



## Name Kid & Kid 2

### Caps & Tea

Code	Size	Duration
C23-54	54 Kid Capsules	Usually lasts 18 days
C23-100	100 Kid Capsules	Usually lasts 33 days
C23-200	200 Kid Capsules	Usually lasts 65 days
C24-54	54 Kid 2 Capsules	Usually lasts 18 days
C24-100	100 Kid 2 Capsules	Usually lasts 33 days
T06	55g Tea	Lasts 14-28 days

#### Area concerned

Kidneys and bladder, muscles and joints, blood pressure.

#### Ingredients

*Kid Capsules:* (min per capsule) Couchgrass 54mg, Dandelion Root 54mg, Parsley Leaf 54mg, Uva Ursi 54mg, Juniper 27mg, Ginger 27mg, Barberry 27mg, Cramp Bark 27mg.

*Kid 2 Capsules:* Buchu 80mg, Cleavers 80mg, Uva Ursi 40mg, Parsley Leaf 40mg, Corn Silk 40mg, Ginger 40mg.

*Kid Tea:* Buchu, Cleavers, Parsley, Uva Ursi.

#### Description

**Kid Capsules** help to keep the kidneys and bladder healthy. They contain juniper berries, uva ursi, parsley - all excellent for both these organs; soothing couch grass for the kidney tubules; and barberry for the kidney's mucous membranes. Use wherever kidney or bladder herbal care is desired. Can help to keep uric acid in the body balanced supporting bones, joints, and muscles. Can help maintain fluid balance of the body, and so maintain healthy blood pressure. Consider the more thorough **90-day Kidney Programme**. **Kid 2 Capsules** are an alternative formula with very similar properties.

**Kid Tea** - an excellent combination for kidneys and bladder. Good choice to help maintain free flowing and comfort of the bladder area. In this case, drink it 3 times a day for a week or so, then reduce the frequency.

#### Standard use

1 capsule, 3 times a day, with food or a drink. 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.

#### Cautions

Do not take with diuretic drugs. Do not take if pregnant or nursing.

#### Companion Products

90-day Kidney Programme; Dandelion Drops; Kid 2 Capsules, Kid Drops or Tea; plenty of water to drink - preferably chlorine-free; exercise involving low back area.

### Caps & Tea

### Drops

Code	Size	Duration
D11-50	50ml	Usually lasts 28 days
D11-100	100ml	Usually lasts 55 days
D11-200	200ml	Usually lasts 109 days

#### Area concerned

Kidneys and bladder, muscles and joints, blood pressure.

#### Ingredients

Fluid extracts except where stated: 20% Parsley Piert, 15% Couchgrass, 15% Dandelion leaf, 15% Buchu, 13% Cleavers, 10% Uva Ursi, 10% Scullcap, 2% Ginger (tincture).

#### Description

A herbal fluid extract to help balance the kidney and bladder. Helps to balance the uric acid level of the body, so is helpful to support the muscles and joints. **Kid Drops** may help to maintain the fluid balance of the body, which helps the body to maintain blood pressure at a healthy level.

For thorough cleansing of the kidney and bladder areas, we recommend the **90-day Kidney Programme**.

#### 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

Try taking daily for 3-4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable.

#### Cautions

Do not take with diuretic drugs. Do not take if pregnant or nursing.

#### Companion Products

90-day Kidney Programme; Dandelion Drops; Kid Capsules or Tea; copious water to drink - preferably chlorine-free; a low level of concentrated protein (Milk, Eggs, Meat, Fish) in your diet; exercise involving low back area.

### Drops