

NATURE FRESH

WE'VE GOT YOU COVERED!

Head to Toe Skin & Body Care
Antimicrobial Herbs
Immune Support & Parasite Control
Hormone Balancing
Smart Supplementation



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Welcome to the New Chapter of Nature Fresh!

For nearly 30 years, Nature Fresh Products South Africa has stood alongside South African families as a trusted, household name in natural health and wellness. From day one, our mission has been simple: to harness the very best of Mother Nature and deliver exceptional quality, unmatched value, and competitive pricing straight to your door. As a proud, family-run local business, our passion for natural alternatives and dedicated service hasn't wavered—it's only grown stronger.

And speaking of growing, we are thrilled to announce that we are expanding our reach in a big, exciting way!

We have officially launched a dynamic new social media movement designed to bring our community closer together, keep you inspired, and make discovering your favorite wellness solutions easier than ever. We have created our own YouTube podcast channel : **YouTube: @FreshTalkwithNaturefresh (Subscribe to FreshTalk today!)** introducing Natural Solutions to Health Questions—an innovative new podcast platform created just for you. We've taken decades of our detailed written and published health research and transformed it into engaging, informative episodes using the power of artificial intelligence, so you can tune in for your listening pleasure wherever you go.

Whether you're looking for expert wellness tips, product updates, or everyday health inspiration, staying connected has never been easier. Join the conversation and subscribe to our fresh new community online:

TikTok: @naturefreshproductssa

Instagram: @naturefreshproductssa

Facebook: Nature Fresh Official

Visit our newly redesigned website **www.naturefresh.co.za** and earn **FRESHbucks** for writing reviews on our website and spend those earnings on your favourite purchases.

Thank you for being such an essential part of our almost three-decade journey. Browse through this catalogue to find your everyday wellness essentials, and shop your favorites online at **www.naturefresh.co.za** today!

Love from
THE NATUREFRESH TEAM



NatureFresh Product List

ORAL HYGIENE PRODUCTS

New formulations: All Oral Hygiene Products do not contain: fluoride, parabens SLES/SLS, alcohol, saccharine, sucralose, colour, flavouring or any irritating chemicals.

No fluoride which harms gums & periodontal tissue, causing loose teeth, pain and infection. Fluoride is very toxic. Excessive exposure damages the thyroid gland, is linked to weight gain, cancer and weakened immunity. There is no shortage of fluoride in our diet: tea, coffee, etc. More than 1mg per day can cause harm. Xylitol and Stevia are used as sweeteners and to help strengthen and protect teeth from plaque forming bacteria.

NF 001 HERBAL TOOTHPASTE 100ml tube

Mild, natural toothpaste with Mint, Cloves, Aniseed and Tea Tree Oil, Xylitol and Stevia. Popular with health-conscious people as a tooth nutrient, gum protector and gentle tooth cleaner.

Not safe for pets.

NF 003 ALOE GUM THERAPY TOOTHPASTE 100ml tube

For sensitive teeth, ulcers, bleeding gums, tooth extractions and post-op care. Contains Aloe Ferox, natural Aloe gel, Calcium, Magnesium, Zinc and Vitamin C. Propolis helps to kill germs and prevent infections. Contains stevia. Xylitol has been excluded because this product is used for cats, dogs, horses and other animals to treat gingivitis or mouth infections.

NF 002 HERBAL TOOTH POLISH 100ml tube

For gently removing stains on teeth from food, coffee, etc. Contains Tea Tree Oil, Mint, Zinc, Baking soda,



Diatomaceous earth, Xylitol, Stevia and Vitamin C. No bleach or peroxides. Not safe for pets.

NF 004 JUNIOR TOOTHPASTE 75ml tube

With Rooibos, Calendula, Xylitol, Stevia and special NATURAL FLUORIDE (calc fluor D6) Safe for babies to swallow or to use on teething rings. Aniseed helps ease griping, drooling and teething pains. Contains no mint, so can be used with Homeopathic remedies as it does not antidote them. (Children sensitive to Salicylic acid are advised not to use mint toothpaste.)

NF 040 BREATH BUSTER ANTI-MICROBIAL MOUTHWASH 250ml bottle

With herbal extracts: Olive Leaf, Tea Tree oil, Cloves, Aloe Ferox bitters, green tea, Calendula, Liquorice root and Rooibos help to freshen breath and protect against germs in the mouth. Helps to ease pain, bleeding gums and ulcers. Contains xylitol, a natural sweetener that helps to prevent oral bacterial infections, tooth decay, throat pain and post-nasal drip. Contains no alcohol.

HERBAL SKIN & BATH PRODUCTS

pH balanced to 3.5 (vaginal) no parabens, SLES/SLS, parfum, colouring, alcohol or harsh chemicals

For cleansing and bathing products: only natural herbal tinctures and pure essential oils are used. Contains vegetable-based glycerine and a gentle coconut derived soap base (sodium laurel ethyl sulphate) that is pH balanced to pH3.5. This makes it non-caustic and suitable for intimate use, baby care and to control candida and odour-forming bacteria. All liquid washes and vaginal cleansers are free from perfumes and harsh chemicals.





NF 019 BEE BALM 100ml jar

Beeswax, Honey, Propolis and Papain natural enzymes that help to banish stubborn cases of psoriasis, discoid eczema, old dead skin flakes on elbows and heels, ringworm & other skin disorders. Use after a bath on flaky, dry, cracked fingertips & heels, chapped lips, scars and on cuts or surgical wounds while they heal.

NF 020 PAIN THERAPY GEL 100ml clear bottle

Ten herbal actives for pain, stiffness, sore muscles, joints, tendons and bruises. A gentle soothing formula with a pleasant herbal fragrance. Non-oily, non-staining, non-burning, and non-stinging. It can be used on sensitive skin to gently massage the pain away. A unique formulation stimulates the flow of electrical current over the treated area, and this enhances the effect of ultrasound or infrared therapy. Arnica and Comfrey help to heal bone and tissue injuries. MSM (methylsulphonylmethane) intensifies this effect. Rosemary, Ginger and Eucalyptus gently warm in contrast to Ledum and Phytolacca that cool and relieve black eyes and unsightly bruises. Hypericum eases sharp, shooting pains.

NF 026 ANTIMICROBIAL BODY WASH 250ml bottle

All over cleanliness and relief from fungal, bacterial & parasite problems. Good for treating and preventing head lice, scabies, candida, ringworm, athlete's foot, stinky feet and armpits. Used by men, women and children for daily showers, hair washing, baths or for intimate cleanliness. Quick relief from BV (bacterial vaginosis) or pathogens that inhabit the genital tract, the armpits or feet and cause itching, burning or odour. Contains only natural herbal disinfectants, and anti-microbial Olive Leaf, Black Walnut, Sage, Pine and Lavender.

NF 027 SENSITIVE BODY WASH 250ml bottle

Gentle cleansing of sensitive, inflamed or broken skin. Ideal for babies or for post-op care. Super mild and PH compatible with intimate areas to prevent odour and inflammation. It contains anti-inflammatory, soothing and healing herbs: Lavender, Calendula, Urtica and Rooibos. Used for bath, douche, shower or shampoo. It also makes a luxurious bubble bath and will not harm or hurt young children.

NF 005 ALOE SKIN THERAPY GEL 75 ml tube

A soothing and toning gel for very sensitive problem skins. Can be used for shaving; especially for ingrown hairs and skin rashes (men and women). It helps to soothe sunburn, itches and rashes and to protect skin before swimming. Good for nappy rash. Active ingredients include Rooibos tea, Aloe Ferox gel and leaf extract, MSM (methylsulphonylmethane), Buchu, Wild Sage and pure Camphor.

NF 022 HERPEASE: 20ml squeeze bottle

To help eliminate fever blisters and prevent future outbreaks if used prior to or during exposure to sun and wind. Good results on unsightly and painful blisters. It contains L-Lysine, Lemon Balm, Olive Leaf, Tea Tree oil, Myrrh, Zinc, Copper, Camphor and Eucalyptus oil.



NF 036 FIRST AID THERAPY BALM – 75ml tube

Anti-microbial herbs: Olive Leaf, Blackseed, Rosemary, Aloe Ferox (100%), Tea Tree oil and Black Walnut to deal with most skin conditions: athlete's foot, ringworm, scabies, acne, etc. For pain, stings and bruising: Phytolacca, Ledum, Hypericum, Comfrey & MSM (methylsulphonylmethane). For cuts, abrasions and lesions: Calendula, Lavender & Eucalyptus. Contains no petrochemicals, only herbs, beeswax & plant oils. Use with Nature Fresh Deodorant Body Wash.

NF 049 DEO-BUSTER CREAM -100ml jar

Aluminium free, no perfume, colourants, parabens or invasive chemicals. Natural active ingredients include Colloidal Silver, Selenium, white Iodine, Calendula and Witch Hazel. Good for armpits, groin areas that chafe, for stinky feet or infected toenails. Helps to boost iodine levels to disinfect odour-causing bacteria on the skin. People with iodine and selenium deficiencies are more prone to breast cancer and fibrocystic breast disease.



HEALTH SUPPLEMENTS

Note: not intended as replacements for prescribed medications. Use under the guidance of a practitioner to supplement.

NF 010 CALCIUM COMPLEX 300g powder = 60 x 5ml doses

Contains Calcium, Magnesium, Boron, Zinc, Potassium, Copper and trace elements which are essential for health and vitality. These minerals with vitamins, biochemical tissue salts and citric acid are in proportions closest to those present in human bone tissue. A pH balance of 7 (neutral) ensures easy assimilation and helps to eliminate toxins. If too alkaline, Calcium tends to upset the flow of gastric juices and may cause heartburn. Calcium and Magnesium perform over 300 metabolic functions in the body. Deficiencies result in tooth and gum disorders, osteoporosis, heart disease, irritability, insomnia, depression, cramps and arthritis. It promotes strong, hard fingernails, a good, peaceful night's sleep and keeps cramps and restless legs at bay. No flavours, lactose, colourants or sweeteners.

NF 012 CALCIUM COMPLEX - 100 tablets

Same formulation as the powder and balanced pH (7 – neutral) The powder and tablets have been used, tested and recommended by top SA doctors, therapists and gynecologists to treat osteoporosis and systemic acidity (blood analysis proves this). Also, for general aches and pains, acidity, weak fingernails, loose teeth, weakened thyroids, high blood pressure diabetes, sleeping problems. Good for menstrual cramps.

NF 053 DEO-BUSTER SPRAY 150ml bottle

skin-friendly spray deodorant for underarm, skin folds and feet. It is a sanitizer for toilets and helps as an insect repellent. Contains Rosemary, Sage, Bucchu, Wild Olive, Zinc Ricinolate, lavender, Eucalyptus and Pine.

NF 055 FACE FOOD – 75ml tube

With HYALURONIC ACID, Penetrating plant oils for thirsty skins, herbal extracts and key nutrients that help to fight wrinkles, age spots and inflammation. The skin can absorb vitamins, minerals and other beauty aids that are present in creams which help us to boost collagen (fight wrinkles) and protect the skin from sun damage, inflammation and clogged pores. Use Face Food first before your sunscreen and make up. Apply more during the day and especially last thing at night for deep penetrating nourishment. Feel the difference!

It contains vegan-friendly plant oils and nutritional supplements. No harsh chemicals, perfume or colouring.

NF 065 TEENACTIVE RANGE: SKIN WASH 250ml bottle

A gentle, foaming cleanser, suitable for teenage skin to help with inflammation, acne and rashes. Contains Tea Tree oil, Colloidal Silver and herbal extracts of Olive Leaf, Artemisia, Urtica, Calendula, sage and Rosemary.

NF 066 TEENACTIVE RANGE: SKIN FOOD 100ml jar

For moisturizing and skin care, suitable for teenage skin. Contains Hyaluronic Acid and herbal extracts from Sunflower, Grapeseed, Canola, Shea Butter, Aloe Bitters, Rooibos, Nigella Sativa, Olive Leaf, Artemisia, Sage and Rosemary.

NF 067 TEENACTIVE RANGE: SKIN FIX 150ml bottle

A gentle treatment for sensitive skins with a fresh citrus fragrance. Antimicrobial. Contains Calendula, Urtica, Urea, Papain, Aloe, Zinc, Olive leaf, Artemisia, sage, Rosemary and Colloidal Silver.



NF 025 OLIVE LEAF TABLETS - 90 tablets

Natural alternative to antibiotics, antiviral and antifungal drugs. For better circulation and can assist in lowering blood pressure. Keeps candida, moulds and fungus under control. Does not harm beneficial gut bacteria.



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NF 033 OLIVE LEAF AND CALMAG TABLETS - 90 tablets

Buffered with Calcium/Magnesium for better tolerance and less reactions during the healing phase (Herxheimer reaction) Alternative to antibiotics. No harmful side effects.

NF 024 PAIN SUPPLEMENT- 90g powder

With MSM (Methylsulphonylmethane, a natural Sulphur) with Boron, Vitamin C&D, L-Lysine Calcium, Magnesium, Zinc, Boron & Copper. Helps for arthritis and joint pain and with collagen formation for skin and joints.

NF 043 MEGAMAX 50 capsules

Helps to promote energy, brain circulation and is a libido booster. Contains: L-Arginine, Tribulus Terrestris, Gotu Kola, Cat's Claw, Olive Leaf, Alfalfa and Saw Palmetto. For men and women as a hormonal enhancer with protective herbs to help to control DHT, BPH and prostate or breast cancer.

NF 042 PARASITE REMEDY - 200ml tincture 20% alcohol

Contains: 45% Olive Leaf: 25% Artemisia Afra, an antimicrobial, 15% Ivy- Hydera Helix for mucous, coughs and liver flukes, 15% Cloves for the elimination of worm eggs, fungi, moulds and gut infections. A broad-spectrum antimicrobial and anti-cancer remedy and helps to prevent Malaria. and bladder infections. Does not disturb gut flora. It can be used for children, farm animals and pets.

NF 051 PARASITE CAPSULES - 40 capsules Contains

Olive leaf, Artemesia Afra, Clove powder, Ivy Leaf (Hydera Helix) MSM (methylsulphonylmethane). Helps with joint erosion from parasites. Helps with large parasites like worms and flukes, protozoa (malaria) and microbes like viruses. This is not an antibiotic and does not harm probiotic gut flora.

NF 047 PROBIOTIC-15 LIQUID - 200ml bottle

A liquid concentrate of 15 strains of beneficial bacteria plus selenium, herbs and adaptogens. Use to supplement after antibiotics to repopulate gut flora and treat Candidiasis. Taken with juice or water. Average dose is 1-15ml per person per day for immune boosting and as a general tonic. The versatile liquid can be diluted with water and used for gargling, disinfecting wounds, as an enema or douche or for soaking fruit and vegetables and caring for plants and animals. It can be added to drinking water. Its activity increases when the liquid is added to a glass of water and left to "grow" for a few days.

NF 048 PROBIOTIC-15 SPRAY - 200ml spray bottle

This spray-on version of PROBIOTIC-15 liquid is enhanced with 10% colloidal silver for extra activity at a low dose that does not affect the friendly bacteria. Spray it onto food or water to help counteract infections from dirty hands, or from raw salads or meat; before serving, cooking or eating. Can be used on the skin for infections, ulcerated wounds or on itchy bumps and rashes.



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INTIMATE HYGIENE

pH balanced to 3.5 (vaginal) no parabens, SLES/SLS, parfum, colouring, alcohol or harmful chemicals

NF 016 INTIMATE CLEANSER: TEA TREE - 250ml bottle

Mild, pH acidic (3.5) hypoallergenic liquid soap. Contains Tea-Tree oil and herbal extracts of Rooibos, Lavender, Urtica, Calendula and Witch Hazel. Helps to maintain vaginal acidity, prevent odour and to treat microbial infections and candidiasis. Use as a bubble bath, douche or for shower and shampoo. It can be used as a wash for animals with skin problems.

NF 017 INTIMATE CLEANSER: ROOIBOS with Probiotics - 250ml bottle

Mild, pH acidic (3.5) hypoallergenic liquid soap can be used for bathing babies and pets. It helps to increase beneficial bacteria, maintain vaginal acidity, prevent odour



and treat candidiasis. Use as a bubble bath, douche or for showering and as a shampoo.

NF 014 PERSONAL LUBRICANT: FRAGRANCE FREE - 100ml

Bottle pH acidic 3.5, hypoallergenic gel with no perfume or colour. A gentle water-based lubricant which can be used daily for dryness, itching, burning urine or discomfort. Use also for intimate cleansing, for post-surgical swabbing of any cuts, wounds or lesions. Safe for pets.

NF 013 PERSONAL LUBRICANT: TEA TREE - 100ml

Bottle with Tea tree oil. A water -based pH balanced lubricant that helps to treat microbial infections, candidiasis and irritation or odour problems. Apply to tampons and insert for treatment. Use for swabbing intimate areas during menstruation or when unable to wash. Also for wounds or post-surgical swabbing. Can be used with condoms.

NF 015 PERSONAL LUBRICANT: WILD ROSE - 100ml

Bottle with Sandalwood oil, Damask Rose and Lavender to enhance sensitivity and sensuousness. Helps with loss of libido. Safe for use with condoms and can be used for massaging.

HERBAL TINCTURES & HORMONE BALANCERS

Note: All products are not intended as replacements for prescribed medications. Use under the guidance of a qualified practitioner. They do not contain any hormones – they facilitate the endogenous release of hormones. Direct absorption of tinctures by bloodstream under the tongue stimulates the pituitary gland to release or assimilate the required hormone. Drops are taken directly in the mouth. To avoid the alcohol content, mix in a little warm water and leave to stand.

NF 031 HORMONE BALANCING SUPPLEMENTS: AGNUS CASTUS - 50ml

Tincture of 20% alcohol. Helps to control acne, obesity, moodiness, menstrual difficulty. POS (polycystic ovarian syndrome) PMS (premenstrual stress) It helps females to

access testosterone while reducing DHT (bad testosterone) that converts to excessive estrogen (fat storage and bloating) or causes facial hair, acne and insulin resistance. Helpful for conception after taking hormonal birth control for many years. Can also delay menstruation (sport, weddings, fasting).

NF 030 HORMONE BALANCING SUPPLEMENTS: BLACK COHOSH - 50ml

Tincture of 20% alcohol. Menopausal symptoms, hot flushes, stress, poor sleep, low cortisol / DHEA. Balances steroid hormones. A natural SERM (selective estrogen receptor modulator)

NF 032 HORMONE BALANCING SUPPLEMENTS: SWEET POTATO - 50ml

Tincture of 20% alcohol. A natural progesterone precursor/ stimulant (contains no hormone) As an alternative to HRT, it works directly for hot flushes or bleeding or other signs of low progesterone. Larger frequent doses can be used to temporarily delay or inhibit menstruation intentionally for sport, weddings, fasting, etc. (See website for using a red sweet potato for same result.)

NF 034 PROSTATE REMEDY - 50ml

Tincture of 20% alcohol Potent herbal male tonic with Saw Palmetto, Dandelion, Red Clover, Ginseng, Ginger, Willow Herb and Olive Leaf to help restore vitality and help prevent prostate cancer and reduce PSA. Seek medical advice to use with cancer remedies and for urogenital disorders, impotence, scant, burning or frequent urination, dribbling, incontinence or inflammation.

NF 044 TRIBULUS TERRESTRIS - 50ml

Tincture of 40% alcohol. Herbal precursor for testosterone for men and women, especially in mid-life and old age. Also good for urinary and prostate disorders. Testosterone helps to control blood pressure, cholesterol and facilitate stamina, focus, muscle tone, libido and mental alertness.

NF 46 COLEUS FORSKOHLII - 50ml

Tincture of 40% alcohol. It contains forskolin that activates cyclic AMP to help treat: hypertension, mild congestive heart failure, asthma, psoriasis, digestive problems, glaucoma, persistent urinary infections and insulin resistance. Anti-inflammatory, antihistamine, calms the nervous system and stimulates thyroid function to speed up metabolism. Helps release stored glycogen from the liver to balance low blood sugar and assists treatment of syndrome X (diabetes 2) PCOS (polycystic ovarian syndrome). Popular for weight loss and fat burning (Dr OZ).

NF 038 OLIVE LEAF TINCTURE - 50ml

Tincture high potency 40% alcohol. It can be taken by mouth, added to juice or water or applied topically to skin infections like athlete's foot or septic wounds, scabies and any itchy bite. Also convenient to add to baby and kiddie drinks. Good for colds and flu, tight chest (see also Coleus tincture for asthma) Candidiasis, High blood pressure & Malaria. Olive leaf: is considered as safe for pregnant ladies but first consult a doctor.

PREScriBER'S NOTES

Disclaimer: The product information contained in these pages is for your interest and may not be used to diagnose or prescribe to patients or yourself. It is to inform people interested in herbal and natural medicine as well as nutrition. Choices can be made once the cause of a condition has been identified. Seek the help of a well-informed practitioner who can balance your medical prescriptions with assistance from diet, supplements and herbs. Often the desired physiological improvement (for example – blood thinning) can be obtained from natural medicine with no harmful side effects. This is when herbal medicine clashes with the use of conventional drugs. Both can't run at the same time, so a choice has to be made. Choose the herb with additional benefits or: the drug with harmful side effects?

OFTEN PATIENTS SEEK HERBAL ALTERNATIVES TO PRESCRIPTION DRUGS

Yes! In many cases, common prescriptions can be replaced, providing it is done with responsible supervision. For many years, Nature Fresh products have assisted in this respect. The most common requests are for:

High blood pressure:

2 x Nature Fresh Olive Leaf tablets in morning, 2 in evening. Additional: Nature Fresh Calcium Complex 1 teaspoon at night. Add: Omega 3 Oil supplement and Vitamin B complex.

Candida Albicans:

2 x Olive Leaf tablets, twice daily for systemic treatment. Topical: Nature Fresh Tea Tree Vaginal Cleanser for personal hygiene. Nature Fresh Tea Tree Personal Lubricant for swabbing or on tampons.

Osteoporosis:

Nature Fresh Calcium Complex 1 dose of tablets or powder mornings and at bedtime.

Additional: Solgar Betaine HCL with pepsin. This increases HCL intensity and improves absorption.

HRT – hormone replacements:

For hot flushes, etc: Nature Fresh Hormone balancing tinctures. 4 types: see notes.

Prostate and urinary problems: Nature Fresh Prostate Remedy and Parasite Remedy to clear infections. .

High blood sugar, syndrome X, type 2 diabetes: Nature Fresh MSM & Vitamin C Pain Therapy Supplement: 1 teaspoon in ½ cup water before meals. If other remedies are taken – watch out as hypoglycaemia may result. Nature Fresh Calcium Complex to improve insulin sensitivity, plus Coleus tincture, MEGAMAX.

Psoriasis: Systemically:

Nature Fresh Coleus tincture. ½ teaspoon 3-4 x daily till improved. Also: Omega 3 oil. Topically: Nature Fresh Bee Balm applied thickly and frequently till improved. Then after a bath or as needed.

Low libido, fatigue, no sex drive:

Nature Fresh MEGAMAX for men 2 per day (add 15mg zinc). Ladies 1 per day.

Asthma:

Nature Fresh Coleus Drops, Calcium Complex and a course of Parasite Remedy. Add: Omega 3 oils.

Gas and cramps in bowels:

Nature Fresh Parasite Remedy: immediately 30ml in ½ cup water for acute cases.

Coughing with mucous, sinusitis. Colds and Flu:

Nature Fresh Olive Leaf tablets 2 twice daily if chronic. Parasite Remedy full course once a month. Nature fresh Calcium Complex at bedtime.

Chronic weight problems:

Nature Fresh MEGASLIM plus Nature Fresh Coleus Tincture.

Low Thyroid function:

Nature Fresh Coleus Tincture, Calcium complex and MEGASLIM if overweight.

HOW TO COMBINE HERBAL MEDICINE WITH PRESCRIPTION DRUGS:

It is best to gradually reduce dosages of a conventional prescription drug by:

Week 1: skipping alternate doses or: halving each dose where possible. Take half of the new herbal daily dose.

Week 2: Taking only 1 out of 3 prescribed doses. Take 2/3 of the new herbal daily dose.

Week 3: Take the full dose of herbal medicine. Drop the prescription drug. Monitor the way you feel. Have a check up.

Week 4: Take the prescription drug only when absolutely needed, if at all.

This technique has been used successfully to replace high blood pressure medications, diuretics and blood thinners as well as diabetic type 2 and depression prescriptions. People are amazed at how much better they feel when they no longer have to put up with unpleasant side effects. Why do people cling to drugs that make them feel lousy?

Prescriber's Caution on coleus:

Because forskolin inhibits platelet aggregation and clotting, it may enhance or replace the effects of Warfarin, Clopidogrel, aspirin, enoxaparin, and Dalteparin. When taking high blood pressure medications, note that coleus drops blood pressure significantly. Those taking anti-coagulant, antihypertensive, and anti-asthmatic medication may find Coleus potentiates or duplicates the effects of these drugs. Other drugs can be reduced or dropped when the corresponding effects of Coleus are manifest. (eg. the use of hypertensive drugs with Coleus will cause a double drop in blood pressure.) There is some evidence that forskolin may enhance the effects of beta-agonists such as Ibuprofen. Forskolin may also act synergistically with epinephrine, ephedrine and pseudoephedrine. It is possible that the use of forskolin may decrease the needed dosages of beta-agonists. Caution is suggested in those with peptic ulcer or hypotension.

Low blood pressure: Nature Fresh testers with low blood pressure did not experience a drop in blood pressure using Coleus as opposed to that caused by Nature Fresh Olive Leaf tablets in their condition. Normally 2 Olive Leaf tablets are prescribed morning and evening for controlling hypertension as a replacement for patent drugs. No unpleasant side effects have been noted with Nature Fresh Olive Leaf Tablets. (See notes on Olive Leaves.)

Calcium supplements and medications: Do not take Calcium with prescription medicines as it neutralises the effect.

All Nature Fresh Oral Hygiene Products are non-toxic, FLUORIDE FREE and safe to swallow.

NATURE FRESH ORAL HYGIENE

What is wrong with fluoride?

Many people object to using fluoride toothpaste and oral hygiene products because it is now common knowledge that exposure to fluoride can be very dangerous, especially to young children who swallow toothpaste. Excessive exposure to fluoride in mouthwashes or toothpaste can harm gum tissue and cause ulceration, pain and bleeding. The subsequent damage to periodontal tissue can weaken tooth sockets and teeth can get loose and wobbly. Fluorosis from drinking water that contains too much fluoride causes teeth to become discoloured and brittle. Fluoride is very toxic and if too much is ingested from water, toothpaste or dental products the thyroid gland is adversely affected. Fluoride poisoning is thus also linked to weight gain, cancer and weakened immunity. Children diagnosed with learning disorders known as ADD or ADHD are advised to use fluoride free toothpaste. People with immune disorders and other debilitating diseases are also advised to use non-toxic fluoride free toothpaste and to filter their drinking water.

