tinctures to be dropped directly on the tongue. For maximum absorption and efficacy, tinctures are best taken on an empty stomach, about half an hour before meals. Always consult with your Complementary practitioner if on chronic allopathic medicine before taking herbal medicine. Stop use of any herbal medicine immediately if you experience any adverse reaction.

DOSAGES

Prescribed dosages are on the bottles, however when first using a tincture, try a few drops first to ensure you are not allergic to it. Please check with your naturopath or herbalist when treating young infants, as not all herbs are safe for children.

Further advice / information is available directly from our consultants. For the treatment of acute or chronic ailments you may increase the dosage to 4 times daily (every 4 hours) for likely improved results.





AILMENTS CHART

FIND A HERBAL TINCTURE FOR YOUR AILMENT

The first three herbs listed are the most effective.
You do not need to take all herbs listed, however they all may
contribute towards healing the ailment effectively.



ACIDOSIS

Alfalfa, Meadowsweet, Celery Seeds, Schizandra

ACNE

Echinacea, Guava, Sarsaparilla, Dandelion Root, Chaste Berry

ADAPTOGEN

Ashwagandha, Rhodiola Rosea, Siberian Ginseng, Sutherlandia Tea

AIDS/HIV

Andrographis, Astragalus, Red Clover, Chaparral, Sutherlandia, Liquorice Root, Siberian Ginseng, Aloe

ADRENAL GLAND FATIGUE

Rhodiola Rosea, Ashwagandha, Milkthistle, Astragalus, Siberian Ginseng

AGE SPOTS

Burdock Root, Red Clover, Dandelion Root, Milkthistle, Green Tea, Astragalus

ALCOHOL (ADDICTION AND POISONING)

Kudzu, Milkthistle

ALLERGIES

Nettle, Scullcap, Boswellia

ALZHEIMER'S

Ginkgo, Cayenne, Ashwagandha, Hydrocotyle (Gotu kola), Hawthorn Berry, St John's Wort, Passion Flower, Hops, Chamomile

ANAEMIA

Alfalfa, Nettle, Dandelion Root, Burdock, Artichoke, Rehmannia

ANGINA

Hawthorn Berry, Astragalus

ANTI-AGING

Ashwagandha, Amla, Bilberry

ANTI-INFLAMMATORY

Turmeric, Devil's Claw, Cat's Claw, Meadowsweet, Boswellia, Oregano



ANTIHISTAMINE

Plantain, Nettle, Ginger, Scullcap

ANTI-VIRAL

Andrographis, Echinacea, Olive Leaf, Oregano

ANXIETY STRESS

Valerian Root, Scullcap, Rhodiola Rosea, Siberian Ginseng,
Korean Ginseng, Passion Flower, Chamomile

APHRODISIAC (FEMALE)

Horny Goat Weed, Puncture Vine, Ashwagandha, Siberian Ginseng

APHRODISIAC / IMPOTENCE (MALE)

Horny Goat Weed, Puncture Vine, Korean Ginseng, Catuaba,
Ashwagandha, Oats, Muira Puama, Sarsaparilla, Hydrocotyle

APPETITE LOSS

Sutherlandia (Cancer Bush), Wormwood, Gentian, Ginger, Fennel

APPETITE SUPPRESSANTS

Hoodia, Mate Tea, Guarana

ARTHRITIS

Celery Seed, Devils Claw, Cat's Claw, Feverfew, Cayenne Pepper, Boswellia,
Turmeric, Willow, Nettle, Olive Leaf, Birch, Neem, Buchu, Greater Celandine

ASTHMA

Elecampane, Lobelia, Liquorice Root, Mullein, Echinacea, Thyme, Schizandra

ATHLETE'S FOOT

Olive Leaf, Pau d Arco, Marigold, Garlic

BAD BREATH

Peppermint, Angelica, Fennel

BED WETTING

Knotgrass, Horsetail, Bedstraw, Plantain, Indian Cornbeard, Agrimony

BENIGN PROSTATIC HYPERTROPHY (BHP)

Saw Palmetto, Nettle



BILE STIMULANT

Artichoke, Horehound, Dandelion Root, Peppermint, Fenugreek, Gentian, Boldo, Barberry

BLOOD POISONING

Echinacea, Marshmallow Root, Sarsaparilla, Red Clover, Guava

BLOOD PRESSURE (HIGH)

Hawthorn Berry, Mistletoe, Valerian Root, Passion Flower, Hops, Scullcap, Cayenne, Garlic

BLOOD PRESSURE (LOW)

Hawthorn Berry, Ginkgo, Ginseng, Liquorice Root, Cayenne, Rosemary, Nettle

BOILS

Echinacea, Golden Seal, Nettle, Red Clover, Burdock

BRITTLE NAILS

Nettle, Horsetail, Alfalfa

BRONCHITIS / PNEUMONIA

Pelargonium, Echinacea, Coltsfoot, Lobelia, Horehound, Liquorice Root, Siberian Ginseng, Elecampane, Boswellia, Greater Celandine

CANCER THERAPY SUPPORT

Green Tea, Chaparral, Siberian Ginseng, Cat's Claw, Ginkgo, Milkthistle, Olive Leaf

CANDIDA

Pau d'Arco, Black Walnut, Thuja, Golden Seal, Echinacea, Hypoxis

CATARACTS

Bilberry, Ginkgo, Turmeric, Greater Celandine

CATARRH

Elder Flower / Berry, Propolis, Echinacea, Eyebright, Mullein, Goldenrod, Boswellia

CELLULITE

Hydrocotyle (Gotu Kola), Bladderwrack, Fennel, Boldo, Horsetail, Birch

CHOLESTEROL

Alfalfa, Astragalus, Bilberry, Hawthorn, Milkthistle, Green Tea, Artichoke, Cayenne, Ginkgo



CHRONIC FATIGUE SYNDROME

Liquorice Root, Olive Leaf, Ginseng, Echinacea, St John's Wort

CIRCULATION

Cayenne, Bilberry, Ginkgo

CIRRHOSIS (LIVER)

Milkthistle, Burdock, Sarsaparilla, Dandelion Root, Green Tea, Schisandra, Turmeric, Hypoxis (African potato)

COLDS AND FLU

Echinacea, Elder Flower/Berry, Olive Leaf, Andrographis, Ginger, Cat's Claw, Astragalus

COLIC

Fennel, Peppermint, Chamomile, Angelica

CONSTIPATION

Sacred Bark, Yellow Dock, Senna Pods, Boldo, Dandelion Root, Aloe

COUGH

Hyssop, Coltsfoot, Lobelia, Mullein, Liquorice Root, Boswellia, Greater Celandine, Pelargonium, Andrographis, Schizandra (dry cough)

