

Product	Food supplement Acts as	For diet support in/against conditions like	Warning / contra-indications
aloe ferrox	immunostim	HIV	
ashwaganda	adaptagen	cancer	
astragalus	immunostim	colds, infections	
shiitake mushroom	immunostim	infections	
Boswellia	NSAID	Lungs; Crohn's; O.A; RA	
Bromelain	anti-inflamm	Lungs	
buchu		diuretic; antiseptic; UTI	
cats' claw	NSAID	arthritis, cancer, asthma, AIDS,	
chicory root		tonic appetite stimulant, gallstones, gastro-enteritis, sinus problems, diabetes, parasites	May decrease needed dose of diabetes medicines.
cinnamon	insulin sensitizer	overweight, diabetes	"
coleus forskolin	appetite suppress	overweight, diabetes	"
curcumin	insulin sensitizer, antiox,	cancer, atheroma, arthritis, inflamm	"
dandelion		liver; diuretic	
epimedium	horny goat weed yin yang huo	aphrodisiac, erectile dysfunction	
fenugreek	insulin sensitizer	overweight, diabetes	May decrease needed dose of diabetes medicines.

Galega officinalis (metformin)	insulin sensitizer, anabolic, antiox, fibrinolytic.	excess appetite, high blood sugar, obesity, insulin resistance,	" Reduce if diarrhoea/ nausea.
garlic	antiox,	cancer, HBP, lipidemia, infec, thrombosis	
ginger	antiox,	migraine, arthritis, n/v,	
Ginkgo Biloba	memory retainer, Vasodilator	brain, memory, Alzheimers, depression, mood, circulation, PMS, tinnitus, vertigo, vision; reduce bloodpressure, thrombosis.	May Cause headache, gastritis, dizziness; bleeding on warfarin..
ginseng	antiox,	overweight, diabetes	May decrease needed dose of diabetes meds.
guaifenesin	expectorant	asthma/ bronchitis; fibromyalgia	not pregnancy/ lact
gymnema	appetite suppress	overweight, diabetes	May decrease needed dose of diabetes medicines.
hawthorne		angina; CCF; HBP	
hoodia	appetite suppress	overweight, diabetes	May decrease needed dose of diabetes medicines.
huperzine A	memory retainer	Alzheimers	
hypericum St Johns Wort		depression	dermatitis; arrhythmia
milk thistle		liver	

stinging nettle		prostate	
saw-palm		prostate	
Pro-Biotic	endoflora	Healthy Digestive and Immune System	
psyllum		constipation	
rauwolfia		antihypertensive, antiarrhythmic, antidepressant,	overdose- parkinsons, depression, stuffiness
rhodiola	adaptagen	fatigue; depression; stress	
Rosemary	memory retainer	Alzheimers	
Sage	memory retainer	Alzheimers	
Salvia	memory retainer	Alzheimers	
sutherlandia	immune boost	AIDS, other infec	
tribulus terrestris		muscle; erectile dysfunction	
valerian	anxiolytic	insomnia	drowsiness