



HERBAL MONOGRAPHS
including
HERBAL MEDICINAL PRODUCTS
and
FOOD SUPPLEMENTS



Maria Spiteri

Not all herbal remedies are the same.

*I am grown
from specially
selected seeds in
Switzerland*

*I am
organically
grown*

*I am picked
fresh starting
at sunrise*

*I contain 2.5 times
more alkylamides than
dried echinacea*



Imported & Distributed
exclusively by:

H.P.N.D.

P.P. Mifsud Street,
Hamrun HMR 1855

Tel +356 2122-7027



A.Vogel
Fresh herbs. Better remedies.

Echinaforce®
Echinacea drops and tablets

Echinacea is traditionally used to strengthen the immune system, helping support the body's natural defences and so increasing the response to infections such as colds and flu.

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.

The author makes no representation, expressed or implied, with regards to the accuracy of the information contained in this book, and cannot accept any legal responsibility or liability for any errors or omissions that may be made.

© Department of Pharmacy, University of Malta 2011

Set and printed by Print Right Ltd, Qormi

CONTENTS

PREFACE	v
INTRODUCTION	vi
ABOUT THIS HERBAL HANDBOOK	vii
ACKNOWLEDGEMENTS	viii
ABBREVIATIONS	ix
MONOGRAPHS	1
REFERENCES	169
INDICES	
Indications Index	191
Contraindications Index	217
Herb Name Index	223
Product Index	229

MONOGRAPHS

Acerola	1	Birch Leaf	16
Agnus Castus	1	Bitter Orange	16
Alfalfa	2	Black Cohosh	17
Aloe Vera	3	Bladderwrack	19
Angelica	6	Blessed Thistle	19
Aniseed	7	Boldo	20
Arnica	8	Boneset	21
Artichoke	10	Boswellia	21
Bamboo	11	Brahmi	22
Baobab	11	Buchu	23
Barberry	12	Buckthorn	23
Barley	13	Buckwheat	24
Bilberry	13	Burdock	27

Butcher's Broom	27	Ginger	66
California Poppy	28	Ginkgo	68
Caraway	29	Ginseng Korean	73
Cardamom	29	Goldenseal	77
Cascara Sagrada	30	Gotu Kola	78
Cat's Claw	31	Grapeseed	78
Catnip	32	Green Coffee	81
Cayenne	32	Green Tea	82
Celery	33	Griffonia (5-HTP)	85
Centauray	34	Grindelia	86
Chamomile, German	34	Guarana	87
Chickweed	35	Guar Gum	88
Chicory	36	Gymnema	89
Cinchona	36	Hawthorn	89
Cinnamon	37	Hoodia	90
Cleavers	38	Hops	91
Clove	39	Horehound	92
Colt's Foot	40	Horny Goat Weed	92
Comfrey	40	Horse Chestnut	93
Corn Silk	41	Horseradish	94
Couch Grass	41	Horsetail	95
Cranberry	42	Hydrangea	95
Cranesbill	44	Hyssop	96
Damiana	44	Iceland Moss	96
Dandelion	45	Ivy Leaf	97
Devil's Claw	46	Juniper	97
Dong Quai	47	Karela	98
Echinacea	49	Kelp	99
Elder	51	Kidney Bean	100
Elecampane	52	Kola Nut	100
Ephedra	53	Lavender	101
Eucalyptus	54	Lemon Balm	102
Evening Primrose	55	Lemongrass	103
Eyebright	57	Licorice	104
Fennel	58	Linden	105
Fenugreek	59	Luffa	106
Feverfew	61	Maca	107
Flaxseed	61	Magnolia	108
Gamboge	63	Mallow	108
Garlic	64	Marigold	109
Gentian	66	Marshmallow	110

Maté	111	Sage	139
Meadowsweet	111	Sarsaparilla	140
Milk Thistle	113	Saw Palmetto	141
Muirá-Puama	115	Schisandra	142
Mullein	116	Scotch Pine	143
Myrrh	116	Senna	144
Nasturtium	117	Shiitake Mushroom	145
Neem	117	Siberian Ginseng	145
Nettle	118	Slippery Elm	148
Oats	119	Sorrel	148
Olive	120	St. John's Wort	149
Oregon Grape	121	Starflower	150
Papaya	122	Sundew	152
Parsley	123	Sweet Clover	153
Passionflower	124	Tamarind	153
Pau D'Arco	125	Tea Tree	154
Peony	125	Thyme	155
Peppermint	126	Tragacanth	156
Pineapple	127	Turmeric	157
Plantain	128	Uva-Ursi	158
Pomegranate	128	Valerian	159
Prickly Ash	129	Velvet Bean	160
Psyllium	129	White Willow	161
Pumpkin	131	Wild Lettuce	161
Pygeum	132	Wild Oregano	162
Raspberry	132	Wild Yam	162
Red Clover	133	Witch Hazel	163
Rhodiola	133	Wolfberry	164
Rhubarb	134	Wood Betony	164
Rice	135	Wormwood	165
Rose Hip	135	Yarrow	165
Roselle	137	Yellow Dock	166
Rosemary	137	Yohimbe	166
Safflower	138	Yucca	167
Saffron	139		

PREFACE

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

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

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 advise 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

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

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

ACEROLA

Malpighia glabra

Family: Malpighiaceae

Medicinal Parts: Leaves, fruit.

Indications:

Principal: Common cold (acerola is a source of vitamin C)^{1,2}.

Others: Prophylaxis of scurvy³, prophylaxis of atherogenesis in patients with increased risk of coronary heart disease⁴.

Cautions: Patients allergic to latex².

Contraindications: None noted.

Side-effects: Nausea, stomach cramps, sleepiness, insomnia³.

Drug interactions: Decreased activity of fluphenazine and warfarin³,

beneficial synergistic effect with soy & alfalfa⁴.

Dose: 40-100mg daily².

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^{5,28}.

Major: Acne⁵, mastopathy, hot flushes and sleep disturbances in pre- and

postmenopausal women⁶.

Contraindications: Oestrogen or progesterone sensitive tumours, pregnancy⁵.

Side-effects: Nausea, headache, GI disturbances, menstrual disorders, acne, pruritus, erythematous rash^{5,7}.

ALFALFA

Drug interactions: Dopamine antagonists, oral contraceptives⁵.

Dose: Aqueous alcohol extract: 30-40mg daily⁸; Fruit: 0.5-1g three times daily⁹.

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 vitamins⁹.

Major: Diabetes^{11,28}; malfunctioning of the thyroid gland²⁸.

Minor: Kidney, bladder & prostate disorders; asthma; arthritis^{10,11}.

Cautions: Undergoing HRT, taking birth control medications¹², diabetes¹³.

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[®] (HealthAid) see Starflower

Herbal Female Complex (Solgar) see Black Cohosh

Menovital[®] (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 18¹³, pregnant or breast-feeding^{9,12}.

Side-effects: Photosensitivity¹¹, mild GI symptoms (stomach discomfort, diarrhea, flatulence), hypoglycemia, muscle pain, fatigue, abnormal blood cell count¹³.

Drug interactions: HRT, anti-oestrogen therapy, contraceptive pill, anticoagulants¹⁴.

Dose: 5-10g dried herb three times daily; 5-10ml liquid extract (1:1 in 25% alcohol) three times daily^{9,12}.

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^{15, 16, 17}.

Major: Occasional constipation^{15, 16, 17}.

Minor: Ulcers, psoriasis, genital herpes, radiation-induced dermatitis, type 2 diabetes, HIV infection, ulcerative colitis, irritable bowel syndrome, lung cancer prevention^{5, 16, 17}.

Cautions: Thyrotoxicosis⁵, heart disease, electrolyte abnormalities, diabetes or hypoglycemia¹⁶. Avoid excessive and long-term use (more than 2 weeks), as potassium losses may occur, which may alter cardiac electrophysiology⁵.

Contraindications: Hypersensitivity to aloe or with nausea, vomiting or signs & symptoms of GI obstruction⁵, GI obstruction, appendicitis, abdominal pain of unknown origin, children under 12⁸, pregnancy and lactation, chronic constipation, kidney disorders, haemorrhoids, irritable bowel conditions¹⁵.

Side-effects: Cramping, diarrhoea, dependency or worsening of constipation, red urine^{16, 17}, hypersensitivities and contact dermatitis to aloe⁵.

Drug interactions: Antidiabetic therapy, laxatives, cardiac glycosides, antiarrhythmic drugs¹⁸; thiazide diuretics, corticosteroids, licorice roots – cause exacerbation of potassium depletion¹⁴.

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 days¹⁵.

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[®] (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[®] (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 BaseTM 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[®] *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)

* 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^{8,9,19,28}.

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

menstruation complaints^{9, 19, 28}.

Minor: Peripheral vascular disease (a specific treatment for Buerger's disease)¹⁹.

Others: Liver & biliary duct conditions, body lice²⁸.

Cautions: Avoid prolonged exposure to sunlight for the duration of treatment with Angelica or its preparations^{19, 28}.

Contraindications: Pregnancy^{9, 19, 28}.

Side-effects: Photosensitization of the skin is possible due to furanocoumarins^{8, 19, 28}.

Drug interactions: Anticoagulants, thrombolytic agents, low molecular weight heparins²⁸.

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, 0.5-2ml¹⁹.

Carbogas (Sella) see Fennel

CarbonFlor[®] (Erba Vita) see Aniseed

Flodol[®] *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^{9, 19}.

Major: Catarrhs of the respiratory tract, bronchitis, whooping cough, spasmodic cough^{9, 19, 20}.

Minor: To stimulate lactation^{9, 19}.

External

As diluted anise oil to treat lice and scabies^{9, 19}.

Cautions: Pregnancy, lactation (increases milk secretions, promotes menstruation & facilitates birth), patients on OCP, HRT or MAOIs^{9, 14}.

Contraindications: Hypersensitivity to anise or related plants in the

ARNICA

Umbelliferae family such as fennel, cumin and coriander¹⁴.

Side-effects: Contact dermatitis, photodermatitis, asthma^{9,21}.

Drug interactions: Caution with patients on MAOIs, warfarin²², contraceptive pill, HRT.

Dose: Dried, crushed fruits, 3g as an infusion or equivalent preparation; anise oil, 0.3g¹⁹.

External use: Preparations containing 5-10% of anise oil¹⁹.

Alito Fresco e Balsamico (Sella) see Eucalyptus

ARNICA

Arnica montana[†]

Family: Asteraceae/Compositae

Medicinal Parts: Flowers, leaves, rhizome, roots.

Indications:

Principal: Bruises, sprains²³.

Major: Unbroken chilblains, dislocations, inflammation caused by insect bites, oedema associated with fractures, rheumatic complaints in muscles and joints^{8, 9, 19, 20}.

[†] 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 death⁸.

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^{8, 9, 19, 20}.

Others: Oedema during the early postoperative period^{23, 24}, prophylaxis of pain in tonsillectomy²⁵.

Cautions: For use only on unbroken skin¹⁹.

Contraindications: Other known hypersensitivity to other family members of the family Compositae, and *Tagetes* spp. (Marigold)^{14, 19, 20, 26, 27}.

Side-effects:

Fairly common: Skin irritation and inflammation¹⁹.

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^{8, 19}.

Drug interactions: Potential interaction with aspirin¹⁴.

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 tincture¹⁹.

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^{8, 28, 31, 32, 45}.

Minor: Irritable bowel syndrome, prophylactic treatment against the recurrence of gall stones, hypercholesterolaemia^{5, 9, 28, 29, 30, 31}.

Others: Alcohol-induced hangovers^{5, 31}.

Cautions: Pregnancy, lactation, known allergies to other composites (including chrysanthemes, arnica pyrethrum)^{5, 9, 28, 31}.

Contraindications: Bile duct obstruction, gallstones^{5, 8, 9, 28, 31}.

Side-effects: Flatulence, weakness, hunger, contact dermatitis^{5, 31}.

Drug interactions: No known or reported drug or supplement interactions with artichoke leaf extract³¹.

Dose: Average daily dose is 6gm of drug in divided doses; single dose is 500mg of dry extract^{28, 31}.

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[®] (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,
coughs²⁸.

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[®]) see
Pomegranate

Organic Tea Tree (dr.organic[®]) 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 disorders²⁸.

Major: Malaria, ulcer, skin problems,
anaemia²⁸.

Cautions: The plant contains tartaric

BARBERRY

acid which is mildly irritating in high concentrations²⁸.

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^{8, 19, 28}.

Major: Jaundice, splenopathy, renal disease^{8, 28}.

Minor: Gout, rheumatism, arthritis, lumbago, malaria, leishmaniasis^{14, 19, 28}.

Others: Dry skin disease, opium or morphine withdrawal^{19, 28}.

Cautions: To avoid polyherbal remedies containing goldenseal and oregon grape due to a high total content of berberine, patients receiving antithrombotic or antirheumatic therapy¹⁴.

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^{14, 28}, use of NSAIDs²⁸.

Side-effects: None at normal doses^{14, 19, 28}. Lethargy, nosebleeds, dyspnoea, nephritis, GI discomfort, hypotension, flu-like symptoms, cardiac damage occurs in excessive doses^{14, 28}.

Drug interactions: NSAIDs, antithrombotic and antirheumatic therapy¹⁴.

Dose: Dried stem or root bark: 1.5-3 gm; liquid extract: 3-6ml; tincture: 7-14ml¹⁹.

Aquaflow[®] (HealthAid) see Dandelion

Slim-Rite (HealthAid) see Alfalfa

Livercare[®] (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 conditions²⁸.**Contraindications:** Pregnancy²⁸.**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 oz²⁸.**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 degeneration³³, haemorrhoids^{5, 8, 14, 28, 36}.**Major:** Non-specific acute diarrhoea, inflammation of the mouth and

BILBERRY

pharynx, vomiting, bleeding^{5,14,28}.

Minor: Poorly healing skin ulcers, wound healing, diabetes, bleeding gums, nose bleeds, peptic ulcers, spider veins^{5,28}.

Others: Dysmenorrhea, diabetic retinopathy, coronary artery relaxation³⁴, chronic fatigue syndrome³⁵.

Leaves

Principal: Prevention & treatment of diabetes mellitus^{5,8,28,37}.

Major: Complaints of the GI tract, kidneys and urinary tract, arthritis, poor circulation, functional heart problems^{5,8,28}.

Minor: Gout, dermatitis, haemorrhoids, inflammation of the oral mucosa²⁸, eye inflammation³⁸, burns²⁸, anti-carcinogenic properties: repair and protect genomic DNA integrity, reduce age-associated oxidative stress, improve neuronal and cognitive brain function³⁹.

Cautions: Not to be used in high doses or on prolonged use as chronic intoxication may arise¹⁴.

Side-effects: GI disorders including nausea^{5,8,14,28}.

Drug interactions: Increased risk of bleeding or bruising with high doses in patients taking oral anticoagulants or platelet-inhibiting drugs¹⁴.

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

the recommended dose is 60-160mg three times daily²⁸.

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[®] (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[®] 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-VeinTM (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^{18, 19, 28}.

Major: In adjunct therapy for rheumatic ailments and in gout^{8, 19, 28}.

External

Hair loss, dandruff²⁸.

Cautions: Ensure copious fluid intake⁸.

Contraindications: Oedema in cardiac or renal insufficiency^{8, 19}.

Side-effects: None known in conjunction with the proper administration of designated therapeutic doses^{8, 19, 28}.

Drug interactions: None known^{8, 19, 28}.

Dose: 2-3g of dried leaf several times daily in infusion or as an equivalent aqueous or hydroethanolic extract^{8, 19}.

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^{5, 8, 28, 40}.

Major: As a sedative⁴¹ for nervous tension & insomnia, gout, sore throat, anorexia^{5, 8, 19, 28}.

Minor: Obesity⁴².

Others: Chronic bronchitis²⁸.

Cautions: Pregnancy⁵, hypertension⁴³, 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^{5, 28, 44}. Sensitization can result in erythema, swelling, blisters, pustules, dermatoses leading to scab formation and pigment spots²⁸.

Contraindications: Do not apply essential oils to eyes or undiluted to mucous membranes⁵.

Side-effects: Abdominal pain, nausea, vomiting, diarrhoea, dizziness, skin sensitization, photosensitization, cardiotoxicity⁵.

Drug interactions: Bitter orange juice inhibits CYP3A

and P-glycoprotein^{5, 28, 40}. This results in increased absorption of dextromethorphan and felodipine^{‡ 40}.

Dose: Daily dose: drug: 4-6g; extract: 1-2g; tea: 1 cup half-hour before meals; tincture: 2-3g²⁸.

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)^{5, 28, 45, 46, 47, 48}.

Major: Premenstrual complaints, dysmenorrhoea, uterine spasm^{5, 45}.

Minor: Muscular rheumatism, rheumatoid arthritis, mild depression, tinnitus, sore throat, bronchitis^{28, 45}.

‡ Interactions may occur with the fruit and fruit products. There are no known interactions between the essential oils and conventional medicines⁵.

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^{5,28}, liver disease⁵.

Contraindications: Pregnancy, breastfeeding^{5,28,45}.

Side-effects:

Major: GI disturbances (gastroenteritis, nausea, vomiting), mild rashes^{5,28}.

Minor: Dizziness, headache, tremors, giddiness, muscle damage^{5,28}, liver damage⁴⁹.

Others: Headache, nausea, vomiting, vertigo, visual disturbances & hypotension in case of overdose^{5,28}.

Drug interactions:

Immunosuppressants: azathioprine & cyclosporine; antihypertensives; iron-containing products^{28,50}; tamoxifen⁵⁰.

Dose: Alcoholic-aqueous extract corresponding to 40mg drug daily. The herb is not recommended for treatment longer than 6 months unless advised by a physician²⁸.

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^{8, 28, 45}.*Major:* Lymphadenoid goiter, arteriosclerosis^{8, 28, 45}.*Minor:* Digestive disorders, sprains^{8, 28}, rheumatism⁴⁵.**Cautions:** Long-term use of bladderwrack is not recommended; avoid using iodine supplements while taking bladderwrack²⁸.**Contraindications:** Hyperthyroidism, cardiac problems, pregnancy, lactation^{28, 45}.**Side-effects:** Exacerbation or induction of hyperthyroidism, renalfailure, acne, allergic reactions²⁸.**Drug interactions:** Anticoagulants, antiplatelets, thrombolytic agents, low molecular weight heparins, hypoglycemic agents²⁸.**Dose:** Daily dose: dried thallus, 0.8-2 gm; liquid extract (1:1, 25% ethanol), 1-2 ml; tincture (1:5, 25% ethanol), 4-10ml⁴⁵.*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^{8, 9, 28}.*Minor:* Anorexia, fever & colds,externally for wounds and ulcers²⁸.**Cautions:** Drug exhibits a strong potential for sensitization due to cross-reactions with other members of the Compositae family particularly mugwort and cornflower^{9, 28}.

BOLDO

Contraindications: Pregnancy^{9,28}.

Side-effects: Rarely allergic reactions²⁸.

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 daily²⁸.

Cellusite™ (HealthAid) see White Willow

BOLDO

Peumus boldo

Family: Monimiaceae

Medicinal Parts: Leaves.

Indications:

Principal: Minor hepatobiliary dysfunction^{9,19,28,36}.

Major: Mild spasmodic disorders of the GI tract especially functional disorders of the bile duct, gall stones, liver or gall bladder pains, dyspeptic complaints^{8,9,19,28,36}.

Minor: Urinary tract inflammation including cystitis, rheumatism^{19,36}.

Cautions: Elderly patients with fatty liver⁵¹, use of boldo leaf in gall stones only after consulting a physician^{8,9,19,28}, use of warfarin and related drugs⁵².

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^{8,9,19,28}, existing kidney disorders⁹.

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 infusion¹⁹.

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^{9, 14, 28, 53}.*Major:* Acute bronchitis^{9, 53}.*Minor:* Nasopharyngeal catarrh, febrile diseases^{9, 28, 53}.**Cautions:** Hypersensitivity to other members of the Asteraceae family^{9, 14, 28}.**Contraindications:** Pregnancy, lactation⁹.**Side-effects:** Sensitization after skin contact with the plant, outbreaks of sweat, diarrhoea²⁸, nausea¹⁴.**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 daily⁹.**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)^{54, 55}, osteoarthritis, rheumatoid arthritis^{14, 28, 56}.*Major:* Collagenous colitis (a cause of chronic diarrhoea)^{28, 56, 57}, asthma^{28, 58}.*Minor:* Dysentery, pulmonary disease, ringworm¹⁴.**Cautions:** Pre-existing gastritis²⁸.**Contraindications:** None noted.**Side-effects:** Retrosternal burning, nausea, abdominal fullness, epigastric pain, anorexia, dermatitis²⁸, skin rash¹⁴.**Drug interactions:** Possibly, food may increase bioavailability of boswellic acids; drugs that inhibit P-glycoproteins and/or cytochrome P450 isoenzymes but data is sparse⁵⁶.

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 disease⁵⁹; anxiety^{5, 60, 61, 62}.

Major: Gastric ulcers⁶¹, bronchitis & asthma, epilepsy at high doses, diarrhoea-predominant form of irritable bowel syndrome^{5, 60}.

Minor: Hypothyroidism, cardiovascular disease^{5, 60}.

Cautions: Hyperthyroidism⁵.

Side-effects: None known with the therapeutic doses.

Drug interactions: Cholinergic drugs⁵ including perphenazine, prochlorperazine, thioridazine⁶³.

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^{§ 5}.

Brainvit[®] (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% ginkgoflavoglycosides & 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

§ 3 months’ use is required before clinical effects are observed⁵.

BUCHU*Barosmae folium***Family:** Rutaceae**Medicinal Parts:** Leaves.**Indications:***Principal:* Dysuria, cystitis, urethritis, prostatitis^{9, 28, 45}.*Major:* Inflammation and infection of the kidneys and urinary tract^{8, 14, 28, 45, 64}, bladder disorders including stones and inflammation^{14, 28, 45}.*Minor:* Gout, rheumatism^{14, 28}.*Others:* Stomach ache^{14, 64}.**Cautions:** Patients taking lithium⁶⁴.**Contraindications:** Pregnancy^{28, 45}.**Side-effects:** Occasional GI intolerance - avoid taking on an emptystomach⁴⁵; signs of irritation with the volatile oil²⁸.**Drug interactions:** Loop diuretics, spironolactone, thiazide diuretics, triamterene⁶³.**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^{28, 45}.*Aquaflow*[®] (HealthAid) see Dandelion*Cellusite*[™] (HealthAid) see White Willow*Cysticare*[®] (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 & haemorrhoids²⁸.*Major:* After recto-anal surgery, in preparation for diagnostic intervention in the GI tract, to achieve softer stools²⁸.*Others:* Poor digestion²⁸.**Cautions:** Pregnancy, lactation. Not suitable for long term use²⁸.**Contraindications:** Intestinal obstruction, acute inflammatory intestinal diseases, appendicitis, abdominal pain of unknown origin, children under 12 years of age²⁸.**Side-effects:***Major:* Spasmodic GI complaints²⁸.*On long term use:* Potassium deficiency, nephropathy, oedema,

BUCKWHEAT

accelerated bone deterioration²⁸.

Drug interactions: Thiazide diuretics, oral corticosteroids⁶³, licorice root. Effect of cardiac glycosides & heartbeat-regulating drugs is altered in chronic use/overuse²⁸.

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 arteries²⁸.

Major: Type-2 diabetes, venous stasis, varicose veins²⁸.

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)²⁸.

cup mornings and evenings. Administration should be limited to a few days²⁸.

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)^{28, 65}.*Major:* Ailments & complaints of the GI tract, as a diaphoretic and diuretic⁶⁶; rheumatism; blood purifying^{8, 28}.*Minor:* Carbuncles, ulcers, erythema of the skin, gout, acne, sore throat^{9, 28}.*Others:* Cancer⁶⁶.**Cautions:** Excessive doses may interfere with existing hypoglycaemic therapy⁹.**Contraindications:** Pregnancy^{9, 28}.**Side-effects:** Skin sensitization²⁸.**Drug interactions:** Burdock tincture or alcohol extract with disulfiram or metronidazole should not becombined due to the alcohol content²⁸.**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 day⁹.*2-Day DetoxPlan* (HealthAid) see Milk Thistle*Aquaflow*[®] (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 & Galea

Cellusite[™] (HealthAid) see White Willow*Flodol*[®] *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 venousinsufficiency⁶⁷ such as pain & heaviness^{28, 68}.*Major:* Cramps in legs, itching & swelling^{28, 67}.*Minor:* Orthostatic hypotension⁶⁹.

CALENDULA

Contraindications: None known.

Side-effects: Rarely stomach complaints, nausea²⁸.

Drug interactions: No interactions found⁶⁸.

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

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^{28, 70, 71}.

Major: Aches, nervous agitation, enuresis nocturna in children, bladder & liver diseases, depression, neurasthenia^{28, 70, 71}.

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

vegetative-dystonic disorders, vasomotor dysfunction, vegetative-endocrine syndrome, constitutional weakness of the nervous system, vasomotor cephalgia²⁸.

Contraindications: Pregnancy^{28, 70}.

Side-effects: None known.

Drug interactions: Benzodiazepines, CNS depressants⁷⁰.

Dose: Average single dose for the liquid extract is 1-2 ml²⁸.

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^{19, 26, 72}.

Others: Loss of appetite, dysmenorrhoea, to stimulate flow of milk in breast-feeding mothers, bronchitis, laryngitis (as a gargle), hyperglycaemia^{19, 26, 73}.

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 gm²⁸.

Finocarbo Plus (Aboca) see Fennel

Flodol® Artro (Alta Care) see Meadowsweet

Gastro-Vit Formula (Vega) see Aloe Vera

Sollievo (Aboca) see Senna

dyspeptic complaints^{8, 19, 74}.

Major: Morning sickness, vomiting & diarrhoea, loss of appetite, Roemheld syndrome²⁶.

Minor: Hypertension, epilepsy⁷⁴.

Others: Mouth freshener¹⁹.

CASCARA SAGRADA

Contraindications: Presence of gallstones^{19, 28}.

Side-effects: Gallstone colic^{19, 28}.

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^{19, 28}.

Candaway™ (Lamberts) see Cinnamon

CASCARA SAGRADA

Rhamnus purshiana

Family: Rhamnaceae

Medicinal Parts: Dried bark.

Indications:

Principal: Constipation^{8, 9, 28, 45, 75}, defecation with anal fissures or haemorrhoids^{¶ 28, 45}.

Major: Recto-anal post-operative treatment^{28, 45}.

Minor: In diagnostic preparation of the GI tract²⁸.

Others: Rheumatism²⁸.

Cautions: Avoid excessive laxative use & prolonged use^{**}, adequate fluid intake (may lead to electrolyte imbalance)²⁸.

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^{8, 14, 28, 45}.

Side-effects:

Common: Spasmodic GI complaints^{8, 14, 28}.

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^{8, 28}.

Drug interactions: Cardiac glycosides especially digoxin⁶³, potassium-depleting diuretics, corticosteroids^{8, 14, 28, 45, 75}.

Dose: 20-30 mg hydroxyanthracene derivatives daily²⁸.

Erbalax® Forte Comprese (Erba Vita) see Senna

Slim-Rite (HealthAid) see Alfalfa

Vegilax® (HealthAid) see Blessed Thistle

¶ Preparation should be used only if no effects can be obtained through change of diet or use of bulk-forming products⁸.

** Cascara Sagrada is not recommended for use for longer than 1 or 2 weeks unless medical advice is sought^{8, 28}.

CAT'S CLAW

Uncaria tomentosa

Family: Rubiaceae

Medicinal Parts: Root bark.

Indications:

Principal: All forms of arthritis, rheumatism and other inflammatory diseases^{14, 28, 76}.

Major: Gastric ulcers; viral diseases including herpes zoster, herpes simplex, HIV, cancer^{14, 28, 77, 78, 79}.

Others: Diarrhoea, gastritis, treatment of wounds, asthma⁸⁰, menstrual irregularity, as a contraceptive^{28, 78, 79}.

Cautions: Drugs metabolized by P450 3A4 enzyme should be taken with caution^{14, 28}, patients receiving antihypertensive therapy.

Contraindications: Autoimmune disease, immunosuppressants, bone marrow transplantation, pregnancy, breast-feeding²⁸.

Side-effects: Reduced serum oestradiol and progesterone with long term use, renal failure⁸¹, hypotension^{14, 28}.

Drug interactions: Anticoagulants, antiplatelets, thrombolytic agents, low

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

Dose: 250-1000 mg daily; Decoction dosage: 60ml once daily in the morning on an empty stomach²⁸.

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^{28, 82}.

Major: Nervous disorders, migraine²⁸.

Others: Gynaecological disorders²⁸.

Contraindications: Pregnancy²⁸.

Side-effects: None known.

Drug interactions: CNS depressants, drugs acting on the CNS¹⁴.

Dose: 3 cups of tea daily²⁸.

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 children⁸; rheumatism; digestive ailments; dyspepsia; frostbite⁸³; chronic lumbago^{9, 28}.

Major: Prophylactic therapy for atherosclerosis, stroke & heart disease⁸³; sea sickness²⁸.

Minor: As a gargle for hoarseness, sore throat, infected throat^{28, 83}.

Others: Loss of appetite (in compound preparations); for lowering the temperature in malaria, yellow fever, scarlet fever & typhus; alcoholism²⁸.

Cautions: Pregnancy, breast-feeding⁸³. Wash hands immediately

after use unless treating the hands^{28, 83}.

Contraindications: Open wounds or eyes, stomach ulcers or stomach inflammation, chronic irritable bowel, GI, hepatic or renal disease^{9, 28, 83}.

Side-effects:

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

Others: Diarrhoea, intestinal & gallstone colics (with internal administration); blister, ulcer formation (with external applications)^{9, 28}.

Drug interactions: Aspirin (beneficial interaction)^{28, 63}; ACE inhibitors; anticoagulants, antiplatelet agents, thrombolytic agents, low molecular weight heparins;

barbiturates; theophylline²⁸.

Dose^{††}:

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 daily²⁸.
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 day²⁸.

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^{5, 8, 9, 28, 45, 84, 85}.
Major: Urinary tract infection, fluid retention, high total serum cholesterol & triglycerides⁸⁶, prophylactic for colon cancer development^{5, 28}.
Minor: Nervousness, hysteria, exhaustion, loss of appetite, cough, helminthic infections^{5, 8, 28}.
Others: Mosquito repellent⁸⁷.

Contraindications: Pregnancy, kidney disorders^{5, 8, 28, 45}.

Side-effects: Allergic reactions^{8, 45}.

Drug interactions: NSAIDs

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

Dose: *Seeds:* 1.2 to 4 gm; *Infusion:* 1 gm drug²⁸.

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 weeks²⁸.

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^{8,9,19,28,88}.

Major: Loss of appetite, anorexia^{8,9,19,28,88}.

Contraindications: Stomach or intestinal ulcers^{28,88}.

Side-effects: None known.

Drug interactions: None known.

Dose^{‡‡}: 3-4 times daily: dried herb, 1-3 gm, usually as an infusion; liquid extract 1:1 in 25% alcohol, 1-3 ml¹⁹.

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)^{5,28,89,90}, insomnia, anxiety^{91,92}.

Major: Dyspepsia, travel sickness⁹¹, colic & teething pain in children^{5,28,93}, haemorrhoids (topically)⁵.

Minor: Nasal catarrh, restlessness^{28,91}, chemotherapy induced oral mucositis⁵.

Others: Skin & mucous membrane inflammations, bacterial skin ailments, gingivitis, wounds & burns^{28,94}.

Contraindications: Hypersensitivity to any member of the Asteraceae/Compositae family, history of atopic hay fever or asthma^{5,28}.

Side-effects: Allergic reactions including emesis in high doses, allergic conjunctivitis, contact dermatitis, eczema^{5,9,28}.

Drug interactions: Anticoagulants⁸⁹, alcohol, benzodiazepines²⁸, NSAIDs, drugs metabolized by CYP 3A4⁵.

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-feeding⁹.

^{‡‡} Taken 20-30 minutes before meals and sipped slowly. The tonic effects take time to fully develop and several weeks of treatment would be advisable¹⁹.

administered 3-4 times daily; Washes & gargles: administered several times a day²⁸.

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^{5, 28, 95}.

Externally: Poorly healing wounds, haemorrhoids⁹⁵, inflammation of the eyes, eczema, urticaria, other diverse skin diseases^{5, 28}.

Cautions: Rarely, chickweed can

cause allergic skin reactions – allergy sensitive individuals should try a small amount first⁵.

Side-effects: None noted.

Drug interactions: Nitrates⁹⁵.

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 required⁵.

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^{8,28}.

Others: Jaundice, gallbladder & liver problems, intestinal worms, diabetes⁹⁶.

Cautions/Contraindications: None noted.

Side-effects: Potential for sensitization via skin contact with the drug²⁸.

Drug interactions: None noted.

Dose: 3 gm comminuted drug daily. Single dose: 2-4 gm whole herb for an infusion²⁸.

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^{8,28,45}.

Major: Dyspeptic complaints⁹⁷, flatulence with a sense of fullness^{8,28}.

Others: Feverish infections, malaria⁹⁸, flu, muscle cramps, muscle pain, gastric disorders²⁸, cancer^{28,99}.

Cautions: Recommended dosages should not be exceeded as it contains quinine alkaloids that are toxic in large doses²⁸.

Contraindications: Pregnancy²⁸, hypersensitivity to quinine⁸, gastric or intestinal ulcers⁴⁵.

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

increased tendency of bleeding^{28, 45}.

Drug interactions: Digoxin, anticoagulants^{28, 45}, flecainide²⁸.

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 gm⁴⁵.

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^{5, 8, 19, 28, 100}.

Major: Diarrhoea in children, common cold, influenza, winter chills, poor circulation¹⁹.

Minor: Type 2 diabetes^{5, 101}, gestational diabetes, *Helicobacter pylori* infection⁵.

Others: Cancer¹⁰².

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

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

from cinnamaldehyde (the major component of the essential oil)^{5, 8, 19}.

Drug interactions: Hypoglycaemic agents^{5, 100}.

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 ml¹⁹.

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^{9, 26, 45, 103}.

Major: Cystitis, as a diuretic for dropsy, bladder catarrh, retention of urine (ischuria)^{26, 45, 103}.

Cautions/Contraindications: None known.

Side-effects: None noted.

Drug interactions: Loop diuretics, thiazide diuretics, spironolactone, triamterene⁶³.

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 ml⁴⁵.

Aquaflow® (HealthAid) see Dandelion

Boldo Multi-Herbal Complex (Healthlife) see Boldo

CLOVE*Syzygium aromaticum***Family:** Myrtaceae**Medicinal Parts:** Dried flowerbud, leaf, stem.**Indications:***Principal:* Toothache⁹, pain & inflammation of the mouth and throat mucosa, for buccal hygiene^{5, 19, 28}.*Major:* Stomach ulcers, flatulence, colic, abdominal bloating, nausea, headache, colds^{5, 19, 28}.*Minor:* Coughs, treatment of small wounds, sores, acne & other inflammatory conditions (locally)¹⁹, chronic anal fissures¹⁰⁴, herpes simplex virus type 1^{5, 105}.*Others:* Neuralgia, bronchitis, whooping cough¹⁹.**Cautions:** None known.**Contraindications:** Liver function impairment, patients taking paracetamol or anticoagulants¹⁹.**Side-effects:** Contact dermatitis, irritation to mucous membranes on local application in sensitive individuals⁵.**Drug interactions:** Anticoagulants, antiplatelet agents, thrombolyticagents, low molecular weight heparins²⁸.**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)¹⁹.*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 oil¹⁹.*Coloclear Extra* (Higher Nature) see Flaxseed*Erbalax® Forte Comprese* (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^{8,9,14,28}.

Major: Smoking addiction²⁸.

Minor: Diarrhoea, for the stimulation of metabolism⁸.

Others: Wound treatment⁸.

Cautions: Colt's foot contains hepatotoxic (hepatic venoocclusive

disease) and carcinogenic pyrrolizidine alkaloids^{8,9,14,28}.

Contraindications: Pregnancy, breastfeeding^{9,28}.

Side-effects: Contact dermatitis in patients sensitive to the Compositae family and cross-reactivity may occur with other compositae¹⁴.

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 year²⁸.

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]^{8,9,14,28,45}.

Minor: Gum disease, pharyngitis, strep throat [as a mouthwash and gargle]; gastritis, GI ulcers [internally]^{28,45}.

Others: Arthritic pain²⁸, cough¹⁴.

Cautions: External administration should only be on areas where the skin is unbroken, and only with industrially produced pyrrolizidine alkaloid-free extracts²⁸.

Contraindications: Previous liver or kidney disease, pregnancy, breastfeeding^{8,9,28}.

Side-effects: Hepatotoxicity^{9, 14, 28}.

Drug interactions: None known.

Dose^{§§}: Unless otherwise prescribed, ointment or other preparations for external use with 5 to 20% of dried drug or equivalent preparations⁴⁵.

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 tract²⁸ such as dysuria, cystitis⁴⁵, urethritis, nocturnal enuresis, prostatitis, and specifically for acute and chronic inflammation of the urinary tract⁹.

Cautions: None known.

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

Drug interactions: Corticosteroids⁶³.

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 ml⁴⁵.

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^{8, 9, 19, 28}.
Major: Gout, rheumatic pain^{19, 28}, chronic skin disorders^{19, 28, 106}.

Cautions: Ensure copious fluid intake for irrigation therapy²⁸.

§§ Comfrey should not be used orally for more than 4 weeks if pyrrolizidine alkaloids might be present. Comfrey should only be applied to intact skin²⁸.

CRANBERRY

Contraindications: No irrigation therapy if oedema is present due to cardiac or renal insufficiency^{8, 28}.

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 ml¹⁹.

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^{5, 28, 107, 108}.

Major: Blood disorders¹¹⁰, digestive ailments, prevention of *H. pylori*¹⁰⁹ and dental plaque^{5, 28}.

Others: Anorexia, cancer treatment¹¹⁰, diabetes¹¹¹, scurvy, wound care, gout²⁸.

Cautions: Pregnancy²⁸, diabetics when using commercially prepared cranberry juices because of the high sugar content⁵.

Contraindications: None known.

Side-effects: GI discomfort, diarrhoea^{5, 28}.

Drug interactions: Warfarin¹⁰⁷, proton pump inhibitors, H₂ antagonists^{5, 28}.

Dose: To prevent urinary tract infections, 30-300 gm cranberry juice; in children 15mg/kg body weight. In type 2 diabetes, 200-400mg²⁸.

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^{19,28}.

Major: Acute bronchitis, tonsillitis, upper respiratory tract infection, sore throat, mouth ulcers, infected gums¹⁹.

Minor: Bleeding of mucous membranes^{19,28}.

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 ml¹⁹.

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^{5, 8, 9, 14, 28, 112}.

Major: For strengthening &

stimulation during exertion (overwork), for boosting and maintaining physical and mental capacity⁸.

Minor: Anxiety & depression associated with hormonal changes (e.g. menopause), nervous dyspepsia, constipation^{5, 28, 45}.

Cautions: Patients with hypoglycaemia^{9, 113}.

Contraindications: Patients with overactive sympathetic nervous system activity⁵.

Side-effects: None known.

Drug interactions: Hypoglycaemic agents⁵.

Dose: Three times daily: dried drug, 2-4 gm or in infusion; liquid extract (1:1, 60% ethanol), 3-6 ml⁴⁵.

DANDELION

Taraxacum officinale

Family: Asteraceae/Compositae

Medicinal Parts: Dried leaves & roots.

Indications:

Principal: Water retention due to various causes^{114, 115}, insufficient production of bile^{5, 9, 28, 45, 115}.

Major: Dyspeptic complaints, urinary tract infections, liver & gall bladder complaints, loss of appetite^{8, 28}.

Others: Diabetes, rheumatic conditions, urticaria, eczema^{5, 28}.

