

# Natures Aid: Herbals

# Aloe Vera

## What Is It Good For?

1. Digestion
2. Detoxification
3. Circulation
4. Joint Health
5. Skin Care
6. Immune Health

## How Does It Help?

Contains a vast array of nutrients including vitamins, minerals, amino acids, enzymes, polysaccharides and natural pain killing nutrients.

# Aloe Vera

## Why buy Natures Aid?

- Natures Aid Aloe Vera is double the strength of most others on account of having half the water removed (by a cool temperature filtration to protect the herb).
- Less than 2ppm of the laxative aloin in the juice.
- The mucopolysaccharides, vital for healthy skin, bowel and mucous membranes are at 1500mg per litre in the liquid.
- Suitable for vegetarians and vegans.



# CherryXtra

## What Is It Good For?

1. Gout/Arthritis
2. Sleep/Jet Lag
3. Sports Recovery

## How Does It Help?

- Montmorency cherries contain anthocyanins which are antioxidant flavonoids that protect many body systems. They have some of the strongest physiological effects of any plant compounds. Montmorency cherries are also a source of melatonin, which is produced naturally by the body's pineal gland, is a potent free radical scavenger and broad-spectrum antioxidant that also helps regulate the sleep cycle.



# CherryXtra

## Why buy Natures Aid?

- Each capsule contains 500mg freeze dried Montmorency Cherries.
- Suitable for vegans and vegetarians.



# Cranberry

## What Is It Good For?

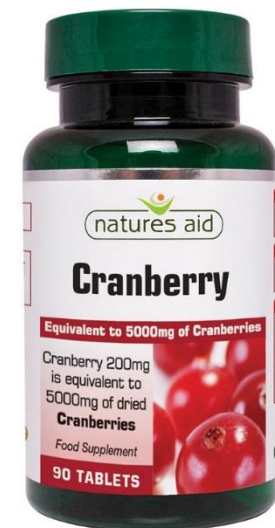
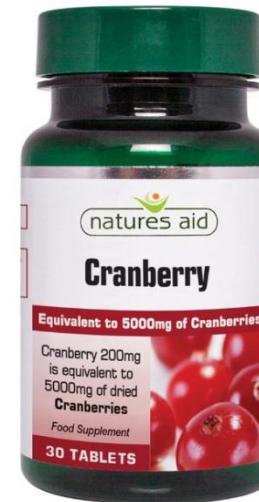
1. Urinary tract infections.
2. Heart health.

## How Does It Help?

- Contains hippuric acid, an antibacterial agent and fructose, which can inhibit the adhesion of bacteria to the bladder.

## Why buy Natures Aid?

- Potent 5000mg powdered berry equivalent.
- Sugar free to discourage further bacterial growth, unlike many juices.
- Suitable for vegetarians and vegans.



## Garlic Concentrated

### What Is It Good For?

1. Cardiovascular Health
2. Antimicrobial.
3. Antioxidant.

### How Does It Help?

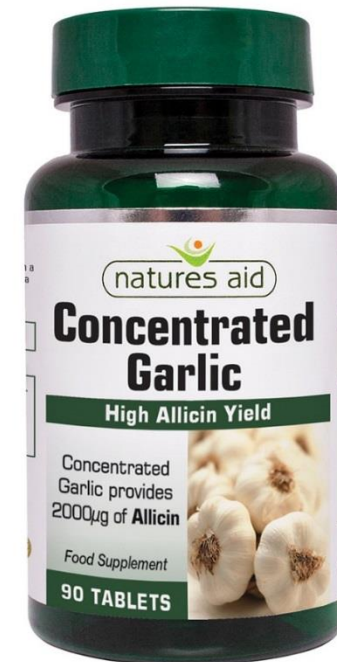
- Contains alliin, allicin and ajoene that have been shown to have antimicrobial activity, cholesterol and triglyceride lowering effects.



