

## COMPANY MISSION



**Elekea** from Swahili means towards well-being, it expresses a correct view of life, the close relationship with nature, love for the well-being.

**Elekea** is a growing business, constantly working in the development of innovative products in the herbal industry.

After years of research, development and study it has developed and marketed new products for the prevention and treatment of diseases of greater social impact.

Nowadays the hectic and chaotic lifestyle, also it pours into the quality of our food. The abuse of foods high in fat, sugar, carbs, a deficiency of vitamins and minerals, sedentary lifestyle, stress led to an increase in diseases such as hypertension, diabetes, obesity, anxiety, irritability and insomnia.

For this reason, Elekea focuses its skills and resources to produce and make available products for the patients, in full harmony with nature.

The effectiveness of the products, formulated according to criteria closely monitored for indications, dosage and mode of administration, is linked to the exceptional quality of the active ingredients which are titrated and standardized.

Production techniques are guaranteed by accurate quality controls in accordance with the highest European standards, according to industry regulations.

Elekea is dynamically throughout the country through a qualified network of informants and a widespread organization of pharmaceutical wholesalers that allows to distribute the products in pharmacies and herbalist's shops, wherever they are required.

Our products are made according to pharmaceutical standards and guidelines that follow the European directives:

- on compliance with current food legislation HACCP;
- in the field of GMP pharmaceutical production sites;
- in the field of quality management systems ISO 9001 and ISO 13485;
- on full traceability of each production batch;
- storage of raw materials and finished products at a controlled temperature <math><25^{\circ}\text{C}</math>;
- Clean Room equipment at pharmaceutical standards.

The scientific management of the company is always available to satisfy scientific demands, to provide references and support in any clinical trials.

# Phytotherapy for wellness



*There are not many medicines to heal the body because the medicine is unique, but there are several distinctions of cure; some follow the conventional way of traditional allopathic medicine, characterized by monothematic schemes and instrumental investigations, others follow unconventional forms, alternatives, holistic, natural ones.*

Natural medicine, surely not born in the last century, is full of different philosophies, developed in different eras, today it is practiced and used by homeopathic doctors, osteopaths, kinesiologists, naturopaths.

Medicine is one, so we are proponents of an integration process where we believe it is not useful to divide but to join forces, in a synergy that has as its goal to bring advantage conjugating together. Everything starts from the constitutionality of the human being, for which the basic concept is constituted by the fact that two problems may be similar, but not identical, and the definition of the natural remedies designed to solve the problem and they are nothing more than a kind of puzzle of different verifications implemented through final test, muscle testing, physiognomy and so on, defining a series of steps that allow us the right remedy for the disorder accused.

Herbal medicine is fully part in this concept, being able to treat disorders and diseases with plants, flowers or other derived remedies therefrom.

In fact, herbal medicine is based on recent scientific findings which highlight

that the action of a plant with its active ingredients, chemical and isolable by extraction of the plant itself, is similar to those pharmacological reproduced synthetically.

It is very important to specify that the result is often given by the plant complex, that is given by the combined action on a chemical level with which the active principles bind, causing that the contained drug does its effect, not only action of that particular component.

So, there are some medicinal plants which are herbs according to the WHO they are in fact plant organisms that have got in their interior the drug or substance that can be used for therapeutic purpose, the plant complex that is the tip of the iceberg of the whole system is the set of plant substances not attributable to chemical synthesis.

The plant complex is to be understood as the set of a quality of pharmaceutically active substances and substances that help the action of the first ones although pharmacologically inactive. The combined set of the active ingredients and adjuvants determines the action of the phytocomplex.

# La linea Iliade



*The Iliad range consists in some phytopreparations who want to be a natural help for various physical ailments of which we complain, finding an effective solution to common problems.*