Contraindications: Bile duct obstruction, gall bladder empyema, ileus^{5, 8, 28}.

Side-effects: Superacid gastric complaints, sensitization reactions²⁸.

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^{5, 28, 115}.

Dose: Tincture: 10-15 drops three times daily; a cup of freshly made tea can be taken mornings and evenings²⁸.

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^{5, 8, 9, 28, 45, 116, 117, 118, 119}.

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^{5, 28, 118}.

Minor: Allergies, kidney, bladder & gall bladder disorders^{28, 118}.

Contraindications: Stomach or duodenal ulcers^{8, 28, 45}, gallstones, acute diarrhoea, pregnancy⁵.

Side-effects: Diarrhoea⁵.

Drug interactions: Warfarin, antiarrhythmic drugs⁵, antiplatelet drugs, NSAIDs¹⁶.

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), 1-2ml⁴⁵.

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[®] (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™ 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[®] (Alta Care) see Meadowsweet

Flodolor[®] **Flexi** (Alta Care) see Papaya

Neuralta[®] **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^{5, 28, 120}.
Major: Arrhythmia, asthma & bronchitis, cardiovascular disorders,

DONG QUAI

kidney problems^{5, 28, 121}.

Others: Constipation, migraine, neuralgia, hypertension²⁸.

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^{28, 122}, limit sun exposure & use sunscreen²⁸.

Contraindications: Pregnancy, hemorrhagic disease, hypermenorrhoea, chronic diarrhoea, abdominal bloating, acute infections including cold & flu^{5, 28}.

Side-effects: GI disturbances, increased bleeding, photodermatitis^{5, 28, 123}.

Drug interactions: Anticoagulants, low molecular weight heparins, thrombolytic agents, benzodiazepines, beta-adrenergic blockers, nifedipine, testosterone, tolbutamide^{5, 28, 63}.

Dose: 2-3 gm 2 to 3 times daily (liquid extract, tablet)²⁸.

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[®] (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^{5, 9, 19, 28, 124, 125, 126, 127}.

Major: Poorly healing superficial wounds; digestive, respiratory & urinary tract infections; inflammatory and purulent conditions including furunculosis, carbuncles, abscesses & acne^{5, 19, 28, 127}.

Minor: Mild septicaemia, burns, eczema, leg ulcers^{5, 19, 28, 127}.

Others: Treatment of leucopenia following radio & cytostatic therapy and in support of anti-infectious chemotherapy^{5, 28, 128}.

Cautions: Diabetes may worsen in diabetic patient receiving Echinacea intravenously²⁸.

Contraindications: Pregnancy, hypersensitivity to Compositae plants, tuberculosis, multiple sclerosis, leukosis, collagenosis, AIDS or HIV infection, other autoimmune diseases^{5, 28}.

Side-effects:

Rare: Allergic reactions^{5, 28}.

Others: Short-term fever reactions, nausea and vomiting can occur when used parenterally²⁸.

Drug interactions: Caffeine, midazolam, basiliximab, azathioprine, corticosteroids, cyclosporine, daclizumab, muromonab, mycophenolic acid, mycophenolate acid, sirolimus, tacrolimus^{28, 126}.

Dose:

Internally: 6-9 ml of the expressed juice²⁸.

Externally: 50 ml of a decoction from root, three times daily¹⁹.

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[®] (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 BoosterTM (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

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^{9, 28, 45, 129, 130}.

Major: Respiratory disorders such

(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[®] (HealthAid) see Tragacanth

as coughs, laryngitis, shortness of breath^{9, 28, 129, 130}.

Cautions: Diabetics²⁸.

Contraindications: None known.

Side-effects: Dizziness, headache, convulsions, GI distress, nausea, vomiting, diarrhoea, tachycardia²⁸.

ELDERBERRY

Drug interactions: Iron, magnesium²⁸, antidiabetics, morphine, phenobarbital¹³⁰.

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 ml⁴⁵.

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^{9, 28, 45, 131}.

Others: Urinary tract infections,

worm infestations (roundworm, threadworm, hookworm, whipworm)⁹, stomach ulcers, menstrual complaints, headaches²⁸.

Contraindications: Hypersensitivity to other plants in the Asteraceae family⁹, pregnancy, lactation^{28, 45}.

Side-effects: Occasional allergic reactions^{28, 45}.

Drug interactions: Hypoglycaemic & antihypertensive treatment⁹.

EPHEDRA

Ephedra sinica

Family: Ephedraceae

Medicinal Parts: Young canes, dried rhizome with roots.

Indications^{9f}:

Principal: Asthma, allergies, nasal congestion, related upper respiratory symptoms^{14, 28, 132, 134}.

Major: Bronchitis, hayfever, colds^{28, 134}.

Others: Weight gain¹³³, decreased libido¹⁴.

Cautions: For short term use only due to danger of addiction^{28, 133}.

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 stimulants²⁸.

^{9f} Ephedra has become liable to abuse as a stimulant and slimming aid. The US FDA banned all the dietary supplements containing ephedrine alkaloids²⁸.

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 ml⁴⁵.

Side-effects: Headache, dizziness, irritability, motor restlessness, sleeplessness, urinary disorders, nausea, vomiting, tachycardia, cardiac arrhythmias, myocardial infarction, haemorrhagic or ischaemic stroke, seizures^{28, 133}.

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^{14, 28, 134}.

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 use²⁸.

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^{5, 8, 9, 19, 28}.

Major: Rheumatism, wounds, burns, ulcers (topically)^{5, 19, 28}.

Minor: Insect repellent^{5, 28}.

Cautions: Eucalyptus may interfere with hypoglycaemic control in diabetics²⁸.

Contraindications: Eucalyptus oil: should not be administered internally to children, people with inflammatory GI tract disease or impaired liver function or during pregnancy¹⁹; should not be applied to the face, especially of infants and young children because of the risk of bronchospasm and irritation²⁸.

Side-effects: GI upset¹⁹ (nausea, vomiting), burning epigastric pain, esophagitis, diarrhoea may occur occasionally²⁸; urticaria, contact dermatitis, skin irritation with topical application⁵.

Drug interactions: CNS depressants, drugs metabolized by CYP 450, hypoglycaemic agents^{5, 28}.

Dose: *Internal:* Dried leaf in infusion, 4-6 gm daily, average single dose 2g; Tincture (1:5 in 45% ethanol), 5-20 ml daily¹⁹.

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 eczema¹³⁵,
mastalgia^{136, 5, 9, 28, 137}.

Major: PMS, menopausal symptoms,
perimenopausal hot flushes, ADHD
in children, high cholesterol levels¹³⁸,
chronic fatigue syndrome, diabetes^{5, 9,}
14, 28, 137.

Minor: Rheumatoid arthritis¹³⁹,
hypertension, thrombosis,
autoimmune disease such as multiple
sclerosis, Raynaud's phenomenon^{139,}
5, 9, 19, 28.

Others: Asthma, whooping cough, GI
disorders⁵.

External

For the relief of dry or inflamed
skin¹³⁷.

Contraindications: Patients with
epilepsy^{5, 28, 135}.

Side-effects: Mild GI effects such
as nausea, vomiting, diarrhoea,
flatulence & bloating^{5, 9, 28}; seizures
in schizophrenic patients that
were treated with EPO along with

phenothiazine medications²⁸.

Drug interactions: Oral
anticoagulants, antiplatelets,
phenothiazines^{5, 28, 137}.

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
doses²⁸.

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.

*** Treatment with EPO may require up to 3
months duration before positive results are
attained for all indications listed above²⁸.

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^{9,28}.

Others: Cough, hoarseness²⁸.

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 daily⁹.

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[®]) 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^{14, 19, 28, 140, 141}.

Major: Cough, bronchitis, catarrh of the upper respiratory tract^{14, 19, 28, 141}.

Minor: Anorexia, amenorrhoea, dysmenorrhoea, to stimulate milk flow in nursing mothers¹⁹.

External

Principal: Idiopathic hirsutism¹⁴²,

conjunctivitis, blepharitis (as an eye wash), sore throat, pharyngitis (as a gargle)^{19, 28}.

Contraindications: Hypersensitivity to other plants of the Umbelliferae family, pregnancy, pediatrics^{19, 28}.

Side-effects: Cross sensitivity among patients with celery allergy²⁸, allergic reactions of the skin and respiratory tract¹⁹.

Drug interactions: Ciprofloxacin^{63, 143}.

Dose: Daily dose: 5-7 gm drug; 10-20 gm fennel syrup or fennel honey,

or 5-7.5 gm of compound fennel tincture¹⁹.

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 Comresse (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 mellitus¹⁴⁴,
¹⁴⁵, hypercholesterolaemia,
hyperlipidaemia^{146, 147, 5, 14, 19, 28}.

Major: Digestive disorders (including constipation, dyspepsia & gastritis), gastric ulcers¹⁴⁸, loss of appetite¹⁴⁹ especially in convalescence^{5, 9, 19, 28}, to increase milk production^{19, 150}.

Minor: Upper respiratory catarrh^{19, 150}.

Others: Tuberculosis, menopausal symptoms¹⁵¹.

FENUGREEK

External

Principal: Local inflammation, wounds, leg ulcers, eczema, burns, boils^{5, 9, 19, 28}.

Cautions: Monitor patients with thyrotoxicosis when using the herb at doses above usual dietary intake⁵.

Contraindications: Pregnancy (except in small amounts as food flavouring)^{5, 9, 19, 28}, known allergy to the herb or to chickpeas because of possible cross-reactivity⁵.

Side-effects: Mild GI symptoms such as diarrhoea & flatulence, rare allergic reactions^{5, 19}.

Drug interactions: Antidiabetic agents, anticoagulants, low molecular weight heparins, thrombolytic agents^{28, 147}.

Dose:

Internal: 6 gm of the drug or equivalent preparations.

External: 50 gm of powdered drug to 250 ml of water¹⁹.

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^{152, 153, 154}, arthritis, rheumatic diseases^{5, 9, 28, 45}.

Major: Cough, colds, fever, allergies^{5, 28}.

Others: Tinnitus, vertigo, toothache, insect bites, asthma, menstrual disorders, difficulty during labor^{5, 28, 154}.

Cautions: Patients on platelet aggregation inhibitors such as aspirin and dipyridamole²⁸.

Contraindications: Pregnancy, breastfeeding, children under 2 years of age, hypersensitivity to plants in the Asteraceae family^{5, 28, 45}.

Side-effects: Mouth ulcers, GI symptoms, allergic dermatitis, lip

swelling, glossitis^{5, 28, 45}.

Drug interactions: Anticoagulants, thrombolytic agents, antiplatelet agents, NSAIDs^{5, 28}.

Dose: Daily dose: dried herb, 50-200 mg (normally in tablets or capsules); tincture (1:5, 25% ethanol), 5-20 drops⁴⁵.

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^{†††}.

Indications:

Principal: Reduce mortality in coronary heart disease,

hypercholesterolaemia^{5, 9, 28, 155, 156, 157, 158}, arthritis.

Major: Insulin sensitivity/metabolic syndrome¹⁵⁶; Sjogren's syndrome¹⁵⁹; breast¹⁶⁰, colon, & prostate cancer^{5, 9, 28, 158}.

Minor: Bronchitis, coughs, constipation, irritable colon, diverticulitis, burns (applied externally)^{9, 28}.

††† The oil should be kept out of direct light and in refrigeration to preserve it; should never be heated as it becomes mutagenic²⁸.

FLAXSEED

Others: Colons damaged by laxative abuse, gastritis, enteritis, mild rectal inflammation^{9, 28}.

Cautions: Overweight people (should only use the whole seeds) due to the considerable caloric content of the fixed oil²⁸.

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^{5, 9, 28}.

Side-effects: Loose stools rarely⁵.

Drug interactions: May delay the absorption of other drugs taken simultaneously (flaxseed contains mucilage & cellulose)²⁸, anticoagulants, antiplatelets¹⁵⁸.

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 compress²⁸.

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^{†††}.

††† 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^{28, 161}.

Contraindications: Pregnancy, breastfeeding, stomach pain, ulcers or obstruction, Crohn’s disease, ulcerative colitis, appendicitis¹⁶¹.

Side-effects: Abdominal pain, vomiting^{28, 161}.

Drug interactions: Digoxin, warfarin, diuretics, stimulant laxatives, corticosteroids¹⁶¹.

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^{28, 161}.

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^{5, 8, 9, 28, 45, 162, 163, 164, 167}.

Major: Infections including tinea pedis, tinea corporis, tinea cruris, vaginitis, *Helicobacter pylori* infection¹⁶⁵, common cold prevention¹⁶⁶, colorectal cancer^{162, 5, 28, 167}.

Minor: Respiratory infections and catarrhal conditions, whooping cough, bronchitis, GI ailments particularly digestive disorders with flatulence and GI spasms^{5, 28, 45}.

Others: Menstrual pains, corns, calluses, otitis, muscle pain, neuralgia, arthritis, sciatica^{28, 45}.

Cautions/Contraindications:

Garlic may increase risk of bleeding and should be discontinued at least 10 days before elective surgery, breastfeeding^{5, 8, 28}.

Side-effects: Breath & body odour⁸, allergic reaction, nausea, heartburn, flatulence, abdominal pain, diarrhea^{5, 9, 28}.

Drug interactions: Anticoagulants particularly warfarin, antiplatelets,

ACE inhibitors, alcohol, chlorzoxazone, isoniazid, protease inhibitors, saquinavir^{5, 14, 28, 167}.

Dose: Average daily dose: 4 gm of garlic or 8 gm of essential oil. One fresh garlic clove, 1 to 2 times daily²⁸.

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^{5, 9, 28, 45}.

Major: Loss of appetite^{5, 9, 28, 45}.

Others: Anorexia, GI atony^{9, 45}.

Cautions: Pregnancy⁵.

Contraindications: Stomach or duodenal ulcers^{5, 9, 28, 45}.

Side-effects: Headache^{5, 9, 28, 45}, nausea & vomiting with high doses⁵.

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 gm²⁸.

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^{168, 169, 170}, postoperative nausea¹⁷¹, chemotherapy-induced nausea^{172, 173}.

Major: Dyspeptic complaints, osteoarthritis, rheumatoid arthritis¹⁷⁴, migraine¹⁷⁵, anorexia^{5, 28, 45, 177}.

Minor: Colds, shortness of breath²⁸.

Others: Primary dysmenorrhoea¹⁷⁶, mastitis (externally)⁵.

Cautions: Gastric ulcers or reflux, gallstones, children under 6 years, pregnancy. Suspend use of high dose supplements (>10g) 1 week before major surgery⁵.

Side-effects: Gastric irritation, heartburn, bloating, contact dermatitis with topical use⁵.

Drug interactions: Anticoagulants (warfarin), antiplatelets, thrombolytic agents, nifedipine^{5, 28, 177}.

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 minutes⁵.

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 type¹⁷⁸, memory loss^{5, 9, 14, 19, 28, 179}.

Major: Acute ischaemic stroke¹⁸⁰, generalized anxiety disorder¹⁸¹, peripheral vascular disease including intermittent claudication & Raynaud's syndrome^{5, 28, 179, 182}.

Minor: Vertigo, tinnitus, sudden deafness^{5, 183}.

Others: Macular degeneration,

glaucoma, retinopathy, prevention of altitude sickness, PMS, asthma, sexual dysfunction, cancer prevention⁵.

Cautions: If unusual bleeding or bruising occurs stop use immediately, history of convulsive disorders, suspend use for 1 week prior to major surgery^{5, 28}.

Contraindications: Hypersensitivity to the herb or any of its constituents²⁸, pregnancy⁵.

Side-effects: GI upset, headache, dizziness^{5, 9, 28}.

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^{5, 28, 179}.

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 daily⁵.

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[®] (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.

PowerplusTM (HealthAid) see Siberian Ginseng

Refreshall[®] (Lamberts)

Tablets; Ginkgo biloba 3000mg, lemon balm 500mg, sage 500mg, rosemary 50mg. Local Distributor: Health Plus

Sexovir^{® forte} (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[®] (Lamberts) see Ginger

Venalta[®] (Alta Care) see Grapeseed

V-VeinTM (HealthAid) see Horse Chestnut

GINSENG KOREAN

*Panax ginseng***Family:** Araliaceae**Medicinal Parts:** Dried lateral roots.**Indications:***Principal:* Physical or mental exhaustion, stress, fatigue^{5,9,28,45,184}.*Major:* Hyperglycaemia¹⁸⁵, erectile dysfunction¹⁸⁶, menopausal symptoms, thrombotic & cardiovascular diseases¹⁸⁷, degenerative conditions associated with aging^{5,9,184}.*Minor:* Cancer prevention^{188,189}.*Others:* Gastroprotection during heart surgery⁵.**Cautions:** Cardiovascular disease, diabetes, hyper and hypotensive disorders, with all steroid therapy^{9,28,45}.**Contraindications:** Acute illness, haemorrhage, during the acute period of coronary thrombosis, pregnancy, use of other stimulants^{5,9,45}.**Side-effects:** Insomnia, epistaxis, headache, nervousness, vomiting^{5,9,28,45}.**Drug interactions:** Albendazole, alcohol, antidiabetics, digoxin assays, guarana, MAOIs, tamoxifen and other oestrogen antagonists, warfarin and related drugs, zidovudine^{5,28,184}.**Dose**^{§§§}: Daily dose (taken in the morning): dried root, 0.6-2 gm or by decoction⁴⁵.*Altacura® 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® Infludrink* (Alta Care) see Meadowsweet*Altasterol® Stimulant* (Alta Care) see Ginger*Centrum Performance* (Centrum) see Ginkgo*Day-vit® 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

§§§ *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 recommended⁴⁵.

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[®] Artro (Alta Care) see Meadowsweet

Gentlemen's Three[™] (HealthAid)
Capsules; Koregin[®] 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[®] 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[™] (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, hypercholesterolaemia¹⁹⁰, CHF^{5, 28, 45}.*Minor:* Menorrhagia, dysmenorrhoea, peptic ulcer, colds & fever, recurrent ear infections, vaginitis, urinary tract infections^{5, 28}.External*Principal:* To clean wounds, skin infections including ringworm & athlete's foot^{5, 9, 28}.*Major:* Reduce haemorrhoids, soothe canker sores⁵.*Others:* Conjunctivitis, blepharitis⁹.**Cautions:** Not to be used as a douche due to potential for mucous membrane irritation^{5, 28}.**Contraindications:** Kidney disease, pregnancy, lactation, hypertension, people with glucose-6-phosphate-dehydrogenase deficiency^{5, 9, 28, 45}.**Side-effects:** Digestive disorders, mucous membrane irritation, constipation, excitatory states, hallucinations, occasionally deliria if taken over an extended period^{5, 9, 28}.**Drug interactions:** Benzodiazepines, cytochrome P450 3A4-metabolized drugs, indinavir, paclitaxel, vitamin B^{28, 191}.**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^{5, 45}.***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 & Galea

Healthy Mega (HealthAid) see Buckwheat

GOTU KOLA

GOTU KOLA

Centella asiatica

Family: Apiaceae

Medicinal Parts: Leaf, stem.

Indications:

Principal: Skin scars, ulcers, burns¹⁹² & wounds^{193, 194}, memory enhancement, neurodegenerative disorders^{28, 195}.

Major: Rheumatism, venous insufficiency circulatory disorders, anxiety, epilepsy^{196, 197}.

Minor: Prevention of cancer, diabetic microangiopathy, oedema, venous hypertension¹⁹⁷.

Others: Leprosy, eczema¹⁹⁷.

Cautions: Diabetes, hyperlipidaemia²⁸.

Contraindications: Pregnancy²⁸.

Side-effects: Skin irritation (when

used topically), photosensitization, infertility²⁸.

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 gm²⁸.

Brainvit[®] (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*TM (HealthAid) see Guarana

Organic Aloe Vera (dr.organic[®]) see Aloe Vera

Venalta[®] (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^{5, 28, 198, 200}.

Major: Eye strain, hyperlipidaemia, enhances dermal wound healing, aging skin, cancer^{5, 198, 199, 200}.

Minor: Pancreatitis, preventing reperfusion injury, reduces sun burn⁵.

Others: Headache, dysuria, scabies, gonorrhoea, haemorrhoids, vomiting²⁸.

Cautions/Contraindications: None known.

Side-effects: Dry, itchy scalp, dizziness, headache, hypertension,

hives, indigestion, nausea²⁰⁰.

Drug interactions: Warfarin & other anticoagulants¹⁹⁸, ascorbic acid, midazolam²⁰¹.

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 days¹⁹⁸.

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 fatigue²⁰².

Major: Diarrhoea, inflammation of the mouth & pharynx, festering wounds^{28, 202}.

Minor: Hepatitis, oedema, neuralgia, migraine, fever, asthma, to treat opium and alcohol intoxication^{28, 202}.

Cautions: Patients with sensitive cardiovascular systems, kidney diseases, hyperthyroidism, higher disposition to convulsions, certain psychic disorders (including panic anxiety states), pregnancy²⁸.

Side-effects: Hyperacidity, stomach irritation, diarrhoea, reduced appetite, sleeplessness, anxiety, tremor, nervous restlessness, palpitations and withdrawal headaches²⁸.

Drug interactions: Antidiabetics, antihypertensives, iron compounds, nicotine, phenylpropanolamine²⁰³.

Dose: Average daily dose: 9 gm of ground drug; Average single dose: 3 gm of powder²⁸.

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: Atherosclerosis²⁰⁴,
²⁰⁵, hypercholesterolaemia²⁰⁶,
dental caries²⁰⁷, gingivitis, cancer
prevention^{208, 209}.

Major: Sunburn protection^{210, 211},
weight loss, weight maintenance²¹².

Minor: Inflammatory bowel disease,
diabetes^{5, 28}.

Others: Headache, diarrhoea, fatigue,
vomiting, dyspepsia & other digestive
symptoms, migraine^{5, 28}.

Cautions: Weak cardiovascular
system, renal disease,
hyperthyroidism, elevated
susceptibility to spasm²⁸.

Contraindications: Hypertension,
cardiac arrhythmias, severe liver
disease, anxiety disorders, insomnia⁵.

Side-effects: CNS stimulation,
diuresis, hyperacidity, gastric
irritation, reduction in appetite when
consumed in large amounts^{5, 28}.

Drug interactions: Anticoagulants,
hypoglycaemic agents, iron, CNS
stimulants, CNS depressants,
diuretics, drugs metabolized by
CYP1A2^{5, 28}.

Dose: 3-5 cups of green tea per day²⁸.

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[®] 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[™] 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[™] (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^{28, 213}.

Major: Fibromyalgia, obesity, chronic headache, migraine²⁸.

Minor: To reduce risk of artery & heart spasm, management of Parkinson's disease & epilepsy²⁸.

Contraindications: Pregnancy, lactation²⁸.

Side-effects: Heartburn, stomach pain, flatulence, diarrhoea, vomiting, decreased libido^{28, 213}.

Drug interactions: Carbidopa, MAOIs, SSRI^{28, 213}.

Dose:

Depression: 50 mg three times daily.

Insomnia: 100-300 mg before bedtime.

Fibromyalgia: 100 mg three times daily^{28, 213}.

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 tract¹⁹, cough, bronchitis²⁸.

Others: Asthma, whooping cough¹⁹.

Cautions/Contraindications: None known.

Side-effects: Gastric or renal irritation rarely¹⁹.

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 ml¹⁹.

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^{214, 215}; lack of alertness, energy or stamina^{5, 216, 217}.

Major: To promote weight loss, enhance athletic performance^{5, 28, 215}.

Others: Headache, dysmenorrhoea, fever, digestion problems²⁸.

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^{5, 28}.

Contraindications: Hypertension, cardiac arrhythmias⁵.

Side-effects: Nervousness, restlessness, irritability, insomnia¹⁴.

Drug interactions:

Antihypertensives, Ephedra & kava herbal medicines²¹⁵, OTC nasal decongestants, sedating antihistamines, anti-nausea agents¹⁴, diuretics, anticoagulants, antiplatelets, digoxin⁵.

Dose:

Cognition, alertness, mood: 37.5-75 mg every 6 hours.

Other indications: 2.5-4 gm guarana/day⁵.

4.3.2.1 Shape Up Organic (Arkopharma)
see Green Tea

Altacura® Ginseng (Alta Care) see Ginseng Korean

Altacura® Influidrink (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 mellitus²¹⁸, post prandial hyperglycemia²¹⁹ & glucosuria, hyperlipoproteinaemia^{28, 220}.

Others: Night blindness, dyspeptic complaints, anorexia, constipation^{28, 220}.

Cautions: Adequate intake of fluid to prevent bolus formation and oesophageal obstruction²⁸.

Contraindications: Diseases of the

oesophagus, stomach, and intestine, which might hinder passage of the chyme²⁸.

Side-effects: Feeling of fullness, nausea, wind & diarrhoea particularly at the beginning of treatment²⁸.

Drug interactions: Acetaminophen, nitrofurantoin, digoxin, bumetanide, metformin, phenoxymethylpenicillin, some formulations of glibenclamide, slowed absorption of oral contraceptives, potentiation of insulin¹⁴.

Dose: One dose of 5 gm per tablet or granules, three times daily²⁸.

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^{221, 222}, hypercholesterolaemia, hypertriglyceridaemia^{14, 223}.

Major: Sweet taste suppression & weight loss⁵.

Cautions: Monitor blood glucose levels closely when used in conjunction with insulin and hypoglycaemic agents, pregnancy^{5, 14}.

Side-effects: Gastric irritation, hepatotoxicity⁵.

Drug interactions: Hypoglycaemic agents, insulin⁵.

Dose: 400-600 mg/day in divided doses with meals⁵.

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, hypertension²²⁴, angina pectoris, atherosclerosis²²⁵, NYHA functional class II CHF^{226, 227, 5, 9, 19, 28}.

Major: Hyperlipidaemia, anxiety^{5, 228}.

Minor: Connective tissue disorders,

kidney & bladder stones²²⁴.

Others: Herpes simplex infection⁵.

Contraindications: Pregnancy^{5, 9}, children under 12 years of age²⁸.

Side-effects: Sweating, nausea, fatigue, rash on the hands, headache, dizziness, palpitations, sleepiness, agitation, GI symptoms^{5, 9, 28, 227}.

HOODIA

Drug interactions:

Antihypertensives, cardiac glycosides^{5, 227, 229}.

Dose: 160-900 mg of a native water-ethanol extract of the leaves or flowers; 1.5-3.5 gm as infusion or decoction^{19, 227}.

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^{28, 230}.

Cautions/Contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: 400mg twice daily²³¹.

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^{5, 9, 28, 45, 232, 233}.*Major:* Menopause, headache, indigestion^{5, 28, 234}.*Minor:* Neuralgia²³⁵, to wean patients off pharmaceutical sedative medicines, leg ulcers, oedema^{5, 28}.**Cautions:** When given in conjunction with other central nervous system depressants, antipsychotics or alcohol due to its sedative effect²⁸.**Contraindications:** Oestrogen-dependent tumours, depression, pregnancy^{5, 9, 28, 45}.**Side-effects:** Drowsiness (with excessive use), systemic urticaria, allergic dermatitis, respiratory allergy, anaphylaxis, on contact with the herb or oil^{5, 28}.**Drug interactions:** Pharmaceutical sedatives, anti-oestrogenic drugs, cocaine, paracetamol, diazepam, phenobarbital^{5, 28, 236}.**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^{5, 45}.*Calma Baby* (Erba Vita) see Linden*Chalet® 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^{9, 28}.

Major: Type 2 diabetes²³⁷,
hypercholesterolaemia²³⁸,
hypertension.

Minor: Loss of appetite, bloating &
flatulence, diarrhoea, jaundice, painful
menstruation²⁸.

External

Ulcers, skin damage, mouth and
throat infections²⁸.

Cautions: Heart disease, GI
disorders²³⁹.

Contraindications: Pregnancy^{28, 239}.

Side-effects: Rash, arrhythmias,
hypotension, decreased blood sugar,
vomiting, diarrhoea²³⁹.

Drug interactions: SSRIs,
ondansetron, bromocriptine²³⁹.

Dose: Average daily dose: 4.5 gm of
the drug; 30 to 60 ml pressed juice²⁸.

Erbalax® Delicato Capsule (Erba Vita)
see Rhubarb

HORNY GOAT WEED

Herba epimedii

Family: Berberidaceae

Medicinal Parts: Leaf.

Indications:

Principal: Decreased male sexual
function^{240, 241, 242}, osteoporosis²⁴³.

Major: Arthralgia²⁴¹, rheumatoid
arthritis²⁴⁴.

Minor: Age related learning and
memory impairment^{241, 242}, asthma²⁴⁵.

Contraindications: Heart disease,
mood disorders²⁴¹.

Side-effects: Aggressiveness,
irritability, fever, tachyarrhythmia,
hypomania^{241, 246}.

Drug interactions: Phosphodiesterase type-5 inhibitors²⁴⁴.

Dose: 1 to 3 gm daily²⁴⁶.

HORSE CHESTNUT

Aesculus hippocastanum

Family: Hippocastanaceae

Medicinal Parts: Seed. Less commonly bark, flower & leaf.

Indications:

Principal: Vascular insufficiency, especially varicose veins²⁴⁷, venous ulcers^{248, 249}, haemorrhoids & inflammation^{5, 9, 14, 19, 28}.

Major: Oedema, swelling, pain, itching, feeling of heaviness, nocturnal cramp in the lower legs²⁴⁷, menstrual pain^{5, 19, 28}.

Minor: Bruising, sprains, spinal problems, diarrhoea, fever, enlarged prostate^{5, 9, 28}.

Others: Arthritis, rheumatism²⁸.

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 feeding⁵.

Contraindications: Should not be applied topically to broken or ulcerated skin⁵; hepatic or renal insufficiency²⁵⁰.

Side-effects: Gastric irritation, skin irritation, dizziness, nausea, headache, pruritus^{5, 9, 14, 19}.

Drug interactions: Warfarin, heparin, salicylates, antiplatelet drugs^{14, 28, 250}, digoxin²⁵¹.

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^{5, 250}.

Flodol[®] (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[®]) see Aloe Vera

Organic Pomegranate (dr.organic[®]) see Pomegranate

Organic Tea Tree (dr.organic[®]) see Tea tree

Venaforce[®] (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[®] (Alta Care) see Grapeseed

Vitiven[®] *ultra cold* (Arkopharma) see

Butcher's Broom

V-Vein[™] (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^{5, 9, 28, 252}.

Major: Urinary tract infections, bronchitis²⁵², joint & tissue inflammation^{5, 28}.

Minor: Gall bladder disorders, reducing oedema^{5, 28}.

Others: As an abortifacient⁵.

Cautions: People with stomach & intestinal ulcers, kidney disorders, hypothyroidism, patients receiving thyroxine^{5, 9}.

Contraindications: Pregnancy, lactation, children under 4 years of age^{9, 28}.

Side-effects: GI upsets, vomiting, diarrhoea, irritation of mucous membranes⁵; irritation, blistering or allergic reactions with skin contact of fresh horseradish^{5, 9}.

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^{5, 9}.

HORSETAIL*Equisetum arvense***Family:** Equisetaceae**Medicinal Parts:** Barren stems.**Indications:***Principal:* Urinary tract complaints including cystitis²⁵³, prostatitis, urethritis, enuresis^{254, 255, 256}.*Major:* Kidney & bladder stones, post-traumatic & static oedema²⁹⁴, wounds, burns²⁵⁶.*Minor:* Brittle fingernails, loss of hair, rheumatic diseases, chilblains^{28, 256}.**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, hypertonia²⁸.**Contraindications:** Oedema due to impaired heart or kidney function²⁸.**Side-effects:** None known.**Drug interactions:** Lithium²⁵⁵.**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 mealtimes²⁸.*Horsetail* (HealthAid)

Liquid; Horsetail extract 1:5 (equiv. of 200mg of horsetail herb) in 1ml.

Local Distributor: Galea & Galea

HYDRANGEA*Hydrangea arborescens***Family:** Hydrangeaceae**Medicinal Parts:** Dried rhizomes and roots.**Indications:***Principal:* Bladder and kidney stones^{9, 19, 28}.*Major:* Other genito-urinary complaints such as cystitis, urethritis & prostatitis¹⁹.*Minor:* Enlarged prostate gland⁹.**Contraindications:** Pregnancy¹⁹.**Side-effects:** Contact dermatitis²⁵⁷, gastro-enteritis⁹.**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 ml¹⁹.

HYSSOP

HYSSOP

Hyssopus officinalis

Family: Labiatae

Medicinal Parts: Leaves, flower tips.

Indications:

Principal: Bronchitis, common colds, chronic nasal catarrh, coughs, asthma^{28, 19}.

Major: Sore throat, hoarseness (as a gargle), congested nose due to colds (topically)¹⁹.

Minor: For the gentle stimulation of circulation, intestinal catarrhs²⁸.

Contraindications: Pregnancy¹⁹.

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, 5-10ml⁴⁵.

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^{8, 19, 28}.

Major: Bronchitis, bronchial asthma, respiratory catarrh, loss of appetite^{19, 28}.

Minor: Gastritis, digestive complaints, nausea and vomiting (in particular in pregnancy and with migraine)^{19, 28}.

Others: Gastric & duodenal ulcers, irritable bowel syndrome, cachexia, tumours¹⁹.

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 preparations¹⁹.

Broncovit[®] (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^{8, 14, 28}.

Minor: Gout, rheumatism, burns, wounds, calluses, rheumatic complaints, phlebitis²⁸.

Cautions/Contraindications: None known.

Side-effects: GI upset, contact dermatitis with large doses¹⁴.

Drug interactions: None known.

Dose: Average daily dosage: 0.3 gm of drug; equivalent preparations⁸.

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^{9, 19, 28}.

Major: Appetite stimulant,

rheumatism, arthritis, gout^{9, 19, 28}.

Minor: To regulate menstruation, to relieve menstrual pain^{28, 258}.

Others: Severe irritation resulting from bronchitis, diabetes^{9, 28}.

Cautions: Hyperglycaemia; hypokalaemia; external administration for large skin wounds, acute skin

KARELA

diseases, feverish diseases, cardiac insufficiency, hypertonia^{9, 28}.

Contraindications: Renal disease, pregnancy, lactation^{9, 19, 28}.

Side-effects: Prolonged use or overdosing may cause kidney damage¹⁹.

Drug interactions: Loop diuretics, spironolactone, thiazide diuretics, triamterene⁶³.

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 oil¹⁹.

KARELA

Momordica charantia

Family: Cucurbitaceae

Medicinal Parts: Fruit, leaves.

Indications:

Principal: Diabetes^{259, 260}, cancer (breast²⁶¹, gall bladder⁵, lung, colon²⁶²), HIV²⁶³.

Major: Hypercholesterolaemia²⁶⁰, worms, viral conditions²⁶³, GI complaints, headaches^{5, 28}.

Minor: As an emmenagogue in reproductive health, psoriasis, wounds (externally)^{5, 28}.

Cautions: Diabetics while monitoring their blood sugar levels regularly²⁸.

Contraindications: Hypoglycaemia,

Aquaflow[®] (HealthAid) see Dandelion

Cellusite[™] (HealthAid) see White Willow

Flodo[®] (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^{5, 28}.

Side-effects: Headache, hypoglycaemic coma, convulsions in children^{5, 14}.

Drug interactions: Antidiabetic agents, cholesterol lowering drugs^{5, 14, 28}.

Dose:

Diabetes: Aqueous extract of bitter melon fruit juice containing 100 gm of fruit in 100ml of extract taken daily⁵.

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^{9, 14, 28, 261}.

Major: Arthritis, rheumatism, obesity⁹.

Minor: Diabetes, cancer²⁶¹.

Cautions: Not to be consumed for a long period of time²⁸, CNS stimulants¹⁴, patients with bleeding disorders or taking drugs that may increase the risk of bleeding, diabetes, hypoglycaemia²⁶¹.

Contraindications: Pregnancy, breast feeding²⁶¹.

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 count²⁶¹.

Drug interactions: Thyroid medications including levothyroxine

and iodine¹⁴, ginkgo, garlic, saw palmetto, diuretics²⁶¹.

Dose: *Dried herb:* 5-10 gm or infusion 3 times daily; *Liquid extract* (1:1 in 25% alcohol): 4-8 ml 3 times daily⁹.

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 stones²⁸.

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 herb²⁸.

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^{8, 9, 14, 28, 265}.

Major: Depression, tiredness, poor appetite^{9, 28, 265}.

Minor: Migraine headache, diarrhoea^{14, 28, 265}.

Externally

Wounds, inflammation²⁸.

Contraindications: Pregnancy, stomach or duodenal ulcers^{8, 9, 28}.

Side-effects: Insomnia, hyperexcitability, nervousness, restlessness, stomach complaints^{8, 9, 14, 28}.

Drug interactions: Antihypertensives¹⁴, halofantrine, bitter orange, ephedra²⁶⁵.

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 wine²⁸.

LAVENDER

Lavandula officinalis

Family: Labiatae

Medicinal Parts: Flower.

Indications:

Principal: Anxiety, insomnia, lack of concentration^{5, 8, 14, 28}.

Major: Dyspepsia, bloating⁸, alopecia, perineal discomfort following childbirth, burns, insect bites⁵.

Minor: Migraine, neuralgia, minor cuts & bruises, strained muscles, acne, eczema^{5, 28}.

Others: Varicose ulcers, loss of voice (in a gargle)⁵.

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^{5, 28}.

Contraindications: Pregnancy & lactation²⁸.

Side-effects:

Major: Drowsiness, GI disturbance, skin irritation^{5, 28}.

Minor: Prepubertal gynecomastia in boys⁵.

Drug interactions: Pharmaceutical sedatives, antidepressants⁵.

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 bathwater⁵.

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^{5, 8, 28, 266, 267}.

Major: To improve cognitive function, Alzheimer's disease^{268, 269}, gastrointestinal conditions associated with spasm and nervousness^{5, 8, 28, 267}.

Externally

Herpes simplex type 1, rheumatism, nerve pain, stiff neck^{5, 28}.

Cautions: Limit alcohol intake, diabetes, alcohol dependence, liver disease²⁷⁰.

Contraindications: Hypothyroidism, pregnancy^{5, 270}.

Side-effects: Drowsiness²⁷⁰.

Drug interactions: Barbiturates, cholinergic drugs^{5, 270}.

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 infection⁵.

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^{8,28}.

Major: Lumbago, neuralgic & rheumatic pain, sprains, colds, bronchitis, fever²⁸.

Minor: Insect repellent⁸.

Contraindications: Pregnancy²⁸.

Side-effects: Rarely, allergic reactions^{8,28}.

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 used²⁸.

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^{271, 272}, dyspepsia, dermatitis^{273, 5, 9, 14, 28, 45, 274}.

Major: Viral infections (SARS-associated CV, HIV, influenza, HSV-1)^{271, 275, 276}, respiratory tract infections²⁷⁶, chronic stress^{5, 9, 28, 45, 274}.

Minor: Chronic fatigue syndrome, polycystic ovary disease, preventing diabetic complications, menopause, weight loss, Addison's disease^{5, 28}.

Others: Rheumatism²⁷⁷, arthritis, adrenocorticoid insufficiency⁴⁵.

Cautions: Hypertension (or a genetic predisposition to hypertension), fluid retention, men with a history of impotence, infertility or decreased libido^{5, 9}.

Contraindications: Hypokalaemia, cirrhosis of the liver, hypotonia, severe renal insufficiency, diabetes mellitus, pregnancy^{5, 9, 14, 28, 45}.

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^{5, 9, 14, 28, 45}.

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^{5, 14, 28, 274}.

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 cooling⁵.

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^{8, 9, 28, 45, 278, 279}.

Major: Hypertension²⁷⁹, restlessness,
anxiety^{28, 45, 280, 281}.

Minor: Migraine, hysteria, raised
arterial pressure associated with
arteriosclerosis and nervous tension<sup>8,
9, 28, 281</sup>.

