

The Benefits of Herbal Supplements

Gentian (Take 30mins before meals)

- Treat digestive disorders (improve digestion, prevent indigestion/gas, stimulate gallbladder/liver.)
- Stimulate appetite
- Prevent cataract and diabetic retinopathy
- Ease gallbladder problems (gallstones)
- Stimulate digestive juices and pancreatic activity
- Improve blood supply to digestive tract/intestines.
- Helpful for fat protein digestion.
- Stimulates production of bile.

Chromium

- Aid Growth
- Protect and lower high blood pressure
- A Deterrent for diabetics
- Prevent sugar cravings and sudden drops in energy

Damiana

- Improves sexual functions (Men/Women).
- Stimulates nerves, Blood circulation and metabolism.
- Regulates sex hormones in women
- Mild Narcotic (“natural high for 1 hour”)
- Clear the kidneys.
- Help with digestion

- **Relieve constipation**
- **Clear coughs**
- **Central well being**
- **Stimulating nerve tissue (used for digestion/lethargy)**
- **Reduce Hot flashes**
- **Treat Urinary Tract infections**

Sarsaparilla

- **Treat sexually transmitted diseases**
- **Blood purifier (General Tonic)**
- **Sexual Stimulant (Increase Testosterone)**
- **Wound Healer**
- **Diuretic**
- **Increase Muscle Mass**
- **Promotes Good Circulation**
- **Balances Glandular system**
- **Stimulates production of hormones**
- **Useful in treatment of: Eczema, psoriasis, psoriasis & leprosy.**
- **Prevent Gout.**

Rooibos

- CONTAINS AT LEAST 37 NATURAL ANTIOXIDANTS, MINERALS, VITAMIN C AND ALPHA-HYDROXYL
- ANTI SPASMODIC
- ANTI VIRAL
- ANTI ANXIETY
- ANTI ALLERGY
- BENEFITS AGE RELATED MENTAL DECLINE
- MILK SUBSTITUTE FOR INFANTS WITH COLIC
- CONTRIBUTES TO A REDUCTION OF AILMENTS ASSOCIATED WITH AGING (IN PARTICULAR HEART DISEASE)
- REDUCE STRESS
- PREVENT HIV FROM BINDING TO TARGET CELLS
- HELPFUL IN TESTING INSOMNIA AND RESTLESS LEG SYNDROME