## THERAPEUTIC INDICATIONS

<b>Disorders of the digestive tract</b>	
Habit to laxatives	Tereo, Dafne
Alteration of liver enzymes	Selene
Alteration of gastro-intestinal enzymes	Glauco
Gallstones	Eos
Intestinal candidiasis	Galatea-Hermes
Liver cirrhosis	Selene
Gaseous colitis	Tereo
Spastic colitis	Tereo
Ulcerative colitis	Tereo-Athos
Irritable bowel	Tereo
Biliary congestion	Eos
Slow or difficult digestion	Selene- Eos-Glauco
Fermentative dysbiosis	Hermes-Selene-Galatea
Fermentative bacterial dysbiosis	Galatea-Hermes
Putrefaction dysbiosis	Galate-Hermes
Dysphagia	Dafne-Selene
Dyslipidemia	Selene-Athos
Dyspepsia	Selene-Eos
Hemorrhoids	Selene
Acute or chronic hepatitis	Glauco-Dafne
Hepatitis	Selene-Eos
Hepatopathy	Selene-Eos

Reflux oesophagitis	Selene
Flatulence	Actaea
Intestinal fermentation	Galatea-Herems-Dafne
Autoimmune gastritis	Hermes-Dafne-Galatea
Intestinal bloating	Glauco-Athos
Intestinal bacterial infections	Hermes-Dafne
Gastrointestinal infections	Galatea
Infections or food poisoning	Hermes-Selene
Intestinal inflammation (acute or chronic)	Hermes-Selene
Sluggish bowels	Tereo-Galatea
Food intolerances	Dafne
Bile lithiasis	Selene-Hermes-Glauco
Duodenal malabsorption	Eos-Glauco
Meteorism	Glauco
Crohn's disease	Hermes-Dafne
Intestinal parasites	Athos-Tereo
Anal fissures	Febo-Dafne
Gastroesophageal reflux	Glauco-Dafne
Ulcerative colitis	Galatea-Actaea
Irritable bowel syndrome	Tereo-Athos
Short bowel syndrome	Tereo-Athos
Intestinal spasms	Selene-Hermes
Hepatic steatosis	Tereo
Acute and chronic constipation	Selene
Stipsi acuta e cronica	Glauco- Dafne

<b>Disorders of the immune system</b>	
Allergies	Galatea
Autoimmune connective	Galatea
Immune deficiency	Galatea-Hermes
Atopic dermatiti	Galatea-Febo
Immune dysfunction	Galatea

Autoimmune Inflammation	Galatea
Chronic Infection	Galatea-Hermes
Autoimmune Diseases	Galatea-Hermes

<b>Systemic disorders</b>	
Restlessness	Athos
Allergies	Galatea-Selene
Alteration Of Live Enzymes	Selene
Amenorrhea / Dysmenorrhoea	Cloe
Anxiety	Athos
Arthritis	Iride
Arthrosis	Iride
Atopy	Galatea
Bursitis	Galatea-Iride
Bulimia Nervosa	Athos
Gallstones	Eos
Kidney Stones	Orefeo-Hosios
Vaginal Candida	Zenas
Systemic Candidiasis	Galatea-Hermes
Cellulitis	Orfeo-Venustas
Period	Cloe
Cystitis	Zenas
Menopause	Cloe
Connective	Venustas
Vaginal Dysbiosis	Hermes
Dyssomnia	Zosimos
Gynecological Disorders	Cloe-Egeria
Draining Connective	Venustas
Oedemas	Orfeo-Venustas
Endometriosis	Egeria
Nervous Hanger	Athos
Fibroids, And Uterine Myoma	Egeria

Venous And Lymphatic Flow	Orfeo
Connectival Poisoning	Venustas
Hyperthyroidism	Zosimos
Prostatic Hypertrophy	Aramis
Renella (Kidney Stones)	Hosios-Orfeo
Autoimmune Disease	Galatea-Venustas
Menopause	Cloe
Systemic Mycoses	Galatea
Panic / Fear	Galatea
Premenopausal	Aura
Prostitis	Cloe
Post Virus Disease	Aramis
Rheumatism	Venustas
Nocturnal Awakenings	Iride
Water Retention	Zosimos-Elikonis
Sleep With Nightmares And Awakenings	Orfeo
Post Prandial Somnolence	Zosimos
Intestinal Spasms	Eos e selene
Lymphatic Stasis	Tereo
Hepatic Steatosis	Orfeo-Venustas
Constipation	Selene
Stomatitis	Dafne
Stress	Glauco-Hermes
Tendinitis	Athos
Nervios Tension	Iride
Tonsillitis	Athos
Urethritis	Galatea
Bacterial And Fungal Vaginitis	Zenas
Vasomotor Flushes	Zenas-Galatea
Vaginiti Batteriche E Fungine	Galatea-Hermes
Vampate Vasomotorie	Cloe



LINEA ILIAD

“ Si il cambiamento che vorresti vedere avvenire nel mondo”. GANDHI



We present some monographic cards about Iliade phytopreparations line. A collection that is intended to help those who want to find a natural solution to the ailments that often our body accuses. There are no so many medicines to heal the body because the Medicine is unique but there are several distinctions of cure.

