

Willner Chemists Introduces New Line of Liquid Herbal Supplements

Phyto-Tech™ Supplements Provide New Standard For Herbal Extracts.

Working with several herbalists and phytochemists, Willner Chemists has introduced a new, state-of-the-art line of liquid herbal supplements. These new products combine the best of traditional herbalism with the advances of modern technology.

Whenever possible, certified organic herbs were utilized. Where that was not possible, ethically wildharvested herbs were used. If imported--and certain herbs are only available from their native environment--they are guaranteed unsprayed and contaminant free.

Having said that, according to Don Goldberg, R.Ph., "Efficacy is the prime concern. We want these products to work, and we chose those herbs that were most efficacious for the intended purpose." The products are formulated and manufactured in a facility that is FDA registered, following Good Manufacturing Practice guidelines, and certified compliant by NSF. The products are also Kosher certified.

You will notice several things about the Phyto-Tech™ liquid herbals that set them apart from most others on the market. For example, due to the nature of the liquid extraction process, it is often difficult to compare one product to another, and to determine, quantitatively, just how much of a particular herb is in a formulation. Usually, all you see on a label is a listing of ingredients (i.e. "a blend of. . .") with no quantity provided. With Phyto-Tech™ liquid herbal supplements, you will see the actual milligram listings of each ingredient right on the label, along with the "herb strength ratio." Herbalists have always preferred liquid herbal supplements. They are fast acting. The dosage can easily be adjusted to the patients individual needs. Microbial purity is less of a problem than with dry products. They are convenient and can be administered in various ways.

We are very excited to be introducing this new line of products at Willner Chemists. A great deal of work--research, formulation and development--has gone into this project. We know you will be pleased with the results. Information on some of the products is being presented in this flier. More information will follow. Check our website, www.willner.com and the next catalog for more information.

Adaptogen Complex

An excellent anti-stress formula; A Chi or energy tonic.

Who would benefit from this supplement? Those suffering from fatigue, overexertion, stress, chemotherapy, depression. Best used on a daily basis.

Phyto - Tech™ Adaptogen Complex contains the following herbs: Red Reishi Mushroom, Eleuthero Root, Ashwagandha Root, Vanuatu Kava Root, Licorice Root.

1 fl oz

Product Code: 57083

List: \$10.90 ~ Discount: \$8.72

Adrenal Stress Complex

Supports healthy adrenal gland function, optimizing the body's handling of stress.

This formula also helps maintain healthy blood sugar levels by supporting liver function.

Who would benefit from this supplement? Those suffering from adrenal fatigue, blood sugar control problems.

Phyto - Tech™ Adrenal Stress Complex contains the following herbs: Licorice Root, Eleuthero Root, Devil's Club Root Bark, Dandelion Root, Sarsaparilla Root, Ginger Root.

1 fl oz

Product Code: 57037

List: \$10.90 ~ Discount: \$8.72

Allergy Complex

This supplement supports healthy sinus and respiratory systems function by exerting an anti-histamine, decongestant type action.

Who would benefit from this supplement? Those suffering from allergic rhinitis, hay fever, asthma, and sinus congestion.

Phyto - Tech™ Allergy Complex contains the following herbs: Nettle Leaf, Eyebright Herb, Yerba Santa Leaf, Turmeric Root, Lobelia Herb, Ambrosia Herb.

1 fl oz

Product Code: 56983

List: \$10.90 ~ Discount \$8.72

Alcohol Free: Code 57041

List: \$11.60 ~ Discount: \$9.28

Child Friendly: Code 57013

List: \$10.90 ~ Discount: \$8.72

American Ginseng

American Ginseng is an adaptogenic, immune - system modulating herb, enhancing stamina and energy.

Who would benefit from this supplement? Those suffering from fatigue, frequent illness, malaise and those involved in athletics.

American Ginseng 1:3 -

1 fl oz

Product Code: 56981

List: \$15.40 ~ Discount:

\$12.32

Antiox Phyto Complex

Some of the most powerful, broad - spectrum antioxidants are those found in plants. This supplement contains a blend of several of the most potent plant- derived phyto - antioxidants available, in a liquid filled, professional strength veggi cap.

Who would benefit from this supplement? Anyone needing antioxidant protection as well as those looking for enhanced immunity, those with cardiovascular problems, stress, and concerns about environmental pollution. It is also an essential component of any “anti - aging” supplement regimen.

Phyto - Tech™ Antiox Phyto Complex contains the following: Acai Berry Concentrate, Mangosteen Extract, Goji Berry, Pomegranate, Green Tea Extract, Grape Skin Extract, Grape Seed Extract. Each 250 mg capsule contains the equivalent of 2,900 mg of raw herb.

60 liquid caps

Product Code 57091 List: \$22.00 ~ Discount: \$17.60

Anxiety Complex

This is a calming, soothing and relaxing formula that focuses on emotional stress.

Who would benefit from this supplement? Those suffering from anxiety, stress, insomnia, performance anxiety.

Phyto - Tech™ Anxiety Complex contains the following herbs: Night Blooming Cereus, Vanuatu Kava Root, St. John's Wort Flowers, Lobelia Herb, Pulsatilla Herb.

1 fl oz

Product Code: 57014 List: \$11.60 ~ Discount: \$9.28

Ashwagandha Root

Known as “Ayurvedic Ginseng,” Ashwagandha supports stamina, endurance, and energy.

Who would benefit from this supplement? Those suffering from fatigue, stress, immune system problems, chronic fatigue syndrome, recovery from illness and auto - immune disorders. Ashwagandha is an adaptogenic herb, similar to ginseng, but it is less heating, “yang” or stimulating than Panax ginseng.

Ashwagandha Root 1:1.5

1 fl oz

Product Code: 57008

List: \$10.90 ~ Discount: \$8.72

Astragalus Root

As a long term tonic, Astragalus helps boost deep immunity and resistance.

Who would benefit from this supplement? Those who get sick easily or suffer from chronic health problems. It is especially useful for those undergoing chemotherapy.

Astragalus Root 1:3 -

1 fl oz

Product Code: 56949

List: \$10.90 ~ Discount: \$8.72

Attention Complex

This “Child Friendly” supplement supports healthy attention and concentration.

Who would benefit from this supplement? Children who suffer from ADHD, ADD, poor concentration and focus, stress, fatigue and mental exhaustion.

Phyto - Tech™ Attention Complex contains the following herbs Ginkgo biloba Leaf, Gotu Kola Leaf, Licorice Root, Lobelia Herb and Rhodiola Root.

(See label for age - adjusted dosage)

guidelines)

1 fl oz

Product Code: 57030

List: \$10.90 ~ Discount: \$8.72

Bilberry

Bilberry is a powerful antioxidant, and is traditionally used to support eye health and visual function.

Who would benefit from taking this herbal supplement? Those who are concerned about possible eye or vision problems, including macular degeneration, cataracts.

Each 30 drops contains 500 mg of certified organic Bilberry berry.

1 fl oz

Product Code: 57043

List: \$10.90 ~ Discount: \$8.72

Black Cohosh Root

This herb helps normalize the menstrual cycle and promote a healthy menopause.

Who would benefit from taking this supplement? Women experiencing the following problems may find this herb helpful: PMS, menstrual cramps, uncomfortable menopausal symptoms. Each 30 drops contains 333 mg certified organic Black Cohosh Root.

