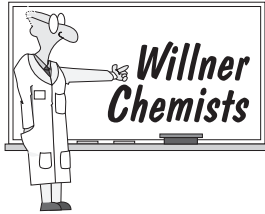


WILLNER Prescription
Pharmacy
CHEMISTS Since 1911
Phyto-Tech™ Herbal Supplements

The Phyto-Tech™ Herbal Supplement News Summer 2011



Health Notes

Why Take Tinctures Instead of Pills?

Although pills are common, there are many advantages to taking herbs in their liquid form. Here are some of the benefits:

Better Potency

Most professional herbalists and naturopaths prefer liquid herbal extracts because they tend to be fresher and more potent. The herbs are harvested at the peak of their growth cycle and quickly converted into liquid extracts. Herbs that are dried and then manufactured into pills can lose potency and effectiveness.

More Bioavailability

Digestion is a challenge for many people. Pills often pass through the system without being broken down. Liquid extracts are readily absorbable. The lab has already broken down the plant material and extracted the full spectrum of active constituents for absorption. Additionally, the taste of the extracts increases digestive enzymes, thereby improving the absorption process even further.

Easy To Use

Children as well as the elderly can have problems swallowing pills. With tinctures, they simply place a few drops in a little water or juice and drink it.

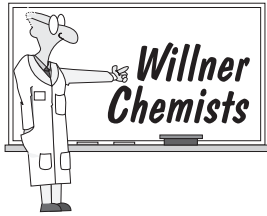
Faster Results

Since tinctures absorb more readily (up to 40% better than pills), one gets fast results. This is especially important for acute conditions such as pain or insomnia. Pills can be much slower in providing relief.

by Mitch Coven, Herbalist, Vitality Works, Albuquerque, NM.

A Few Of Our Favorite Herbal Tinctures

Wild Oregano Oil 70	Standardized to 60-70% phenol. Selectively Imported from Europe.	Anti-microbial, anti-bacterial, anti-fungal and anti-candida properties make this herb exceptionally powerful.
Kava Kava (Kava Root 1:2, Kava Root 75, Relax AM)	An organic import from Vanuatu. Exceedingly high in kavalactones.	Mood elevator and anti-anxiety properties. Calming and a good muscle relaxer, also helpful for sleeping.
Echinacea/Goldenseal (Echina Acute Complex)	Clinically developed formula using Certified Organic Goldenseal and Echinacea.	Anti-bacterial, anti-viral. Stimulates respiratory tract immunity. Use during acute conditions.
Respiratory Complex	Effective herbal combination for acute respiratory congestion.	A respiratory anti-viral, anti-bacterial expectorant. Strengthens weak congested lungs.
Echinacea Root 1:2	Certified organic quality immune booster.	Helps rebuild a healthy immune response. Can prevent and reverse necrosis from wounds.
Liver Support, Liver Support / Standardized	A systemic cleansing stimulant and liver protectant.	Great for detoxifying the body. Treats liver stagnation or deficiency. Helps rebuild the liver.
Allergy Complex	Allergy relief in acute situations or as a long term preventative tonic during the allergy season.	Anti-histamine and decongestant. Bronchio-dilating and liver stimulant that helps process pollens.
St. John's Wort 1:2	22 drops = 300 mg. of .3% Hypericin pill equivalence in this full spectrum extract.	Good for mild to moderate depression. Calms nerve endings and good for muscle and neurological pain.
Ginseng Energy Blend	Adaptogenic energy tonic for the new millennium that is supportive to the immune system as well.	Great for conditions aggravated by stress such as anxiety, digestive disorders and irritability.
Valerian Root 1:2	Get a good night's sleep from this safe non-addictive herb.	Its sedative, analgesic and anti-spasmodic properties are calming and soothing.
Immune Complex	A daily defense booster that will increase immunity when deficient.	Great for those who get frequent colds and flu. A long term immune tonic for boosting immune function.
Ginkgo Biloba Leaf 1:1.5	This popular herb has a reputation for improving both memory and mood.	Good for increasing blood flow into the brain. Great as a long term tonic for the elderly.



