



## Name Pau d'Arco

### Caps & Tea

Code	Size	Duration
C85-54	54 Capsules	Usually lasts 18 days
C85-100	100 Capsules	Usually lasts 33 days
T16	70g Tea	Lasts 14-28 days

### Area concerned

Immune system

### Ingredients

Pau d'Arco only

### Description

This South American herb, also called *lapacho*, has been used for centuries to support the immune system. It was known to have been used by the Incas. It is a herb which has become more and more popular over recent years.

### 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.

**Pau d'Arco Tea** Make as directed on tub and drink through the day, hot or cold. Honey can be added if desired.

### How long to take it for

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

### Cautions

Do not use in pregnancy.

### 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 or Drops; Pau d'Arco Drops; Power Garlic Capsules.

### Drops

Code	Size	Duration
D27-50	50ml	Usually lasts 28 days
D27-100	100ml	Usually lasts 55 days

### Area concerned

Immune system

### Ingredients

Pau d'Arco fluid extract only

### Description

This South American herb has been used for centuries to support the immune system. It was known to have been used by the Incas. The bark of the pau d'arco tree is also supplied by us as **Pau d'Arco Tea**, and **Pau d'Arco Capsules**. Some practitioners have told us that they have tested for the benefits of Pau d'Arco, and that it comes out well in such tests.

### 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 4 months, then cutting down or leaving off completely. Thereafter, take if and when desired.

### Cautions

Do not use in pregnancy.

### 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 or Drops; Pau d'Arco Capsules or Tea; Power Garlic Capsules.

### Caps & Tea

### Drops

SHARING KNOWLEDGE TO PROMOTE 100% HEALTH