CROHN'S DISEASE

Aloe, Fennel, Liquorice Root, Marshmallow Root, Milkthistle, Peppermint, Slippery Elm, St John's Wort, Fennel Tea, Liquorice Root Tea, Milkthistle Tea, Slippery Elm Tea, Bacopa, Gymnema, Kudzu

CYSTITIS

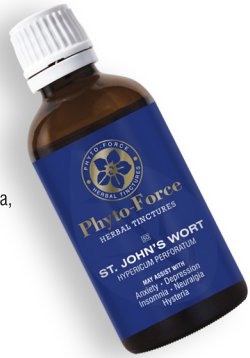
Cranberry, Buchu, Marshmallow Root, Bearberry, Indian Corn Beard, Birch, Buchu Tea, Rehmannia, Schizandra

DEPRESSION

St John's Wort, Ginseng Siberian, Skullcap, Rhodiola Rosea, Motherwort, Ginkgo, Alfalfa, Valerian Root, Korean Ginseng

DETOXIFICATION

Milkthistle, Dandelion Root, Echinacea, Burdock, Guava, Senna, Neem, Dandelion Root Tea, Phyto-Cleanse Detox Tea



DIABETES

Agrimony, Java Plum, Quassia, Gentian, Raspberry, Fenugreek, Ginseng, Walnut Black, Gymnema, Kudzu

DIARRHOEA

Witch Hazel, Knotgrass, Ginger, Agrimony, Yarrow, Java Plum, Schizandra (when associated with kidney weakness)

DIURETIC

Buchu, Bearberry, Parsley Root, Mate Tea

DIVERTICULITIS

Pau d'Arco, Alfalfa, Cayenne, Chamomile, Golden Seal, Aloe, Liquorice Root

DOG BITE

Echinacea, Golden Seal, Pau d'Arco, Red Clover

DYSPEPSIA INDIGESTION

Slippery Elm Tea, Golden Seal, Aloe, Chamomile, Artichoke, Fenugreek, Peppermint

ECZEMA

Chickweed, Burdock, Nettle, Comfrey Cream, Horsetail, Pau d'Arco, Neem

EMPHYSEMA

Chickweed, Lobelia, Hydrocotyle (Gotu Kola), Astragalus, Mullein, Liquorice Root, Elecampane

EPILEPSY

Hops, Scullcap, Valerian Root

EYESIGHT

Eyebright, Ginkgo, Bilberry

FATIGUE CHRONIC

Siberian Ginseng, Ashwagandha, Astragalus, Neem, Olive Leaf, Rhodiola Rosea, Walnut Black, Wormwood, Liquorice Root, Milkthistle, Pau d'Arco

FEVER

Feverfew, Willow, Ginger, Lobelia



FIBROIDS CYSTS

Wild Yam, Horseradish, Dandelion Root, Bladderwrack

FRIGIDITY

Ashwagandha, Ginseng

FUNGAL INFECTIONS

Olive Leaf, Golden Seal, Pepperbark, Pau d'Arco, Neem

GANGRENE

Cayenne, Ginkgo, Echinacea, Red Clover, Marshmallow Root

GASTRITIS

Golden Seal, Milkthistle, Red Clover, Sutherlandia, Liquorice Root, Slippery Elm, Kudzu

GALLBLADDER

Boldo, Barberry, Artichoke, Milkthistle

GALLSTONES

Marshmallow Root, Boldo, Barberry, Artichoke, Golden Seal

GOUT

Bilberry, Cayenne, Celery Seed, Devil's Claw, Turmeric, Poke Root, Neem, Buchu Tea, Boswellia

HAEMORRHOIDS

Yarrow, Horsetail, Chamomile, Agrimony, Witch Hazel

HAIR LOSS

Nettle, Rosemary, Fenugreek, Horsetail Tea

HANGOVER

Dandelion Root, Ginseng, Scullcap, Aloe, Milkthistle, Artichoke

HEADACHE

Feverfew, Willow, Nettle, Cayenne, Scullcap

HEART (TO STRENGTHEN)

Hawthorn Berry, Motherwort, Dong Quai, Bugleweed, Hawthorn Berry Tea, Bacopa

HEARTBURN

Golden Seal, Aloe, Fennel, Ginger, Marshmallow Root, Chamomile



HEPATITIS

Milkthistle Tea, Greater Celandine

HERPES

Echinacea, Yellow Dock, Gentian, Golden Seal, Wild Yam, Marshmallow Root, Myrrh, Green Tea

HIATUS HERNIA

Aloe, Fennel, Ginger, Marshmallow Root, Chamomile

HIGH BLOOD PRESSURE

Mistletoe, Passion Flower, Scullcap, Olive Leaf, Valerian Root

HIV/AIDS

Andrographis, Astragalus, Red Clover, Chaparral, Sutherlandia, Liquorice Root, Siberian Ginseng, Aloe

HIVES

Alfalfa, Nettle, Bilberry, Aloe, Cat's Claw, Chamomile, Echinacea, Ginseng

HOT FLUSHES

Black Cohosh, Chasteberry, Sage, Sutherlandia

HYPERACTIVITY

Valerian Root, Ginkgo, Hawthorn, Lemon Balm, Passion Flower, Scullcap, Lobelia, Chamomile, Hydrocotyle (Gotu Kola)

HYPOGLYCEMIA

Artichoke, Gentian, Bilberry, Astragalus, Bearberry, Korean Ginseng, Cinnamon, Gymnema

HYPOTHYROIDISM

Bladderwrack, Nettle, Oats, Bladderwrack Tea, Sea Moss

HYPERTHYROIDISM

Bugleweed, Motherwort, Nettle, Valerian Root, Yarrow

IMMUNE SYSTEM

Echinacea, Sutherlandia, Olive Leaf, Cat's Claw, Astragalus, Red Clover, Korean Ginseng, Sea Moss



IMPOTENCE

Horny Goat Weed, Saw Palmetto, Sarsaparilla, Puncture Vine, Siberian Ginseng, Cayenne, Oats, Korean Ginseng

INCONTINENCE

Refer to bed wetting

INFLUENZA

Echinacea, Elder Berry, Andrographis, Elder Flower, Olive Leaf, Astragalus, Kudzu

INSOMNIA

Passion Flower, Valerian Root, Scullcap, Chamomile, St John's Wort, Schizandra

IRRITABLE BOWEL SYNDROME

Liquorice Root, Slippery Elm, Chamomile, Peppermint, Valerian Root, St John's Wort, Rosemary

JAUNDICE

Milkthistle, Dandelion Root, Sarsaparilla, Artichoke, Dandelion Root Tea, Greater Celandine, Gymnema, Schizandra

