



## Name Cayenne

### Caps

Code	Size	Duration
C10-54	54 Capsules	Usually lasts 18 days
C10-100	100 Capsules	Usually lasts 33 days

### Area concerned

Blood circulation, general health.

### Ingredients

Cayenne 325mg minimum per capsule.

### Standard use

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

### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Can be taken on alternate months to provide a general support and circulatory aid.

### Cautions

Do not take with Warfarin, Heparin, or other blood-thinning drugs. Do not use if pregnant or nursing.

### Companion Products

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

### Description

A herb highly regarded by most herbalists because of its many uses. Its prime property is for the blood circulation. This helps the body to maintain the supply of oxygen to every cell, so supporting elimination, absorption, utilization of nutrients and general blood quality.

*Cayenne Capsules* can help to support the strength of the heart beat. It benefits the structure of all the arteries and of the veins - for example in the legs (especially, in this case, if taken with *Vari-Vn Capsules*).

Supports the muscles and joints (especially if taken with *Arth Capsules* or *Drops*). Many women who are menopausal have reported, perhaps surprisingly, that *Cayenne Capsules* can help them to keep cool and dry.

Also, use *Cayenne Capsules* alongside *Pilewort Suppositories* for extra support.

These are just some of the uses for *Cayenne Capsules*. It is one herb that most people would benefit from by taking a course every year - say, for 3 months.

In this way, *Cayenne Capsules* are similar to a number of other herbal products which we would recommend most people consider taking a 3-month course of every year, to help them to keep healthy. These include: *Siberian Ginseng Capsules* or *Drops*, *Super Spirulina Tablets*, *Wheat Grass Capsules* or *Powder*, *Liv Capsules* or *Drops*, *Kid Capsules* or *Drops*, *Hawthorn Drops*, *Milk Thistle Capsules* or *Drops*, *Power Garlic Capsules* and *Turmeric Capsules*.

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