1 fl oz

Product Code: 56969

List: \$10.90 ~ Discount: \$8.72

Black Walnut Hull

This herb is traditionally used to support intestinal health.

The Black Walnut used in this supplement is derived from the hulls while in their green state. This is when they are most potent.

Who would benefit from this supplement? Those who are concerned about possible parasite, fungal or bacterial infections, including candidiasis.

Each 30 drops contains 1,000 mg of certified organic green Black Walnut Hulls.

1 fl oz

Product Code: 56987

List: \$10.90 ~ Discount: \$8.72

BPH Complex

This herbal supplement was designed to support prostate function and the male reproductive system.

Who would benefit from this supplement? Men with benign prostatic hyperplasia, elevated PSA levels, impotence. Phyto - Tech™ BPH Complex contains the following herbs: Saw Palmetto Berry, Fresh Nettle Root, Red Root, Sarsaparilla Root, Fresh Turmeric Root, Dong Quai Root.

1 fl oz

Product Code: 57085

List: \$10.90 ~ Discount: \$8.72

Brain Bio Boost Complex

Supports healthy cognitive function, focus and memory, increasing overall cognitive ability and vitality. The

elderly find this formula especially helpful.

Who would benefit from this supplement? Those with memory loss, confusion, Alzheimer's disease, dizziness, tinnitus, ADHD and ADD. This is an ideal supplement for college students and others facing demanding mental challenge. It is best used long - term.

Phyto - Tech™ Brain Bio Boost Complex contains the following herbs: Gotu Kola Leaf, Ginkgo Leaf, Green Tea, Codonopsis Root, Licorice Root, Rhodiola Root.

1 fl oz

Product Code: 57071

List: \$10.90 ~ Discount: \$8.72

Burdock Root

Burdock root is a gentle liver and blood cleanser, especially useful for toxic skin disorders.

Who would benefit from this product? Those with skin conditions such as eczema, acne, and psoriasis. Phyto - Tech™ Burdock Root contains 667 mg certified organic burdock root per 30 drops.

1 fl oz

Product Code: 57061

List: \$10.40 ~ Discount \$8.32

Calming Complex Child Friendly

This supplement, designed for children, exerts a sedative and calming action appropriate for daytime use. It can also be used at night to help induce sleep.

Who would benefit from this supplement? Children who are hyperactive, anxious, obsessive compulsive, ADHD or insomnia.

Phyto - Tech™ Child Friendly Calming Complex contains the following herbs: Chamomile Flower, Valerian Root, Hops Strobiles, Lobelia Herb.

1 fl oz

Product Code: 56996

List: \$10.90 ~ Discount: \$8.72

Chamomile Flowers

Chamomile is traditionally used for its mild relaxing effect. It calms, soothes and supports the nervous system.

Who would benefit from this supplement? Those with stress, anxiety, stomach upset due to nervousness, and mild insomnia.

Phyto - Tech™ Chamomile Flowers contains 333 mg certified organic Chamomile in 30 drops.

1 fl oz

Product code: 57067

List: \$10.90 ~ Discount: \$8.72

Chaste Tree Berry

Chaste Tree helps to balance the female cycle and supports proper progesterone levels.

Who would benefit from this supplement: Women with progesterone deficiency, PMS, menopause related problems, and infertility.

Phyto - Tech™ Chaste Tree Berry contains 500 mg of certified organic chaste tree berry in 30 drops.

1 fl oz

Product Code: 56989

List: \$10.90 ~ Discount: \$8.72

Chinese Red Ginseng

Ginseng is the premier adaptogenic, immune - modulating herb. Chinese Red Ginseng (Panax ginseng) is more "stimulating" or warming than American Ginseng.

Who would benefit from this supplement? Those suffering from fatigue, burn - out, frequent illness, depression. Red Chinese Ginseng is thought to increase vigor, energy, vitality and resistance to illness and environmental or external stress. It is often the preferred adaptogenic herb for the elderly.

Phyto - Tech™ Chinese Red Ginseng contains 333 mg of imported Chinese Red Ginseng per 30 drops.

1 fl oz

Product Code: 57023

List: \$14.70 ~ Discount: \$11.76

Chlorophyll Extract

Often considered the "blood" of plants, chlorophyll is structurally similar to hemoglobin. It has a protective and detoxification action.

Who would benefit from this supplement? Those with heavy metal toxicity and those looking for cleansing and detoxification properties. Those with bad breath and body odor. Those suffering from fatigue and those with slow healing wounds.

Phyto - Tech™ Chlorophyll provides 100 mg Chlorophyll, from Mulberry leaf, per 30 drops.

1 fl oz

Product Code: 56977

List: \$10.40 ~ Discount: \$8.32

Cinnamon Bark

Historically, Cinnamon has been used for various gastrointestinal problems. More recently, interest has centered on the research showing that Cinnamon can help normalize blood sugar control. This is of major interest to those with type 2 diabetes.

Who would benefit from this supplement? Those with blood sugar regulation problems, including type 2 diabetes, pre diabetes, and cholesterol related conditions.

Phyto - Tech™ Cinnamon Bark 1:2 is a liquid herbal supplement containing 250 mg of certified organic Cinnamon Bark per 15 drops.

We also have a higher potency, standardized Cinnamon Bark supplement in a liquid veggie cap formula.

The next monograph provides information on that product.

1 fl oz

Product Code: 57005

List: \$10.90 ~ Discount: \$8.72

Cinnamon Bark 40

This is a standardized Cinnamon Bark complex in a liquid veggie cap.

Each two liquid filled veggie caps contain 250 mg of Cinnamon Bark (alcohol extract), 75 mg of Cinnamon Bark (supercritical carbon dioxide extract, standardized to 40 mg Cinnamaldehydes).

The Cinnamon used in Phyto - Tech™ Cinnamon supplements is Cinnamomum cassia, the species utilized in research. It is certified organic and vegetarian.

60 Liquid Filled Capsules

Product Code: 57092

List: \$22.00 ~ Discount: \$17.60

Cough Complex

A traditional Chinese formula for immediate respiratory system support; relieves coughs and congestion.

Who would benefit from this supplement? Those with acute or chronic cough, especially wet, or phlegm producing coughs. According to Traditional Chinese medicine, this formula can be helpful to those with cough due to the common cold, acute or chronic bronchitis, emphysema, pertussis and smoker's cough.

Phyto - Tech™ Cough Complex contains the following herbs: Houttuynia Herb, Poria Cocus, Platycodon Root, Skullcap Root, Bitter Orange Fruit, Fritillaria Bulb, White Mulberry Root Bark, Tangerine Peel, Licorice Root, Pinellia Root, Ginger Root.

1 fl oz

Product Code: 57036

List: \$10.90 ~ Discount:\$8.72

Devil's Claw

This herb, wild harvested from the Kahalari desert of Africa, has been shown to exert significant anti-inflammatory and analgesic action.

Who could benefit from this supplement? Those with arthritis, rheumatism, fibromyalgia, joint and muscle pain.

Phyto - Tech™ Devil's Claw 1:4 provides 250 mg of Devil's Claw secondary tubers per 30 drops.

1 fl oz

Product Code: 57029

List: \$10.90 ~ Discount: \$8.72

Digest Stim Complex

This formula promotes optimal digestive enzyme balance for proper digestive function. It can be categorized as a bitter digestive tonic.