Health Notes

Alcohol and Herbal Extracts & Dosage Guidelines

An Ideal Extraction Agent

Each herb is examined to determine the amount of alcohol required to extract the appropriate phytochemicals. These active plant constituents include alkaloids, glycosides, resins, gums, volatile oils and polysaccharides. In addition to being the optimal extractor, grain alcohol acts as a preservative to protect the bioactivity of the phytochemicals, guaranteeing a shelf life of at least 5 years.

Percentages

The percentage of alcohol in our extracts range from 35% to 90%, depending on the nature of the plant. For instance, mushrooms require only about 35% alcohol to extract the alcohol-soluble compounds. Very resinous plants such as myrrh gum will require a solution closer to 90% alcohol. These percentages indicate the percent of alcohol in the total liquid content of the extract. For example, if the label specifies 55% alcohol, this means that the other 45% is water. (NOTE: We use only USP purified water in our products). Is alcohol a concern? Be aware that in the average 1 ounce extract, which would contain about 50% alcohol, a typical 60 drop dose would contain about the same amount of alcohol as a ripe banana.

Alcohol-Free

Although we do offer a selection of alcohol-free glycerites, all glycerites are first extracted in alcohol and the alcohol is subsequently removed. This is done carefully using a very low heat process so as not to compromise any of the sensitive polysaccharides and essential oils. Glycerin is added back into the solution to create the alcohol-free glycerite. We do not extract with glycerin because it will yield a rather weak product. Our glycerites do contain some precipitate that is left after the alcohol is removed. We choose to leave the precipitate in the solution because it contains potent phytochemicals that help to ensure the potency of the extract.

Percolation

Most of our dry plant extractions are cold drip percolations. Percolation is a kinetic method of extraction wherein the liquid

menstrum of alcohol and deionized water run over the surface of the plant material slowly over a length of time. It is a more effective method of extraction than simple maceration, which involves a static soaking the plant material in the extraction medium without much agitation. Percolation is the officially recognized form of herbal extraction for homeopaths.

Dosage Guidelines

Dosage instructions are given on each individual bottle. In general, adult dosages range from 20- 60 drops, 2 to 3 times a day. The extracts can be diluted in water, juice or foods. The recommended dosage is based on a 120-150 pound adult. If you are giving the extract to a child, simply adjust the dosage according to the child's weight (divide the child's weight by 120-150 to get the percentage of the adult dose that should be administered to the child). Each one ounce bottle contains approximately 1150 drops and has 38 doses (based on a dosage of 30 drops). Several sizes are available for all products.

Most of the herbs used in the Phyto-Tech™ line are Certified Organic from medicinal herb farms. Even those formulas utilizing popular Chinese herbs are tested for 300 pesticides to ensure purity.

Our wild herbs are sensitively harvested to ensure a renewable resource. We avoid threatened plants such as wild Echinacea and Goldenseal and use organic instead

Only the full biochemical spectrums of the active plant parts are used. These saturated concentrates use a fresh plant ratio of 1:1 – 1:2. The dry plant extracts are commonly 1:2 or 1:3 ratios

The Phyto-Tech™ herbal supplements are formulated and manufactured at Vitality Works, a FDA registered manufacturing site. Strict Quality Control procedures are closely monitored; Dietary Supplement GMP's are followed.

The supplements are gluten free, kosher parve, and NSF Certified.

The alcohol in the regular extracts can be evaporated by putting the dose in boiled water and letting it sit for about seven minutes (do not cook/boil your dosage as this will effect the sensitive herbal constituents).

Be sure to heed any special warnings such as "Do Not Take in Pregnancy or While Nursing" on the labels.

Stevia: New Flavors Now Available

Extracts of leaves from Stevia rebaudiana have been used for many years in traditional treatment of diabetes in South America. Various compounds in stevia has been concentrated, and used as natural sweeteners. These compounds possess up to 250 times the sweetness intensity of sucrose, and they are noncaloric and noncariogenic. Stevioside, a natural plant glycoside isolated from the plant Stevia rebaudiana, has been commercialized as a noncaloric sweetener in Japan for more than 20 years. Some studies have shown that stevia may be beneficial to those with hypertension, and those with type-2 diabetes.