Consumers who do their regular shopping at health shops, pharmacies and supermarkets should be provided with natural fluoride free alternatives to regular oral hygiene products. Nature Fresh manufactures a range of reasonably priced fluoride- and alcohol- free oral hygiene products that are locally manufactured. Strong teeth and healthy gums require calcium, magnesium, trace elements and vitamin C, so they belong in toothpaste. According to the Dental Association, there has never been a shortage of fluoride in our diets! There is some concern in the Dental practice that young children may be consuming too much fluoride, especially if they drink fluoridated water and use toothpaste that contains high levels of fluoride or take too many fluoride supplements. There is a growing need for fluoride-free alternatives in this country. In 1997 the first fluoride free herbal toothpaste appeared on the shelves of Pick'n'Pay stores. Today there is a range of four Nature Fresh toothpastes, a mouth wash.

The Nature Fresh Oral Hygiene routine

Brushing your teeth

Brush your teeth regularly with Nature Fresh fluoride free toothpaste, using the product of your choice. If you have minor infections or tooth problems, use the Herbal anti-microbial toothpaste. If you have bleeding gums and a very sensitive mouth or you are having teeth extracted, use Aloe Gum therapy toothpaste. It can be applied as a paste to painful areas, surgical wounds or directly into gum sockets

after tooth extractions with a cotton wool plug and left on. All the toothpastes are non-toxic and are not harmful if swallowed. They are made of calcium and magnesium, with zinc, Vitamin C and herbal extracts. If your mouth and gums are painful after being treated with fluoride, then remember that magnesium is the antidote to fluoride damage to gum and periodontal tissue during dental treatment. If you need to get rid of minor tooth stains from coffee, food or smoking, use the herbal tooth polish. The Junior toothpaste is for special little teeth, especially the first few that emerge in a baby's mouth. Junior toothpaste can be rubbed onto the gums and used with a teething ring as it tastes pleasant and helps to ease the burning, pain and irritation that teething can cause. It does not contain peppermint, so can be used with Homeopathic remedies. It contains a natural form of fluoride, known as Calc Fluor at Homeopathic doses that are not toxic. The toothpaste is safe to swallow, and tiny tots do not need to be supervised during their attempts to brush their teeth. As it is not a poison, amounts do not have to be limited to the size of a pea, as per American FDA regulations. If you wish to give young children fluoride supplements, give them the tissue salt Calc Fluor, for strong tooth enamel and healthy gums. (Normal fluoride is bad for gums and connective tissues.). Calc Phos can also be given to help assimilate calcium into teeth.

Mouthwash, rinse and gargle

Our new all herbal anti-microbial mouthwash is the answer to complete oral hygiene, for those who wish to avoid harsh chemicals, fluoride and products that contain alcohol. Anti-microbial herbs help to clear up mouth odours and minor infections in the mouth and the throat area. Tea tree oil is a natural disinfectant and has recognized anti-fungal and anti-microbial properties. Olive leaf and Aloe ferox bitters also have a profound anti-microbial effect and help to combat infections that cause bad breath. Clove oil and hypericum extracts help to treat not only infections but pains associated with mouth ulcers, candida and toothache. These herbs have an anesthetic effect on mouth and tooth nerves. Peppermint oil is the best all-round breath freshener and combats odours that form in a mouth that harbour infected teeth, tonsils, mouth ulcers or bleeding gums. Aniseed oil helps the saliva to flow freely, relieving a dry mouth and itchy throat. Vitamin C, Rooibos tea and Chinese green tea are valuable as antioxidants and also help to clear up minor irritations, bleeding gums and infected periodontal tissue or mouth sensitivity.



Directions for use: To freshen up after brushing teeth or between meals, use a teaspoon of mouthwash, followed by a thorough rinse with water. Gargle for a more complete freshen up, especially after eating garlic. For a sore throat or when you feel a cold coming on, gargle with the mouthwash, either neat or diluted 1:1 with water, every two hours or until relief is obtained. It is important to reach the offending viruses and bacteria that are at the back of the throat. For mouth ulcers and bleeding spongy gums, use the mouthwash in a diluted form of 1:2 parts water and rinse very well around the mouth and between the teeth for at least a minute after brushing and a few times during the day, until the lesions begin to heal.

(NF 001) HERBAL TOOTHPASTE: 100ml tube

A mild natural toothpaste with Mint, Cloves, Aniseed and Tea Tree Oil. Popular with health-conscious people for its value as a tooth nutrient, gum protector and gentle tooth cleaner. Good after surgery. Contains calcium, Magnesium, natural vegetarian cellulose and Glycerin, Zinc and sea salt as a base.

(NF 002) HERBAL TOOTHPOLISH: 100ml tube

For gently removing stains on teeth from food, coffee, etc. Contains Tea Tree Oil. A mild and gentle tooth polish with calcium, magnesium, sea salt, zinc and baking soda. Brighten up your smile in the natural way.

(NF 003) ALOE GUM THERAPY TOOTHPASTE: 100ml tube

For mouth problems, ulcers, bleeding gums & sensitivity. After tooth extractions, the bleeding cavity can be filled with this unique toothpaste to help disinfect the wound and freshen the mouth. Aloe Gum Therapy toothpaste contains Aloe Ferox bitters and a natural aloe gel that helps to heal, disinfect and deodorize the mouth. Calcium, magnesium, zinc and vitamin C help to build strong tooth enamel. This mild and soothing paste can be applied directly to weak and sensitive areas on the teeth and gums and left overnight.

(NF 004) JUNIOR TOOTHPASTE: 75ml tube

With Rooibos, Calendula and NATURAL FLUORIDE (calc fluor D6) Safe for babies to swallow or use on teething

rings. Aniseed helps ease griping & teething pains. No mint: Homeopathically compatible

(NF 040) BREATH BUSTER MOUTHWASH: 250ml bottle

Herbal anti-microbial mouthwash. The answer to complete oral hygiene for those who wish to avoid harsh chemicals, fluoride and products that contain alcohol. Anti-microbial herbs help to clear up mouth odours and minor infections in the mouth as well as the throat area. Tea Tree is a natural disinfectant and has recognized anti-fungal, anti-microbial properties. Olive Leaf and Aloe Ferox bitters also have a profound anti-microbial effect and help to combat the infections that cause bad breath. Clove oil and Hypericum extracts help to treat not only infections, but pains associated with mouth ulcers, candida and toothache as this herb has an anesthetic effect on mouth and tooth nerves. Peppermint oil is the best all-round breath freshener to combat the odours that form in a stale mouth that harbours tooth infections, infected tonsils, mouth ulcers or bleeding gums. Aniseed oil helps the saliva to flow freely and helps to prevent a dry mouth and itchy throat. Vitamin C, Rooibos tea and Chinese green tea are valuable as antioxidants and also help to clear up minor irritations, bleeding gums and infected periodontal tissue or mouth sensitivity.

Contains Xylitol: a natural sweetener that helps prevent bacterial infections, tooth decay, throat pain and infections, post-nasal drip (helpful with snoring.) It has become popular for preventing colds and flu, used as a gargle. Good for halitosis and gum infections. A best seller.

Directions for use: To freshen up after brushing teeth or between meals, use about a teaspoon of mouthwash, followed by a thorough rinse with water. Gargle for a more complete freshen up, especially after eating garlic. For a sore throat or when you feel a cold coming on, gargle with the mouthwash, either neat or diluted 1:1 with water, every two hours, or until relief is obtained. It is important to reach the offending viruses and bacteria that are at the back of the throat. For mouth ulcers and bleeding spongy gums, use the mouthwash in a diluted form of 1:2 parts water and rinse very well around the mouth, and between the teeth for at least a minute after brushing teeth and a few times during the day, until the lesions begin to heal.



NEW!

FRESH Bucks Rewards

REGISTER and shop online at www.naturefresh.co.za and get R1 back in reward points for every R100 you spend

The banner features images of Nature Fresh products: a tube of Deodorant Body Wash, a tube of Deodorant Spray, and a bottle of Deodorant Spray. The background is a soft-focus image of green leaves and white daisies.



Traditional herbal products - never tested on animals.
This product and information have not been evaluated by SAHPRA.

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RELATED PRODUCTS



NF 001 HERBAL TOOTHPASTE 100ml tube

Mild, natural toothpaste with Mint, Cloves, Aniseed and Tea Tree Oil, Xylitol and Stevia. Popular with health conscious people as a tooth nutrient, gum protector and gentle tooth cleaner. A gentle yet effective stain remover with sea salt, bicarb and silica for strong white teeth and healthy gums. Tea tree and Peppermint to freshen and disinfect the mouth. No bleach/peroxide.

Brushing with a neutral toothpaste with a pH of 7 for a few days, changes the way your teeth feel throughout the day – smooth, never coated. After a few months, you will notice that plaque or calculus deposits disappear and you no longer need to have them removed. Healthy saliva is your best oral hygienist! All our Oral Hygiene Products are non toxic, FLUORIDE FREE and safe to swallow albeit unintentionally. Using a fluoride free mouth wash also helps to keep teeth and gums healthy. Tea Tree oil and zinc are natural disinfectants and peppermint oil freshens the breath. Aniseed oil keeps the mouth moist and promotes a healthy flow of saliva that can be maintained at a normal pH as the toothpaste is kept to a neutral pH of 7. Natural cellulose and glycerine are used for emulsifying. NO PARABENS, NO SLES/SLS, NO COLOURING, NO SACCHARINE We only use xylitol and stevia in oral hygiene products.

PRODUCT LABEL

Herbs and minerals

Anti-microbial herbal extracts and beneficial minerals. No added fluoride, triclosan, nasty chemicals or colouring

Brush teeth after breakfast and at bedtime.
 The product is not harmful if accidentally swallowed, but try to rinse it out. Use herbal Nature Fresh Anti-microbial mouthwash.

Although xylitol is beneficial for tooth and gum care it may harm animals. Nature Fresh Aloe and Propolis toothpaste contains no xylitol so it is more suitable for pets affected by tooth and gum diseases.

Ingredients: Purified Water, Calcium- and Magnesium-Carbonate, Zinc Oxide, Vegetable Glycerine, Hydroxyethylcellulose, Polysorbate 20, Propylene- and Methyl- Hydroxybenzoate, Citric Acid, Cocamidopropyl Betaine, Aniseed Oil, Peppermint Oil, Clove Oil, Tea Tree Oil, Xylitol, Stevia, Olive Leaf, Aloe Ferox Extracts (contains natural fluoride traces).



100ml



www.naturefresh.co.za

Postnet suite 123, P/Bag X16, 7848
 Constantia Cape tel: 021 709 0050

If you buy this toothpaste they will receive a donation of R1 from us





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NF 002 HERBAL TOOTH POLISH 100ml tube pack height 14 cm

For gently removing stains on teeth from food, coffee, etc. Contains Tea Tree Oil, mint, zinc, baking soda, diatomaceous earth, xylitol, stevia and vitamin C. No bleach or peroxides.

The first thing you will notice when using neutral toothpaste with a pH of 7 is the way your teeth feel – smooth! After a few months, you will notice that plaque or calculus deposits disappear and you no longer need to have them removed. Healthy saliva is your best oral hygienist! Diatomaceous earth is a gentle abrasive that helps to control tobacco, wine and food stains that accumulate on teeth.

All our Oral Hygiene Products are non-toxic, FLUORIDE FREE and safe to swallow albeit unintentionally. Using a fluoride free mouth wash also helps to keep teeth and gums healthy. Tea Tree oil and zinc are natural disinfectants and peppermint oil freshens the breath. Aniseed oil keeps the mouth moist and promotes a healthy flow of saliva that can be maintained at a normal pH as the toothpaste is kept to a neutral pH of 7. Natural cellulose and glycerine are used for emulsifying. Changes to our oral hygiene and intimate products are: NO PARABENS, NO SLES/SLS, NO COLOURING, NO SACCHARINE We only use Xylitol and Stevia in oral hygiene products.

PRODUCT LABEL

Brush teeth after breakfast and at bedtime.
The product is not harmful if accidentally swallowed, but try to encourage kids to rinse out their mouth after brushing teeth.

Although xylitol is beneficial for tooth and gum care it is harmful to cats and dogs and other animals.
We recommend our Aloe & Propolis toothpaste for sensitive teeth.

HAPPY TEETH and GUMS
with anti-microbial herbal extracts and beneficial minerals. Free from fluoride, triclosan, harsh chemicals and colouring

Ingredients: Purified water, calcium and magnesium carbonate, zinc oxide, vegetable glycerine, hydroxyethylcellulose, polysorbate 20, citric acid, cocamidopropyl betaine, aniseed and mint oil, sodium saccharine, food grade sodium benzoate, bicarbonate of soda, Diatomaceous Earth, Sea Salt, Stevia and Xylitol.

HAPPY CLEAN SMILES!

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If you buy this toothpaste they will receive a donation of R1 from us

NATURE FRESH
herbal
TOOTH POLISH
with gentle mineral abrasives

pH neutral- encourages a healthy flow of saliva to help prevent a dry mouth

Thanks for supporting Operation Smile

100ml

RELATED PRODUCTS





Traditional herbal products - never tested on animals.

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RELATED PRODUCTS



NF 003 ALOE GUM THERAPY TOOTHPASTE 100ml tube Pack 14cm high

For sensitive teeth, ulcers, bleeding gums, tooth extractions and post-op care. Contains Aloe Ferox, natural aloe gel, calcium, magnesium, zinc and vitamin C. Propolis helps to kill germs and prevent infections. Contains stevia, a natural sweetener that is beneficial to teeth and gums.

Safe for pets: Xylitol has been excluded because this product is used for cats, dogs, horses and other animals to treat gingivitis or mouth infections. Dogs and cats and even horses enjoy it too! It can be spread onto something they can chew for added benefit and keeps the saliva healthy. Never feed your animals sugar or wheat and other starches.

Why no fluoride?. It is harmful to the living tissues that attach the tooth to the jawbone. Collagen tissue is destroyed by fluoride and this results in a receding gum line, exposing the sensitive area of the tooth that is not protected by tooth enamel. This delicate type of bone is not dependent on fluoride for it's strength. Tooth decay in this region is a serious threat to oral hygiene Calcium and magnesium deficiencies result in loose teeth. The first sign of osteoporosis is seen in a weak jawbone with tooth recession. Brushing with a neutral toothpaste with a pH of 7 makes your teeth feel clean an smooth all day long. All our Oral Hygiene Products are non toxic, FLUORIDE FREE and safe to swallow albeit unintentionally.

PRODUCT LABEL

Gentle for TEETH and GUMS
Propolis helps to control infections.
No fluoride or harsh chemicals
Earth, people and pet friendly

This product helps to treat sensitive teeth, ulcers, open lesions and inflamed gums. It is also suitable for animals and that is why we have excluded xylitol, as it may harm them.

Brush teeth after breakfast and at bedtime.
Rinse with water or use Nature Fresh anti-microbial Mouthwash. Apply to open wounds after extraction or surgical lesions if you have approval from your dentist. pH 7 = saliva compatible. Not harmful if accidentally swallowed.

Ingredients: Purified water, calcium carbonate, magnesium carbonate, zinc oxide, vegetable glycerine, hydroxyethylcellulose, citric acid, polysorbate 20, cocamidopropyl betaine, lavender oil, sodium saccharine, propylene- and methyl- hydroxybenzoate, purified bee propolis, calendula flower extract, Aloe Ferox bitters and gel, Robiobos and Stevia extracts.

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never tested on animals.**

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RELATED PRODUCTS



NF 004 JUNIOR TOOTHPASTE 75ml tube Pack height 13cm

A mild, creamy beginner's toothpaste with Rooibos, Calendula, xylitol, stevia and special NATURAL FLUORIDE (calc fluor D6) Safe enough for babies or small children to swallow or use on teething rings. Aniseed helps ease griping, drooling and teething pains. Contains no mint, so can be used with Homeopathic remedies as it does not antidote them. (Children sensitive to salicylic acid are advised not to use mint toothpaste.)

Why no fluoride? Fluoride destroys collagen tissue, the connective tissue that we find all over the body, from inside your bones and blood vessels to between your teeth and gums. This results in bleeding and receding gums and bad breath due to the die off of healthy mouth tissue. Junior toothpaste contains the tissue salt Calc Fluor, a homeopathic form of fluoride that is totally nontoxic. Just the right amount of fluoride is necessary to form a strong, even coating of tooth enamel. An excess of fluoride causes uneven tooth and bone formation, leaving irregular surfaces that contain both hard and soft patches. Teeth and bones may then become brittle because the weakened collagen tissue inside collapses and does not bond sufficiently to other minerals like calcium, magnesium and phosphorous. Have you seen people with severe fluorosis – weak, blackened brittle teeth that snap off at the roots?

All our Oral Hygiene Products are non-toxic, FLUORIDE FREE and safe to swallow albeit unintentionally.

PRODUCT LABEL

Brush teeth after breakfast and at bedtime. The product is not harmful if accidentally swallowed, but try to encourage kids to rinse out their mouth after brushing teeth.

WELCOME TO HAPPY TEETH!
Xylitol and stevia help to protect teeth from plaque. Calendula, aloe, rooibos and aniseed help to soothe and disinfect inflamed gums during teething. Calcium, zinc, sea salt, magnesium and **natural fluoride** (Homeopathic D6) help teeth to grow strong. A pH of 7 encourages healthy saliva that helps to freshen breath and prevent tooth decay.

Ingredients: Purified water, calcium and magnesium carbonate, zinc oxide, sea salt, vegetable glycerin, hydroxyethylcellulose, polysorbate 20, citric acid, sodium benzoate, cocamidopropyl betaine, Aniseed oil, Nature identical strawberry flavour, Sodium saccharine, CALC FLOUR D6, xylitol, Propylene and Methyl hydroxy benzoate, Calendula, Aloe, Rooibos, Stevia.

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NF 040 BREATH BUSTER ANTI-MICROBIAL MOUTHWASH

250ml. height 16.5cm

With herbal extracts: Olive Leaf, Tea Tree oil, Cloves, Aloe Ferox Bitters plus Colloidal Silver to fight and protect against germs in mouth and throat. It also helps to soothe irritations, ease pain and help with bleeding gums. Herbal extracts of green tea, calendula, liquorice root, and rooibos are beneficial to this effect.

Xylitol is a natural sweetener that helps prevent bacterial infections, tooth decay, throat pain and infections, post-nasal drip (helpful with snoring.) It has become popular for preventing colds and flu, especially if used as a gargle. Frequent use helps to overcome halitosis and gum infections, providing one uses a fluoride free toothpaste.

Anecdotal reports suggest that adding 5ml of Iodine to this 250ml bottle of mouthwash helps to relieve a sore throat – as well as a nasty dry cough. A small 20ml bottle of iodine can be bought at pharmacies. It has been scientifically proven to kill all viruses, fungi, yeasts and bacterial. 5ml of iodine can also be added to a bottle of Parasite Remedy. (But do this only in consultation with your practitioner.)

PRODUCT LABEL

NATURE FRESH
HERBAL

antimicrobial MOUTHWASH
with XYLITOL & Colloidal Silver

BREATH + BUSTER

Herbal extracts:
A refreshing and gentle minty mouthwash with Olive Leaf, Clove, Aloe Ferox and Tea Tree. Green Tea, Liquorice Root, Calendula and Rooibos.

Other ingredients:
Water, Sea Salt, Vegetable Glycerin, Vitamin C and Potassium Sorbate.

Daily Oral Hygiene:
As a mouthwash or gargle. Use after eating, flossing, drinking or smoking. Gently brush your teeth. Dilute with water if desired.

Not harmful if accidentally swallowed.

Do not combine with products that contain fluoride or alcohol as this upsets the pH of healthy saliva.

No FLUORIDE, ALCOHOL or harsh chemicals

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250ml

6 009603 090450

RELATED PRODUCTS





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RELATED PRODUCTS



NF 026 ANTIMICROBIAL BODY WASH 250ml bottle. Pack height 16.5 cm

All over cleanliness and relief from fungal, bacterial & parasite problems. Good for treating and preventing head lice, scabies, candida, ringworm, athlete's foot, stinky feet and armpits and just about everything else. Used by men, women and children for daily showers, hair washing, baths or for intimate cleanliness. Quick relief from BV (bacterial vaginosis) or pathogens that inhabit the genital tract, the armpits or feet and cause itching, burning or odour. Contains only natural herbal disinfectants, odour busters and anti-microbial olive leaf, black walnut, sage, pine and lavender.

Changes to our oral hygiene and intimate products are: NO PARABENS, NO SLES/SLS, NO COLOURING, NO SACCHARINE We only use Xylitol and Stevia in oral hygiene products. As always: no fluoride, alcohol, sucralose, perfume or irritants. We have a range of special products to help with sensitive skin products including 3 specialized aluminum-free deodorants, balms and gels:

Common skin problems and products to help them (naturefresh.co.za)

PRODUCT LABEL

Herbal extracts:

Olive Leaf (Olea Europa/Afra)
Sage (Salvia Africana-lutea)
Roobos (Aspalathus linearis)
Kaloontjie (Nigella Sativa)
Aloe bitters (Aloe Ferox)

CONTAINS 15 microbial strains

SCM EM food grade microbes are cultured on a vegetable base:

EFFICIENT MICROBES www.saem.co.za

Lactic acid bacteria: Bi bifidum, Bi longum, Lactobacillus acidophilus, L bulgaricus, L casei, L delbrueckii, L fermentum, L plantarum, L lactis bifidobacterium animalis ssp lactis, L. diacetyactis
Phototrophic bacteria: (similar to blue-green algae) Rhodospseudomonas palustris, Bacillus subtilis
Beneficial yeasts: (do not cause candidiasis) Saccharomyces cerevisiae, Streptococcus thermophilus.

Other ingredients:

Water, Cocamidopropyl Betaine, Glycerin, Sea Salt, Citric Acid, Sodium Benzoate (food grade), Cocamide DEA.



250ml



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Special friendly formula:

NO: perfume, colouring, SLES, parabens, irritating chemicals.

pH friendly with probiotics:

Do not use with regular alkaline soaps as this may upset the balance that maintains our skin hygiene.

Suggested applications:

Use in the shower or bath as a luxuriously foaming soap or shampoo.
pH is 3.5 acidic.

For extra skin benefits:

Add 5ml of Nature Fresh PROBIOTIC-15 liquid to 500ml water for your final hair rinse.

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RELATED PRODUCTS



NF 027 SENSITIVE BODY WASH

250ml bottle. Pack height 16.5 cm

Gentle cleansing for sensitive, inflamed, broken skin. Ideal for babies or for post-op care. Super Mild and PH compatible with intimate area to prevent odour and inflammation.

Contains anti-inflammatory, soothing and healing herb: Lavender, Calendula, Urtica and Rooibos., with 15 strains of probiotics. Use for bath, douche, shower or shampoo. It makes a luxurious bubble bath and is not harmful for young children. No SLES, parabens, parfum or harsh chemicals.

We have a range of special products to help with sensitive skin products including 3 specialized aluminum-free deodorants, balms and gels: Common skin problems and products to help them (naturefresh.co.za)

PRODUCT LABEL

With soothing herbs
 Probiotics plus extracts of Olive Leaf, Rooibos, Lavender, Nettles and Calendula. For best results use in combination with Nature Fresh Deo-Buster Cream, Aloe Skin Therapy Gel or First Aid Balm.

Body Wash Ingredients:
 Water, vegetable derived Glycerin and Cocamidopropyl Betaine, Herbal Extracts, Citric Acid, Sea Salt, Food Grade Sodium Benzoate.

CONTAINS 15 microbial strains
 SCM EM food grade microbes are cultured on a vegetable base:
 EFFICIENT MICROBES www.saem.co.za
 Lactic acid bacteria: Bi bifidum, Bi longum, Lactobacillus acidophilus, L bulgaricus, L casei, L delbrueckii, L fermentum, L plantarum, L lactis bifidobacterium animalis ssp lactis, L. diacytactis
 Phototrophic bacteria: (similar to blue-green algae) Rhodospseudomonas palustris, Bacillus subtilis
 Beneficial yeasts: (do not cause candidiasis) Saccharomyces cerevisiae, Streptococcus thermophilus.

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NATURE FRESH
 HERBAL

SENSITIVE BODY WASH

WITH 15 PROBIOTICS and herbal extracts (acidic pH balance 3.5)

Soothing extracts of Rooibos Tea, Lavender, Nettles and Calendula

Thanks for supporting
Operation Smile

R1 will be donated on your behalf to Operation Smile

Gentle and versatile
 This unique pH specific cleansing solution can be used in the shower, enjoyed as a shampoo used for babies and for relaxing bubble baths.

For intimate hygiene
 Do not use regular soaps because they are too alkaline. (Nature Fresh personal lubricants are compatible (pH3.5) and oil free)

Suitable for all ages
 Gentle enough to be used every day by invalids, the elderly, babies or pets. Enjoy!

No perfume, alcohol, harsh chemicals or colouring.



200ml



6 009603 090306 >

NATURE FRESH HERBAL SKIN CARE FOR TRICKY SKIN AILMENTS

Introducing specific products to treat a diversity of skin disorders from psoriasis, rashes, cuts and bruises to cracked nipples and athlete's foot! These soothing and healing skin balms have no harmful or corrosive chemicals. They really work, again and again, according to dozens of reports.

(NF 005) ALOE SKIN THERAPY GEL: 100ml clear bottle

A soothing and toning gel for very sensitive problem skins. Can be used as is for shaving; especially ingrown hairs and skin rashes (men and women) Handy for travel or beach: sunburn, itches and rashes and to protect skin before swimming. Good for nappy rash. Active ingredients include Rooibos tea, Aloe Ferox gel and leaf extract, MSM (Methylsulphonylmethane), Buchu, wild sage and pure Camphor.