Who can benefit from using this supplement? Those who are deficient in digestive enzyme secretion or gastric function. Helpful in cases of indigestion, gas, sluggish bowels.

Phyto - Tech™ Digest Stim is available in a regular, and an alcohol - free version. Most commonly, it is taken before meals. It contains the following herbs: Gentian Root, Fennel Seed, Oregon Grape Root, Ginger Root, Licorice Root, Prickly Ash Bark, Blue Flag Root, Peppermint Spirits, and Potassium Carbonate.

Digest Stim Complex,

1 fl oz

Product Code: 56999

List: \$10.90 ~ Discount: \$8.72

Digest Slim Complex, Alcohol Free,

1 fl oz

Product Code: 57040

List: \$11.60 ~ Discount: \$9.28

Ear Drops

Soothes aches, promotes comfort and circulation, and supports immunity, as an external ear oil.

Who can benefit from this supplement? Children and adults with ear infections. See article and full monograph on page 4 of this flier.

Phyto - Tech™ Ear Drops contains the following herbs: Mullein Flower Oil, Coptis Root Oil, Garlic Bulb Oil, Arnica Montana Flower Oil, Cold Pressed Extra Virgin Olive Oil.

This product comes in two versions: Phyto - Tech™ Ear Drops (Code 56953) and a Child Friendly version, Phyto

Tech™ Ear Oil (Code 57011). Both come in 1 fl oz bottles.

Phyto - Tech™ Ear Drops Product Code: 56953

List: \$10.40 ~ Discount: \$8.32

Phyto - Tech™ Ear Oil, Child Friendly Product Code: 57011

List: \$10.90 ~ Discount: \$8.72

Echina Acute Complex

Liquid Herbal Extract

Designed for “acute” immune support, i.e. when an infection is imminent or active. A broad spectrum anti-infective, immune support formula.

Who can benefit from this supplement? Those who sense the onset of a cold or flu, and those who are struggling with an active bacterial, viral, parasitic or other microbial infection, especially those affecting mucosal linings (respiratory, urinary, digestive and reproductive).

Phyto - Tech™ Echina Acute Complex Herbal Liquid contains the following herbs: Echinacea angustifolia Root, Goldenseal Root, Yerba Mansa Root, Oregon Grape Root, Licorice Root, Red Root, Myrrh Gum, Wild Indigo Root

Echina Acute Cmplx Liquid Drops

1 fl oz ~ Prod Code: 56946

List: \$11.60 ~ Discount: \$9.28

Echina Acute Cmplx Liquid Drops

2 fl oz ~ Prod Code: 56979

List: \$21.40 ~ Discount: \$17.12

Echina Acute Cmplx, Alcohol Free

1 fl oz ~ Prod Code: 56974

List: \$12.10 ~ Discount: \$9.68

Echina Acute Complex Liquid Veggie Caps

Designed for “acute” immune support, i.e. when an infection is imminent or active. A broad spectrum anti-infective, immune support formula.

Who can benefit from this supplement? Those who sense the onset of a cold or flu, and those who are struggling with an active bacterial, viral, parasitic or other microbial infection, especially those affecting mucosal linings (respiratory, urinary, digestive and reproductive).

Phyto - Tech™ Echina Acute Complex Herbal Liquid contains the following herbs: Echinacea purpurea Herb, Goldenseal Root, Echinacea angustifolia Root, Oregon Grape Root, Fresh Yerba Mansa Root, Myrrh Gum, Fresh Wild Indigo Root.

60 Liquid Filled Veggie Caps

Product Code: 57093

List: \$22.00 ~ Discount: \$17.60

Echinacea Root

One of the most popular immune system stimulating herbs.

Who can benefit from this herbal supplement? Those who need to stop an oncoming cold, flu or other infection. Echinacea can also be helpful to those needing a long - term tonic, either due to chronic health problems or a tendency to get ill easily. "Contrary to popular myth, Echinacea is safe for long term use and will not decrease immune response over time. That myth was [based on] a misinterpretation of a [foreign language] study done about 40 years ago." Phyto - Tech™ Echinacea Root 1:2 contains 500 mg of certified organic Fresh Echinacea angustifolia Root per 30 drops.

1 fl oz ~ Product Code: 56945

List:\$10.90 ~ Discount: \$8.72

2 fl oz ~ Product Code: 56980

List: \$20.20 ~ Discount: \$16.16 1 fl oz,

Alcohol Free ~ Code: 56968

List: \$11.60 ~ Discount: \$9.28

Elderberry

Recent research shows this herb may be especially effective for those with influenza virus infections.

Who can benefit from this supplement? Those who suffer from influenza and similar viral infections, as well as those with cardiovascular disease and vision problems. Elderberry is rich in flavonoids, anthocyanins and other phyto antioxidants.

Phyto - Tech™ Elderberry 1:2 contains 500 mg of certified organic Elderberry berries in each 30 drops.

1 fl oz

Product Code: 57026

List: \$10.40 ~ Discount: \$8.32

Fertility Complex

Support for a healthy and successful pregnancy

Who can benefit from this supplement? Women who are trying to become pregnant and those who are already pregnant; especially those with a history of difficult pregnancies.

Phyto - Tech™ Fertility Complex, Alcohol Free, contains the following herbs: Red Raspberry Leaf, Red Clover Blossoms, Nettles Leaf, Yellow Dock Root.

1 fl oz

Product Code: 57000

List: \$10.90 ~ Discount: \$8.72

FibroGesic

Soothing to muscle and nerve discomfort, while supporting joint and connective tissue integrity.

Who can benefit from this supplement? Those with chronic body, muscle and joint pain (fibromyalgia). The herbs in this formula have been shown to decrease muscle pain and inflammation, and to increase circulation into the muscle tissue. It is most effective when used long - term.

Phyto - Tech™ Fibrogesic contains the following herbs: Fresh Skullcap Herb, Fresh St. John's Wort Flowers, Devil's Claw Tuber, Fresh Ginger Root, Fresh Pulsatilla Herb.

1 fl oz

Product Code: 57031

List: \$10.90 ~ Discount: \$8.72

Gentle Movement

Child Friendly

A gentle, mild laxative formula designed to normalize bowel function, especially for children or the elderly.

Who can benefit from this supplement? Children, the elderly, or anyone with a sensitive digestive system suffering from mild constipation or sluggish bowel.

Phyto - Tech™ Gentle Movement, Child Friendly, Alcohol Free contains the following herbs: Yellow Dock Root, Licorice Root, Fresh Marshmallow Root.

1 fl oz

Product Code: 57022

List: \$10.90 ~ Discount: \$8.72

Ginger Root

This herb supports the digestive and circulatory systems, and has been shown to be especially helpful in alleviating nausea and equilibrium problems.

Who can benefit from this supplement? Those who suffer from nausea (pregnancy, motion sickness), digestive insufficiency and poor circulation.

Phyto - Tech™ Ginger Root 1:1.5 provides 667 mg of certified organic Fresh Ginger Root per 30 drops.

1 fl oz

Product Code: 56995

List: \$10.90 ~ Discount: \$8.72

Ginkgo Biloba Leaf

One of the most widely researched herbs in recent years, Ginkgo biloba has been associated with memory, increased cerebral and peripheral circulation.