Willner Chemists has offered stevia as a liquid herbal concentrate, providing Stevia Leaf Extract, standardized to 90% Steviosides, in 1, 2 and 4 oz sizes:

Phyto-Tech™ Stevia Extract 90

Dosage: Add 2-8 drops, as needed. Each ml is equivalent to 300 mg of Stevia

Now, Willner Chemists is pleased to offer six new stevia leaf extracts, in flavored form:

Phyto-Tech™ Stevia Extract - Chocolate, 2 oz, Alcohol Free

Phyto-Tech™ Stevia Extract - Cinnamon, 2 oz, Alcohol Free

Phyto-Tech™ Stevia Extract - Lemon, 2 oz, Alcohol Free

Phyto-Tech™ Stevia Extract - Orange, 2 oz, Alcohol Free

Phyto-Tech™ Stevia Extract - Peppermint, 2 oz, Alcohol Free

Phyto-Tech™ Stevia Extract - Vanilla, 2 oz, Alcohol Free

These new Stevia liquids are 100% Gluten Free, and contain only organic stevia leaf extract, vegetable glycerin, purified water and natural flavors/essential oils. The list price on the new, flavored versions is \$12.80 and the Willner discount price is \$10.24.

Suggested Use: As a dietary supplement, add 5-8 drops to a beverage or food. Shake well before using.

Introducing New Additions to the Phyto-Tech™ Herbal Product Line

Full-Spectrum & Standardized Herbal Veggie Capsules

- Organic/Wildcrafted • Full Spectrum Whole Herb • Standardized • Vegetarian Capsules • No Fillers • No Preservatives •

Description	Potency	Form	Part Used	Origin	Size	List Price
Astragalus Root	500 mg	Full Spectrum	Whole Root	Organic	90	\$10.50
Bilberry	250 mg	Standardized: 50 mg Anthocyanidins/200 mg Full Spectrum Berry	Standardized + Whole Berry	Wildcrafted	60	\$8.90
Black Cohosh	500 mg	Full Spectrum	Whole Root	Wildcrafted	90	\$5.75
Cascara Sagrada	420 mg	Full Spectrum	Whole Bark	Wildcrafted	90	\$5.00
Cinnamon	450 mg	Full Spectrum	Whole Bark	Organic	90	\$5.75
Cranberry	400 mg	Full Spectrum 4:1 = 1,600 mg	Whole Berry	Cultivated	90	\$6.50
Dandelion Root	500 mg	Full Spectrum	Whole Root	Organic	90	\$5.25
Echinacea angustifolia Root	420 mg	Full Spectrum	Whole Root	Organic	90	\$8.10
Echinacea/Goldenseal	500 mg	Full Spectrum Blend	Whole Root	Organic	90	\$8.00
Garlic	500 mg	Full Spectrum	Whole Bulb	Organic	90	\$5.25
Ginger	500 mg	Full Spectrum	Whole Root	Organic	90	\$6.00
Ginkgo	460 mg	Standardized: 60 mg 24/6% and 400 mg Full Spectrum Leaf	Standardized + Whole Leaf	Wildcrafted	90	\$7.00
Ginseng, American	400 mg	Full Spectrum	Whole Root	Organic	60	\$9.45
Goldenseal	250 mg	Full Spectrum	Whole Root	Organic	60	\$7.90
Green Tea	450 mg	Standardized: 250 mg 98% phenol and 50% EGCG + 200 mg Full Spectrum Leaf	Standardized + Whole Leaf	Organic	90	\$9.00
Hawthorn	500 mg	Full Spectrum	Whole Berry	Organic	90	\$5.25
Hoodia	500 mg	Full Spectrum: 250 mg Hoodia	Whole Aerial Parts	Wildcrafted	60	\$12.00
Kava (Vanuatu)	380 mg	Full Spectrum	Whole Root	Imported	90	\$9.45
Milk Thistle	500 mg	Standardized: 250 mg 80% Silymarin and 250 Full Spectrum Seed	Standardized + Whole Seed	Organic	90	\$8.20
Nettle	500 mg	Full Spectrum	Whole Herb	Organic	75	\$5.25
Olive Leaf	500 mg	Standardized: 250 mg 15% Oleopuriens + 250 mg Full Spectrum Leaf	Standardized + Whole Leaf	Organic	90	\$8.25
St. John's Wort	500 mg	Standardized: 300 mg 0.3% Hypericin + 200 mg Full Spectrum Herb	Standardized + Whole Flowering Herb	Organic	90	\$5.25
Turmeric	450 mg	Standardized: 450 mg 95% Curcumin	Standardized Root	Imported	60	\$12.00
Valerian	500 mg	Full Spectrum	Whole Root	Organic	90	\$5.25