(NF 019) BEE BALM: 100 ml plastic jar

BEE BALM was initially developed to treat and cure Jim's psoriasis and that was just the beginning! Using propolis, beeswax, honey and papaya enzymes, Sue formulated a magic potion that has successfully helped people clear up psoriasis, eczema, ringworm, discoid eczema, cracked and split heels, lips and fingertips and even fungal infections of the nailbed and persistent cases of athletes' foot. She uses BEE BALM every night to keep finger cuticles at bay and has thrown away her cuticle remover. People even claim that it attacks crow's feet wrinkles around the eyes, so they use it as night cream. Perhaps the lavender helps them to have a good night! BEE BALM can be used on all cuts and surgical wounds, to help prevent and diminish scar tissue. Propolis, Rooibos and Aloe Ferox help to disinfect the beeswax forms a thick, airtight covering. The papaya enzymes help to remove excess dry skin and scar tissue. FOR BEST RESULTS: Apply BEE BALM frequently to the affected areas, especially overnight and after a bath.

(NF 020) PAIN MESSAGE GEL: 100ml white bottle

A deep penetrating non-oily pain gel with a pleasant herbal fragrance. It contains the top ten natural painkillers, healers and soothers of the herbal kingdom. The fresh clean fragrance and cool silky feel make your body tingle with a gentle healing glow. Ideal for sportsmen or for general aches and pains, bruises or stiffness and immobility caused by joint afflictions and muscular spasms. It may also be applied to sunburn, heat rashes and insect bites if the skin is unbroken.

INGREDIENTS:

Arnica & comfrey with natural allantoin help heal joint, bone, muscle and connective tissue injuries. Ginger & eucalyptus for warmth and to ease congestion. Hypericum and Phytolacca for shooting pains, especially sciatica or around puncture wounds. Mint & Rosemary to stimulate circulation, reduce water retention and mobilize fatty deposits under the skin (cellulite). MSM (Methylsulphonylmethane) is a very powerful treatment for bruises and blows to the body. Ledum helps to alleviate bruising from sprains, injuries and black eyes.

DIRECTIONS:

Apply to painful or injured areas and massage lightly till the gel absorbs. Repeat often for best results. Do not apply to broken skin. Consult a doctor if the pain is symptomatic of an underlying condition that may be serious.

(NF 022) HERPEASE: 20ml squeeze bottle

Fever blisters around the mouth or genitals develop and reproduce in the absence of the amino acid Lysine. Topical application of a cream containing Lysine helps to inhibit the growth of the herpes virus. HERPEASE contains natural anti-fungal, anti-bacterial and anti-viral agents from Tea Tree oil, Myrrh and Copper extracts. Rooibos, Aloe, Urtica, calendula and rosemary help to soothe and disinfect the area. Essential fatty acids help encourage the growth of healthy new tissue. Fungal infections such as candida albicans may also respond well to this treatment.

INGREDIENTS:

Aloe Ferox, Rooibos, Urtica, Calendula, Tea Tree oil, Myrrh, Rosemary, Copper extracts, vegetable oils containing Omega 3 & Omega 6 in a cellulose gel base. Natural colour from herbs & Copper.

DIRECTIONS:

Apply every few hours to an infected area. If possible, apply prior to an attack, if you have a cold or before you are exposed to sun and wind, when you are most vulnerable. As soon as you feel a burning or tingling, apply HERPEASE frequently to the whole area around the mouth, lips or genitals that may become affected.



NATURE FRESH HERBAL SKIN CARE FOR TRICKY SKIN AILMENTS

Introducing specific products to treat a diversity of skin disorders from psoriasis, rashes, cuts and bruises to cracked nipples and athlete's foot! These soothing and healing skin balms have no harmful or corrosive chemicals. They really work, again and again, according to dozens of reports.

(NF 005) ALOE SKIN THERAPY GEL: 100ml clear bottle

A soothing and toning gel for very sensitive problem skins. Can be used as is for shaving; especially ingrown hairs and skin rashes (men and women) Handy for travel or beach: sunburn, itches and rashes and to protect skin before swimming. Good for nappy rash. Active ingredients include Rooibos tea, Aloe Ferox gel and leaf extract, MSM (Methylsulphonylmethane), Buchu, wild sage and pure Camphor.

(NF 019) BEE BALM: 100 ml plastic jar

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(NF 020) PAIN MASSAGE GEL: 100ml white bottle

A deep penetrating non-oily pain gel with a pleasant herbal fragrance. It contains the top ten natural painkillers, healers and soothers of the herbal kingdom. The fresh clean fragrance and cool silky feel make your body tingle with a gentle healing glow. Ideal for sportsmen or for general aches and pains, bruises or stiffness and immobility caused by joint afflictions and muscular spasms. It may also be applied to sunburn, heat rashes and insect bites if the skin is unbroken.

INGREDIENTS: Arnica & comfrey with natural allantoin help heal joint, bone, muscle and connective tissue injuries. Ginger & eucalyptus for warmth and to ease congestion. Hypericum and Phytolacca for shooting pains, especially sciatica or around puncture wounds. Mint &

Rosemary to stimulate circulation, reduce water retention and mobilize fatty deposits under the skin (cellulite). MSM (Methylsulfonylmethane) is a very powerful treatment for bruises and blows to the body. Ledum helps to alleviate bruising from sprains, injuries and black eyes.

DIRECTIONS: Apply to painful or injured areas and massage lightly till the gel absorbs. Repeat often for best results. Do not apply to broken skin. Consult a doctor if the pain is symptomatic of an underlying condition that may be serious.

(NF 022) HERPEASE: 20ml squeeze bottle

Fever blisters around the mouth or genitals develop and reproduce in the absence of the amino acid Lysine. Topical application of a cream containing Lysine helps to inhibit the growth of the herpes virus. HERPEASE contains natural anti-fungal, anti-bacterial and anti-viral agents from Tea Tree oil, Myrrh and Copper extracts. Rooibos, Aloe, Urtica, calendula and rosemary help to soothe and disinfect the area. Essential fatty acids help encourage the growth of healthy new tissue. Fungal infections such as candida albicans may also respond well to this treatment.

INGREDIENTS: Aloe Ferox, Rooibos, Urtica, Calendula, Tea Tree oil, Myrrh, Rosemary, Copper extracts, vegetable oils containing Omega 3 & Omega 6 in a cellulose gel base. Natural colour from herbs & Copper.

DIRECTIONS: Apply every few hours to an infected area. If possible, apply prior to an attack, if you have a cold or before you are exposed to sun and wind, when you are most vulnerable. As soon as you feel a burning or tingling, apply HERPEASE frequently to the whole area around the mouth, lips or genitals that may become affected.





NF 005 ALOE SKIN THERAPY GEL 75 ml tube. Pack height 13cm

A soothing and toning gel for very sensitive problem skins. Can be used as is for shaving; especially ingrown hairs and skin rashes (men and women) Handy for travel or beach: sunburn, itches and rashes and to protect skin before swimming. Good for nappy rash. Active ingredients include rooibos tea, aloe ferox gel and leaf extract, MSM (Methylsulphonylmethane), Buchu, wild sage and pure camphor.

Parabens in nature: We do our best to find alternatives for parabens but: Parabens are one of the most abundant organic acids found in nature. Plants stay free of pathogenic infections, thanks to parabens they contain. Decomposed fruit then recycles with the parabens that break down into the soil to keep it healthy too. So why condemn them? 90% of our parabens come from dietary sources, such as mangoes, grenadillas, green tea, strawberries, etc. (Products claiming to be free of parabens that actually contain these ingredients are not telling the whole truth – or they do not contain the genuine mangoes, green tea, etc.) Parabens are one of the most abundant organic acids found in nature.

Truth about Parabens. We are obliged to ensure a shelf life of many years for our products. It is our responsibility to prevent disintegration or contamination of each item. This is achieved by using ingredients that have a good safety profile and are not toxic or irritating. Herbal ingredients have many benefits and we include a lot of them in the form of: tinctures, freshly harvested plant material, decoctions and essential oils. Natural is best, but we have to preserve it somehow.

PRODUCT LABEL

The Family Skin Doctor!

Gentle and soothing herbal gel for sensitive, inflamed skin. Use as a daily reviver before and after shaving, sun and wind exposure or applying make-up. Also great for itchy, flaky patches, ingrown hairs, burns, stings and nasty rashes.

Contains herbal extracts to help improve moisture retention and elasticity, to reduce wrinkling and inflammation namely: Aloe Ferox, Rosemary, Rose Geranium, Witch Hazel, Calendula and Green Tea. Cardamom and peppermint oil. Methyl Sulphonylmethane (MSM) (organic sulphur that is beneficial for making healthy new skin cells.)

Other ingredients:
Purified water, Carbopol Gel, Polysorbate, Urea, Potassium Hydroxide, Allantoin, Methyl Hydroxybenzoate, Vegetable Glycerine, Sea Salt, Propylene Hydroxybenzoate. No parfum, alcohol, irritants or colouring.

75ml

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They should therefore not be used to diagnose or treat any disease, or replace professional medical advice. To ensure appropriate medical care, report ailments/symptoms to your doctor or health practitioner. Don't not stop taking your prescription medications or combine with other treatments unless advised to do so by a medical practitioner. Therapeutic effects may vary according to the unique constitution or condition of a patient. Read the ingredient lists and instructions.

RELATED PRODUCTS





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RELATED PRODUCTS

NF 055 FACE FOOD

Deep Nourishment - 75ml Tube Pack height 13cm

Penetrating plant oils for thirsty skin conditions with herbal extracts and key nutrients like Hyaluronic acid that help to fight wrinkles, age spots, sun damage and inflammation. We can absorb vitamins, minerals and other beauty aids that are present in creams aids directly via the skin. They help us to boost collagen (fight wrinkles) and protect the skin. Use Face Food first, before your sunscreen and make up. Apply more during the day and especially last thing at night for deep penetrating nourishment. Feel the difference! Hyaluronic acid acts as a space filler by binding to water and thus keeping the skin wrinkle-free. The collagen in our skin also loses its moisture, and the skin sags and wrinkles. By the age of 50, it is estimated that we can have as little as half the amount of Hyaluronic Acid in our skin as compared with in our 20's.

The product is free of mineral oil, animal components, synthetic colours and "parfum". Deep penetrating plant-based oils include canola, sunflower, grapeseed and safflower oil mixed with shea butter, lecithin and plant sterols. Essential oils: bergamot, rose geranium and lavender tone the skin, soothe inflammation and smell so good! Herbal extracts: olive leaf, rooibos, liquorice, plantain and calendula with colloidal silver also help tone and protect the skin from infections and inflammation. Nutritional supplements are absorbed directly by the skin: vitamin D, Panthenol. What is Hyaluronic Acid? (www.naturefresh.co.za)

PRODUCT LABEL

Skin nutrition with Hyaluronic acid
Improved skin hydration helps restore lost collagen to maintain a youthful and firm skin tone. The herbal extracts, enzymes, vitamins and minerals are absorbed by the skin to help fight wrinkles, age spots, sun damage, skin thinning and inflammation.

Go on - feed your face!

Apply your face food first thing in the morning. Enjoy its silky feel before putting on sunscreen or make up. Before bedtime use more for deep penetrating treatment.

No animal derivatives, parabens or mineral oil
Ingredients: Purified Water, Shea Butter, Canola Oil, Sebacic Acid Copolymer (from Castor oil), PEG-20 Stearate (from Coconut/palm oil), Helianthus Annuus (Sunflower) Seed Oil, Carthamus (Safflower) Oil, Vitis Vinifera (Grapeseed Oil), Colloidal Silver, lecithin, Ceteareth-20, (sterol) Ethylhexylglycerin Phenoxethanol, (preservative) Citrus Bergamia (Bergamot) Fruit Oil, Perlargonium Roseum (Rose Geranium) Leaf Oil, Calcium D-Pantothenate, Lavandula Angustifolia (Lavender) Oil, Sodium Hyaluronate, Potassium Sorbate (preservative), Calcium Phosphate, Zinc Oxide, Co-enzyme Q10, Cholecalciferol, Selenium, Herbal extracts include: Olea Europa/Afra (Olive) leaf, Calendula officinalis, Plantago (Plantain) Aspalathus linearis, (Rooibos) Glycyrrhiza (Liquorice)root.

www.naturefresh.co.za



6 009603 090610
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75 ml



Advanced skin hydration

FAST FOOD for a Happy Face!

No animal derivatives, parabens or mineral oil





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NF 049 DEO-BUSTER 100ml jar Pack height: 6 cm

Aluminium free, no perfume, colourants, parabens or invasive chemicals. Natural active ingredients include Colloidal Silver, Selenium, white Iodine, Calendula and Witch Hazel. Good for armpits, groin areas that chafe, for stinky feet or infected toenails. Helps to boost iodine levels to disinfect odour-causing bacteria on the skin. People with iodine and selenium deficiencies are more prone to breast cancer and fibrocystic breast disease. The cream does not leave white marks on black clothing or yellow stains on white clothing! After using it daily for a while you need only apply it every second day as the odour busting effect increases with regular use.

Iodine binds to anti proliferative Ido-lipids (fat+iodine) and helps to control cancer. Anti-perspirants block the lymphatic drainage under the armpits close to breast tissue. Cysts develop around the trapped toxins and cells begin to proliferate. This can lead to cancer if one is iodine deficient, especially when there is a deficiency of beneficial gut flora. When a biofilm develops around this microbial bundle, it escapes the vigilance of the immune system. If a breast containing such a biofilm is exposed to radiation (mammograms or X rays) then strands of DNA are damaged. The estrogen present in fat cells sets off cell proliferation. Iodine controls cell division.

PRODUCT LABEL



NEW!
100 ml

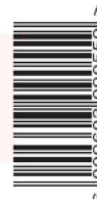
Natural anti-microbial agents, especially iodine can help to control bacterial, fungal or mould activity that causes odour, skin irritation and infected rashes. It doesn't inhibit your natural detoxification/perspiration via sweat glands.
APPLICATION: Suitable for underarm, feet, groin, and skin folds. Also for finger- and toenail lesions. Apply to underarm breast tissue and over throat (thyroid) areas to improve iodine absorption.

NATURE FRESH DEO-BUSTER
gentle deodorant cream
With natural iodine, colloidal silver, zinc ricinoleate, selenium and herbs

Iodine sensitivity: first test the cream on your forearm for 20 minutes in case a rash appears.

INGREDIENTS: Water, 10% colloidal silver, selenium potassium iodide, witch hazel, calendula, vegetable glycerin, citric acid, zinc ricinoleate (from castor oil) phenoxyethanol, polysorbate 60, stearic acid, isopropyl palmitate, sodium hydroxide, ethylhexylglycerin, sorbitan stearate,

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RELATED PRODUCTS





NF 056 DEO BUSTER SPRAY 100ml Bottle. Pack height 14.5 cm

All-natural active ingredients: zinc ricinolate, Colloidal Silver, essential oils and herbal extracts. Aluminium-free Deo-buster Spray is a gentle and skin friendly with nature-based antiseptics, odour absorbers, astringents and skin nutrients. It is suitable for underarms and feet. It can also be used Zinc Ricinolate is the active ingredient, Zinc Ricinolate from castor oil beans. It latches onto ammonia – the carrier of odours from perspiration, urine, faeces, etc. and traps it. Deo-Buster also has an antibacterial action, provided by the Zinc Oxide and Colloidal Silver. It is combined with a natural air freshener and mosquito repellent, with the refreshing essential oils of Lavender, Eucalyptus, Pine and Sage. This handy 3 in 1 product is convenient for travelers and outdoor enthusiasts. It is especially effective when used after a bath or shower with our Deo-buster Body Wash (Link here) or Intimate Cleansers (Link here). Can be used as an insect repellent and is safe to spray onto skin and fabrics.

PRODUCT LABEL

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Natural Odour Control +

Zinc Ricinolate (from castor oil) is a natural odour controller. It controls airborne bacteria that causes odour. Colloidal silver, extracts of rosemary, sage, lavender, eucalyptus & olive leaf also kill germs, fight odours and help to repel insects and other pests.

Avoid eyes, open wounds - or if you are sensitive to any of the ingredients.

Contents: Herbal extracts: Eriocapellus Africanus (Wild Rosemary), Salvia Afr (Wild Sage), Coleonema Calcinyum (Bucchu) Olea Afr (Wild Olive) Zinc Ricinolate from Castor oil (a chemical free odour absorber). **Essential oils:** Lavender, Eucalyptus, Pine, Sage

Other ingredients: Purified water, Carbopol Gel, Urea, Methyl Hydroxy-benzoate, Propylene Hydroxybenzoate, Tapioca starch, Beeswax, food grade alcohol, Citrol GMS A/S, Mineral oil, 315, Sorbitan stearate, Sunflower oil.



Also for freshening up stinky shoes, fabrics, toilet, etc.

Convenient 4 in 1 spray for:

Skin-friendly spray deodorant
For underarm, feet and skin fold areas, etc. to help treat personal odours.

Sanitiser for hands, seats, fabrics
Spray after cleaning kiddie/pet mess on fabrics, furniture, in car, etc.

Air freshener for toilet, home, car
Spray directly into toilet before flushing and a few blasts to treat airborne odour.

Repel insects and other pests
Spray on arms, legs and exposed skin during the day. At night spray around pillow and headboard for mosquitoes. Also for pets and their bedding.

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RELATED PRODUCTS



PRODUCT PACKAGING



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PRODUCT CODE AND DESCRIPTION

NF 019 BEE BALM 100ml jar. Pack height 6 cm

Beeswax, Honey and Propolis and natural enzymes helps to banish stubborn cases of psoriasis, discoid eczema, old dead skin flakes on fingertips, elbows and heels, ringworm and other skin disorders. Apply to flaky, dry, cracked fingertips and heels, chapped lips, scars and on cuts or surgical wounds to help healing.

Not for vegans: With the help of Propolis, Beeswax, Honey and Papaya enzymes, Bee Balm has successfully helped people to clear up stubborn cases of psoriasis, eczema, ringworm, discoid eczema, cracked and split heels, lips and fingertips, nappy rash and even fungal infections of the nailbed and persistent cases of athletes' foot. It can be applied around the eyes as a night cream. It has been used by surgeons, especially for Caesarian sections to restore skin lesions. Honey is also very effective by itself as a wound healer. Bee propolis and Aloe Ferox, having a strong anti-microbial action helps to disinfect any wounds, cuts, grazes or weepy wounds. The beeswax forms a thick, airtight covering. The papaya enzymes help to remove excess dry skin and scar tissue.

FOR BEST RESULTS: Apply BEE BALM frequently to the affected areas, especially overnight and after a bath. Repeat every few hours.

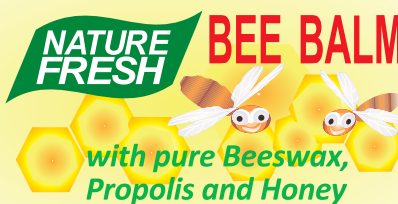
PRODUCT LABEL



NEW!
100 ml

A popular all-round Skin doctor with herbal extracts, enzymes and honey to help prevent scars, remove rough dead skin and protect inflamed areas. For lips, elbows, finger cuticles & heels.

Contains: Beeswax, Sunflower, Canola, Olive & Mineral oil, Honey, Water, Sorbitan stearate, Black molasses, Corn starch, Sucrose, Papain, Cetostearyl alc, Eucalyptus oil, Lavender oil and Propolis tincture. Citric acid, Potassium sorbate, Sodium benzoate. Herbal extracts: Aloe Bitters, Rooibos Tea.



DIRECTIONS: Apply to inflamed, itchy or dry, flaky cracked skin as often as needed. It can be used in intimate areas or for nappy rash, open wounds, ulcers and lesions like psoriasis, callouses, discoid eczema, corns or problem areas.

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RELATED PRODUCTS





NF 020 PAIN THERAPY MASSAGE GEL 100ml clear bottle pack height 12cm

Ten herbal actives to help relieve pain, stiffness, sore muscles, joints, tendons and bruises. A gentle soothing formula with a pleasant herbal fragrance. It is non-oily, non-staining, non-burning and non-stinging. Can be used on sensitive skin to gently massage the pain away. This formulation stimulates the flow of electrical current over the treated areas, and this enhances the effect of ultrasound or infrared therapy. Arnica and Comfrey help to heal bone and tissue injuries and MSM (Methylsulphonylmethane) intensifies this effect. Rosemary, Ginger and Eucalyptus gently warms in contrast to Ledum and Phytolacca that cool and deal directly with black eyes and unsightly bruises. Hypericum eases sharp, shooting pains:

PRODUCT LABEL

never tested on animals.

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For Best Results, first shake the bottle

Apply to painful areas and rub it in for fast acting relief. This non burning gel is rapidly absorbed. It can be used with ultrasound equipment and for massages. Good for bumps and bruises, aches and pains - but for open wounds or intimate areas rather use NATURE FRESH First Aid Balm.

NATURAL HERBAL FORMULA

20% Herbal infusion of: Hypericum, Arnica, Ledum, Ginger and Phytolacca help heal damaged muscles, nerves, cartilage and bones (pain, bruising, stiffness).

2% essential oils of Rosemary, Eucalyptus, Clove, Lavender, Camphor and Mint help with circulation. MSM (methylsulphonylmethane) intensifies the effect of all the active ingredients. Other ingredients: water, glycerine, methylcellulose, methyl parabenzoic acid, salicylic acid, propyl parabenzoic acid, Polysorbate 20, green food colour.

RELATED PRODUCTS





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NF 022 HERPEASE 20ml squeeze bottle. Pack height 8 cm

Prevents fever blisters if used prior to or during exposure to sun and wind. It contains L-Lysine, Lemon Balm, Olive Leaf, Tea Tree Oil, Myrrh, Zinc, Copper, Camphor and Eucalyptus and vegetable oils containing Omega 3 & 6. For cuts, bumps and infected sores.

Fever blisters around the mouth or genitals develop and reproduce in the absence of the amino acid Lysine. Topical application of a cream containing Lysine helps to inhibit the growth of the herpes virus. HERPEASE contains natural anti-fungal, antibacterial and antiviral agents from Tea Tree Oil, Myrrh and Copper extracts. Rooibos, Aloe, Urtica, Calendula and Rosemary help to soothe and disinfect the area. Essential fatty acids help to encourage the growth of healthy new tissue. Fungal infections such as Candida Albicans may also respond well to this treatment.

DIRECTIONS: Apply every few hours to an infected area. If possible, apply prior to an attack, if you have a cold or before you are exposed to sun and wind, when you are most vulnerable. As soon as you feel a burning or tingling, apply HERPEASE frequently to the whole area around the mouth, lips or genitals that may become affected. Use BEE BALM on scabs that are healing.

The truth about parabens

The p-hydroxybenzoic acid by-product is found in nature as well and found in such things as carrots, olives, cucumbers, strawberries to name just a few. They control pathogenic microbes to protect products from contamination and are not dangerous cancer forming chemicals like xenestrogens.

PRODUCT LABEL



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DIRECTIONS: apply to area as soon as burning is felt, during colds & flu, or long exposure to sun & wind. Use frequently on lips and genitals. HERP-EASE is rich in Lysine, which helps to prevent herpes infections.

NATURAL INGREDIENTS: Lysine, aloe, copper, melissa, eucalyptus, calendula, tea tree oil, rooibos, camphor.



RELATED PRODUCTS





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RELATED PRODUCTS

NF036 FIRST AID THERAPY BALM 75 ml tube

Antimicrobial herbs: Olive Leaf, Blackseed, Rosemary, Aloe Ferox, Tea Tree Oil and Black Walnut deal with most skin conditions such as Athlete's Foot, Ringworm, scabies and acne. For pain, stings and bruising: Phytolacca, Ledum, Hypericum, Comfrey and MSM (Methylsulphonylmethane). For cuts, abrasions and lesions: Calendula, lavender and Eucalyptus. Contains no petrochemicals, only herbs, beeswax and plant oils. Use with nature Fresh Deodorant Body Wash.

Parabens (naturefresh.co.za) We are obliged to ensure a shelf life of many years for our products. It is our responsibility to prevent disintegration or contamination of each item. This is achieved by using ingredients that have a good safety profile and are not toxic or irritating. Herbal ingredients have many benefits and we include a lot of them in the form of: tinctures, freshly harvested plant material, decoctions and essential oils. Natural is best, but we have to preserve it somehow.

PRODUCT LABEL

For cuts, rashes & bruises

A combined treatment for bruises, grazes, cuts and open wounds. Ouch! Kiss the bump better and apply FIRST AID balm to help ease pain and facilitate healing. It can be applied directly into an open cut or wound after the cleansing.

Natural Herbal ingredients
 Anti-microbial: Olive Leaf, Aloe Ferox, Tea Tree Oil, Black Walnut, Rosemary, Blackseed, Eucalyptus
 Soothing for pain, bruises, stings: Phytolacca, Ledum, Hypericum, MSM (methylsulphonylmethane)
 Cuts, abrasions, lesions, ulcers: Calendula Petals, Lavender, Urtica
 Other ingredients: Purified water, Carbopol Gel, Urea, Methyl Hydroxybenzoate, Tapioca starch, Beeswax, Cetostearyl alcohol, Citrol GMS A/S, Liquid paraffin 315, Sorbitan stearate, Sunflower oil, Propylene Hydroxybenzoate.
No parfum or colouring.

75ml

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INTRODUCING THE NEW NATURE FRESH TEEN ACTIVE RANGE



Teenagers need help and support based on gentle, safe natural ingredients to keep their skin clear of breakouts, pimples, acne, rashes and the potential for lifelong scarring. Most of these are due to hormonal upsets, reactions to comedogenic cosmetics, alkaline soaps and harsh chemicals and over exposure to sun and oxidative stress. We have developed a range of 4 products that are rich in natural ingredients to help cleanse, heal and nourish troubled skins. Not only teenagers, but skin of all ages can benefit from these products. Some of the original formulations used by doctors and surgeons have been used for over 20 years have been updated and adapted for daily use. They have been combined with new healing, antimicrobial and collagen supporting ingredients.

The main causes of skin problems and natural ingredients that support sensitive skins

Symptoms of acne on your skin include:

- **Pimples** (pustules): Pus-filled bumps (papules).
- **Papules**: Small, discoloured bumps, often red to purple or darker than your natural skin tone.
- **Blackheads**: Plugged pores with a black top.
- **Whiteheads**: Plugged pores with a white top.
- **Nodules**: Large lumps under your skin that are painful.
- **Cysts**: Painful fluid-filled (pus) lumps under your skin.

Acne can be mild and cause a few occasional pimples or it can be moderate and cause inflammatory papules. Severe acne causes nodules and cysts. When your pores clog, substances plug up your hair follicle, creating a pimple. This triggers inflammation, which you feel as pain and swelling. You can also see inflammation through skin discoloration like redness around a pimple. Sometimes acne can cause scarring. This happens when the acne penetrates the top layer of your skin and damages deeper skin layers. Inflammation makes your acne pores swell and the pore walls start to breakdown, which causes skin damage, especially lifelong scarring.