Who can benefit from this supplement? Those suffering from memory loss, early stage dementia (Alzheimer's disease), tinnitus, vertigo, inability to concentrate, circulatory problems.

Phyto - Tech™ Ginkgo Biloba Leaf 1:1.15 contains 667 mg of ethically wild harvested Fresh and Dry Ginkgo biloba Leaf per 30 drops, in both alcohol and alcohol - free versions.

1 fl oz Regular:

Prod Code: 56961

List: \$10.90 ~ Discount: \$8.72

Alcohol Free:

Prod Code: 57024

List: \$11.60 ~ Discount: \$11.60

Ginseng Energy Blend

A combination of adaptogenic herbs resulting in a synergistic blend enhancing emotional, physical and mental energy.

Each type of ginseng, Red Chinese and American, and other adaptogenic herbs, such as Eleutherococcus, have traditionally different properties. The combination, along with complimentary herbs such as Licorice, Ginkgo, Fo Ti and Codonopsis, results in an energy blend for all purposes.

Who can benefit from this supplement? Those who are under stress, suffering from fatigue, mental "burn out," adrenal fatigue, poor immune system function.

This blend of adaptogenic herbs supports the adrenal glands, the immune system, and the nervous system.

Phyto - Tech™ Ginseng Energy Blend is available in an alcohol and an alcohol free version. It contains the following herbs: Red Chinese Ginseng Root, American Ginseng Root, Eleuthero Root, Licorice Root, Ginkgo Leaf, Fo Ti Root, Codonopsis Root, Ginger Root.

1 fl oz ~ Regular Formula

Product Code: 56962

List: \$12.00 ~ Discount: \$9.60

2 fl oz ~ Regular Formula

Product Code: 57087

List: \$22.50 ~ Discount: \$18.00

1 fl oz ~ Alcohol Free

Product Code: 57068

List: \$12.60 ~ Discount: \$10.08

Green Tea Guo

A rich source of phyto - antioxidants, including EGCG, the list of research - proven health benefits of Green Tea continues to grow.

The Phyto - Tech™ Green Tea Guo formulas contain Whole Green Tea Leaf and Green Tea Extract, standardized at 90% polyphenols, 50% EGCG. such that one dropper full has the same antioxidant content as 10 cups of regular green tea. In addition, the product is sweetened with natural stevia and the popular Chinese herb, Luo Han Guo. Luo Han Guo is considered a longevity booster, and is commonly used for numerous health problems in China.

Who can benefit from this supplement? The easy answer is everyone. As a healthy beverage, just squirt one dropperful into a glass of hot or cold water. The powerful antioxidants will exert a protective effect against free radical damage. It is felt that free radicals contribute to cancer risk, aging, inflammation damage, cardiovascular damage, and immune system deterioration. In addition, green tea has been shown in numerous studies to assist in weight loss.

Please note that one dropperful of Phyto - Tech™ Green Tea Guo contains less than 2 mg caffeine. A regular cup of coffee contains from 100 to 150 mg of caffeine.

All Phyto - Tech™ Green Tea Guo preparations are alcohol free. One is naturally peach flavored.

1 fl oz ~ Regular Flavor

Product Code: 56944

List: 11.60 ~ Discount: 9.28

2 fl oz ~ Regular Flavor

Product Code: 57098

1 fl oz ~ Peach Flavor

List: \$11.60 ~ Discount: \$9.28

Headache Complex

A blend of herbs designed to provide optimal relief to the pain and inflammation associated with headaches.

Who can benefit from this supplement? Those with migraine or other types of headaches.

Phyto - Tech™ Headache Complex contains the following herbs: White Willow Bark, Feverfew Herb, Meadowsweet Herb, Fresh Ginger Root, Fresh Pulsatilla Herb.

Aspirin was initially synthesized from salicin extracted from white willow bark and/or meadowsweet. The white willow bark used in this product has a very high salicin content.

1 fl oz

Product Code: 57088

List: \$10.90 ~ Discount: \$8.72

Hoodia Gordonii

Tested Authentic

A South African herb thought to support healthy weight by decreasing food cravings.

According to many experts, many products now on the market claiming to contain Hoodia may be mislabeled. Here is advice from Mitch Coven, Medical Herbalist: "Consumers should use caution when purchasing products that claim to be true Hoodia Gordonii. Several Hoodia products on the market are made of cactus-like material and contain no P57 [P57 is a steroidal glycoside thought to be the active ingredient of Hoodia] or any other active appetite suppressing substance. The 20:1 claims that many companies use for their Hoodia products are false. These products are not concentrated extracts. Their claim of 20:1 is a fresh to dry down ratio of raw material. Their 20:1 claims are just dry raw material. Additionally, many 20:1 Hoodia claims are actually adulterated material with prickly pear cactus, maltodextrin and sand. Many fail independent lab tests. Consumers should demand to see 3rd party authentic test results on the current lot numbered batch. Authentic Hoodia must also be accompanied by an international CITES certificate for validation. Since Hoodia is endangered, the South African government carefully allows only a small amount of Hoodia to be harvested in order to protect it. The CITES certificate with a current date shows that the batch is authentic and not an illegally harvested batch. Consumers should insist on seeing this document which responsible manufacturers will always have and gladly show."

Willner Chemists Phyto - Tech™ Hoodia Gordonii 1:4 is tested authentic and certification to this effect is available on request.

Who can benefit from this supplement? Those who are overweight and suffer from excessive food cravings. A good complimentary product would be Phyto - Tech™ Green Tea Guo.

Phyto - Tech™ Hoodia Gordonii 1:4 is available in liquid herbal form (drops) and in liquid filled veggie caps. Each capsule or 30 drops of liquid contains 250 mg of Hoodia gordonii Aerial Parts, tested authentic.

1 fl oz liquid drops

Product Code: 57017

List: \$31.50 ~ Discount: \$25.20

60 liquid filled Veggie Caps

Product Code: 57050

List: \$40.90 ~ 32.72

Immune Complex

Supports healthy immune system function, especially on a long - term and preventive basis.

Who can benefit from this product? Those who have a tendency to catch whatever “bug” is going around. Those who have frequent and long - lasting bouts of cold and flu, and those with any chronic immune deficiency problem.

This is not intended for use after you have come down with the cold, flu or similar condition. In that case, use one of the “acute” formulas, such as Phyto - Tech™ Echina Acute Complex.

Phyto - Tech™ Immune Complex contains the following herbs: Fresh Echinacea angustifolia Root, Astragalus Root, Red Root, Suma Root, Licorice Root, Eleuthero Root.

Phyto - Tech™ Immune Complex comes in a regular (alcohol) version and an alcohol free version.

1 fl oz ~ Regular

Product Code: 57003

List: \$10.90 ~ Discount: 8.72

1 fl oz ~ Alcohol Free

Product Code: 57033

List: \$11.60 ~ Discount: \$9.28

Kava Root

Long known around the world as an inducer of deep physical and mental relaxation, Kava is now considered a useful herb for calming and anxiety.

Who can benefit from this supplement? Those with anxiety, mild depression, ADHD and insomnia related to an over active mind.

Phyto - Tech™ Kava Root 1:2 is available as a liquid extract, alcoholic and alcohol free, as well as a standardized liquid filled Veggie Cap. The liquid contains 500 mg of Kava per 30 drops. The liquid filled Veggie Cap is standardized to 75 mg Kavalactone per capsule (approximately 1,500 mg Kava).