KIDNEY DISEASE

Dandelion Root, Marshmallow Root, Bearberry, Parsley, Artichoke

KIDNEY STONES

Hydrangea, Indian Corn Beard, Bearberry, Hydrocotyle (Gotu Kola), Birch

LACTATION INCREASE

Milkthistle Tea, Fenugreek, Goat's Rue

LABOUR EASE

Raspberry Leaf Tea

LAXATIVE

Senna Pods, Liquorice Root, Sacred Bark, Dandelion Root, Bacopa, Sea Moss

LARYNGITIS

Marigold, Myrrh, Propolis, Raspberry Leaf Tea, Sage, Thyme

LEG ULCERS

Echinacea, Golden Seal (internally and as a poultice)



LIVER TONIC

Dandelion Root, Milkthistle, Gymnema, Turmeric, Schizandra

LUPUS

Feverfew, Red Clover, Milkthistle, Pau d'Arco, Liquorice Root Tea, Chamomile, Chamomile Tea

MALABSORPTION

Alfalfa, Dandelion Root, Fennel, Ginger, Nettle, Aloe, Peppermint, Buchu, Golden Seal, Sea Moss, Yellow Dock

MALARIA

Pau d'Arco, Wormwood, African Wormwood, Guava, Black Walnut, Barberry, Golden Seal

MEMORY

Ginkgo, Hydrocotyle (Gotu Kola), Nettle, Alfalfa, Rosemary

CONCENTRATION

Motherwort, Rosemary, Siberian Ginseng, Bacopa, Korean Ginseng, Schizandra

MENSTRUATION DELAYED

Golden Seal, Black Cohosh, Lady's Mantle, Bacopa

MENSTRUAL PAIN

Wild Yam, Cramp Bark, Rosemary, Ginger

MENOPAUSE SYMPTOMS

Wild Yam, Black Cohosh, Chasteberry Sage, Liquorice Root, Raspberry, Sarsaparilla, Dong Quai, Hydrocotyle (Gotu Kola), Siberian Ginseng, Sutherlandia

MIGRAINE

Feverfew, Meadowsweet, Alfalfa, Nettle, Cayenne, Willow

MILK STIMULATION

Alfalfa, Goats Rue, Fenugreek, Fennel, Milkthistle, Nettle

MOUTH GUM DISEASE

Myrrh, Golden Seal, Chamomile, Marigold, Echinacea, Hawthorn Berry, Rosehip, Boswellia

MOUTH ULCERS

Myrrh, Golden Seal, Boswellia



MUMPS

Poke Root, Yarrow, Elder Flower, Marigold

MULTIPLE SCLEROSIS

Ginkgo, Cayenne, Alfalfa, Motherwort, Lobelia

MINERAL AND VITAMIN SOURCE

Alfalfa, Nettle, Moringa, Sea Moss

NAUSEA

Peppermint, Ginger, Clove, Red Raspberry, Kudzu, St John's Wort

NIGHTMARES

Buchu, Thyme

NEURALGIA

Chamomile, Lemon Balm, Scullcap, St John's Wort, Korean Ginseng

NOOTROPIC HERBS

Rhodiola, Ashwagandha, Hydrocotyle (Gotu Kola), Siberian Ginseng, Ginkgo, Rosemary, Lemon Balm, Green Tea

PANCREATITIS

Echinacea, Gentian, Golden Seal, Burdock, Milkthistle, Red Clover

PARKINSON'S DISEASE

Ginkgo, Black Cohosh, Scullcap, Yarrow, Ginseng Siberian, Lemon Balm, Passion Flower, Valerian Root

PEPTIC ULCER

Slippery Elm Tea, Marshmallow Root, Liquorice Root, Golden Seal

PERIODS IRREGULAR

Lady's Mantle, Dong Quai, Bacopa

PERIOD PAINS

Cramp Bark, Dong Quai, Alfalfa, Nettle

PERSPIRATION

Excess Sage, Bacopa



PREMENSTRUAL SYNDROME

Ladys Mantle, Raspberry, Dong Quai, Wild Yam, Birch, Nettle, Alfalfa, Sarsaparilla, Valerian Root

PROSTATITIS

Bilberry, Catuaba, Scullcap, Bearberry

PSORIASIS

Milkthistle, Sarsaparilla, Yellow Dock, Burdock, Motherwort, Olive Leaf, Greater Celandine

RESTLESS LEGS SYNDROME

St John's Wort, Korean Ginseng

RHEUMATOID ARTHRITIS

Boswellia, Cat's Claw, Turmeric, Ginger, Birch, Golden Seal, Olive Leaf

SCIATICA

Meadowsweet, Alfalfa, Burdock, Celery

SHIN SPLINTS

Meadowsweet, Chamomile, Fenugreek, Horsetail

SHINGLES

Liquorice Root, Burdock, Red Clover, Cayenne, Green Tea, Golden Seal, Olive Leaf, Rosehip, Alfalfa, Valerian Root

SKIN HAIR AND NAIL CONDITIONER

Horsetail, Horsetail Tea, Nettle

SINUS / HAYFEVER

Golden Seal, Mullein, Echinacea, Plantain, Lobelia, Elder Flowers, Goldenrod, Dong Quai, Cayenne, Eyebright

SMOKING (TO STOP)

Calamus, Lobelia, Scullcap

SORE THROAT

Myrrh, Olive Leaf, Propolis, Golden Seal, Echinacea, Liquorice Root

SPERM COUNT (LOW)

Sarsaparilla, Saw Palmetto



SEXUALLY TRANSMITTED DISEASES

Sarsaparilla, Echinacea, Astragalus, Pau d'Arco, Golden Seal, Hypoxis Rooperi

STRESS

Ashwagandha, Rhodiola Rosea, Ginseng Siberian, Korean Ginseng, Valerian Root

STROKE

Ginkgo, Hawthorn, Cayenne

SWOLLEN ANKLES

Buchu, Cayenne, Hawthorn, Milkthistle

TINNITUS

Golden Seal, Ginkgo, Horsetail, Cayenne, Black Cohosh

THRUSH

Pau d'Arco, Pepperbark, Olive Leaf

THYROID (OVERACTIVE)

Bugleweed, Motherwort, Nettle, Valerian Root, Yarrow

THYROID (UNDERACTIVE)

Bladderwrack, Nettle, Oats, Bladderwrack Tea

TONSILLITIS

Echinacea, Myrrh, Thyme, Golden Seal

TOOTHACHE

Golden Seal, Myrrh, Clove, Natal Ginger

TUBERCULOSIS

Sutherlandia, Plantain, Golden Seal, Lobelia, Mullein, Cayenne, Liquorice Root, Hydrocotyle (Gotu Kola), Elecampane, Echinacea

TUMOURS

Cats Claw, Mistletoe, Barberry, Burdock Root, Red Clover, Milkthistle, Poultices of Pau d'Arco and Poke Root, Greater Celandine

