



## Name Anti-Spas

### Caps

Code	Size	Duration
C96-54	54 Capsules	Usually lasts 18 days
C96-100	100 Capsules	Usually lasts 33 days

### Area concerned

Muscles, nerves, intestines, stomach, reproductive areas

### Ingredients

(min per capsule) Cramp Bark 80mg, Peppermint 80mg, Wild Yam 80mg, Chamomile 80mg.

### Description

A combination to be used whenever an 'anti-spas' type of effect is required anywhere in the body. May help to balance the muscles of the body; also the bowel, liver, stomach, and the head. Also beneficial for the womb, when there is need. This soothing combination can give great benefit. Another product to be used in similar situations is Wild Yam Root Capsules; also, Cayenne Capsules can be extremely useful. Another great help at this time, can be ginger tea; make this at home - just simmer 3 or 4 thin slices of fresh root ginger in half a pint of water for 5 minutes. Add honey if desired, and sip slowly. Good for soothing muscles and organs in general - and seems to have a particularly good effect on the abdominal area.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to three times this amount can safely be taken. Alternatively, take 2 or 3 capsules when desired, up to a total of 9 capsules a day.

### How long to take it for

Take for a course of 3-4 months, or as and when required.

### Cautions

Do not use if pregnant or nursing.

### Companion Products

Colit Capsules; Cayenne Capsules; Nerve Programme; Nve Capsules; Nve-Restor Drops; Valerian & Passiflora Drops; Wild Yam Capsules or Drops.

### Caps

### Drops

Code	Size	Duration
M10-30	30ml	2-4 weeks
M10-100	100ml	6-12 weeks

### Area concerned

Muscles, abdomen, intestines, stomach, reproductive areas

### Ingredients

Scullcap, Cramp Bark, Myrrh, Skunk Cabbage, Black Cohosh, Cayenne

### Description

A combination to be used whenever a soothing effect on the muscles anywhere in the body is desired. Helps to balance the muscles of the body. Another product to be used in similar situations is Wild Yam Root Capsules; also, Cayenne Capsules can be extremely useful. A further helpful idea is to make ginger tea at home - just simmer 3 or 4 thin slices of fresh root ginger in half a pint of water for 5 minutes. Add honey if desired, and sip slowly. Good for soothing muscles and organs in general - and seems to have a particularly good effect on the abdominal area.

### Standard use

5-15 drops 3-5 times a day in a little water or juice.

### How long to take it for

Take for a course of 3-4 months, or as and when desired.

### Cautions

Do not use if pregnant or nursing.

*Department of Health warning: Black cohosh may rarely cause liver problems. If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness) stop taking immediately and seek medical advice. Not suitable for patients with a previous history of liver disease.*

### Companion Products

Colit Capsules; Cayenne Capsules; Nerve Programme; Nve Capsules; Nve-Restor Drops; Valerian & Passiflora Drops. Wild Yam Capsules or Drops.

### Drops

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