



Name Slippery Elm

Caps & Tea

| Code | Size | Duration |
|---------|--------------|-----------------------|
| C36-54 | 54 Capsules | Usually lasts 18 days |
| C36-100 | 100 Capsules | Usually lasts 33 days |
| C36-200 | 200 Capsules | Usually lasts 65 days |
| T09 | 80g Tea | Lasts 14-28 days |

Area concerned

Stomach, small intestine, colon.

Ingredients

Slippery elm 325g min. per capsule.

Tea: Slippery elm only.

Description

Slippery elm is the powdered inner bark of a type of elm tree with wonderful properties. It is very nutritious as well as having very soothing and healing properties. Many people swear by slippery elm's ability to help keep the whole length of the intestinal tract soothed, from the stomach through the duodenum and small intestine right to the colon. For this purpose, slippery elm can be taken as often as hourly if wished - it is a very safe, soothing herb. **Slippery Elm Capsules** or **Tea** are particularly suitable for children, the elderly, and the weak.

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. Safe for long term use.

Slippery Elm Tea 1 cup once or twice a day.

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. Or take it whenever you wish. Slippery Elm is a very mild and safe herb.

Cautions

None

Companion Products

Dandelion Root Drops; Mega-Ton Drops; Min/Vit Capsules; Slippery Elm Plus Capsules; Slippery Elm Tea; Super Spirulina Tablets; Wheat Grass Capsules or Powder.

Caps & Tea

Name Slippery Elm Plus

Caps

| Code | Size | Duration |
|---------|--------------|-----------------------|
| C37-54 | 54 Capsules | Usually lasts 18 days |
| C37-100 | 100 Capsules | Usually lasts 33 days |

Area concerned

Stomach, digestion.

Ingredients

(min per capsule) Slippery Elm 300mg, Cloves 10mg, Cinnamon 10mg, Peppermint 10mg.

Description

Slippery Elm Plus Capsules have been designed to help the stomach to remain comfortable after eating. The wonderful soothing herb slippery elm is combined with three other valuable herbs including cinnamon and peppermint which can aid the stomach after eating. May also be taken before meals if this suits you better.

Standard use

1-4 capsules during or after eating.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take when needed. Can also be used just when you feel you want to, on a day-to-day basis.

Cautions

None

Companion Products

90-day Digestive Programme; Dig Capsules or Drops; Slippery Elm Capsules or Tea.

Caps