Others: Leg ulcers²⁸.

Cautions: Cardiac disorders,
pregnancy, lactation⁹.

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 ml⁴⁵.

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; ^{¶¶¶}Fructolysat[®] 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. Busuttil Ltd.

Controller[®] 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, sinusitis²⁸.

Others: Cough, chronic bronchitis²⁸.

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

^{¶¶¶} Fructolysat[®] 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^{282, 283, 284}, decreased epididymal sperm count²⁸⁵, psychological symptoms (including anxiety & depression) and sexual dysfunction in postmenopausal women^{286, 292}.

Major: Learning & memory impairment²⁸⁷, prostatic hyperplasia^{288, 289}, diabetes, hypercholesterolaemia^{290, 292}.

Minor: Protection against UVA, UVB and UVC^{291, 292}.

Cautions: Pregnant, breastfeeding, breast tenderness (decrease dosage), children under 12 years of age²⁹².

Contraindications: Patients with thyroid conditions²⁹³.

Side-effects: None known.

Drug interactions: None documented.

Dose: 1 dried maca extract 450 mg capsule 3 times daily taken orally with food²⁹³.

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^{28, 294}.

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 area²⁹⁴.

Minor: Obesity & weight management, substitute for tobacco²⁹⁴.

Contraindications: Pregnancy, breast-feeding²⁹⁴.

Side-effects: None known.

Drug interactions: None known.

Dose: 600mg as a powder or liquid extract once or twice daily at mealtimes^{28, 294}.

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^{28, 295}.

Major: Gastroenteritis, bladder complaints, wound management (used externally for the latter indication)²⁸.

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 day²⁸.

Alkagin[®] (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[®] *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 wounds²⁹⁶, minor burns & scalds (including sunburns)^{297, 298}, mosquito bites & bee stings, cuts, sprains, bruises, inflammatory skin lesions^{296, 298, 5, 9, 14, 19, 28, 302} [External use].

Major: Varicose veins, haemorrhoids, crural ulcer³⁰⁰, prophylaxis & treatment of bedsores, conjunctivitis^{299, 301, 5, 9, 14, 19, 28} [External use].

Minor: Gastric & duodenal ulcers, gastrointestinal inflammatory disorders²⁹⁶, gingivitis, amenorrhoea, dysmenorrhoea, epistaxis^{301, 5, 9, 19, 28} [Internal use].

Others: Eczema, proctitis, frostbite^{299, 5, 19, 28} [External use].

Cautions: Patients with confirmed allergy to herbs or foods from the Compositae family^{5, 14}.

Contraindications: Internal use in pregnancy¹⁹.

Side-effects: Irritant dermatitis^{5, 14, 28}.

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 daily⁵.

Alkagin[®] (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

HypercalTM (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[®]) see Aloe
Vera

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

Otolaya (Inebios)
Nasal spray solution; Himalaya salt
rich in trace elements including copper,
Calendula officinalis, glycerine.
Local Distributor: Pharmacos Ltd.

Silvia[®] Women Formula (Alta Care) see
Guarana

MARSHMALLOW

Althaea officinalis

Family: Malvaceae

Medicinal Parts: Leaf, root.

Indications:

Internal

Principal: Dry irritating coughs³⁰³,
respiratory catarrh & bronchitis,
irritation & inflammation of the oral
and pharyngeal mucosa^{304, 305, 8, 9, 19, 28}.

Major: Digestive tract disorders
(including enteritis & peptic ulcer³⁰⁴),
urinary tract disorders (including
cystitis & urethritis)^{305, 9, 19}.

External

Principal: Mouth & throat
inflammations (as a gargle)^{304, 8, 9, 19, 28}.

Major: Skin disorders including
abrasions, fissures, insect stings, boils,
abscesses & ulcers^{9, 19}.

Cautions: Marshmallow may
interfere with existing hypoglycaemic
therapy⁹.

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 drugs²⁸.

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^{9, 19}.

Altaflora[®] Transsit (Alta Care) see
Rhubarb

MATÉ

Ilex paraguariensis

Family: Aquifoliaceae

Medicinal Parts: Leaf.

Indications:

Principal: Mental & physical fatigue, headache^{8, 9, 19, 28, 306}.

Major: Mild depression, rheumatic pains^{9, 19, 28, 307}.

Minor: Adjuvant in slimming regimens¹⁴, oliguria¹⁹.

Others: As a prophylaxis against fever and infection²⁸.

Cautions: Hypertension, cardiac disorders, pregnancy, lactation⁹.

Contraindications: None known.

Side-effects: Anxiety, tremors, palpitations, withdrawal headaches, nervousness, restlessness, insomnia^{9, 14}.

Drug interactions: Centrally acting drugs, OTC nasal decongestants, sedating antihistamines, antinausea agents. The metabolic clearance

of caffeine from the body may be enhanced or retarded by concomitant use of certain other drugs^{14, 19}.

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% alcohol¹⁹.

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)^{5, 8, 9, 28, 45, 308}.

Major: Conditions associated with mild to moderate pain – rheumatism of joints & muscles^{5, 9, 28, 308}.

MEADOWSWEET

Minor: Gout, bladder & kidney disease^{5, 9, 28, 308}.

Cautions: Asthmatics⁹.

Contraindications: Salicylate sensitivity, pregnancy^{5, 9, 45}.

Side-effects: None known.

Drug interactions: Anticoagulant or antiplatelet drugs (warfarin, aspirin, simple analgesics)^{5, 14, 308}.

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/day⁵.

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^{309,311,312} – hepatocyte repair, supportive treatment in patients with alcoholic liver disease³¹³ with cirrhosis and/or abnormal liver function, acute viral hepatitis³¹⁴, hepatitis C infection, liver damage following exposure to chemical toxins, diabetes³¹⁹, jaundice, to prevent hepatotoxicity after poisoning with the mushroom *Amanita phalloides*, chemoprevention, treatment of cancer^{310,311,315,5,8,14,28,45,320}.

Major: Dyspeptic complaints such as flatulence and bloating³¹⁰, hypercholesterolaemia^{309,317}, to stimulate milk production³¹⁸, depression^{319,5,28,45}.

Minor: Loss of appetite, haemorrhoids, psoriasis, skin cancer prevention^{309,5,28,45}.

Contraindications: Known allergy to the Asteraceae family⁵.

Side-effects: Generally well tolerated but occasionally mild GI distress – sweating, abdominal cramping, nausea, vomiting, diarrhoea & weakness^{14,28}.

Drug interactions: Cisplatin, metronidazole, nifedipine, protease inhibitors, pyrazinamide, warfarin^{5,14,28,320}.

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/week⁵.

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^{28, 321, 323}.*Major:* Depression, to enhance memory, nervousness^{28, 321, 322, 323}.*Minor:* Diarrhoea, loss of appetite²⁸.**Cautions:** Use with caution if taking medicines that act on the central nervous system³²¹.**Contraindications:** None known.**Side-effects:** None known.**Drug interactions:** Analgesics, anticoagulants, anti-platelets, MAOIs, SSRIs, steroid hormones³²⁴.**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 baths²⁸.*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 & Galea

MULLEIN

MULLEIN

Verbascum densiflorum

Family: Scrophulariaceae

Medicinal Parts: Flower.

Indications:

Principal: Bronchitis, tracheitis, coughs & colds, catarrh of the upper respiratory tract, asthma^{5, 28, 45, 325}.

Major: Wounds, burns, bruises, haemorrhoids, pruritis, to soften the skin, chronic otitis media (topical use)^{5, 45}.

Minor: Inflamed mucosa, sore throat^{5, 45}.

Cautions/Contraindications: None known.

Side-effects: Contact dermatitis⁵.

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 daily⁵.

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, haemorrhoids³²⁶ [externally as a tincture], respiratory conditions, mouth ulcers, gingivitis³²⁷ [as a mouthwash], pharyngitis [as a gargle], respiratory catarrh^{326, 328, 329, 5, 9, 14, 28, 45}.

Major: Hyperlipidaemia, hypercholesterolaemia, hypertriglyceridaemia⁵.

Minor: Dysmenorrhoea, amenorrhoea,

menopausal symptoms^{328, 5}.

Others: Schistosomiasis³²⁹, acne⁵.

Contraindications: Known allergy, pregnancy^{5, 28}.

Side-effects: Restlessness, mild abdominal discomfort, GI symptoms such as diarrhoea & nausea^{5, 14}.

Drug interactions: Diabetic medication, lipid-lowering medication, anticoagulant & antiplatelet medication, diltiazem, propranolol^{5, 28}.

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 water⁴⁵.

NASTURTIIUM

Tropaeolum majus

Family: Tropaeolaceae

Medicinal Parts: The whole flowering plant & the seeds.

Indications:

Principal: Recurrent urinary tract infections^{330, 331, 332}.

Major: Catarrh of the upper respiratory tract, cough, bronchitis²⁸.

Minor: Mild muscular pain, menstrual disorders, hair loss, infected & poorly healing wounds [externally]²⁸.

Others: Scurvy, tuberculosis²⁸.

NEEM

Antelaea azadirachta

Family: Meliaceae

Medicinal Parts: Bark, leaves, branches, seeds, latex.

Indications: Inflammatory and febrile diseases (including malaria and leprosy), dyspeptic complaints, worm infestations²⁸.

Contraindications: None known.

Side-effects: No health hazards or side effects are known in conjunction with the proper administration of

Ad-muc[®] (Merz) see Chamomile, German

Echinacea & Black Elderberry (Higher Nature) see Echinacea

Contraindications: GI ulcers, kidney diseases, infants or small children²⁸.

Side-effects: Contact dermatitis³³⁰.

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 day²⁸.

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 neem²⁸.

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 hyperplasia³³³ & difficulties in passing urine³³⁴ (root), allergic rhinitis³³⁵ (leaf extracts), arthritic conditions (whole nettle extracts)^{5, 8, 14, 28, 45, 336}.

Major: Kidney & bladder stones^{5, 28}, hereditary hair loss, chilblains.

Minor: Diarrhoea, colon diseases, internal bleeding, chronic skin eruptions such as eczema^{5, 9, 28}.

Others: Dysentery; dandruff & oily hair [externally]²⁸.

Cautions: Known sensitivities or allergies to the herb^{5, 28}; swelling or fluid retention caused by heart failure, kidney conditions (avoid use of nettle's aerial parts, especially with excessive amounts of water)³³⁷.

Contraindications: Pregnancy^{5, 28}, breast-feeding, diabetic patients³³⁷.

Side-effects: GI discomfort, allergic

reactions (skin afflictions, oedema), urticaria, pruritus^{5, 28, 19, 45, 337}.

Drug interactions: Diuretics,

antiplatelets, anticoagulants (including heparin & warfarin), antihypertensive medicines, finasteride, anticonvulsants, hypoglycaemic drugs^{5, 337}.

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^{5, 9}.

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^{338, 339}, hypertension³⁴⁰, pruritus, blood sugar regulation (diabetes)³⁴¹.

Major: Libido, exhaustion, insomnia, anxiety, neurasthenia, GI complaints, consequences of nicotine abuse^{5, 8, 28}.

Minor: Rheumatism, bladder weakness, gout, kidney ailments²⁸.

Cautions: Oat bran products should be taken with large amounts of water to assure that the fiber is well dispersed in the bowel²⁸.

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^{5, 28}.

Side-effects: Flatulence, anal irritation⁵.

Drug interactions:

Antihypertensives, lipid-lowering medications including statins^{5, 28}.

Dose: 1-4 gm three times daily of oatmeal or straw; 20-40 ml/week 1:2 tincture⁵.

CarbonFlor® (Erba Vita) see Aniseed

Cholestro-Vit Formula (Vega) see Garlic

Colestroforte™ (HealthAid) see Fenugreek

OLIVE

Femmevit[®] (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^{342, 343, 344}.

Major: Symptomatic relief in osteoarthritis, rheumatoid arthritis³⁴², gout, fever, asthma, tonsillitis, pharyngitis, diabetes³⁴³.

Minor: Bacterial (such as bronchitis & tonsillitis), fungal (such as vaginal candidiasis, *Tinea pedis* & *Tinea capitis*) and viral infections (such as herpes simplex)^{342, 344}.

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^{345, 346}, psoriasis, eczema, sun burn, mild burns, rheumatism²⁸.

Major: Used as a laxative to soften impacted faeces, gallbladder inflammation, flatulence⁵, cancer prevention (prostate, colon & breast)^{345, 346}.

Minor: Roemhel syndrome, GI ulcers, kidney stones^{5, 28}.

Cautions: Known allergies to the Oleaceae family of plants⁵, biliary tract stones²⁸.

Contraindications: None known.

Side-effects: Seasonal respiratory allergies⁵.

Drug interactions: Hypoglycaemic agents, hypertensive agents⁵.

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 diet⁵.

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, psoriasis³⁴⁷, eczema³⁴⁸.

Major: Bronchitis, diarrhoea, gastritis, cholecystitis, liver & gallbladder conditions^{28, 349}.

Contraindications: Pregnancy²⁸.

Side-effects: No health hazards or

side effects are known in conjunction with the proper administration of designed therapeutic dosages²⁸.

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 day³⁵⁰.

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^{14, 28, 351, 352}.

Major: Pancreas excretion insufficiency, intestinal parasites³⁵³.

Minor: Damage to the urinary tract & stones, haemorrhoids, diabetes^{14, 28}.

Others: Cough, bronchitis²⁸.

Contraindications: Pregnancy, patients taking oral anticoagulants^{14, 28}.

Side-effects: Allergic reactions, including asthma attacks²⁸.

Drug interactions: Anticoagulants²⁸.

Dose: Dosage depends on the composition of the enzyme substitute preparation²⁸.

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^{8, 9, 19, 28, 354, 355}.

Major: Digestive complaints such as flatulence, dyspepsia & intestinal colic^{8, 9, 19, 28, 45}.

Minor: Dysmenorrhoea, functional amenorrhoea, myalgia (internal or topical use), rheumatic conditions^{9, 19, 354, 355}.

Contraindications: Pregnancy, lactation^{9, 28}, inflammatory kidney disorders^{19, 45}.

Side-effects: Rarely contact allergic reactions of skin^{19, 28}.

Drug interactions: Lithium, warfarin³⁵⁴.

Dose: Three times daily: dried herb, 2-4 gm or in infusion; liquid extract (1:1 in 25% alcohol), 2-4 ml⁴⁵.

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[®] (HealthAid) see Blessed Thistle

PASSIONFLOWER

Passiflora incarnata

Family: Passifloraceae

Medicinal Parts: Aerial parts, particularly leaves.

Indications:

Principal: Anxiety^{357, 358}, nervous restlessness⁸, insomnia^{5, 9, 14, 45, 356, 359}.

Major: Generalised seizures³⁶⁰, neuralgia^{5, 9, 356, 359}.

Minor: Diarrhoea, dysmenorrhoea¹⁴, decreased libido^{5, 359}.

Others: Haemorrhoids (externally)²⁸, opiate addiction⁵, cough, cancer³⁵⁹.

Caution: Pregnancy⁵.

Side-effects: Drowsiness is possible with excessive doses⁵.

Drug interactions: Benzodiazepines (additive effects at high doses), barbiturates (additive CNS effects), anticoagulants (increased risk of bleeding)^{5, 356}.

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 ml⁴⁵.

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[®] *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*TM (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^{14, 360, 361}.*Major:* Urinary tract infections, GI problems, constipation, psoriasis, dermatitis, arthritis, diabetes, bladder & prostate infections, ulcers^{14, 360, 361}.*Minor:* Allergies, sexually transmitted diseases (syphilis, gonorrhea), cancer & leukemia^{360, 361}.**Contraindications:** Children, pregnant women¹⁴.**Side-effects:** Nausea & vomiting, bruising & bleeding at higher doses¹⁴.**Drug interactions:** Oral anticoagulants, NSAIDs¹⁴.**Dose:** One-half to one cup bark and/or heartwood decoction taken orally 2-4 times daily³⁶⁰.*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 & 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, rheumatism²⁸.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 arthritis²⁸.**Cautions/contraindications:** None known.**Side-effects:** Gastroenteritis with vomiting, colic and diarrhoea²⁸.**Drug interactions:** None known.**Dose:** *Flowers:* One cup of infusion daily; *Root:* tincture: 30 to 50 drops daily²⁸.

PEPPERMINT

PEPPERMINT

Mentha piperita

Family: Lamiaceae

Medicinal Parts: Leaf, stem.

Indications:

Principal: Irritable bowel syndrome^{14, 362, 363}, nervousness, anxiety, stress.

Major: Daytime sleepiness, fatigue, low mood, neuralgia, myalgia^{5, 8, 28, 367}; symptomatic treatment of digestion problems including dyspepsia³⁶⁴, flatulence, gastritis, enteritis; spasmodic complaints of the GI tract, as well as the gall bladder & bile ducts^{45, 365, 5, 8, 28, 366}.

Minor: Headache; postoperative nausea; respiratory tract infections^{5, 8, 28}.

Others: Decreased libido, hiccups, menorrhagia⁵.

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 children⁵.

Contraindications: Hypersensitivity to peppermint oil, biliary duct occlusion, gall bladder inflammation, severe liver damage, early pregnancy^{5, 8, 14, 28, 45}.

Side-effects: Contact dermatitis^{5, 28}.

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)^{5, 366}.

Dose: Average daily dose: 3 to 6 gm of drug, 5 to 15 gm of tincture; equivalent preparations^{5, 28, 45}.

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^{14, 28, 368}.

Major: Post traumatic and postoperative swelling especially of the nasal and paranasal sinuses⁸, inflammation, febrile conditions, digestive complaints^{14, 28, 368}, water retention.

Others: Constipation, amenorrhoea, dysmenorrhoea²⁸.

Cautions/contraindications: None known.

* 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^{14, 28}.

Drug interactions: Amoxicillin, tetracycline, oral anticoagulants, platelet-inhibiting drugs^{14, 368}.

Dose: Adults: 500 – 2000 mg daily²⁸.

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^{8,14}.

Major: Intermittent fever, ulcers, sores, dyspepsia, GI complaints, diarrhoea^{8,14,28}.

Minor: Diabetes, scurvy, hypertension, gout²⁸.

Others: Cystitis, haematuria, haemorrhoids with bleeding

and irritation⁹.

Cautions: Pregnancy⁹.

Side-effects: Allergic contact dermatitis⁹, migraine headaches²⁸.

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 daily⁹.

POMEGRANATE

Punica granatum

Family: Punicaceae

Medicinal Parts: Root, bark, fruit, peel of fruit, flowers.

Indications:

Principal: Hypercholesterolaemia³⁶⁹, hypertension, atherosclerosis, tapeworm infestation and other intestinal parasites, sore throat, candidosis associated with denture

stomatitis^{370,371,375}.

Major: Diarrhoea³⁷², dyspepsia, malignant breast cancer³⁷¹, wounds^{373,375}.

Others: Haemorrhoids, dysentery, leprosy³⁷¹, asthma & COPD^{374,375}.

Contraindications: Pregnant & nursing women^{28,375}.

Side-effects: Gastric irritation including cramps, vomiting and diarrhoea with high doses^{28,375}.

Drug interactions: Drugs metabolised by CYP2D6, antihypertensive drugs, rosuvastatin³⁷⁵.

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 hour²⁸.

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^{9, 28, 45, 376}.
Major: Colic, flatulence, intermittent claudication, toothache^{9, 28, 376}.
Minor: Hypotension, diarrhoea, cough, asthma, worm infestations²⁸.

Contraindications: Pregnancy⁴⁵.

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 ml⁴⁵.

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)^{377, 378}, diabetes^{379, 380}, irritable bowel syndrome^{381, 5, 8, 28}.

Major: Disorders were easy bowel movement with a loose stool are desirable e.g. in patients with anal fissures and haemorrhoids^{8, 28}.

Others: Colorectal cancer²⁸.

PSYLLIUM

Cautions: If there is difficulty in regulating diabetes mellitus⁵, pancreatic insufficiency²⁸.

Contraindications: Partial or complete bowel obstruction, colonic impaction, stenosis of the GI tract^{5,28}.

Side-effects: Flatulence; bloating; mild abdominal discomfort; allergy characterized by chest tightness, wheezing & urticaria; oesophageal obstruction (psyllium should not be consumed dry)^{5,28}.

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 agents⁵.

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 daily²⁸.

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^{19, 28, 382, 383, 384}.*Major:* Irritable bladder prevention, treatment of calcium oxalate kidney stones^{19, 28, 384}.*Minor:* Intestinal parasites particularly tapeworm^{28, 384}.**Cautions:** If used concomitantly with warfarin, monitor INR and symptoms of excessive bleeding²⁸.**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 oil¹⁹.*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 & 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 & 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^{5, 28, 385}.

Others: Impotence, reduced fertility & sexual performance, sphincter disorders, male baldness^{5, 28}.

Cautions: Paediatrics, pregnancy, lactation²⁸.

Contraindications: Hypersensitivity to the herb⁵.

Side-effects: Mild GI discomfort⁵.

Drug interactions: 5 α -reductase inhibitors, saw palmetto²⁸.

Dose: 50-100 mg twice daily of extract standardised to 12-13% sterols⁵.

Prostavital[®] (HealthAid) see Pumpkin

RASPBERRY

Rubus idaeus

Family: Rosaceae

Medicinal Parts: Leaves, fruit.

Indications:

Principal: To facilitate parturition, diarrhoea, stomatitis, tonsillitis^{5, 9, 19, 28, 386}.

Major: Dyspeptic complaints, externally as a wash for superficial wounds and ulcers^{5, 9, 19, 386}.

Others: Painful and profuse menstruation, influenza, fever, diabetes, vitamin deficiency^{8, 19}.

8-10 weeks of pregnancy^{9, 19}.

Side-effects: GI discomfort, constipation^{5, 19}.

Drug interactions: Iron, calcium, magnesium (separate the administration of these substances by at least 2 hours)⁵.

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 recommended¹⁹.

Cautions: Peptic ulceration, GI conditions associated with inflammation. Avoid in constipation^{5, 28}.

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^{5, 28, 387, 388, 389}.

Major: BPH, osteoporosis prevention^{5, 390}.

Minor: Eczema, psoriasis^{5, 9, 28, 45, 388}.

Others: Cough, bronchitis⁴⁵.

Cautions: In patients with conditions that may be aggravated by increased oestrogen level such as endometriosis or uterine fibroids⁵.

Side-effects: Infertility and growth disorders have been reported in grazing animals^{5, 9, 28}.

Drug interactions: Anticoagulants, oestrogens, tamoxifen^{5, 28, 388}.

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 isoflavones⁵.

Menovital[®] (HealthAid) see Dong Quai

RHODIOLA

Rhodiola rosea

Family: Crassulaceae

Medicinal Parts: Root.

Indications:

Principal: Low mental and physical performance, fatigue, altitude sickness^{28, 391, 392, 393}.

Major: Stress, depression, low mood^{28, 393, 395}.

Minor: Anaemia, impotence, infections, GI ailments^{28, 391, 392}.

Contraindications: Patients with bipolar disorder²⁸.

Side-effects: Interfere with sleep, cause vivid dreams during the first few weeks. Therefore best to take

dose early in the day²⁸.

Drug interactions: Pepper (diminish antidepressant effect of rhodiola)³⁹³.

Dose: 50 to 200 mg daily²⁸.

AntiStress[®] (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^{9, 28, 45, 396}.

Major: Diarrhoea (at low doses)^{9, 28}, liver disease³⁹⁶, gastroenteritis⁴⁵.

Minor: Painful teething in children, burns (externally), abdominal pain, oedema, tenesmus²⁸.

Cautions: Avoid by individuals suffering from arthritis, kidney disease or urinary problems⁹; pregnancy; breastfeeding^{9, 28}.

Contraindications: Intestinal obstruction, acute inflammatory intestinal disease, appendicitis, abdominal pain of unknown origin^{28, 45}.

Side-effects: Spasmodic GI complaints²⁸.

Drug interactions: Cardiac glycosides (long term use of rhubarb may lead to potassium deficiency)²⁸.

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 gm⁴⁵.

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 Sciroppo (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 Comprime (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^{28, 397}.

Major: Boils, sores, swellings, skin blemishes (externally)³⁹⁷.

Minor: Diabetes, spontaneous perspiration, pneumonia, diseases of the colon²⁸.

Others: Breast & stomach cancer, warts³⁹⁷.

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^{8, 28, 398}.

Major: Arthritis, rheumatic disorders, gout, biliary complaints, colic^{8, 28, 398, 399}.

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 ingested²⁸. 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^{8, 28, 398}.

Others: As an eyewash⁸.

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

ROSE HIP

Dose: 2 gm drug as a single daily dose²⁸.

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^{28, 400}.*Minor:* Carbuncles, swelling and inflammation of the skin, scalding, conjunctivitis, *herpes zoster*²⁸.**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 minutes²⁸.**ROSEMARY***Rosmarinus officinalis***Family:** Labiatae
Medicinal Parts: Leaf.**Indications:***Principal:* To increase mental concentration, neuroprotective effect⁴⁰¹, digestive complaints including dyspepsia, flatulence & bloating, hypotension^{5, 8, 9, 19, 28, 402}.*Major:* Chemoprotective & adjunct in cancer therapy (mainly in breast cancer), headache, rheumatic conditions⁸, myalgia, sciatica, neuralgia, alopecia^{5, 9, 19, 28, 402}.*Minor:* Toothache, eczema, insect repellent, wound healing, sodium-lauryl-sulfate-induced irritant contact dermatitis [topically]^{5, 19}.**Contraindications:** Pregnancy^{5, 9, 28}.**Side-effects:** Stomach & intestinal irritation, seizures, allergic contact dermatitis with large doses⁵.**Drug interactions:** Iron, anticoagulants, drugs dependent on P-glycoprotein transport⁵.**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 etc¹⁹.*Candiclear* (Higher Nature) see Thyme*CarbonFlor*[®] (Erba Vita) see Aniseed*Evening Primrose* (HealthAid) see Evening Primrose*Flodol*[®] *Artro* (Alta Care) see Meadowsweet

ROSEROOT

Herbal Cream (HealthAid) see Arnica

Neem Cream (A. Vogel) see Neem

Neem Oil (A. Vogel) see Neem

Refreshall[®] (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 disease⁴⁰³, hypertension, hypercholesterolaemia, atherosclerosis, arrhythmias^{404, 405}.

Major: Inhibition of thrombus formation^{404, 405}, delayed, heavy & painful menstruation, male sterility, dead sperm excess disease⁴⁰⁶, pain & swelling associated with trauma^{407, 408}.

Minor: Rheumatism particularly rheumatoid arthritis, sciatica⁴⁰⁸.

Others: Pertussis, chronic bronchitis, chronic gastritis, atrophic gastritis,

constipation caused by medicines for mental illnesses, chronic nephritis⁴⁰⁸.

Contraindication: Pregnancy²⁸.

Side-effects: None known.

Drug interactions: None known.

Dose: Average daily dose is 3 gm of decoction; single dose is 1 gm²⁸.

Bodylean[®] *CLA Plus* (HealthAid) see Green Tea

Interfresh[™] (HealthAid) see Parsley

† Rutin is a citrus flavonoid glycoside found in buckwheat.

SAFFRON*Crocus sativus***Family:** Iridaceae**Medicinal Parts:** Stigma, style.**Indications:***Principal:* Menorrhagia, amenorrhea, painful labour^{28, 409, 410}.*Major:* Indigestion, colic, bronchitis, sore throat, headache, vomiting, fever, skin hyperpigmentation, acne, depression^{409, 410}.*Minor:* Insomnia, measles, jaundice, dysentery, cholera, psoriasis^{409, 410}.*Others:* Cancer treatment and prevention (fibrosarcoma, cervical epitheloid carcinoma, breast carcinoma)^{410, 411}.**Cautions:** Patients taking anticoagulant or antiplatelet drugs⁴¹².**Contraindication:** Pregnancy²⁸.**Side-effects:** None known.**Drug interactions:** Anticoagulants⁴¹².**Dose:** 3-9 gm daily⁴¹².*Saffron* (HealthAid)

Capsules; Saffron extract (6:1) 14.75mg (equiv. to 177mg of Saffron powder).

Local Distributor: Galea & Galea

SAGE*Salvia officinalis***Family:** Labiatae**Medicinal Parts:** Leaf.**Indications:***Principal:* Hot flushes and hyperhidrosis associated with menopause⁴¹³, poor memory, dementia^{5, 8, 9, 19, 28, 414}.*Major:* Inflammation of mouth or throat mucosa, such as pharyngitis, tonsillitis, stomatitis, gingivitis, glossitis, digestive disorders such as dyspepsia, flatulence, poor digestion & bloating^{5, 8, 9, 19, 28, 415}.*Minor:* Lack of appetite⁵.*Others:* Asthma, cancer^{5, 416}.monitored⁵; epileptics¹⁹.**Contraindications:** Pregnancy, lactation¹⁹.**Side-effects:** Occasional allergic reactions with topical use⁵.**Drug interactions:** Iron, calcium, magnesium (reduced absorption of these minerals when taken with sage)⁵.**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 daily⁵.

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^{9, 14, 28, 45}.

Minor: Inflammation of the urinary organs²⁸.

Cautions/contraindications: None known.

Side-effects: Stomach complaints and queasiness may occur in rare cases²⁸.

Drug interactions: Digitalis glycosides, bismuth¹⁴.

Dose: Three times daily: dried root, 2-4 gm or in decoction; liquid extract (1:1, 50% ethanol), 2-4 ml⁴⁵.

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^{5, 9, 14, 19, 28, 417, 418, 419, 420, 421}.

Major: Androgenetic alopecia^{420, 422}, chronic prostatitis and pelvic pain^{5, 420}.

Minor: Impotence, male infertility, decreased libido⁵.

Cautions: Patients with hormone-dependent cancers²⁸. If symptoms of BPH worsen, blood is detected in the urine, or acute urinary retention occurs, professional reassessment is required⁵.

Contraindications: Pregnancy^{5, 9, 28}.

Side-effects: Occasionally, minor GI complaints^{19, 28}.

Drug interactions: Finasteride (and other 5-alpha reductase inhibitors), androgenic agents, anticoagulants^{5, 421}.

Dose: Daily dose: 320 mg of saw palmetto fruit lipidosterolic extract; dried fruit, 204 mg¹⁹.

Chale[®] 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 ThreeTM (HealthAid) see Ginseng Korean

Herbal 3 (HealthAid) see Pumpkin

Male Formula (HealthAid) see Ginseng Korean

Male MaxTM (HealthAid) see Ginseng Korean

Prostasan[®] (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^{5, 28, 423, 424, 425}.

Major: Decreased resistance to physical and emotional stress^{5, 425}.

Minor: Chronic cough, dyspnoea, diarrhoea, night sweats, irritability, palpitations, insomnia, asthma^{5, 28, 424, 426}.

Others: In combination with other herbal medicines to treat infection^{5, 28, 424}.

Contraindications: Patients with epilepsy, severe hypertension, intracranial pressure²⁸.

Side-effects: Rarely, mild GI discomfort, appetite suppression, hives^{5, 28}.

Drug interactions: Drugs metabolised by CYP 3A4 (particularly nifedipine), tacrolimus, warfarin and

related drugs^{5, 424}.

Dose: Dried fruit: 1.5-6 gm/day.

Liquid extract (1:2): 3.5-8.5 ml/day or 25-60 ml/week⁵.

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^{28,427}.

Major: Neuralgia, rheumatism, muscle pain, poor circulation^{28,427}.

Minor: Weak ligaments of the upper ankle joint, eczema, urticaria²⁸.

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 additive²⁸.

Contraindications: Bronchial asthma, whooping cough²⁸.

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 day²⁸.

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^{9, 14, 28, 45, 428, 429, 430}.

Major: For evacuation of the bowel prior to diagnostic tests of the GI and colorectal area²⁸.

Caution: Avoid prolonged use⁹.

Contraindications: Intestinal obstruction, acute inflammatory intestinal disease, appendicitis^{9, 28, 45}.

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^{28, 45, 428}.

Drug interactions: Licorice, corticosteroids, digitalis glycosides, potassium-depleting diuretics, quinidine^{28, 428, 429}.

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)⁴⁵.

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)⁴³¹, heart disease, hyperlipidemia (including high blood cholesterol)⁴³², hypertension⁴³³.

Major: Infectious disease, hepatitis, diseases involving depressed immune function (including AIDS), frequent colds and flu, bronchial inflammation^{432, 434}.

Minor: Environmental allergies, fungal (especially *Candida*) infections⁴³⁵.

Others: Regulating urinary incontinence⁴³⁵.

Cautions/contraindications: None known.

Side-effects: Allergic dermatitis, diarrhoea, mild pressure on the chest (disappear when shiitake is stopped)⁴³⁶.

Drug-interactions: Anticoagulants, NSAIDs⁴³³.

Dose: Patients over 18 years, 6-16 gm of the whole, dried shiitake mushroom daily, or 1-3 gm powdered extract⁹.

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^{5, 9, 28, 45, 437, 438, 439, 440}.

Major: Tendency to infection, depression^{5, 28, 439}.

Minor: Upper respiratory tract conditions⁴³⁹.

Minor: Sleep disturbances⁴³⁹, impotence, loss of appetite, pain & weakness in the hip and knee joints, rheumatoid arthritis²⁸.

Cautions: Individuals who are highly energetic, schizophrenic⁹, diabetics⁵.

Contraindications: Cardiovascular disease or hypertension^{5, 28}.

Side-effects: None known following the proper administration of designated therapeutic dosages.

Drug interactions: Anticoagulants, digoxin, chemotherapy, antidiabetic agents, influenza virus vaccine^{5, 28, 439}.

SIBERIAN GINSENG

Dose[‡]: Daily dose: dried root and rhizome, 2-3 gm^{45, 438, 439}.

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[®] (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)

‡ *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 recommended⁴⁵.

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[®] (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® 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% eleutherosides).

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 eleutherosides 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, eleutheroside E 660mcg, eleutheroside 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% eleutherosides), 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^{5, 9, 45, 28}.

Major: Inflamed skin conditions, wounds, burns, to draw out boils & abscesses^{5, 28, 45}.

Minor: Bronchitis, cystitis, intestinal parasites⁵.

Others: Gout, rheumatism, inflamed joints, toothache⁵.

Contraindications: Pregnancy²⁸.

Side-effects: Contact dermatitis²⁸.

Drug interactions: Iron²⁸.

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 viscosity⁴⁵.

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 tract²⁸.

Major: An adjuvant in antibacterial therapy²⁸.

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 daily²⁸.

ST. JOHN'S WORT*Hypericum perforatum***Family:** Clusiaceae/Guttiferae**Medicinal Parts:** Aerial parts, flowering tops.**Indications:***Principal:* Mild to moderate depression^{5, 9, 19, 28, 441, 442, 443, 444, 445}.*Major:* Low mood, anxiety and insomnia, particularly if associated with menopause, seasonal affective disorder, PMS^{5, 9, 28, 445, 446, 447}.*Minor:* Obsessive compulsive disorder⁴⁴⁸, polyneuropathy, herpes infection, smoking cessation⁵.*Others:* Sciatica, GI conditions (such as oesophagitis & peptic ulcers)⁵.Topical Use: Acute dermatitis, myalgia, first-degree burns^{5, 28}.**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^{5, 9, 28}.**Contraindications:** History of photosensitivity or hypersensitivity to St. John's Wort²⁸.**Side-effects:** GI symptoms, photosensitivity, other skin conditions and agitation⁵.**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^{5, 28, 445, 449}.**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 preparations¹⁹.*It is advised that patients using St. John's Wort long term have their doses reduced slowly when discontinuing use⁵.**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^{14, 28, 450, 451, 452, 453}.

Leaves (Not to be used internally but as an emollient poultice)

Principal: Fever, upper respiratory tract infections, inflammation (especially kidney and bladder

disorders), swelling^{9, 14, 28, 451}.

Major: Eczema, infantile seborrheic dermatosis, hypertension, depression²⁸.

Cautions: Avoid excessive or prolonged ingestion of starflower due to its toxic pyrrolizidine alkaloid constituents^{28, 451}.

Contraindications: Schizophrenic and/or epileptic patients and in those receiving epileptogenic drugs (starflower oil may cause temporal lobe epilepsy)²⁸. Pregnancy and breastfeeding^{14, 28}.

Side-effects: GI discomfort²⁸, status epilepticus⁴⁵².

Drug interactions: Antiplatelet drugs, NSAIDs, phenothiazines, warfarin

and related drugs, iron^{28,451}.

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 daily²⁸.

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® (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® (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^{9, 28}.

Major: Asthma, warts^{9, 28}.

Minor: Chronic bronchitis with
peptic ulceration or gastritis, gastric
ulceration⁹.

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 daily²⁸.

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^{19, 28, 454}.

Major: Oedema, inflammation, cutaneous capillary fragility, haemorrhoids^{19, 28, 454}.

Minor: Phlebitis, indigestion and flatulence, minor sleep disorders, rheumatic pains, burns^{19, 28}.

Others: Bruises, sprains, superficial bleeding [external use]^{19, 28}.

Cautions: Patients taking aspirin¹⁹.

Side-effects: In rare cases headaches¹⁹, transitory liver damage is possible in susceptible individuals (monitor liver enzymes)²⁸.

Drug interactions: Anticoagulants^{19, 454}.

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^{19, 28}.

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^{14, 28, 455}.

Major: Liver and gallbladder ailments, stomachache, fever^{14, 28, 455}.

Minor: Gastric ulceration⁴⁵⁶, obesity⁴⁵⁷.

Others: Bilious vomiting, pharyngitis, stomatitis, haemorrhoids²⁸.

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: Aspirin (increased bioavailability leading to GI bleeding)¹⁴.

TEA TREE

Dose: 10 to 50 gm of cleaned tamarind paste, pure or with other purgatives daily; taken in fruit cubes²⁸.

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^{458, 459}, athlete's foot, onychomycosis^{5, 28, 460}.

Major: Dandruff, cystitis^{5, 28, 460}.

Minor: Vaginitis, cervicitis, gingivitis, MRSA infection^{5, 28, 461}.

Others: Cold sores⁴⁶², head lice eradication⁵.

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^{5, 28}.

Side-effects: Contact dermatitis^{5, 28}. Diarrhoea, CNS toxicity, and coma may occur if sufficient quantities are ingested²⁸.

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 solution⁵.

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)^{5, 9, 19, 28, 463, 464}.

Major: Diarrhoea, gastritis, dyspepsia,
skin disinfection in minor wounds
(topical use)^{5, 9, 19, 28}.

Minor: Inflammations of the mouth
and throat, enuresis in children^{5, 9, 19,}
^{28, 463}.

Others: Insect bites and stings,
athlete's foot & other fungal
infections, scabies, lice, oral cavity
squamous cell carcinoma^{464, 5, 9, 19, 28}.

Cautions: Enterocolitis, congestive
heart failure⁵, pregnant women¹⁹.

Contraindications: People who are
allergic to the Labiatae family⁵.

Side-effects: Nausea, vomiting,
headache, dizziness, convulsions,
cardiac or respiratory arrest if taken
internally; contact dermatitis with
topical use^{5, 28}.

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 daily²⁸.

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: Constipation²⁸.

Major: Treatment of eye, liver & throat tumors²⁸.

Cautions: Maintain adequate fluid intake (insufficient intake can lead to obstruction ileus & oesophageal closure)²⁸.

Side-effects: Allergic reactions in rare cases²⁸.

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 administration²⁸.

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)^{465, 466}, osteoarthritis⁴⁶⁷ and other inflammatory conditions – inflammatory bowel disease, pancreatitis^{468, 469, 470}.

Major: Hyperlipidaemia, cardiovascular diseases, type 2 diabetes, hypertension, stroke⁴⁷¹, dyspepsia⁴⁶⁸, peptic ulcers^{5, 14, 28, 470}.

Minor: Chronic anterior uveitis⁴⁶⁹, oral submucous fibrosis⁵.

