



Name Arth

Caps

Code	Size	Duration
C04-54	54 Capsules	Usually lasts 18 days
C04-100	100 Capsules	Usually lasts 33 days

Area concerned

Joints, muscles

Ingredients

(min per capsule) Bogbean 80mg, Celery seed 80mg, Meadowsweet 40mg, Yarrow 40mg, Dandelion Root 40mg, Guaiacum 40mg.

Description

Contains the valuable herb menyanthes, or bogbean, as a main ingredient, which is excellent for assisting good function of joints and muscles. Also contains celery seeds which combine well with menyanthes and are also beneficial in their own right. Can help to maintain the blood circulation to the joints and muscles. Valuable if combined with *Cayenne Capsules* or with *Devil's Claw Capsules* or *Drops*.

Standard use

1 capsule, 3 times a day, taken with food or a drink. 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. May be taken for a further 3-6 months if desired.

Cautions

Do not use if pregnant.

Companion Products

90-day Detox Programme; 90-day Colon Programme; 90-day Kidney Programme; 90-day Heart and Circulation Programme; 90-day Liver Programme; Arth Drops; Black Cohosh Capsules or Drops; BI-Circ Capsules; Detox Capsules, Drops or Tea; Cayenne Capsules; Kid Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Turmeric Capsules.

Caps

Drops

Code	Size	Duration
D02-50	50ml	Usually lasts 28 days
D02-100	100ml	Usually lasts 55 days

Area concerned

Joints, muscles

Ingredients

20% each Willow, Celery Seed; 10% each Sarsaparilla, Barberry, Dandelion Root, Rhubarb Root, Prickly Ash, Devil's Claw.

Description

This formula combines herbs to cleanse the liver, kidneys and colon, with a circulatory agent (prickly ash); as well as herbs specifically to support and balance muscles, bones, and joints. Willow helps to soothe muscles and joints. Also consider a 3-month course of the *Heart and Circulation Programme* which, by assisting the circulation of blood, will naturally help the joints and muscles.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to three times this amount can safely be taken.

How long to take it for

Try taking for 3 months, then cutting down or leaving off. May be taken for a further 3-6 months if desired. In addition to the *Heart and Circulation Programme*, mentioned above, consider the *Colon, Liver* or *Kidney Programmes*, all of which support joint and muscle health in a holistic way.

Cautions

Do not take if sensitive to aspirin or if pregnant or nursing.

Companion Products

90-day Detox Programme; 90-day Colon Programme; 90-day Kidney Programme; 90-day Heart and Circulation Programme; 90-day Liver Programme; Arth Capsules; Black Cohosh Capsules or Drops; BI-Circ Capsules; Detox Capsules, Drops or Tea; Cayenne Capsules; Kid Capsules, Drops or Tea; Liv Capsules; Wild Yam Root Capsules.

Drops