ULCERATIVE COLITIS

Aloe, Yarrow, Boswellia, Liquorice Root, Chamomile, Slippery Elm Tea, Turmeric



ULCERS (MOUTH)

Myrrh, Golden Seal, Sausage Tree (Kigelia), Sea Moss, Boswellia

ULCERS (STOMACH)

Marshmallow Root, Golden Seal, Slippery Elm Tea, Pau'd Arco, Sausage Tree (Kigelia), Sutherlandia, Sea Moss

UTERINE INFECTION

Marigold (Calendula), Echinacea, Gymnema

VAGINAL DRYNESS

Dong Quai, Wild Yam, Marshmallow Root

VARICOSE VEINS

Hydrocotyle (Gotu Kola), Cayenne, Rue, Alfalfa, Nettle, Horsetail, Witch Hazel, Hawthorn Berry

VERTIGO

Echinacea, Horsetail, Cayenne, Ginkgo, Golden Seal

VITAMIN C SOURCE

Elder Berry, Rosehip, Amla, Moringa

VITILIGO

Dong Quai, Liquorice Root, St. John's Wort

WARTS

Thuja, Wormwood, Walnut Black, Pau d Arco, Greater Celandine

WEIGHT (TO LOSE)

Fennel, Boldo, Bladderwrack, Dandelion Root, Garcinia, Sea Moss, Guarana, Phyto-Cleanse Detox Tea, Hoodia

WEIGHT (TO GAIN)

Fenugreek, Ginseng, Cayenne, Celery Seed, Fennel, Lady's Mantle, Ashwagandha, Sutherlandia

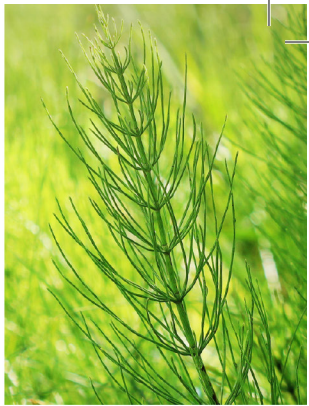
WATER RETENTION

Buchu, Celery Seed, Bearberry, Juniper Berries, Nettle, Indian Cornbeard

WORMS AND PARASITES

Wormwood, Tansy, Walnut Black, Thuja, Quassia, Gymnema, African Wormwood (Wilde Als)

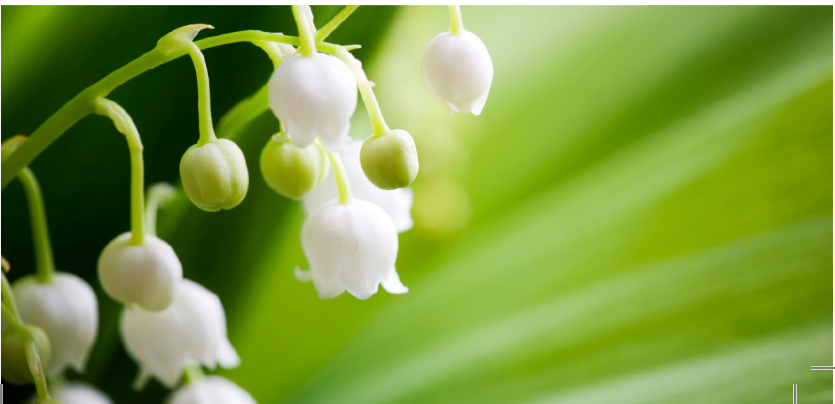




HERB CHART

SEE WHAT AILMENTS EACH HERB TREATS

Use the herb chart to find the herbs you need.



AGRIMONY (AGRIMONIA EUPATORIA)

Colitis, food allergies, diarrhoea, gallstones, grumbling appendix, haemorrhoids, chronic skin conditions, indigestion, good astringent, incontinence

AFRICAN WORMWOOD (ARTEMISIA AFRA)

Immune boosting, respiratory disorders, coughs, colds, flu, fever, intestinal (wilde als) worms, gastro-intestinal disorders

ALFALFA (MEDICAGO SATIVA)

Tonic, lactation, migraine, malnutrition, menopause, eczema, Aids blood clotting, uric acid

ALOE (ALOE FEROX)

Colon problems, constipation especially following iron medication, poor appetite, digestive problems, colitis

AMLA (EMBLICA OFFICINALIS)

High in Vitamin C, anti-inflammatory, improves hair and skin condition, strengthens heart and liver, prevents premature aging, improves eyesight

ANDROGRAPHIS (ANDROGRAPHIS PANICULATA)

Prevents flu viruses from binding to cells in the body, upper respiratory illness, infections of the throat, ulcerative colitis, osteoarthritis

ANGELICA (ANGELICA ARCHANGELICA)

Anorexia, migraine sickness, gastric ulcers, indigestion, bronchitis, pleurisy, cystitis

ARTICHOKE (CYNARA SCOLYMUS)

Chronic liver and gallbladder diseases, poor digestion, Arteriosclerosis, hepatitis, chronic albuminuria, anaemia, reduces cholesterol

ASHWAGANDHA (WITHANIA SOMNIFERA)

Nervous exhaustion, geriatric complaints, wasting diseases, nerve and joint pains, rheumatic pains or multiple Sclerosis

ASTRAGALUS (ASTRAGALUS MONGOLIUS)

Immuno-stimulant, diabetes, heart tonic, Anaemia, diabetes, kidney problems, prolapsed organs, slow healing skin eruptions, improves recovery in cancer patients undergoing chemotherapy and radiation treatment



BACOPA (BRAHMI) (BACOPA MONNIERI)

Laxative, improves intellectual function, carminative, digestive, anti-inflammatory, anti-convulsant, cardio tonic, bronchodilator, diuretic, helps to lower perspiration, helps to lower temperatures associated with fevers, IBS

BARBERRY (BERBERIS VULGARIS)

Gallstones, jaundice, liver congestion, malaria, support to cancer chemotherapy, candida and yeast infections, diarrhoea

BEARBERRY LEAVES (ARCTOSTAPHYLOS UVA-URSI)

Kidney stones, cystitis, bed wetting, diuretic, needs alkaline urine to work therefore acidic fruits and juices must be excluded from diet during treatment

BEDSTRAW (GALIUM APARINE)

Glandular fever, tonsillitis, chronic fatigue syndrome, hepatitis, eczema and psoriasis, cystitis, incontinence, diuretic, weight loss

BILBERRY (VACCINIUM MYRTILLUS)

Diabetes, strengthens capillaries, helps make hardened arteries pliable, varicose veins, thread veins, haemorrhoids, poor circulation and eye conditions, improves vision, reduces cholesterol, stomach ulcers, anti-fungal, anti-bacterial

BIRCH (BETULA ALBA)

Arthritis, rheumatism and muscular pain, urinary tract disorders, bladder infections, kidney stones, PMS, diuretic, cellulite