1 fl oz ~ Regular Liquid Herbal

Product Code: 56947

List: \$12.20 ~ Discount: \$9.96

1 fl oz ~ Alcohol Free Liquid

Product Code: 56975

List: \$12.60 ~ Discount: \$10.08

Phyto - Tech™ Kava Root 75 60 Liquid Filled Veggi Caps

Product Code: 57049

List: \$22.00 ~ Discount: \$17.60

Liver Support

This herbal blend has a systemic detox action, supporting liver function and blood cleansing, protecting the body from environmental and dietary toxins.

Who can benefit from this supplement? Those who feel they would benefit from

- a systemic cleansing stimulant
- a specific liver function stimulant
- protecting the liver from exposure to toxins
- skin cleansing via liver detox
- bile stimulation

In many medical approaches, the liver is central to a myriad of health problems.

Phyto - Tech™ Liver Support comes in a liquid herbal form, regular and alcohol free, as well as a standardized liquid filled Veggie Cap. The latter is standardized to Silymarin content, and will be discussed

in the next monograph.

The liquid supplement contains the following herbs: Fresh Dandelion Root, Red Root, Oregon Grape Root, Milk Thistle Seed, Yellow Dock Root, Fresh Ginger Root, Fringe Tree Bark.

1 fl oz - Regular (alcoholic)

Product Code: 56948

List: \$10.90 ~ Discount: \$8.72

1 fl oz ~ Alcohol Free

Product Code: 56971

List: \$11.60 ~ Discount: \$9.28

Liver Support Caps

Standardized

This herbal blend has a systemic detox action, supporting liver function and blood cleansing, protecting the body from environmental and dietary toxins.

This formula is a modification of the liquid herbal Liver Support product already described. In a normal liquid extract, it is not possible to get levels of Silymarin, the active component of Milk Thistle, at the high levels called for in some of the clinical research. Therefore, this modified formula, in a liquid filled Veggie Cap was developed, with added standardized Silymarin content.

Each Phyto - Tech™ Liver Support Standardized Veggie Cap contains the following: Oregon Grape Root, Milk Thistle Seed, Yellow Dock Root, Burdock Root, Dandelion Root, Red Root, Fringe Tree Bark, and Silymarin (Milk Thistle) 80 mg.

60 Liquid Filled Veggie Caps

Product Code: 57048

List: \$22.00 ~ Discount: 17.60

Maca Root

A native Peruvian herb, Maca's traditional use for enhancing overall vigor and fertility has been confirmed by animal studies showing it promotes libido, sexual potency and energy.

Who can benefit from this supplement? Those with age - related sexual dysfunction, low libido, lack of energy and vigor.

According to Dr. Arthur Presser's book, Pharmacist's Guide to Medicinal Herbs, the "modern day uses" for Maca "are probably no different than Maca's ancient uses. They include:

- Aphrodisiac
- Fertility
- Impotence
- Erectile dysfunction
- Vitality
- Menopause & Menstruation
- Mental clarity
- Chronic Fatigue Syndrome
- General immunity
- Anabolic steroid alternative

1 fl oz (500 mg per 30 drops)

Product Code: 57076

List: \$10.90 ~ Discount: \$8.72

Menses Complex

A female tonic that helps regulate the menstrual cycle and relieve PMS symptoms.

Who can benefit from this supplement? Those women who have PMS, irregular cycles, discomfort.

Phyto - Tech™ Menses Complex needs to be taken for from one to three months to see full and lasting effects. Menses Complex contains the following herbs: Chaste Tree Berry, Wild Yam Root, Dong Quai Root, Red Raspberry Leaf, Licorice Root, Oregon Grape Root, Fresh Garrya Leaf, Cramp Bark, Nettles Leaf.

1 fl oz

Product Code: 57053

List: \$10.90 ~ List: \$8.72

Menopause Complex

Support for the hormonal transition of menopause.

Who can benefit from this supplement? Those women experiencing menopausal symptoms, include hot flashes and mood swings.

Phyto - Tech™ Menopause Complex contains the following herbs: Chaste Tree Berries, Black Cohosh Root, Lobelia Herb, Wild Yam Root, Dong Quai Root, Milk Thistle Seed, Motherwort Herb.

1 fl oz

Product Code: 57084

List: \$10.90 ~ Discount: \$8.72

Milk Thistle Seed

Supports and protects healthy liver function.

Who can benefit from this supplement? Those with liver disease, hepatitis, alcoholism, drug users, elevated liver enzymes, exposure to toxins in the environment.

Phyto - Tech™ Milk Thistle Seed 1:3 contains certified organic Milk Thistle Seed, 333 mg per 30 drops.

1 fl oz, Regular (alcohol)

Product Code: 56952

List: \$10.90 ~ Discount: \$8.72

1 fl oz, Alcohol Free

Product Code: 56954

List: \$11.60 ~ Discount: \$9.28

Oregano Oil 70

*Contains only true wild Mediterranean *Origanum vulgare*, the most powerful Oregano nature offers. It is standardized to 70% carvacrol, the active component of the herb. It provides immediate immune support and has a broad spectrum effect. It also helps regulate candida.*

Guaranteed true Wild Oregano, from Turkey. Steam distilled for highest purity and potency.

Who can benefit from this supplement? Those with bacterial, fungal, viral (cold and flu) and parasitic infections. Travelers.

Phyto - Tech™ Oregano Oil 70 is standardized to not less than 70% Carvacrol. It is available in liquid form (43 mg oregano oil equivalent to 30 mg carvacrol per four drops) and in a liquid filled veggie cap (45 mg oregano oil equivalent to 32 mg carvacrol per capsule). Dosage:

Veggie Caps: 1 capsule 1- 3 times per day is a typical dose. Go up to 2 caps if necessary when ill or severe parasites. Liquid: Internal Acute: 2- 6 drops in water or juice up to every 2 hours until symptoms subside plus a few days. Can go up to 10 drops when necessary per serving.

Internal Long Term: 1- 4 drops in water or juice 1- 3 times per day. Long term use is OK.

Topical: Use enough to cover the area desired. If a warming sensation occurs that is unpleasant, dilute in a little lotion or vegetable oil first.

1 fl oz ~ Liquid

Product Code: 56939

List: \$27.80 ~ Discount: \$22.24

60 Liquid Filled Veggie Caps

Product Code: 57047

List: \$19.10 ~ Discount: \$15.28

120 Liquid Filled Veggie Caps

Product Code: 57046

List: \$31.50 ~ Discount: \$25.20

Stevia Extract 90

Stevia Leaf Extract, standardized to 90% Steviosides. A very pleasant tasting, sweet herb, with no bitter aftertaste. Who can benefit from this herb? Those with blood sugar swings, diabetes, obesity, hypertension.

Dosage: Add 2- 8 drops as needed. Each ml. of Phyto - Tech™ Stevia Extract 90 is equivalent to 300 mg of Stevia.

2 fl oz Product Code: 56940

List \$ 12.20 ~ Discount: \$9.96

Sleep Complex

Phyto - Tech™ Sleep Complex with Melatonin

A sleep aid or deep relaxation formula, useful as a general sedative and analgesic. This formula combines the best herbal sleep aids with Melatonin.