Others: Jaundice, skin infections, psoriasis^{5, 468}.

Cautions: Avoid high doses in males and females wanting to conceive, suspend concentrated extracts 1 week prior to major surgery⁵.

Contraindications: Bile duct obstruction^{5, 28}, breast cancer patients treated with cyclophosphamide⁵, hyperacidity or GI ulcers, pregnancy²⁸.

Side-effects: Contact dermatitis^{5, 28}.

Drug interactions: Beta-blockers, midazolam⁴⁷⁰, anticoagulants, cyclophosphamide⁵.

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 daily²⁸.

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^{9, 28, 45, 472}.

Major: Cystitis, urethritis, dysuria, pyelitis, lithuria^{9, 28}.

Cautions: Not for unsupervised, prolonged use²⁸.

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^{9, 28, 45}.

Side-effects: Individuals with gastric sensitivity may experience nausea, vomiting and/or stomachache^{28, 45}.

Drug interactions: Iron, thiazide & loop diuretics²⁸.

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 treatment⁴⁵.

Aquaflow[®] (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[®] (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^{5, 9, 14, 28, 45,}
^{473, 474, 475}.

Major: Restlessness, muscle spasm
& cramping (associated with
dysmenorrhoea)^{5, 9, 28, 45, 474, 476}.

Minor: Fibromyalgia, benzodiazepine
withdrawal⁵.

Cautions: When driving a car or
operating heavy machinery when high
doses are used⁵, pre-existing liver
disease, pregnancy & breastfeeding²⁸.

Side-effects: Rarely, GI complaints
and contact allergies²⁸.

Drug interactions: Alcohol,
barbiturates, benzodiazepines,
caffeine, chlorzoxazone,

dextromethorphan^{5, 28, 474}.

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 preparations⁴⁵.

5-HTP (Solgar) see Griffonia

Controller[®] Natural Sleep (Alta Care) see
Linden

Dormeasan[®] (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

TranquilTM (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
BaseTM 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^{477, 478, 479}.

Major: Impotence, erectile
dysfunction⁴⁷⁹.

Minor: To increase testosterone,
anabolic/androgenic aid to stimulate
growth hormone, as a weight loss
aid⁴⁷⁹.

Others: Worm infestation^{28, 479}.

Contraindications: Pregnancy⁴⁷⁹.

Side-effects: Itching, burning and
inflammation if stinging hairs are in
contact with the skin²⁸.

Drug interactions: None known.

Dose: Decoction: ½ to 1 cup twice
daily; 1-2 gm twice daily of seed
powder (tablets or capsules)⁴⁷⁹.

Male Formula (HealthAid) see Ginseng
Korean

Male MaxTM (HealthAid) see Ginseng
Korean

WHITE WILLOW

Salix species

Family: Salicaceae

Medicinal Parts: Bark.

Indications:

Principal: Osteoarthritis, rheumatoid arthritis, fever, headaches^{5, 9, 14, 28, 45, 480}.

Major: Lower back pain⁴⁸¹.

Minor: Gout^{9, 28, 45}.

Cautions: Pregnancy, children, gastric or duodenal ulcers, hemophilia, asthma, diabetes^{5, 28}.

Contraindications: Salicylate hypersensitivity^{5, 28}.

Side-effects: None known.

Drug interactions: Anticoagulants, salicylate drugs, aspirin, NSAIDs^{5, 28}.

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 salicin⁴⁵.

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^{9, 45, 482}.

Major: Irritable cough, whooping cough, asthma^{9, 28, 45, 482}.

Minor: Rheumatic pains, atherosclerosis^{9, 28, 45, 482}.

Others: Urinary tract disorders^{28, 482}.

WILD OREGANO

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: CNS

depressants⁴⁸².

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 ml⁴⁵.

WILD OREGANO

Origanum vulgare

Family: Labiatae

Medicinal Parts: Leaves.

Indications:

Principal: Colds and flu, bacterial and viral infections including herpes simplex virus outbreaks^{28, 483, 484, 485}.

Others: Coughs, dyspepsia, painful menstruation, rheumatoid arthritis, urinary tract disorders²⁸.

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 food²⁸.

WILD YAM

Dioscorea villosa

Family: Dioscoreaceae

Medicinal Parts: Root, rhizome.

Indications:

Principal: Topical HRT for women^{5, 14, 19, 28, 486}.

Major: PMS, dysmenorrhoea, postmenopausal vaginal dryness, osteoporosis, to increase energy and libido in men and women^{5, 28, 487}.

Minor: Acute phase of rheumatoid arthritis, rheumatic and arthritic ailments, biliary and intestinal colic^{5, 19, 28, 486}.

Others: Diverticulitis, cholecystitis, nausea in pregnancy^{5, 28}.

Cautions/contraindications: None known.

Side-effects: Nausea, vomiting & diarrhoea with large doses^{5, 19}.

Drug interactions: Indomethacin, oestrogen containing drugs²⁸.

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 ml¹⁹.

Altasterol® Stimulant (Alta Care) see Ginger

Silvia[®] *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^{9, 14, 28, 488}.

Major: Haematemesis, haemoptysis, menstrual complaints^{9, 28}.

Minor: Varicose veins^{9, 28}.

Cautions: Avoid long term administration as it may lead to liver damage^{9, 28}, pregnancy & breastfeeding¹⁴.

Contraindications: None known.

Side-effects: Contact dermatitis¹⁴.

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 daily²⁸.

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

Arnica (Bios Line) see Arnica

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

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[®] (Alta Care) see Grapeseed

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

Vitiver[®] *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)^{28, 489, 490, 491, 492}.

Major: Hypertension, diabetes^{491, 492, 493, 494}.

Minor: Erectile dysfunction, cancer, inflammation^{28, 492}.

Contraindications: Pregnancy²⁸.

Side-effects: None known.

Drug interactions: Antidiabetic agents, warfarin^{492, 495}.

Dose: *Daily dose:* Drug/tea: 6-12 gm or 6-15 gm, depending on the literature source²⁸.

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 region⁴⁹⁶.

Major: Nervous stress, emotional tension, premenstrual complaints, sinusitis headaches & nasal congestion when used in combination with other herbs (including comfrey & linden)^{28, 496}.

Minor: Nosebleeds⁴⁹⁶.

Others: Cough, bronchitis, asthma²⁸.

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 swelling²⁸.

WORMWOOD

Artemisia absinthium

Family: Asteraceae/Compositae

Medicinal Parts: Aerial shoots, leaves.

Indications:

Principal: Dyspeptic complaints including flatulence & mild GI spasms, loss of appetite^{19, 497}.

Major: Stimulations of weak and underactive digestions¹⁹.

Minor: As a tonic with general strengthening effect in debility and convalescence, especially in influenza and colds; worm infestations^{19, 28, 498}.

Cautions: Continuous use of wormwood is not advisable²⁸.

Contraindications: History of seizures and gastric or duodenal ulcers, pregnancy, breastfeeding^{19, 28}.

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^{19, 28}.

Drug interactions: Phenobarbital, iron²⁸.

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 ml¹⁹.

*Duration of treatment should not exceed 3-4 weeks*¹⁹.

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^{9, 14, 28, 45, 499, 500}.

Major: Essential hypertension⁵⁰¹, amenorrhoea, loss of appetite, dyspeptic complaints^{9, 14, 28, 45, 500}.

Minor: Thrombotic conditions, diarrhoea, dysentery^{9, 500}.

Others: Liver disease, cancer⁴⁹⁹.

Contraindications: Known hypersensitivity to yarrow or other Compositae^{14, 45}, pregnancy^{28, 499}.

Side-effects: Contact dermatitis^{14, 28}.

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 ml⁴⁵.

YELLOW DOCK

YELLOW DOCK

Rumex crispus

Family: Polygonaceae
Medicinal Parts: Roots.

Indications:

Principal: Constipation⁹.

Major: Psoriasis⁹, acute & chronic inflammation of the nasal passages and respiratory tract²⁸.

Minor: Obstructive jaundice⁹.

Cautions: Avoid excessive use, pregnancy, breastfeeding⁹.

Contraindications: Existing intestinal obstruction⁹.

Side-effects: Overuse may cause abdominal cramps and diarrhoea, and

prolonged use may lead to intestinal atrophy and hypokalaemia⁹.

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 daily⁹.

2-Day DetoxPlan (HealthAid) see Milk Thistle

Aquaflow[®] (HealthAid) see Dandelion

Herbal Booster[™] (HealthAid) see Guarana

Vegilax[®] (HealthAid) see Blessed Thistle

YELLOW MELILOT

see Sweet Clover

YOHIMBE

Pausinystalia yohimbe

Family: Rubiaceae
Medicinal Parts: Bark.

Indications:

Principal: Erectile dysfunction, decreased libido^{14, 28, 502}.

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 age²⁸.

Side-effects: GI upset, anxiety, hypertension, headache, agitation, rash, tachycardia, frequent urination^{14, 28, 502}.

Drug interactions: Tyramine-containing food, alcohol, antihypertensive agents, antidepressants & other centrally-acting drugs^{14,28}.

Dose: *Erectile dysfunction:* 10 mg three times daily. *Erectile impotence:* 5.4 mg (1 tablet) three times daily. Therapy should not exceed 10 weeks²⁸.

YUCCA

Yucca schidigera

Family: Agavaceae

Medicinal Parts: Leaves.

Indications:

Principal: Hypertension, hypercholesterolaemia^{9,503,504}.

Major: Arthritis, joint pain^{9,505}.

Minor: To clean wounds and prevent infections, to clear up and prevent acne (topically)⁵⁰⁴.

Cautions: Pregnancy, lactation⁹.

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

REFERENCES

1. Alves RE, De Araujo MC, De Brito ES, Carkeet C, Clevidence BA, Novotny JA. Anthocyanins present in selected tropical fruits: acerola, jambolao, jussara and guajiru. *J Agric Food Chem* 2007; 55(23): 9389-94.
2. EBSCO CAM Review Board. Acerola. [Online]. 2009 [cited 2010 Nov 4]. Available from: URL: <http://healthlibrary.epnet.com/GetContent.aspx?token=e0498803-7f62-4563-8d47-5fe33da65dd4&chunkid=40001>
3. Therapeutic Research Faculty. Acerola uses, side effects, interactions and warnings. [Online]. 2005-2009 [cited 2010 Nov 4]. Available from: URL: <http://www.webmd.com/vitamins-supplements/ingredientmono-608-ACEROLA.aspx?activeIngredientId=608&activeIngredientName=ACEROLA&source=3>
4. Hodis HN, Hwang J, Sevanian A. Soy and alfalfa phytoestrogen extracts become potent low-density lipoprotein antioxidants in the presence of acerola cherry extract. *J Agric Food Chem* 2001; 49(1): 308-314.
5. Braun L, Cohen M. Herbs & natural supplements: an evidence-based guide. 2nd ed. Marrickville (NSW): Debbie Lee; 2007.
6. Kaplan B, Rotem C. Phyto-female complex for the relief of hot flushes, night sweats and quality of sleep: randomized, controlled double-blind pilot study. *Gynecol Endocrinol*. 2007; 23(2): 117-22.
7. Daniele C, Ernst E, Pittler MH, Thompson Coon J. *Vitex agnus castus*: a systematic review of adverse events. *Drug Saf*. 2005; 28(4): 319-32.
8. Blumenthal M, Busse W, Golderg A, Grenwald J, Hall T, Riggins C, et al. The complete German commission e monographs: therapeutic guide to herbal medicines. Austin TX: American Botanical Council; 1998.
9. Anderson LA, Newall CA, Phillipson JD. Herbal medicines: a guide for health-care professionals. London: Pharmaceutical Press; 1996.
10. Anon. Alfalfa monograph – natural medicine comprehensive database. [Online]. 2009 [cited 2010 Nov 7]. Available from: URL: <http://naturaldatabase.therapeuticresearch.com/nd/Search.aspx?cs=&s=nd&pt=100&id=19>
11. Montbriand MJ. Herbs or natural products that increase cancer growth or recurrence. *Oncology Nursing Forum* 2004; 31(5): E99-115.
12. Anon. Alfalfa. [Online]. 2008 [cited 2010 Nov 7]. Available from: URL: http://www.hc-sc.gc.ca/dhp-mps/alt_formats/hpfb-dgpsa/pdf/prodnatur/mono_alfalfa-luzerne-eng.pdf
13. Natural Standard Research Collaboration. Alfalfa. [Online]. 2009 [cited 2010 Nov 7]. Available from: URL: <http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-alfalfa.html>
14. Philp RB. Herbal-drug interactions and adverse effects: an evidence-based quick reference guide. USA: McGraw-Hill Medical Publishing Division; 2004.
15. Scientific committee of the British herbal medicine association. British herbal compendium - a handbook of scientific information on widely used plant drugs. PR B, editor: British Herbal Medicine Association; 1992.
16. Natural Standard Research Collaboration. Aloe. [Online]. 2009 [cited 2010 Nov 7]. Available from: URL: <http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-aloe.html>
17. Saple DG, Surjushe A, Vasani R. Aloe Vera: A short review. *Indian Journal of Dermatology* 2008; 53(4): 163-166.
18. Batz F, Chester R, Constantine G, Gaby AR. A-Z guide to drug-herb-vitamin interactions. 2nd ed. New York: Three Rivers Press; 2006.
19. Bradley P. British herbal compendium, a handbook of scientific information on widely used plant drugs. Companion to the British herbal pharmacopoeia volume 2. Bournemouth: British Herbal Medicine Association; 2006.
20. Physician's desk reference. 1st ed. Montvale (NJ): Medical Economics Company, 1998.
21. Alonso MD, Colas C, Dominguez MA, Duce F, Fraj J, Lezaun A. Occupational asthma induced by aniseed. *Allergy* 1996; 51(5): 337-9.
22. DeWitt BA, Heck AM, Lukes AL. Potential interactions between alternative therapies and warfarin. *Am J Health Syst Pharm*. 2000; 57(13): 1221-7.
23. Guyuron B, Totonchi A. A randomized, controlled comparison between arnica and steroids in the management of postrhinoplasty

- ecchymosis and edema. *Plast Reconstr Surg* 2007; 120(1): 271-4.
24. Brinkhaus B, Hunger J, Ludtke R, Wilkens JM, Willich SN, Witt CM. Homeopathic *arnica* therapy in patients receiving knee surgery: results of three randomized double-blind trials. *Complement Ther Med* 2006; 14(4): 237-46.
 25. Banerjee A, Robertson A, Suryanarayanan R. Homeopathic *Arnica montana* on bruising in face-lifts: results of a randomized, double-blind, placebo-controlled clinical trial. *Arch Facial Plast Surg* 2006; 8(1): 54-9.
 26. Andersen KE, Chistensen LP, Paulsen E. Cosmetics and herbal remedies with *Compositae* plant extracts - are they tolerated by *Compositae*-allergic patients? *Contact Dermatitis - environmental and occupational dermatitis*. 2008; 58(1): 15-23.
 27. Gotz M, Jarisch R, Koller DY, Moslinger T, Pirker C. Cross-reactivity with *tagetis arnica* contact eczema. *Contact Dermatitis* 1992; 26(4): 217-9.
 28. Brendler T, Gruenwald J, Jaenicke C. *PDR® for herbal medicines*. 4th ed. Montvale (NJ): Thomson Healthcare Inc; 2007.
 29. Ernst E, Pittler MH, Thompson-Coon J, Wider B. Artichoke leaf extract for treating hypercholesterolaemia. *Cochrane Database Syst Rev*. 2009; 4.
 30. Booth JC, Bundy R, Marakis G, Middleton RW, Walker AF. Artichoke leaf extract reduces symptoms of irritable bowel syndrome and improves quality of life in otherwise healthy volunteers suffering from concomitant dyspepsia: a subset analysis. *J Altern Complement Med* 2004; 10(4): 667-9.
 31. Joy JF, Haber SL. Clinical uses of artichoke leaf extract. *Am J Health-Syst Pharm* 2007; 64: 1904-9.
 32. Adam B, Collet W, Grunwald E, Haag S, Holtmann G, Windeck T. Efficacy of artichoke leaf extract in the treatment of patients with functional dyspepsia: a six-week placebo-controlled, double-blind, multicentre trial. *Aliment Pharmacol Ther* 2003; 55(25): 10437-45.
 33. Dhar HL. Approach to anti-aging. *Bombay Hospital Journal*. 2009; 51(1): 68-72.
 34. Bell DR, Gochenaur K. Direct vasoactive and vasoprotective properties of anthocyanin-rich extracts. *J Appl Physiol* 2006; 100(4): 1164-70.
 35. Logan AC, Wong C. Chronic fatigue syndrome: oxidative stress and dietary modifications. *Altern Med Rev* 2001; 6(5): 450-9.
 36. Baxter K, Driver S, Williamson E. *Stockley's Herbal Medicines Interactions*. London: Pharmaceutical Press; 2009. p. 66.
 37. Demchenko DV, Legosteva AB, Papok YD. Liquid extraction of ginseng and bilberry leaves. *Pharmaceutical Chemistry Journal* 2006; 42(3): 20-24.
 38. He RR, Kurihara H, Lan F, Yao N. Protective effects of bilberry (*Vaccinium myrtillus* L.) extract against endotoxin-induced uveitis in mice. *J. Agric. Food Chem* 2010; 58(8): 4731-6.
 39. Atalay M, Bagchi D, Bagchi M, Sen CK. Anti-angiogenic, antioxidant, and anti-carcinogenic properties of a novel anthocyanin-rich berry extract formula. *Biochemistry (Moscow)* 2004; 69(1): 75-80.
 40. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 68-71.
 41. Costa M, Galindo LA, Pultrini AM. Effects of the essential oil from *Citrus aurantium* L. in experimental anxiety models in mice. *Life Sciences* 2006; 78(5): 1720-5.
 42. Allison DB, Cutter G, Fontaine KR, Haaz S, Limdi N, Perumean-Chaney S. *Citrus aurantium* and synephrine alkaloids in the treatment of overweight and obesity: an update. *Obesity reviews* 2005; 7: 79-88.
 43. Bui LT. Blood pressure and heart rate effects following a single dose of bitter orange. *The Annals of Pharmacotherapy* 2005; 40(1): 53-57.
 44. Ao Y, Ghibano K, Kawahito Y, Satoh K, Shioda S. Singlet oxygen scavenging activity and cytotoxicity of essential oils from *Rutacea*. *J Clin Biochem Nutr* 2008; 43(1): 6-12.
 45. Bradley P. *British herbal compendium, a handbook of scientific information on widely used plant drugs*. Companion to the British herbal pharmacopoeia volume 1. Bournemouth: British Herbal Medicine Association; 1992.
 46. Masri G, Mooradian AD, Palacio C. Black cohosh for the management of menopausal symptoms – a systematic review of clinical trials. *Drugs Aging* 2009; 26(1): 23-36.
 47. Chadwick LR, Dietz B, Fabricant D, Mahady GB. Black cohosh: an alternative therapy for menopause? *Nutr Clin Care* 2002; 5(6): 283-9.
 48. Al-Akoum M, Ali Akoum A, Dodin S.

- Synergistic cytotoxic effects of tamoxifen and black cohosh on MCF-7 and MDA-MB-231 human breast cancer cells: an in vitro study. *Can. J. Physiol. Pharmacol.* 2007; 85: 1153-9.
49. Duane P, Joy D, Joy J. Black cohosh: a cause of abnormal postmenopausal liver function test. *Climacteric* 2008; 11: 84-88.
 50. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 72-74.
 51. Bolondi L, Donati G, Graziella F, Leoni S, Piscaglia F, Venturi A. Caution in the use of boldo in herbal laxatives: a case of hepatotoxicity. *Scandinavian Journal of Gastroenterology* 2005; 40: 236-9.
 52. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 79.
 53. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 80.
 54. Ascione V, Aviello G, Borrelli F, Capasso F, Capasso R, Izzo AA, et al. Effect of *Boswellia serrata* on intestinal motility in rodents: inhibition of diarrhea without constipation. *British Journal of Pharmacology* 2006; 148: 553-60.
 55. Balakrishnan A, Gayathri B, Lakshmi BS, Manjula N, Vinaykumar KS. Pure compound from *Boswellia serrata* exhibits anti-inflammatory property in human PBMCs and mouse macrophages through inhibition of TNF α , IL-1 β , NO and MAP kinases. *International Immunopharmacology* 2007; 7(4): 473-82.
 56. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 81.
 57. Bästlein E, Bethke B, Eichele O, Kuhlisch E, Madisch A, Manfred Stolte, et al. *Boswellia serrata* extract for the treatment of collagenous colitis. A double-blind, randomized, placebo-controlled, multicenter trial. *Int J Colorectal Dis* 2007; 22(12): 1445-51.
 58. Badria FA, El-Samanoudy AZ, Houssen ME, Mesbah A, Moustafa AF, Othman G, et al. Natural anti-inflammatory products and leukotriene inhibitors as complementary therapy for bronchial asthma. *Clinical Biochemistry* 2010; 43(10-11): 887-90.
 59. Ingkaninan K, Mucimapura S, Uabundit N, Wattanathorn J. Cognitive enhancement and neuroprotective effects on *Bacopa monnieri* in Alzheimer's disease model. *J Ethnopharmacol* 2010; 127(1): 26-31.
 60. Anon. *Bacopa monniera* – monograph. [Online]. 2004 [cited 2010 Nov 21]. Available from: URL: http://findarticles.com/p/articles/mi_m0FDN/is_1_9/ai_114563492/pg_4/?tag=content;coll
 61. Bone K, Calabrese C, Gregory WL, Kraemer D, Leo M, Oken B. Effects of a standardized *Bacopa monnieri* extract on cognitive performance, anxiety, and depression in the elderly: a randomized, double-blind, placebo-controlled trial. *J Altern Complement Med* 2008; 14(6): 707-13.
 62. Gohil KJ, Patel JA. A review on *Bacopa monniera*: Current research and future prospects. *IJGP* 2010; 4(1): 1-9.
 63. Batz F, Chester R, Constantine G, Gaby AR. A-Z guide to drug-herb-vitamin interactions. 2nd ed. New York: Three Rivers Press; 2006.
 64. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 86.
 65. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 92.
 66. Anisimova OS, Cherkasov OA, Grodnitskaya EI, Kopyt'ko YF, Savina AA, Sheichenko VI, et al. Sesquiterpene lactones in juice of great burdock leaves. *Pharmaceutical Chemistry Journal* 2006; 40(11): 43-5.
 67. Abascal K, Yarnell E. Botanicals for chronic venous insufficiency. *Alternative and complementary therapies* 2007; 13(6): 304-11.
 68. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 95.
 69. Redman DA. *Ruscus aculeatus* (Butcher's Broom) as a potential treatment for orthostatic hypotension, with a case report. *J Altern Complement Med* 2000; 6(6): 539-49.
 70. Anon. California poppy: uses, side effects, interactions and warnings. [Online]. 2005 [cited 2010 Nov 25]. Available from: URL: <http://www.webmd.com/vitamins-supplements/ingredientmono-104-CALIFORNIA+POPPY.aspx?activeIngredientId=104&activeIngredientName=CALIFORNIA+POPPY&source=2>
 71. Barker JE, Meletis CD. Naturopathic pain management. *Alternative and complementary therapies* 2004; 10(4): 188-93.
 72. Afifi FU, Al-Essa M, Mohammed FI, Shafagoj YA. Relaxant effect of ethanol

- extract of *Carum carvi* on dispersed intestinal smooth muscle cells of the guinea pig. *Pharm Biol* 2010; 48(1): 76-80.
73. Ene AC, Nwankwo EA, Samdi LM. Alloxan-induced diabetes in rats and the effects of black caraway (*Carum carvi* L.) oil on their body weight. *Journal of Pharmacology and Toxicology* 2008; 3(2): 141-6.
 74. Gilani AH, Jabeen Q, Khan A, Shah AJ. Gut modulatory, blood pressure lowering, diuretic and sedative activities of cardamom. *J Ethnopharmacol* 2008; 115(3): 463-72.
 75. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 119.
 76. Hardin SR. Cat's claw: an amazonian vine decreases inflammation in osteoarthritis. *Complement Ther Clin Pract* 2007; 13(1): 25-8.
 77. Acco A, Aguilar JL, Ávila TV, Bastos-Pereira AL, Dreifuss AA, Rivero AJ, et al. Antitumoral and antioxidant effects of a hydroalcoholic extract of cat's claw (*Uncaria tomentosa*) (Willd. Ex Roem. & Schult) in an in vivo carcinosarcoma model. *J Ethnopharmacol* 2010; 130(1): 127-33.
 78. Bany J, Czubaj A, Kurae M, Nowakowska J, Skopinska-Rozewska E, Zdanowska D. The effect of the bark water extract *Uncaria tomentosa* on the *Pseudomonas aeruginosa* infection in mice. *Centr Eur J Immunol* 2009; 34(3): 162-5.
 79. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 120-2.
 80. Gonzales GF, Valerio LG. Toxicological aspects of the South American herbs cat's claw (*Uncaria tomentosa*) and maca (*Lepidium meyenii*): a critical synopsis. *Toxicological Review* 2005; 24(1): 11-35.
 81. Gabardi S, Munz K, Ulbricht C. A review of dietary-induced renal dysfunction. *Clin J Am Soc Nephrol* 2007; 2: 757-65.
 82. Janisse J, Mathur A, Smitherman LC. The use of folk remedies among children in an urban black community: remedies for fever, colic, and teething. *Pediatrics* 2005; 115: e297-e304.
 83. Haughton C. Cayenne. [Online]. 2010 [cited 2010 Nov 25]. Available from: URL: <http://www.purplesage.org.uk/profiles/cayenne.htm>
 84. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 123.
 85. Nasri S, Ramezani M, Yassa N. Antinociceptive and anti-inflammatory effects of isolated fractions from *Apium graveolens* seeds in mice. *Pharmaceutical Biology* 2009; 47(8): 740-3.
 86. Aburjai T, Abushoffa AM, Disi A, Mansi K. Hypolipidemic effects of seed extract of celery (*Apium graveolens*) in rats. *Pharmacognosy magazine* 2009; 5(20): 301-5.
 87. Chaitong U, Chochote W, Jitpakdi A, Pitasawat B, Rattanachanpichal E, Riyong D, et al. Mosquito repellency of the seeds of celery (*Apium graveolens* L.). *Ann Trop Med Parasitol* 2004; 98(4): 407-17.
 88. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 124.
 89. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 125-6.
 90. Ganzera M, Schneider P, Stuppner H. Inhibitory effects of the essential oil of chamomile (*Matricaria recutita* L.) and its major constituents on human cytochrome P450 enzymes. *Life Sciences* 2006; 78(8): 856-61.
 91. Barene I, Daberte I, Iriste V, Zvirgzdina L. The complex technology on products of German chamomile. [Online]. 2003 [cited 2010 Nov 26]. Available from: URL: http://74.125.155.132/scholar?q=cache:-DylqdaXvU8J:scholar.google.com/+chamomile+for+nasal+catarrh&hl=en&as_sdt=2000
 92. Inoue T, Kamei C, Masuoka T, Ohmori A, Shinomiya K, Tokunaga S, et al. Hypnotic activities of chamomile and passiflora extracts in sleep-disturbed rats. *Biological & pharmaceutical bulletin* 2005; 28(5): 808.
 93. Gardiner P. Complementary, holistic, and integrative medicine – Chamomile. *Pediatric in review* 2007; 28: e16-e18.
 94. Jarrahi M. An experimental study of the effects of *Matricaria chamomilla* extract on cutaneous burn wound healing in albino rats. *Natural product research* 2008; 22(5): 422-7.
 95. Defelice MS. Common chickweed, *Stellaria media* (L.) Vill. – “mere chicken feed?”. *Weed Technology* 2004; 18(1): 193-200.
 96. Mulabagal V, Nair M, Nguouajio M, Wang H. Characterization and quantification of health beneficial anthocyanins in leaf chichory (*Cichorium intybus*) varieties. *European Food Research and Technology* 2009; 230(1): 47-53.
 97. Goh L, Kawakita S, Kuroi O, Marotta F,

- Metugriachuk Y, Minelli E, et al. Effect of phyto-compound on delayed gastric emptying in functional dyspepsia: a randomized-controlled study. *J Dig Dis* 2008; 9(4): 204-7.
98. Gakuya DW, Gathumbi PK, Kiama SG, Mbaria JM, Nguta JM. Antimalarial herbal remedies of Msambweni, Kenya. *J Ethnopharmacol* 2010; 128(2): 424-32.
 99. Abdulmalik Al-Tayib Y. In vitro hepatic metabolism of cinchona antimalarials by hamster enzymes. *J Basic Applied Sci* 2009; 5(1): 17-25.
 100. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 136-7.
 101. Almér LO, Björgell O, Darwiche G, Hlebowicz J. Effect of cinnamon on postprandial blood glucose, gastric emptying, and satiety in healthy subjects. *Am J Clin Nutr* 2007; 85: 1552-6.
 102. Said SM, Husein KHA. Hepatoprotective effect of cinnamon extracts against carbon tetrachloride induced oxidative stress and liver injury in rats. *Biol Res* 2009; 42: 93-8.
 103. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 138.
 104. Elwakeel HA, Farid M, Gohar AA, Moneim HA. Clove oil cream: a new effective treatment for chronic anal fissure. *Colorectal Disease* 2006; 9: 549-52.
 105. Koch C, Reichling J, Schnitzler P. Susceptibility of drug-resistant clinical herpes simplex virus type 1 strains to essential oils of ginger, thyme, hyssop, and sandalwood. *Antimicrob Agents Chemother.* 2007; 51(5): 1859-62.
 106. Ermilova EV, Krasnov EA, Petrova AP, Saprykina EV, Subbotina YA. Chemical composition of couch grass and studies of its antioxidant activity in allergic contact dermatitis. *Pharm Chem J* 2009; 43(1): 30-2.
 107. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 152-5.
 108. Guay DRP. Cranberry and urinary tract infections. *Drugs* 2009; 69(7): 775-807.
 109. Kasai K, Kouchi T, Masui A, Matsushima M, Mine T, Shirai T, et al. Growth inhibitory action of cranberry on *Helicobacter pylori*. *J Gastroenterol Hepatol* 2008; 23(Suppl. 2): S175-80.
 110. Neto CC. Cranberry and blueberry: evidence for protective effects against cancer and vascular diseases. *Molecular nutrition & food research* 2007; 51(6): 652-64.
 111. Chan YC, Lee IT, Lee WJ, Lin CW, Sheu WH. Effect of cranberry extracts on lipid profiles in subjects with type 2 diabetes. *Diabetic medicine* 2008; 25(12): 1473-7.
 112. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 158.
 113. Aguirre-Garcia F, Alarcon-Aguilar FJ, Flores-Saenz, Roman-Ramos R. Investigation on the hypoglycaemic effects of extracts of four Mexican medicinal plants in normal and Alloxan-diabetic mice. *Phytotherapy Research* 2002; 16(4): 383-6.
 114. Clare BA, Conroy RS, Spelman K. The diuretic effect in human subjects of an extract of *Taraxacum officinale* folium over a single day. *J Altern Complement Med* 2009; 15(8): 929-34.
 115. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 159-60.
 116. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 165-6.
 117. Brien S, Lewith GT, McGregor G. Devil's claw (*Harpagophytum procumbens*) as a treatment for osteoarthritis: a review of efficacy and safety. *J Altern Complement Med* 2006; 12(10): 981-93.
 118. Cole D, Stewart KM. The commercial harvest of devil's claw (*Harpagophytum* spp.) in southern Africa: the devil's in the details. *J Ethnopharmacol* 2005; 100(3): 225-36.
 119. Inaba K, Matsuda H, Murata K, Naruto S. Inhibitory effects of devil's claw (secondary root of *Harpagophytum procumbens*) extract and harpagoside on cytoline production in mouse macrophages. *Journal of Natural Medicines* 2010; 64(2): 219-22.
 120. Lim CED, Luo X, Wong VCK, Wong WSF. Current alternative and complementary therapies used in menopause. *Gynecol Endocrinol* 2009; 25(3): 166-74.
 121. Circosta C, De Pasquale R, Occhiuto F, Palumbo DR, Samperi S. Estrogenic activity of standardized extract of *Angelica sinensis*. *Phytotherapy Research* 2006; 20(8): 665-9.
 122. Baker AC, Rowe DJ. Perioperative risks and benefits of herbal supplements in aesthetic surgery. *Surg J* 2009; 29: 150-7.
 123. McKee J, Warber SL. Integrative therapies for menopause. *SMJ* 2005; 98(3): 319-26.
 124. Chang ZG, Chien SH, Giles JT, Kennedy DT, Palat CT. Evaluation of Echinacea

- for treatment of the common cold. *Pharmacotherapy* 2000; 20(6): 690-7.
125. Hughes S, Lourie A, O'Neil J, Zweifler J. Effects of Echinacea on the frequency of upper respiratory tract symptoms: a randomized, double-blind, placebo-controlled trial. *Annals of allergy, asthma and immunology* 2008; 100(4): 384-8.
 126. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 167-70.
 127. Anderson LA, Barnes J, Gibbons S, Phillipson DJ. Echinacea species (*Echinacea angustifolia* (DC.) Hell., *Echinacea pallida* (Nutt.) Nutt., *Echinacea purpurea* (L.) Moench): a review of their chemistry, pharmacology and clinical properties. *JPP* 2005; 57(8): 929-54.
 128. Adinolfi B, Benvenuti S, Chicca A, Nieri P, Orlandini G, Pellati F. Cytotoxic activity and G1 cell cycle arrest of a dienyne from *Echinacea pallida*. *Planta Med* 2010; 76(5): 444-6.
 129. Amon A, Glatthaar B, Haunschild J, Saalmuller A. Antiviral activity of a composition of *Gentiana lutea* L., *Primula veris* L., *Sambucus nigra* L., *Rumex* spec. and *Verbena officinalis* L. (Sinupret®) against viruses causing respiratory infections. *Eur J Integr Med* 2009; 1(4): 258.
 130. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 172-3.
 131. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 174.
 132. Delmonte P, Rader JI, Trucksess MW. Recent studies on selected botanical dietary supplement ingredients. *Analytical and bioanalytical chemistry* 2007; 389(1): 27-35.
 133. Gagné J, Hardy ML, Jungvig L, Maglione M, Mojica WA, Morton SC, et al. Efficacy and safety of ephedra and ephedrine for weight loss and athletic performance. *JAMA* 2003; 289(12): 1537-45.
 134. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 175-6.
 135. Banerjee S, Gangopadhyay DN, Senapati S. Evening primrose oil is effective in atopic dermatitis: a randomized placebo-controlled trial. *Indian J Dermatol Venereol Leprol* 2008; 74(5): 447-52.
 136. Bauer BA, Cha SS, Hazelton JH, Pruthi S, Thicke LS, Torkelson CJ, et al. Vitamin E and evening primrose oil for management of cyclical mastalgia: a randomized pilot study. *Alt Med Rev* 2010; 15(1): 59-67.
 137. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 179-81.
 138. Ahn J, Hwang JH, Kwak HS, Lee S, Lee SJ. Property changes and cholesterol-lowering effects in evening primrose oil-enriched and cholesterol-reduced yogurt. *Int J Dairy Technol* 2007; 60(1): 22-30.
 139. Belch JFF, Muir A. n-6 and n-3 essential fatty acids in rheumatoid arthritis and other rheumatic conditions. *Proceedings of the nutrition society* 1998; 57: 563-9.
 140. Bastida J, Codina C, Faudale M, Poli F, Viladomat F. Antioxidant activity and phenolic composition of wild, edible, and medicinal fennel from different Mediterranean countries. *J. Agric. Food Chem.* 2008; 56(6): 1912-20.
 141. Bayram I, Dülger H, Tuncer I, Özbek H, Öztürk A, Öztürk G et al. Hepatoprotective effect of *Foeniculum vulgare* essential oil. *Fitoterapia* 2003; 74(3): 317-9.
 142. Dastgheib L, Javidnia K, Mohammadi Samani S, Nasiri A. Antihirsutism activity of fennel extract: a double-blind placebo controlled study. [Online]. 2003 [cited 2010 Dec 5]. Available from: URL: http://findarticles.com/p/articles/mi_hb3363/is_6_7_10/ai_n29033218/?tag=content;col1
 143. Li RC, Wong PYK, Zhu M. Effect of oral administration of fennel (*Foeniculum vulgare*) on ciprofloxacin absorption and disposition in the rat. *Journal of pharmacy and pharmacology* 1999; 51(12): 1391-6.
 144. Jain S, Prasad GBKS, Tomar R, Yadav H, Yadav M. Complementary hypoglycaemic and anti-hyperglycemic activity of various extracts of fenugreek seeds in rats. *Asian J. Biochem* 2008; 3(3): 182-7.
 145. Abdel-Wahab YHA, Akhter M, Ali L, Flatt PR, Hannan JMA, Khaleque J, et al. Soluble dietary fiber fraction of *Trigonella foenum-graecum* (fenugreek) seed improves glucose homeostasis in animal models of type 1 and type 2 diabetes by delaying carbohydrate digestion and absorption, and enhancing insulin action. *Brit J Nutr* 2007; 97: 514-21.
 146. Reddy RLR, Srinivasan K. Fenugreek seeds reduce atherogenic diet-induced cholesterol gallstone formation in experimental mice. *Can J Physiol Pharmacol* 2009; 87: 933-43.
 147. Baxter K, Driver S, Williamson E. *Stockley's*

- herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 182-3.
148. Anuradha CV, Thirunavukkarasu V. Gastroprotective effect of fenugreek seeds (*Trigonella foenum graecum*) on experimental gastric ulcer in rats. *Journal of herbs, spices & medicinal plants* 2007; 12(3): 13-25.
 149. Mathern JR, Raatz SK, Slavin JL, Thomas W. Effect of fenugreek fiber on satiety, blood glucose and insulin response and energy intake in obese subjects. *Phytotherapy research* 2009; 23(11): 1543-8.
 150. Cardiello V, Carducci C, Catenazzi P, Orchi C, Romagnoli C, Sindico P, et al. Safety and efficacy of galactogogues: substances that induce, maintain and increase breast milk production. *J Pharm Pharm Sci* 2010; 13(2): 162-74.
 151. Anju VS, Sreeja S. In vitro estrogenic activities of fenugreek *Trigonella foenum graecum* seeds. *Indian J Med Res* 2010; 131: 814-9.
 152. Chen CF, Leung AY. Gene response of human monocytic cells for the detection of antimigraine activity of feverfew extracts. *Can. J. Physiol. Pharmacol.* 2007; 85: 1108-15.
 153. Baker EL, Baker WL, Coleman CI, Saranitzky E, White M. Feverfew for migraine prophylaxis: a systematic review. *Journal of dietary supplements* 2009; 6(2): 91-103.
 154. Ernst E, Pittler MH. The efficacy and safety of feverfew (*Tanacetum parthenium* L.): an update of a systematic review. *Public Health Nutrition* 2000; 3: 509-14.
 155. Bassett CMC, Pierce GN, Rodriguez-Leyva D. Experimental and clinical research findings on the cardiovascular benefits of consuming flaxseed. *Appl. Physiol. Nutr. Metab.* 2009; 34: 965-74.
 156. Balikai S, Berlin JA, Bloedon LT, Chittams J, Cunnane SC, Rader DJ, et al. Flaxseed and cardiovascular risk factors: results from a double blind, randomized, controlled clinical trial. *JACN* 2008; 27(1): 65-74.
 157. DeFilipis AP, Edwards MJ, Harper CR, Jacobson TA. Flaxseed oil increases the plasma concentrations of cardioprotective (n-3) fatty acids in humans. *J Nutr* 2007; 137: 84-7.
 158. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 195-6.
 159. Kapoor S. Sjogren's syndrome: promising, new treatment options besides nizatidine. *Mod Rheumatol* 2009; 19: 100-101.
 160. Dabrosin C, Jungeström MB, Thompson LU. Flaxseed and its lignans inhibit estradiol-induced growth, angiogenesis, and secretion of vascular endothelial growth factor in human breast cancer xenografts *in vivo*. *Clin Cancer Res* 2007; 13(3): 1061-7.
 161. WebMD. *Gamboge uses, side effects, interactions and warnings*. [Online]. 2005-2010 [cited 2010 Dec 5]. Available from: URL: <http://www.webmd.com/vitamins-supplements/ingredientmono-666-GAMBOGE.aspx?activeIngredientId=666&activeIngredientName=GAMBOGE&source=3>
 162. Dhamodharan G, Karthishwaran K, Mirunalini S. A natural wonder drug helps to prevent cancer: Garlic oil. *Not Sci Biol* 2010; 2(1): 14-9.
 163. Adnyana IK, Hasimun P, Ilyas RA, Mardiyah D, Permana H, Sigit JI, et al. Clinical study of turmeric (*Curcuma longa* L.) and garlic (*Allium sativum* L.) extracts as antihyperglycemic and antihyperlipidemic agent in type-2 diabetes-dyslipidemia patients. *Int. J. Pharmacol.* 2010; 6(4): 438-45.
 164. El-Sabban F. Garlic as an antithrombotic and antiplatelet aggregation agent. *Journal of Chinese clinical medicine* 2009; 4(5): 288-94.
 165. Apitz-Castro R, Marques AF, Taborda CP, Thomaz L, Travassos LR. Experimental paracoccidioidomycosis: alternative therapy with ajoene, compound from *Allium sativum*, associated with sulfamethoxazole/trimethoprim. *Medical Mycology* 2008; 46(2): 113-8.
 166. Josling P. Preventing the common cold with a garlic supplement: a double-blind, placebo-controlled survey. *Advances in therapy* 2001; 18(4): 189-93.
 167. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 198-203.
 168. Crowther C, Hothman N, McMillian V, Smith C, Willson K. A randomized controlled trial of ginger to treat nausea and vomiting in pregnancy. *Obstetrics & Gynecology* 2004; 103(4): 639-45.
 169. Boone SA, Shields KM. Treating pregnancy-related nausea and vomiting with ginger. *Ann Pharmacother* 2005; 39(10): 1710-13.
 170. Aviello G, Borelli F, Capasso R, Izzo A, Pittler MH. Effectiveness and safety of ginger