A breakout: A hair follicle or pore gets clogged with dead skin cells, sebum/oil, and possibly bacteria resulting in a whitehead, a blackhead, or another form of acne. Use foaming cleansers (pH acidic) rather than harsh alkaline soaps or lotion cleansers because the suds are better at lifting oils and dirt from your skin.

Different types of acne

- **Fungal acne** (pityrosporum folliculitis): Fungal acne occurs when yeast builds up in your hair follicles. These can be itchy and inflamed.
- **Cystic acne**: Cystic acne causes deep, pus-filled pimples and nodules. These can cause scars.
- **Hormonal acne**: Hormonal acne affects adults who have an overproduction of sebum that clogs their pores, due to an excess of sebum and blocked hair follicles.
- **Nodular acne**: Nodular acne is a severe form of acne that causes pimples on the surface of your skin, and tender, nodular lumps under your skin.

The most common places where you might have acne are on your: face, forehead, chest, shoulders and upper back. Dry skin stimulates sebum excretion. Adequate moisturising reduces sebum levels and lowers your risk of developing breakouts.

Other causes: Food intolerances, especially to bread (gluten), emotional problems, allergies to detergents and harsh chemicals. Hormonal imbalances can also cause severe acne, excessive pus and blocked pores – hair follicles. This happens when dihydrotestosterone gets out of hand. It is exclusively produced in males during puberty, but also occurs in females suffering from polycystic ovarian syndrome. (See link for some help) The skin produces excessive sebum, regardless of the presence of cysts. Eating too many carbohydrates (especially carbo loading) also sets off this hormone.

Cosmetic skin problems: Products that contain comedogenic ingredients can also cause rashes or pimples and tiny bumps, filled with fluid or pus. Pimples can be caused by ingredients like coco or cocoa butter, soy oil, SLES, Laureth4B and some forms acetylated lanolin, isopropyl myristate and isopropyl stearate.



However, mineral oil, glycerine, safflower oil and sunflower oil do not cause such problems.

Natural skin ingredients that have miraculous healing properties. (Present within the TEEN ACTIVE range)

Nigella sativa (kalonji) has antibacterial, antiviral, anti-inflammatory, and wound healing effects. The oil is good for acne vulgaris, psoriasis, staphylococcal infections. As a moisturizer it has SF sunscreen factor and can spread melanin within the skin. The active ingredient is thymoquinone

Artemisia Annua/Afra extract can inhibit inflammation, repair skin barrier, improve damaged skin, and reduce redness and other sensitive skin symptoms.

Olive Leaf Extract can slow the appearance of aging, purify and nourish the skin by calming irritation and reducing redness, as well as repairing damage, hydrating, enhancing circulation and stimulating the growth of new cells. When applied topically, it's soothing and hydrating properties will help reduce blood flow and redness and it is even considered more effective than Vitamin E. It helps to protect the skin against a variety of harsh elements in the environment.

Calendula is rich in antioxidants like carotenoids, flavonoids, and terpenoids, which reduce free radical damage and minimize signs of photodamage. Its anti-inflammatory effects calm and soothe acne and speed up the healing process of damaged skin tissues and improves granulation. Sulphur derivatives dry out acne.

Comfrey (Allantoin) can help skin to heal faster and diminish the appearance of scars or prevent a new scar from forming. It accelerates the exfoliation of dead skin cells, making the skin smoother, to retain more water and to rebuild the protective hydro-lipid coat.

Roibos can reduce the signs of aging, improve your skin's complexion, and help to protect your skin from sun damage and environmental pollutants. It is also a great choice for people with sensitive or acne-prone skin. Alpha hydroxy acids

improve the skin's natural collagen production to help reduce the appearance of fine lines, wrinkles, and age spots while also improving overall skin texture and firmness.

Plantain: contains constituents that acts as a wound germ-killer and disinfectant, reduces inflammation and speeds up the healing process.

Liquorice: for protecting the skin from the oxidative damage caused by free radicals and UV radiation, soothing and hydrating the skin, acting as a natural remedy for skin disorders due to its anti-inflammatory activity and for fading dark spots.

Urea is used to treat dry/rough skin conditions (such as eczema, psoriasis, corns, callus) and helps to remove dead tissue in some wounds to help wound healing. Urea is known as a keratolytic. It increases moisture in the skin by softening/dissolving the horny substance (keratin) holding the top layer of skin cells together. This effect helps the dead skin cells fall off and helps the skin to retain moisture.

Salicylic acid for skin is considered one of the best treatments for acne scars and marks. It is an excellent exfoliant that helps to remove acne-causing bacteria, slough dead skin cells and fade dark spots or marks. In addition, it hydrates, evens the skin tone, treats skin discoloration and accelerates wound healing.

Hyaluronic acid helps to hydrate the skin. Whether taken as a supplement or applied topically, it can increase skin moisture, tissue regeneration and can aid in healing wounds. Applying it topically may help relieve inflammation and regulate tissue repair¹.

Panthenol is frequently present in sunburn ointments because research has shown that it has an anti-inflammatory effect on UV-induced redness. Calcium D Panthenol (Pantothenic acid) is very hygroscopic and is a very effective moisturiser. Inflammation makes your body's oil glands work overtime. Panthenol helps reduce redness, irritation, and inflammation. It also stops the bacteria that cause acne from developing into a pimple. pantothenic acid aids in intensely hydrating your skin and minimizing inflammation. Pantothenic acid also does a great job of controlling acne because healthy, problem-free skin is synonymous with well-hydrated skin.

Zinc is a high-performance ingredient that helps to address redness, irritation, and inflammation caused by conditions like acne, rosacea, and seborrheic dermatitis. Products containing zinc help to decrease inflammation and kill the bacteria/fungus that causes acne.

Salicylic acid: helps to break up dead skin cells, reduce oiliness and clear out pores.

Colloidal silver: When applied to a wound, it can protect against infections and create a strong barrier against foreign substances on the skin. It decreases oxidative stress, stimulates skin elasticity and supports overall skin health.

Probiotics We have a 15-strain probiotic supplement. The solution can also be applied topically to the skin or be used diluted 10:1 as a vaginal douche or for a final hair rinse to help prevent dandruff.





Traditional herbal products - never tested on animals.

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RELATED PRODUCTS



NF 065 TEEN ACTIVE RANGE: SKIN WASH 250 ml bottle

A gentle, foaming cleanser, suitable for teenage skin to help with inflammation, acne and rashes. Contains Tea Tree oil, colloidal silver, and herbal extracts of Olive Leaf, Artemisia, Urtica, Calendula, Sage and Rosemary.

This Teen Active Skin Wash is a phenomenal, empowering product for young skin! It provides a beautifully thorough, deep cleanse that clears away impurities without ever stripping the skin or leaving it feeling tight and dry. It leaves the face feeling incredibly fresh, awake, and completely balanced. It is the perfect, encouraging foundation for a simple, healthy daily skincare ritual that builds real complexion confidence.

PRODUCT LABEL

Gentle, soothing and naturally good for sensitive people.
This versatile product can also be used as an intimate or as a general body wash and hair shampoo.
Do not use other soaps with it. The acidic pH of 3.5 is the same as personal regions. Balance them helps to reduce irritation, infection, odour and discomfort. Special herbs and probiotics help you to feel clean and fresh every day and control itches, rashes, yeast infections (Candida). For dandruff, use a 10% solution of Nature Fresh Probiotic liquid for the final rinse.



With 15 probiotics, Tea tree oil and Colloidal silver. Herbal extracts of: Rooibos, Olive leaf, Artemisia, Urtica, Calendula, Wild Sage, Rosemary.

Other ingredients: Tea Tree oil, RO water, vegetable Glycerin, Cocamidopropyl Betaine, Sea Salt, Citric Acid, Sodium Benzoate (food grade), Cocamide DEA.

15 microbial strains: SCM EM food grade microbes cultured on a vegetable base: EFFICIENT MICROBES
WWW.SAEM.CO.ZA
They include:
Lactic acid bacteria: Bifidum, Bifidum, L. acidophilus, L. bulgaricus, L. casei, L. delbrueckii, L. fermentum, L. plantarum, L. lactis, bifidobacteria Rhodospseudomonas palustris, Bacillus subtilis, Saccharomyces cerevisiae, Streptococcus thermophilus, Bacillus subtilis, Rhodospseudomonas palustris, thermophilus. (blue-green algae)

250 ml

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Constantia tel: 021 709 0050

PRODUCT PACKAGING



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PRODUCT CODE AND DESCRIPTION

NF 066 TEEN ACTIVE RANGE: SKIN FOOD 100 ml jar

For moisturising and skin care, especially suitable for teenage skin. Contains Hyaluronic acid and herbal extracts: Sunflower, Grapeseed, Canola, Shea Butter, Aloe Bitters, Rooibos, Nigella Sativa, Olive Leaf, Artemisia, Sage and Rosemary.

Finding the perfect balance of hydration for youthful skin can be tricky, but this Teen Active Skin Food hits the perfect note! It is wonderfully lightweight, completely non-greasy, and leaves the skin feeling silky soft and perfectly nourished. It gives the complexion exactly what it needs to stay clear, vibrant, and resilient. A beautifully clean, supportive daily moisturizer that keeps skin looking and feeling its absolute best.

PRODUCT LABEL



**100ml
Economy
value pack**

Hyaluronic acid, herbal extracts and other natural skin nutrients help to boost collagen, treat rashes and wrinkles and protect skin

Ingredients: Hyaluronic acid, Canola, sunflower, grapeseed, safflower oil, shea butter, lecithin. Nature identical peach fragrance. Herbal extracts: olive leaf, rooibos, liquorice, plantain, calendula, plant sterols, Vitamin D, Panthenol, Calcium phosphate, Co enzyme Q-10, Zinc oxide, Potassium sorbate, Cholecalciferol & Ethylhexylglycerin

No harsh chemicals, perfume or colouring



How to feed your skin: Dry skin encourages blocked pores and inflammation! Use skin food before sunscreen or exposure to sun, swimming, etc or using makeup. Top up during the day and before your beauty sleep. Avoid normal soap, rather use pH balanced TEEN ACTIVE Skin Wash.

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www.naturefresh.co.za



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NF 067 TEEN ACTIVE RANGE: SKIN FIX 150 ml bottle

A gentle treatment for sensitive skin with a fresh citrus fragrance. Anti-microbial Contains Calendula, Urea, Papain, Aloe, Zinc, Olive Leaf, Artemisia, Sage and Rosemary and Colloidal Silver.

This Skin Fix is a total lifesaver for managing sudden blemishes and maintaining an even, clear tone! It works incredibly gently yet effectively to calm redness, target imperfections, and soothe angry skin areas without causing irritation. It is an incredibly encouraging and reliable product to have on the shelf, giving teenagers the perfect, natural tool to maintain clear, happy, and glowing skin with total ease.

PRODUCT LABEL

Gentle skin treatment with a fresh, citrus fragrance. It is antimicrobial, soothing and healing for sensitive skin.

Do not use other soaps with this product. The acidic pH balances the skin biome that helps to reduce irritation, infection, redness, inflammation and discomfort. Special herbs and micronutrients help to keep your skin feeling clean, smooth and fresh every day.

Application:

Apply to affected skin areas after washing with Teen Active Skin Wash. For daily protection moisturise with Teen Active Skin Food frequently because dry skin causes blocked pores.



Natural active ingredients: MSM(methylsulphonamethane), Calendula extract, Urea, Papain, Calcium pantothenate, Aloe bitters, Zinc AAC, Colloidal silver, Nigella sativa seeds, Olive leaf, (Europa/Afra) Artemisia (Europa/Afra) Wild sage and Wild rosemary.

pH 5 (skin compatible)

Other ingredients: Plant-based glycerine, methylcellulose gel, Salt, Icing sugar, Preservative: food grade Sodium Benzoate.

150 ml



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Constanza tel: 021 709 0050



6008603090719

RELATED PRODUCTS



TEN THINGS WE NEED TO KNOW ABOUT CALCIUM



The link between over 150 common ailments like: cramps, headaches, fatigue, hyperactivity, low blood sugar, depression, poor circulation, Osteoporosis, constipation, gum disease, etc. involves correct mineral and trace element metabolism. If the body functions at optimal pH levels it is easier to cope with diseased conditions and maintain good health. Calcium supplementation is important at any age!

1 CALCIUM IS REQUIRED EVERY DAY:

The most abundant mineral in our body is Calcium. Our bones weigh about 2 kg and 99% of the Calcium is deposited in them. As little as 200mg of our Calcium is circulated in the bloodstream at any given time. Without this critical amount serious problems can occur. This is why the bones act as a back up system to keep our vital organs functioning. Bone density is sacrificed whenever the blood becomes acidic (below a pH of 7,4 if calcium and other alkalizing minerals are not being supplied at a sufficient level.) Minerals that circulate around the heart have a critical ratio of Calcium to Magnesium to Potassium to Sodium for regulating the heartbeat. Calcium and Magnesium are vital to the metabolism of every living cell. Vitamin & mineral deficiencies are an underlying cause of many diseases.

2 DO WE ONLY NEED CALCIUM?

The major cause of Osteoporosis in South Africa is due to deficiencies of Magnesium, Copper and Boron and not Calcium. As Calcium Carbonate is cheap and abundant, it is a popular antacid or Calcium supplement. Unfortunately, it disturbs the homeostasis of your stomach acid. Other adverse side effects of taking Calcium on without Magnesium can cause constipation, kidney stones, the calcification of soft tissue (especially around injuries and joints) and a danger of hypercalcemia. These conditions are prevented by including Magnesium.

3 BEWARE OF CALCIUM ANTAGONISTS:

Ideally, we should absorb and assimilate all the Calcium we need from a good diet and dairy products. Although the Calcium in most foods adds up to an impressive total, the paradox is that some foods rob us of even more Calcium just to be digested. Substances like Phosphates, Phytates, fiber, bran, fat and sugar bond readily to Calcium and render it unavailable to the body. Many populations with very high rates of Osteoporosis consume large quantities of dairy products. Milk, protein, processed foods rich in Phosphates, and medications like cortisone produce acidic residues and need Calcium to balance the blood pH.

4 HORMONE SUPPLEMENTS WORK BETTER WITH MINERALS:

Estrogens can prevent the loss of calcium from bones but there are many risks attached. Blood pH cannot be maintained if the bones stop supplying Calcium. Cancer develops in tissues that become acidic. Breast and uterine cancer are common side effects of Estrogen interference. If sufficient Calcium is not freely available to maintain the heartbeat, heart attacks may occur. Progesterone promotes the replacement of bone tissue. Calcitonin from the parathyroid glands controls the rate of bone metabolism. Statistics from research published in the British Medical Journal (1993) show up to 11% increases of bone density in women on HRT who also took regular Calcium and Magnesium supplements. Taking cortisone increases the risk of Osteoporosis.

5 CANCER: ACID VERSUS ALKALINE:

Cancer cells only thrive and multiply in acidic conditions where there is a lack of Oxygen. A pH of 7,4 the blood brings more oxygen to cells. The bones keep a supply of Calcium available for this, but if it is not replaced, the bones begin to thin and become brittle. Calcium reserves should be developed before the age of 30.



NATUREFRESH
Product Brochure

DOWNLOAD



6 BONES ARE ALIVE!

Every day they are inspected by a monitoring process that breaks down weak areas. This rejected tissue is released into the bloodstream and the minerals are used by the body. The Calcium neutralizes acidity or bonds to toxic molecules, rendering them inactive and ready for excretion. The new intake of correctly prepared Magnesium, Calcium and other minerals is then sent to the bone to rebuild broken areas. It is a continuous and natural process for all growing children, teenagers and men as well as women regardless of age. Most of the bone repair, growth and maintenance work is done when we sleep. This explains why more Calcium is excreted at night. The evening meal should provide Calcium, but we do not always eat according to the perfect formula. Therefore, it makes sense to take a dose of Calcium and Magnesium regularly at bedtime. This also helps one to relax, sleep well and prevents cramps as a bonus!

7 CALCIUM NEEDS ABSORPTION AIDS:

Vitamins play a major role in bone formation: Vitamin C, D and B6 are vital to the process and need adequate Zinc to be activated. The right amount of Copper is required to balance the Zinc. Boron is important for preventing Calcium loss in urine and enhances bone development as well as hormonal secretions. It is also beneficial for sore joints.

Silica hardens and strengthens bone tissue. Potassium is required to prevent mineral loss.

8 WHEN DO WE NEED A CALCIUM SUPPLEMENT?

Can we obtain all the nutrients we need from a normal diet? Our soil is deficient and so is the food grown in it. With so much super refined acid forming junk food on the market, the need for adequate mineral supplementation has never been greater. The symptoms of mineral deficiencies are so vast and varied we need to begin to take note of what our bones are telling us before they begin to crumble: hyperactivity, asthma, nervous disorders, cramps, aches and pains, indigestion, cancer, heart disease, fingernails that break and split, loose teeth, gum disease, fatigue and lowered resistance to infections tell us enough. It is reassuring to note that adequate mineral supplementation with a good balance of vitamins and micronutrients, and a few dietary changes can help to cure and prevent most of these conditions. It is never too late or too early to take calcium supplements.

9 WHAT HAS CALCIUM GOT TO DO WITH LONGEVITY?

At the age of 120 a Japanese man claimed he owed his superior health to drinking lots of water. A closer analysis of his water supply showed that the coral sand that had dissolved in it had a rich yield of highly potentized alkaline minerals. But in addition to this, the old man took at least one gram of Calcium every day with adequate Magnesium. Proof enough that the way to be healthy and prevent degenerative diseases depends on providing a good balance of alkaline minerals along with a healthy diet and lifestyle.

10 HOW DO I KNOW THAT CALCIUM IS NOT JUST A WASTE OF TIME AND MONEY?

How soon can we expect to feel the effects of taking a good Calcium supplement? Ideally you should notice an immediate improvement in sleeping habits and bowel function. Your nerves will be steadier. Menstrual cramps ease off and premenstrual tension symptoms improve as the Calcium level of the blood is usually very low at these times. After a while the skin improves, joint aches and pains begin to decrease, and your fingernails get a lot harder and stronger. Loose teeth and bleeding gums firm up and become healthy again. As for the bones? They are silent and you can't feel if the density has increased. If all the other symptoms are clearing, you will be well on your way to showing better results when you have a bone



scan. Osteoporosis can be prevented. The ideal time to build up bone density is in your teens but it's never too late to prevent further bone loss. If you still suffer from cramps, aches and pains, frequent colds, insomnia, irritability, loose teeth, constipation or stiff joints after taking calcium supplements for over a month you may need a more comprehensive form of supplement. You may be taking your supplement incorrectly or getting too little Calcium.



NATURE FRESH CALCIUM COMPLEX MAKES LIFE EASIER:

As the body can only absorb 20% of the Calcium you take it is better to have it in small quantities throughout the day. The easiest way to do this is by drinking it in your daily water, fruit juices or sports drinks. We also need Calcium before bedtime as most of the "reject" Calcium is excreted at night. A teaspoon of NATURE FRESH CALCIUM COMPLEX once or twice a day is what the average person needs to replace mineral loss and build up bone tissue as well as supply Calcium and Magnesium and trace elements for over 300 metabolic processes that take place on a continuous basis. The finely powdered formulation includes the following vitamins and minerals:

CALCIUM, MAGNESIUM, ZINC, SILICA, SODIUM, POTASSIUM, COPPER, BORON, VITAMIN C, VITAMIN D & VITAMIN B6 with enough fruit acids to balance the pH to 7 (neutral). This enables the Calcium to be ionized by stomach acid without disturbing its rate of flow for normal digestion. Homeopathic tissue salts that play key roles in the distribution of minerals in the body have also been included at potencies of D3, D6, D10: Calc Phos, Calc Sulph, Nat Phos, Silicea, Kali Mur, Nat Sulph, Nat Mur, etc. By taking a teaspoon of CALCIUM COMPLEX at a time you receive at least half the recommended daily allowance of: Calcium, Magnesium, Zinc, Copper, Vitamin C, Vitamin B6 and Vitamin D. If you add up what it usually costs to get these supplements individually, you can see why this product is so cost effective. The whole family can now take it.

SAFETY: Calcium from fish bones, dolomite, mineral water, bone meal, etc. can contain toxins like lead and arsenic that occur naturally in these materials. Dairy products often contain hormones and antibiotics. We only use pure ingredients.

WHAT CALCIUM COMPLEX CAN DO FOR YOU:

For a few cents a day you can take Calcium in a form that the body can use more effectively. As the formulation includes electrolytes like Sodium (bicarbonate and chloride) and Potassium it can be used as a sports drink when added to diluted natural fruit juice. This also prevents mineral loss after sweating, diarrhea, etc. Calcium and Magnesium deficiencies can be linked to over 150 common ailments such as cramps, headaches, constipation, fatigue, skin disorders, hyperactivity, low blood sugar, depression, poor circulation, painful joints, skin infections, mouth and gum infections, osteoporosis, etc. These minerals are involved in over 300 metabolic processes every day and their most important role is in maintaining the alkalinity of the blood. This enables oxygen to be carried to all parts of the body effectively and prevents acid build up in the cells which leads to diseases like cancer. You will notice many changes taking place in your body and soon you will see that calcium is not just for old ladies! Please ask your health shop or pharmacy to stock this product for you.

You are never too old or too young to start taking Calcium. Now you can do so without pills and big bills. No more fuss. All you need is a couple of teaspoons of CALCIUM COMPLEX daily. It only costs a few cents a day to lay a good strong foundation for other Vitamins and food supplements. A good diet, exercise and a healthy lifestyle are equally important.

NF 010 CALCIUM COMPLEX: 350g powder = 100 x 5ml

doses. Adequate Calcium, Magnesium, Boron, Zinc, Potassium, Copper and trace elements are essential for health and vitality. NATURE FRESH CALCIUM COMPLEX incorporates these minerals with vitamins, biochemical tissue salts and citric acid in proportions closest to those present in human bone tissue. A pH balance of 7 (neutral) ensures easy assimilation and helps to eliminate toxins. If too alkaline, calcium tends to upset the flow of gastric juices and may cause heartburn. Calcium and Magnesium perform over 300 metabolic functions in your body. Deficiencies result in tooth and gum disorders, osteoporosis, heart disease, irritability, insomnia, depression, cramps and arthritis. The results? Better sleep, strong, hard fingernails, no more cramps and a good, peaceful night's sleep. Bone density will steadily increase once the body starts healing.

NF 012 CALCIUM COMPLEX: 100 tablets

Convenient tablets, same formulation. (Calcium citrate / ascorbate) they are used extensively by top SA doctors, therapists and Gynecologists to treat osteoporosis. Also, for general aches and pains, acidity, weak fingernails, loose teeth, weakened thyroids, sleeping problems and especially menstrual cramps. No flavours or sweeteners are used.



**Traditional herbal products -
never tested on animals.**

**This product and information have not
been evaluated by SAHPRA.**

They should therefore not be used to diagnose or treat any disease, or replace professional medical advice. To ensure appropriate medical care, report ailments/symptoms to your doctor or health practitioner. Don't stop taking your prescription medications or combine with other treatments unless advised to do so by a medical practitioner. Therapeutic effects may vary according to the unique constitution or condition of a patient. Read the ingredient lists and instructions.

NF 010 CALCIUM COMPLEX

300g powder = 60 x 5ml doses. Pack height: 10.3 cm

Adequate Calcium, Magnesium, Boron, Zinc, Potassium, Copper and trace elements are essential for health and vitality. NATURE FRESH CALCIUM COMPLEX incorporates these minerals with vitamins, biochemical tissue salts and citric acid in proportions closest to those present in human bone tissue. (See disclaimer on the label.)

A pH balance of 7 (neutral) ensures easy assimilation and also helps to eliminate toxins. If too alkaline, Calcium tends to upset the flow of gastric juices and may cause heartburn.

Calcium and Magnesium perform over 300 metabolic functions in your body. Dark field blood analysis shows a direct improvement within a few days. Deficiencies result in: tooth and gum disorders, osteoporosis, heart disease, irritability, insomnia, depression, cramps and arthritis.

It promotes strong, hard finger nails; a good, peaceful night's sleep and keeps cramps and restless legs at bay. A bedtime dose of a heaped teaspoon in a little water is the best time, as it assists the removal of toxins and heavy metals. No flavours, lactose, colourants or sweeteners.

New inner pack: Easier to use Ziploc pouch and compressed powder.

PRODUCT LABEL

This medicine has not been evaluated by SAHPRA and is not intended to diagnose, treat, cure or prevent any illness. First consult a doctor if you are on prescribed medications.

Die medisyne is nie deur SAHPRA geëvalueer nie en is nie bedoel om te diagnoseer, behandel, voorkom of genees enige siekte nie. Soek mediese raad as u medikasies neem.

5ml powder (1 teaspoon) contains: (approximate values)

Calcium citrate / mineral / vitamin complex:
1000 mg calcium = 400mg elemental calcium
400 mg magnesium = 132 mg elemental magnesium
115 mg sodium / potassium electrolytes
30 mg vitamin C
10 mg zinc gluconate + 1 mg copper AAC
1.5 mg boron
2 mg vitamin B6 + 2.5 mcg vitamin D3
Homeopathic tissue salts D6: calc phos, calc sulph, nat phos, kali mur, nat sulph, nat mur, calc fluor

No animal components, wheat, lactose, yeast, sugar, flavouring, colours, stimulants, pesticides or GMO.

Bevat geen koring, melksuiker, gis, suiker, geurmiddels, kleur, opkikker, plaagdoders, GMO of diereenderdele.



I am your new tamper evident security container

Average daily dose for 60-80kg adult.

1 x 5ml flat teaspoon at bedtime, mixed with 50ml milk or water. (But not mixed with other medications.)
An extra dose can be taken in the morning to improve calcium metabolism and to help to detoxify and alkalize.

Serving suggestions:

Delicious hot - with xylitol, cocoa powder and boiling water or cold - mixed with yoghurt and in smoothies.

Gemiddelde daaglikse dosis vir 60-80kg volwassene:

1 x 5ml teelepel om slaaptyd, gemeng met 50ml melk of water. (Maar nie saam met ander medikasies.)

U kan 'n ekstra dosis in die oggend neem, om kalsium metabolisme te verbeter en om te detoksifiseer.

