

HERB	BENEFITS	PRECAUTIONS
Alfalfa (<i>Medicago sativa</i>)	The use of Alfalfa in natural healthcare dates back to traditional Chinese and Ayurvedic medicine, where this plant was used for digestive disturbances, water retention and arthritis. Alfalfa is rich in proteins, vitamins and minerals and is an excellent health supplement. Alfalfa may help to reduce high levels of LDL-cholesterol, thereby supporting cardiovascular health. It is a natural source of Vitamins A, C, E and K, as well as the minerals potassium, calcium, phosphorus and iron. Alfalfa is known for its oestrogenic properties, as it is a source of the phytoestrogens coumestrol and isoflavone constituents. Alfalfa has mild diuretic as well as antibacterial properties.	Avoid during pregnancy and breastfeeding. Consult your physician if using hormone replacement therapy (HRT). Avoid in cases of diabetes or systemic lupus erythematosus (SLE), with the use of anticoagulants such as Warfarin. Herb dosages need to be adapted for children under the age of 12.
Artichoke (<i>Cynara scolymus</i>)	Artichoke is a herbal remedy used for digestive complaints such as indigestion, nausea, vomiting, flatulence, irritable bowel syndrome (IBS) and associated abdominal pain and cramping. Artichoke is also a popular detoxification remedy, as it supports the functions of the liver and is often used after overindulgence of food and alcohol. Artichoke extract may help to stimulate bile production and flow from the liver, which is the mechanism by which it helps to bring relief from indigestion and overindulgence. Artichoke extract's spasmolytic and carminative properties soothes the digestive tract and subsequently relieves the symptoms of IBS such as abdominal pain, cramping, discomfort and bloatedness. The active components in artichoke includes phenolic acids (chlorogenic acid, cynarin, & caffeic acid), sesquiterpene lactones and flavonoids including scolymoside, cynaroside, and luteolin.	There is insufficient reliable information available about the safety of therapeutic amounts of Artichoke extract used during pregnancy or breastfeeding. Herb dosages need to be adapted for children under the age of 12.
Camomile (<i>Matricaria recutita</i>)	Chamomile has sedative, relaxant and pain relieving properties and is traditionally recommended to assist in the treatment of anxiety, inflammation, menstrual cramps, indigestion, insomnia and stress. Chamomile is believed to have a calming and soothing effect on the digestive system when taken orally. The mechanism of action for Chamomile's sedative and relaxing effects is unclear, but seems to be linked to nervous system receptors. Chamomile's mild anti-inflammatory effects is believed to be due to its effect on reducing the levels of prostaglandins and leukotrienes, which are involved in the body's inflammatory response. The active components of an extract of chamomile include quercetin, apigenin, and coumarins, matricin, chamazulene, alpha bisaboloid, and bisaboloid oxides.	Camomile tea is recommended for its soothing effects during pregnancy and breastfeeding. However, in the case of a Chamomile herbal extract: there is insufficient reliable information available about the safety of therapeutic doses of camomile used during pregnancy or breastfeeding. A therapeutic dose of camomile in tea form would be more than 1.5 litres per day.
Black Cohosh (<i>Cimicifuga racemosa</i>)	Black Cohosh is becoming one of the most popular herbal remedies for the relief of symptoms of menopause and premenstrual syndrome (PMS). Black Cohosh may help to relieve menopausal symptoms such as hot flashes, mood swings, irritability and associated insomnia. The mechanism of action of Black Cohosh seems to be linked to phytoestrogenic effects, but is still under investigation. As there is no evidence of Black Cohosh supporting bone density, it has to be used in conjunction with calcium supplementation during menopause.	Avoid during pregnancy, breastfeeding and in the case of liver disease and / or oestrogenic tumors, or if pre-exposed to breast cancer. Herb dosages need to be adapted for children under the age of 12.
Buchu (<i>Agathosma Betulina</i>)	Buchu essential oil is extracted via steam distillation and contains the following components: diosphenol, barosma, camphor, isomenthone menthol and pulegone. Because of its antiseptic properties, diosphenol is considered to be the most important constituent of Buchu. Buchu also contains diosmin, rutin and hesperidin, a group of bioflavonoids important for healthy blood circulation. These bioflavonoids are believed to help improve bruising as they help maintain the lining of small blood vessels. Quercetin, another bioflavonoid found in Buchu, is an important antioxidant that is known to help protect body cells and tissues against free radical damage and also supports a healthy immune system. Buchu is also well known as a remedy for rheumatic pain and for the treatment of gout.	There is insufficient reliable information available about the safety of therapeutic amounts of Buchu used during pregnancy or breastfeeding. Avoid in the case of a kidney infection. Herb dosages need to be adapted for children under the age of 12.