- in the treatment of pregnancy-induced nausea and vomiting. *Obstetrics & gynecology* 2005; 105(4): 849-56.
171. Ernst E, Pittler MH. Efficacy of ginger for nausea and vomiting: a systematic review of randomized clinical trials. *British journal of anaesthesia* 2000; 84(3): 367-71.
 172. Dakhil SR, Flynn PJ, Hickok JT, Kirshner J, Morrow GR, Ryan JL. Ginger for chemotherapy-related nausea in cancer patients: a URCC CCOP randomized, double-blind, placebo-controlled clinical trial of 644 cancer patients. *JCO* 2009; 27: 9511.
 173. Hickok JT, Morrow GR, Roscoe JA, Ryan JL. A phase II/III randomized, placebo-controlled, double-blind clinical trial of ginger (*Zingiber officinale*) for nausea caused by chemotherapy for cancer: a currently accruing URCC CCOP cancer control study. *Supportive cancer therapy* 2007; 4(4): 247-50.
 174. Frye JB, Funk JL, Oyarzo JN, Timmermann BN. Comparative effects of two gingerol-containing *Zingiber officinale* extracts on experimental rheumatoid arthritis. *J Nat Prod* 2009; 72(3): 403-7.
 175. Hudson T. Relieving migraine headaches in women. *Alternative and complementary therapies* 2007; 13(1): 36-8.
 176. Goli M, Moattar F, Ozgoli G. Comparison of effects of ginger, mefenamic acid, and ibuprofen on pain in women with primary dysmenorrhoea. *The journal of alternative and complementary medicine* 2009; 15(2): 129-132.
 177. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 204-6.
 178. Liu J, Shi C, Wu F, Yew DT. *Ginkgo biloba* extract in Alzheimer's disease: from action mechanisms to medical practice. *Int J Mol Sci* 2010; 11: 107-23.
 179. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 207-18.
 180. Asplund K, Li Y, Liu M, Yang Y, Zeng X. *Ginkgo biloba* for acute ischaemic stroke. *Stroke* 2006; 37: 574-5.
 181. Arnoldt KH, Hoerr R, Kieser M, Woelk H. *Ginkgo biloba* special extract EGB 761® in generalized anxiety disorder with anxious mood: a randomized, double-blind, placebo-controlled trial. *J Psychiatr Res* 2007; 41(6): 472-80.
 182. Farquhar J, Gardner CD, Kiazand A, Nicholus J, Rigby AJ, Taylor-Piliae RE. Effect of *Ginkgo biloba* (EGB 761) on treadmill walking time among adults with peripheral artery disease: a randomized clinical trial. *J Cardiopulm Rehabil Prev*. 2008; 28(4): 258-65.
 183. Hamann K. Ginkgo special extract EGB 761® in vertigo: a systematic review of randomized, double-blind, placebo-controlled clinical trials. *Internet J Otorhinolaryngol* 2007; 7(1).
 184. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 219-25.
 185. Arnason JT, Choi M, Di Buono M, Jenkins AL, Lee KS, Leiter LA, et al. Korean red ginseng (*Panax ginseng*) improves glucose and insulin regulation in well-controlled, type 2 diabetes: results of a randomized, double-blind, placebo-controlled study of efficacy and safety. *NMCD* 2008; 18(1): 46-56.
 186. Hahn E, Jeon SH, Kim T, Lee H, Park JK, Paek K, et al. Effects of tissue-cultured mountain ginseng (*Panax ginseng* CA Meyer) extract on male patients with erectile dysfunction. *Asian J Androl* 2009; 11: 356-61.
 187. Chung JH, Im JH, Jin YR, Lee JJ, Han XH, Kim TJ, et al. Antithrombotic and antiplatelet activities of Korean Red Ginseng Extract. *Basic Clin Pharmacol Toxicol* 2007; 100: 170-5.
 188. Cai H, Cui Y, Gao YT, Shu XO, Tao MH, Zheng W. Association of ginseng use with survival and quality of life among breast cancer patients. *AJE* 2006; 163(7): 645-53.
 189. Hofseth LJ, Wargovich MJ. Inflammation, cancer, and targets of ginseng. *J Nutr* 2007; 137: 183S-185S.
 190. Abidi P, Chen W, Kraemer FB, Li H, Liu J. The medicinal plant goldenseal is a natural LDL-lowering agent with multiple bioactive components and new action mechanisms. *J. Lipid Res*. 2006; 47: 2134-47.
 191. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 230-3.
 192. Salas Campos L, Fernández Mansilla M, Martínez de la Chica AM. Topical chemotherapy for the treatment of burns. *Rev Enferm* 2005; 28(5): 67-70.
 193. Somashekar Shetty B, Somayaji SN, Udupa AL, Udupa SL. Effect of *Centella asiatica* L. (Umbelliferae) on normal and dexamethasone-suppressed wound healing in wistar albino rats. *Int J Low Extrem Wounds*.

- 2006; 5(3): 137-43.
194. Bilac C, Cilaker S, Ermertcan AT, Inan S, Ozturkcan S. Comparison of the effects of collagenase and extract of *Centella asiatica* in an experimental model of wound healing: an immunohistochemical and histopathological study. *Wound repair and regeneration* 2008; 16(5): 674-81.
 195. Cao Z, Khan I, Luo Y, Xu Y, Gotu Kola (*Centella asiatica*) extract enhances phosphorylation of cyclic AMP response element binding protein in neuroblastoma cells expressing amyloid beta peptide. *Journal of Alzheimer's disease* 2008; 13(3): 341-9.
 196. Chetan PS, Lokanatha V, Prasad KS, Rajenda W, Visweswari G. Evaluation of the anticonvulsant effect of *Centella asiatica* (gotu kola) in pentylenetetrazol-induced seizures with respect to cholinergic neurotransmission. *Epilepsy & Behavior* 2010; 17(3): 332-5.
 197. Abdul Azis TK, Babykutty S, Gopala S, Padikkala J, Sathiadewan PP, Srinivas P, et al. Apoptosis induction of *Centella asiatica* on human breast cancer cells. *Afr J Tradit Complement Altern Med* 2009; 6(1): 9-16.
 198. Ehrlich SD. Grape seed [Online]. 2009 [cited 2010 Dec 5]. Available from: URL: <http://www.umm.edu/altmed/articles/grape-seed-000254.htm>
 199. Bagchi D, Brooker S, Earl J, Hothard L, Hall E, Martin S, et al. Double-blind, placebo-controlled, randomised phase II trial of IH636 grape seed proanthocyanidin extract (GSPE) in patients with radiation-induced breast induration. *Radiother Oncol* 2006; 79(1): 45-51.
 200. NCCAM Clearinghouse. Grape seed extract [Online]. 2010 [cited 2010 Dec 6]. Available from: URL: <http://nccam.nih.gov/health/grapeseed/>
 201. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 239-40.
 202. Scheindin S. A new look at the xanthine alkaloids. *Molecular interventions* 2007; 7(5): 236-42.
 203. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 145-7.
 204. Almagor Y, Aviram M, Coleman R, Rosenbat M, Volkova N. Antiatherogenicity of extra virgin olive oil and its enrichment with green tea polyphenols in the atherosclerotic apolipoproteins-E-deficient mice: enhanced macrophage cholesterol efflux. *J Nutr Biochem* 2008; 19(8): 514-23.
 205. Cheng TO. All teas are not created equal: the Chinese green tea and cardiovascular health. *Int J Cardiol* 2006; 108(3): 301-8.
 206. Abbey M, Bursill CA, Roach PD. A green tea extract lowers plasma cholesterol by inhibiting cholesterol synthesis and upregulating the LDL receptor in the cholesterol-fed rabbit. *Atherosclerosis* 2007; 193(1): 86-93.
 207. Hirasawa M, Otake S, Takada K. Inhibition of acid production in dental plaque bacteria by green tea catechins. *Caries Res* 2006; 40(3): 265-70.
 208. Fujiki H, Kuzuhara T, Suganuma M. Green tea catechin as a chemical chaperone in cancer prevention. *Cancer Letters* 2008; 261(1): 12-20.
 209. Artacho R, Cabrera C, Giménez R. Beneficial effects of green tea – a review. *JACN* 2006; 25(2): 79-99.
 210. Elmets CA, Irby C, Katiyar SK, Yusuf N. Photoprotective effects of green tea polyphenols. *Photodermatology, photoimmunology & photomedicine* 2007; 23(1): 48-56.
 211. Gan D, Maeda A, Mammone T, Matsui MS, Schwarz A, Schwarz T. Green tea phenol extracts reduce UVB-induced DNA damage in human cells via interleukin-12. *Photochemistry and photobiology* 2008; 84(2): 350-5.
 212. Kovacs EMR, Lejeune MPGM, Nijs I, Westerterp-Plantenga MS. Effects of green tea on weight maintenance after body-weight loss. *Brit J Nutr* 2004; 91: 431-7.
 213. Sahelian R. *Griffonia simplicifolia* powder extract. [Online]. 2006 [cited 2010 Dec 8]. Available from: URL: <http://www.cactusbotanics.com/Products/5-HTP.htm>
 214. Campos MP, Casa FB, Del Giglio A, Hassan BJ, Martins LC, Riechelmann R. Effect of guarana (*Paullinia cupana*) on fatigue in breast cancer patients undergoing systemic chemotherapy. *J Clin Oncol* 2010; 28(15): suppl.
 215. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 243-4.
 216. Brewster-Maund C, Haskell CF, Kennedy DO, Luedemann J, Maggini S, Reay J, et al. Improved cognitive performance and mental fatigue following a multi-vitamin and mineral supplement with added guarana (*Paullinia*

- cupana*). *Appetite* 2008; 50(2-3): 506-13.
217. Haskell CF, Kennedy DO, Milne AL, Scholey AB, Wesnes KA. A double-blind, placebo-controlled, multi-dose evaluation of the acute behavioural effects of guarana in humans. *J Psychopharmacol* 2007; 21(1): 65-70.
 218. Ansari SH, Bhat ZA, Mukhtar HM, Naved T. Antihyperglycemic activity of *Cyamopsis tetragonoloba*. Beans on blood glucose levels in alloxan-induced diabetic rats. *Pharm Biol* 2006; 44(1): 10-13.
 219. Baumgartner J, Choe YS, Flammang AM, Kendall DM, Slagle TD. Effect of a viscous fiber bar on postprandial glycemia in subjects with type 2 diabetes. *JACN* 2006; 25(5): 409-14.
 220. Ahmed I, Rab A, Sajid M. Effect of nitrogen levels on the yield and yield component of guar gum (*Cyamopsis tetragonoloba*). *Am.-Eurasian J. Sustain, Agric.* 2009; 3(1): 29-32.
 221. Al-Romaiyan A, Amiel SA, Asare-Anane H, Huang G, Jones PM, Liu B, et al. Characterisation of the insulinotropic activity of an aqueous extract of *Gymnema sylvestre* in mouse β -cells and human islets of langerhans. *Cell Physiol Biochem* 2009; 23: 125-32.
 222. Leach MJ. *Gymnema sylvestre* for diabetes mellitus: a systematic review. *J Altern Complement Med* 2007; 13(9): 977-83.
 223. Edwin S, Garg R, Jarald EE, Tiwari V, Toppo E. Antidiabetic activity of cow urine and a herbal preparation prepared using cow urine. *Pharmaceutical biology* 2008; 46(10-11): 789-92.
 224. Hassanein M, Hope JL, Robinson PA, Simpson E, Simpson HCR. Hypotensive effects of hawthorn for patients with diabetes taking prescription drugs: a randomized controlled trial. *Br J Gen Pract* 2006; 56(527): 437-43.
 225. Ryan D, Xu H, Xu HE. A study of the comparative effects of hawthorn fruit compound and simvastatin on lowering blood lipid levels. *Am J Chin Med* 2009; 37(5): 903-8.
 226. Colucci WS, Gaus W, Holubarsch CJF, Meinertz T, Tendera M. The efficacy and safety of *Crataegus* extract WS® 1442 in patients with heart failure: The SPICE trial. *Eur J Heart Fail* 2008; 10(12): 1255-1263.
 227. Rigelsky JM, Sweet BV. Hawthorn: pharmacology and therapeutic uses. *Am J Health Syst Ph* 2002; 59(5): 417-22.
 228. Hanus M, Lafon J, Mathieu M. Double-blind, randomized, placebo-controlled study to evaluate the efficacy and safety of a fixed combination containing two plant extracts (*Crataegus oxyacantha* and *Eschscholtzia californica*) and magnesium in mild-to-moderate anxiety disorders. *Curr Med Res Opin* 2004; 20(1): 63-71.
 229. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 247-8.
 230. Gunning PJ, Maharaj VJ, Marthinus Horak R, Senabe JV, Van Heerden FR, Vlegaar R. An appetite suppressant from *Hoodia* species. *Phytochem* 2007; 68(20): 2545-53.
 231. EBSCO CAM Review Board. *Hoodia* [Online]. 2010 [cited 2010 Dec 10]. Available from: URL: http://principalhealthnews.epnet.com/GetContent.aspx?deliverycontext=&touchurl=&CallbackURL=&token=cff5c20b-fa2a-4614-80fc-70de1fed74c0&chunkiid=140509&docid=/tnp/herb_supp/hoodia
 232. Baraldi M, Brusiani F, Rivasi M, Zanolli P, Zavatti M. New insight in the neuropharmacological activity of *Humulus lupulus* L. *J Ethnopharmacol* 2005; 102(1): 102-6.
 233. Brattstroem A, Butterweck V, Grundmann O, Koetter U. Hypothermic effects of hops are antagonized with the competitive melatonin receptor antagonist luzindole in mice. *Journal of pharmacy and pharmacology* 2007; 59(4): 549-52.
 234. Zavatti M, Zanolli P. Pharmacognostic and pharmacological profile of *Humulus lupulus* L. *J Ethnopharmacol* 2008; 116(3): 383-96.
 235. Avallone R, Baraldi M, Brusiani F, Puia G, Rivasi M, Zanolli P, Zavatti M. Evidence that the β -acids fraction of hops reduces central GABAergic neurotransmission. *J Ethnopharmacol* 2007; 109(1): 87-92.
 236. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 251-3.
 237. Aguilar-Santamaria L, Garcia-Hernandez B, Herrera-Arellano A, Nicasio-Torres P, Tortoriello J. Clinical trial of *Cecropia obtusifolia* and *Marrubium vulgare* leaf extracts on blood glucose and serum lipids in type 2 diabetics. *Phytomedicine* 2004; 11(7-8): 561-6.
 238. Berrougui H, Cherki M, Isabelle M, Khalil A. *Marrubium vulgare* extract inhibits human-LDL oxidation and enhances HDL-mediated cholesterol efflux in THP-1 macrophage. *Life Sciences* 2006; 80(2): 105-12.

239. NIH. White horehound (*Marrubium vulgare* L.) [Online]. 2010 [cited 2010 Dec 10]. Available from: URL: <http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-whitehorehound.html>
240. Makarov VG, Makarova MN, Pozharitskaya ON, Shikov AN, Tesakova SV, Tikhonov VP. Effect of lipid-based suspension of *Epimedium koreanum* Nakai extract on sexual behavior in rats. *J Ethnopharmacol* 2007; 114(3): 412-6.
241. Partin JF, Pushkin YR, Va N. Tachyarrhythmia and hypomania with horny goat weed. *Psychosomatics* 2004; 45: 536-7.
242. Banie L, Breyer BN, Garcia MM, Lin CS, Lin G, Lue TF, et al. Erectogenic and neurotrophic effects of Icariin, a purified extract of horny goat weed (*Epimedium* spp.) In vitro and in vivo. *J Sex Med* 2010; 7: 1518-28.
243. Cheung PY, Lai WP, Leung PC, Wong MS, Wu CF, Xie F, et al. The osteoprotective effect of *Herba epimedii* (HEP) extract in vivo and in vitro. *Evid Based Complement Alternat Med* 2005; 2(3): 353-61.
244. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 177-8.
245. Dong JC, Gong ZH, Xie JY. Effects on *Herba epimedii* and radix Astragali on tumor necrosis factor-alpha and nuclear factor-kappa B in asthmatic rats. *Zhongguo Zhong Xi Yi Jie He Za Zhi* 2006; 26(8): 723-7.
246. MDidea. What is icariin or horny goat weed extract? Does horny goat weed and icariin work for erection? How does icariin mime testosterone? [Online]. 2010 [cited 2010 Dec 10]. Available from: URL: <http://www.mdidea.com/products/herbextract/icariin/data08.html>
247. Bommer S, Rechner J, Suter A. Treatment of patients with venous insufficiency with fresh plant horse chestnut seed extract: a review of 5 clinical studies. *Advances in natural therapy* 2006; 23(1): 179-90.
248. Foster G, Leach MJ, Pincombe J. Using horsechestnut seed extract in the treatment of venous leg ulcers: a cost-benefit analysis. *Ostomy Wound Manage* 2006; 52(4): 68-70.
249. Kirkpatrick AC, Rathbun SW. Treatment of chronic venous insufficiency. *Curr Treat Options Cardiovasc Med* 2007; 9(2): 115-26.
250. MedicineNet. Horse chestnut (*Aesculus hippocastanum*) – oral. [Online]. 2010 [cited 2010 Dec 11] Available from: URL: http://www.medicinenet.com/horse_chestnut_aesculus_hippocastanum-oral/article.htm
251. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 254-5.
252. Albrecht U, Goos KH, Schneider B. On-going investigations on efficacy and safety profile of a herbal drug containing nasturtium herb and horseradish root in acute sinusitis, acute bronchitis and acute urinary tract infection in children in comparison with other antibiotic treatments. *Arzneimittelforschung* 2007; 57(4): 238-46.
253. Fujimoto N, Kobayashi M, Matsumoto S, Matsumoto T, Nishii H, Nomura M. Effect of eviprost on bladder overactivity in an experimental cystitis rat model. *Int J Urol* 2008; 15(4): 356-60.
254. Yarnell E. Botanical medicines for the urinary tract. *World J Urol* 2002; 20: 285-93.
255. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 256-7.
256. Chopra D, Kaur S, Sandhu NS. *Equietum arvense*: pharmacology and phytochemistry – a review. *AJPCR* 2010; 3(3): 146-150.
257. Rademaker M. Occupational contact dermatitis to hydranfea. *Australas J Dermatol*. 2003; 44(3): 220-1.
258. Emami SA, Hassanzadeh MK, Javadi B. Antioxidant activity of the essential oil of different parts of *Juniperus communis*. subsp. *hemisphaerica*. and *Juniperus oblonga*. *Pharmaceutical Biology* 2007; 45(10): 769-776.
259. Birtwhistle R, Cuthbertson S, Hannah S, Kotecha J, Leung L. Anti-diabetic and hypoglycaemic effects of *Momordica charantia* (bitter melon): a mini review. *Brit J Nutr* 2009; 102: 1703-8.
260. Fernandes NPC, Lagishetty CV, Naik SR, Panda VS. An experimental evaluation of the antidiabetic and antilipidemic properties of a standardized *Momordica charantia* fruit extract. *BMC Complement Altern Med* 2007; 7: 29.
261. Nerurkar P, Ray RB, Raychoudhuri A, Steele R. Bitter melon (*Momordica charantia*) extract inhibits breast cancer cell proliferation by modulating cell cycle regulatory genes and promotes apoptosis. *Cancer Res* 2010; 70(5): 1925-31.
262. Khan SA. Bitter gourd (*Momordica charantia*): a potential mechanism in anti-carcinogenesis of colon. *World J Gastroenterol* 2007; 13(11): 1761-2.

263. Chauhan A, Gupta RC, Kanwar JR, Kanwar R, Kaur I, Puri M. Ribosome inactivating proteins (RIPs) from *Momordica charantia* for anti viral therapy. *Current Molecular Medicine* 2009; 9(9): 1080-94.
264. U.S. national library of medicine. Seaweed, kelp, bladderwrack (*Fucus vesiculosus*). [Online]. 2010 [cited 2010 Dec 11]. Available from: URL: <http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-bladderwrack.html>
265. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 148-9.
266. Alves AM, Kuster RM, Lage C, Leitao AC, Vidal LS. Genotoxic and mutagenic effects of *Melissa officinalis* (Erva Cidreira) extracts. *Open toxicology journal* 2009; 3: 58-69.
267. Duke JA. The garden pharmacy: the evidence for lemon balm. *Alternative and complementary therapies* 2007; 13(4): 173-7.
268. Akhondzadeh S, Jamshidi AH, Khani M, Mohammadi M, Noroozian M, Ohadinia S. *Melissa officinalis* extract in the treatment of patients with mild to moderate Alzheimer's disease: a double blind, randomized, placebo controlled trial. *J Neurol Neurosurg Psychiatry* 2003; 74: 863-6.
269. Hong-fang JI, Hong-yu Z. Multipotent natural agents to combat Alzheimer's disease. Functional spectrum and structural features. *Acta Pharmacologica Sinica* 2008; 29(2): 143-51.
270. Anon. Lemon balm (*Melissa officinalis*) - oral index. [Online]. 2010 [cited 2010 Dec 11]. Available from: URL: http://www.medicinenet.com/lemon_balm_melissa_officinalis-oral/article.htm
271. Choudhary K, Rathore MS, Shekhawat NS, Singh M, Vibha JB. A study on pharmacokinetics and therapeutic efficacy of *Glycyrrhiza glabra*: a miracle medicinal herb. *Bot Res Intl* 2009; 2(3): 157-163.
272. Apikoglu-Rabus S, Cirakli Z, Gulluoglu MG, Hantash T, Izzettin FV, Okuyan B, et al. Comparative effectiveness of *Glycyrrhiza glabra* vs. omeprazole and misoprostol for the treatment of aspirin-induced gastric ulcers. *Afr J Pharm Pharmacol* 2009; 3(12): 615-20.
273. Alam P, Ali M, Suman A. New prenylated isoflavanones from the roots of *Glycyrrhiza glabra*. *Chemistry of natural compounds* 2009; 45(4): 487-91.
274. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 272-6.
275. Ahmad M, Arshad M, Mukhtar M. Antiviral potentials of medicinal plants. *Virus research* 2008; 131(2): 111-120.
276. Armanini D, Bielenberg J, Eisenhut M, Fiore C, Krausse R, Pellati D, et al. Antiviral effects of *Glycyrrhiza* species. *Phytotherapy research* 2008; 22(2): 141-8.
277. Choi JH, Chung WY, Jeong CK, Kim KR, Lim SS, Parl JHY, et al. Anti-inflammatory effects of licorice and roasted licorice extracts on TPA-induced acute inflammation and collagen-induced arthritis in mice. *J Biomed Biotechnol* 2010; 2010: 1-8.
278. Küpeli E, Memisoğlu M, Tokar G, Yesilada E. Flavonoids with antinociceptive and anti-inflammatory activities from the leaves of *Tilia argentea* (silver linden). *J Ethnopharmacol* 2004; 95(2-3): 393-7.
279. Dolsen M, Dundas M. Comparing information on the use of Hispanic herbal supplements intended for self-treatment: concerns and cautions. *Topics in clinical nutrition* 2006; 21(4): 293-9.
280. Anesini C, Arcos MLB, Coussio J, Cremaschi G, Ferraro G, Werner S. *Tilia cordata* Mill. Extracts and scopoletin (isolated compound): differential cell growth effects on lymphocytes. *Phytotherapy research* 2006; 20(1): 34-40.
281. Aguirre-Hernández E, González-Trujano MA, Martínez AL, Moreno J, Rosas-Acedo H, Soto-Hernández M. Bioactivity-guided isolation of β -sitosteril and some fatty acids as active compounds in the anxiolytic and sedative effects of *Tilia americana* var. *mexicana*. *Planta Med* 2007; 73(11): 1148-55.
282. Bercovich E, Cicero AFG, Mercuriali M, Valmorri L, Zenico T. Subjective effects of *Lepidium meyenii* (Maca) extract on well-being and sexual performances in patients with mild erectile dysfunction: a randomized, double-blind clinical trial. *Andrologia* 2009; 41: 95-9.
283. Carson CC, Gravitt K, Lentz A, Marson L. Acute and chronic dosing of *Lepidium meyenii* (Maca) on male rat sexual behavior. *J Sex Med* 2007; 4: 332-40.
284. Castillo S, Chung A, Córdova A, Góñez C, Gonzales GF, Vega K, et al. Effect of *Lepidium meyenii* (Maca) on sexual desire and its absent relationship with serum testosterone levels in adult healthy men. *Andrologia* 2002; 34: 367-72.

285. Gasco M, Gonzales GF, Nieto J, Rubio J. Effect of black maca (*Lepidium meyenii*) on one spermatogenic cycle in rats. *Andrologia* 2006; 38: 166-72.
286. Ashton J, Brooks N, Cox MB, Stojanovska L, Walker KZ, Wilcox G. Beneficial effects of *Lepidium meyenii* (Maca) on psychological symptoms and measures of sexual dysfunction in postmenopausal women are not related to estrogen or androgen content. *Menopause* 2008; 15(6): 1157-62.
287. Chen SL, Dang H, Gong M, Gonzales GF, Liu X, Rubio J. Aqueous and hydroalcoholic extracts of Black Maca (*Lepidium meyenii*) improve scopolamine-induced memory impairment in mice. *Food and chemical toxicology* 2007; 45(10): 1882-90.
288. Malheiros-Pereira A, Gasco M, Gonzales GF, Gonzales-Castaneda C. Antagonistic effect of *Lepidium meyenii* (red maca) on prostatic hyperplasia in adult mice. *Andrologia* 2008; 40: 179-85.
289. Fernández G, Gasco M, Gonzales GF, Miranda S, Nieto J, Rubio J, et al. Red maca (*Lepidium meyenii*) reduced prostate size in rats. *Reprod Biol Endocrinol* 2005; 3: 5.
290. Kazdova L, Oliyarnik O, Orolin J, Skottova N, Simanek V, Ulrichova J, et al. The influence of Maca (*Lepidium meyenii*) on antioxidant status, lipid and glucose metabolism in rat. *Plant Foods Hum Nutr* 2007; 62(2): 59-3.
291. Gonzales GF, Gonzales-Castaneda C. Hypocytols of *Lepidium meyenii* (maca), a plant of the Peruvian highlands, prevent ultraviolet A-, B-, and C-induced skin damage in rats. *Photodermatology, Photoimmunology & Photomedicine* 2008; 24: 24-31.
292. Anon. Product category – Natural Health Products – Morlife. [Online] 2010 [cited 2010 Dec 12]. Available from: URL: <http://www.morlife.com/product.php?id=53>
293. Anon. Maca – *Lepidium meyenii*. [Online] 2010 [cited 2010 Dec 12]. Available from: URL: <http://maca.natureperu.com/?cat=130>
294. Herbal extract plus. Magnolia Bark. [Online] 2010 [cited 2010 Dec 12]. Available from: URL: <http://www.herbaextractsplus.com/magnolia-bark.cfm>
295. Consolini AE, Ragone MI. Patterns of self-medication with medicinal plants and related adverse events – a South American survey. *Current Drug Safety* 2010; 5(4): 333-41.
296. Antignac E, Bark I, Dufour E, Nohynek G, Re TA, Scriniviasan V. Application of the threshold of toxicological concern approach for the safety evaluation of calendula flower (*Calendula officinalis*) petals and extracts used in cosmetic and personal care products. *Food Chem Toxicol* 2009; 47(6): 1246-54.
297. Chandran PK, Kuttan R. Effect of *Calnedula officinalis* flower extract on acute phase proteins, antioxidant defense mechanism and granuloma formation during thermal burns. *J Clin Biochem Nutr* 2008; 43(2): 58-64.
298. Catini CD, Fonseca MJV, Fonseca YM, Gerlach F, Normizo A, Vicentini FTMC. Protective effect of *Calndula officinalis* extract against UVB-induced oxidative stress in skin: evaluation of reduced glutathione levels and matrix metalloproteinase secretion. *J Ethnopharmacol* 2010; 127(3): 596-601.
299. Basch E, Bent S, Foppa I, Haskmi S, Kroll D, Mele M, et al. Marigold (*Calendula officinalis* L.) An evidence-based systematic review by the natural standard collaboration. *J Herb Pharmacother* 2006; 6(3-4): 135-59.
300. Boza P, Duran V, Gajinov Z, Jovanovc M, Matic M, Mimica N, et al. Results of the clinical examination of an ointment with marigold (*Calendula officinalis*) extract in the treatment of venous leg ulcers. *Int J Tissue React* 2005; 27(3): 101-6.
301. Amoian B, Amoian MM, Mazandarani M, Mehrmanesh S, Moghadamnia AA. The effect of calendula extract toothpaste on the plaque index and bleeding in gingivitis. *Research journal of medicinal plant* 2010; 4(3): 132-40.
302. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 106.
303. Ganji F, Rouhi H. Effect of *Althaea officinalis* on cough associated with ACE inhibitors. *Pakistan Journal of Nutrition* 2007; 6(3): 256-8.
304. Deters A, Hellenbrand N, Pappai D, Possemeyer C, Zippel J. Aqueous extract and polysaccharides from Marshmallow roots (*Althaea officinalis* L.): Cellular internalization and stimulation of cell physiology of human epithelial cells *in vitro*. *J Ethnopharmacol* 2010; 127(1): 62-9.
305. Capek P, Fraňová S, Nosálová G, Prisenžňáková L, Šutovská M, Šutovský J. Possible mechanisms of dose-dependent cough suppressive effect of *Althaea officinalis* rhamnogalacturonan in guinea pigs test system. *Int J Biol Macromol* 2009; 45(1): 27-32.
306. Ferraro G, Filip R. Peroxidase-like activity of

- Ilex paraguariensis*. Food Chemistry 2006; 97(3): 459-64.
307. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 282.
 308. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 282.
 309. Itokawa H, Lee KH, Lin AS, Morris-Natschke SL, Nakagawa-Goto K, Shibano M, et al. Antitumor-promoting effects of seven active flavonolignans from milk thistle (*Silybum marianum*) on Epstein-Barr virus activation. Pharmaceutical Biology 2007; 45(10): 735-8.
 310. Abascal K, Greenlee H, Ladas E, Yarnell E. Clinical applications of *Silybum marianum* in oncology. Integrative cancer therapies 2007; 6(2): 158-65.
 311. Ross SM. Milk thistle (*Silybum marianum*): An ancient botanical medicine for modern times. Holistic nursing practice 2008; 22(5): 299-300.
 312. Mahmoud H, Mnaa S, Shaker E. Silymarin, the antioxidant component and *Silybum marianum* extracts prevent liver damage. Food Chem Toxicol 2010; 48(3): 803-6.
 313. Ball KR, Kowdley KV. A review of *Silybum marianum* (milk thistle) as a treatment of alcoholic liver disease. J Clin Gastroenterol 2005; 39(6): 520-28.
 314. Lee SS, Mayer KE, Myers RP. Silymarin treatment of viral hepatitis: a systematic review. J. Viral Hepatitis 2005; 12(6): 559-67.
 315. Berry DP, Boocock DJ, Brown VA, Cai H, Gescher AJ, Hoh CSL, et al. Quantitation of Silibinin, a putative cancer chemopreventive agent derived from milk thistle (*Silybum marianum*), in human plasma by high-performance liquid chromatography and identification of possible metabolites. J Agric Food Chem 2007; 55(7): 2532-5.
 316. Fakhrazadeh H, Heshmat R, Huseini HF, Larijani B, Raza M, Toliat T. The efficacy of *Silybum marianum* (L.) Gaetrn. (silymarin) in the treatment of type II diabetes: a randomized, double-blind, placebo-controlled, clinical trial. Phytotherapy research 2006; 20(12): 1036-9.
 317. El-Gellal, El-Sawaisi, Metwally MAA. Effects of silymarin on lipid metabolism in rats. World Applied Sciences Journal 2009; 6(12): 1634-7.
 318. Aviello G, Borelli F, Capasso F, Capasso R, Izzo AA, Lembo F, et al. Silymarin BIO-C®, an extract from *Silybum marianum* fruits, induce s hyperprolactinemia in intact female rats. International journal of phytotherapy and phytopharmacology 2009; 16(9): 839-44.
 319. Boostani H, Malayeri A, Pakseresht S, Sayyah M. Comparison of *Silybum marianum* (L.) gaegical study rtn. with fluoxetine in the treatment of obsessive-compulsive disorder. Prog Neuropsychopharmacol Biol Psychiatry 2010; 34(2): 362-5.
 320. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 292-6.
 321. Elisabetsky E, Gaiieski FS, Lara DR, Nunes DS, Siqueira IR. Psychopharmacological properties of *Ptychopetalum olacoides* bentham (olacaceae). Pharm Biol 1998; 36(5): 327-34.
 322. Elisabetsky E, Martins BS, Nunes DS, Piatto AL, Rizon LP. Antidepressant profile of *Ptychopetalum olacoides* bentham (marapuama) in mice. Phytotherapy research 2009; 23(4): 519-24.
 323. Reintree Nutrition. Database file for: Muira Puama (*Ptychopetalum olacoides*). [Online] 1996 [cited 2010 Oct 4]. Available from: URL: <http://www.rain-tree.com/muirapuama.htm>
 324. Anon. Muira Puama (*Ptychopetalum olacoides*). [Online] 2010 [cited 2010 Dec 12]. Available from: URL: <http://www.livestrong.com/muira-puama-ptychopetalum-olacoides/>
 325. Klimek B, Olszewska MA, Tokar M. Simultaneous determination of flavonoids and phenylethanoids in the flowers of *Verbascum densiflorum* and *V. phlomoides* by high-performance liquid chromatography. Phytochemical analysis 2010; 21(2): 150-6.
 326. Haffor AA. Effect of *Commiphora molmol* on leukocytes proliferation in relation to histological alterations before and during healing from injury. SJBS 2010; 17(2): 139-46.
 327. Ali J, Ansari S, Kumar P. Herbal remedies for the treatment of periodontal disease – a patent review. Recent Pat Drug Deliv Formul 2009; 3(3): 221-8.
 328. Lemenih M, Teketay D. Frankincense and Myrrh resources of Ethiopia: II. Medicinal and industrial uses. SINET: Ethiopian Journal of Science 2003; 26(2): 161-72.
 329. Morsy TA, Tonkal AM. An update review on *Commiphora molmol* and related species. J Egypt Soc Parasitol 2008; 38(3): 763-96.
 330. Ballester I, Betlloch I, Mataix J, Silvestre JF, Toledo F, Perez-Crespo M. Contact dermatitis

- due to nasturtium. Contact Dermatitis 2009; 60: 229-30.
331. Albrecht U, Goos KH, Schneider B. A randomized, double-blind, placebo-controlled trial of a herbal medicinal product containing *Tropaeoli majoris herba* (Nasturtium) and *Armoraciae rusticanae radix* (Horesradish) for the prophylactic treatment of patients with chronically recurrent lower urinary tract infections. *Curr Med Res Opin* 2007; 23(10): 2415-22.
 332. Kleinwachter M, Selmar D, Schnug E. The glucosinolate-myrosinase system in nasturtium (*Tropaeolum majus* L.): variability of biochemical parameters and screening for clones feasible for pharmaceutical utilization. *J Agric Food Chem* 2008; 56(23): 11165-70.
 333. Safarinejad MR. *Urtica dioica* for treatment of benign prostatic hyperplasia: a prospective, randomized, double-blind, placebo-controlled, crossover study. *IBIDS* 2005; 5(4): 1-11.
 334. Steenkamp V. Phytomedicines for the prostate. *Fitoterapia* 2003; 74(6): 545-52.
 335. Alberte RS, Fink RC, McMichael M, Roschek Jr B. Nettle extract (*Urtica dioica*) effects key receptors and enzymes associated with allergic rhinitis. *Phytotherapy research* 2009; 23(7): 920-26.
 336. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 302.
 337. MDidea. Nettle. Stinging nettle, nettle leaf, nettle root, common stinging nettle? Therapeutics and pharmacology, historical or traditional use of nettle. [Online]. 2010 [cited 2010 Dec 13]. Available from: URL: <http://www.mdidea.com/products/new/new00917.html>
 338. Andersson KE, Hellstrand P, Lindholm MW, Oste R, Svedberg KA. Oats (*Avena sativa*) reduce atherogenesis in LDL-receptor-deficient mice. *Atherosclerosis* 2010; 212 (1): 93-99.
 339. Chen J, Gislette T, Huang XF. The role of molecular weight and viscosity of oat β -glucan in hypercholesterolemic effect. *Am J Clin Nutr* 2010; 92(6): 1538.
 340. Cheung IWY, Hsu MNK, Nakayama S, Samaranyaka AGP, Li-Chan ECY. Angiotensin-I converting enzyme inhibitory activity of hydrolysates from oat (*Avena sativa*) proteins by *in silico* and *in vitro* analyses. *J Agric Food Chem* 2009; 57(19): 9234-42.
 341. Abood H, Al-Temimi AA, Hussain Al-Amiery AA, Wagaa RI. A study of the biological activities of *Avena sativa* extracts. *Afr J Pure Appl Chem* 2010; 4(3): 031-034.
 342. El SN, Karakaya S. Olive tree (*Olea europaea*) leaves: potential beneficial effects on human health. *Nutrition Reviews* 2009; 67(11): 632-8.
 343. Nadar A, Ramnanan P, Shode FO, Somova LI. Antihypertensive, antiatherosclerotic and antioxidant activity of triterpenoids isolated from *Olea europaea*, subspecies *Africana* leaves. *J Ethnopharmacol* 2003; 84(2-3): 299-305.
 344. Lee BY, Lee OH. Antioxidant and antimicrobial activities of individual and combined phenolics in *Olea europaea* leaf extract. *Bioresource Technol* 2010; 101(10): 3751-4.
 345. Lockwood B, Waterman E. Active components and clinical applications of olive oil. *Altern Med Rev* 2007; 12(4): 331-42.
 346. Mouli KC, Rao SD, Vijaya T. Phytoresources as potential therapeutic agents for cancer treatment and prevention. *JGPT* 2009; 1(1): 4-18.
 347. Bernstein S, Donsky H. Treatment of mild to moderate psoriasis with Relieva, a *Mahonia aquifolium* extract – a double-blind, placebo-controlled study. *Am J Ther* 2006; 13(2): 121-6.
 348. Donsky H. Relieva, a *Mahonia aquifolium* extract for the treatment of adult patients with atopic dermatitis. *Am J Ther* 2007; 14(5): 442-6.
 349. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 303.
 350. Flora Health. Herb & supplement encyclopedia: Oregon grape root. [Online]. 2010 [cited 2010 Dec 13]. Available from: URL: <http://www.florahealth.com/flora/home/canada/healthinformation/encyclopedias/oregongraperoot.asp>
 351. Akah PA, Ezeuchenne NA, Ezeugwu S, Ezike AC, Okoli CO. *Carica papaya* (Paw-Paw) unripe fruit may be beneficial in ulcer. *J Med Food* 2009; 12(6): 1268-73.
 352. Indran M, Kuppusamy UR, Mahmood AA. Protective effect of *Carica papaya* L leaf extract against alcohol induced acute gastric damage and blood oxidative stress in rats. *West Indian Med J* 2008; 57(4): 323-6.
 353. Chota A, Haazele F, Musukwa MN, Phiri KI, Phiri AM, Sikasunge CS. A comparative

