



## Name Devil's Claw

### Caps

Code	Size	Duration
C13-54	54 Capsules	Usually lasts 18 days
C13-100	100 Capsules	Usually lasts 33 days

### Area concerned

Muscles and joints.

### Ingredients

Devil's Claw 325mg minimum per capsule.

### Description

Many people take devil's claw because it can help to keep the joints and muscles of the body working freely and easily.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired twice this amount can safely be taken. Works well together with our *Arth Capsules* or *Drops*; or together with the *90-day Heart and Circulation Programme* - a great help for joints and muscles. Also consider any detox measures (eg use one or more of the programmes mentioned below); as well as a diet with a high vegetable and fruit content (though citrus fruit might be best avoided for joints and muscles). Maintaining good body weight, and getting sufficient exercise are also very important.

### How long to take it for

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

### Cautions

Do not take if pregnant; or if you have excessive stomach acid or digestive ulcers.

### Companion Products

90-day Colon Programme; 90-day Heart and Circulation Programme; 90-day Kidney Programme; 90-day Liver Programme; Arth Capsules or Drops; BI-Circ Capsules; Detox Capsules, Drops or Tea; Cayenne Capsules; Devil's Claw Drops; Kid Capsules; Kid Tea; Liv Capsules, Drops or Tea; Turmeric Capsules; Wild Yam Root Capsules.

### Caps

### Drops

Code	Size	Duration
D21-50	50ml	Usually lasts 28 days
D21-100	100ml	Usually lasts 55 days

### Area concerned

Muscles and joints.

### Ingredients

Devil's Claw fluid extract only

### Description

A well known herb which many people take because it can help to keep the joints and muscles of the body working freely and easily.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. There are no known reasons not to take devil's claw every day for an extended period of time if desired.

### Cautions

Do not take if pregnant; or if you have excessive stomach acid or digestive ulcers.

### Companion Products

90-day Colon Programme; 90-day Heart and Circulation Programme; 90-day Kidney Programme; 90-day Liver Programme; Arth Capsules or Drops; BI-Circ Capsules; Detox Capsules, Drops or Tea; Cayenne Capsules; Devil's Claw Capsules; Kid Capsules; Kid Tea; Liv Capsules, Drops or Tea; Wild Yam Root Capsules.

### Drops

SHARING KNOWLEDGE TO PROMOTE 100% HEALTH