# Garlic Concentrated

## Why buy Natures Aid?

- The concentrated coated tablets have 129 times more Allicin than our garlic pearls with the equivalent to around 1200mg fresh garlic (an average size clove).
- Suitable for vegetarians and vegans.
- Standardised to provide a guaranteed potency of 5 active ingredients at levels that account for the wide range of Garlic's health benefits.



# Ginger Root 500mg

## What Is It Good For?

1. Nausea & Digestion
2. Circulation
3. Arthritis & Inflammation
4. Respiratory infections

## How Does it Help?

- In the digestive system, Ginger may ease nausea and has the ability to calm the stomach, promote the flow of bile and improve the appetite.
- Ginger helps to support a healthy cardiovascular system by making platelets less sticky and therefore reducing the likelihood of aggregation (a major factor in atherosclerosis).



## Ginger Root 500mg

- Ginger also appears to promote blood flow to the fingers and toes those areas which could offer relief to those suffering with Raynaud's.
- It is well known for its warming expectorant action on the upper respiratory tract.
- It is also valued for its analgesic action which may help arthritic conditions.

### Why Buy Natures Aid?

- Each Natures Aid Ginger tablet contains extract equivalent to 500mg of dried Ginger Root which is standardised to provide a minimum of 4mg of gingerols and shogaols (the most potent of the constituents) and also contains zingerone.





# Ginger, Turmeric & Bromelain

## What Is it Good For?

1. Inflammatory joint conditions (e.g. Osteoarthritis and rheumatoid arthritis)
2. Osteoarthritis with poor circulation (e.g. Spinal wear and tear)
3. Sports injuries
4. Bursitis

## How Does It Help?

- **Ginger** - 1300mg of ginger root powder has been shown to be equivalent to the standard dose of an anti-inflammatory drug phenylbutazone.
- **Turmeric** - increases the natural productions of cortisone to produce very powerful anti-inflammatory effects.
- **Bromelain** - has been shown to speed healing time and reduce pain following various surgical procedures and has been used with significant positive results in the treatment of various athletic injuries leading to a reduction in swelling, pain and tenderness.





# Korean Ginseng

## What Is It Good For?

1. Energy and stamina.
2. Immune support.
3. Libido.
4. Blood Pressure.

## How Does It Help?

- The properties of Korean ginseng are mainly linked to the ginsenosides, which exert effects on the central nervous system, regulates blood pressure and also has analgesic and anti-inflammatory properties.

# Korean Ginseng

## Why buy Natures Aid?

- A standardised product providing 16mg of ginsenosides per tablet.
- Suitable for vegetarians and vegans.



# Milk Thistle

## What Is It Good For?

1. Over Indulgence of food and drink

## How Does It Help?

- Milk Thistle contains 3 potent protective bioflavonoids, collectively known as silymarin. Silymarin is able to enter liver cell membranes thus inhibiting the passage of toxins.

## Why buy Natures Aid?

- 82.5mg of silymarin per tablet.
- Suitable for vegetarians and vegans.



## Passiflora, Lemon Balm & Avena Sativa

### What Is It Good For?

1. Anxiety and Insomnia.
2. Nervous Indigestion.
3. Long Term Stress.

### How Does It Help?

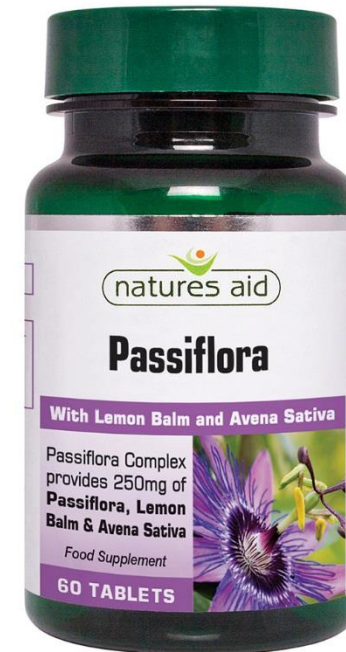
- Passiflora is mildly antidepressant, antispasmodic and a mild sedative. Lemon Balm (also called Melissa) is mildly sedative but is predominantly used as a stomach remedy by improving the tone of the smooth muscles of the digestive system. Avena sativa (oats) is traditionally used as a nerve tonic and is relaxing and mildly sedative.