Economy pack

Tablets are also available in the same formulation

For more information scan the QR code above or visit:

www.naturefresh.co.za

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7848 Tel: +27 21 709 0050



6 009603 090139 >

RELATED PRODUCTS





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NF 012 CALCIUM COMPLEX 100 tablets Pack height 9cm

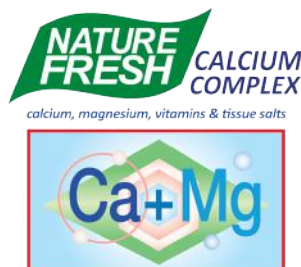
Convenient tablets, same formulation and balanced pH (7 – neutral)
The powder and tablets have been used, tested and recommended by top SA doctors, therapists and gynecologists to treat osteoporosis and systemic acidity (blood analysis proves this). Also for general aches and pains, acidity, weak fingernails, loose teeth, weakened thyroids, high blood pressure diabetes, sleeping problems. Good for menstrual cramps.

To control blood pressure: Magnesium is also called a Calcium channel blocker and this combination of Calcium, Magnesium, Boron and tissue salts helps to prevent the tightening of blood vessels and therefore prevents hypertension. Another advantage, without the expense and side effects of patent medications. The Olive leaf and Calcium complex is a more specific combination for this and many other ailments.

Magnesium opposes excitatory chemicals like MSG and Calcium channels in the brain to facilitate our thinking and memory recall. They are partnered with Magnesium in the neural synapses to prevent cortisol from blocking the receptors. When this happens, as it does when we are tense (Magnesium deficient), memory cuts out and this is why both MSG (and Calcium) accumulate in the brain. It is important to maintain the correct ratio between them.

PRODUCT LABEL

Approximate value for 5 tablets:
Calcium carbonate1000mg
Providing calcium (elemental)400mg
Magnesium carbonate420mg
Providing Magnesium (elemental)107mg
Zinc AAC 20%15mg
Providing Zinc (elemental)3mg
Boron AAC 5%12mg
Providing Boron (elemental)0.6mg
Copper AAC 10%10mg
Providing Copper (elemental)1mg
Calc fluor D6, Calc phos D6, Kali mur D6,
Nat phos D6, calc sulph D6 (tissue salts)
Cholecalciferol (Vitamin D3)4mg
Providing Cholecalciferol500iu
L-Ascorbic Acid (Vitamin C)150.35mg
Inactives: Polyvidone, Citric Acid
Anhydrous, Vegetable cellulose,
Silicone dioxide, Sodium starch
glycolate, Magnesium stearate



100 TABLETS
NO: Wheat, Sugar, Yeast, Flavours, Colours, Stimulants.

Adults: 1 - 5 tablets per day, in the evening for best absorption. Do not take within 2 hours of any other medication. Also available in a 300g powder jar.

Category: Complementary health supplement

Storage instructions: store at or below 25 degrees Celsius in a dry place, away from sunlight

This medicine has not been evaluated by SAHPRA. It is not intended to diagnose, treat, cure or prevent any illness. Ask for professional medical help.

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NF 024 PAIN SUPPLEMENT MSM & VITAMIN C - 90g powder. Height 9 cm

Methylsulphonylmethane (natural Sulphur) with Vitamin C, Boron, Calcium, Magnesium and tissue salts. For arthritis, joint pain. Helps with collagen formation in skin and joints.

Dosing: 2 to 6 g/day in 2 to 3 divided doses for arthritis and other joint conditions. Contraindications have not been identified.

Interactions None well documented.

Adverse Reactions No conclusive data on adverse reactions with MSM have been reported

MSM has been reported to alleviate allergies, arthritis, GI upset, musculoskeletal pain, and to boost the immune system. It also possesses antimicrobial effects against organisms such as Giardia lamblia, Trichomonas vaginalis, and some fungi. MSM may bind to surface receptor sites, blocking the interaction of parasite and host.

A beneficial side effect: this product is a combination of MSM with vitamin C helps to lower blood sugar. It can be used by diabetics: a teaspoon of the powder is taken with a little water before a meal can reduce their medication. To help prevent an attack of hypoglycaemia, do NOT take it on an empty stomach.

PRODUCT LABEL

WARNINGS:

Consult your healthcare provider before use if you are taking chronic medication, suffer from any allergies or serious ailments and if you are pregnant or breastfeeding. Discontinue use if any untoward side effects occur.

WAARSKUIWINGS:

Raadpleeg jou geneesheer voor gebruik as jy kroniese medikasie gebruik, aan allergieë of ernstige siektes ly, en as jy swanger is of borsvoed. Staak gebruik indien enige onaangename neuseffekte voorkom.

This medicine has not been evaluated by SAHPRA. It is not intended to diagnose, treat, cure or prevent any illness.

Hierdie medisyne is nie deur die SAHPRA geëvalueer nie. Dit is nie bedoel om te diagnoseer, behandel, voorkom of enige siekte te genees nie.

NO: Gluten, preservatives, sugar, lactose



DIRECTIONS FOR USE:

Take 2-5g in water, with food once a day, or as directed by your healthcare provider.

DOSEERINGS EN GEBRUIKSAANWYSINGS:
Neem 2-5g een maal per dag met etes, of soos jou geneesheer voorskryf.

Per 5g serving:

2g Methylsulphonylmethane
1g Buffered Vitamin C
600mg L-Lysine
600mg Calcium Carbonate
100mg Magnesium Carbonate
2mg Zinc
2mg Boron
500mcg Vit D
250mcg Copper

**STORE IN A COOL DRY PLACE BELOW 25°C
KEEP OUT OF REACH OF CHILDREN**

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for more help & information
please scan this
QR code

90 g



RELATED PRODUCTS



NATURE FRESH OLIVE LEAF TABLETS : HOW TO GET THE BEST RESULTS.

Please note that this information should not be used to diagnose, treat or cure a condition without the consent of your doctor. Seek advice if you are pregnant, epileptic, diabetic or have high blood pressure or a heart complaint. You are responsible for your own health and safety.

CONTENTS:

**90 Olive leaf tablets made from organically grown trees.
(Olea Europaea also known as Olienhout)**

Each tablet contains 500mg of 100% natural green olive leaf powder bound with vegetable gum (gum Acacia)

Free from pesticides, animal products and chemicals.

Suitable for vegetarians and vegans.

FOR ACUTE CONDITIONS:

(THE SUDDEN ONSET OF AN INFECTION)

This natural, non-toxic tablet can be used as an alternative or a supplement to remedies normally taken for: colds and flu or: kidney, genital, respiratory, digestive or other acute infections.

TAKE: 2 tablets immediately. It is best to take two NATURE

FRESH CALCIUM COMPLEX TABLETS with your two OLIVE LEAF TABLETS.

If you feel you are getting a cold or chest infection, repeat the dose two hours later and then after four hours, or see how you are the next morning and lessen the treatment.

FOR CHRONIC CONDITIONS:(A SLOW, LINGERING DISEASE)

TAKE: 2 tablets with your morning meal and two at bedtime. It is advisable to take them with the CALCIUM COMPLEX TABLETS to help absorb and eliminate toxins, pathogens and parasites that may still be inside you.

FOR SMALL CHILDREN: FIRST CONSULT A RESPONSIBLE HEALTH PRACTITIONER

SUGGESTED DOSE: half a tablet, crushed between two teaspoons and mixed with 1 CALCIUM COMPLEX tablet and some water or milk.If this is well tolerated, the dose can be increased and given more frequently.

OLIVE LEAVES: CLINICAL REPORTS FROM RESEARCH UNDERTAKEN DURING 1995

REFERENCE:1 The Book: OLIVE LEAF EXTRACT by Morton Walker: 2 NATURE FRESH TRIALS: 2000 -2001

- Destruction of pathological microorganisms of all types- viruses, retroviruses (AIDS), bacteria, spirochetes, rickettsiae, chlamydiae, fungi, yeasts, molds, protozoa, helminthes and other parasites. A lower daily maintenance dose prevented their return.
- The relief of arthritic inflammations, especially osteoarthritis and rheumatoid arthritis.
- The reduction of insulin dosages for better control of diabetes.
- The elimination of chronic fatigue and associated symptoms.

- The creation or restoration of abundant energy with prolonged stamina.
- The normalization of heart beat irregularities (arrhythmia's)
- The improvement of blood flow in cardiovascular and/or peripheral vascular disorders.
- The lowering of blood pressure.
- An increase in concentration and the alleviation of cold hands and feet.
- The lessening of pain from piles or hemorrhoids
- The attenuation of toothache and gum disease (based on bacterial infections and abscesses)
- The obliteration of fungal infections such as mycotic nails, athlete's foot and genital itching.
- The permanent relief of malaria(from a protozoa), dengue fever (from a virus) and other exotic and deadly tropical diseases which produce fever as a primary symptom.
- The prevention and effective treatment of all types of viral diseases, including Epstein-Barr virus, cytomegalo-virus, herpes virus, retroviruses, colds, flu and HIV.
- The reversal of almost all symptoms involving Candida albicans or the yeast syndrome.
- The death and excretion of a variety of a variety of parasites, including microscopic protozoa and macroscopic helminth worms: tapeworm, roundworm, hookworm and pinworms.
- Improved renal function as it has a significant diuretic effect.
- It helps sore throats when olive leaf tea or the green juice is gargled.
- No need to restore the gut flora with lactobacillus as these body-friendly micro-organisms are not destroyed. Improved sexual function, due to increased circulation to genital organs, bringing about the reawakening of stimulatory receptors on the penis and the vaginal areas.
- The restoration of a natural lubrication function due to a more balanced distribution of water throughout the body in both males and females. A quicker response to sensual stimuli.
- An overall tonic effect and a greater sense of wellbeing both physically and emotionally.
-

SOME OTHER CHEAP NATURAL MEDICINES

To take with the olive leaves: BLACKSTRAP MOLASSES. A tablespoon of this bitter black molasses is a cheap, natural source of minerals. It is very good for fatigue, anemia and constipation. PARSLEY helps to clean the blood. It is rich in nutrients to help you fight diseases and build your strength. To get the best results, eat about six large sprigs every day. GARLIC also makes you healthy and is a good heart medicine. Swallow 2-4 cloves every day. Drink plenty of water to help flush out and eliminate all of the toxins.



Traditional herbal products - never tested on animals.

This product and information have not been evaluated by SAHPRA.

They should therefore not be used to diagnose or treat any disease, or replace professional medical advice. To ensure appropriate medical care, report ailments/symptoms to your doctor or health practitioner. Don't stop taking your prescription medications or combine with other treatments unless advised to do so by a medical practitioner. Therapeutic effects may vary according to the unique constitution or condition of a patient. Read the ingredient lists and instructions.

NF 025 OLIVE LEAF TABLETS 90 tablets. Pack height 9cm

Dosage: Oral dosages range from 500 – 2,000 mg powdered Olive Leaf. (The extract is 17-20% Oleuropein). It is advisable to take probiotic supplements to compensate for antimicrobial activity and to avoid loose bowel movements.

The potent antioxidants present in olive Leaves help to protect the endothelial cells that line the arterial walls. These tissues help to maintain a smooth blood flow and even blood pressure. Atherosclerosis occurs when plaque accumulates on this delicate surface. They further help to prevent the oxidation of LDL-cholesterol. (Oxidized LDL triggers inflammation that damages arteries). As a remedy for hyperglycemia, olive leaves improves insulin sensitivity, thus reducing the damage that insulin does to the cell lining. Endothelial dysfunction and inflammation are the precursors of heart attacks caused by blockages. Olive leaves improve circulation and keep the blood thin. They are 6x less toxic than ginkgo biloba according to LD 50 trials.

Caution: The proven blood pressure-lowering effects of olive leaf extracts are potent enough to warrant caution if you are taking prescription drugs for blood pressure, cardiovascular, cholesterol or to increase insulin function. Consult a doctor about their combined effects.

They also protect the collagen (connective) tissue by inhibiting matrix metalloproteinases – chemicals that dissolve the gel-like matrix that holds collagen cells together. Olive leaf or the extract inhibits “adhesion molecules” that help white blood cells and platelets to stick to arterial walls. (Plaque formation.) They boost micro-circulation, control platelet aggregation (clumping and clotting) and reduces viscosity. Olive leaves have a broad spectrum of antimicrobial activity. This helps to prevent blood coagulation caused by parasites, especially from a yeast overgrowth. A natural alternative to antibiotics, antimalarial, antiviral and antifungal drugs. A good tonic, brain stimulant, for better circulation, and anticoagulant. Keeps Candida, molds and fungus under control.

Olive Leaf Tablets (naturefresh.co.za) For some inspiring olive leaf applications

PRODUCT LABEL

Consult your doctor if you are diabetic, pregnant, or take heart medications.

Raadpleeg jou dokter as jy swanger is, diabeet of hart medikasie neem.

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Hierdie medisyne is nie deur SAHPRA geëvalueer nie. Dit is nie bedoel om te diagnoseer, behandel, voorkom of enige siekte te genees nie.



6 009603 090283 >



90 VEGAN TABLETS
Each tablet contains:
500mg Olive leaf

DOSAGE: 2 tablets immediately, then 2 every 2 hours or as needed for relief.
CHILDREN: 1 tablet at a time, crushed in juice.

DOSIS: 2 tablette onmiddellik, dan 2 elke 2 ure of as dit nodig is vir verligting
KINDERS: 1 tablet op 'n tyd, gekneus in sap.

Category: Complementary health supplement

Storage instructions: store at or below 25 degrees Celsius in a dry place, away from sunlight

NATURE FRESH HEALTH PRODUCTS c.c.
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Constantia 7848, Tel: 021 709 0050



See European Medicines Agency monograph EMA / HMPC / 43507 / 2009
Please scan on this QR code, or visit our website

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NF 064 Viro – BAN vegecaps

When taken with Olive Leaf and Black Cumin they help to treat the ill effects of mutating viruses, bacteria / biofilms, parasites and help control fever, cytokine storms, blood clotting, hypoxia & sepsis. Black Cumin exerts immunomodulatory effects due to its CBD (endocannabinoid) content.

Each Viro-BAN capsule contains:

- 215mg Olive Leaf (Europea/Afra) Anti-microbial**
- 100 mg Black Cumin, Nigella Sativa.**
- 100 mg Artemisia Annuua/ Wilde Als/ Umhlonyane.**
- 50 mg Papain (proteolytic RNA anti-viral enzyme)**
- 50 mg Bromelain**
- 2 mg Zinc Oxide**
- 1000 iu Vitamin D3**
- 50 mcg Selenium AAC**

For daily protection: 1 -2 capsules before breakfast. Acute infections: 2 capsules 2 – 3 x day. Seek medical help.

PRODUCT LABEL

Each VEGECAP contains:

<i>Olea Europea/Afra</i> (Wild Olive or Olienhout) leaf powder.....	215mg
<i>Nigella Sativa</i> (Black Cumin or Kalonjie) seed powder.....	100mg
<i>Artemisia afra</i> (Wilde Als/Umhlonyane) aerial parts powder.....	100mg
Bromelain (proteolytic enzyme).....	50mg
Papain (proteolytic enzyme).....	50mg
Zinc (AAC source)	2mg
400 iu Vitamin D3	400iu
Selenium AAC.....	50mcg

Storage instructions: Store at or below 25 degrees Celsius in a dry place away from sunlight. Keep out of reach of children.

No sugar, nuts, gluten or lactose



**IMMUNO COMPLEX
50 VEGECAPS**

FOR BEST RESULTS:

NB: First consult your doctor if you are on medications, suffer from allergies or you are pregnant or are breastfeeding.

Adults: Take 1 or 2 capsules every morning with breakfast.

Children over 30kg: Take 1 capsule every other day with breakfast.

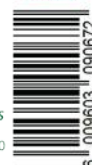
Disclaimer: This unregistered medicine has not been evaluated by the SAHPRA for its efficacy, quality, safety or intended use.

Category: Complementary Medicine Health Supplement.

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NF 043 MEGAMAX 50 Capsules. Pack height: 9cm

Herbal energy, brain circulation and libido booster. Contains: L -arginine, Tribulus Terrestris, Gotu Kola, Cat's claw, Olive Leaf, Alfalfa and Saw Palmetto. For men and women as a hormonal enhancer with protective herbs to help control: DHT (dihydrotestosterone), BPH (benign hyperplasia) and prostate or breast cancer.

Need to get up and go? Over 90% of chronically depressed people are sexually dysfunctional or totally impotent. Furthermore in South Africa 60% of the men over the age of 40 have serious sexual dysfunctions.

Tribulus Terrestris treats declining levels of testosterone at the pituitary level and improves loss of energy, zest for life, mental concentration and libido, and works especially well for men over 50. The hormone testosterone is mandatory for sexual potency and performance. High testosterone levels usually ensure high levels of sexual activity and strong erections. Low testosterone levels affect a large number of males, whose symptoms range from lack of interest to weak erections. Testosterone replacement drugs shut down the hypothalamic-pituitary-testicular axis (HPTA) that controls normal production of testosterone within the body. Anabolic steroids (HRT) shut down your internal machinery for making testosterone. Tribulus Terrestris is a hormonal precursor.

Beneficial for women-. MEGAMAX also helps to immediately eliminate prolactin, the hormone that causes breasts to swell and become painful. Prolactin also destroys libido and reduces sex drive. Ironically, women with PCOS have imbalances of estrogen, prolactin and testosterone.

Suggested dose for women: 1 tablet per day to start building up the testosterone level. It also works very for older women. The Nature Fresh BLACK COHOSH tincture will help to restore progesterone. Both progesterone and testosterone are precursors for estrogen.

PRODUCT LABEL

50 Vegecaps
2 x capsules contain:

L-arginine (Amino acid)	300mg
Alfalfa powder (Lucerne).....	200mg
Uncaria Tomentosa (Cat's Claw)	200mg
Centella Asiatica (Gotu Kola)	200mg
Olea Europea/Afra (Olive Leaf).....	200mg
Tribulus Terrestris (Gokshura).....	200mg
Sabal Serrata berry(Saw Palmetto).....	100mg

Inactive ingredient: Magnesium Stearate

Storage instructions: Store at or below 25 degrees Celsius in a dry place away from sunlight. Keep out of reach of children.

get up and go at any age



ULTIMATE performance

FOR BEST RESULTS:
First consult a doctor if you take any other medications or hormone supplements.
Adult men: Take 2 capsules every morning.
Adult women: Take 1 capsule every other day, but not during menstruation or pregnancy.

Disclaimer: This unregistered medicine has not been evaluated by SAHPRA for its efficacy, quality, safety or intended use.
Category: Complementary Medicine Health Supplement

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NF 051 PARASITE CAPSULES 40 capsules. Pack height 9cm

Remedies for colds and flu will not stop them from returning a few times a year if you are harboring intestinal worms and other parasites! For example: most people who take olive leaf remedies as an immune booster hardly ever suffer again from colds and flu. This is because taking olive leaves eliminates many resident parasites that are also infected with viruses, bacteria and other pathogens.

45 % OLIVE LEAF (*Olea Europa* and *Olea Africana*) Help to eliminate most microbial infections, including *Candida Albicans*, Epstein Barr, Cytomegalovirus, genital herpes, shingles, cold sores and retrovirus, HIV, malaria, colds and flu. Often these organisms inhabit larger parasites like flukes and worms that may be present, but olive leaves have been known to destroy these parasites as well. Olive leaves help to lower blood pressure naturally, to stimulate micro-circulation and to boost the immune system, helping to improve white blood cell counts.

25% WORMWOOD (*Artemisia Absinthium*) A traditional remedies for tapeworm, all types of intestinal worms and liver flukes, including the various stages of Bilharzia (*Schistosomiasis*). At recommended doses, Wormwood is not harmful – except to parasites! *Artemisia* is friendly to the gut flora, even though it has a powerful antibiotic action. It is now widely used to help treat and prevent malaria. It helps to clear up kidney and urinary infections.

15% IVY (*Hedera Helix*) One of the best remedies we have for liver flukes, helps to treat congestive mucous-laden coughs and persistent catarrh. It is safe to use and is non-toxic. It was a chief ingredient of many old-fashioned cough mixtures and expectorants. Ivy has antimutagenic properties to help fight some forms of cancer.

15% CLOVES (*Eugenia Caryophyllid*). Cloves have a powerful antimicrobial action and are especially helpful for gut infections like dysentery, food poisoning, shigella and the bloated stomachs. Cloves contain Eugenol, a valuable remedy for urinary, bladder and kidney infections. They help to fight all types of fungi and molds and are systematic in killing off the egg and larval stages of larger parasites.

PRODUCT LABEL

40 VEGECAPS. Each capsule contains:

Methylsulphonylmethane.....200mg
Olea Afr / Wild Olive Leaf.....150mg
 [Dried plant leaf]
Artemisia Afr (Wilde Als).....120mg
 [Dried plant aerial parts powder]
Syzygium aromaticum (Clove).....100mg
 [Dried flower bud]
Hydera Helix (Ivy).....80mg
 [Dried plant leaf]
 Inactive ingredient: Magnesium Stearate

Disclaimer: This unregistered medicine has not been evaluated by the SAHPRA for its efficacy, quality, safety or intended use.

Category: Complementary Medicine Health Supplement

Storage instructions: Store at or below 25 degrees Celsius in a dry place away from sunlight. Keep out of reach of children.



FOR BEST RESULTS:

Average adult dose: 1-2 capsules after breakfast.

Children over 1 year, below 30kg: 1 capsule after breakfast.

Interval: 1 week per month is the usual cycle but capsules can be taken every day if preferred.

WARNING: First consult a doctor if you use chronic medications, have allergies are pregnant or breastfeeding. Discontinue if any untoward side effects occur.

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RELATED PRODUCTS



NF 047 PROBIOTIC LIQUID 200ml bottle

PROBIOTIC-15 is a liquid concentrate of the three basic families of probiotic strains: lactobacillus, phototropic probiotics (similar to blue-green algae) and beneficial yeasts that do not cause candidiasis. These beneficial microbes consume candida.

When we take antibiotics and even large and frequent doses of herbs like Goldenseal, Oregano oil, Echinacea or Propolis we kill off the beneficial gut microbes as well. By taking these, we could compromise microbes as well. By taking these, we could compromise.

15 strains of beneficial bacteria plus selenium. Add to water or juice and leave overnight to double the microbial count. Take after using antibiotics to replenish beneficial gut flora.

PRODUCT LABEL

COMPOSITION PER 15ml

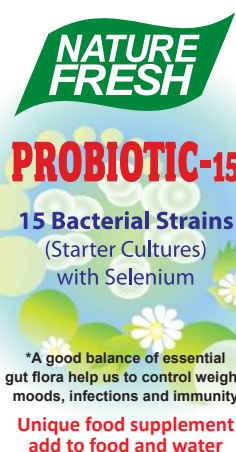
13515mg Purified Structured water
600mg SCM EM food grade
525mg Organic Grape and Apple Juice
150mg Natural Molasses
45mg Kelp
15mg Sodium Chloride
200mcg Selenium AAC

15 microbial strains(SCM EM food grade*)

Lactic acid bacteria: Bifidobacterium animalis ssp lactis, Bi bifidum, Bi longum, Lactobacillus acidophilus, L bulgaricus, L. cas ei, L. delbrueckii, L. fermentum, L. plantarum, L. lactis.
Phototropic bacteria (similar to blue-green algae): Rhodospseudomonas palustris, Bacillus subtilis
Beneficial yeasts (do not cause candidiasis): Saccharomyces, Streptococcus thermophilus

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Die medisyne is nie deur SAHPRA geëvalueer nie. Die medisyne is nie bedoel om te diagnoseer, behandel, voorkom of enige siekte toestand te genees nie.



DOSAGE AND DIRECTIONS FOR USE:

5ml once or twice day in water, with food or as directed by your health practitioner.

DOSERING EN GEBRUIKSAANWYSINGS:

Neem 5ml een of twee maal 'n dag in water, kos of soos jou geneesheer dit voorskryf.

SPECIAL CONSIDERATIONS / WARNINGS:

Consult your healthcare provider before use if you are taking chronic medication, suffer from allergies, serious ailments. If you are pregnant or breastfeeding, Discontinue use if a untoward side effects occur.

WAARSKUWINGS:

Raadpleeg jou geneesheer voor gebruik as jy kranie medikasie gebruik, aan allergieë of ernstige siektes ly, en jy swanger is of borsvoed. Staak gebruik indien enige onaangename neven-effekte voorkom.

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RELATED PRODUCTS



NF 048 PROBIOTIC SPRAY 200ml bottle

This spray version of PROBIOTIC-15 liquid is enhanced with 10% colloidal silver for extra activity at a low dose that does not affect friendly bacteria. Sprayed onto food or water helps to counteract infections from dirty hands, before serving, cooking or eating them. Use on the skin for infections, flaky scalp, ulcerated wounds or on itchy bumps and rashes.

Probiotics are important to control the overgrowth of yeast that causes Candidiasis. A deficiency of these 15 probiotic strains results in problems with candida. Daily recommended dose is 5–15 ml. This also provides 200mcg of selenium. In South Africa we are deficient in selenium, the antioxidant mineral that helps to prevent cancer.

15 strains of beneficial bacteria. Enhanced with 10% Colloidal Silver for enhanced activity at a low dose that does not affect the beneficial bacteria. Spray onto food or raw salads before eating.

PRODUCT LABEL

COMPOSITION PER 15ml

13515 mg Purified Structured water
10% Colloidal Silver (anti - pathogenic)
600 mg SCM EM food grade
525 mg Organic Grape & Apple Juice
150 mg Natural Molasses
150 mg Herbal Extracts
45 mg Kelp extract
15 mg Sodium Chloride
200 mcg Selenium ACC

SPECIAL PRECAUTIONS AND MEDICAL DISCLAIMER

Consult your healthcare provider before use if you are taking chronic medication, suffer from any allergies serious ailments and if pregnant or breastfeeding. Discontinue use if any untoward side effects occur.

WAARSKUWING: Raadpleeg u genesheer voor gebruik as jy kroniese medikasie gebruik, aan allergieë of ernstige siektes ly, en as jy swanger is of borsvoed. Stop gebruik indien enige onaangename nuwe-effekte voorkom.

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Die medisyne is nie deur die Medisyne Beheerraad geëvalueer nie. Die medisyne is nie bedoel om te diagnoseer, behandel, voorkom of enige siekte te oesland te genees nie.

200ml



Unique food supplement
spray on food, juice or water

CONTAINS 15 microbial strains

SCM EM food grade
Lactic acid bacteria: Bifidobacterium animalis ssp lactis, Bi bifidum, Bi longum, Lactobacillus acidophilus, L bulgaricus, L casei, L delbrueckii, L fermentum, L plantarum, L lactis.
Phototropic bacteria (similar to blue-green algae): Rhodospirillum rubrum, Rhodospirillum rubrum, Rhodospirillum rubrum.
Beneficial yeasts (do not cause candidiasis): Saccharomyces, Streptococcus thermophilus

*EFFICIENT MICROBES: WWW.SAEM.CO.ZA

DOSAGE AND DIRECTIONS FOR USE:

5ml twice a day in water, or as directed by your healthcare provider. (Soaking in a glass of water allows the probiotics to double over a period of 24 hours.)