Devil's Claw (<i>Harpagophytum procumbens</i>)	Devil's Claw is native to Namibia and the Kalahari Desert in Southern Africa and Madagascar. Devil's Claw as a herbal remedy is also known as harpago. It has anti-inflammatory and mild analgesic (pain relieving) properties. Traditionally, Devil's Claw has also been used to assist in the treatment of headaches, indigestion and appetite loss. It is a herbal remedy which aids in the treatment of arthritis and rheumatism, due to its anti-inflammatory and mild analgesic (pain relieving) properties. A number of active constituents seem to be	Avoid in cases of gastric or duodenal ulcers, with high or low blood pressure, if suffering with gallbladder disorders, cardiac disorders or diabetes. Avoid during pregnancy and breastfeeding.

	involved in the anti-inflammatory effects of Devil's Claw. The active components in Devil's Claw includes iridoid glycosides such as harpagoside, harpagide and procumbide; phenylethanol derivatives acteoside (verbascoside) and isoaceteoside, and the oligosaccharide stachyose.	Herb dosages need to be adapted for children under the age of 12.
Dong Quai (<i>Angelica polymorpha</i>)	Dong Quai is a herbal remedy that assists in the treatment of menopause, PMT and menstrual irregularities. This herb is a member of the celery family and is well-known as a traditional Chinese herb used by women. The root of the Dong Quai plant is used to prepare herbal extracts. The mechanism of action of Dong Quai seems to be linked to phytoestrogenic effects, but is still under investigation.	Avoid during pregnancy and breastfeeding. Do not take if suffering with haemorrhagic disorders or in conjunction with anticoagulant therapy. Herb dosages need to be adapted for children under the age of 12.
Echinacea (<i>Echinacea purpurea</i>)	Echinacea stimulates the immune system, thereby boosting the body's natural defences. Echinacea is known for its antibacterial, anti-inflammatory and antiviral properties. It helps promote and support the function of the immune system, by increasing the activity of white blood cells, which help to fight respiratory infections. This effect is particularly pronounced while the immune system is being challenged by an infection and it is believed that Echinacea has a minimal effect on the immune system of a healthy individual. Echinacea is also believed to assist in the management of Candidiasis, a yeast infection affecting mostly women. With continuous use, the immune stimulating effects of Echinacea seems to decline after 8 weeks, which is why it is recommended to take a break in using Echinacea after 8-12 weeks. Active components of Echinacea include heteroxylan and arabinogalactans, alkylamides, chicoric acid and echinacosides.	There is insufficient reliable information available about the safety of therapeutic amounts of Echinacea used during pregnancy or breastfeeding. Avoid in the case of a kidney infection. Herb dosages need to be adapted for children under the age of 12.
Elder Flower (<i>Sambucus nigra</i>)	Elderberry is a herbal remedy used for the treatment of the common cold and fevers due to its diaphoretic and anticatarrhal effects. An Elderberry extract is believed to reduce the symptoms and duration of viral respiratory infections when taken within 2 days of the onset of a respiratory infection. Elderberry is also known to bring symptomatic relief in cases of flu, especially over the first 2 to 4 days of the treatment. The active components of Elderberries are known as flavonoids. The primary flavonoids are the anthocyanidins cyanidin 3-glucoside and cyanidin-3-sambubioside. Other active components include rutin, isoquertin, and hyperoside. The anthocyanidins found in Elderberry extracts are believed to stimulate the immune system, as well as having antiviral properties Elderberry is also known for its anti-inflammatory effects.	There is insufficient reliable information available about the safety of therapeutic amounts of Elderberry used during pregnancy or breastfeeding. Herb dosages need to be adapted for children under the age of 12.
Feverfew (<i>Tanacetum parthenium</i>)	Feverfew is a herbal remedy used to offer protection against recurring migraine attacks and tension headaches. There are more than 30 active components present in feverfew, including parthenolide, a sesquiterpene lactone, which seems to help prevent migraines by modulating the biochemistry in the body associated with the onset of a migraine attack. Feverfew is believed to have anti-inflammatory effects, as well as inhibiting vascular muscle contraction, which in particular contributes to migraine attacks. Feverfew is also known for its blood thinning effects.	There is insufficient reliable information available about the safety of therapeutic amounts of Feverfew used during pregnancy or breastfeeding. Herb dosages need to be adapted for children under the age of 12.