### LIST OF OUR PRODUCTS

- ACTAEA: GASTROESOPHAGEAL REFLUX**
- ARAMIS: PROSTATITIS HYPERTROPHY AND PROSTATE**
- ATHOS: EMOTIONAL STRESS, ANXIETY, PSYCHOSOMATIC DISORDERS**
- AURA: DEPRESSION, PSYCHOPHYSIC ASTHENIA**
- CLOE: DRAINAGE GONADS, PERIOD BALANCING**
- DAFNE: PUTREFACTION DYSBIOSIS , CONSTIPATION**
- EGERIA: FIBROMATOSIS AND UTERINE MYOMAS**
- ELIKONIS: HYPOTHYROIDISM**
- EOS: BILIARY SLUDGE**
- FEBO: INTESTINALE PARASITES**
- GALATEA: CANDIDA BOWEL**
- GLAUCO: FOOD INTOLERANCE, SLOW DIGESTION**
- HERMES: FERMENTATIVE DYSBIOSIS, COLITIS**
- HOSIOS: RENELLA, KIDNEY STONES**
- IRIDE: NEURALGIA, FIBROMYALGIA, ANTI-INFLAMMATORY**
- MAGENERGY: PHYSICAL EXHAUSTION, CRAMPS, ALKALIZING**
- MENODORA: MENOPAUSE**
- ORFEO: KIDNEY DRAINAGE, UROLITH, DIURETIC**
- SELENE: LIVER DRAINAGE, LIVER FATIGUE**
- TEREO: IRRITABLE BOWEL, NERVOUS COLITIS**
- VENUSTAS: DETOXIFICATION, REPLACEMENT OF TISSUE**
- ZOSIMOS: HYPERTHYROIDISM**
- ZENAS: ACUTE AND CHRONIC RECURRENT CYSTITIS**

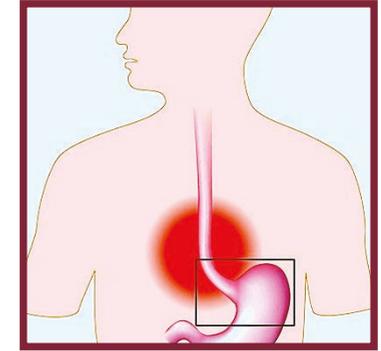
# ACTAEA



Phytodrug able to play an antacid, reparative and protective action of the stomach. It is indicated in case of gastro esophage reflux, thanks to the remarkable properties of its components, especially ginger.

**The average content of characterizing ingredients for maximum daily dose of 2 capsules :**

- calcium carbonate	240mg
of which calcium 96mg VNR 12%	
magnesium carbonate	220mg
of which magnesium 63.3mg VNR 17%	
laminaria seaweed powder (Laminaria cloustonile Joly Thallus)	120 mg
pectin	100mg
chamomile e.s. (Matricaria camomilla L.capitula)	100mg
spiraea ulmaria e.s. (Filipendulaulmaria Max, flos, folium)	80 mg
-Ginger e.s. (Zingiber officinali Rosa. Rizoma)	40mg
gelatin	



Mode of use: 1 capsule after lunch and 1 after dinner. If necessary, 1 before sleeping.

- **Laminaria Alga**
- **Chamomile**
- **Spiraea**
- **Ginger**
- **Calcium carbonate**
- **Magnesium carbonate**
- **Pectin**

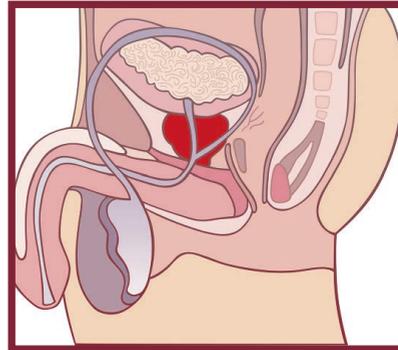


# ARAMIS

Phyto preparation able to perform an antiprostatic and anti inflammatory action for the urinary tract, indicated for prostatitis and prostatic hypertrophy. it is antiseptic and opposes any related events such as residual post urination, pelvic heaviness, urination disorders, decreased libido.