DOSERING EN GEBRUIKSAANWYSINGS:

Neem 5ml twee maal per dag in water, of soos jou genesheer voorskryf

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RELATED PRODUCTS



NF 057 VIRO-BAN HERBAL TEA BAGS 10 tea bags in a foil pack. Height 16cm

1 bag makes 4x 250ml treatments. Drink 1-2 cups per day to boost immunity. If treating an ailment, pour 2 cups of boiling water on a bag and steep for 10 minutes. Repeat with 2 more cups - up to 4 cups per day.

PRODUCT LABEL



Olea Europea/ subspecies Afra
Wild Olive/Olienhout) leaves
Artemisia Afra
(Wilde Als/Umhloniyane) aerial parts
10 X 3g teabags = 40 cups
(1 bag makes 4 x 250 ml servings)

Pour 2 cups of boiling water on a bag and steep for 10 minutes. Repeat for 2 more cups. Treatment: 2-4 cups a day. Keep used bags for steaming - or to treat skin lesions.

FOR BEST RESULTS: Do not add any sugar. Drink 1 or 2 cups at a time, preferably between meals.

Warning: First consult your doctor if you are on medications, suffer from allergies or you are pregnant or are breastfeeding.

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Category: Complementary Medicine Health Supplement

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NATURAL GUIDELINES TO FEMININE WELLBEING

We all know that a good diet, plenty of exercise and a peaceful night's sleep are ideal ways to stay healthy and have lots of energy. But our lives are different. We are usually too tired, stressed out and rushed off our feet to apply any of these measures effectively. We need quick fixes to bail us out, to hype us up, to calm us down and to deal with stress. When these fail, we try more expensive products and therapies in desperation. Many years can pass us by in our efforts to overcome health issues that undermine our wellbeing despite our efforts to overcome them.

There is always a solution to your problem. Beware of products that claim to change your life, give you back your youth, shed unwanted kilograms and make you invincible. No single product can do that for anybody: no matter what it costs or what corner of the globe it is imported from. Even if it worked for a high-pressure salesperson!

In a world where ladies are given antibiotics, hormones, sedatives and anti-depressants to get through the day, here is some common sense, free of charge! These simple guidelines are based on years of research into natural medicine. The information we provide has been sourced from doctors, gynecologists, homeopaths, naturopaths, aroma therapists and other remarkable people who have provided these parts of the jigsaw puzzle to form this foundation of good health. More help came from books, magazines, the internet, lectures, the patients themselves and from direct experience. We are all unique. One single remedy will not work for everyone, so we have to work directly with you as an individual, but only after you have worked through this list or things to correct yourself, as they are common to all the complaints we receive. Without exception – people who ask for help have defaulted on these items:

BASIC OUTLINE FOR HELPING YOURSELF TO HEALTH

1 EXERCISE: Thanks to Gymnasia we have unlimited access to loads of exercise and endorphins and can enjoy some company and encouragement! Never make excuses about not doing a few hours of really concentrated exercise plus relaxing every week. Every health regime starts with exercise. Just do it. At home, there is plenty to do. Go for walks, runs and do housework, clean, garden, and keep active. Do stretching and squats in front of TV.

2 FOOD: Despite nutritional guidelines we have a unique body. Blood groups, body types, your attitude and way of life change your food into harmful or healing substances. Find the foods that work for you: avoid those that don't.

3 HORMONES: HRT is becoming a dirty word. Indiscriminate use of hormone supplements is the route to many health hazards. Natural ways to boost and balance hormones are safer, cheaper and more reliable options. Your hormonal make up is unique and it takes skill to find a perfect balance. NATURE FRESH HORMONE BALANCERS work quickly and directly. Years of effective treatment with our range have really worked with hot flushes, menstrual difficulty, ovarian cysts (PCOS) and even testosterone deficiencies.

MEGAMAX has helped many an ailing lady “over the threshold” to a more positive, radiant and slimmer change of life! The best way to clear out hormonal stress is to do a liver and gallbladder flush every 6 months. (See p 31 of my book.) It is a 23 day process. NATURE FRESH PARASITE REMEDY is taken at the same time. It really cleans you!

4 WEIGHT LOSS: Each generation is becoming more obese, and a single product cannot make everybody thinner. Identify the cause of weight gain. It could be hormonal, stress, genetic, metabolic or dietary. Many solutions are offered. Most slimming drugs or crash diets have adverse side effects causing metabolic disturbances and rebound weight gain. Seek help from the experts who use blood type eating, who eat within the “zone” and control blood sugar problems. Ladies on MEGAMAX are showing a steady overall slimming down.

5 SLEEP: Do we need sleeping pills? Boosting the release of your own melatonin works wonders as levels drop during ovulation and menopause. Herbal alternatives are Valerian, Kava-Kava, Passiflora, Hops and Rescue remedy.

6 INTIMATE HEALTH: Candida, discharges, rashes dryness and vaginitis have common causes but may be symptoms of more serious infections. Natural remedies are safe and soothing and can be used with medications.

7 CALCIUM SUPPLEMENTS: Which type of calcium should you take? NATURE FRESH CALCIUM COMPLEX has a perfectly balanced formulation. It has been working miracles for over 25 years and reports of reversing osteoporosis have been received from happy patients! The best time to start supplementing is at menstruation. Early signs of a Calcium deficiency are menstrual cramps, gum recession and loose teeth. Aches and pains, irregular heartbeat, insulin resistance (syndrome X) and muscular cramps also add up to mineral deficiencies. Always take calcium with magnesium - best at bedtime, in powder or tablet form.

8 ANTI-DEPRESSANTS: St John's Wort (Hypericum) is taking over from Prozac. Exercise, a good diet and hormonal balancing also relieve depression. Our herbal tinctures and MEGAMAX can make a big difference.

Special note: Our information is not intended as medical advice. Please consult your doctor or therapist to discuss any changes you wish to make to your current treatment. A suggested remedy is taken at your own risk, so be sure that it is safe for you.

Through a process of reaching out and sharing, we can all help each other. Do not hesitate to contact us if you need help. Please note that we are not allowed to give medical advice and no medical claims are intended. People only complain of weight problems, depression, Candida Albicans, PCOS and just about anything, because somebody is listening!

SYMPTOMS OF VAGINAL DISORDERS AND NATURAL WAYS TO COPE

Candida, discharges, rashes dryness and vaginitis have common causes but may be symptoms of more serious infections. Natural remedies are safe and soothing and can be used with medications as advised by your doctor or gynae.

1: BURNING, ITCHING, RASHES AND SWELLING OF THE VULVA

First check through the list of common causes and take the appropriate action. Then use these suggestions for relief:

CLEANSING: rinse the area in a weak solution of cider vinegar and salty water. Rooibos, Echinacea, Hypericum, Calendula or suitable herbal teas make excellent rinsing and douching agents, especially when acidified with a few drops of lemon juice, cider vinegar and a spoon or two of salt. Never use bicarb or alkaline soaps as the vagina must remain acidic. Special acidic cleansing solutions are available and Nature Fresh make a herbal vaginal cleanser with Tea Tree Oil or a milder Rooibos formulation. It can also be used every day in the bath and shower for general use or diluted to 5ml per cup of warm water if a douche is required. You can buy a special apparatus from the pharmacy called a Whirling Spray, made by the manufacturers of Barum Enemas. If you cannot find one, a baby's enema or a large syringe without the needle will have to do. Only douche the vagina if your practitioner recommends it. Ladies are often confused about using soap. Keep it away from the vaginal cavity, but it can be used on the vulva or outer region. If you are not sure, use a product that is compatible for both areas.

SOOTHING: Pat yourself dry and apply a natural Calendula or Vitamin E cream to areas that are red and sore. A natural lubricating gel can also be applied frequently to stop itching and chafing. Nature Fresh make a mild gel with Tea Tree oil for infected areas or use their hypoallergenic Natural Personal Lubricant. These gels can be used throughout the day for interim cleansing when applied to cotton wool and used after going to the toilet, especially during menstruation.

REDUCING THE SWELLING: Inflammation can be reduced by taking Cantharis Compound Drops by Weleda. It has an antihistamine action. Take a few drops directly on the tongue or in a glass of water. The tissue salt FERRUM PHOS reduces inflammation. You can suck four tablets every half hour until the pain subsides and then take them at longer intervals. Follow the ANTI-INFLAMMATORY PROGRAMME for long term relief.

STOPPING THE PAIN: Some people find that ice packs help reduce the pain and swelling. Try wetting a sanitary pad, wrap it in a waterproof plastic bag and freeze it. If this works, make a few more so you can exchange them. Take a painkiller as a last resort or ask the pharmacy for a topical anaesthetic such as Xylotox or Lignocaine.

2: WEEPY SORES, OOZING PUS AND VERY SENSITIVE LESIONS

These conditions are due to infections which should be diagnosed and treated by a doctor. In cases of recurrent Herpes, long term treatment with cream containing L-lysine

(an amino acid) seems to prevent the sores from appearing again in the same place. The whole area must be covered in cream daily especially if a new outbreak of sores is starting. Taking L-lysine supplements is recommended as well as following the ANTI-INFLAMMATORY PROGRAMME. For weepy infected sores, use the medications that are given to you by the doctor. Herbal creams containing Calendula can also help. Some people swab with diluted tinctures of Calendula and Echinacea or use herbal teas. Herbs like Plantain (ribwort), Rooibos and Comfrey are very soothing. Use the advice in the previous paragraph to treat pain and swelling and try not to wear tight pants and synthetic fabrics.

3: ABNORMAL VAGINAL DISCHARGES

The shedding of vaginal tissue produces a residue on underwear. It can appear a few times a month, but if no unusual odour or colour is present and it is not profuse, the discharge is normal. Eating certain foods rich in amino acids can cause a different effect, especially bean sprouts, alfalfa, garlic, chillies and certain curry spices. If you are eating a lot of these foods and stop for a few days, this unusual odour or discharge will disappear and there should be no more cause for alarm. If no itching, swelling, inflammation or redness of the vulva is present then a discharge is not abnormal or a sign of a serious infection. The following discharges, accompanied by vaginal irritation indicate an infection:

1: Thick white clots that look like cream cheese: A creamy white discharge is known as Leukorrhea. The Candida Albicans fungus is always present in vaginal mucous and if it proliferates, a white curdy type of residue may occur, but it usually does not have a bad odour. If large amounts develop it may indicate a Candida infection known as Thrush where yeast like organisms begin to take over. This may happen after a course of antibiotics when friendly bacteria or probiotics have been eradicated. Candida can grow on the sides of the vulva, the vagina and the cervix as well as in other parts of the body like the mouth and digestive tract. Roots of this fungus grow into the upper layers of skin and mucous tissue, causing pain, inflammation and itching.

2: A profuse discharge: enough to require wearing a sanitary towel between periods. You may also be having gripping pains, intermittent fevers, nausea and feel weak, depressed and listless.

3: An offensive discharge: with a putrefying smell and a change of colour to yellow or a darker colour. It may become foamy and be streaked with blood and be accompanied by vaginal inflammation, painful intercourse and difficulty in urinating.

These symptoms indicate the need for medical treatment. There may be a uterine infection or the presence of a sexually transmitted disease (STD). Several tests are available for identification of the organisms that could be a virus, bacteria or protozoa. These infections should be caught in their early stages so that irreversible damage to the reproductive system and the rest of the body does not occur. Patent drugs and antibiotics are used to eradicate most of these conditions but some of the strains have become resistant to treatment. Special diets, herbal

remedies and food supplements can also help. Many of these diseases can be prevented and a healthy immune system is the best line of defence along with taking precautions when having sex with several casual partners. One should not only rely on condoms as the AIDS virus is 70 times smaller than a sperm cell. STD organisms are also transmitted via blood and saliva in many cases, and the herpes virus is extremely contagious.

Early symptoms of common sexually transmitted diseases are:

AIDS: (acquired immunodeficiency syndrome). Headaches, night sweats, weight loss, fatigue, swollen lymph glands, fever, diarrhoea, lung infections.

CHLAMYDIA: a white discharge, pain when urinating, itching and painful intercourse.

GENITAL HERPES: Genital itching and burning, a watery discharge, painful urination and weepy sores in the vulva or vagina that take a few days or weeks to heal. The nerve endings around these ulcers become inflamed and there is a lot of pain. Chronic herpes upsets the nervous system, resulting in anxiety and depression as well as frustration and a feeling of low self worth.

GENITAL WARTS: Single clusters of warts caused by the papilloma virus grow around the vagina, anus and vulva. It is believed that the same virus is responsible for cervical dysplasia whereby abnormal tissue is formed in the cervix. It may be a pre-cancerous condition of the cervix.

A pap smear or sample of cervical tissue should be undertaken to establish a diagnosis.

GONORRHEA: Frequent and painful urination, cloudy vaginal discharge, abnormal uterine bleeding, pelvic inflammation and vaginal itching. Females often show no symptoms and usually transmit this disease to unsuspecting males especially without the protection of a condom.

PELVIC INFLAMMATORY DISEASE(PID): A purulent vaginal discharge with fever and lower abdominal pain.

SYPHILLIS: Sores in the vulva or vagina, a rash, patches of flaking tissue, a fever, sore throat and sores in the mouth or anus. It is contracted through physical contact such as kissing.

TRICHONOMIASIS: Vaginal itching and pain, with a watery foamy greenish or yellow odourless discharge.

BREAKTHROUGH BLEEDING AND SPOTTING BETWEEN PERIODS

The release of blood from the uterus into the vagina at an unexpected time is known as spotting or breakthrough bleeding. It is reported that most women immediately think they have cancer but fortunately they can be put at ease. Unless the discharge of blood is accompanied by symptoms such as pain, debility, cramps, inflammation and it also contains cervical tissue, mucous or offensive smelling debris, there is no cause for alarm.

HORMONAL IMBALANCES. The sudden withdrawal of estrogen and progesterone triggers the blood and nutrients in the endometrium or lining of the womb to be released. This happens at the beginning of every menstrual cycle. This process can be set off at other times by too much or too little estrogen or progesterone as the release of blood in the uterine lining is dependent on hormonal instigators. Estrogen contains a blood clotting factor, and this is why a menstrual flow will only start when the estrogen level drops. There are many causes for differing hormonal levels and every time estrogen or progesterone is given as a supplement, breakthrough bleeding may occur if the blending is incorrect. This type of bleeding often occurs when ladies take too much progesterone as it displaces estrogen that contains the clotting factor. Even “natural” progesterone creams are not exempt from causing this alarming condition and the bleeding is an indication that too much progesterone is active. Especially in cases where “natural” is masquerading as a synthesized progesterone supplement.

NATURE FRESH PRODUCTS used successfully by doctors of natural medicine:

NF 042: PARASITE REMEDY: 200ml amber bottle. Herbal tincture to help expel and control most common large parasites: worms, protozoa, flukes as well as microbes: yeast infections, fungus, bacteria and viruses. Can be taken internally and applied topically. Contains: Artemesia, olive leaf, cloves and ivy. Can also be used for pets.

NF 025: OLIVE LEAF TABLETS: 90 tablets. Natural alternative to Antibiotics, Antiviral and antifungal drugs. A good tonic. brain stimulant, for better circulation, anti-coagulant. 6x less toxic than Ginkgo Biloba. Helps to keep Candida, molds and fungus under control.

NF 016: VAGINAL CLEANSER: TEA TREE: 200ml bottle. For fungal infections: douche and for every day washing.

NF 014: PERSONAL LUBRICANT: FRAGRANCE FREE: 100ml bottle Hypoallergenic, no perfume or colours. Use for intimate hygiene, swabbing piles and vagina after surgery of burning urine syndrome. A lubricant if sex is uncomfortable.

NF 013: PERSONAL LUBRICANT: TEA TREE: 100ml bottle with Tea tree oil. For fungal infections, odour problems Apply on tampons for comfort and to treat candida. Use for swabbing intimate areas during menstruation or when unable to wash.

NF 037: ULTRA SENSITIVE SKIN BALM: 75ml Tube. For painful, sensitive areas: rashes, burns or lesions, surgery to piles and intimate areas, nappy rash, sore, cracked sensitive nipples and vaginal irritations. Soothing herbs: Miswak, Plantain & Lavender. Healing and anti-microbial: Olive Leaf, Aloe Ferox, Calendula, Zinc Oxide & Ivy Leaf. (Hedera Helix) Natural painkillers: Urtica, MSM (methylsulphonylmethane) Vitamin B2 and B6 help to relieve itches, especially the big itch in intimate and embarrassing areas.



Traditional herbal products - never tested on animals.

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Therapeutic effects may vary according to the unique constitution or condition of a patient. Read the ingredient lists and instructions.

NF 015: PERSONAL LUBRICANT WILD ROSE 100ml bottle Pack height 11cm

With Sandalwood, Lavender oil and Damask Rose to enhance sensitivity and sensuousness with feel good fragrances. Good for all kinds of massage and men will also benefit from the increased but gently natural stimulation from the heady and sensuous essential oils.

Help: NF 031 HORMONE BALANCING SUPPLEMENTS: AGNUS CASTUS: 50ml tincture (naturefresh.co.za) helpful for hormonal upsets – especially with estrogenic dominance.

PRODUCT LABEL

NATURE FRESH
natural water based

INTIMATE
personal lubricant

WILD ROSE
wickedly sensuous

A gentle yet sensuously fragrant gel for minor genital discomforts such as dryness, itching or burning. The natural gel formulation is compatible with the mucous surface of the vagina and can be applied directly to inner and outer regions as often as you require during the day or night.

DIRECTIONS: Apply INTIMATE GEL directly every day, especially after bathing. It can be used before inserting a tampon or having sexual intercourse. This gel is non greasy & safe to use with condoms.

Please note that the natural fragrant essences may arouse sensitivity in men and women. Rose and sandalwood are Kama Sutra (ancient Indian) aphrodisiacs.

WITH LOVE FROM
Postnet Suite 123, P/Bag X16
Constantia 7848
Tel. 021 709 0050
www.naturefresh.co.za

100ml

HYPOALLERGENIC FORMULA
Water, glycerine, essential oils, methylcellulose, citric acid, sodium benzoate and salt
pH balance: 3,5 - 4

RELATED PRODUCTS





NF 014: PERSONAL LUBRICANT FRAGRANCE FREE 100ml Pack height 11cm

Hypoallergenic, no perfume or colour, pH compatible with intimate areas. A gentle water-based lubricant and can be used daily for dryness, itching, burning urine or discomfort. Use also for intimate cleansing, for post-surgical swabbing of any cut, wound or lesion that needs to be kept clean. Works best when used with Nature Fresh Intimate cleansers and body washes as they are pH 3.5 – pH 4.5, compatible with vaginal mucosa. Avoid using regular alkaline bars of soap or shower gels. Product can be combined with other skincare products as required.

PRODUCT LABEL

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Therapeutic effects may vary according to the unique constitution or condition of a patient. Read the ingredient lists and instructions.

A hypoallergenic gel for minor genital discomforts like dryness, itching or burning. It can be used directly on inner and outer vaginal areas or skin rashes. The new formulation is pH compatible with the inner mucous surface. This natural gel is free from perfume, colour & irritants.

DIRECTIONS: Apply INTIMATE GEL directly every day. For personal cleansing, spread onto cotton wool. Use after bathing or before inserting a tampon or having sexual intercourse. Natural Gel is non greasy and safe to use with condoms.

**WITH LOVING CARE
NATURE FRESH**

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Tel: 021 709 0050 info@naturefresh.co.za
NEED HELP? www.naturefresh.co.za

HYPOALLERGENIC FORMULA
Water, methylcellulose, sodium benzoate, salt, citric acid and glycerine.
pH balance: 3.5 - 4 (acidic)

RELATED PRODUCTS





NF 013 PERSONAL LUBRICANT TEA TREE 100ml bottle. Pack height 11cm

A water-based pH balanced lubricant that helps to treat microbial infections, candidiasis and irritation or odour problems. Apply to tampons and insert for treatment. Use for swabbing intimate areas during menstruation or when unable to wash. Use for wounds or post-surgical swabbing. Works best when used with Nature Fresh Intimate Cleansers and Body Washes. These are pH 3.5 – pH 4.5, compatible with vaginal mucosa. Avoid using regular alkaline soaps or shower gels. This product can be combined with other skincare products as required.

Bee Balm especially is helpful for open lesions and very tender rashes.

PRODUCT LABEL

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Therapeutic effects may vary according to the unique constitution or condition of a patient. Read the ingredient lists and instructions.

NATURE FRESH
non-greasy water based
INTIMATE
personal lubricant
with Tea Tree Oil for all-day freshness

A gentle gel for minor genital discomforts such as dryness, itching or burning. It can be used directly on inner and outer vaginal areas or on skin rashes. This formulation is pH compatible (pH 3.5) with inner mucous surfaces. Tea Tree Oil is a traditional anti-microbial remedy used for thrush, odour problems, and infections.

DIRECTIONS: Apply to affected areas every day. For personal cleansing or for post-surgical swabbing spread gel onto cotton wool. Use for inserting tampons and before having sexual intercourse.

This product is non-greasy and safe to use with condoms. For best results use pH compatible INTIMATE CLEANSERS instead of alkaline soaps and gels.

Postnet Suite 123, P/Bag X16, Constantia, 7848
Tel: +27 21 709 0050
www.naturefresh.co.za

100ml

INGREDIENTS: water, natrosil cellulose, vegan based glycerine, citric acid, sea salt, Tea Tree oil, sodium benzoate and green colouring (food grade)

NATURE FRESH HEALTH PRODUCTS cc

RELATED PRODUCTS





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RELATED PRODUCTS



NF 016 INTIMATE CLEANSER: TEA TREE

250ml bottle. Pack height 16.5 cm

Mild, pH acidic (3.5) hypoallergenic liquid soap that helps to maintain vaginal acidity, prevent odour and to treat microbial infections and candidiasis. Use as a bubble bath, douche or for shower and shampoo. Do not combine with other soaps as they may be too alkaline and cause irritation. Use with Nature Fresh pH balanced lubricants for extra comfort.

Nature Fresh Intimate products contain NO PARABENS, SLES/SLS, ALCOHOL, PERFUME or CHEMICAL IRRITANTS.

PRODUCT LABEL

With Herbal extracts of:
 Tea Tree, Rooibos, Lavender,
 Urtica, Calendula, Witch
 Hazel and Rosemary.

CONTAINS 15 microbial strains
 SCM EM food grade microbes are
 cultured on a vegetable base:

EFFICIENT MICROBES www.saem.co.za
 Lactic acid bacteria: Bi bifidum,
 Bi longum, Lactobacillus acidophilus,
 L bulgaricus, L casei, L delbrueckii,
 L fermentum, L plantarum, L lactis
 bifidobacterium animalis ssp lactis,
 L. diacetyticus
 Phototrophic bacteria: (similar to
 blue-green algae) Rhodospseudomonas
 palustris, Bacillus subtilis
 Beneficial yeasts: (do not cause
 candidiasis) Saccharomyces cerevisiae,
 Streptococcus thermophilus.

Other ingredients:
 Tea Tree oil, water, vegetable
 derived Cocamidopropyl
 Betaine, Glycerin, Sea Salt,
 Citric Acid, Sodium Benzoate
 (food grade), Cocamide DEA.



No perfume, alcohol, harsh
 chemicals or parabens.
 Mild, soothing and soapy.
 pH balanced to 3.5

Thanks for supporting
 Operation Smile

Use in the shower , as a
 douche (rinse) or a
 soothing bubble bath.

Suitable for ladies of all
 ages. Gentle enough for
 babies, post surgical
 cleansing and invalids.

WARNING!
 Do not combine with
 other soap products.
 pH balanced to 3.5
 to facilitate intimate
 health and comfort, as
 are the Nature Fresh
 personal lubricants.

250ml



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 X16 Constantia 7848
 tel: 021 709 0050
www.naturefresh.co.za

R1 will be donated on your
 behalf to Operation Smile



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RELATED PRODUCTS



NF 016 INTIMATE CLEANSER: TEA TREE

250ml bottle. Pack height 16.5 cm

Mild, pH acidic (3.5) hypoallergenic liquid soap that helps to maintain vaginal acidity, prevent odour and to treat microbial infections and candidiasis. Use as a bubble bath, douche or for shower and shampoo. Do not combine with other soaps as they may be too alkaline and cause irritation. Use with Nature Fresh pH balanced lubricants for extra comfort.

Nature Fresh Intimate products contain NO PARABENS, SLES/SLS, ALCOHOL, PERFUME or CHEMICAL IRRITANTS.

PRODUCT LABEL

With Herbal extracts of:

Rooibos, Lavender, Urtica (Nettle), Calendula Petals, Witch Hazel and Rosemary

CONTAINS 15 microbial strains

SCM EM food grade microbes are cultured on a vegetable base:
 EFFICIENT MICROBES www.saem.co.za
 Lactic acid bacteria: Bi bifidum, Bi longum, Lactobacillus acidophilus, L bulgaricus, L casei, L delbrueckii, L fermentum, L plantarum, L lactis bifidobacterium animalis ssp lactis, L. diacyticus
 Phototrophic bacteria: (similar to blue-green algae) Rhodospseudomonas palustris, Bacillus subtilis
 Beneficial yeasts: (do not cause candidiasis) Saccharomyces cerevisiae, Streptococcus thermophilus.

Other ingredients:

Water, vegetable derived Cocamidopropyl Betaine, Glycerin, Sea Salt, Citric Acid, Sodium Benzoate (food grade), Cocamide DEA.



ROOIBOS plus: PROBIOTICS and herbal extracts

No perfume, alcohol, harsh chemicals or parabens. Mild, soothing and soapy. pH balanced to 3.5

Thanks for supporting
Operation Smile

Use in the shower, as a douche (rinse) or a soothing bubble bath.

Suitable for ladies of all ages. Gentle enough for babies, post surgical cleansing and invalids.

WARNING!

Do not combine with other soap products. pH balanced to 3.5 to facilitate intimate health and comfort, as are the Nature Fresh personal lubricants.



250ml

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 X16 Constantia 7848
 tel: 021 709 0050
www.naturefresh.co.za

R1 will be donated on your behalf to Operation Smile

NATURE FRESH HERBAL SUPPLEMENTS

PLEASE NOTE: These four herbal supplements each contain a single herbal tincture in a 20% ethanol solution. The properties of these herbs and their general uses for hormonal conditions are listed below. All this information is based on recent research, undertaken by experts in their field. We make no claims about our supplements, but they are each made out of these wonderful herbs. We do not undertake the diagnosis or treatment of any medical conditions.

