



## Name Heartsease

### Drops

Code	Size	Duration
D53-50	50ml	Usually lasts 28 days
D53-100	100ml	Usually lasts 55 days

### Area concerned

Muscles, joints, lungs, skin

### Ingredients

Heartsease fluid extract only

### Description

Used to support the muscles and joints, because of the rutin and salicylate content; and to support the lungs, as it contains saponins and mucilage. It also has a reputation for benefiting the skin.

### 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 for a course of 3-4 months, or as and when desired.

### Cautions

None

### Companion Products

90-day Heart and Circulation Programme; 90-day Lung Programme; Arth Capsules or Drops; Black Cohosh Capsules or Drops; BI-Circ Capsules; Burdock Drops; Lu Capsules; Lu Tea; Power Garlic Capsules; Sin/All Capsules; Skn Capsules or Drops.

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