BLACK COHOSH (CIMICIFUGA RACEMOSA)

Assists balancing of female hormones, arthritis, sciatica, neuralgia, tinnitus, antispasmodic

BLADDERWRACK (FUCUS VESICULOSUS)

Thyroid, anti-rheumatic

BOLDO (PEUMUS BOLDUS)

Gallstones, cystitis, hepatitis, diuretic

BOSWELLIA (BOSWELLIA SERRATA)

Bronchial infections, urinary tract infections, vaginal infections, catarrh, gum, mouth and teeth complaints, anti-inflammatory for muscle and joint disorders

BRAHMI

See Bacopa



BUCHU (AGATHOSMA BETULINA)

Cystitis, water retention, arthritis

BUGLEWEED (LYCOPUS VIRGINICUS)

Overactive thyroid, weak heart, sedative, astringent, coughs, bleeding, insomnia, circulation, grave's disease

BURDOCK (ARCTIUM LAPPA)

Eczema, psoriasis, anaemia, acne, boils and sores, rheumatism and gout

BUTCHERS BROOM (RUSCUS ACULEATUS)

Gout, jaundice, kidney and bladder stones, haemorrhoids, Lymphedema, swollen ankles, Carpal Tunnel Syndrome

CALAMUS (ACORUS CALAMUS)

Poor appetite, colic, indigestion, restorative for the brain and nervous system, especially after a stroke

CANCER BUSH

See Sutherlandia

CAT'S CLAW (UNCARIA TOMENTOSA)

Immuno-stimulant, anti-inflammatory cancer

CATUABA (ERYTHROXYLUM VACCINIFOLIUM)

Aphrodisiac, impotence, prostatitis, chronic fatigue

CAYENNE PEPPER (CAPSICUM ANNUUM)

Circulation, cholesterol, migraine, headaches, flu, coughs, arthritis, neuralgia

CELERY SEEDS (APIUM GRAVEOLENS)

Arthritis, cystitis, uric acid

CENTAURY (CENTAURIUM MINUS)

Poor appetite, metabolism, indigestion

CHAMOMILE (MATRICARIA CHAMOMILLA)

Insomnia, nausea, nervous disorders, muscular pain, colic

CHAPARRAL (LARREA DIVARICATA)

Immuno-stimulant, cancer (notably leukemia) pain



CHASTE BERRY (VITEX AGNUS-CASTUS)

PMS, menopause, ovarian cysts, breast lumps, infertility, involuntary ejaculation

CHICKWEED (STELLARIA MEDIA)

Chest infections, eczema, psoriasis, arthritis, rheumatism, urticaria, ulcers, boils and abscesses

CINNAMON (CINNAMOMUM VERUM)

Nausea, diarrhoea and vomiting, gastroenteritis, colds, influenza, hypertension, arthritis, rheumatism and candidiasis, anti-parasitical

CLOVE (SYZYGIUM AROMATICUM)

Gastroenteritis and internal parasites, anti-candida, anti-bacterial, TB, Anti-viral, nausea

COLTSFOOT (TUSSILAGO FARFARA)

Dry cough, wheezing, hoarseness, bronchitis, sore throat

COMFREY LEAVES (SYMPHYTUM OFFICINALE)

Externally for acne, eczema, psoriasis, bruises, sprains, dislocation, inflammation and swelling associated with joint pain

CRAMP BARK (VIBURNUM OPULUS)

Period pains, hiccoughs

CRANBERRY (VACCINIUM MACROCARPON)

Internally for urinary tract infections (notably recurrent cystitis) urinary stones and incontinence

CRANESBILL (GERANIUM MACULATUM)

Female tonic, gastrointestinal problems, diabetes

DANDELION ROOT (TARAXACUM OFFICINALE)

Liver tonic, jaundice, arthritis, acne, eczema, psoriasis, gallbladder and urinary disorders, gallstones, cirrhosis, dyspepsia with constipation, chronic joint and skin complaints, gout

DEVIL'S CLAW (HARPAGOPHYTUM PROCUMBENS)

Arthritis, rheumatoid arthritis, spondylosis, neuralgia, digestive problems involving the gallbladder and pancreas, inflammation

DONG QUAI (ANGELICA SINENSIS)

Vaginal dryness, irregular / painful period, sinusitis, allergies



ECHINACEA (ECHINACEA PURPUREA)

Immuno-stimulant, acne, sinus, cystitis, boils, poison, flu, antibiotic, anti-viral

ELDER BERRY (SAMBUCUS FRUTESCENS)

Influenza, colds, catarrh, sinusitis and feverish illnesses, rich in vitamin C, rheumatic complaints

ELDER FLOWER (SAMBUCUS FLOS)

Sinus, flu, catarrh

ELECAMPANE (INULA HELENIUM)

Asthma, emphysema, bronchitis, tuberculosis, pleurisy, catarrh and weak digestion associated with mucus formation

EYEBRIGHT (EUPHRASIA OFFICINALIS)

Catarrh, sinusitis, allergic rhinitis, hay fever and upper respiratory tract infections, strengthens eyes, conjunctivitis

FENNEL (FOENICULUM VULGARE)

Cellulite, suppresses appetite, lactation, colic

FENUGREEK (TRIGONELLA FOENUMGRAECUM)

Catarrh, hair growth, breast development, lactation

FEVERFEW (TANACETUM PARTHENIUM)

Migraine, headaches and fevers

GARCINIA (GARCINIA CAMBOGIA) (HYDROXYCITRIC ACID 60%)

Assists with weight loss, appetite suppressant

GARLIC (ALLIUM SATIVUM)

Expectorant, diaphoretic, disinfectant, diuretic, anti-microbial, anti-hypertensive, lipid-lowering, fibrinolytic, anti-platelet and cancer-protective effects

GENTIAN (GENTIANA LUTEA)

Liver tonic, appetite, indigestion

GINGER (ZINGIBER OFFICINALE)

Motion sickness, morning sickness, nausea, fever, flu, diarrhoea, muscular pain

GINKGO (GINKGO BILOBA)

Memory and concentration, poor circulation, Rynaud's disease, nerve tonic



GINSENG (ELEUTHEROCOCCUS SENTICOSUS)

Physical and mental stress, energy, depression, convalescence, menopausal complaints, insomnia caused by prolonged anxiety, exposure to toxic chemicals and radiation

GOAT'S RUE (GALEGA OFFICINALIS)

Stimulates breast development, lactation, damaged nerves, Alzheimer's, diabetes

GOLDENROD (SOLIDAGO VIRGAUREA)

Catarrh, sinus, cystitis, laryngitis

GOLDEN SEAL (HYDRASTIS CANADENSIS)

Anti-inflammatory, sinusitis, tinnitus, vertigo, natural oestrogen, eczema, digestive disorders, excessive and painful menstruation, postpartum haemorrhage and pelvic inflammatory disease

