



Name Anti-Cat

Caps

| Code | Size | Duration |
|---------|--------------|-----------------------|
| C03-54 | 54 Capsules | Usually lasts 18 days |
| C03-100 | 100 Capsules | Usually lasts 33 days |

Area concerned

Sinuses, throat, lungs.

Ingredients

(min per capsule) Aniseed 130mg, Black Pepper, 65mg, Ginger 65mg, Elderflowers 65mg.

Description

A formula given by respected herbalist Michael Tierra which can help support the function of the sinuses and mucous membranes which produce catarrh. This formula can help this catarrh to stay at a moderate level. Can be used together with *Sin/All Capsules* or with *Lu Capsules*. Also consider the *90-day Sinus Programme*, which includes *Anti-Cat Capsules*.

Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

How long to take it for

Try taking this formula with *Sin/All Capsules* for 2 months or so. If you feel this is beneficial continue for a further 2-3 months, or longer if desired.

Cautions

None

Companion Products

90-day Sinus Programme; 90-day Lung Programme; Detox Capsules, Drops or Tea; Echinacea Compound Capsules; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Power Garlic Capsules; Herbal Snuff.

Caps