Who can benefit from this supplement? Those who have problems falling asleep and staying asleep throughout the night, including those who cannot sleep or rest due to pain or anxiety.

Phyto - Tech™ Sleep Complex with Melatonin capsules contains the following herbs: Valerian Root, Hops Strobiles, Fresh Skullcap Herb, Passion Flower Herb, Chamomile Flower, Fresh California Poppy Herb and Melatonin, 3 mg. Phyto - Tech™ Sleep Complex with Melatonin Liquid Herbal Extract contains the following herbs: Valerian Root, Fresh Skullcap Herb, Hops Strobiles, Passion Flower Herb, Fresh California Poppy Herb, Chamomile Flower, and Melatonin, 3 mg.

Sleep Complex with Melatonin comes in two forms - - a liquid herbal extract, and a liquid filled Veggie Capsule. The liquid contain 425 mg per 30 drops and 3 mg Melatonin, while the liquid filled Veggie Cap contains 1,000 mg per capsule and 3 mg Melatonin.

For the liquid, take 30 drops in water about 15 minutes before bedtime. This can be repeated every 20 minutes, if necessary. For the liquid filled Veggie Cap, take one capsule about 30 minutes before bedtime. Two capsules can be used if necessary. Repeat if needed, or if you wake up during the night. This herbal supplement can be used along with other sleeping aids.

1 fl oz

Product Code: 57028

List: \$10.90 ~ Discount: \$8.72

60 liquid filled Veggie Caps

Product Code: 57045

List: \$22.00 ~ Discount: \$17.60

Ear Infections

What works, and what does not?

Infections of the middle ear are very common, especially in childhood. Some estimates claim that up to 95% of children have had an ear infection by age 6.

The discomfort associated with this condition is bad enough, but persistent ear infections can damage the ear and cause hearing loss.

A weakened immune system caused by poor nutrition can increase susceptibility, along with food and environmental allergies.

As is the case in many other health problems, conventional medicine often misses the mark in treating this disorder. This was highlighted in a recent article by David Newman, M.D. in the New York Times: "Patients with ear infections are more likely to be harmed by antibiotics than helped. While the pills may cause a small decrease in symptoms (for which ear drops work better), the infections typically recede within days regardless of treatment. The same is true for bronchitis, sinusitis, and sore throats."

Willner Chemists

Phyto - Tech™ Liquid Herbal Ear Drops

Phyto - Tech™ Ear Drops is a liquid herbal formulation indicated for alleviating the symptoms of ear infections, swimmer's ear, and clogged ears.

Ingredients: Mullein Flower Oil, Coptis Root Oil, Garlic Bulb Oil, Arnica Montana Flower Oil, Cold Pressed Extra Virgin Olive Oil.

Source: Certified Organic: Garlic Bulb Oil. Ethically Wildharvested: Mullein Flower Oil, Arnica Montana Flower Oil. Imported, Guaranteed Unsprayed: Coptis Root Oil.

Usage: 3- 5 drops in each affected ear; appropriate for children and adults; for external use only. Do not take internally. Do not use if there is possibility of perforated eardrum. Can be used 2 to 4 times a day.

Cotton can be placed into ear if necessary to help retain oil in the ear. Especially effective when used at night, while sleeping.

Special Notes: There is no alcohol in this product. To obtain optimal potency, however, the herbs were initially extracted with natural grain alcohol. The alcohol is then removed, and replaced with the olive oil. Supporting Information:

"Herbal eardrops may be effective at reducing infection, pain, and fluid accumulation. Do not use eardrops if your provider suspects perforation of the eardrum. An ear oil from mullein (*Verbascum thapsus*) and garlic (*Allium sativum*) can reduce pain and treat the infection."¹ Mullein (*Verbascum*) has a long folk history of use in treating earache, ear inflammation, and middle ear infection. It is approved by Commission E for treating cough and bronchitis.^{2,3} Coptis (Goldthread) is similar to Goldenseal in that it contains berberine, which has a strong antiinfective action. It is indicated for "infective, congestive, and inflammatory states of the mucous membranes; fever; and infectious disorders of the skin."⁴ Garlic contains substances that "kill many organisms, including bacteria and viruses. Studies show that garlic is active against some of the viruses that cause the colds and flue, which make conditions ripe for ear infections."⁵ "Pain - relieving, antiseptic, and anti-inflammatory, arnica is most commonly used topically for traumatic injuries and is said to speed the disappearance of bruises. In fact, Germany's Commission E, that country's equivalent to the United States' Food and Drug Administration, has approved arnica's

external use for injuries.”⁵ In summary, Mullein and Arnica exert a mild analgesic action, helping to reduce pain and discomfort caused by infection. Arnica also enhances circulation to the area, to improve healing and drainage. The Coptis and Garlic exert an antimicrobial action. Product Information: Phyto - Tech™ Liquid Herbal Ear Drops, 1 fl oz Item No. 56953 List Price: \$10.40 Discount Price: \$8.32
References:

1. Quick Access. Consumer Guide to Conditions, Herbs & Supplements. Integrative Medicine, 2000.
2. Duke, James. The Green Pharmacy Herbal Handbook. Rodale. 2000
3. PDR for Herbal Medicines, 3rd Ed. Thomson. 2004.
4. Murray, N.D. Michael. The Healing Power of Herbs. 2nd ed. Prima Health. 1995.
5. White & Foster. The Herbal Drugstore. Rodale. 2000.

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to treat, cure or mitigate disease..

Feverfew & Migraines

How to choose the right product

“I suffer from migraine headaches, and have been told the herb feverfew can help. I looked it up on the internet, and saw that there is a study on a stabilized form of feverfew called MIG - 99. I don’t see it in your catalog. Is it available. If not, can you recommend another product? Is the powdered leaf better than the alcohol extract? What is the recommended dose? Do I take it regularly, for prevention, or only when I feel an attack coming on?” Very good questions. First, let’s look at feverfew.

Feverfew (*Tanacetum parthenium*) has been used for centuries to relieve fever, migraine headaches, and arthritis. While its benefit in all of these conditions, and others, has been demonstrated, its primary use today is in the prevention and treatment of migraine headaches.

There have been a good number of clinical studies on feverfew and migraines, but the quality of the studies vary, the type and strength of the feverfew used has varied, and the results have been mixed. Some studies show that feverfew may be beneficial for as many as two-thirds of all people who have migraines, while other studies have shown no benefit.

James Duke, Ph.D, in his book, *The Green Pharmacy Herbal Handbook*, points out, “for instances, according to one British survey of some 300 people who took feverfew daily, 70 percent experienced a reduction in either the frequency or the severity (or both) of their migraines. An Israeli study of 57 migraine sufferers found that feverfew significantly reduced the common symptoms of migraines, including nausea, head pain, and sensitivity to light and noise.” No one reading this article needs to be told how serious a problem migraine headaches can be. Unfortunately, there is a lot we do not know about migraines. A migraine is a pounding or throbbing headache that starts suddenly, lasts for hours and often occurs with other symptoms such as nausea and vomiting, disturbances in hearing or vision, numbness in parts of the body, coldness in hands and feet, etc. It appears to be caused by the blood vessels in the head first tightening, or constriction, and then expanding.

