



Name BI-Circ

Caps

Code	Size	Duration
C08-54	54 Capsules	Usually lasts 18 days
C08-100	100 Capsules	Usually lasts 33 days

Area concerned

Blood circulation, general good health.

Ingredients

(min per capsule) Ginger 54mg, Cayenne 54mg, Hawthorn 54mg, Siberian Ginseng 54mg, Odour-controlled Garlic 54mg, Parsley leaf 54mg.

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 daily for 3-4 months, then cutting down or leaving off completely. Thereafter, take if and when desirable.

Cautions

Do not take alongside blood thinning drugs such as Warfarin.

Companion Products

90-day Heart and Circulation Programme; Cayenne Capsules; Ginkgo Capsules or Drops; Ht Capsules; Motherwort Capsules or Drops; Power Garlic Capsules.

Description

A herbal compound to help maintain good blood circulation, closely based on a *Dr John Christopher* formula; helps to maintain tone in the artery walls and other parts of the body. Its use can be supported beneficially with **Cayenne Capsules** and/or **Power Garlic Capsules**.

Maintaining and supporting the blood circulation will help to soothe the muscles, and to balance the muscles and joints, so will be very helpful for these areas, and will also help to keep in balance all organs and systems of the body. Good circulation carries nutrients efficiently to the cells and removes their waste products.

Helping these processes encourages all round good health. We strongly recommend this formula and also the more holistic **90-day Heart and Circulation Programme**, which includes **BI-Circ Capsules**.

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