



## Name **Min/Vit**

### Caps

Code	Size	Duration
C28-54	54 Capsules	Usually lasts 18 days
C28-100	100 Capsules	Usually lasts 33 days

### Area concerned

Nutrition

### Ingredients

(min per capsule) Alfalfa 32mg, Irish Moss 32mg, Rosehip 32mg, Horsetail 32mg, Kelp 32mg, Spirulina 32mg, Parsley leaf 32mg, Watercress 32mg, Nettle 32mg, Yellow Dock 32mg.

### Description

**Min/Vit Capsules** are a herbal form of a multi-mineral/vitamin tablet. The ingredients are selected to offer a broad spectrum of nutrients. Being herbal, the nutrients are much more bio-available than vitamin and mineral products, which are nearly all chemicals. Chemicals which have been through a plant are many times more easily absorbed by the body. Use this formula to accompany other products which have either nutrient qualities or other reasons to be generally recommended, such as *Spirulina Tablets*, *Wheat Grass Capsules or Powder*, *Kelp Capsules*, *Cayenne Capsules* or *Power Garlic Capsules*.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to three times 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

Digestive Programme; Dig Capsules; Dig Drops; Mega-Ton Drops; Min/Vit Capsules; Nve-Restor Drops; Slippery Elm Capsules or Tea; Super Spirulina Tablets.

### Caps

### Drops

Code	Size	Duration
D15-50	50ml	Usually lasts 28 days
D15-100	100ml	Usually lasts 55 days

### Area concerned

Nutrition

### Ingredients

Herbal fluid extracts: 15% Alfalfa, 15% Nettle, 10% Horsetail, 10% Kelp, 10% Parsley leaf, 10% Irish Moss, 10% Rosehip, 10% Yellow Dock, 10% Prickly Ash

### Description

**Min/Vit Drops** are a herbal form of a multi-mineral/ vitamin.

See additional information in "Description" opposite.

### 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

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

Digestive Programme; Dig Capsules; Dig Drops; Mega-Ton Drops; Min/Vit Capsules; Nve-Restor Drops; Slippery Elm Capsules or Tea; Super Spirulina Tablets.

### Drops