## Passiflora, Lemon Balm & Avena Sativa

### Why buy Natures Aid?

- Unique formula for shy, quiet, easily unnerved people.
- Suitable for vegetarians and vegans.



## Raspberry Leaf

### What Is It Good For?

1. Childbirth.
2. Menstrual Cramps.
3. Fertility.

### How Does It Help?

- The presence of the alkaloid, fragrine, in raspberry leaf helps to tone the muscles of the pelvic region, including the uterine muscle layer.

### Why buy Natures Aid?

- Each tablet contains 187.5mg equivalent to 750mg of raspberry leaf.
- Suitable for vegetarians and vegans.



# Rhodiola

## What Is It Good For?

1. Stress.
2. Exhaustion.
3. Fatigue.
4. Mild Anxiety.

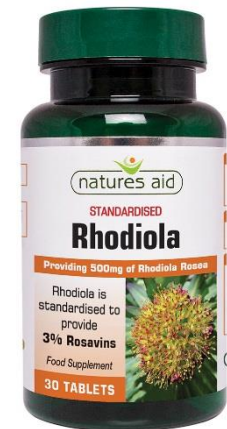
## How Does It Help?

- The majority of the benefits of Rhodiola are attributed to its powerful adaptogenic properties. Adaptogens help increase resistance to or adaptation to all kinds of stress. People taking Rhodiola exhibit elevations in beta-endorphin, a stress relieving, feel good, analgesic chemical.

# Rhodiola

## Why buy Natures Aid?

- Super strong 500mg, Standardised to 3% rosavins, 1% salidroside and 40% polyphenols so fewer tablets required to give that 'get up and go'
- Suitable for vegetarians and vegans.





# Saw Palmetto Complex

## What Is It Good For?

1. Benign Prostatic Hyperplasia (Prostate Swelling).
2. Urinary Tract Infections.
3. Reproductive Health.

## How Does It Help?

- Contains a blend of nutrients specifically combined to reduce prostate swelling and stop the hormone responsible for causing the swelling from entering the prostate. The nutrients in this formula include saw palmetto, nettle root, glutamic acid, glycine, alanine, pumpkin seed, zinc and copper.

# Saw Palmetto Complex

## Why buy Natures Aid?

- Standardised Saw Palmetto extract equivalent to 1600mg dried berries per tablet.
- Standardised nettle leaf extract, equivalent to 500mg per tablet.
- Suitable for vegetarians and vegans.



# Starflower Oil 500mg

## What Is It Good For?

1. Premenstrual Syndrome (PMS).
2. Skin Health.
3. Circulation.

## How Does It Help?

- Starflower Oil is a rich natural source of the omega-6 essential fatty acid, gamma linolenic acid (GLA), an important fatty acid in the production of prostaglandin E1 (PGE1). PGE1 helps modulate the action of many hormones.

# Starflower Oil 500mg

## Why buy Natures Aid?

- 22% GLA allows for those who can't swallow large EPO capsules to reduce the number of smaller doses to a minimum.
- With vitamin E to protect the oil once encapsulated.





## Turmeric 10,000mg

### What Is It Good For?

1. Anti-inflammatory
2. Antioxidant
3. Liver Support
4. Circulation

### How Does It Help?

- The yellow pigments found in turmeric are known as curcuminoids, one of which is curcumin, the most active component. The antioxidant properties of curcumin may well rival those of vitamin C and E. Turmeric is able to reduce inflammation by decreasing histamine levels and by naturally increasing the production of the body's own cortisone levels produced by the adrenal glands.

# Turmeric 10,000mg

## Why buy Natures Aid?

- 400mg of Pure Turmeric extract per capsule.
- Equivalent to 10,000mg of whole herb powder.
- Suitable for vegetarians and vegans.

