



Name Calendula

Drops

Code	Size	Duration
D03-50	50ml	Usually lasts 28 days
D03-100	100ml	Usually lasts 55 days

Area concerned

Immune system, skin.

Ingredients

Calendula officinalis fluid extract only

Description

A herbal preparation to help balance the immune system, and to support the function of the skin. For the latter purpose, this can be applied externally, and/or taken internally. For the immune system, also use *Echinacea Drops* externally and/or internally. Other supports for the immune system include the *90-day Immune Programme*, as well as *Lym Capsules*, *Echinacea Compound Capsules*, and *Power Garlic Capsules*.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to three times this amount can safely be taken. For skin care: dab on twice a day, as well as taking internally.

How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when desired.

Cautions

Do not take if pregnant.

Companion Products

90-day Immune Programme; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules or Drops; Power Garlic Capsules.

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