Just as not everyone responds to “natural remedies” such as feverfew, not everyone responds to conventional treatments either. As Dr. Duke points out, “of the 300 or so people cited in the British study, many found no relief from standard migraine medications, which include verapamil, a calcium

channel blocker known to cause side effects such as dizziness, heart rhythm disturbances, nausea, fluid retention, liver problems, and, ironically, headaches.” So it is not surprising that even conventional medicine takes notice when what appears to be a valid scientific study surfaces that supports the efficacy of a natural remedy in treating a serious condition such as migraine headaches. This is where the “MIG - 99” study comes into play. This was a randomized controlled trial, published in the journal Cephalgia in 2005, using a powdered, carbon dioxide extract of feverfew. The results were positive.

This was only the most recent study, however. There were earlier studies that were also positive. A study by Murphy, Heptinstall and Mitchell, published in *The Lancet*, in 1988, using dried feverfew leaf, showed positive results as well. Again, there are many other studies, but none meet the strictest of criteria overall to convince the medical establishment that feverfew is a proven, efficacious remedy for migraine.

There have been no further confirmatory studies using “MIG - 99,” for example, and there is no commercial product on the market using that exact material. It should be noted that two earlier studies using that material were not as positive, and were not well designed.. Complicating matters, we still do not know for sure what the actual active ingredients in feverfew relative to migraine management are. It was thought at one time to be parthenolides, and many products are standardized to parthenolide content. The important thing is to recognize that while it would certainly be nice if convincing scientific studies were available to satisfy even those most skeptical in the medical community, the absence of such studies does not necessarily mean that feverfew is not safe and efficacious. Hundreds of years of clinical experience tells us it does work, and this evidence cannot be dismissed.

While “MIG - 99” is not available, there are numerous powdered concentrates, standardized to various parthenolide levels, as well as quality liquid alcoholic tinctures, that can be used. The key seems to be to avoid those products that may provides less of the “whole herb,” while concentrating more on a higher parthenolide level. It should be remembered that traditionally, whole, dry leaves were chewed, and this worked.

Is powdered leaf better than a liquid extract. Not necessarily. It is true that most of the published studies have used powdered leaf, but that may be because it is easier to standardize a powder concentrate than a liquid extract. Also, because people chewing the leaves sometimes developed mouth sores, it may have seemed that a capsule would overcome this problem.

Liquid extracts have been found to have a sesquiterpene lactone (parthenolide) content in the 0.5% range. Most dried powder products are standardized to 0.2% parthenolide. There is little reason to think that a liquid, hydroalcoholic extract of the whole feverfew leaf would not be as efficacious as the powder.

A liquid extract, of course, due to its rapid absorption, would be especially useful when treating an acute attack. Because of the variety of product forms available, the dosage will vary. In general, there is no need to calculate exactly how many milligrams of parthenolide are in each dose—just follow the directions on the label.

For liquid herbal feverfew products, we will use Willner Chemists Phyto - Tech Feverfew as an example. This product contains certified organic feverfew, at a 1:2 ratio. What that means is that for every one gram of feverfew leaf, there will be two milliliters of final product. In other words, there is the equivalent of 500 mg feverfew leaf in each ml of liquid extract, or each 30 drops.

The dosage for Vita - Tech Liquid Herbal Feverfew is as follows: For acute headaches, that 30 to 60 drops, every hour, in juice or water, until headache subsides. For long term, or prophylactic use, take 30 to 90 drops, 2- 3 times a day, in juice or water.

Another good liquid herbal Feverfew supplement is Gaia’s Organic Feverfew Herb. According to the label, it provides 0.6 mg parthenolides per 30 drops.

Typical of the powdered capsule products would be those from Nature’s Way. They have a feverfew

extract, in tablet form, called MigraFew. Each tablet contains 20 mg of a 3% parthenolide extract that provides 600 mcg parthenolide per tablet. And all you need is one per day.

The downside of this product is that it does not contain feverfew. It contains only 20 mg of an extract of feverfew. So, more correctly, this product could be called Parthenolide, not feverfew. This may be fine if you are convinced parthenolide is, indeed, the only active ingredient in feverfew. But that is not the case. So you might want to consider one of their other two feverfew products, Feverfew Leaves (capsules) or Standardized Feverfew (capsules).

What's the difference? Well, the Feverfew Leaf Capsule contains 380 mg of dry, powdered organic feverfew. Period. Nothing added, nothing taking away (except the water). How much parthenolide? It's not specified on the label. On the other hand, the Standardized Feverfew product contains 325 mg of powdered feverfew leaf and 90 mg of feverfew extract. The extract contains 0.7% parthenolide, so the final product provided 630 mcg of parthenolide.

So, difference between the Standardized Feverfew and MygraFew is that you get some "whole herb" feverfew in the former, but not the latter. In both cases, the dose is one per day.

I see no reason to chose MygraFew over Standardized Feverfew. I think it would be foolish to dismiss the possibility that other constituents besides parthenolide contribute to the activity of feverfew.

What about the regular Nature's Way Feverfew Leaf capsules, with no statement of parthenolide potency. Well, remember that people have been benefitting from feverfew by chewing the leaves for hundreds of years. The leaves are not standardized to a certain parthenolide content. And they work quite well, thank you.

Nature's Way is, of course, not the only product of this type. Solgar has a standardized Feverfew Leaf Extract that is also a mixture of dried, powdered feverfew leaf and standardized feverfew extract. Their product is higher in parthenolide content, however, with 200 mg of the extract and 150 mg of the powder, thus yielding 1.4 mg of parthenolides in one vegecaps. This more than twice the potency of the two Nature's Way products.

Bluebonnet has a Feverfew Leaf Extract with 250 mg of extract at 0.5% parthenolides. This yields 1.25 mg parthenolides per capsule.

So don't let an infatuation with science and studies cause you to lose sight of what is really important. Extraction, isolation, and standardization may better fit the scientific model, and may be necessary when moving into the realm of conventional scientific acceptance. But that does not mean that more traditional products, perhaps not supported by research, are any less effective.

Willner Chemists

Phyto - Tech™ Liquid Herbal Feverfew

Phyto - Tech™ Feverfew is a liquid herbal formulation consisting of a full - spectrum alcohol - water extract of Feverfew herb.

Feverfew is currently utilized primarily as a headache remedy, especially for migraine headaches.

Historically, it has been used for fevers, pain and inflammatory conditions.

It is thought that its action is due to either an ability to inhibit the formation of inflammatory prostaglandins and/or its effect on serotonin. The major active phytochemicals in feverfew are thought to be sesquiterpene lactones. The main sesquiterpene lactone in feverfew is parthenolide, and many products today are standardized to parthenolide content. There is now some question, however, as to whether parthenolide is indeed the main active ingredient. It may be that other constituents of feverfew contribute to its activity.

Ingredients: Feverfew herb (Tanacetum parthenium or Chrysanthemum parthenium), pure grain alcohol, deionized water.

Source: The feverfew used in Willner Chemists' Phyto - Tech™ Feverfew Liquid Herbal is Certified Organic.

Indications: In addition to its use as a headache and migraine remedy, feverfew has anti-inflammatory and analgesic activity. It also inhibits platelet aggregation.

Additional contemporary uses include: Digestive Aid (antispasmodic and soothing to GI tract), Menstrual Cramps, Arthritis, Osteo and Rheumatoid.