- study of the efficacy of piperazine and *Carica papaya* for the control of helminth parasites in village chickens in Zambia. *Trop Anim Health Prod* 2010; 42(3): 315-8.
354. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 304-6.
 355. Bursać M, Jakovljević V, Kaurinović B, Mimica-Dukić N, Popović M. Effect of parsley (*Petroselinum crispum* (Mill.) Nym. ex A.W. Hill, Apiaceae) extracts on some biochemical parameters of oxidative stress in mice treated with CCl₄. *Phytother Res* 2007; 21(8): 717-23.
 356. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 307-8.
 357. Brown E, Ceremuga TE, Hurd NS, McCall S. Evaluation of the anxiolytic effects of chrysin, a *Passiflora incarnata* extract, in the laboratory rat. *AANA Journal* 2007; 75(5): 333-7.
 358. Akhondzadeh S, Khani M, Naghavi HR, Rashidi H, Shayeganpour A, Vazirian M. Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam. *J Clin Pharm Ther* 2001; 26: 363-7.
 359. Gauthaman K, Mohamed Saleem TS, Patel SS, Ravi V, Shrestha B, Verma NK. *Passiflora incarnata* Linn: A phytopharmacological review. *IJGP* 2009; 3(4): 277-280.
 360. Raintree Nutrition. Database entry for Pau d'arco - *Tabebuia impetiginosa*. [Online]. 2010 [cited 2011 June 27]. Available from: URL: <http://www.rain-tree.com/paudarco.htm>
 361. WebMD. Pau d'arco: Uses, side effects, interactions and warnings. [Online]. 2005-2011 [cited 2011 June 27]. Available from: URL: <http://www.webmd.com/vitamins-supplements/ingredientmono-647-PAU%20D'ARCO.aspx?activeIngredientId=647&activeIngredientName=PAU%20D'ARCO>
 362. Nahas R, Shen YA. Complementary and alternative medicine for treatment of irritable bowel syndrome. *Practica Medicala* 2009; 4(2): 99-105.
 363. Cappello G, Grossi L, Manzoli L, Marzio L, Spezzaferro M. Peppermint oil (Mintoil®) in the treatment of irritable bowel syndrome: a prospective double blind placebo-controlled randomized trial. *Digestive and Liver Disease* 2007; 39(6): 530-6.
 364. Köhler S, May B, Schneider B. Efficacy and tolerability of a fixed combination of peppermint oil and caraway oil in patients suffering from functional dyspepsia. *Aliment Pharmacol Ther* 2000; 14: 1671-7.
 365. Gomes Soares PM, Prata de Souza E, Ruino Maia A, Saldanha de Almeida AN, Sampaio Assreuy AM, Sydney de Sousa AA. Antispasmodic effect of *Mentha piperita* essential oil on tracheal smooth muscle of rats. *J Ethnopharmacol* 2010; 130(2): 433-6.
 366. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 320-2.
 367. Anibal PC, Duarte MCT, Furlanetti VF, Höfling JF, Peixoto ITA. Potential pharmacological and toxicological basis of the essential oil from *Mentha* spp. *Rev Ciênc Farm Básica Apl.* 2009; 30(3): 235-9.
 368. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 83-4.
 369. Ahmed Hossin FL. Effect of Pomegranate (*Punica granatum*) peels and it's extract on obese hypercholesterolemic rats. *Pak J Nutr* 2009; 8(8): 1251-7.
 370. Higinio JS, Sampaio FC, Sampaio MC, Vasconcelos LC. Use of *Punica granatum* as an antifungal agent against candidosis associated with denture stomatitis. *Mycoses* 2003; 46(5-6): 192-6.
 371. Chakraborty GS. Analgesic activity of various extract of *Punica granatum* (Linn) flowers. *IJGP* 2008; 2: 145-6.
 372. Abdulla FA, Abu Ghalyun YY, Elokda AS, Quais EY. Antidiarrhoeal activity of the aqueous extract of *Punica granatum* (Pomegranate) peels. *Pharm Biol* 2007; 45(9): 715-20.
 373. Effect of *Punica granatum* peel aqueous extract on normal and dexamethasone suppressed wound healing in wistar rats. *International journal of pharmaceutical sciences review and research* 2010; 5(2): 34-37.
 374. Barwal SB, Dhasade VV, Mandal Subhash C, Nirmal Sunil A, Pal SC, Patil MJ. Antihistaminic effect of various extract of *Punica granatum* Linn. Lower buds. *JJ Young Pharm* 2009; 1(4): 322-5.
 375. WebMD. Pomegranate: Uses, side effects, interactions and warnings. [Online]. 2005-2011 [cited 2011 June 28]. Available from: URL: <http://www.webmd.com/vitamins-supplements/ingredientmono-392-POMEGRANATE.aspx?activeIngredientId=>

- 392&activeIngredientName=POMEGRANA
TE
376. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 326.
 377. Almaraz MC, Anguera A, Bruckert E, Castro-Cabezas M, Doménech G, Heras M, et al. Soluble fibre (*Plantago ovata* husk) reduces plasma low-density lipoprotein (LDL) cholesterol, triglycerides, insulin, oxidised LDL and systolic blood pressure in hypercholesterolaemic patients: a randomised trial. *Atherosclerosis* 2010; 211(2): 630-7.
 378. Anguera A, Caslake M, Girona J, Godàs G, Martín-Luján F, Masana L, et al. Effects of soluble fibre (*Plantago ovata* husk) on plasma lipids, lipoproteins, and apolipoproteins in men with ischemic heart disease. *Am J Clin Nutr* 2007; 85(4): 1157-63.
 379. Anguera A, Galisteo M, Morón R, Rivera L, Romero R, Zarzuelo A. *Plantago ovata* husks-supplemented diet ameliorates metabolic alterations in obese Zucker rats through activation of AMP-activated protein kinase. *Comparative study with other dietary fibers*. *Clinical Nutrition* 2010; 29(2) 261-7.
 380. Abdel-Wahab YHA, Akhter M, Ali L, Flatt PR, Hannan JMA, Khaleque J. Aqueous extracts of husks of *Plantago ovata* reduce hyperglycaemia in type 1 and type 2 diabetes by inhibition of intestinal glucose absorption. *Br J Nutr* 2006; 96: 131-7.
 381. Cabré E. Clinical nutrition university: nutrition in the prevention and management of irritable bowel syndrome, constipation and diverticulosis. *E Spen Eur E J Clin Nutr Metab* 2011; 6(2): e85-e95.
 382. Bellma Menéndez A, Carrillo Domínguez C, Menéndez Castillo R, Tillán Capó JI. Antagonist α -adrenergic activity of microencapsulated *Cucurbita pepo* L. (pumpkin) seed oil. *Revista Cubana de Plantas Medicinales* 2009; 14(3): 37-44.
 383. Abdel-Rahman MK. Effect of pumpkin seed (*Cucurbita pepo* L.) diets on benign prostatic hyperplasia (BPH): chemical and morphometric evaluation in rats. *World Journal of Chemistry* 2006; 1(1): 33-40.
 384. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 327.
 385. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 330.
 386. Dacke CG, Patel AV, Rojas-Vera J. Therapeutic constituents and actions of *Rubus* species. *Current Medicinal Chemistry* 2004; 11(11): 1501-12.
 387. Chedraui PA, Hidalgo LA, Morocho N, Ross S, San Miguel G. The effect of red clover isoflavones on menopausal symptoms, lipids and vaginal cytology in menopausal women: a randomized, double-blind, placebo-controlled study. *Gynecol Endocrinol* 2005; 21(5): 257-64.
 388. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 332-3.
 389. Coon JT, Ernst E, Pittler MH. *Trifolium pratense* isoflavones in the treatment of menopausal hot flashes: a systematic review and meta-analysis. *Phytomedicine* 2007; 14(2-3): 153-9.
 390. Brandli A, Simpson JS, Ventura S. Isoflavones isolated from red clover (*Trifolium pratense*) inhibit smooth muscle contraction of the isolated rat prostate gland. *Phytomedicine* 2010; 17(11): 895-901.
 391. Ernst E, Hung SK, Perry R. The effectiveness and efficacy of *Rhodiola rosea* L.: A systematic review of randomized clinical trial. *Phytomedicine* 2010; 18(4): 235-44.
 392. Olsson EMG, Panossian AG, Schéele B. A randomised, double-blind, placebo-controlled, parallel-group study of the standardised extract SHR-5 of the roots of *Rhodiola rosea* in the treatment of subjects with stress-related fatigue. *Planta Med* 2009; 75(2): 105-12.
 393. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 338-9.
 394. Mattioli L, Perfumi M. Adaptogenic and central nervous system effects of single doses of 3% rosavin and 1% salidroside *Rhodiola rosea* L. extract in mice. *Phytotherapy Research* 2007; 21(1): 37-43.
 395. Bravo J, Carrupt PA, Hostettmann K, Marston A, Reist M, Van Diermen D. Monoamine oxidase inhibition by *Rhodiola rosea* L. roots. *J Ethnopharmacol* 2009; 22(2): 397-401.
 396. Huang YT, Lin YL, Wu CF. Phenols from the roots of *Rheum palmatum* attenuate chemotaxis in rat hepatic stellate cells. *Planta Med* 2008; 74(10): 1246-52.
 397. Board of Trustees of the Royal Botanic Gardens, Kew. *Plants & Fungi Oryza sativa* (rice). [Online]. 2010. [cited 2011 July 4]. Available from: URL: <http://www.kew.org/plants-fungi/Oryza-sativa.htm>

398. Chrubasik C, Chrubasik S, Müller-Ladner U, Roufogalis BD. A systematic review on the *Rosa canina* effect and efficacy profiles. *Phytotherapy Research* 2008; 22(6): 725-33.
399. Apel K, Thamsborg G, Winther K. A powder made from seeds and shells of a rose-hip subspecies (*Rosa canina*) reduces symptoms of knee and hip osteoarthritis: a randomized, double-blind, placebo-controlled clinical trial. *Scand J Rheumatol* 2005; 34: 302-8.
400. Ávila-Castro P, Herrera-Álvarez S, Herrera-Arellano A, Jiménez-Ferrer JE, Miranda-Sánchez J, Ponce-Monter H, et al. Clinical effects produced by a standardized herbal medicinal product of *Hibiscus sabdariffa* on patients with hypertension. A randomized, double-blind, lisinopril-controlled clinical trial. *Planta Med* 2007; 73(1): 6-12.
401. Kim S, Kim SJ, Park SE, Sapkota K. Neuroprotective effect of *Rosmarinus officinalis* extract on human dopaminergic cell linn, SH-SY5Y. *Cell Mol Neurobiol* 2010; 30: 759-67.
402. Abrams TR, Brigham A, Ceurvels J, Clubb J, Curtiss W, DeFranco Kirkwood C, et al. An evidence-based systematic review of rosemary (*Rosmarinus officinalis*) by the natural standard research collaboration. *Journal of Dietary Supplements* 2010; 7(4): 351-413.
403. Han SY, Li HX, Ma X, Ma ZZ, Tu PF, Wang XW, et al. Effect of the carthamins yellow from *Carthamus tinctorius* L. on hemorrhheological disorders of blood stasis in rats. *Food Chem Toxicol* 2009; 47(8): 1797-1802.
404. Cheng YC, Kuo CH, Lai CH, Lin JY, Lin WY, Tien YC. *Carthamus tinctorius* L. prevents LPS-induced TNF α signaling activation and cell apoptosis through JNK1/2-NF κ B pathway inhibition in H9c2 cardiomyoblast cells. *J Ethnopharmacol* 2010; 130(3): 505-13.
405. Choi EM, Kim GH, Lee YS. *Carthamus tinctorius* flower extract prevents H₂O₂-induced dysfunction and oxidative damage in osteoblastic MC3T3-E1 cells. *Phytotherapy Research* 2010; 24(7): 1037-41.
406. Jia Y, Tian Y, Wen A, Yang J, Yang Z. Pharmacokinetic properties of hydroxysafflower yellow A in healthy Chinese female volunteers. *J Ethnopharmacol* 2009; 124(3): 635-8.
407. Kang DI, Li IA, Popov AM. Analgesic properties of "CF" extracted from safflower (*Carthamus tinctorius* L.) seeds and potential for its use in medicine. *Pharmaceutical Chemistry Journal* 2009; 43(1): 41-4.
408. Choi CW, Ganapathi A, Kim JJ, Kim SC, Lee YS, Udayakumar R. Determination of mineral content in methanolic safflower (*Carthamus tinctorius* L.) seed extract and its effect on osteoblast markers. *Int J Mol Sci* 2009; 10(1): 292-305.
409. Bhargava V. Medicinal uses and pharmacological properties of *Crocus sativus* Linn (saffron). *Int J Pharm Sci* 2011; 3: 22-26.
410. Abhyankar MM, Gadiya RV, Katarिया DC, Nilakshi N. Detailed profile of *Crocus sativus*. *IJPBS* 2011; 2(1): 530-40.
411. Abdullaev FI. Cancer chemoprevention and tumoricidal properties of saffron (*Crocus sativus* L.). *Exp Biol Med* 2002; 227(1): 20-5.
412. Green Ring Society. Medicinal herbal information - *Crocus sativus*. [Online]. 2008. [cited 2011 July 5]. Available from: URL: http://herbalinformation.awardspace.com/?cm=c&fn=crocus_sativus
413. Bommer S, Klein P, Suter A. First time proof of sage's tolerability and efficacy in menopausal women with hot flushes. *Advances in therapy* 2011; 28(6): 490-500.
414. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 343.
415. Hamman JH, Van Vuuren SF, Vermaak I, Viljoen AM. Effect of simulated gastrointestinal conditions and epithelial transport on extracts of green tea and sage. *Phytochemistry Letters* 2009; 2(4): 166-70.
416. Bidmeshkipour A, Keshavarz M, Mansouri K, Mohammadi-Motlagh HR, Mostafaie A. Anti tumour activity of *Salvia officinalis* is due to its anti-angiogenic, anti-migratory and anti-proliferative effects. *Cell Journal* 2011; 12(4): 477-82.
417. Lowe FC. The role of *Serenoa repens* in the clinical management of lower urinary tract symptoms due to benign prostatic hyperplasia. *European urology supplements* 2009; 8(13): 894-7.
418. Mantovani F. *Serenoa repens* in benign prostatic hypertrophy: analysis of 2 Italian studies. *Minerva Urol Nefrol* 2010; 62(4): 335-40.
419. Akbulut Z, Atan A, Balbay MD, Çaşkurlu T, Gürbüz C, Şengör F, et al. Efficacy and tolerability of *Serenoa repens* extract (Prostagood®) in patients with lower urinary tract symptoms due to symptoms benign prostatic hyperplasia. *Turkish Journal of*

- Urology 2009; 35(4): 347-54.
420. Agbabiaka TB, Ernst E, Pittler MH, Wider B. *Serenoa repens* (Saw Palmetto): A systematic review of adverse events. *Drug Safety* 2009; 32(8): 637-47.
 421. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 344-6.
 422. Murugusundram S. *Serenoa repens*: Does it have any role in the management of androgenetic alopecia? *J Cutan Aesthet Surg* 2009; 2(1): 31-2.
 423. Kim JC, Kim SH, Kim SH, Kwon EH, Lee JS, Lim JH, et al. Evaluation of the toxicological properties and hepatoprotective effects of PAI-N002, a mixture of herbal extracts, in rats. *Mol Cell Toxicol* 2010; 6: 239-46.
 424. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 347-8.
 425. Panossian A, Wikman G. Pharmacology of *Schisandra chinensis* Bail.: An overview of Russian research and uses in medicine. *J Ethnopharmacol* 2008; 118(2): 183-212.
 426. Cao S, Du J, Putheti R, Shang H, Wu W. Evaluation of anti-athletic fatigue activity of *Schizandra chinensis* extracts in mice. *Afr J Pharm Pharmacol* 2009; 3(11): 593-7.
 427. Boschi F, Marzola P, Nicolato E, Sbarbati A. Secretory response induced by essential oils on airway surface fluid: A pharmacological MRI study. *J Ethnopharmacol* 2009; 124(3): 630-4.
 428. Agarwal V, Bajpai M. Pharmacognostical and biological studies on senna and its products: An overview. *IJPBS* 2010; 1(2): 1-10.
 429. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 349-52.
 430. Conquer J, Costa D, Grimes Serrano JM, Hamilton W, Higdon ERB, Isaac R, et al. An evidence-based systematic review of senna (*Cassia senna*) by the natural standard research collaboration. *Journal of Dietary Supplements* 2011, 8(2): 189-238.
 431. Brophy SK, Martin KR. Commonly consumed and specialty dietary mushrooms reduce cellular proliferation in MCF-7 human breast cancer cells. *Exp Biol Med* 2010; 235: 1306-14.
 432. William CS. An evidence-based perspective of *Lentinus edodes* (Shiitake mushroom) for cancer patients. In: Horii Y, Nagai K, Shen J, Tanida M, Yao JF, editors. Evidence-based anticancer material medica. New York: Springer Science+Business Media; 2011. p. 303-17.
 433. Alam N, Choudhury EK, Choudhury SK, Hashimoto M, Hossain S, Hussain S, et al. Dietary mushroom (*Pleurotus ostreatus*) ameliorates atherogenic lipid in hypercholesterolemic rats. *CEPP* 2003; 30(7): 470-5.
 434. Cernusca MM, Godsey LD, Gold MA. A competitive market analysis of the United States shiitake mushroom marketplace. *HortTechnology* 2008; 18(3): 489-99.
 435. Bisen PS, Baghel RK, Prasad GBKS, Sanodiya BS, Thakur GS. *Lentinus edodes*: A macrofungus with pharmacological activities. *Current Medical Chemistry* 2010; 17(22): 2419-30.
 436. Kopp T, Mastan P, Mothes N, Stingl G, Tanew A, Tzaneva S. Systemic allergic contact dermatitis due to consumption of raw shiitake mushroom. *CED* 2009; 34(8): e910-3.
 437. Georg W, Panossian A. Evidence-based efficacy of adaptogens in fatigue, and molecular mechanisms related to their stress-protective activity. *Current clinical pharmacology* 2009; 4(3): 198-19.
 438. Farnsworth NR, Fong HHS, Gyllenhaal C, Mahady GB. Ginsengs: A review of safety and efficacy. *Nutrition in Clinical Care* 2000; 3(2): 90-101.
 439. Anon. *Eleutherococcus senticosus* – monograph. *Alternative Medicine Review* 2006; 11(2): 151-5.
 440. Dionne IJ, Goulet ED. Assessment of the effects of *Eleutherococcus senticosus* on endurance performance. *Int J Sport Nutr Exerc Metab*. 2005; 15(1): 75-83.
 441. Hauke W, Schmidt M, Singer A, Stade K. Duration of response after treatment of mild to moderate depression with Hypericum extract STW 3-VI, citalopram and placebo: A reanalysis of data from a controlled clinical trial. *Phytomedicine* 2011; 18(8): 739-42.
 442. Brattström A. Long-term effects of St John's wort (*Hypericum perforatum*) treatment. A 1-year safety study in mild to moderate depression. *Phytomedicine* 2009; 16(4): 277-83.
 443. Aguglia E, Caraci F, Drago F, Forti B, Kasper S. Efficacy and tolerability of *Hypericum* extract for the treatment of mild to moderate depression. *Eur Neuropsychopharmacol* 2010; 20(11): 747-65.
 444. Almeida KM, Moreno RA, Tavares Junior

- H, Teng CT. *Hypericum perforatum* versus fluoxetine in the treatment of mild to moderate depression: a randomised double-blind trial in a Brazilian sample. *Rev Bras Psiquiatr* 2006; 28(1): 29-32.
445. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 360-80.
446. Ayres J, Canning S, Dye L, Orsi N, Simpson N, Waterman M. The efficacy of *Hypericum perforatum* (St John's Wort) for the treatment of premenstrual syndrome: a randomized, double-blind, placebo-controlled trial. *CNS Drugs* 2010; 24(3): 207-25.
447. Asadi N, Dehghankhalili M, Ghaffarpassand F, Ghazanfarpour M, Kaviani M, Tabatabaee HR, et al. *Hypericum perforatum* for the treatment of premenstrual syndrome. *Int J Gynaecol Obstet* 2011; 113(1): 84-5.
448. Bystritsky A, Futterer R, Greist J, Kobak K, Kohlenberg C, Tanyab V, et al. St John's wort versus placebo in obsessive-compulsive disorder: results from a double-blind study. *Int Clin Psychopharmacol* 2005; 20(6): 299-304.
449. Di YM, Li CG, Xue CC, Zhou SF. Clinical drugs that interact with St. John's Wort and implication in drug development. *Current Pharmaceutical Design* 2008; 14: 1723-42.
450. Goud NR, Neogi U, Saumya R. Fungal production of omega-6 fatty acid: gamma-linolenic acid. *International Journal of Biological Chemistry* 2007; 1(2): 127-30.
451. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 381.
452. Algren AD, Al-Khamees W, Alrashdi S, Morgan BW, Schwartz MD. Status epilepticus associated with borage oil ingestion. *J. Med. Toxicol.* 2011; 7: 154-7.
453. De Haro-Bailón, Font R, Rfo-Celestino M. Distribution of fatty acids in edible organs and seed fractions of borage (*Borago officinalis* L.). *Journal of the Science of Food and Agriculture* 2008; 88(2): 248-55.
454. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 290-1.
455. Buchmann C, Harti A, Havinga RM, Prehsler S, Putscher J, Vogl CR. *Tamarindus indica* L. (Fabaceae): Patterns of use in traditional African medicine. *J Ethnopharmacol* 2010; 127(3): 573-88.
456. Kumar S, Kalra P, Sharma S. Antiulcer effect of the methanolic extract of *Tamarindus indica* seeds in different experimental models. *Journal of Pharmacy and Bioallied Sciences* 2011; 3(2): 236-41.
457. Dhingra D, Harna RK, Jindal V, Parle M, Sharma S. Hypolipidemic and weight reducing activity of the ethanolic extract of *Tamarindus indica* fruit pulp in cafeteria diet- and sulpiride-induced obese rats. *J Pharmacol Pharmacother* 2011; 2(2): 80-4.
458. Enshaieh S, Iraj F, Jooya A, Siadat AH. The efficacy of 5% topical tea tree oil gel in mild to moderate acne vulgaris: A randomized, double-blind placebo-controlled study. *IJDVL* 2007; 73(1): 22-5.
459. Farooqui IA, Jagtap NS, Khadabadi SS, Mankar DM, Sawarkar HA. Development and biological evaluation of herbal anti-acne gel. *International Journal of PharmTech Research* 2010; 2(3): 2028-31.
460. Carson CF, Hammer KA, Riley TV. *Melaleuca alternifolia* (tea tree) oil: a review of antimicrobial and other medicinal properties. *Clinical Microbiology Reviews* 2006; 19(1): 50-62.
461. Blair IS, McDowell DA, McMahon MAS, Moore JE. Habituation to sub-lethal concentrations of tea tree oil (*Melaleuca alternifolia*) is associated with reduced susceptibility to antibiotics in human pathogens. *J Antimicrob Chemother* 2007; 59(1): 125-7.
462. Carson CF, Lampacher GJ, Riley TV, Smith DW. Use of deception to achieve double-blinding in a clinical trial of *Melaleuca alternifolia* (tea tree) oil for the treatment of recurrent herpes labialis. *Contemporary Clinical Trials* 2008; 29(1): 9-12.
463. Baxter K, Driver S, Williamson E. *Stockley's herbal medicines interactions*. London: Pharmaceutical Press; 2009. p. 389.
464. Efferth T, Eichhorn T, Plinkert PK, Sertel S. Cytotoxicity of *Thymus vulgaris* essential oil towards human oral cavity squamous cell carcinoma. *Anticancer research* 2011; 31(1): 81-7.
465. Bar-Sela G, Epelbaum R, Schaffer M. Curcumin as an anti-cancer agent: review of the gap between basic and clinical applications. *Current Medicinal Chemistry* 2010; 17(3): 190-7.
466. Boukli NM, Cubano LA, Dakshayani BK, Nair MPN, Rao KVK, Samikkannu T. Proteomics profiling and cytotoxic effect of *Curcuma longa* on prostate cancer. *The Open Proteomics Journal* 2011; 4: 1-11.

467. Chinswangwatanakul P, Kuptniratsaikul V, Thamlikitkul V, Thanakhumtorn S, Wattanamongkonsil L. Efficacy and safety of *Curcuma domestica* extracts in patients with knee osteoarthritis. *J Altern Complement Med* 2009; 15(8): 891-7.
468. Leonard MC, Taylor RA. Curcumin for inflammatory bowel disease: a review of human studies. *Alter Med Rev* 2011; 16(2): 152-6.
469. Jurenka JS. Anti-inflammatory properties of curcumin, a major constituent of *Curcuma longa*: a review of preclinical and clinical research. *Altern Med Rev* 2009; 14(2): 141-53.
470. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 390-2.
471. Aggarwal A, Dwivedi S. Indigenous drugs in ischemic heart disease in patients with diabetes. *J Altern Complement Med* 2009; 15(11): 1215-21.
472. Dwivedi R, Kieley S, Monga M. Ayurvedic medicine and renal calculi. *Journal of Endourology* 2008; 22(8): 1613-6.
473. Ettinger RH, Kubin ZJ, Murphy K, Shepherd JN. *Valeriana officinalis* root extracts have potent anxiolytic effects in laboratory rats. *Phytomedicine* 2010; 17(8-9): 674-8.
474. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 394-7.
475. Atherton PJ, Barton DL, Bauer BA, LaVasseur BI, LeLindqwister NA, Loprinzi CL, et al. The use of *Valeriana officinalis* (valerian) in improving sleep in patients who are undergoing treatment for cancer: a phase III randomized, placebo-controlled, double-blind study (NCCTG trial, NO1C5). *J Support Oncol* 2011; 9(1): 24-31.
476. Circosta C, De Pasquale R, Occhiuto F, Palumbo DR, Pino A, Samperi S, et al. Relaxing effects of *Valeriana officinalis* extracts on isolated human non-pregnant uterine muscle. *JPP* 2009; 61(2): 251-6.
477. Dhanasekaran M, Manyam BV, Tharakan B. Antiparkinson drug – *Mucuna pruriens* shows antioxidant and metal chelating activity. *Phytotherapy Research* 2008; 22(1): 6-11.
478. Evans A, Katzenschlager R, Lees AJ, Manson A, Patsalos PN, Ratnaraj N, et al. *Mucuna pruriens* in Parkinson's disease: a double blind clinical and pharmacological study. *J Neurol Neurosurg Psychiatry* 2004; 75: 1672-7.
479. Raintree nutrition. Velvet bean (*Mucuna pruriens*). [Online]. 2010. [Cited 2011 July 20]. Available from: URL: <http://www.raintree.com/velvetbean.htm>
480. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 399.
481. Cameron M, Chrubasik S, Vlachojannis JE. A systematic review on the effectiveness of willow bark for musculoskeletal pain. *Phytotherapy Research* 2009; 23(7): 897-900.
482. WebMD. Wild lettuce – Uses, side effects, interactions and warnings. [Online]. 2011. [cited 2011 July 21]. Available from: URL: <http://www.webmd.com/vitamins-supplements/ingredientmono-342-WILD%20LETTUCE.aspx?activeIngredientId=342&activeIngredientName=WILD%20LETTUCE>
483. Melo Diniz MF, Oliveira JLT, Oliveira Lima E, Santos BHC, Souza EL, Trajano VN. Effectiveness of *Origanum vulgare* L. and *Origanum majorana* L. essential oils in inhibiting the growth of bacterial strains isolated from the patients with conjunctivitis. *Braz Arch Biol Technol* 2009; 52(1): 45-50.
484. Reichling J, Saller R, Schmitzler P, Suschke U. Essential oils of aromatic plants with antibacterial, antifungal, antiviral, and cytotoxic properties – an overview. *Research in Complementary Medicine* 2009; 16(2): 79-90.
485. Barros JC, Conceição ML, Oliveira CEV, Souza EL. Influence of *Origanum vulgare* L. essential oil on enterotoxin production, membrane permeability and surface characteristics of *Staphylococcus aureus*. *Int J Food Microbiol* 2010; 137(2-3): 308-11.
486. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 398.
487. Borrelli F, Ernst E. Alternative and complementary therapies for the menopause. *Maturitas* 2010; 66(4): 333-43.
488. Kieser M, Wolff HH. Hamamelis in children with skin disorders and skin injuries: results of an observational study. *Eur J Pediatr* 2007; 166: 943-8.
489. Chan HC, Chang RCC, Chiu K, Ip AKC, So KF, Yuen WH, et al. Neuroprotective effects of *Lycium barbarum* Lynn on protecting retinal ganglion cells in an ocular hypertension model of glaucoma. *Experimental Neurology* 2007; 203(1): 269-73.
490. Chang RCC, Li SY, Lo ACY, So KF,

- Wong D, Yang D, et al. *Lycium barbarum* polysaccharides reduce neuronal damage, blood-retinal barrier disruption and oxidative stress in retinal ischemia/reperfusion injury. *PLoS ONE* 2011; 6(1): e16380.
491. Chang RCC, So KF. Use of anti-aging herbal medicine, *Lycium barbarum*, against aging-associated diseases. What do we know so far? *Cell Mol Neurobiol* 2008; 28: 643-52.
492. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 277-8.
493. Li J, Li QW, Zhang T, Zhao R. Protective effect of *Lycium barbarum* polysaccharide 4 on kidneys in streptozotocin-induced diabetic rats. *Can J Physiol Pharmacol* 2009; 87(9): 711-9.
494. Cai Y, Corke H, Luo Q, Sun M, Yan J. Hypoglycemic and hypolipidemic effects and antioxidant activity of fruit extract from *Lycium barbarum*. *Life Sciences* 2004; 76(2): 137-49.
495. Chan TYK, Hui ACF, Hung A, Leung H. Warfarin overdose due to the possible effects of *Lycium barbarum* L. *Food Chem Toxicol* 2008; 46(5): 1860-2.
496. Herbs2000. Wood betony. [Online]. 2011. [cited 2011 July 22]. Available from: URL: http://www.herbs2000.com/herbs/herbs_betony.htm
497. Nibret E, Wink M. Volatile components of four Ethiopian *Artemisia* species extracts and their *in vitro* antitrypanosomal and cytotoxic activities. *Phytomedicine* 2010; 17(5): 369-74.
498. Ahmad F, Chishti MZ, Shawl AS, Tariq KA. Anthelmintic activity of extracts of *Artemisia abstinthium* against ovine nematodes. *Veterinary parasitology* 2009; 160(1-2): 83-8.
499. Applequist WL, Moerman DE. Yarrow (*Achillea millefolium* L.): a neglected panacea? A review of ethnobotany, bioactivity, and biomedical research. *Economic Botany* 2011; 65(2): 209-25.
500. Baxter K, Driver S, Williamson E. Stockley's herbal medicines interactions. London: Pharmaceutical Press; 2009. p. 401.
501. Crestani S, Gasparotto Jr. A, Kassuya CAL, Marques MCA, Silva-Santos JE, Souza P, et al. Hypotensive mechanism of the extracts and arteminin isolated from *Achillea millefolium* L. (Asteraceae) in rats. *Phytomedicine* 2011; 18(10): 819-25.
502. Barrueto F, Myers A. Refractory priapism associated with ingestion of yohimbe extract. *J Med Toxicol* 2009; 5(4): 223-5.
503. Avcı G, Bülbül A, Eryavuz A, Fidan AF, Küçük Kurt İ, Öztaşan N. Effect of *Yucca schidigera* extract on blood pressure, antioxidant activity and some blood pressure parameters in the L-name-induced hypertensive rate. *Ankara Üniv Vet Fak Derg* 2008; 55: 149-53.
504. wiseGEEK. What is *Yucca schidigera*? [Online]. 2011 [cited 2011 July 26]. Available from: URL: <http://www.wisegeek.com/what-is-yucca-schidigera.htm>
505. Cheeke PR, Oleszek W, Piacente S. Anti-inflammatory and anti-arthritis effects of *Yucca schidigera*: a review. *Journal of inflammation* 2006; 3: 6.

INDICATIONS INDEX

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 Centaurry 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	As an eyewash	Rose Hip
	Hops	Asthma	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
Appetite stimulant	Juniper		Feverfew
Appetite suppression	Fennel		Ginkgo
	Hoodia		Grindelia
Arrhythmias	Dong Quai		Green Coffee
	Hawthorn		Horny Goat Weed
	Safflower		Hyssop
Arteriosclerosis	Bladderwrack		Magnolia
	Garlic		Mullein
	Olive		Olive
Artery & heart spasm	Griffonia (5-HTP)		Pomegranate
Artery hardening	Buckwheat		Prickly Ash
Arthralgia	Horny Goat Weed		Sage
Arthritic pain	Comfrey	Atherogenesis	Schisandra
Arthritis	Alfalfa	Atherosclerosis	Sundew
	Angelica		Wild Lettuce
	Bamboo		Wood Betony
	Barberry		Acerola
	Bilberry	Atherosclerosis prophylaxis	Garlic
	Cat's Claw		Green Tea
	Celery	Atherosclerosis prophylaxis	Hawthorn
	Feverfew		Pomegranate
	Garlic	Athlete's foot	Safflower
	Horse Chestnut		Wild Lettuce
	Juniper	Atopic eczema	Cayenne
	Kelp		Goldenseal
	Licorice	Bacterial infections	Tea Tree
	Nettle		Thyme
	Pau D'Arco	Bacterial skin ailments	Evening Primrose
	Rose Hip		Olive
	Yucca		Sorrel
As a contraceptive	Cat's Claw		Wild Oregano
As an abortifacient	Horseradish		Chamomile, German

Indications	Common Name	Indications	Common Name
Bed sores	Marigold Myrrh	Boils	Marshmallow Rice Slippery Elm
Bee stings	Marigold	Bone healing	Comfrey
Benign prostatic hyperplasia	Nettle	BPH	Red Clover
Benign urinary tract disorders	Juniper	BPH stages I and II	Pygeum
Benzodiazepine withdrawal	Valerian	Breast & stomach cancer	Rice
Biliary and intestinal colic	Wild Yam	Breast cancer	Rosemary
Biliary complaints	Rose Hip	Breast lumps	Cleavers
Bilious vomiting	Tamarind	Breast, colon, prostate cancer	Flaxseed
Bladder disease	Buchu California Poppy Mallow Meadowsweet	Breast-milk stimulation	Caraway
Bladder & kidney stones	Hydrangea	Brittle fingernails	Horsetail
Bladder & prostate infections	Pau D'Arco	Bronchial asthma	Iceland Moss
Bladder catarrh	Cleavers	Bronchial catarrh	Elecampane
Bladder weakness	Oats	Bronchial inflammation	Shiitake Mushroom
Bleeding	Bilberry	Bronchial phlegm	Chickweed
Bleeding of mucous membranes	Cranesbill	Bronchitis	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
Blepharitis	Eyebright Fennel Goldenseal		
Bloating	Rosemary Sage		
Bloating & flatulence	Horehound Lavender		
Blood diseases	Chickweed Cranberry		
Blood purifying	Burdock		
Body lice	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	Cancer prevention	Ginkgo
	Sundew		Ginseng Korean
	Thyme		Gotu Kola
	Wood Betony		Green Tea
Bruises	Arnica		Olive
	Comfrey		Shiitake Mushroom
	Horse Chestnut		Turmeric
	Marigold	Candida & yeast infections	Pau D'Arco
	Mullein		
	Pineapple	Candidosis	Pomegranate
	Sweet Clover		
	Yarrow	Canker sores	Goldenseal
Burns	Echinacea	Capillary resistance	Grapeseed
	Eucalyptus		
	Flaxseed	Carbuncles	Burdock
	Gotu Kola		Roselle
	Horsetail	Cardiac insufficiency	Arnica
	Ivy Leaf		
	Lavender	Cardiovascular disease	Brahmi
	Mullein		Dong Quai
	Olive		Safflower
	Pineapple		Starflower
	Rhubarb		Turmeric
	Rhubarb	Cataract worsening	Bilberry
	St. John's Wort		
	Slippery Elm	Catarrh of the respiratory tract	Fennel
	Sweet Clover		Linden
	Witch Hazel		
Cachexia	Iceland Moss	Cervicitis	Tea Tree
Calluses	Ivy Leaf	Chemoprevention	Milk Thistle
Cancer	Burdock	Chemotherapy induced nausea	Ginger
	Cat's Claw		
	Cinchona		

Indications	Common Name	Indications	Common Name
Chemotherapy induced oral mucositis	Chamomile, German		Roselle Shiitake Mushroom Wild Oregano Yarrow
Chemotherapy-related fatigue	Guarana		
Chilblains	Arnica Horsetail	Colic	Catnip Clove Prickly Ash Rose Hip Saffron
Chills	Rose Hip		
Cholecystitis	Oregon Grape Wild Yam	Colic & teething in children	Chamomile, German
Cholera	Saffron	Collagenous colitis	Boswellia
Chronic anterior uveitis	Turmeric	Colon cancer prophylaxis	Celery
Chronic CHF	Goldenseal	Colon diseases	Nettle Rice
Chronic constipation	Psyllium	Colorectal cancer	Garlic Psyllium
Chronic cough	Ivy Leaf	Common cold	Acerola Cinnamon Elder Hyssop Scotch Pine
Chronic fatigue syndrome	Bilberry Evening Primrose Licorice	Common cold prevention	Garlic
Chronic headache	Griffonia (5-HTP)	Complaints arising from chronic venous insufficiency	Sweet Clover
Chronic nasal catarrh	Hyssop	Congestive diseases of upper & lower respiratory tract	Scotch Pine
Chronic nephritis	Safflower	Conjunctivitis	Eyebright Fennel Goldenseal Marigold Roselle
Chronic otitis media	Mullein	Connective tissue disorders	Hawthorn
Chronic stress	Licorice	Constipation	Aloe Vera Buckthorn Cascara sagrada
Chronic venous insufficiency	Buckwheat Butcher's Broom		
Cognitive function improvement	Brahmi		
Cold sores	Tea Tree		
Colds	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	Coughs & colds	Mullein
	Flaxseed	Coughing fits	Sundew
	Gamboge	Cramps	Peony
	Guar Gum	Crohn's disease	Slippery Elm
	Pau D'Arco	Crural ulcer	Marigold
	Pineapple	Cutaneous capillary fragility	Sweet Clover
	Rhubarb	Cuts	Marigold
	Safflower	Cystitis	Buchu
	Senna		Cleavers
	Tamarind		Hydrangea
	Tragacanth		Juniper
	Yellow Dock		Parsley
Contact dermatitis	Rosemary		Plantain
Convalescence	Barley		Slippery Elm
	Wormwood		Tea Tree
COPD	Pomegranate		Uva-Ursi
Corns & calluses	Garlic	Dandruff	Birch Leaf
Coronary artery relaxation	Bilberry		Nettle
			Tea Tree
Coronary heart disease	Flaxseed	Daytime sleepiness	Peppermint
Cough	Bamboo	Dead sperm excess disease	Safflower
	Celery	Debility	Wormwood
	Clove	Decreased epididymal sperm count	Maca
	Comfrey	Decreased libido	Damiana
	Elecampane		Ephedra
	Eyebright		Horny Goat Weed
	Fennel		Passionflower
	Feverfew		Saw Palmetto
	Flaxseed		Yohimbe
	Grindelia	Decreased resistance to physical and emotional stress	Schisandra
	Hyssop	Decreases libido	Peppermint
	Linden	Defecation with anal fissures/haemorrhoids	Cascara sagrada
	Luffa		
	Magnolia		
	Mallow		
	Meadowsweet		
	Nasturtium		
	Papaya		
	Passionflower		
	Prickly Ash		
	Red Clover		
	Schisandra		
	Scotch Pine		
	Wild Oregano		