GOTU KOLA

See Hydrocotyle

GRAVEL ROOT (EUPATORIUM PURPUREUM)

Kidney stones, cystitis, urinary infection

GREATER CELANDINE (CHELIDONIUM MAJUS)

Inflammation of the gall-bladder and bile duct, jaundice hepatitis, gout, arthritis and rheumatism, remittent fevers, spasmodic cough and bronchitis, skin eruptions, ulcers, cataract, bruises and sprains, warts, ringworm, psoriasis, eczema and malignant tumours

GREEN TEA (CAMELLIA SINENSIS)

Anti-oxidant, asthma, arteriosclerosis, high cholesterol, cirrhosis of the liver, colorectal cancer, cancer, food poisoning, periodontal disease, herpes virus

GUARANA (PAULLINIA CUPANA)

Relieves fatigue, aids concentration, lifts the spirits, migraine, headaches, brain activity, concentration levels, weight loss, anti-blood clotting, improves physical endurance

GUAVA (PSIDIUM GUAJAVA)

Blood purifier, malaria, feverish illnesses, acne

GYMNEMA (GYMNEMA SILVESTRE)

Anti-inflammatory, anti-viral, anodyne, digestive, liver tonic, emetic, diuretic, stomachic, stimulant, laxative, cardio-tonic, expectorant, antipyretic and uterine tonic, anti-diabetic and helps to stimulate increase in insulin production



HAWTHORN BERRY (CRATAEGUS MONOGYNA)

Heart tonic, circulatory and heart disorders

HOODIA (HOODIA GORDONII)

Appetite suppressant, gives energy and is mood enhancing

HOPS (HUMULUS LUPULUS)

Insomnia, stress

HORNY GOAT WEED (EPIMEDIUM SAGITTATUM)

Impotence, premature ejaculation, High Blood Pressure, asthma, bronchitis, cold or numb extremities

HORSERADISH ROOT (ARMORACIA RUSTICANA)

Reduces growths, indigestion, 'flu

HORSETAIL (EQUISETUM ARVENSE)

Bed wetting / incontinence, skin, hair and nail conditioner, prostatitis

HYDRANGEA (HYDRANGEA ARBORESCENS)

Prostate problems, kidney stones

HYDROCOTYLE / GOTU KOLA (CENTELLA ASIATICA)

Hypothyroidism, diuretic, kidney stones, chronic skin diseases, venereal diseases, varicose veins, thread veins, night cramps

HYPOXIS / AFRICAN POTATO (HYPOXIS ROOPERI)

Immuno-stimulant, liver detox, anti-candida, anti-inflammatory

HYPOXIS CREAM

Weeping eczema, athlete's foot, skin cancer, pimples, boils, insect bites and itches

HYSSOP (HYSSOPUS OFFICINALIS)

Bronchitis, upper respiratory tract infections and congestion

INDIAN CORN BEARD (ZEA MAYS)

Cystitis, urinary stones, urethritis, prostatitis, water retention

JAVA PLUM (SYZYGIUM CUMINI)

Lowers sugar levels, diabetes, glycosuria, carminative in diarrhoea



JUNIPER BERRIES (JUNIPERUS COMMUNIS FRUCTUS)

Cystitis, urethritis, kidney inflammation, rheumatism, gout, arthritis, poor digestion with wind and colic

KIGELIA / SAUSAGE TREE (KIGELIA AFRICANA)

Ulcers, sores, dysentery

KIGELIA CREAM (KIGELIA AFRICANA)

Cancer sun spots, sores, rheumatism

KNOTGRASS (POLYGONUM AVICULARE)

Incontinence, cystitis, weeping eczema, diarrhoea, dysentery

KOLA NUTS (KOLA VERA)

Energy stimulant

KOREAN GINSENG (PANAX GINSENG)

Hypoglycemic, restless legs syndrome, immune-modulator, neuro-active, sedative, demulcent and stomachic, neurasthenia, neuralgia, insomnia, improves muscle tone, depressive states, sexual inadequacy, stamina, concentration, stress resistance

KUDZU (PUERARIA LOBATA)

Helps to reduce alcohol intake. Colds, influenza, feverish illnesses, excessive thirst in diabetes, muscular tension, gastritis, nausea, vomiting, alcohol poisoning, abdominal bloating, minor digestive problems

LADY'S MANTLE (ALCHEMILLA XANTHOCHLORA)

Ladies hormones, excessive bleeding.

LEMON BALM (MELISSA OFFICINALIS)

Hyperthyroidism, nervous tension, excitability with digestive upsets in children, depression, anxiety, palpitations and tension headaches

LIQUORICE ROOT (GLYCYRRHIZA GLABRA)

Irritable Bowel Syndrome, ladies hormones, indigestion, constipation, colic, peptic ulcer, diabetes, glands, asthma, bronchitis, coughs

LOBELIA (LOBELIA SIPHILITICA)

Asthma, bronchitis, catarrh, angina, recommended with Calamus and Scullcap to stop smoking



MARIGOLD / CALENDULA (CALENDULA OFFICINALIS)

Inflammation, uterine tonic, acne

MARSHMALLOW ROOT (ALTHAEA OFFICINALIS)

Restores mucus lining, ulceration of the digestive tract, hiatus hernia, anti-inflammatory, vaginal dryness, bronchitis and kidney stones

MEADOWSWEEET (FILIPENDULA ULMARIA)

Anti-inflammatory, gout, fever, cystitis, hyperacidity, heartburn, gastritis, peptic ulcers

MILKTHISTLE (SILYBUM MARIANUM)

Regenerates liver cells, stimulates bile flow, liver and gallbladder diseases, jaundice, hepatitis, liver damage, cirrhosis and poisoning

MISTLETOE (VISCUM ALBUM)

High Blood Pressure, headache, cancer tumours, cancer especially of lungs and ovaries

MORINGA (MORINGA OLEIFERA)

Multivitamin, malnutrition, diabetes, Antioxidant, anti-inflammatory, slows the effect of aging, improves digestive health, nourishes the skin, helps stabilize mood, has antifungal, antibacterial, anti-viral, anti-parasitic properties

MOTHERWORT (LEONURUS CARDIACA)

Menopause, gas, cardiac edema, swollen thyroid, cramps (combines with Dong Quai), calmativ

MUIRA PUAMA (PTYCHOPETALUM OLACOIDES)

Aphrodisiac, impotence, infertility, tonic for nervous system, male pattern baldness

MULLEIN (VERBASCUM THAPSUS)

Catarrh, bronchitis, coughs, whooping cough, laryngitis, tonsillitis, tracheitis, asthma, influenza, respiratory catarrh, tuberculosis

MYRRH (COMMIPHORA ABYSSINICA)