More information about HORMONES and the MENOPAUSE at: www.naturefresh.co.za

BLACK COHOSH

Action: No estrogenic effects or danger to endometrium, no contra-indications. Non- toxic. Anti - mutagenic.

For menopausal symptoms, normal HRT with estrogen and progesterone is not suitable due to cancer, high blood pressure or circulatory disorders.

A selective estrogen receptor modulator (SERM) acts as an estrogen antagonist or blocker. (Boosts Tamoxifen) It helps to stimulate the action of osteoblasts to assist bone reconstruction.

Symptoms: Hot flushes, night sweats, sore, lumpy breasts, weight gain and bloating, headaches, irritability osteoporosis, menstrual disorders, blood clotting and an "uncooperative" uterus!

Adverse effects: No reports of anything adverse even at levels of 10 drops, twice a day.

(REMIFEMIN Black Cohosh tablets are available to pharmacies, doctors & health shops: AMIPRO (011) 608 0280)

AGNUS CASTUS

Action: A natural hormone balancer, working on the pituitary gland. Enhances LH and progesterone and inhibits FSH and prolactin.

Actives: glycosides flavonoids and micronutrients. Has a broad-spectrum activity.

For menstrual disorders: irregular, absent or prolific in young women up to menopause.

For polycystic ovarian syndrome (POS) with related acne and bad skin, weight gain and menstrual problems.

For bloating, breast tenderness, irritability, headaches, vaginal discomfort and depression.

FEMALES: To boost an absent or declining libido, due an increase in dopamine levels. It helps encourage milk flow.

MALES: Modifies excessive libido and aggression due to a modified testosterone effect. Can be tried for hyperactive young boys if the mother may have had a hormonal disturbance during pregnancy. (Research is welcome.) Adverse effects: No dangerous or unwanted side effects have been reported.

SWEET POTATO

Action: acts on the Pituitary Gland to stimulate the release of Gonadotropic hormones. (male and female).

Doses of 5 drops 3 to 5 times daily absorbed directly in the mouth. Being anti-spasmodic it helps to ease menstrual cramping or a colicky abdomen. Sweet Potato helps to activate menstruation in cases of anorexia or excessive exercising (low body fat ratio) and to ease hot flushes and night sweats, especially when complicated by stress. It helps to strengthen the immune system and to stimulate the release of stress hormones like DHEA. It can alleviate premenstrual headaches and feelings of insecurity or mild depression, restoring confidence and wellbeing and sexuality for females who wish to conceive.

To temporarily interrupt the menstrual cycle, for example weddings and honeymoons, sports events or religious reasons, high doses of Sweet Potato, 20 drops once or twice a day, can be ingested. Normal periods would start again after a month, with no ill effects from the interruption. Adverse effects: in some cases weight gain or bloating owing to higher levels of estrogen, or progesterone, typical of anabolic stress hormones.

HOW TO GET THE BEST RESULTS FROM THESE HERBAL SUPPLEMENTS:

Shake out the required dose of 5 - 10 drops in your hand and lick it into the mouth for direct absorption, making the immediate effect evident within a few minutes or hours. Long term benefits are accumulative, and chronic conditions may take a few weeks longer to balance out. Take minerals like Calcium, Magnesium and especially Boron and adequate vitamins daily, like vitamin C, cod liver oil, flaxseed oil and multivitamins. Substitute sugar and white flour with molasses, fresh fruit and veg. and lots of protein.





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NF 030 HORMONE BALANCING SUPPLEMENTS: BLACK COHOSH 50ml tincture of 20% alcohol.

Menopausal symptoms, hot flushes, stress, poor sleep, low cortisol / DHEA. Balances steroid hormones. A natural SERM (selective Estrogen Receptor Modulator)

Tincture Action: No estrogenic effects or danger to endometrium, no contra-indications. Nontoxic. Antimutagenic.

For menopausal symptoms where normal HRT with estrogen and progesterone is not suitable owing to cancer, high blood pressure or circulatory disorders.

A SERM acts as an estrogen antagonist or blocker. (it boosts Tamoxifen)

Black Cohosh helps to stimulate the action of osteoblasts to assist bone reconstruction. Symptoms such as hot flushes, night sweats, sore, lumpy breasts, weight gain and bloating, headaches, irritability osteoporosis, menstrual disorders, blood clotting can be alleviated with Black Cohosh.

Adverse effects: There are no reports of any adverse even at levels of 10 drops, twice a day.

A free natural alternative:

Worldwide many women now use the DIY sweet potato method to control hot flushes, increase progesterone (to fall pregnant) or take a break from menstruation (temporarily raising progesterone). It also helps to relieve excessive bleeding due to fibroids.

PRODUCT LABEL

For medical/scientific data on using herbs or protocols to help improve symptoms of hormonal problems. Please scan the QR code or visit our website.

www.naturefresh.co.za

This medicine has not been evaluated by SAHPRA. It is not intended to diagnose, treat, cure or prevent any illness.

Hierdie medisyne is nie deur SAHPRA geëvalueer nie. Dit is nie bedoel om te diagnoseer, behandel, voorkom of enige siekte te genees nie.

BLACK COHOSH

CIMICIFUGA RACEMOSA
progesterone / estrogen balance

For best results: take tincture under the tongue for rapid absorption into the bloodstream.
Take 5 - 10 drops 1 to 3 times per day between meals.
Use with advice from a practitioner to help support your estrogen + progesterone levels.

Vir die beste resultate: neem tinktuur onder die tong vir 'n vinnige opname in die bloedstroom.
Neem 5 - 10 druppels 1 - 3 keer per dag tussen maaltye.
Gebruik met advies van 'n praktisin te help ondersteun jou estrogen + progesteron vlakke.

NATURE FRESH HEALTH PRODUCTS c.c.
Postnet Suite 123, P/Bag X16,
Constantia 7848, Tel: 021 709 0050

50ml

RELATED PRODUCTS





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NF 031 HORMONE BALANCING SUPPLEMENTS: AGNUS CASTUS 50ml tincture of 20% alcohol

Agnus Castus helps to alleviate acne, obesity, moodiness, menstrual difficulty, POS (polycystic ovarian syndrome) and PMS (premenstrual stress). It helps females to access testosterone, while reducing DHT (dihydro or bad testosterone) that converts into excessive estrogen, causing fat storage, bloating, facial hair, acne and insulin resistance. Also helpful for conception after taking hormonal birth control for many years. Action: A natural hormone balancer, working on the pituitary gland. It enhances LH (Luteinizing Hormone) and progesterone and inhibits FSH (Follicle Stimulating Hormone) and prolactin. Actives: glycosides, flavonoids and micronutrients. It has a broad-spectrum activity.

Also helps with menstrual disorders which could be irregular, absent or prolific in young women up to menopause.

Also helpful for bloating, breast tenderness, irritability, headaches, vaginal discomfort and depression.

FEMALES : To boost an absent or declining libido, due an increase in dopamine levels. Helps to encourage milk flow.

MALES : Modifies excessive libido and aggression due to a modified testosterone effect. Can be tried for hyperactive young boys if the mother may have had a hormonal disturbance during pregnancy. (Research is welcome.)

Adverse effects: No dangerous or unwanted side effects have been reported.

PRODUCT LABEL



For medical/scientific data on using herbs or protocols to help improve symptoms of hormonal problems, please scan the QR code or visit our website.

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50ml



AGNUS CASTUS



CHASTE BERRY

Helps for symptoms of PMS / PCOS

For best results: take tincture under the tongue for rapid absorption into the bloodstream. **Take 5 - 10 drops 1 to 3 times per day between meals.**

Use with advice from a practitioner to help symptoms of PMS and PCOS.

Vir die beste resultate: neem die tinktuur direk in die mond vir vinnige absorpsie. Neem 5 - 10 druppels 1 - 3 keer per dag tussen maaltye. Gebruik met advies van 'n praktisyn om simptome van PMS en PCOS help.

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RELATED PRODUCTS



The Sweet Potato Story

by Sue Visser
sue@naturefresh.co.za

Many herbal concoctions, supplements, and hormone creams claim to work better than hormone replacement therapy (HRT), but no magic bullet can whip away a hot flush within minutes – why not? I am one of the “do it now” Baby Boomers and enjoy such a challenge, even though it was ten years prior to my own menopause. I was experimenting with natural ways to help alleviate menopausal symptoms. By chewing a chunk of raw red-skinned sweet potato, I stumbled upon a completely natural progesterone-boosting phenomenon. Unbelievable, unscientific you may be thinking, but curiosity and serendipity are strange bedfellows. Within a few months I produced solid evidence – the manifestation of a dramatic rise in progesterone levels. For over twenty years my sweet potato story and those who have tried it out themselves bear testimony to the efficacy of this low-tech breakthrough. Hot flashes went away, and babies were born – against all odds – to mothers, even in their forties, who chewed the red sweet potato. How did it all begin?

In 1998 I was asked by a top Cape Town gynaecologist to develop herbal alternatives to HRT to relieve symptoms like moodiness, bloating, fatigue, and hot flashes. Doctor Lee was already making great claims about wild yam cream, but the progesterone panacea was being shed in a dim light by Dr. Marilyn Glenville, who preferred to correct hormonal issues at a more causative level. She recommended better nutrition and using herbs like *agnus castus* or black cohosh to improve hormonal output. I enjoyed the lectures she presented during her visit to Cape Town and read her book, *Natural Alternatives to Menopause*.¹

Dr. Glenville's opinion about taking any replacement form of estrogen or progesterone (synthetic or bioidentical HRT) was: “Use it or lose it.” She maintained that if you take these hormones, you will no longer be able to make them in the long-term. She explained that the body gets used to an external supply of the hormone and then the signal to generate the hormone shuts down. I like to add: “Don't take it if you can still make it.” The cause of a hormonal shortfall, she explained, may just be a micronutrient deficiency, such as boron or a few vitamins and essential fatty acids. These are easy enough to correct, she said.

Being the ever-curious health researcher, I went to look for some yams to experiment with. But instead of yams, I bought some red-skinned sweet potatoes that had been mistakenly labelled as yams from the supermarket. In structure, yams are very close to progesterone, but so is the red sweet potato, I found out. My “yam” was identified as a sweet potato (*Ipomoea batatas*) at our university.² Could this reddish, plum-colored tuber hold the key to relieving hot flashes? The liver breaks down the chemical structure of yams and sweet potatoes, as does cooking them. So, eating them to relieve hot flashes was not an option. At least raw sweet potatoes are not toxic, like the Mexican yam.

There was no reason why the bloodstream could not absorb the raw, fresh active substances within the sweet potato. One of my doctor friends told me, “Go ahead, the body will somehow manipulate it – or not!” Sublingual absorption is the key delivery system used by homeopaths to introduce their remedies into the bloodstream. I started to chew a small fistful of the raw, peeled sweet potato every day to see if the active substances could be absorbed via the blood vessels under the tongue. I slowly chewed and “mouth absorbed” my daily ration of raw, peeled *Ipomoea batatas*, wondering if anything would ever happen.

Skipping the Menstrual Cycle

After a few weeks, I skipped my menstrual period that usually arrived like clockwork. The late Professor Serfontein, who was a nutritional expert at Pretoria University, was intrigued. He said he would really be impressed if I could intentionally “suppress the follicle stimulating hormone.” He doubted that I could spike up my progesterone levels that easily. His research team was developing a progesterone-based yam cream at the time. I preferred the challenge of introducing a progesterone precursor into my bloodstream to see if it could affect hormone levels. I continued with the same dose of sweet potato every day for six months to really prove the point, and menstruation ceased throughout the trial run. I was told that a high dose of progesterone fools the body into thinking it is pregnant and that is how some birth control pills work. I was definitely not pregnant – no thanks!

Normal menstruation with no adverse effects resumed when I stopped my daily sweet potato chewing ritual, to the relief of Dr Zeelenberg, the gynecologist for whom I had already developed a range of personal hygiene products. He could not prescribe fresh sweet potatoes to his patients and asked me to develop a remedy instead. I produced a tincture from the grated flesh of the sweet potato and tested the potion at twice the estimated regular dose of 10 drops a day under the tongue for another six months. It worked as well as the original experiment. What a year – skipping another six menstrual cycles!

A number of older women, including many of the doctor's patients, took part in these trials using a normal dose of the tincture; or they chewed the original sweet potato so we could compare the effects. The ladies experienced a degree of improvement in some cases, especially with their hot flashes, fatigue, and depression. Red sweet potato was added to our range of hormone-balancing tinctures that included red clover, black cohosh and *agnus castus*. As a completely safe and natural way of skipping a menstrual cycle or two, the sweet potato tincture at twice the normal dose of 10 drops a day (or chewing a golf-ball size of the sweet potato) helped many ladies take part in religious or sporting events that they would otherwise have missed out on. I advise them to try it out for a month or two beforehand for a

more reliable result. The sweet potato trick produced the same effect as the newly developed menstrual-skipping patent drugs that were beginning to emerge on the market at the time.

Balancing Menstruation and Bringing on the Babies!

As with progesterone, the sweet potato is dose-dependent. The ladies who needed to conceive by gently raising progesterone have done so successfully by chewing a piece of it the size of a finger. The first of these babies was accidentally conceived by Zelma, a 38-year-old friend of mine who was suffering from very heavy menstrual bleeding at the time. After seeing me nibble at my chunk of sweet potato in the laboratory, she asked for an explanation. I was unaware that she had also started chewing a secret chunk of sweet potato until her next menstrual cycle was unusually late. She really did fall pregnant! A beautiful new daughter was added to her brood of two teenage boys.

In a neighboring country, a lady naturopath heard about this new fertility stunt and decided to give it a try. I received the joyous news that she had become pregnant at last, after battling for over 10 years. She had all but given up after trying the best of treatments and was already forty-something years old. She had faithfully chewed her finger-sized piece of sweet potato, much to the amusement of the family. When her son was born, he was nicknamed "Patat." Two years later, his sister arrived – another "Patat" phenomenon. I still hear about babies who are born as a result of using our herbal tinctures and am happy that people are keen to try natural remedies, even if some of the results are unexpected. Black cohosh, for instance, is the nickname of the fourth son of Miriam who was in her early forties. Not exactly a cure for menopausal symptoms! According to some of the letters I have received over the years, red clover and *agnus castus* are herbal remedies that have also helped women to fall pregnant.

In smaller doses, five to ten drops of the "Sweet Potato Tincture" have helped women to conceive or to resume menstruation that had ceased due to anorexia or excessive marathon running. A lot of the feedback was provided by Dr. Zeelenberg, who used all four of the tinctures in his practice. His initial request for a hormone balancer resulted in a range of remedies because I explained that women are not alike. I told him that although we do morph into premenstrual or menopausal monsters, we still differ and need individual remedies! The sweet potato tincture became his favourite alternative for patients who refused to take HRT to treat fibroids or progesterone-related complications.

My Own Menopause

For ten years after the sweet potato experiment, I had maintained strict control over my diet, supplementation, and lifestyle factors and used to encourage ladies to do likewise on countless radio shows. "Train for the menopause, be prepared and sort out your niggly health issues – before you make the transition" was the general message I broadcasted. Then the time came for me to personally experience the menopause, after many years of writing and talking about it. I stopped ovulating, eventually at the age of 54. For me it was a great challenge, to finally take my own medicine!

I thought I was too good for hot flashes, but they arrived. Ovulation was coming to an end, and I presumed that the follicle stimulating hormone was calling up eggs that were no longer waiting in line. The heat waves were trying to tell me something. I listened to my body and not to the regular solution – the call

for hormone replacement. I did not want any more estrogen – no thanks because my childbearing years had officially ended.

No progesterone cream – nada!³ Three of my close friends, all staunch supporters of alternative medicine had used wild yam (progesterone) cream before and during their menopause. They had sold these products and believed in them – yet they developed breast cancer. They continued to use the cream till the day they died. Progesterone is a precursor to estrogen, so I do not understand why people take it to lower estrogen. After a few days of chewing my good old sweet potato, the hot flashes went away. Whenever the creeping heat threatened to broil me, I chewed the sweet potato and after 5 – 15 minutes I generally cooled down. Who was to know that I too, could now personally lay claim to this kitchen cure for hot flashes!

During the nights, I got hotter and hotter; and contrary to popular belief, I began to embrace and appreciate them, suspecting they had a purpose. Hyperthermia is not something going wrong! Now cancer treatments make use of high temperatures. The affected areas of the cancer patient are exposed to very high temperatures, combined with spells of intense sauna treatments to increase the overall body temperature. Artificially induced hot flashes and night sweats? Aha! Would this be an explanation at last, as to why the body heats up during the menopause? Hyperthermia or raising the body temperature is also a natural way of dealing with certain infections. As we know, some forms of cancer are caused by bacteria and mycotoxins. My hot spells were intense, and I kept on telling myself they must get hotter and hotter until they have done their job. Kill the bugs, knock out the gremlins!

After a month or two of observing and voluntarily experiencing the hot spells of night sweats, they finally abated. No hormone replacement was required – what you could call elegant medicine. I stepped out of my cocoon, free from the burden of menopausal mythology. My hormones have rearranged themselves without the need for any replacing. Sound supplementation and the odd dose of black cohosh or sweet potato have sufficed. Menopause = metamorphosis. So why resist or try to interfere with the change of life? Now whenever I prepare sweet potato for dinner, I nibble some – just for good measure. They grow just about anywhere in the world and the hormonal magic that lies within them is truly a gift from nature. They cost so little and can do so much.

Trusting in nature means just that – to allow things to work out the way they were originally designed to.

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Sue Visser is a natural health researcher, product developer, writer, and Agony Aunt. She specialises in nutrition and herbal medicine with a working knowledge of most of the popular modalities of natural/alternative medicine. She has contributed to the world of radio, television and journalism for over 20 years. Sue wrote, illustrated and published her popular book: *Healthy Happy Eating* for all blood types followed by *The Holistic Guide to a Healthy Happy Heart*. The second book was co-authored by Dr James Liddell. Sue is also a product developer and has formulated a wide range of alternative health products based on her unique insight and research. www.naturefresh.co.za





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NF 032 HORMONE BALANCING SUPPLEMENTS: SWEET POTATO

50ml tincture of 20% alcohol

A natural progesterone precursor/stimulant (contains no hormones) As an alternative to HRT, it alleviates hot flushes, bleeding or other signs of low progesterone. Larger and more frequent doses (20 drops or more twice daily) can be used to intentionally delay or inhibit menstruation for sport, weddings, fasting, religious reasons etc. Normal menstruation is restored after a month of normal dosage.

Action: Sweet Potato acts on the pituitary gland to stimulate the release of progesterone. It does not inhibit the natural ability to make progesterone. **Dosage:** 5 drops, one to three times daily, absorbed directly in the mouth. **Antispasmodic:** Sweet Potato helps to ease menstrual cramping or a colicky abdomen.

It also helps to activate menstruation in cases of anorexia or women who exercise excessively causing a low body fat ratio.

It can ease hot flushes and night sweats, especially when these are complicated by stress. Sweet Potato helps to strengthen the immune system and to stimulate the release of stress hormones like DHEA. Also for alleviating premenstrual headaches and feelings of insecurity or depression.

It helps to restore confidence, wellbeing and sexuality in both males and females who wish to conceive.

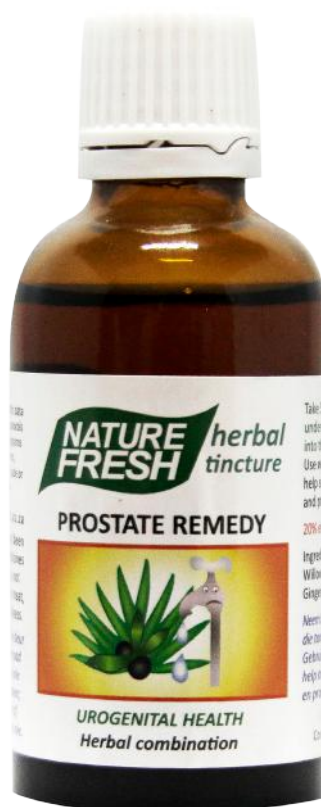
This product is nontoxic and made from a sweet potato vegetable. **Adverse effects:** In some cases: slight weight gain or bloating due to higher levels of estrogen, progesterone and stress hormones. These characteristics are typical of anabolic steroid hormones.

PRODUCT LABEL



RELATED PRODUCTS





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NF 034 PROSTATE REMEDY 50ml tincture of 20% alcohol

Potent herbal male tonic containing Saw Palmetto, Dandelion, Red Clover, Ginseng, Ginger, Willow Herb and Olive Leaf to help restore vitality and to help prevent prostate cancer. It reduces PSA (Prostate Specific Antigen). Seek medical advice when using with cancer remedies and for urogenital disorders, impotence, burning or frequent or infrequent urination, dribbling, incontinence or inflammation.

Prostate cancer and/or an enlarged prostate can cause reduced sexual ability as well as full-blown impotence. Benign Prostatic Hyperplasia (BPH) is characterized by an enlarged prostate or a noncancerous growth of the prostate gland.

Testosterone converts into estrogen by a process called aromatization. As men grow older, there is a tendency for this process to speed up, turning increasing amounts of testosterone into estrogen. If this happens the body makes an excess of estrogen, leaving insufficient testosterone behind. This raises the risk of both prostate enlargement and prostate cancer.

The harmful form of testosterone known as dihydro-testosterone (DHT) can disrupt hormonal health in both males and females. In men, the prostate gland is a prime target. When the 5-alpha reductase enzyme is overactive, it facilitates an excessive amount of DHT production. The epithelial cells that line the vessels in the prostate gland are then stimulated to divide and multiply. This causes an enlargement of the prostate (BPH), usually still benign at this stage. Saw Palmetto is also promoted as a dietary supplement for urinary symptoms associated with an enlarged prostate gland (also called Benign Prostatic Hyperplasia or BPH), as well as for chronic pelvic pain, migraine, hair loss, and other conditions. Dandelion and Willow herb assist in controlling urinary problems and for voiding the bladder

PRODUCT LABEL



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50ml

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PROSTATE REMEDY



UROGENITAL HEALTH
Herbal combination

Take 5 - 10 drops 1 - 6 times per day under the tongue for rapid absorption into the bloodstream.
Use with advice from a practitioner to help support your testosterone, urinary and prostate health.

Ingredients: Saw Palmetto, Dandelion, Willow Herb, Red Clover, Ginseng, Ginger, Olive Leaf.

Neem 5 - 10 druppels 1 - 6 keer per dag onder die tong vir vinnige opname in bloedstroom. Gebruik met advies van 'n praktisyn te help ondersteun jou testosteroon, urine

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RELATED PRODUCTS



TRIBULUS TERRESTRIS (Gokshura) tincture

The powdered fruit and a small percentage of the composite leaves of TRIBULUS TERRESTRIS are used. 1ml (20 drops) of the tincture is made from 400mg of powdered herb in a 40% ethanol: water ratio.

This mild, safe and effective herbal testosterone booster benefits both men and women.

How does it work?

Very quickly! This tincture is immediately absorbed into the bloodstream via the mouth. It reaches the pituitary gland and stimulates the natural release of testosterone from your own body. You feel it working within a few hours.

What does testosterone do?

- Improves muscle mass and strength.
- Keeps the mind active, positive and alert.
- Rebuilds bone.
- Strengthens the heart and blood vessels.
- Lowers blood sugar.
- Lessens the chance of blood clots.
- Testosterone has positive effects on your sex life and longevity.

What other medicinal uses are there for TRIBULUS TERRESTRIS tincture?

- Tribulus is a non-irritant diuretic and urinary antiseptic. It is used in case of Dysuria, urinary stone and incontinence of urine. (Calcium, Magnesium and vitamin B6 supplements prevent kidney stones.)
- Tribulus Terrestris is used in various herbal formulas to treat headaches, eye problems such as itching, conjunctivitis and weak vision, and nervousness.
- It is traditionally used to treat high blood pressure and rib pain.
- The hormone balancing effects of Tribulus Terrestris for women makes this herb suitable for the premenstrual syndrome and for treating menopausal symptoms of low estrogen.
- Tribulus contains Sterols like Betasitosterols or Stigma. These substances protect the prostate from swelling and in combination with the X steroidal saponins, protect the prostate from cancer.
- Tribulus is used in case of impotence and spermaturia as it helps to increase the level of the LH (Luteinizing Hormone) in the body and improves the synthesis of the testicular male sex hormone.

- Traditionally the use of Tribulus is found to be effective in cases of gout.
- It is good for men and women to increase their sex drive as it has an aphrodisiac effect.
- Who can benefit from taking TRIBULUS TERRESTRIS tincture?

Both men and women in later life can suffer from a lack of testosterone: fatigue, muscular weakness, depression, lack of motivation or interest in life and a failing libido. Body builders and sportsmen know that extra testosterone is the key to their success but face the danger of doping or becoming totally dependent on life-long supplementation. Before taking steroids and hormone supplements it is safer to restore or even boost your own levels naturally, by taking a few drops of this herbal tincture a few times a day.

Best results for men:

For the first few weeks, take 10-20 drops on the tongue, once or twice a day as needed and then reduce the dose. For complete testosterone activity, it is important to take 30mg of Zinc per day to prevent the aromatization of testosterone into estrogen. (Estrogen in men causes fat to form on hips and waist – and increases breast tissue.) Further assistance: Nature Fresh Calcium Complex, to provide sufficient Boron for increased hormonal output. Nature Fresh MEGAMAX: in combination with Tribulus Terrestris tincture promotes additional strength, endurance and focus. This is advisable for controlling testosterone activity, increasing sexual function and helping to prevent cancer.

Nature Fresh Prostate Remedy: for preventing and controlling prostate and urinary complications. Prevention is better than cure, and over 50% of men in later life suffer from prostate disorders that seriously impair sexual function.

Best results for women:

As a tonic in later life: Take 2-5 drops once or twice a day. Very little is needed. If you require the testosterone that is released to be shared by estrogenic activity, do not take extra zinc. Tribulus can be used in combination with the other Nature Fresh HERBAL HORMONE BALANCERS: Black Cohosh and Red Sweet Potato.

More health and product information at: www.naturefresh.co.za Mail your health queries to: info@naturefresh.co.za





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NF 044 TRIBULUS TERRESTRIS 50ml tincture 40% alcohol

A herbal precursor for testosterone for men and women, especially in mid-life and old age. Also good for urinary and prostate disorders. Testosterone helps to control blood pressure, cholesterol and facilitate stamina, focus, muscle tone, libido and mental alertness.