Usage: Acute Headaches: 30 to 60 drops, every hour, in juice or water, until headache subsides. Long Term (Preventive): 30 to 90 drops, 2 - 3 times per day, in juice or water.

Cautions: Do not use during pregnancy. Feverfew has been found to be relatively free of side-effects.

Mild, gastrointestinal upset has occurred in a few isolated cases. Use caution if you are on anticoagulant therapy. Special Notes: A liquid extract of feverfew has a very bitter taste.

Supporting Information: "Migraine headaches are, for the most part, a mystery; medical research and drug development are currently focused on the role of platelets and the neurotransmitter serotonin. Platelets, which are a normal part of the blood and are involved in clotting, appear to act abnormally in migraine sufferers. During a migraine attack, platelets not only tend to overcongregate (aggregate) but also to release the substance serotonin. Serotonin and inflammatory substances released from platelets are widely believed to be the primary chemical triggers of migraine headaches.

"Feverfew, and specifically parthenolide, counters overaggregation of platelets and the release of serotonin. This may result in a reduction in the severity, duration, and frequency of migraine headaches and an improvement in blood vessel tone.

"Feverfew also discourages the formation of certain inflammatory substances released from platelets and other cells. While this is another plus for migraine sufferers, it may also explain its historical use for inflammatory conditions such as arthritis. However, it should be noted that [one] British clinical study did not show any benefit for rheumatoid arthritis patients using feverfew." (Brown, Donald, N.D. see references) Product Information:

Phyto - Tech™ Liquid Herbal Feverfew 1:2,

1 fl oz

Item No. 57065

List Price: \$10.90 Discount Price: \$8.72

References:

Brown, N.D., Donald. Herbal Prescriptions for Health & Healing. Lotus Press. 2003.

Consumer Guide to Conditions, Herbs & Supplements. Integrative Medicine Communications. 2000.

Duke, Ph.D., James A. The Green Pharmacy Herbal Handbook. Rodale. 2000.
Ebadi, Ph.D., Manuchair. Pharmacodynamic Basis of Herbal Medicine. CRC Press. 2002. McCalem, Robert, et al. Encyclopedia of Popular Herbs. Prima Health. 2000. Murray, N.D., Michael. The Healing Power of Herbs. Prima Health. 1995. PDR for Herbal Medicines, 3rd ed. Thomson PDR. 2004. Presser, Arthur PharmD. Pharmacist's Guide to Medicinal Herbs. Smart Publications. 2000
Tyler, Ph.D., Varro. Herbs of Choice - The Therapeutic Use of Phytomedicinals. Pharmaceutical Products Press. 1994 White, Linda, M.D., Foster, Steven. The Herbal Drugstore. Rodale. 2000.

Allergy Complex

Phyto - Tech™ Allergy Complex is an liquid herbal combination that exhibits anti- histamine, decongestant, and bronchio- dilating action.

Allergy Complex is most useful for people with allergies such as hay fever (allergic rhinitis), as well as asthma and sinus infections.

Ingredients: Nettle Leaf, 95 mg, Eyebright Herb, 95 mg, Fresh Turmeric Root, 87 mg, Fresh Yerba Santa Leaf, 85 mg, Lobelia Herb, 40 mg, Fresh Ambrosia Herb, 8 mg. Grain Alcohol, Deionized Water.

Note: All the herbs used in this product are either certified organic or ethically wildharvested.

Indications: Phyto - Tech™ Allergy Complex is primary for those with hay fever and other airborne environmental allergies.

Asthma can be triggered in inhaled allergens, as well as stress, exercise, cold air, food sensitivity, etc. As it is characterized by airway inflammation, hyperresponsiveness, and reversible airway obstruction, Phyto - Tech™ Allergy Complex is indicated for this condition as well..

The product can be used both as a preventive or during acute episodes.

Usage: Preventative: Begin using Allergy Complex 2 to 4 weeks before the onset of the allergy season, if possible. Take 30- 60 drops two times a day. Continue taking the product throughout the allergy season.

Acute: During acute episodes, the product needs to be taken 60 drops, three to four times a day.

Continue until symptoms begin to subside. Take in juice or water.

Caution: Do not use this product when pregnant or nursing unless under doctor's advice. Supporting Information:

Stinging Nettle (*Urtica dioica*) has been used as a medicinal herb since ancient times. By the second century AD, nettle preparations were already being used for the treatment of respiratory disorders. In recent times, perhaps the best known study was that by Mittman, in *Planta Med* (1990 Feb;56(1):44 - 7), which was a randomized, double - blind study of stinging nettle (*Urtica dioica*) in the treatment of allergic rhinitis. In recent years, the focus of most work on nettle has been in the treatment of BPH.

Eyebright (*Euphrasia officinalis*) has a long folk medical history of use in treating eyelid inflammation, congestion, inflammation of nasal mucous membranes and sinusitis. It contains iridoid monoterpenes, including aucubin, flavonoids, including quercetin, apigenin, and tannins.

Aucubin has anti-inflammatory effects and has been shown to be hepatoprotective. Many herbalists believe that most allergies are related to liver deficiencies, and this may offer additional insight into why this combination is so effective.

Turmeric is included in this formula specifically for its liver supportive action.

Yerba Santa (*Eriodictyon californicum*) has also been used traditionally for treating pulmonary conditions.

It was widely used by Indians in California for this purpose. According to Dr. James Duke, “Yerba santa once was a popular, bitter- tasting tonic on the West Coast, and people used to smoke its leaves to alleviate asthma.” He goes on to explain that “The limited experimentation done on yerba santa indicates that its essential oil can help break up congestion. It also eases inflammation and aids in eliminating excess fluid, both of which help relieve arthritis pain. . .” Lobelia (Lobelia inflata) is another herb that was smoked by Native Americans. It was claimed to relieve asthma, and this led to its common name, “asthma weed.” It contains lobeline, which resembles nicotine, although it is less potent. It helps break up mucus and relaxes the muscles associated with respiration.

Complimentary formulas, if necessary, would be selected from the following:

Phyto - Tech™ Liver Support, Phyto - Tech™ Respiratory Complex, and Phyto - Tech™ Sinus Allergy Blend (Chinese Herbal Formula) Product Information:

Phyto - Tech™ Liquid Herbal Allergy Complex, 1 fl oz Product No. 56983 List Price: \$10.90 Discount Price: \$8.72 Phyto - Tech™ Liquid Herbal Allergy Complex, 1 fl oz

~Child Friendly~ Product No. 57013 List Price: \$10.90 Discount Price: \$8.72 Phyto - Tech™ Liquid Herbal Allergy Complex, 1 fl oz ~Alcohol Free~ Product No. 57041 List Price: \$11.60 Discount Price: \$9.82

References:

Brown, N.D., Donald. Herbal Prescriptions for Health & Healing. Lotus Press. 2003. Duke, Ph.D., James A. The Green Pharmacy Herbal Handbook. Natural Standard, Somerville, MA PDR for Herbal Medicines, 3rd ed. Thomson PDR. 2004.

Tyler, Ph.D., Varro. Herbs of Choice - The Therapeutic Use of Phytomedicinals. Pharmaceutical Products Press. 1994 White, Linda, M.D., Foster, Steven. The Herbal Drugstore. Rodale. 2000.

Zimmermann, M.D., Michael. Burgerstein’s Handbook of Nutrition. Thieme. 2000.

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