Indications	Common Name	Indications	Common Name
Degenerative conditions associated with aging	Ginseng Korean		Raspberry Rice Starflower Wolfberry
Dementia	Ginkgo Sage		
Dental caries	Green Tea	Diabetic complaints prevention	Licorice
Dental plaque	Cranberry	Diabetic microangiopathy	Gotu Kola
Depression	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	Diabetic retinopathy	Bilberry Grapeseed
		Diagnostic preparation of the GIT	Cascara sagrada
		Diarrhoea	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
Dermatitis	Bilberry Licorice Pau D'Arco St. John's Wort	Diarrhoea in children	Cinnamon
Diabetes	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	Difficulty in passing urine	Nettle
		Digestive complaints	Goldenseal

Indications	Common Name	Indications	Common Name
	Guarana		Pineapple
	Iceland Moss		Raspberry
	Pineapple		Safflower
Digestive disorders	Bladderwrack		Valerian
	Cayenne	Dyspepsia	Wild Oregano
	Cinnamon		Wild Yam
	Cranberry		Blessed Thistle
	Fenugreek		Cayenne
	Gamboge		Centauray
	Marshmallow		Chamomile, German
Digestive, respiratory & UTIs	Echinacea		Chicory
Diseases involving immunosuppression	Shiitake Mushroom		Gentian
Diseases of the skin & mucous membranes	Peony		Green Tea
Dislocations	Arnica		Lavender
Diverticulitis	Flaxseed		Licorice
	Wild Yam		Parsley
Dry cough	Iceland Moss		Peppermint
	Marshmallow		Plantain
	Sundew	Dyspeptic complaints	Pomegranate
Dry or inflamed skin	Evening Primrose		Rosemary
Dry skin	Barberry		Sage
Dysentery	Boswellia		Slippery Elm
	Nettle		Thyme
	Pomegranate		Turmeric
	Saffron		Wild Oregano
	Yarrow		Angelica
Dysmenorrhoea	Bilberry		Aniseed
	Black Cohosh		Boldo
	Caraway		Caraway
	Cranesbill		Cardamom
	Fennel		Cinchona
	Ginger		Dandelion
	Goldenseal		Devil's Claw
	Guarana		Fennel
	Horehound	Dyspnoea	Ginger
	Marigold	Dysuria	Guar Gum
	Myrrh		Juniper
	Parsley		Milk Thistle
	Passionflower		Neem
			Raspberry
			Wormwood
			Yarrow
			Schisandra
			Buchu
			Cleavers
			Grapeseed
			Parsley

Indications	Common Name	Indications	Common Name
	Uva-Ursi	Essential hypertension	Yarrow
Eczema	Chickweed Dandelion Echinacea Gotu Kola Lavender Marigold Nettle Olive Oregon Grape Red Clover Rosemary Sarsaparilla Scotch Pine Starflower Peony	Excitability	Peony
		Exhaustion	Celery Oats
		Eye fatigue syndrome	Eyebright
		Eye inflammation	Chickweed
		Eye strain	Eyebright Grapeseed
		Fatigue	Ginseng Korean Green Coffee Green Tea Peppermint Rhodiola Siberian Ginseng
Emetic	Peony		
Emmenagogue in reproductive health	Karela	Febrile conditions	Pineapple Rose Hip
Emotional tension	Wood Betony	Febrile diseases	Boneset
Energy/stamina	Guarana	Feeling of heaviness	Horse Chestnut
Enhance athletic performance	Guarana	Festering wounds	Green Coffee
Enlarged prostate	Horse Chestnut Hydrangea	Fever & colds	Blessed Thistle Linden
Enteritis	Flaxseed Peppermint	Fibromyalgia	Griffonia (5-HTP) Valerian
Enuresis	Horsetail	Fissures	Marshmallow Peony
Enuresis in children	Thyme	Flatulence	Blessed Thistle Cinchona Clove Gentian Magnolia Olive Parsley Peppermint Prickly Ash Rosemary Sage Sweet Clover Wormwood
Environmental allergies	Shiitake Mushroom		
Epilepsy	Brahmi Cardamom Gotu Kola Griffonia (5-HTP) Peony	Flu	Cinchona Pau D'Arco
Epistaxis	Marigold		
Erectile dysfunction	Ginseng Korean Velvet Bean Wolfberry Yohimbe		
Erythema of the skin	Burdock		

Indications	Common Name	Indications	Common Name
	Shiitake Mushroom	Gastric ulcers	Brahmi
	Wild Oregano		Cat's Claw
	Yarrow		Fenugreek
Fluid retention	Celery		Sundew
	Grapeseed		Tamarind
For evacuation of the bowel	Senna	Gastritis	Barley
			Cat's Claw
For recovery from GI disorders	Rice		Comfrey
			Flaxseed
Frostbite	Cayenne		Iceland Moss
	Marigold		Oregon Grape
Fullness & distension of the abdomen	Magnolia		Peppermint
			Safflower
Fullness & pressure in chest area	Magnolia	Gastroenteritis	Slippery Elm
			Thyme
Functional eye disorders	Eyebright	Gastrointestinal inflammatory disorders	Marigold
Fungal infections	Shiitake Mushroom	Gastroprotection during heart surgery	Ginseng Korean
	Thyme		
	Wild Oregano	Generalised seizures	Passionflower
Furunculosis	Arnica	Generalized anxiety disorders	Ginkgo
Gall bladder disorders	Barberry	Genital herpes	Aloe Vera
	Horseradish		
Gall bladder inflammation	Olive	Gestational diabetes	Cinnamon
Gall stones	Rose Hip	GI ailments (flatulence, GI spasms)	Garlic
Gall stones prophylaxis	Artichoke	GI atony	Gentian
Gallbladder & liver complaints	Chicory	GI complaints	Karela
			Lemon Balm
Gastric & duodenal ulcers	Iceland Moss		Oats
	Marigold		Papaya
Gastric complaints	Bitter Orange		Plantain
Gastric disorders	Cinchona	GI disorders	Rhodiola
			Burdock
Gastric juice deficiencies	Rose Hip		Centaury
			Evening Primrose
Gastric reflux	Slippery Elm		Lemongrass
			Meadowsweet
			Pau D'Arco

Indications	Common Name	Indications	Common Name
	St. John's Wort	<i>H. Pylori</i> infection	Cinnamon Garlic
GI spasms	Wormwood	<i>H. Pylori</i> prevention	Cranberry
GI ulcers	Comfrey Olive	Haematemesis	Witch Hazel
Gingivitis	Chamomile, German Green Tea Marigold Myrrh Sage Tea Tree	Haematuria	Plantain
		Haemoptysis	Witch Hazel
		Haemorrhoids	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
Glaucoma	Ginkgo		
Glossitis	Sage		
Glucosuria	Guar Gum		
Goiter	Kelp		
Gonorrhoea	Grapeseed		
Gout	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	Hair loss	Birch Leaf Horsetail Nasturtium
		Hayfever	Ephedra
		Head lice	Tea Tree
		Headache	Clove Elecampane Grapeseed Green Tea Guarana Hops Karela Maté Peppermint Rosemary Saffron
Gum disease	Comfrey		
Gum infections	Cranesbill		
Gynaecological disorders	Catnip		

Indications	Common Name	Indications	Common Name
	White Willow		Maca
	Wood Betony		Milk Thistle
Heart disease	Shiitake Mushroom		Myrrh
Heartburn	Rice		Olive
Helminthic infections	Celery		Pomegranate
Hepatitis	Green Coffee	Hyperglycaemia	Safflower
	Shiitake Mushroom		Yucca
Hepatitis C infection	Milk Thistle	Hyperlipidaemia	Caraway
Hepatobiliary dysfunction	Boldo		Ginseng Korean
Hepatocyte repair	Milk Thistle		Fenugreek
Hepatoprotection	Schisandra		Grapeseed
Herpes simple infection	Clove		Hawthorn
	Hawthorn		Myrrh
	St. John's Wort		Oats
	Wild Oregano	Hyperlipoproteinaemia	Psyllium
Herpes simplex type I	Lemon Balm	Hypertension	Shiitake Mushroom
Herpes zoster	Roselle		Turmeric
Hiccups	Peppermint		Guar Gum
HIV infection	Aloe Vera		Buckwheat
	Karela		Cardamom
Hoarseness	Cayenne		Dong Quai
	Eyebright		Evening Primrose
	Hyssop		Garlic
	Iceland Moss		Hawthorn
Hot flushes	Agnus Castus		Horehound
HRT	Wild Yam		Linden
Hypercholesterolaemia	Alfalfa		Oats
	Artichoke		Olive
	Celery		Plantain
	Evening Primrose	Hypertriglyceridaemia	Pomegranate
	Fenugreek		Roselle
	Flaxseed		Safflower
	Garlic		Shiitake Mushroom
	Goldenseal		Starflower
	Green Tea		Turmeric
	Gymnema		Wolfberry
	Horehound		Yucca
	Karela		Celery
			Gymnema
			Myrrh
		Hypotension	Prickly Ash
			Rosemary
		Hypothyroidism	Brahmi
			Kelp

Indications	Common Name	Indications	Common Name
Hysteria	Celery Linden	Infectious diseases	Linden Shiitake Mushroom
IBD	Aloe Vera Artichoke Barley Boswellia Brahmi Green Tea Iceland Moss Peppermint Psyllium Slippery Elm Turmeric	Inflamed joints	Slippery Elm
Ichthyosis	Burdock	Inflamed mucosa	Mullein
Idiopathic hirsutism	Fennel	Inflamed mucous membranes	Witch Hazel
Impaired night vision	Bilberry	Inflamed skin conditions	Slippery Elm
Impotence	Pygeum Rhodiola Saw Palmetto Siberian Ginseng Velvet Bean	Inflammation	Arnica Devil's Claw Kola Nut Pineapple Prickly Ash Starflower Sweet Clover Wolfberry
Increasing arousal & vigilance	Green Coffee	Inflammation & ulcers in gastro-duodenal area	Papaya
Indigestion	Aniseed Barberry Hops Rice Saffron Sweet Clover	Inflammation of mouth & pharynx	Bilberry Clove Colt's Foot Green Coffee Horehound Iceland Moss Mallow Marshmallow Myrrh Plantain Thyme
Infantile colic	Caraway	Inflammation of the nasal passages & respiratory tract	Sorrel Yellow Dock
Infantile seborrheic dermatitis	Starflower	Inflammation of the urinary organs	Sarsaparilla
Infected & poorly healing wounds	Nasturtium	Inflammation of the urinary tract	Corn Silk
Infected throat	Cayenne	Inflammatory & febrile diseases	Neem
Infection/cold prevention	Luffa	Inflammatory & purulent conditions	Echinacea
Infections	Rhodiola Schisandra		

Indications	Common Name	Indications	Common Name
Inflammatory skin lesions	Marigold	Intestinal catarrhs	Hyssop
Inflamed skin swellings	Witch Hazel	Intestinal colic	Parsley
Influenza	Boneset Cinnamon Colt's Foot Raspberry Rose Hip	Intestinal parasites	Papaya Pomegranate Pumpkin Slippery Elm
Inhibition of thrombus formation	Safflower	Intestinal worms	Chicory
Insect bites	Feverfew Lavender Thyme	Irritability	Schisandra
Insect repellent	Celery Eucalyptus Lemongrass Rosemary	Irritable bladder prevention	Pumpkin
Insect stings	Marshmallow Thyme	Irritable colon	Flaxseed
Insomnia	Bitter Orange California Poppy Chamomile, German Griffonia (5-HTP) Lavender Lemon Balm Oats Passionflower Saffron Schisandra St. John's Wort Valerian Wild Lettuce	Irritable cough	Wild Lettuce
Insufficient bile production	Dandelion	Itching & swelling	Butcher's Broom Horse Chestnut
Insulin sensitivity/ metabolic syndrome	Flaxseed	Jaundice	Barberry Chicory Horehound Milk Thistle Saffron Turmeric
Intermittent caludication	Prickly Ash	Joint & tissue inflammation	Horseradish
Intermittent fever	Plantain	Joint pain	Yucca
Internal bleeding	Nettle	Joint stiffness	Chickweed
		Kidney & bladder stones	Hawthorn Horsetail Kidney Bean Nettle
		Kidney ailments	Dong Quai Meadowsweet Oats
		Kidney stones	Barberry Olive Pumpkin Rose Hip
		Kidney, bladder, gall bladder disorders	Devil's Claw
		Kidney, bladder, prostate disorders	Alfalfa

Indications	Common Name	Indications	Common Name
Labour aid	Feverfew		Blessed Thistle
Lack of alertness	Guarana		Caraway
Lack of appetite	Sage		Cardamom
Lack of concentration	Lavender		Cayenne
Lack of stamina	Kola Nut		Celery
	Siberian Ginseng		Centaury
Laryngitis	Caraway		Chicory
Learning & memory impairment	Maca		Cinchona
Leg cramps	Butcher's Broom		Cinnamon
Leg ulcers	Echinacea		Dandelion
	Hops		Devil's Claw
	Linden		Fenugreek
Leishmaniasis	Barberry		Gentian
Leprosy	Gotu Kola		Horehound
	Pomegranate	Loss of voice	Iceland Moss
Leucopenia	Echinacea	Low back pain	Milk Thistle
Leukaemia	Pau D'Arco	Low mental & physical performance	Muir-Puama
Libido	Oats		Roselle
Lice	Aniseed	Low mood	Siberian Ginseng
	Thyme		Wormwood
Lithuria	Uva-Ursi		Yarrow
Liver & gall bladder conditions	Artichoke		Lavender
	Dandelion	Low back pain	Devil's Claw
	Oregon Grape	Lower urinary tract disorders	Rhodiola
	Tamarind	Lumbago	Peppermint
Liver and biliary duct conditions	Angelica		Rhodiola
Liver damage	Schisandra	Lung cancer prevention	St. John's Wort
Liver disease	California Poppy		White Willow
	Rhubarb	Lower urinary tract disorders	Rose Hip
	Yarrow	Lumbago	Barberry
Liver malfunction	Barberry		Cayenne
Loss of appetite	Angelica		Lemongrass
	Artichoke	Macular degeneration	Aloe Vera
	Bitter Orange	Malaria	Bladderwrack
		Male bladness	Bilberry
			Ginkgo
			Baobab
			Barberry
			Cinchona
			Pygeum

Indications	Common Name	Indications	Common Name
Male infertility	Saw Palmetto	Micturition disorders	Pumpkin
Male sexual dysfunction	Maca	in early stages of BPH	Saw Palmetto
Male sterility	Safflower	Migraine	Catnip
Malignant breast cancer	Pomegranate		Dong Quai
Mastalgia	Evening Primrose		Ginger
	Red Clover		Green Coffee
Mastitis	Ginger		Green Tea
Mastopathy	Agnus Castus		Griffonia (5-HTP)
Measles	Saffron		Kola Nut
Memory enhancement	Gotu Kola	Migraine prophylaxis	Lavender
	Muir-Puama		Linden
Memory loss	Ginkgo	Mild septicaemia	Peony
Menopausal symptoms	Black Cohosh	Minor burns & scalds	Feverfew
	Dong Quai		Marigold
	Evening Primrose	Minor cuts & bruises	Lavender
	Fenugreek	Minor illness	Chamomile, German
	Ginseng Korean	(e.g. cough, fever, headache)	
	Hops	Mood swings	California Poppy
	Licorice	Morning sickness	Cardamom
	Myrrh	Motion sickness	Ginger
	Red Clover	Mouth freshener	Cardamom
	Sage	Mouth ulcers	Cranesbill
	Starflower		Myrrh
Menorrhagia	Cranesbill	MRSA infection	Tea Tree
	Goldenseal	Multiple sclerosis	Evening Primrose
	Peppermint	Muscle cramps	Cinchona
	Saffron	Muscle pain	Cayenne
Menstrual complaints	Angelica		Cinchona
	Dong Quai		Garlic
	Elecampane		Nasturtium
	Feverfew		Scotch Pine
	Nasturtium		
	Witch Hazel		
Menstrual cramps & irregularities	Cat's Claw	Muscular rheumatism	Black Cohosh
	Peony	Myalgia	Parsley
Menstrual pains	Garlic		Peppermint
	Horse Chestnut		Rosemary
	Juniper		St. John's Wort
Mental & physical fatigue	Maté	Myocarditis	Arnica

Indications	Common Name	Indications	Common Name
Nasal catarrh	Boneset Chamomile, German Luffa	Neurasthenia	California Poppy Oats Peony
Nasal congestion	Ephedra Horseradish Hyssop Wood Betony	Neurodegenerative disorders	Gotu Kola
Nausea	Aniseed Clove Iceland Moss Rice	Neuronal & cognitive brain function improvement	Bilberry
Nausea in pregnancy	Wild Yam	Neuropathy	California Poppy
Nerve pain	Lemon Balm	Neuroprotective effect	Rosemary
Nervous agitation	California Poppy	Nicotine abuse	Oats
Nervous disorders	Catnip	NIDDM	Fenugreek
Nervous dyspepsia	Damiana	Night blindness	Guar Gum
Nervous excitability	Wild Lettuce	Night sweats	Schisandra
Nervous restlessness	Passionflower	Nocturnal cramp in lower legs	Horse Chestnut
Nervous stress	Wood Betony	Nocturnal enuresis	California Poppy Corn Silk
Nervous system stimulation	Green Coffee	Nosebleeds	Wood Betony
Nervous system weakness	California Poppy	NYHA functional class II CHF	Hawthorn
Nervousness	Celery Hops Lemon Balm Muir-Puama	Obesity	Bitter Orange Bladderwrack Griffonia (5-HTP) Kelp Magnolia Tamarind
Neuralgia	Clove Dong Quai Garlic Green Coffee Hops Lavender Passionflower Peony Peppermint Rosemary Scotch Pine	Obstructive jaundice	Yellow Dock
Neuralgic & rheumatic pain	Lemongrass	OCD	St. John's Wort
		Oedema	Arnica Gotu Kola Green Coffee Hops Horse Chestnut Horseradish Rhubarb Sweet Clover
		Oily hair	Nettle
		Oliguria	Maté

Indications	Common Name	Indications	Common Name
Onychomycosis	Tea Tree	Parkinson's disease	Griffonia (5-HTP) Velvet Bean
Ophthalmic disorders	Wolfberry	Pelvic pain	Saw Palmetto
Opiate addiction	Passionflower	Peptic & duodenal ulcers	Cranesbill
Opium & alcohol intoxication	Green Coffee	Peptic ulcers	Bilberry Goldenseal Licorice Slippery Elm Turmeric
Opium or morphine withdrawal	Barberry	Perineal discomfort following childbirth	Lavender
Oral cavity squamous cell carcinoma	Thyme	Peripheral vascular disease	Angelica Ginkgo
Oral submucous fibrosis	Turmeric	Peripheral venous insufficiency	Grapeseed
Organic neuroses	California Poppy	Pertussis	Safflower
Orthostatic hypotension	Butcher's Broom	Pharyngitis	Comfrey Fennel Myrrh Olive Sage Tamarind
Osteoarthritis	Boswellia Ginger Olive Turmeric White Willow	Phlebitis	Arnica Ivy Leaf Sweet Clover
Osteoporosis	Horny Goat Weed Starflower Wild Yam	Phlegm	Plantain
Osteoporosis prevention	Red Clover	Physical or mental exhaustion	Ginseng Korean
Otitis	Garlic	Platelet aggregation	Starflower
Oversensitivity to light	Eyebright	PMS	Agnus Castus Black Cohosh Evening Primrose Ginkgo Red Clover St. John's Wort Starflower Wild Yam Wood Betony
Pain & swelling associated with trauma	Safflower	Pneumonia	Rice
Pain & weakness in hip and knee joints	Siberian Ginseng		
Pain in facial region	Wood Betony		
Painful labour	Saffron		
Painful teething in children	Rhubarb		
Palpitations	Schisandra		
Pancrease excretion insufficiency	Papaya		
Pancreatitis	Grapeseed Turmeric		

Indications	Common Name	Indications	Common Name
Polycystic ovary disease	Licorice	Protection against UVA, UVB and UVC	Maca
Polyneuropathy	St. John's Wort	Pruritus	Mullein Oats
Poor appetite	Kola Nut Magnolia	Psoriasis	Aloe Vera Burdock Karela Milk Thistle Olive Oregon Grape Pau D'Arco Red Clover Saffron Sarsaparilla Turmeric Yellow Dock
Poor circulation	Scotch Pine	Psychiatric & neurological disorders	Griffonia (5-HTP)
Poor digestion	Buckthorn Horehound Sage	Psychological stress	Valerian
Poor memory	Sage	Pulled muscles & ligaments	Comfrey
Poorly healing skin ulcers	Bilberry	Pulmonary disease	Boswellia
Poorly healing wounds	Marigold	Pyelitis	Uva-Ursi
Post prandial hyperglycaemia	Guar Gum	Pyrexia	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
Post traumatic & postoperative swelling	Pineapple		
Postmenopausal vaginal dryness	Wild Yam		
Postoperative nausea	Ginger Peppermint		
Post-traumatic & static oedema	Horsetail		
Pregnancy discomfort	Devil's Claw		
Prevention of altitude sickness	Ginkgo		
Prevention of sexual disorders roctitis	Marigold Muiru-Puama		
Profuse phlegm in lungs	Magnolia		
Prophylaxis of scurvy	Acerola		
Prostate cancer preventions	Red Clover		
Prostatic hyperplasia	Maca		
Prostatitis	Buchu Corn Silk Horsetail Hydrangea Saw Palmetto		

Indications	Common Name
Pyrexia & infection prophylaxis	Maté
Raised arterial pressure	Linden
Raynaud's syndrome	Evening Primrose Prickly Ash
Rectal inflammation	Flaxseed
Recto-anal post-operative treatment	Cascara sagrada
Recurrent ear infections	Goldenseal
Reduced fertility	Pygeum
Reduces sun burn	Grapeseed
Renal calculi	Couch Grass
Renal gravel	Parsley
Reperfusion injury	Grapeseed
Respiratory catarrh	Aniseed Horehound Iceland Moss Marshmallow Mullein Myrrh
Respiratory conditions	Elder Myrrh
Respiratory infections	Garlic Licorice Pau D'Arco Peppermint
Respiratory tract diseases	Colt's Foot Peony
Restlessness	Chamomile, German Hops Linden Valerian Wild Lettuce
Retinopathy	Ginkgo
Rheumatic conditions	Dandelion Devil's Claw Feverfew Horsetail

Indications	Common Name
	Ivy Leaf Parsley Prickly Ash Rose Hip Rosemary
Rheumatic pain	Couch Grass Maté Meadowsweet Sweet Clover Wild Lettuce
Rheumatism	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
Rheumatoid arthritis	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	Skin & mucous membrane inflammation	Chamomile, German
Ringworm	Boswellia Goldenseal	Skin blemishes	Rice
Roemheld syndrome	Cardamom Olive	Skin cancer prevention	Milk Thistle
Scabies	Aniseed Grapeseed Thyme	Skin damage	Horehound
Scalding	Roselle	Skin diseases	Chickweed Couch Grass
Scaly skin	Oregon Grape	Skin disinfection in minor wounds	Thyme
Schistosomiasis	Myrrh	Skin hyperpigmentation	Saffron
Sciatica	Garlic Rosemary Safflower St. John's Wort	Skin infections	Turmeric
Scurvy	Cranberry Nasturtium Plantain	Skin inflammation	Comfrey Roselle
Sea sickness	Cayenne	Skin problems	Baobab
Seasonal affective disorder	St. John's Wort	Skin rashes	Cleavers
Seborrhea of the scalp	Burdock	Skin scars	Gotu Kola
Sexual dysfunction	Damiana Ginkgo	Sleep disorders	Sweet Clover
Sexual dysfunction in postmenopausal women	Maca	Sleep disturbances	Agnus Castus Hops Siberian Ginseng
Sexual performance	Pygeum	Small wounds & sores	Clove
Shortness of breath	Elder Ginger Magnolia	Smoking addiction	Colt's Foot St. John's Wort
Sinusitis	Horseradish Luffa	Sore throat	Black Cohosh Burdock Cayenne Colt's Foot Cranesbill Fennel Garlic Hyssop Iceland Moss Mullein Pomegranate Saffron
Sinusitis headaches	Wood Betony	Sores	Plantain Rice
Sjogren's syndrome	Flaxseed		

Indications	Common Name	Indications	Common Name
Spasmodic complaints of GIT, gall bladder and bile ducts	Peppermint	Stroke & heart disease	Cayenne
Spasmodic cough	Aniseed	Stye	Eyebright
Spasmodic disorders	Boldo	Substitute for tobacco	Magnolia
Sphincter disorders	Pygeum	Sudden deafness	Ginkgo
Spider veins	Bilberry	Sun burn	Olive
Spinal problems	Horse Chestnut	Sunburn protection	Green Tea
Spontaneous perspiration	Rice	Superficial bleeding	Sweet Clover
Sprains	Arnica	Sweet taste suppression	Gymnema
	Bladderwrack	Swellings	Rice
	Comfrey		Starflower
	Horse Chestnut		Yarrow
	Lemongrass	Swollen & painful joints	Pineapple
	Marigold		
	Sweet Clover	Syphilis, gonorrhea	Pau D' Arco
Stiff neck	Lemon Balm	Tapeworm infestation	Pomegranate
Stimulation of metabolism	Colt's Foot	Teething in children	Catnip
Stomach ache	Buchu	Tendency to infection	Siberian Ginseng
Stomach pain	Magnolia	Tenesmus	Rhubarb
Stomach ulcers	Clove	Thrombosis	Evening Primrose
	Elecampane	Thrombotic & cardiovascular disease	Ginseng Korean
	Tamarind	Thrombotic conditions	Yarrow
Stomach upset	Chamomile, German	Thyroid gland malfunction	Alfalfa
	Rice		
Stomatitis	Raspberry	Tinea corporis	Garlic
	Sage	Tinea cruris	Garlic
	Tamarind	Tinea pedis	Garlic
Stones in urinary tract	Papaya	Tinnitus	Black Cohosh
Strained muscles	Lavender		Feverfew
			Ginkgo
Strains	Yarrow	Tiredness	Kola Nut
Strep throat	Comfrey	To achieve softer stools	Buckthorn
Stress	Ginseng Korean	To clean wounds	Goldenseal
	Rhodiola		Yucca
	Siberian Ginseng	To facilitate parturition	Raspberry
Stroke	Turmeric		

Indications	Common Name	Indications	Common Name
To improve and maintain physical & mental capacity	Damiana	Travel sickness	Chamomile, German
To improve cognitive function	Lemon Balm	Tuberculosis	Chickweed Fenugreek Nasturtium
To increase breast milk production	Fenugreek	Tuberculosis & swelling of lymph nodes	Colt's Foot
To increase breast milk flow	Fennel	Tumors of eye, liver & throat	Tragacanth
To increase energy and libido	Wild Yam	Tumours	Iceland Moss
To increase mental concentration	Rosemary	Type 2 diabetes	Aloe Vera Buckwheat Cinnamon Horehound Turmeric
To increase testosterone	Velvet Bean	Ulcers	Baobab Blessed Thistle Burdock Cleavers Eucalyptus Gotu Kola Horehound Marshmallow Pau D'Arco Plantain Raspberry Starflower
To promote diuresis	Birch Leaf	Upper respiratory tract catarrh	Fenugreek Grindelia Nasturtium
To promote sexual function	Muira-Puama	Upper respiratory tract infections	Cranesbill Echinacea Eucalyptus Garlic Magnolia Siberian Ginseng Starflower
To regulate menstruation	Juniper	Urethritis	Buchu Horsetail Hydrangea Uva-Ursi
To soften impacted faeces	Olive	Urinary incontinence	Shiitake Mushroom
To soften the skin	Mullein	Urinary retention	Cleavers
To stimulate circulation	Hyssop		
To stimulate growth hormone	Velvet Bean		
To stimulate lactation	Aniseed		
To stimulate milk production	Milk Thistle		
Tonsillitis	Colt's Foot Cranesbill Olive Raspberry Sage		
Toothache	Clove Feverfew Prickly Ash Rosemary Slippery Elm		
Tracheitis	Mullein		

Indications	Common Name	Indications	Common Name			
Urinary tract disorders	Baobab	Venous insufficiency circulatory disorders	Gotu Kola			
	Barberry		Venous ulcers	Horse Chestnut		
	Corn Silk	Vertigo		Feverfew		
	Marshmallow			Ginkgo		
	Wild Lettuce	Viral diseases	Cat's Claw			
Wild Oregano	Karela					
Urticaria	Chickweed	Viral infections	Licorice			
	Dandelion		Olive			
	Scotch Pine		Wild Oregano			
Uterine spasm	Black Cohosh	Vitamin C deficiencies	Rose Hip			
	Dong Quai		Vitamin deficiencies	Raspberry		
UTIs	Boldo	Vomiting		Bilberry		
	Buchu		Cardamom			
	Celery		Grapeseed			
	Couch Grass		Green Tea			
	Cranberry		Iceland Moss			
	Dandelion	Magnolia				
	Elecampane	Saffron				
	Goldenseal	Warts	Rice			
	Horseradish		Sundew			
	Horsetail		Water retention	Dandelion		
	Kidney Bean			Weak & underactive digestion	Wormwood	
	Nasturtium				Weak ligaments of the upper ankle joint	Scotch Pine
	Pau D'Arco	Weather sensitivity				California Poppy
	Uva-Ursi					Weeping eyes
	Vaginitis		Garlic			
Goldenseal			Weight loss	Green Tea		
Tea Tree				Gymnema		
Varicose ulcers	Lavender	Licorice				
	Varicose veins	Buckwheat		Starflower		
		Butcher's Broom		Weight loss aid	Guarana	
		Comfrey	Psyllium			
		Horse Chestnut	Velvet Bean			
Marigold		Weight maintenance	Green Tea			
Witch Hazel	Weight management		Magnolia			
Vascular insufficiency			Horse Chestnut			
			Vasomotor cephalgia	California Poppy		
Vasomotor dysfunction				California Poppy		
		Vegetative-endocrine syndrome	California Poppy			
Venous hypertension	Gotu Kola					

Indications	Common Name	Indications	Common Name
Whooping cough	Clove	Wound treatment	Cat's Claw
	Evening Primrose		Wounds
	Garlic	Chickweed	
	Grindelia	Colt's Foot	
	Horehound	Echinacea	
Peony	Eucalyptus		
Wild Lettuce	Gotu Kola		
Winter chills	Cinnamon	Horsetail	
		Ivy Leaf	
m infestations	Elecampane	Karela	
	Karela	Kola Nut	
	Neem	Mullein	
	Prickly Ash	Myrrh	
	Velvet Bean	Pineapple	
	Wormwood	Pomegranate	
Wound care	Cranberry	Raspberry	
Wound healing	Bilberry	Slippery Elm	
	Grapeseed	Witch Hazel	
	Rosemary	Wounds & burns	Aloe Vera
	Chamomile, German		
Wound management	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
Abdominal bloating	Dong Quai	Bile duct obstruction	Artichoke Boldo Dandelion Peppermint Turmeric
Abdominal pain of unknown origin	Aloe Vera Buckthorn Cascara sagrada Rhubarb	Bipolar disorder	Rhodiola
Acidic urine	Uva-Ursi	Bone marrow transplantation	Cat's Claw
Acute diarrhoea	Devil's Claw	Breast-feeding	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
Acute illness	Ginseng Korean		
Acute infections	Dong Quai		
Acute inflammatory intestinal disorders	Buckthorn Cascara sagrada Flaxseed Rhubarb Senna		
Acute inflammatory illness of the oesophagus and stomach entrance	Flaxseed		
AIDS	Echinacea		
Allergy to cinnamon or Peru balsam	Cinnamon		
Angle-closure glaucoma	Ephedra		
Anorexia	Ephedra		
Anxiety	Ephedra Green Tea		
Appendicitis	Aloe Vera Buckthorn Cascara sagrada Gamboge Rhubarb Senna		
Asthma	Chamomile, German Scotch Pine	Bulimia	Ephedra
Autoimmune disease	Cat's Claw Echinacea	Cardiac arrhythmias	Green Tea Guarana
Behavioural disorders	Ephedra	Cardiac disease	Bladderwrack Ephedra

Contraindications	Common Name
	Horny Goat Weed Siberian Ginseng
Children	Eucalyptus Pau D'Arco
Children under 2 years	Feverfew
Children under 4 years	Horseradish
Children under 12 years	Aloe Vera Buckthorn Cascara sagrada Hawthorn Uva-Ursi Yohimbe
Children under 18 years	Alfalfa Ephedra
Chronic constipation	Aloe Vera
Chronic diarrhoea	Dong Quai
Chronic inflammation of prostate gland	Yohimbe
Chronic inflammation of sexual organs	Yohimbe
Chronic irritable bowel, GI, hepatic or renal disease	Cayenne
Coeliac disease	Oats
Cold and flu	Dong Quai
Collagenosis	Echinacea
Colonic impaction	Psyllium
Contact with eyes or mucous membranes	Bitter Orange
Coronary thrombosis	Ginseng Korean
Depression	Ephedra Hops
Diabetes	Ephedra Licorice Nettle
Digestive disorders	Uva-Ursi
Duodenal ulcers	Cinnamon Devil's Claw

Contraindications	Common Name
	Gentian Kola Nut Wormwood Yohimbe
Eczema	Tea Tree
Emotional disorders	Ephedra
Epilepsy	Evening Primrose Schisandra Starflower Wormwood
Fever of unknown origin	Cinnamon
Foecal impaction	Cascara sagrada
G6PD deficiency	Goldenseal Karela
Gall bladder empyema	Dandelion
Gall bladder inflammation	Peppermint
Gallstones	Artichoke Cardamom Devil's Claw
GI obstruction	Aloe Vera
GI ulcers	Nasturtium Turmeric
GIT stenosis	Psyllium
Haemorrhage	Ginseng Korean
Haemorrhagic disease	Dong Quai
Haemorrhoids	Aloe Vera
Hepatic impairment	Clove Comfrey Eucalyptus Horse Chestnut Yohimbe
History of atopic hay fever	Chamomile, German
History of SLE	Alfalfa
HIV infection	Echinacea

Contraindications	Common Name	Contraindications	Common Name
Hypermenorrhoea	Dong Quai	Immunosuppressants	Cat's Claw
Hypersensitivity to chickpeas	Fenugreek	Inflammatory GIT disease	Eucalyptus
Hypersensitivity to Compositae family	Arnica Chamomile, German Echinacea Elecampane Feverfew Flaxseed Milk Thistle Yarrow	Inflamed skin	Tea Tree
Hypersensitivity to Labiatae family	Thyme	Insomnia	Ephedra Green Tea
Hypersensitivity to Tagetes spp.	Arnica	Intestinal disorders	Guar Gum
Hypersensitivity to the herb	Aloe Vera Aniseed Fenugreek Ginkgo Myrrh Peppermint Pygeum St. John's Wort Yarrow	Intestinal obstruction	Buckthorn Cascara sagrada Flaxseed Oats Psyllium Rhubarb Senna Yellow Dock
Hypersensitivity to Umbelliferae family	Aniseed Fennel	Intestinal ulcers	Centaury Cinchona
Hypertension	Ephedra Goldenseal Green Tea Guarana Schisandra Siberian Ginseng	Intracranial pressure	Schisandra
Hyperthyroidism	Bladderwrack Ephedra	Leukosis	Echinacea
Hypoglycaemia	Karela	Liver cirrhosis	Licorice
Hypokalaemia	Licorice	Mental disorders	Ephedra
Hypothyroidism	Lemon Balm	Mood disorders	Horny Goat Weed
Hypotonia	Licorice	Multiple sclerosis	Echinacea
IBD	Gamboge Aloe Vera	Nausea	Aloe Vera Cascara sagrada
Ileus	Dandelion	NSAID use	Barberry
		Oedema due to impaired heart or kidney function	Horsetail
		Oedema in cardiac or renal insufficiency	Birch Leaf Couch Grass
		Oesophageal disease	Guar Gum
		Oestrogen dependent tumours	Hops
		Oestrogen or progesterone sensitive tumours	Agnus Castus
		Open wounds	Cayenne

Contraindications	Common Name
-------------------	-------------

Overactive sympathetic nervous system activity	Damiana
Paediatrics	Fennel Nasturtium
Pheochromocytoma	Ephedra
Photosensitivity	St. John's Wort
Pregnancy	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
-------------------	-------------

	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
Psychiatric conditions	Yohimbe
Quinine hypersensitivity	Cinchona
Renal impairment	Aloe Vera Boldo Celery Comfrey Goldenseal Horse Chestnut Juniper Nasturtium

Contraindications	Common Name	Contraindications	Common Name
	Parsley Uva-Ursi Yohimbe		Yohimbe Flaxseed
Restlessness	Ephedra	Stricture of the oesophagus & in GI area	
Salicylate sensitivity	Meadowsweet White Willow	Suicidal tendency	Ephedra
Schizophrenia	Starflower	Taking anticoagulants	Clove Papaya
Severe liver disease	Boldo Green Tea Peppermint	Taking cyclophosphamide	Turmeric
Severe renal insufficiency	Licorice	Taking paracetamol	Clove
Stomach disease	Guar Gum	Thyrototoxicosis	Ephedra
Stomach inflammation	Cayenne	Tuberculosis	Echinacea
Stomach obstruction	Gamboge	Thyroid disorders	Maca
Stomach pain	Gamboge	Ulcerated or broken skin	Horse Chestnut
Stomach ulcers	Cayenne Centaury Cinchona Cinnamon Devil's Claw Ephedra Gamboge Gentian Kola Nut Wormwood	Use before or during strenuous exercise	Ephedra
		Use with stimulants	Ephedra Ginseng Korean
		Vomiting	Aloe Vera Cascara sagrada
		Whooping cough	Scotch Pine