Symptoms of low testosterone include a loss of libido, brain fog and depression, often causing people take antidepressants. This is not advisable because many of these drugs sabotage one's sex life even further. "Natural" or patent hormone replacements (HRT) interfere with your own natural ability to generate testosterone. Tribulus Terrestris plays a role in supporting peak levels of not only testosterone, but also estrogen. These hormones are made out of cholesterol. Testosterone will aromatase (break down) into estrogen, especially in women. Women only need 1% of the testosterone amount that men need to keep up their "vim and vigour" but they, too, can get frigid and depressed if testosterone is not being made as needed.

Sterols and X steroidal saponins that are present in Tribulus help protect the prostate from swelling and protect it from cancer. It also is a diuretic and urinary antiseptic and has no irritating side effects. Good news for those nocturnal visits to the toilet! Laboratory studies have found Tribulus to have anti-microbial as well as anti-tumor potential. It also has significant in vitro antifungal activity, especially against mold and fungi associated with candidiasis. It kills the microbes by destroying their cell membranes. Candida does not only affect women. It can also be a systemic condition and is difficult to treat.

To date no adverse or harmful effects have been reported at prescribed doses of Tribulus Terrestris. It can also gradually and naturally help to increase the blood count of testosterone in competitive athletes, cyclists, etc.

PRODUCT LABEL

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TRIBULUS TERRESTRIS

GOKSHURA

Helps you activate testosterone

For best results: take tincture under the tongue for rapid absorption into the bloodstream.

Dosage: Men 10 - 20 drops per day

Ladies 2 - 5 drops per day

Use with advice from a practitioner to help support your testosterone levels.

20% ethanol tincture

Vir die beste resultate: neem die tinktuur onder die tong vir vinnige absorpsie.

Dosis: Mans 10 - 20 druppels per dag

Dames 2 - 5 druppels per dag

Gebruik met advies van 'n praktisyn te help ondersteun jou estrogeenvlakke.

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RELATED PRODUCTS



COLEUS FORSKOHLII 50ml tincture bottle

Average dose: ½ teaspoon in ½ cup water 2 – 3x per day, 1 hour before meals. Alternatively, take a few drops under the tongue every 2-3 hours for acute conditions.

Coleus (Forskolin) helps to help treat hypertension, mild congestive heart failure, asthma, eczema and psoriasis, digestive weakness and IBS, persistent urinary infections.

Coleus is anti-inflammatory, anti-histamine and soothing to the nervous system. It is a vital communicator between hormones and neurotransmitters to treat symptoms of low estrogen or testosterone, dopamine and catecholamine activity. Coleus is effective for weight loss and fat burning as it prevents fat storage. It also aids digestion and stimulates thyroid function to speed up metabolism. Helps in releasing stored glycogen from the liver to balance low blood sugar. It also helps with sugar metabolism for the treatment of insulin resistance (syndrome X: diabetes 2), PCOS (polycystic ovarian syndrome) and obesity. Forskolin has been shown to be safe and effective and has great potential as a sports supplement.

Forskolin is the pharmacologically active compound found in Coleus Forskohlii which has been used in over 5000 research studies since 1974. The enzyme Adenylate Cyclase is activated by Forskolin. This regulates the formation of cAMP (cyclic adenosine monophosphate) a compound that in turn exerts control over numerous activities in every cell.

The effects of raised cAMP. This promotes the inhibition of mast cell degranulation and histamine release, inhibition of platelet activation and degranulation, increased force of contraction of heart muscle, relaxation of the arteries and other smooth muscles, increased insulin secretion, increased thyroid function, and increased lipolysis (fat breakdown) It appears to exhibit potent immune system enhancement by activating macrophages and lymphocytes.

Coleus has many fat loss mechanisms and helps to balance cortisol and blood sugar: Forskolin in Coleus stimulates signaling agents within adipose tissue, leading to the breakdown of triglycerides and the subsequent release of fatty acids and glycerol into the bloodstream. During endurance exercise, these fatty acids are extracted from the bloodstream and burned as fuel to provide ATP energy to the exercising muscle. In turn, fat cells shrink in size, helping overweight patients reduce their body fat more efficiently. Many people have a resistance to burning fat caused by higher serum insulin levels and insulin resistance (syndrome X), which tends to lock fatty acids and triglycerides in fat cells, reducing the fat-burning ability. Coleus stimulates digestive enzymes: improving digestion and food assimilation and increases nutrient absorption in the small intestine. It increases thyroid hormone production as well as stimulates thyroid hormone release. Increasing thyroid activity (comparable in strength to thyrotropin or TSH2) results in an increase in metabolism. An increase in cyclic AMP leads to subsequent activation of protein kinase that activates the hormone sensitive lipase, which is involved in the breakdown of triglycerides, known as building blocks of fatty tissue. This is a thermogenic effect. It also helps release stored glycogen from the liver to balance

low blood sugar. Insulin is important for carbohydrate metabolism, but it is also involved in the metabolism of fats and proteins in controlling weight.

Safe, no side effects and many other benefits. Coleus does not cause tachycardia; “sudden death” heart attack; stroke; nervousness; anxiety; insomnia; seizures; or other serious adverse side-effects associated with the use of ephedra (Ma Huang). Coleus forskohlii does not stimulate the central nervous system. It has no long-term side effects.

Cardiovascular Conditions: Congestive Heart Failure.

Increased levels of cAMP increase the ability of the heart muscle to produce ATP (adenosine triphosphate), the energy required for heart-muscle contraction and its optimal force with each beat (increased stroke volume). Forskolin also relaxes the artery wall, decreasing blood pressure and preload stress on the heart muscle. These effects appear to be mediated via increased cAMP synthesis, which acts as a secondary messenger on various cellular processes.

Hypertension: forskolin relaxes blood vessel smooth muscles via increased cAMP synthesis, helping to reduce high blood pressure by reducing resistance to blood flow. Forskolin antagonizes the action of platelet-activating factor (PAF) by interfering with the binding of PAF to receptor sites on cells. In turn, this reduces platelet stickiness and smooth muscle contraction of blood vessels and bronchiole air passageways. Again, these effects are mediated through increased synthesis of cAMP. A preliminary trial found that Coleus reduced blood pressure and improved heart function in people with cardiomyopathy. Coleus also increases cerebral blood flow, indicating that it may be beneficial in cerebral vascular insufficiency, and in enhancing post-stroke recovery.

Asthma manifests as a relative decrease in cAMP in the skin and bronchial smooth muscles. Most modern drugs for allergic symptoms are designed to increase cAMP levels. Coleus Forskohlii achieves this through improving enzyme activity without negative side effects. Coleus is an effective smooth muscle relaxer, resulting in bronchodilation, decreased airway resistance, increased vital capacity and increased forced expiratory volume. This action is the result of the increase in Cyclic AMP caused by coleus. Methylxanthine-containing drugs inhibit phosphodiesterase enzyme, which breaks down cAMP.

Psoriasis. Low levels of cAMP appear to disrupt its balance with cGMP (cyclic guanine monophosphate). This imbalance has been shown to cause rapid cellular proliferation (a rate that is 1,000 times faster than normal cells), which is a main feature of the psoriatic condition. In experimental studies, coleus forskohlii has been shown to slow the proliferation rate of skin cells by improving the relative balance of cAMP to cGMP. Topical application of Nature Fresh Bee Balm has proved to be very effective in removal of scales and restoring normal skin. Supplement with omega 3 oils, follow the blood type diet and avoid foods containing arachidonic acid eg: fatty meat, peanuts, coconut & dairy fat. Also avoid excessive omega 6 oils found in sunflower, corn and cottonseed oil. Only use olive oil.

Depression is associated with an imbalance of the neurotransmitters- serotonin and dopamine. A recent study shows that increasing Cyclic AMP elevates the catecholamines (neurotransmitters: epinephrine, norepinephrine). Since forskolin elevates Cyclic AMP, it may improve neurotransmitter function and thereby help to relieve depression. Nature fresh MEGAMAX helps to raise dopamine and testosterone levels associated with male depression. Parkinson's disease is also a disturbance of these neurotransmitters and the use of Coleus and MEGAMAX is proving to be very helpful when combined with vitamin B6 and omega 3 oil supplements. When combined with disciplined eating and a structured exercise regimen, patients can reduce their dependence on medications that have unpleasant effects.

Male and female "menopause" responds to coleus.

Although testosterone levels diminish with age, some men with normal levels may also experience symptoms of low testosterone. This is because the testosterone present may be in a bound form that renders it inactive or there is a problem with the hormone communicating with its receptors. Raising levels of cyclic AMP (adenosine monophosphate) by introducing Forskolin from a COLEUS supplement is certainly beneficial in this respect. It may be all that is needed to restore a man's former prowess. It is far safer than reaching for aphrodisiacs or sexual one-off's that may interfere with high blood pressure, blood sugar, heart medications, etc.

What are the symptoms of low testosterone in older men?

Tiredness, irritability, lowered libido, aching joints, dry skin, insomnia, excessive sweating, hot flushes and depression. It is no coincidence that these symptoms overlap with a lack of cyclic AMP! Many older women have similar complaints and call it menopause. Is this the whole story? Instead of reaching for HRT, coleus would be a far safer choice to restore communication with estrogen and testosterone receptors. With males a testosterone (and cAMP) deficiency in the long-term causes: bone density to decrease, a loss of muscle tone, sperm counts to drop and erectile failure occurs more frequently. Females with low testosterone also experience a lack of sexual arousal and can't perform. It is not always oestrogen supplementation that hot-flushing women need. Overdoing the estrogen to ward off a supposed lack of it results in undesirable side effects such as weight gain, sore swollen breasts and a stand-offish attitude to both men and sex. Just a few drops of Coleus tincture every day can change all that!

What other products can help older men and women with these problems?

1 Zinc prevents testosterone from converting (aromatising) to estrogen. Take 15 – 30 mg every day. Although some foods are rich in Zinc, we don't eat nearly enough oysters or pumpkin seeds every day to keep estrogen and DHT (dihydrotestosterone) at bay.

2 Omega 3 oil is very important to enhance the effects of cyclic AMP. Eat plenty of oily fish from the cold seas, or take a fish oil supplement like salmon or cod liver oil capsules every day.

3 To boost the release and formation of testosterone, take the Nature Fresh Tribulus Terrestris tincture or the MEGAMAX capsules. They help to control testosterone pathways and release dopamine. Good for ladies and men.

4 For ladies with specific menstrual and menopausal complaints, choose the correct Nature Fresh herbal hormone balancing tincture from the range, Black Cohosh, Agnus Castus and Red Sweet potato. (See notes.)

5 Nature Fresh Calcium Complex: a very important part of maintaining general health and wellbeing and to look after bones and joints at all ages. Magnesium is vital to cyclic AMP activity. (See Calcium notes.)

6 Nature Fresh Prostate Remedy: for men who are already experiencing urinary discomfort.

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RELATED PRODUCTS



NF 46: COLEUS FORSKOHLII 50ml tincture of 40% alcohol

The tincture contains Forskolin that activates cyclic AMP (Adenosine Monophosphate), a neurotransmitter to help treat hypertension, mild congestive heart failure, asthma, psoriasis, digestive problems, glaucoma, persistent urinary infections and insulin resistance. An anti-inflammatory and anti-histamine that calms the nervous system and stimulates thyroid function to speed up metabolism. It helps to release stored glycogen from the liver to balance low blood sugar and assists treatment of syndrome X (diabetes 2) and PCOS (polycystic ovarian syndrome). Can be used for weight loss and fat burning.

Coleus for fat loss

Coleus has many fat loss mechanisms that help to balance cortisol and blood sugar: Forskolin in Coleus stimulates signaling agents within adipose tissue, leading to the breakdown of triglycerides and the subsequent release of fatty acids and glycerol into the bloodstream. During endurance exercise, these fatty acids are extracted from the bloodstream and burned as a fuel to provide ATP (Adenosine Triphosphate) energy to the exercising muscle. In turn, fat cells shrink in size, helping overweight people to reduce their body fat more efficiently. Many of these people have a resistance to burning fat caused by higher serum insulin levels and insulin resistance (syndrome X), which tends to lock fatty acids and triglycerides in fat cells, reducing their fat-burning ability.

Hypertension: Forskolin relaxes blood vessels, smoothing muscles via increased cAMP synthesis. It helps to reduce high blood pressure by reducing resistance to blood flow. Forskolin antagonizes the action of platelet-activating factor (PAF) by interfering with the binding of PAF to receptor sites on cells. In turn, this reduces platelet stickiness and smooth muscle contraction of blood vessels and bronchiole air passageways. Again, these effects are mediated through increased synthesis of cAMP. Preliminary trials have found that coleus reduced blood pressure and improved heart function in people with cardiomyopathy. Coleus also increases cerebral blood flow, indicating that it may be beneficial in cerebral vascular insufficiency, and in enhancing post-stroke recovery.

PRODUCT LABEL



For medical / scientific data on using herbs or protocols to help improve symptoms of hormonal problems, please scan the QR code or visit our website.

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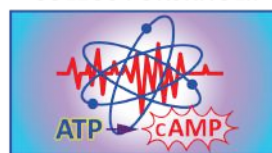
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50ml



COLEUS FORSKOHLII



METABOLIC / ENDOCRINE
Activates Key enzymes

For best results: take tincture under the tongue for rapid absorption into the bloodstream. Take 5 - 10 drops 1 to 3 times per day between meals.

Use with advice from a practitioner to help improve cellular energy.

Vir die beste resultate: neem die tinktuur onder die tong vir vinnige absorpsie. Neem 5 - 10 druppels 1 - 3 keer per dag tussen maaltye. Gebruik met advies van 'n praktisin te help verbeter sellulêre energie.

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NF 038 OLIVE LEAF TINCTURE 50ml tincture, 40% alcohol

Olive Leaf Tincture can be taken by mouth, added to juice or water or applied topically to skin infections like athlete's foot or septic wounds, scabies and any itchy bite. It is also convenient to add to baby and young children's drinks. Beneficial for colds and flu, tight chest (see also Coleus tincture for asthma) Candidiasis, high blood pressure and Malaria. Olive leaf is considered to be safe for pregnant women, but first consult a doctor. When using olive leaves with a medication one should be careful that the herb does not compete with the drug.

Herbal malaria remedies

Olive leaves contain a natural anti-malarial component called Chloroquine. Olive leaf also inhibits blood clotting and maintains optimal viscosity. It has a natural built-in benefit as an alternative to blood-thinning medications. This can help to protect high-risk patients against the formation of tiny clots that occur as a complication of Coronavirus infections. Olive leaf has been used successfully for diabetic and cardiovascular patients as an alternative to medications that lower blood pressure, to thin the blood and to lower blood sugar.

A drug weaning protocol should be discussed and monitored by the doctor who prescribed hypertensive and blood thinning medications. Naturopaths and doctors skilled in integrative medicine can also be consulted. A basic guideline: never suddenly stop using a medication. Work down the dosage and the intervals in descending steps over 2 - 4 weeks. Then after a few days you can start taking the natural remedy and supplements in ascending steps over 2 - 4 weeks. During this time, you need to keep monitoring the blood clotting and the blood pressure.

PRODUCT LABEL



See European Medicines Agency monograph
EMA / HMPC / 430507 / 2009

Please scan this QR code, or visit our website.



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OLIVE LEAF TINCTURE

OLEA EUROPEA / OLEA AFRA

Take 5 - 10 drops in water or under the tongue for rapid absorption 1 - 3 times per day between meals.

Neem 5 - 10 druppels in water of onder die tong vir 'n vinnige opname 1 - 3 keer per dag tussen maaltye.

Gebruik om mikrobiese infeksies, (Candida, verkoue en griep), bloeddruk en sirkulasie te behandel.

50ml

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RELATED PRODUCTS





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NF 059 ARTEMISIA AFRA/ ANNUA 40% ethanol tincture : 50% herbal extract

5ml drops = 250mg Artemisia Annu extract. Traditionally used for treating worms, parasites (malaria) microbial infections, viruses (colds and flu), fever, inflammation and for immune support.

TREATMENT for INFECTIONS: Take 5-10 drops in water or under the tongue for rapid absorption 1-3 times per day between meals.

How to take Artemisia Annu/Afra for Malaria (DIY method)

A very helpful site is: www.anamed.net where there is a do it yourself system for rural folk with this herb. We also use this herb in our NATURE FRESH Parasite Remedy and have done good trials, especially in Africa. It also helps to ward off gut bugs and other parasites. Artemesia tablets are available from some companies like NORDMAN.

1.) Anamed method: 1 photo canister = 5g or 20ml of dried artemisia leaves is boiled in 1 litre of water. Fresh: 10g or a small handful of leaves. Allow to cool and strain. Drink this every day to treat Malaria. It is also taken by each person every day when there is a high risk of Malaria. (In season, after rain, near water, etc.) It also deals with parasites and gut infections, etc

PRODUCT LABEL



Extract of **Artemisia Afra**
(Wilde Als / Umlonyane)

Note: This unregistered medicine has not been evaluated by SAHPRA for its efficacy, quality, safety or intended use.

Storage instructions:
Store at or below 25 deg. Celsius in a dry place away from sunlight. Keep out of reach of children.

50 ml



Umlonyane / Wilde Als

FOR BEST RESULTS:

Adults: take 5 - 10 drops under the tongue (for rapid absorption) or in water 1 - 3 times per day between meals.

NB: First consult a doctor if you take medications, have allergies or you are pregnant or breastfeeding.

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NATURE FRESH HERBAL PARASITE REMEDY

We are constantly bombarded by parasites; including their eggs and larval stages so this is why we need to take a parasite remedy on a continuous basis. Most people are unaware of the fact that if we are prone to colds and flu, we also have gut worms. Often all it takes to prevent colds and flu, as well as many mucous-related problems, is to eliminate these parasites. When dealing with a parasite problem, especially the larger worms and liver flukes, it is advisable to treat the whole household. Nature Fresh Herbal Parasite Remedy can be taken with water or fruit juice. It can be added to Baby's juice bottle. Small quantities are easier to administer in this form as opposed to tablets or capsules. Animals are a major cause of your parasite problems, so the Parasite Remedy can be used for them as well.

The Nature Fresh Herbal Parasite Remedy is a 20% alcohol-based tincture made from a high concentration of four herbal components that have both antimicrobial as well as deworming properties: Olive leaf, Artemesia, Cloves and Ivy. These herbal effects have been substantiated by European and German Commission E Monographs and well-documented research from around the world. Herbs that contain these valuable phytochemical compounds are inherently effective against a wide spectrum of viruses, fungi, bacteria, moulds, protozoa, flukes, and worms. At the same time, these plants provide us with a host of very beneficial remedies for digestion, boosting the immunity, clearing up urinary infections, fighting cancer, balancing blood pressure, detoxifying the system, dealing with mucous and catarrh and stimulating the circulation! There are seldom, if any, unpleasant side effects other than an initial detoxification process. When taken on a continuous basis, the Parasite Remedy acts like a daily tonic to tone and revitalise the body, to stimulate the immune system and to keep out all unwelcome intruders. An excellent start to every day! It is an all-in-one herbal elixir.

The Nature Fresh Herbal Parasite Remedy contains:

1) 45% OLIVE LEAF (*Olea Europa* and *Olea Africana*) Olive leaves help to eliminate most microbial infections, including *Candida Albicans*, Epstein Barr, Cytomegalovirus, genital herpes, shingles, cold sores and retrovirus, HIV, Malaria, colds and flu. Often these organisms inhabit larger parasites like flukes and worms that may be present, prior to attacking you. Olive leaves help to lower blood pressure naturally, stimulate microcirculation and boost the immune system, helping to improve white cell counts in HIV AIDS patients and lowering their viral and parasite loads.

2) 25% WORMWOOD (*Artemesia Absinthium*) A traditional remedy for tapeworm, all types of intestinal worms and liver flukes, including the various stages of *Bilharzia* (*Schistosomiasis*.) It is also a liver and bile remedy, a digestive tonic and for treating liver congestion, jaundice and nausea. *Artemesia* is friendly to the gut flora but has a powerful antibiotic action. It is now widely used to help treat and prevent Malaria and to clear up kidney and urinary infections.

3) 15% IVY (*Hederae Helix*) One of the best remedies for liver flukes, treating congestive mucous-laden coughs and persistent catarrh. It is safe to use and non-toxic. Ivy has anti-mutagenic properties to help fight some forms of cancer. Some forms of cancer are associated with parasites and microbes. This valuable information is not widely known.

4) 15% CLOVES (*Eugenia Caryophyllata*) Cloves have a powerful anti-microbial action, especially for gut infections like dysentery, food poisoning, shigella, bloating, gas, rumbling, pain and cramping. Cloves contain Eugenol, a valuable remedy for urinary, bladder and kidney infections. They help fight all types of fungi and moulds and are very good for killing off the egg and larval stages of larger parasites.

Known as a natural alternative to antibiotics, these herbal components have the additional advantage of keeping the natural balance of beneficial gut flora intact whilst they target the offending bacteria. Unlike synthetic antibiotics that only deal with specific bacteria, herbs like Olive Leaf and *Artemesia* have the advantage of treating viruses and larger parasites that act as their hosts as well! *Candida Albicans* complications can be a side effect of taking too many patent antibiotics. The Olive leaves that form the major component of Nature Fresh Parasite Remedy have proven to be a very effective remedy for *Candida Albicans*, let alone the common cold, for which many people have been taking antibiotics, in the first place! Olive Leaves and *Artemesia* are now proving to be very effective remedies for Malaria. Many people prefer to take these herbs in preference to antimalarial drugs when they travel. A little-known trigger of diseases like Fibromyalgia and other painful attacks on organs as well as muscles is the presence of roundworms and their eggs and cysts in muscle tissue. Gut and liver flukes can set off diabetes, jaundice and *Bilharzia*. We know about tapeworms and anaemia, but worm eggs in the brain have been discovered in cases of Epilepsy and brain seizures. Did you hug your pets today? A few more good reasons to take your Parasite Remedy!

Parasite Remedy can also be used as a mouthwash or gargle, for treating mouth ulcers, sore throats, bad breath or infections. Topically, it can be applied to the skin, hair or scalp to control lice, mites, scabies and ringworm. The tincture can also be mixed into lotions, gels, or shampoo. This includes veterinary use. This potent herbal remedy of tried and trusted herbs has a spectacular track record when it comes to wiping out a vast array of parasites and pathogens. Over 40% of our patent drugs have been inspired by plants but when the complete and original herbs are used, very few, if any harmful side effects are ever noted and most herbal remedies provide additional benefits. This is why we use natural medicine, at a fraction of the cost. When it comes to wiping out parasites, there are no synthetic drugs that can work as safely and effectively as a well-formulated herbal remedy.

For more information or to find your nearest Nature Fresh supplier, or: www.naturefresh.co.za



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NF 042 NATURE FRESH HERBAL PARASITE REMEDY

The Nature Fresh Herbal Parasite Remedy is a 20% alcohol-based tincture made from a high concentration of four herbal components that have both antimicrobial as well as deworming properties: Olive leaf, Artemesia, Cloves and Ivy. These herbal effects have been substantiated by European and German Commission E Monographs and well-documented research from around the world. Herbs that contain these valuable phytochemical compounds are inherently effective against a wide spectrum of viruses, fungi, bacteria, moulds, protozoa, flukes, and worms. At the same time, these plants provide us with a host of very beneficial remedies for digestion, boosting the immunity, clearing up urinary infections, fighting cancer, balancing blood pressure, detoxifying the system, dealing with mucous and catarrh and stimulating the circulation! There are seldom, if any, unpleasant side effects other than an initial detoxification process. When taken on a continuous basis, the Parasite Remedy acts like a daily tonic to tone and revitalise the body, to stimulate the immune system and to keep out all unwelcome intruders. An excellent start to every day! It is an all-in-one herbal elixir.

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PRODUCT LABEL

FOR BEST RESULTS:

Shake the bottle. Add each dose taken to 30 – 50 ml water. It can also be applied to skin. Optional: the alcohol evaporates if left to stand for a few hours.
ADULT DOSE: 10 - 15 ml
CHILDREN: 3 - 5 ml (mixed with fruit juice or water)
BABIES over 1 year: 2 - 3 ml

VIR DIE BESTE RESULTATE:

Skud die bottel. Neem elke dosis saam met 30 - 50 ml water. Opsioneel: die alkohol verdamp na 'n paar uur.
VOLWASSE DOSIS: 10-15 ml
KINDERS: 3 - 5 ml (saam met vrugtesap of water)
BABAS meer as 1 jaar: 2 - 3 ml

10% HERBAL EXTRACT in 20% ETHANOL (Also available in Veggicaps with MSM)

45% Olive leaf (Olea Europa / Afra) helps to fight Candidiasis, moulds, viruses, colds & flu and boosts circulation and immunity.
25% Artemisia Annuu/Afra (Wormwood) Traditional dewormer and fluke (Bilharzia) remedy. Used for fever, malaria & cancer.
15% Cloves (Eugenia caryophyllata) in the gut for worm eggs and mycotoxins in the gut.
15% Ivy (Hedera Helix) Traditionally used for coughs, tight chest to clear mucous.

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Regular treatment helps to control worm, fluke and microbial infestations associated with diseases such as colds and flu, TB and HIV/AIDS.

To help control worms / parasites:

Take 2 or 3 doses per day for 1 week of every month.
For chronic infections: take 1 or 2 doses every other day.
WARNING: Not for pregnant women. Consult your doctor if you take cardiovascular, diabetic, HIV or TB medications at the same time. Some herbs can duplicate (enhance) or interfere with their effects. Ask about topical use on skin, fingernails and ulcers. You can apply undiluted for scabies, ringworm, fungal, etc.

Om wurms/parasiete te help beheer:

Neem 2 of 3 keer per dag vir 1 week in elke maand.
Vir chroniese infeksies neem 1 of 2 keer elke ander dag.
WAARSKUWING: Nie vir swanger vroue. Raadpleeg jou dokter as jy kardiovaskulêre, diabetes, HIV of TB medikasie neem op dieselfde tyd. Sommige kruiden kan dupliseer (verbeter) of teen die middels werk. Vra hom oor topikale gebruik op die vel of vingernaels en oor velkwame soos scabies, eksema of omloep.

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Thank you so much for your support! Every product we formulate, package, and send out is made with genuine care for your health and well-being.

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Jim keeps our vision and energy high.

Michelle & Helen take care of operations and administrative details.
Mahir & Anton manage production, stock, and prompt dispatch.
Vivienne & Andre manage our digital space and online community.

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Warmest regards, The Nature Fresh Team





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