Fennel (<i>Foeniculum vulgare</i>)	Fennel is a popular culinary product not only because of its unique flavour, but also for its calming effects on the digestive system. Fennel is known to be beneficial for indigestion, as it has antispasmodic and soothing effects on the digestive tract, due to the presence of the active constituent anethole. Chewing fennel seeds is recommended as a natural, traditional remedy to help reduce flatulence and abdominal bloatedness. Fennel tea is also recommended for digestive complaints such as heartburn, indigestion and abdominal bloating. Fennel seeds contain active components such as anethole, fenchone, estragole and more.	There is insufficient reliable information available about the safety of therapeutic amounts of Fennel used during pregnancy or breastfeeding. Herb dosages need to be adapted for children under the age of 12.
Garlic (<i>Allium sativum</i>)	For centuries garlic has been used as an invaluable supplement for its many beneficial properties. Garlic is well-known for its antimicrobial properties, supporting the immune system in fighting bacterial, viral and fungal infections. Garlic is also known to have antioxidant benefits, helping to protect our body cells and tissues against free radical damage. Garlic is known to support the cardiovascular system and has been shown to assist in reducing high cholesterol and mild hypertension (high blood pressure). Garlic supports healthy blood circulation and has mild blood thinning or anti-thrombotic properties. Garlic is often recommended as a preventative measure for age-related atherosclerosis and vascular changes.	Avoid concentrated doses during breastfeeding. Avoid high doses (more than 6 garlic capsules or more than 12 fresh garlic cloves) with the use of anticoagulant (blood thinning) medicines. Herb dosages need to be adapted for children under the age of 12.
Ginkgo biloba (<i>Ginkgo biloba</i>)	The maidenhair tree (<i>Ginkgo biloba</i>) is the world's most ancient tree, originating two hundred million years ago. Ginkgo biloba extract as a herbal remedy is known to help optimise blood circulation and is therefore	Do not take during pregnancy and breastfeeding, or if on anticoagulant

	often used to assist in the treatment of circulatory problems in the elderly. Ginkgo biloba is a herbal remedy which aids in the treatment of poor memory and concentration. It is also recommended to assist in the management of altitude sickness, tinnitus and vertigo relating to poor blood circulation. Ginkgo biloba has also traditionally been recommended to assist in the treatment of other ailments relating to poor blood circulation, such as cold hands & feet and impotence. Ginkgo biloba is known to act as a blood thinning agent through its effects on blood clotting activation factors.	therapy (taking blood thinning medicines such as Wafarin and various forms of aspirin). Herb dosages need to be adapted for children under the age of 12.
Ginger (<i>Zingiber officinale</i>)	Ginger's effectiveness as a digestive aid is due largely to its active ingredients gingerol, gingerdione, and shogaol. These substances help to neutralize stomach acids, enhance the secretion of digestive juices (stimulating the appetite), and tone the muscles of the digestive tract. Ginger as a herbal remedy may help to relieve general nausea or nausea associated with pregnancy. Ginger also may be useful in easing the nausea that frequently follows chemotherapy treatments. Gingerol is believed to help reduce nausea through its effects in the digestive system, as well as on the nervous system. Because ginger soothes the digestive tract, it can be useful in relieving flatulence.	None known. Herb dosages need to be adapted for children under the age of 12.
Ginseng (<i>Panax ginseng</i>)	Ginseng (<i>Panax ginseng</i>) is a herb native to China and Korea. The Latin name <i>Panax ginseng</i> is derived from the Greek words <i>pan</i> (all) and <i>akos</i> (cure). Ginseng is a traditional tonic, used for invigoration and fortification in times of fatigue and debility or declining capacity for work and concentration. Ginseng is also traditionally recommended during convalescence and to help boost energy levels during times of exhaustion. Vitamin E, added to the Ginseng, is a naturally occurring antioxidant which helps maintain healthy cells. Vitamin E protects vitamin A and unsaturated fatty acids against oxidation in the body.	Avoid during pregnancy and breastfeeding. Therapeutic doses (500mg per day or more) should be avoided in cases of hypertension. Herb dosages need to be adapted for children under the age of 12.
Golden Seal (<i>Hydrastis canadensis</i>)	Golden Seal is a root that is native to North America and has been used for centuries in herbal medicine. Golden Seal's numerous uses are attributed to its antibiotic, anti-inflammatory and astringent properties. It soothes irritated mucus membranes aiding the eyes, ears, nose and throat. Taken at the first signs of a cold or flu, Golden Seal may help prevent further symptoms from developing. It may be used to help reduce fever, relieve respiratory congestion and prevent excess mucous production.	Golden Seal should not be used for extended periods, by individuals with hypoglycaemia, or by women who are pregnant. Herb dosages need to be adapted for children under the age of 12.