HERB NAME INDEX

Monograph titles are listed in capitals and Latin botanical names in italics

- ACEROLA **1**
Achillea millefolium **165**
Adansonia digitata **11**
Aesculus hippocastanum **93**
AGNUS CASTUS **1**
Agropyron repens **41**
ALFALFA **2**
Allium sativum **64**
Aloe barbadensis **3**
ALOE VERA **3**
Althaea officinalis **110**
Ananas comosus **127**
ANGELICA **6**
Angelica archangelica **6**
Angelica sinensis **47**
ANISEED **7**
Antelaea azadirachta **117**
Apium graveolens **33**
Arctium lappa **27**
Arctostaphylos uva-ursi **158**
Armoracia rusticana **94**
ARNICA **8**
Arnica montana **8**
Artemisia absinthium **165**
ARTICHOKE **10**
Arundinaria japonica **11**
Astragalus gummifer **156**
Avena sativa **119**
- Bacopa monnieri* **22**
BAMBOO **11**
BAOBAB **11**
BARBERRY **12**
BARLEY **13**
Barosmae folium **23**
Berberis vulgaris **12**
Betonica officinalis **164**
Betulae folium **16**
BILBERRY **13**
BIRCH LEAF **16**
- BITTER ORANGE **16**
BLACK COHOSH **17**
BLADDERWRACK **19**
BLESSED THISTLE **19**
BOLDO **20**
BONESET **21**
Borago officinalis **150**
BOSWELLIA **21**
Boswellia serrata **21**
BRAHMI **22**
BUCHU **23**
BUCKTHORN **23**
BUCKWHEAT **24**
BURDOCK **27**
BUTCHER'S BROOM **27**
- Calendula officinalis* **109**
CALIFORNIA POPPY **28**
Camellia sinensis **82**
Capsicum species **32**
CARAWAY **29**
CARDAMOM **29**
Carica papaya **122**
Carthamus tinctorius **138**
Carum carvi **29**
CASCARA SAGRADA **30**
Cassia species **144**
CAT'S CLAW **31**
CATNIP **32**
CAYENNE **32**
CELERY **33**
Centaurium erythraea **34**
CENTAURY **34**
Centella asiatica **78**
Cetraria islandica **96**
CHAMOMILE, GERMAN **34**
CHICKWEED **35**
CHICORY **36**
Cichorium intybus **36**
Cimicifuga racemosa **17**

CINCHONA 36
Cinchona pubescens 36
Cinnamomum verum 37
CINNAMON 37
Citrus aurantium 16
CLEAVERS 38
CLOVE 39
Cnicus benedictus 19
Coffea arabica 81
Cola acuminata 100
COLT'S FOOT 40
COMFREY 40
Commiphora molmol 116
CORN SILK 41
COUCH GRASS 41
CRANBERRY 42
CRANESBILL 44
Crataegus laevigata 89
Crocus sativus 139
Cucurbita pepo 131
Curcuma domestica 157
Cyamopsis tetragonoloba 88
Cymbopogon citratus 103
Cynara scolymus L. 10

DAMIANA 44
DANDELION 45
DEVIL'S CLAW 46
Dioscorea villosa 162
DONG QUAI 47
Drosera ramentacea 152

ECHINACEA 49
Echinaceae species 49
ELDER 51
ELECAMPANE 52
Elettaria cardamomum 29
Eleutherococcus senticosus 145
EPHEDRA 53
Ephedra sinica 53
Equisetum arvense 95
Eschscholtzia californica 28
EUCALYPTUS 54
Eucalyptus globulus 54
Eupatorium perfoliatum 21

Euphrasia officinalis 57
EVENING PRIMROSE 55
EYEBRIGHT 57
Fagopyrum esculentum 24
FENNEL 58
FENUGREEK 59
FEVERFEW 61
Filipendula ulmaria 111
FLAXSEED 61
Foeniculum vulgare 58
Fucus vesiculosus 19

Galium aparine 38
GAMBOGE 63
Garcinia hanburyi 63
GARLIC 64
GENTIAN 66
Gentiana lutea 66
Geranium maculatum 44
GINGER 66
GINKGO 68
Ginkgo biloba 68
GINSENG KOREAN 73
Glycyrrhiza glabra 104
GOLDENSEAL 77
GOTU KOLA 78
GRAPESEED 78
GREEN COFFEE 81
GREEN TEA 82
GRIFFONIA (5-HTP) 85
Griffonia simplicifolia 85
GRINDELIA 86
Grindelia robusta 86
GUARANA 87
GUAR GUM 88
GYMNEMA 89
Gymnema sylvestre 89

Hamamelis virginiana 163
Harpagophytum procumbens 46
HAWTHORN 89
Hedera helix 97
Herba epimedii 92
Hibiscus sabdariffa 137
HOODIA 90

Hoodia gordonii 90
HOPS 91
Hordeum distichon 13
HOREHOUND 92
HORNY GOAT WEED 92
HORSE CHESTNUT 93
HORSERADISH 94
HORSETAIL 95
Humulus lupulus 91
HYDRANGEA 95
Hydrangea arborescens 95
Hydrastis canadensis 77
Hypericum perforatum 149
HYSSOP 96
Hyssopus officinalis 96

ICELAND MOSS 96
Ilex paraguariensis 111
Inula helenium 52
IVY LEAF 97

JUNIPER 97
Juniperus communis 97

KARELA 98
KELP 99
KIDNEY BEAN 100
KOLANUT 100

Lactuca virosa 161
Laminaria hyperborea 99
Lavandula officinalis 101
LAVENDER 101
LEMON BALM 102
LEMONGRASS 103
Lentinus edodes 145
Lepidium meyenii 107
LICORICE 104
LINDEN 105
Linum usitatissimum 61
LUFFA 106
Luffa aegyptica 106
Lycium barbarum 164

MACA 107
MAGNOLIA 108
Magnolia glauca 108
Mahonia aquifolium 121
MALLOW (High Mallow) 108
Malpighia glabra 1
Malva sylvestris 108
MARIGOLD 109
Marrubium vulgare 92
MARSHMALLOW 110
MATÉ 111
Matricaria recutita 34
MEADOWSWEET 111
Medicago sativa 2
Melaleuca alternifolia 154
Melilotus officinalis 153
Melissa officinalis 102
Mentha piperita 126
MILK THISTLE 113
Momordica charantia 98
Mucuna pruriens 160
MUIRA-PUAMA 115
MULLEIN 116
MYRRH 116

NASTURTIUM 117
NEEM 117
Nepeta cataria 32
NETTLE 118

OATS 119
Oenothera biennis 55
Olea europaea 120
OLIVE 120
OREGON GRAPE 121
Origanum vulgare 162
Oryza sativa 135

Paeonia officinalis 125
Panax ginseng 73
PAPAYA 122
PARSLEY 123
PASSIONFLOWER 124
Passiflora incarnata 124

PAU D'ARCO 125
Paullinia cupana 87
Pausinystalia yohimbe 166
PEONY 125
PEPPERMINT 126
Petroselinum crispum 123
Peumus boldo 20
Phaseolus vulgaris 100
Pimpinella anisum 7
PINEAPPLE 127
Pinus species 143
Plantago major 128
Plantago ovata 129
PLANTAIN 128
POMEGRANATE 128
PRICKLY ASH 129
Prunus africana 132
PSYLLIUM 129
Ptychopetalum olacoides 115
PUMPKIN 131
Punica granatum 128
PYGEUM 132

RASPBERRY 132
RED CLOVER 133
Rhamnus catharticus 23
Rhamnus purshiana 30
Rheum palmatum 134
RHODIOLA 133
Rhodiola rosea 133
RHUBARB 134
RICE 135
Rosa canina 135
ROSE HIP 135
ROSELLE 137
ROSEMARY 137
Rosmarinus officinalis 137
Rubus idaeus 132
Rumex acetosa 166
Rumex crispus 148
Ruscus aculeatus 27

SAFFLOWER 138
SAFFRON 139
SAGE 139

Salix species 161
Salvia officinalis 139
Sambucus nigra 51
SARSAPARILLA 140
SAW PALMETTO 141
SCHISANDRA 142
Schisandra chinensis 142
SCOTCH PINE 143
SENNA 144
Serenoa repens 141
SHIITAKE MUSHROOM 145
SIBERIAN GINSENG 145
Silybum marianum 113
SLIPPERY ELM 148
Smilax species 140
SORREL 148
ST. JOHN'S WORT 149
STARFLOWER 150
Stellaria media 35
SUNDEW 152
SWEET CLOVER 153
Symphytum officinale 40
Syzygium aromaticum 39

Tabebuia avellanedae 125
TAMARIND 153
Tamarindus indica 153
Tanacetum parthenium 61
Taraxacum officinale 45
TEA TREE 154
THYME 155
Thymus vulgaris 155
Tilia species 105
TRAGACANTH 156
Trifolium pratense 133
Trigonella foenum-graecum 59
Tropaeolum majus 117
TURMERIC 157
Turnera diffusa 44
Tussilago farfara 40

Ulmus rubra 148
Uncaria tomentosa 31
Urtica dioica 118
UVA-URSI 158

Vaccinium macrocarpon 42

Vaccinium myrtillus 13

VALERIAN 159

Valeriana officinalis 159

VELVET BEAN 160

Verbascum densiflorum 116

Vitex agnus-castus 1

Vitis vinifera 78

WHITE WILLOW 161

WILD LETTUCE 161

WILD OREGANO 162

WILD YAM 162

WITCH HAZEL 163

WOLBERRY 164

WOOD BETONY 164

WORMWOOD 165

YARROW 165

YELLOW DOCK 166

YOHIMBE 166

YUCCA 167

Yucca schidigera 167

Zanthoxylum americanum 129

Zea mays 41

Zingiber officinale 66

Women's Health

Cran Biotix

a combination of
cranberry and probiotic
bacteria to support your
natural defences

Distributed by Pharma.MT Ltd, Tel: 21337008/9



EXCELLENCE

Available at all good health stores

www.questexcellence.com

PRODUCT NAME INDEX

- 2-Day DetoxPlan (HealthAid) **113**
- 4.3.2.1 Performance Detox (Arkopharma) **82**
- 4.3.2.1 Shape Up Day & Night (Arkopharma) **82**
- 4.3.2.1 Shape Up Organic (Arkopharma) **82**
- 4.3.2.1 Shape Up Ultimate (Arkopharma) **60**
- 50 Plus Once A Day (Quest) **24**
- 5-HTP (HealthAid) **85**
- 5-HTP (Solgar) **85**

- Acne-n-Pimple Cream (Himalaya) **4**
- Active Mature 50+ (Vega) **4**
- Active Women's Multivitamins & Minerals (Vega) **146**
- Ad-muc® (Merz) **35**
- Agnus Castus (A.Vogel) **2**
- Agnus Castus (HealthAid) **2**
- Agnus Castus Herbal Complex (Vega) **2**
- Alfalfa (Arkopharma) **3**
- Alfalfa 500mg (Power Health) **3**
- Alfalfa Leaf (HealthAid) **3**
- Alito Fresco e Balsamico (Sella) **54**
- Alkagin® (Istituto Ganassini) **109**
- Allergforte™ (HealthAid) **118**
- Aloe Vera (HealthAid) **4**
- Aloe Vera 5000 (Power Health) **4**
- Aloe Vera 5000mg (HealthAid) **4**
- Aloe Vera 10,000mg (Lamberts) **4**
- Aloe Vera ESI® (ESI) **4**
- Aloe Vera Herbal Complex (Vega) **4**
- Aloe Vera Juice (Kelkin) **4**
- Aloe Vera Juice (Power Health) **4**
- Altacura® Broncotuss (Alta Care) **112**
- Altacura® Ginseng (Alta Care) **73**
- Altacura® Infludrink (Alta Care) **112**
- Altacura® Influtuss (Alta Care) **112**
- Altacura® Influtuss Extra (Alta Care) **122**
- Altadrine® Aquadrain (Alta Care) **82**
- Altadrine® Day Burner (Alta Care) **79**
- Altadrine® Fat Burner (Alta Care) **17**
- Altadrine® Lipodrainer (Alta Care) **118**
- Altadrine® Night Burner (Alta Care) **83**
- Altaflora® Gastrogel (Alta Care) **4**
- Altaflora® Transit (Alta Care) **134**
- Altasterol® Stimulant (Alta Care) **67**
- Antioxidant Selenium-ACE Formula (Vega) **14**
- AntiStress (Erba Vita) **107**
- Aquaflow® (HealthAid) **46**
- Arnica (Bios Line) **9**
- Arnica (HealthAid) **9**
- Arnica (Sella) **9**
- Arnicare™ (Nelsons) **9**
- Arthur's Formula Ltd (Power Health) **47**
- Artichoke (Arkopharma) **10**
- Artichoke (HealthAid) **10**
- Astragalus (HealthAid) **156**
- Atrogel (A.Vogel) **9**
- Atrosan® (A.Vogel) **47**
- Atrotone® (HealthAid) **157**

- Bamboo Gum (Arkopharma) **11**
- Bambu® (A.Vogel) **36**
- Bilberry (A.Vogel) **14**
- Bilberry (HealthAid) **14**
- Bilberry Extract (Power Herbs) **14**
- Biocosmetics Starflower Oil (Power Health) **151**
- Biofreeze® Pain Relieving Gel (Biofreeze) **111**
- Black Cohosh (HealthAid) **18**
- Black Cohosh 1000mg (Lamberts) **18**
- Black Cohosh Herbal Complex (Vega) **18**
- Bodylean® CLA Plus (HealthAid) **83**
- Boldo Multi-Herbal Complex (Healthlife) **20**
- Borage Oil 500mg (Power Health) **151**
- Boswellia (HealthAid) **22**
- Brain Fuel Formula (Vega) **69**
- Brainvit® (HealthAid) **22**
- Bromelain Complex (Vega) **5**
- Broncovit® (Erba vita) **86**
- Burdock (HealthAid) **27**
- Butcher's Broom (HealthAid) **28**

Calendula (HealthAid) **110**
 Calendula Cream (Nelsons) **110**
 Californian Poppy (Arkopharma) **29**
 Calma Baby (Erba Vita) **105**
 Candaway™ (Lamberts) **37**
 Candiclear (Higher Nature) **156**
 Carbogas (Sella) **59**
 CarbonFlor® (Erba Vita) **8**
 Carboslim® Phase 2 (HealthAid) **83**
 Cardiohealth Formula (Vega) **64**
 Cardiosterol® Garlic + Co. Q10 (Alta Care) **64**
 Cardiosterol® Krill (Alta Care) **55**
 Cardiosterol® SLO (Alta Care) **55**
 Cat's Claw (HealthAid) **31**
 Cat's Claw (Power Herbs) **31**
 Cat's Claw Herbal Complex (Vega) **31**
 Celery Seed 200mg (Power Herbs) **33**
 Cellulite Formula (Vega) **69**
 Cellusite™ (HealthAid) **161**
 Centrum Performance (Centrum) **69**
 Chale® Hair Stimulant (Alta Care) **141**
 Chamomile (HealthAid) **35**
 Children's Echinacea (HealthAid) **49**
 Chitosan Complex (HealthAid) **89**
 Cholestro-Vit Formula (Vega) **65**
 Cider Trim (HealthAid) **99**
 Cidiet (Power Health) **99**
 Cinnamon (HealthAid) **37**
 Citricidal™ (Higher Nature) **79**
 Citronella Geranium Aerosol Free Nebuliser
 (Sella) **103**
 Citronella Geranium for Children (Sella) **103**
 Citronella Geranium Stick (Sella) **103**
 Colestroforte™ (HealthAid) **60**
 Colic Baby (Erba Vita) **106**
 Colloidal Minerals Plus Kelp Formula
 (Vega) **99**
 Coloclear Extra (Higher Nature) **62**
 Colonease (HealthAid) **5**
 Comfrey Cream (A.Vogel) **41**
 Concentrated Echinacea 500mg (Numark) **49**
 Controller (Alta Care) **103**
 Controller® Natural Sleep (Alta Care) **106**
 Cranberola® (Arkopharma) **42**
 Cranberry (Arkopharma) **42**
 Cranberry (HealthAid) **42**
 Cranberry (NatraHealth) **42**
 Cranberry (Quest) **42**
 Cranberry Complex (Lamberts) **43**
 Cranberry Cyst (ESI) **43**
 Cranberry Extract (Numark) **43**
 Cranberry Juice Concentrate
 (Power Health) **43**
 Cranberry Plus Formula (Vega) **43**
 Cynara (A.Vogel) **10**
 Cys-control® Cranberola (Arkopharma) **43**
 Cysticare® (HealthAid) **43**
 Damiana Leaf (HealthAid) **45**
 Dandelion (HealthAid) **46**
 Dandelion Root (HealthAid) **46**
 Day-vit® Active (HealthAid) **73**
 Day-vit® Probio (HealthAid) **24**
 Dermavital (HealthAid) **5**
 Detoxil (Vitabiotics) **10**
 Devil's Claw (Arkopharma) **47**
 Devil's Claw (A.Vogel) **47**
 Devil's Claw (HealthAid) **47**
 Devil's Claw Herbal Complex (Vega) **47**
 Diaglucoforte™ (HealthAid) **99**
 Dietrim (Vitabiotics) **38**
 Diet Shake (Sci-MX) **83**
 DigestivAid No Acid (ESI) **104**
 Digestizyme® (Lamberts) **122**
 Digeston™ (HealthAid) **122**
 DLPA & Turmeric (Quest) **157**
 Dong Quai (HealthAid) **48**
 Dong Quai Herbal Complex (Vega) **48**
 Dong Quai Root Extract (Solgar) **48**
 Dormeasan® (A.Vogel) **159**
 Echinacea (A. Vogel) **49**
 Echinacea (HealthAid) **49**
 Echinacea (NatraHealth) **50**
 Echinacea 300 (Power Herbs) **50**
 Echinacea 1000mg (Lamberts) **50**
 Echinacea 1000mg & Goldenseal 2000mg
 (Lamberts) **50**

Echinacea & Black Elderberry
 (Higher Nature) **50**
 Echinacea Cream (A.Vogel) **50**
 Echinacea Extract (Solgar) **50**
 Echinacea Forte (A.Vogel) **50**
 Echinacea Herbal Complex (Vega) **50**
 Echinacea Plus Ginseng & Astragalus Herbal
 Complex (Vega) **50**
 Echinacea (Purpurea & Angustifolia)
 (Health Aid) **50**
 Echinacea Root 500mg (FSC) **50**
 Echinacea Throat Spray (A.Vogel) **51**
 Echinaforce® (A.Vogel) **51**
 Echinaforce® Forte (A.Vogel) **51**
 Efalex (Efamol) **70**
 Efalex Active 50+ (Efamol) **70**
 Elderberry (HealthAid) **52**
 Ellegyn® (Alta Care) **91**
 Ellegyn® Cysti (Alta Care) **43**
 Energizer Formula (Vega) **146**
 Enzyme Digest (Quest) **122**
 Erbalax® Delicato Capsule (Erba Vita) **134**
 Erbalax® Delicato Sciroppo (Erba Vita) **134**
 Erbalax® Forte Compresse (Erba Vita) **144**
 Essential Oil of Peppermint
 (Power Herbs) **126**
 Essential Oil of Sage 50mg (Power Herbs) **140**
 Ester-C® 1000mg Plus Vitamin C (Solgar) **1**
 Ester-C Formula (Vega) **136**
 Eucarbon® (Trenka) **144**
 Evening Primrose (HealthAid) **55**
 Evening Primrose 500mg (Quest) **56**
 Evening Primrose 1000mg (Quest) **56**
 Evening Primrose Oil (Arkopharma) **56**
 Evening Primrose Oil (HealthAid) **56**
 Evening Primrose Oil 500mg (HealthAid) **56**
 Evening Primrose Oil 500mg (Lamberts) **56**
 Evening Primrose Oil 500mg (Numark) **56**
 Evening Primrose Oil 500mg
 (Power Health) **56**
 Evening Primrose Oil 500mg (Solgar) **56**
 Evening Primrose Oil 500mg High Strength
 (Vega) **56**
 Evening Primrose Oil 1000mg
 (HealthAid) **56**
 Evening Primrose Oil 1000mg (Healthlife) **56**
 Evening Primrose Oil 1000mg (Lamberts) **56**
 Evening Primrose Oil 1000mg (Numark) **56**
 Evening Primrose Oil 1000mg Extra High
 Strength (Vega) **56**
 Evening Primrose Oil 1300mg (HealthAid) **56**
 Evening Primrose Oil Formula (Vega) **57**
 Evening Primrose Oil with Starflower Oil
 1000mg (Lamberts) **57**
 Eyebright (HealthAid) **58**
 EyeVit (HealthAid) **58**
 Eyewise® (Lamberts) **79**
 Fema45+ (Lamberts) **25**
 Femmevit® (HealthAid) **151**
 Fem-X (HealthAid) **146**
 Fenugreek (Arkopharma) **60**
 Fenugreek (HealthAid) **60**
 Feverfew (HealthAid) **61**
 Feverfew Herbal Complex (Vega) **61**
 Fibre Dophilus (HealthAid) **130**
 Finocarbo Plus (Aboca) **59**
 Flax Seed Oil 1000mg (HealthAid) **62**
 Flax Seed Oil 1000mg (Lamberts) **62**
 Flax Seed Oil 1000mg (Power Health) **62**
 Flodol® (Alta Care) **112**
 Flodol® Artro (Alta Care) **112**
 Flodolor® Flexi (Alta Care) **122**
 FootCare Cream (Himalaya) **60**
 Formula VM-75 (Solgar) **25**
 Garlic (Wassen) **65**
 Garlic Extra High Strength (Deodorised)
 (Vega) **65**
 Garlic Max 4000 (HealthAid) **65**
 Garlic Oil (Solgar) **65**
 Gastro-Vit Formula (Vega) **5**
 Gentlemen's Three™ (HealthAid) **74**
 Gericaps® Active (HealthAid) **74**
 Gincosan (Pharmaton) **70**
 Ginger (Arkopharma) **67**
 Ginger (Lamberts) **67**
 Ginger (Quest) **67**
 Ginger Root (HealthAid) **67**
 Ginger Root Extract (HealthAid) **67**

Ginger Root (Zingiber officinale) 280mg
 (Power Herbs) **67**
 Ginkgo (Arkopharma) **70**
 Ginkgo 6000mg (Lamberts) **70**
 Ginkgo Biloba (A.Vogel) **70**
 Ginkgo Biloba (HealthAid) **70**
 Ginkgo Biloba (NatraHealth) **70**
 Ginkgo Biloba (Quest) **70**
 Ginkgo Biloba 500mg (FSC) **70**
 Ginkgo Biloba Herbal Complex (Vega) **70**
 Ginkgo Biloba Leaf 180mg
 (Power Herbs) **70**
 Ginkgo Biloba Leaf Extract (Solgar) **70**
 Ginkgo Vital 3™ (HealthAid) **146**
 GinkoVital™ (HealthAid) **71**
 Ginsana (Pharmaton) **74**
 Ginseng Forte (Arkopharma) **74**
 Ginseng Korean Herbal Complex (Vega) **74**
 Ginseng Siberian Herbal Complex (Vega) **146**
 Goji Berry 500mg (Power Health) **164**
 Goldcare 50+ (Vitabiotics) **71**
 Golden Seal (HealthAid) **77**
 Gotu Kola (HealthAid) **78**
 Grapeseed Antioxidant Formula (FSC) **79**
 Grapeseed Extract (HealthAid) **79**
 Green Coffee (Quest) **81**
 Green Coffee Bean (Power Health) **81**
 Green Tea (Arkopharma) **83**
 Green Tea (HealthAid) **83**
 Green Tea (Quest) **83**
 Green Tea 1000mg (Power Herbs) **83**
 GrinTuss (Aboca) **86**
 Guaramax® 1000 (HealthAid) **87**
 Guarana 500mg (Power Herbs) **87**

 HaemoVit Liquid Gold™ (HealthAid) **140**
 Hawthorn (Arkopharma) **90**
 Hawthorn 2500mg (Lamberts) **90**
 Hawthorn Berry (HealthAid) **90**
 Hawthorn Berry 500mg (FSC) **90**
 Hawthorn Compound (Power Herbs) **25**
 HCA (Higher Nature) **154**
 Healthy Mega (HealthAid) **25**
 HeartMax™ (HealthAid) **79**
 Hematinic Blood Co-Factors (Vega) **71**

 Herbal 3 (HealthAid) **131**
 Herbal Booster™ (HealthAid) **87**
 Herbal Cream (HealthAid) **9**
 Herbal Female Complex (Solgar) **18**
 Hi-Active Formula (Vega) **120**
 Hi-Garlic Perles Odourless (Power Health) **65**
 High Strenght Milk Thistle Extract
 (Lifeplan) **113**
 Hip & Thigh Formula (HealthAid) **161**
 Horse Chestnut (HealthAid) **93**
 Horse Chestnut Complex (Lamberts) **93**
 Horsetail (HealthAid) **95**
 Hypercal™ (Nelsons) **110**
 Hyperiforce® (A.Vogel) **149**

 Ibisene® (Lamberts) **10**
 Immune + (Higher Nature) **52**
 Immuno baby (Erba Vita) **51**
 Interfresh™ (HealthAid) **123**
 Isla Cassis **96**
 Isla Mint **96**
 Isla Moss **97**
 Ispaghula (Arkopharma) **130**
 Ivy-Thyme Complex (A.Vogel) **156**

 Jointace Chondroitin (Vitabiotics) **67**
 Jointace Collagen (Vitabiotics) **67**
 Jointace Fizz (Vitabiotics) **68**
 Jointace Gel (Vitabiotics) **68**
 Jointace Patch (Vitabiotics) **68**
 Jointcare Comfrelieve™ (Seven Seas) **41**
 JointCare Sport (HealthAid) **74**
 JointWise (Vega) **68**
 JointWise Complete Multipack (Vega) **157**

 Kalms (Lanes) **159**
 Kangavites (Solgar) **136**
 Karbofin Forte (ESI) **59**
 Karela (HealthAid) **99**
 Kelp (Power Health) **100**
 Kelp Plus Greens Formula (Vega) **100**
 Korean Ginseng (HealthAid) **74**

Korean Ginseng (NatraHealth) **74**
 Korean Ginseng (Numark) **74**
 Korean Ginseng 1200mg (Lamberts) **74**
 Korean Ginseng 250mg (HealthAid) **74**
 Korean Ginseng Extract (IL HWA) **75**
 Korean Ginseng with Multivitamins & Minerals
 (Red Kooga) **75**
 Koregin® 3000 (HealthAid) **75**
 Kwai® ACE (Kwai) **75**
 Kwai® One-A-Day (Kwai) **75**
 Kyolic Garlic 1000 (Quest) **65**

Lass-B (Erba Vita) **46**
 Lepicol (Healthy Bowels) **130**
 Linoforce® (A.Vogel) **62**
 Liquorice (HealthAid) **105**
 Livercare® (HealthAid) **113**
 Luffa Complex (A.Vogel) **106**

Maca (HealthAid) **107**
 Magnolia Extract (HealthAid) **108**
 Magnolia, Valerian, St. John's Wort Complex
 (HealthAid) **90**
 Male Formula (HealthAid) **75**
 Male Max™ (HealthAid) **75**
 Maxijoint Formula (Vega) **15**
 MegaMulti™ (HealthAid) **75**
 Mega Potency Ginkgo 6000
 (Higher Nature) **71**
 Melissa Leaf Extract (HealthAid) **103**
 Memory Plus Formula (Vega) **71**
 Menopace® Plus (Vitabiotics) **140**
 Menopause Formula (Vega) **151**
 Menophase (Higher Nature) **142**
 Menovital® (HealthAid) **48**
 Migrastick (Arkopharma) **127**
 Milk Thistle (Arkopharma) **114**
 Milk Thistle (A.Vogel) **114**
 Milk Thistle (HealthAid) **114**
 Milk Thistle (Power Herbs) **114**
 Milk Thistle 4500mg (Lamberts) **114**
 Milk Thistle & Artichoke (Higher Nature) **114**
 Milk Thistle Complex (HealthAid) **114**

Milk Thistle Herbal Complex (Vega) **114**
 Milk Thistle Herb Extract (Solgar) **114**
 Milk Thistle Plus (FSC) **114**
 Molkosan Vitality (A.Vogel) **83**
 MSM Glucosamine Joint Complex
 (Higher Nature) **33**
 Mucovit® Sciroppo Adulti (Erba Vita) **86**
 Mucovit® Sciroppo Bambini (Erba Vita) **86**
 Muira Puama (HealthAid) **115**
 Multi Antioxidant Complex (Vega) **71**
 Multibionta® Activate (Seven Seas) **75**
 Multibionta® Immune Support Probiotic
 Multivitamin (Seven Seas) **83**
 Multibionta® Probiotic Multivitamin 50+
 (Seven Seas) **76**
 Multiglucos Tolerance Factor (Vega) **72**
 Multi-Gyn® ActiGel (MultiGyn) **5**
 Multi-Gyn® FemiWash (MultiGyn) **5**
 Multi-Gyn® LiquiGel (MultiGyn) **5**
 Multi-Gyn® Tablets (MultiGyn) **5**
 Multi-Mam® BabyWash (Multi-Mam) **5**
 Multi-Mam® Compresses (Multi-Mam) **6**
 Multi Max® (Lamberts) **79**
 Multi-Max® Advance (Lamberts) **158**

Natracalm Passiflora (Natra) **124**
 Natrasleep (Natra) **160**
 Natural Cranberry with Vitamin C (Solgar) **43**
 Natural Herbal Inhalant Oil (Numark) **54**
 Neem Cream (A.Vogel) **117**
 Neem Leaf Herbal Complex (Vega) **118**
 Neem Oil (A.Vogel) **118**
 Neo Fermental Max (ESI) **6**
 Neovita® (Savoy Laboratories) **76**
 Nettle Leaf (HealthAid) **119**
 Neuralta® Migren (Alta Care) **127**
 Neuralta® Plus (Alta Care) **123**
 Neuroforte® (HealthAid) **72**
 Nicosolven® Astaxanthin (Alta Care) **57**
 No-Dol (ESI) **47**
 No-Gas® enzimi (Giuliani) **68**
 Nutri baby (Erba Vita) **136**

Oat Seed (HealthAid) **120**
 Odourless Garlic (Healthlife) **65**
 Odourless Garlic (NutraHealth) **65**
 Odourless Garlic Gems (FSC) **65**
 Odourless Garlic Pearls (Numark) **65**
 Olive Leaf Extract (Power Herbs) **121**
 Omega 3 & 6 (Quest) **57**
 Omega Excellence Flax Seed Oil 1000mg
 (Higher Nature) **62**
 Omega-H3 (Vitabiotics) **26**
 One A Day Pure Cod Liver Oil Plus Evening
 Primrose (Seven Seas) **57**
 One A Day Pure Cod Liver Oil Plus Garlic
 (Seven Seas) **65**
 Opticare Formula 20:20 (Vega) **72**
 Organic Aloe Vera (dr.organic®) **6**
 Organic Aloe Vera Gel Infused with
 Cucumber, Witch Hazel and Calendula
 (dr.organic®) **6**
 Organic Aloe Vera Gel Infused with Organic
 Tea Tree Oil and Arnica (dr.organic®) **6**
 Organic Flax Oil (Arkopharma) **63**
 Organic Lavender (dr.organic®) **102**
 Organic Optimum Oil (FSC) **63**
 Organic Pomegranate (dr.organic®) **129**
 Organic Tea Tree (dr.organic®) **154**
 Osteoflex® (HealthAid) **158**
 Osteoflex® Plus (HealthAid) **158**
 Otolaya (Inebios) **110**
 Passiflora (HealthAid) **124**
 Passion Flower (HealthAid) **124**
 Pau D'Arco (HealthAid) **125**
 Pectovit® (Erba Vita) **86**
 Peppermint Oil (Lamberts) **127**
 Perfectil (Vitabiotics) **51**
 Perfectil Platinum (Vitabiotics) **84**
 Perfectil Plus (Vitabiotics) **151**
 Pharmaton® (Pharmaton) **76**
 Phytobronz (Arkopharma) **80**
 Phytocalm (Arkopharma) **124**
 Phytocold (Arkopharma) **51**
 Phytomenopause (Arkopharma) **140**
 Phytorhuma (Arkopharma) **47**
 Pineapple (Arkopharma) **128**
 Pine Bark Complex (Vega) **143**
 Potter's Catarrh Pastilles (Potter's) **98**
 Potter's Decongestant Pastilles (Potter's) **54**
 Potter's Sugar Free Cough Pastilles (Potter's)
105
 Power Ginseng GX 2500+ (Power Health) **76**
 Powerplus™ (HealthAid) **146**
 Pregnazon® (HealthAid) **26**
 Premenstrual Formula (Vega) **120**
 Prospan (BioRevive) **97**
 Prostasan® (A.Vogel) **141**
 Prostate Formula (Vega) **141**
 Prostavital® (HealthAid) **131**
 Prune & Senna (FSC) **144**
 Psyllium Husk 1000mg (HealthAid) **130**
 Psyllium Husk Fibre (HealthAid) **130**
 Psyllium Husk Fibre (Vega) **130**
 Pumpkin Seed Oil (HealthAid) **131**
 Pumpkin Seed Oil 500mg (Power Health) **131**
 Pure Evening Primrose Oil (Efamol) **57**
 Pure Evening Primrose Oil (Seven Seas) **57**
 Pure Green Coffee Extract (Lamberts) **81**

 Quiet Life (Lanes) **91**

 Rash Relief Cream (Rapid) **6**
 Raspberry Leaf Extract (HealthAid) **132**
 Red Sterol Complex (Higher Nature) **38**
 Refreshall® (Lamberts) **72**
 Reintegra MgKB Balance (Erba Vita) **12**
 Rejuvadeen Formula (Vega) **84**
 Revive (Kelkin) **88**
 Rhodiola (HealthAid) **133**
 Rhodiola Herbal Complex (Vega) **133**
 Rhodiola Root Extract (Solgar) **134**
 Rosehip (HealthAid) **136**
 Royal 3 (HealthAid) **57**
 Rutin and Vitamin C 500mg (Lamberts) **26**
 Rutivite Original (Power Health) **26**

 Saffron (HealthAid) **139**
 Sage Leaf Extract (HealthAid) **140**
 Sambucol For Children (Sambucol) **52**

- Sambucol® Immuno Forte Formula (Sambucol) **52**
- Sambucol® Original Formula (Sambucol) **52**
- Sarsaparilla (HealthAid) **141**
- Saw Palmetto (Arkopharma) **142**
- Saw Palmetto (HealthAid) **142**
- Saw Palmetto (NatraHealth) **142**
- Saw Palmetto 1000mg & Uva Ursi 100mg (Power Herbs) **142**
- Saw Palmetto Berry Extract (Solgar) **142**
- Sedivitax (Aboca) **124**
- Senna (HealthAid) **144**
- Sexovit® forte (HealthAid) **76**
- Sibergin® 2500 (HealthAid) **146**
- Siberian Ginseng (Arkopharma) **147**
- Siberian Ginseng (HealthAid) **147**
- Siberian Ginseng (Power Health) **147**
- Siberian Ginseng (Quest) **147**
- Siberian Ginseng 250mg (HealthAid) **147**
- Siberian Ginseng 1500mg (Lamberts) **147**
- SiberSlim™ (HealthAid) **147**
- Silica 250mg (HealthAid) **11**
- Silvia® Feminin Formula (Alta Care) **91**
- Silvia® Women (Alta Care) **92**
- Silvia® Women Formula (Alta Care) **88**
- Slimaide Formula (Vega) **130**
- Slim-Rite (HealthAid) **3**
- Slippery Elm (HealthAid) **148**
- Snoreeze Oral Strips (Snoreeze) **127**
- Snoreeze Throat Spray (Snoreeze) **127**
- Sollievo (Aboca) **144**
- Starflower Oil (Arkopharma) **151**
- Starflower Oil (HealthAid) **151**
- Starflower Oil (Higher Nature) **151**
- Starflower Oil 1000mg (HealthAid) **151**
- Starflower Oil (Omega-6) Plus Soya Lecithin (Vega) **152**
- St. John's Wort (Arkopharma) **149**
- St. John's Wort (HealthAid) **149**
- St. John's Wort (Quest) **150**
- St. John's Wort '300' Herb Extract (Solgar) **150**
- St. John's Wort Herbal Complex (Vega) **150**
- Super Antioxidant (Higher Nature) **36**
- Super Once A Day Timed Release (Quest) **123**
- Super Strength Cranberry (Higher Nature) **43**
- Super Strength Supergar 8000 (Higher Nature) **65**
- Swiss Garlic (A.Vogel) **66**
- Tea Tree (Bios Line) **155**
- Tea Tree (HealthAid) **155**
- Tea Tree (Nelsons) **155**
- Tea Tree & Witch Hazel Cream (Lanes) **163**
- Tea Tree Balm (Power Health) **155**
- Teenstick (Arkopharma) **39**
- Testofen™ (Power Herbs) **60**
- TotallyWise (Vega) **84**
- Tranquil™ (HealthAid) **90**
- Tri-Omega EFA (Sci-MX) **63**
- Triple G - Ginseng, Ginkgo, Garlic (Power Health) **76**
- Turmeric 10,000mg (Lamberts) **158**
- Turmeric Root Extract (HealthAid) **158**
- Tusserbe® Fluid (ESI) **116**
- Tusserbe® Sed (ESI) **152**
- Urtica (A.Vogel) **119**
- Uva Ursi (HealthAid) **159**
- Uva-ursi complex (A.Vogel) **159**
- Valerian (HealthAid) **160**
- Valerian 270mg (Power Herbs) **160**
- Valerian 1600mg (Lamberts) **160**
- Valerian Herbal Complex (Vega) **160**
- Valerian Root (HealthAid) **160**
- Valerian Root Extract (Solgar) **160**
- Vapour Rub (Numark) **55**
- Vegilax® (HealthAid) **20**
- Vein Support Formula (Vega) **72**
- VeinTain® (Lamberts) **68**
- Venaforce® (A.Vogel) **93**
- Venagel (A.Vogel) **94**
- Venalta® (Alta Care) **80**

Venalta® Ampoules (Alta Care) **80**
 Venis® Sollievo (Erba Vita) **80**
 Visionace (Vitabiotics) **15**
 Visionace Plus (Vitabiotics) **15**
 VisualEyes (Higher Nature) **15**
 Vitalize Regenerative Formula (Vega) **147**
 Vitamin B6 (Quest) **124**
 Vitamin B12 (Quest) **159**
 Vitamin C 1000mg (Lamberts) **136**
 Vitamin C (Ascorbic Acid) 1000mg High
 Strength (Vega) **26**
 Vitamin C (Ascorbic Acid) 1500mg Super
 Strength (Vega) **26**
 Vitamin C (Ascorbic Acid) Slow Release
 1000mg (Vega) **136**
 Vitamin C (Calcium Ascorbate) (Vega) **26**
 Vitamin C – Time 1000mg (Lamberts) **136**
 Vitex Agnus Castus 1000mg (Lamberts) **2**
 Vitiven® ultra cold (Arkopharma) **28**
 V-Vein™ (HealthAid) **94**
 wellKiD® Smart Chewable (Vitabiotics) **63**
 Wellman (Vitabiotics) **147**
 Wellman 50+ (Vitabiotics) **147**
 Wellman® Conception (Vitabiotics) **107**
 Wellman® Sport (Vitabiotics) **147**
 Wellman® Tricologic (Vitabiotics) **80**
 WellTeen® Plus Omega-3 (Vitabiotics) **43**
 Wellwoman (Vitabiotics) **152**
 Wellwoman 50+ (Vitabiotics) **85**
 Wellwoman Tricologic® (Vitabiotics) **80**
 White Willow Bark (HealthAid) **161**
 Whole Bulb Garlic (FSC) **66**
 Wild Yam (HealthAid) **163**
 Wintervits® (HealthAid) **156**
 Witch Hazel (Arkopharma) **163**
 Wormwood (HealthAid) **165**

 Yucca Root (HealthAid) **167**

 Zinc-C Formula (Vega) **85**
 Zotrim (Nature's Remedies) **111**

HealthAid®

Wise up
for winter

A good all-round
winter support
remedy

For further information please contact us:

Tel: 21641586

Email: sales@galeaandgalea.com



Distributed by: GALEA+GALEA



Department of Pharmacy
University of Malta