



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