Herbs and Herbal Combination Formulas - Summary of Actions

Adaptogen Complex	Supports daily strength and endurance
Allergy Complex	Supports healthy sinuses and respiratory system
Ashwagandha	Supports stamina, energy, and stress adaptation
Astragalus	Helps boost deep immunity and resistance
BPH Complex	Promotes a healthy prostate and male system
Brain Bio Boost Complex	Supports healthy cognitive function and memory
Cough Complex	Immediate respiratory system support, supports expectoration
Devil's Claw	Supports the joints and muscles; helps maintain healthy uric acid levels.
Digest Stim Complex	Promotes healthy digestion
Ear Drops	Soothes aches & promotes comfort
Echina Acute Complex	Immediate immune system support
Elderberry	Supports healthy immunity
Fertility Complex	Supports healthy pregnancy
FibroGestic	Soothes muscle and nerve discomfort
Ginseng Energy Blend	Supports physical, emotional and mental energy
Ginkgo	Helps support a healthy mind and memory
Ginseng, American, Red Chinese	Supports stamina and energy
Green Walnut Complex	Anti-parasitic, supports normal intestinal ecology
Headache Complex	Ultimate relief for the head
Immune Complex	Supports healthy immune system
Liver Support	Supports liver function and cleansing
Lymphatic Complex	Supports a healthy lymphatic system
Menopause Complex	Support during menopause
Menses Complex	Helps relieve common symptoms of PMS
MuscleGestic	Soothes muscle and nerve discomfort
Mushroom Extract Complex	Supports healthy immune function
Nerve Complex	Supports restful sleep, reduces mental stress
Neutralizing Cordial	Supports healthy digestion and colon function
Oral Tonic Complex	Mouth wash for maintaining gum health
Osha	Immediate respiratory support.
Parasite Complex	Supports healthy intestinal ecology
Relax AM	Helps relieve mild anxiety and stress
Relax PM	Supports restful sleep and body relaxation
Respiratory Complex	Immediate respiratory system support
Sinus Allergy Blend	Immediate sinus support
St. John's Complex	Promotes emotional well being
Systemic Detox	Supports overall internal cleansing
Throat Spray	Soothing relief for the throat
Triple Echinacea	Supports a healthy immune system
Urinary Kidney Complex	Supports healthy urinary function
Women's Energy Tonic	Supports overall female hormonal well being and energy Balance
Yin Chiao Plus	Immediate immune system support

~ Kid's Formulas ~

Allergy Complex, Child Friendly	Supports healthy sinus and respiratory system
Attention Complex, Child Friendly	Supports healthy attention and concentration
Herbal Biotic Complex, Child Friendly	Immediate immune system support
Respiratory Complex, Child Friendly	Immediate respiratory system support
Ear Oil, Child Friendly	Soothes aches and promotes comfort
Stay Well Complex, Child Friendly	Supports healthy immune system
Calming Complex, Child Friendly	Supports normal energy, deep relaxation day or night
Gentle Movement, Child Friendly	Helps regulate normal bowel function

These statements have not been evaluated by the FDA. This product is not Intended to diagnose, cure, treat, or prevent any disease. Check with your Healthcare provider for therapeutic use as preventive measure.