Hops (<i>Humulus lupulus</i>)	Active components of hops include flavonoids such as the isoprenylated chalcone xanthohumol, the isoprenylated flavanone isoxanthohumol, 8-prenylnaringenin (8-PN), quercetin, rutin, astragalol and others. In traditional and natural medicine, hops is well known as a relaxing remedy, often recommended for the treatment of insomnia.	Since there is insufficient reliable information available regarding safety, therapeutic doses of hops is not recommended during pregnancy and breastfeeding. Herb dosages need to be adapted for children under the age of 12.
Kelp (<i>Fucus vesiculosus</i>)	Kelp tablets are made from the finest Norwegian seaweed, which contains fibre, minerals such as iron, Vitamin B12, and is especially rich in Iodine. Iodine is an important trace element which forms part of the thyroid hormones, which regulate the body's metabolism. Kelp is a popular supplement to assist in weight loss, due to its effects on metabolic rate. Kelp is also known for its diuretic properties and may be used to assist in the treatment of mild water retention. It is a concentrated source of a variety of antioxidant nutrients, which may help to protect our body cells against free radical damage.	Contains Iodine: Avoid during pregnancy and breastfeeding. Avoid in cases of a thyroid problem, unless under medical supervision. Herb dosages need to be adapted for children under the age of 12.
Milk Thistle (<i>Silybum marianum</i>)	Milk thistle has detoxifying properties, assisting the liver in its function as cleansing and detoxifying organ. Milk Thistle is a potent herb that has been used for many centuries as an aid to protect the liver from the damaging effects of various toxins and alcohol. Milk Thistle is a herbal supplement to revive your system after overindulgence.	Avoid during pregnancy & breastfeeding. Herb dosages need to be adapted for children under the age of 12.
Passiflora (<i>Passiflora incarnate</i>)	Passion Flower is a herbal remedy native to America and is well known as a traditional remedy to assist in the treatment of stress and insomnia. In Western herbalism, Passion Flower is becoming popular as a natural remedy used for the treatment of restlessness, stress, anxiety and insomnia. Passion Flower has sedative properties, assisting people that suffer with insomnia. The anxiolytic properties of Passion Flower relates to its relaxing properties, helping people that suffer with anxiety.	Since there is insufficient reliable information available regarding safety, therapeutic doses of Passion Flower is not recommended during pregnancy and breastfeeding. Herb dosages need to be adapted for children under the age of 12.
Peppermint	Peppermint is well known in traditional and natural medicine, as well as in a culinary context as a soothing	None known. Herb dosages need to be

<i>(Mentha piperita)</i>	agent for the digestive system. Peppermint tea is known to reduce the sensation of fullness and gastrointestinal discomfort associated with indigestion. Peppermint has a relaxing effect on the intestinal tract and may help to prevent abdominal cramping and spasms due to its antispasmodic properties. Peppermint oil is used for irritable bowel syndrome (IBS) due to its antispasmodic effects. The mechanism of action seems to be through slowing down the peristaltic movements of the small intestines, as peppermint has a relaxing effect on the smooth muscle fibres. Peppermint remedies have been shown to support the treatment of IBS by reducing abdominal pain, distention, flatulence, and bowel movements.	adapted for children under the age of 12.
Saw palmetto <i>(Serenoae serrulata)</i>	Saw Palmetto is a herbal extract made from the fruit of the <i>Serenoa repens</i> plant, which is native to America. This herbal remedy has gained great popularity due to its effectiveness in assisting the treatment of benign prostatic hyperplasia (enlargement of the prostate gland). Saw Palmetto is also known for its diuretic and urinary antiseptic properties.	Since there is insufficient reliable information available regarding safety, therapeutic doses of saw palmetto is not recommended during pregnancy and breastfeeding. Herb dosages need to be adapted for children under the age of 12.
St John's Wort <i>(Hypericum perforatum)</i>	St John's Wort is a popular herbal remedy used in Western Herbalism and is made from the <i>Hypericum perforatum</i> plant, native to Europe, North Africa and Western Asia. St. John's Wort is a herbal remedy used for the treatment of mild depression. It also assists in the relief of menopausal symptoms, such as mood swings, irritability and mild depression. St John's Wort is often recommended to people suffering with anxiety, restlessness and nervousness.	St John's Wort may interfere with the working of certain medicines. Avoid during pregnancy and breastfeeding. Herb dosages need to be adapted for children under the age of 12.
Valerian <i>(Valeriana officinalis)</i>	Valerian has been used as a sleep aid for over 1,000 years. Its ability to help relax the central nervous system, promote feelings of calm, decrease levels of anxiety and stress, and enhance sleep are known to millions the world over. Unlike some prescription sleep aids, valerian is not known to cause morning grogginess and is non-addictive.	Avoid during pregnancy & breastfeeding. Herb dosages need to be adapted for children under the age of 12.