



Name Lym

Caps

Code	Size	Duration
C27-54	54 Capsules	Usually lasts 18 days
C27-100	100 Capsules	Usually lasts 33 days
C27-200	200 Capsules	Usually lasts 65 days

Area concerned

Immune system.

Ingredients

(min per capsule) Cleavers 96mg, Pau d'Arco 96mg, Calendula 64mg, Poke Root 32mg, Wild Indigo 32mg.

Description

A formula which provides herbal support for the lymphatic system, and helps maintain the production of white blood cells. Supports and balances the body's natural defences. The formula can be used interchangeably with *Echinacea Compound Capsules*, and can be supplemented with *Echinacea Capsules or Drops*, or *Power Garlic Capsules*.

For more holistic support of the immune system, consider our *90-day Immune Programme*.

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

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 Immune Programme; Calendula Drops; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Drops; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

Caps

Drops

Code	Size	Duration
D13-50	50ml	Usually lasts 28 days
D13-100	100ml	Usually lasts 55 days

Area concerned

Immune system

Ingredients

(Herbal fluid extracts) 25% Cleavers, 20% Yarrow, 20% Calendula, 15% Heartsease, 10% Blue Flag, 5% Burdock, 5% Poke Root

Description

A valuable formula to cleanse and balance the immune system. Cleavers and calendula work well in combination to assist this balancing process; yarrow helps to support the blood circulation in the veins - important in helping the immune system; burdock helps to support the body's elimination function.

Supporting the immune system is a valuable way to maintain the body's ability to keep itself well, and many people do this to help protect them at times of stress or, for example, in the autumn to prepare the body for the cold winter.

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.

Cautions

Do not take if pregnant or nursing.

Companion Products

90-day Immune Programme; Calendula Drops; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

Drops