Mouth ulcers, gingivitis, laryngitis, tonsillitis, excellent for all mouth, gum and throat infections

NATAL GINGER (AETHIOPICUS)

Treats chest ailments, rheumatism, neuralgia, menstrual pain, toothache and malaria, tension headaches, influenza, sinusitis, sore throat and mild asthma



NEEM (AZADIRACHTA INDICA)

Detoxifier, weight loss, skin rejuvenator, blood impurities, promotes healing, malaria, tuberculosis, rheumatism, jaundice

NETTLE (URTICA DIOICA)

Hair loss, headaches, migraines, anaemia, eczema, weight loss

OATS (AVENA SATIVA)

PMS, menopausal symptoms, shingles, herpes, depression, male sexual tonic, hysteria, angina, acts as a tonic to the heart, nerves and thymus gland

OLIVE LEAF (OLEA EUROPAEA)

Antiseptic, astringent, anti-viral, anti-bacterial, anti-fungal, immune booster, anti-oxidant, chronic fatigue, arthritis, psoriasis, tranquilizer, fever

OREGANO (ORIGANUM VULGARE)

Coughs, colds, bronchitis, anti-inflammatory, anti-viral, anti-bacterial, restores damaged tissues of the liver and kidneys

PARSLEY ROOT (PETROSELINUM CRISPUM)

Cancer, diuretic, immuno-stimulant, blood purifier, coughs

PASSION FLOWER (PASSIFLORA INCARNATA)

Insomnia, anxiety, seizures, shingles, Parkinson's disease

PAU D' ARCO (TABEBUIA IMPETIGINOSA)

Internally for inflammatory diseases, chronic degenerative diseases, anti-candida, antibiotic, anti-viral, lupus, cancers, tumours, ulcers, cysts, venereal, rheumatic, skin diseases, fungal infections.

PELARGONIUM (PELARGONIUM SIDOIDES)

Acute and chronic infections of the nose, ear and chest, supportive treatment in tuberculosis and chronic bronchitis

PEPPERBARK (WARBURGIA SALUTARIS)

Candida, oral and oesophageal thrush, chest infections, bronchitis and natural anti-biotic

PEPPERMINT (MENTHA PIPERITA)

Nausea, colic, headaches, flu, stimulates the flow of bile, indigestion



PLANTAIN (PLANTAGO LANCEOLATA)

A natural antihistamine, sinus, hay fever, allergies, coughs, cystitis, kidneys and lymphatic system, also used as a slimming aid

POKE ROOT (PHYTOLACCA DECANDRA)

Lymphatic cleanser, cancer, catarrh, arthritis, tonsillitis, mumps, swollen glands including glandular fever and mastitis

PROPOLIS

Sore throat, tonsillitis, allergies, post nasal drip, asthma, cancer

PUNCTURE VINE (TRIBULUS TERRESTRIS)

Aphrodisiac, impotence, premature ejaculation, spermatorrhoea, frequent urination, kidney complaints, blurred vision owing to deficient liver energy, lumbago, nosebleeds strengthens contractions during prolonged or difficult labour

QUASSIA CHIPS (QUASSIAE LIGNUM)

Diabetes, roundworms, poor appetite and digestion, anorexia, alcoholism, feverish illnesses especially malaria

RASPBERRY LEAVES (RUBUS IDAEUS)

Eases labour, diabetes

RED CLOVER (TRIFOLIUM PRATENSE)

Cancers of the breast, ovaries and lymphatic system, chronic degenerative diseases, also a source of isoflavones during the menopause, skin complaints

REHMANNIA (REHMANNIA GLUTINOSA)

Anaemia, night sweats, urinary disorders, involuntary ejaculation, excessive thirst associated with feverish illnesses

RHODIOLA ROSEA / ARCTIC ROOT (RHODIOLA ROSEA)

Adaptogen, physical and mental strength and endurance, stamina, lifts moods

ROSE HIP (ROSA CANINA)

Colds, gastric inflammations, diarrhoea, rich in vitamin C

ROSEMARY (ROSMARINUS OFFICINALIS)

Circulation, headaches and migraines associated with nervous tension, depression, apathy, nervous exhaustion, hair loss



RUE (*RUTA GRAVEOLENS*)

Cramps, strengthens capillaries, relieves muscle spasms, menstrual problems, colic, epilepsy, palsy, rheumatic pain

SACRED BARK (*RHAMNUS PURSHIANUS*)

Constipation, colitis

SAGE (*SALVIA OFFICINALIS*)

Excessive perspiration, night sweats, especially during menopause, excessive salivation, decreases flow of milk, indigestion, flatulence, liver complaints

SARSAPARILLA ROOT (*SMILAX OFFICINALIS*)

Increases testosterone and sperm count, tonic, psoriasis

SAW PALMETTO (*SERENOA SERRULATA*)

Tonic for male reproductive system, prostate problems

SCELETIUM (*SCELETIUM TORTUOSUM*)

Replacement therapy for alcoholics, stress and anxiety, tension, colic

SCHISANDRA (*SCHISANDRA CHINENSIS*)

Dry coughs, asthma, night sweats, urinary disorders, involuntary ejaculation, chronic diarrhoea associated with kidney weakness, palpitations, insomnia, poor memory, hyperacidity, hepatitis and diabetes

SCULLCAP (*SCUTELLARIA LATERIFLORA*)

Withdrawal from alcohol and drug addiction, epilepsy, insomnia, muscular spasms, irritability, neuralgia

SEA MOSS (*CHONDRUS CRISPUS*)

Immune boosting, brain health, mild laxative, aids digestion, hypothyroidism

SENNA PODS (*CASSIA ANGUSTIFOLIA*)

Intestinal cleanser without gripe

SHEPHERD'S PURSE (*CAPSELLA BURSA-PASTORIS*)

Duodenal ulcer, anti-tumour, anti-inflammatory

SLIPPERY ELM (*ULMUS FULVA*)

Gastritis, duodenal / gastric ulcer, colitis



ST. JOHN'S WORT (*HYPERICUM PERFORATUM*)

Depression, insomnia, neuralgia, hysteria

SUTHERLANDIA / CANCER BUSH / KANKERBOS (*SUTHERLANDIA FRUTESCENS*)

Wasting syndrome in AIDS, TB and cancer, improves immune system and increases quality of life, treats heartburn, gastritis, reflux oesophagitis, peptic ulceration, hot flushes and irritability in menopause, mild asthma, rheumatism and rheumatoid arthritis support, assists increasing weight in Aids, cancer and TB patients

SWEDEN BITTERS (11 HERBS)

Liver detox, indigestion, colon cancer, general wellbeing

TANSY (*TANACETUM VULGARE*)

Roundworms and threadworms, anti-parasitical, topically in lotions for scabies, lice and fleas

THUJA (*THUJA OCCIDENTALIS*)

Topically on warts, antifungal and anti-parasitical

THYME (*THYMUS VULGARIS*)

Cough, asthma, colds, flu, whooping cough, sore throat

TURMERIC (*CURCUMA LONGA*)

Anti-tumour, anti-inflammatory, anti-oxidant, anti-parasitical, relieves head colds and arthritic aches

VALERIAN ROOT (*VALERIANA OFFICINALIS*)

Anxiety, insomnia, high blood pressure, depression, stress and tension

WALNUT (BLACK) (*JUGLANS NIGRA*)

Parasites, flukes

WILD YAM (*DIOSCOREA VILLOSA*)

Natural plant progesterone, menopause, vaginal dryness, threatened miscarriage

WILLOW (*SALIX ALBA*)

Headaches, inflammatory stages of auto-immune diseases, cystitis, arthritis and gout, neuralgia



WITCH HAZEL (HAMAMELIS VIRGINIANA)

Diarrhoea, dysentery, varicose veins, haemorrhoids, astringent

WORMWOOD (ARTEMISIA ABSINTHIUM)

Worms, parasites, diabetes

YARROW (ACHILLEA MILLEFOLIUM)

Haemorrhoids, painful menstruation, high blood pressure

YELLOW DOCK (RUMEX CRISPUS)

Anaemia, constipation, promotes flow of bile, cleanser,
jaundice, chronic skin disorders, liver disorders, blood tonic.



Phyto-Force
HEALING THE NATURAL WAY

PHYTO-FORCE HERBAL LABORATORIES

Unit 4-6 Scotia Park, Nguni Way, Waterfall, KZN, South Africa

T: 031 766 0150 E: sales@phyto-force.co.za



phyto-force.co.za



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 because 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 WHILE MENSTRUATING.



Clear Skin Cream

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

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.

Clear
Skin

eczema
ease

fungi
fight

Clear Skin Soap

Essential Oils: Lavender & Calendula.

Acne and pimples.

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.

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.



Stress Control

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

This formula contains nootropic and 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 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 including worms, flukes and their eggs. Effective deworming ensures that the body obtains the essential nutrients to remain healthy. Can be used for both humans and pets. Recommended to be taken after full moon.



Sleep Deep

Valerian, Chamomile, Hops, Passionflower & Lemon Balm.

A combination of calming herbs which gently induce a deep, 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.



Prostate

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

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

Rescue

St. John's Wort, Passionflower, Rosehip, Chamomile, Rosepet, Scullicap & 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 restless legs syndrome requires iron supplementation, 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 may be required.

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.



Male Tonic

A natural aphrodisiac to treat impotence in men by helping to increase the production of testosterone, improves circulation & energy and aids with managing stress levels.

Menstrual-Ease

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

Natural Anti-Biotic

Our natural alternative, this combination of herbs not only has powerful anti-bacterial properties but will also assist your body in fighting viral and fungal infections and inflammation. May also support with Gut Health.

Phyto-Iron

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 and for women that are menstruating.

Nettle, Alfalfa, Dandelion, Burdock & Yellow Dock.

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

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



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, aiding in digestion. Recommended for use during or after excess intake of alcohol, nicotine, and prescription and/or recreational drugs.

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. Recommended for smokers, athletes, and asthmatics.

Lymph Detox

Fennel, Echinacea, Marigold, 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 swelling and inflammation of the glands.





Hair Growth

Fenugreek, Nettle, Rosemary, Horsetail & Hydrocotyle (Gotu Kola).

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.

HBP & Heart Health

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

Used to lower high blood pressure, equalise circulation and strengthen the heart muscle.

Immuno-Stim

Echinacea, Ginger, 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.

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.



Detoxi-Gen

Guava, Nettle, Dandelion, Burdock & Milkthistle.

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

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, Hydracocyle (Gotu kola) & Milkthistle.

A combination of herbs that target the common causes of fatigue. These include nutrient deficiency, liver damage, brain fog, allergies, adrenal fatigue and more.

Eye-Care

Eyebrigh, Ginkgo & Bilberry.

Assists in restoring weakened eyesight by improving circulation to the tiny capillaries in the eyes. Also assists in reducing red eyes caused by allergies.

Gut Soothe

Slippery Elm, Chamomile, Liquorice Root & Marshmallow

Promotes healing of irritable bowel and colon and soothes discomfort, assisting bowel movement. Also encouraging gut wall mucus providing relief from ulcers.

PHYTO-FORCE
HERBAL TINCTURES
GUT SOOTHE
Nett Root with
Licorice Root &
Irritable Bowel Condiments



Circulation Health

Ginkgo, Cayenne, Yarrow & Hawthorn Berry.

This double strength formulation assists with strengthening the heart, improving blood flow, strengthening, and toning 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.

Clear Skin

Burdock, Sarsaparilla, Echinacea, Guava & Horsetail.

Beauty starts from within. 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.

This combination of herbs is effective in the relief of the symptoms of colds and flu, assists in promoting perspiration which will help to reduce fever and body temperature and acts as a decongestant. This blend assists in all types of coughs, has antihistamine properties, has natural anti-biotic and anti-viral 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. A low daily dose may assist with regular bowel movements.

Acid Free

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

This double strength 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. Acid Free has been used by exercise enthusiasts for muscle fatigue.

Brain Storm

Hydrocotyle (Gotu kola), Ginkgo, Calamus, Ginseng & Rosemary.

This blend of nootropic herbs improves circulation and carries oxygen to the brain which helps to improve memory and concentration. Results improve with continuous use.

Can Beat

Burdock, Sheepsores, 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 herbs 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.

A well balanced, double strength formula with multiple actions that may assist in lowering cholesterol naturally and improving circulation.



FIGHT YOUR AILMENTS SUCCESSFULLY & NATURALLY

*FOR OVER 25 YEARS, PHYTO-FORCE HAS BEEN SUCCESSFULLY
FORMULATING HERBAL BLENDS WHICH HAVE HELPED THOUSANDS
OF PEOPLE WITH MANY COMMON AILMENTS.*

Here in this booklet, you will find the very best herbal blends to help you fight your specific ailments successfully and naturally. It has been an amazing journey of research, and we proudly present to you our range of DOUBLE STRENGTH formulas, giving you extra potency to help speed up healing and recovery.

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

Most of our herbs are sourced from country of origin and are obtained with quality tested and assured certificates. All herbs are either wildcrafted or where possible, organically grown. Each batch of herb is tested against a quality control sample for colour, aroma, texture and taste.

Herbal medicine fills a gap in conventional medical treatment because sometimes it is only the subtle complex of phyto-chemicals and nutrients 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 and depends on the ailment and individual.





HERBAL REMEDIES GUIDE

Phyto-Force
HERBAL BLENDS