Average for maximum daily dose, equal to 90 drops (3ml)

-sabal - fluid extract (serenoa repens (Batram small fructus)	0.72mg
-nettle - fluid extract (Urtica dioica L. Folium)	0.60mg
-willowherb - fluid extract	0.42mg
sequoia - glycerine macerate (sequoiadendron giganteum (Lindl.) j. Buchh. Surculi)	0.30 mg
bearberry - fluid extract	0.30mg
arctostaphylos uva-urti (L. Spreng. Folium)	
pumpkin - fluid extract (cucurbita pepo L. var. Oleifera Pietsch Semen)	0.21 mg
Ginkgo biloba - fluido extract (Ginkgo biloba L. Folium)	0.15 mg
Grapefruit - fluid extract (Citrus grandi Osbeck Semen)	0.15 mg
Tabebuja - fluid extract (Tabebuja avellanedae Lorentz ex Griseb Cortex)	0.15 mg



Mode of use : from 20 to 30 drops, 3 times a day, diluted in a little water.

- **Serenoa Repens**
- **Nettle**
- **Willowherb**
- **Sequoia**
- **Bearberry**
- **Pumpkin seeds**
- **Ginkgo Biloba**
- **Grapefruit**
- **Tabebuja**



# ATHOS

Phyto preparation for anxiety states and all related emotional status such as: anxiety, agitation, trembling, excessive sensitivity, restlessness, tachycardia, insomnia, neurosis and psychosomatic disorders. The remedy does not produce cognitive disorders (slowdown or drowsiness). It does not interact with any drugs in case it is subjected to conventional pharmacological treatments.

Average for maximum daily dose of 90 drops (3ml)

passionflower e.f. (Passiflora incarnata L. Herba c. floribus)	660 mg
California Poppy e.f. (Eschholtzia californica Cham. Herba)	264 mg
hawthorn e.f. (Crataegus oxyacantha medicus Flos. folium)	264 mg
valerian e.f. (valeriana officinali L. radix)	264 mg
poppy e.f. (Papaver horas L. Flos)	264 mg
Balm e.f. (melissa officinalis L. Folium)	264 mg
Lime e.f. (Tilia platyphyllos scop. flos.)	264 mg
Chaste tree e.f. (Vitex agnus - castus L. Fructus)	264 mg
Sweet clover e.f. 2 (Melilotus officinali alias erba c. floribus)	64 mg
chamomile e.f. (Matricaria chamomilla L. flos)	132 mg
liquorice e.f. (Glycyrrhiza glabra L. radix)	96 mg



Mode of use: 60 to 90 drops per day ( as 3ml) diluted in a little of water.

- **Passionflower**
- **California poppy**
- **Hawthorn**
- **Valerian**
- **Poppy**
- **Chamomile**
- **Balm**
- **Sweet orange**
- **Lime**
- **Chaste tree**
- **Sweet clover**



# AURA

Phyto preparato good for depression, in case of sadness, melancholy, cyclothymia, nervous breakdown, prostration, hypochondria, psychophysical asthenia. this product does not interact with other medicines in progress.

**Medium average of the characterizing ingredients for maximum daily dose equal to 30 drops.**

Saint John's wort fluid extract	15%
Oats - fluid extract	10%
Cola nitida - Fluid Extract	10%
Eleuthero ginseng - Fluid extract	10%
Hyssop - Fluid Extract	10 %
Balm - Fluid extract	10%
Ginseng - Fluid extract	10%
Rhodiola - Fluid extract	10%
Sweet chestnut - Bach flowers	2.8%
Yerba santa - Californian flowers	2.6%
Gentian - Bach flowers	2.6%
California wild Rose - Californian flower	2.6%
Mustard - Bach flower	2.6%



Mode of use: 20 to 30 drops 3 times a day.

- **Saint John's wort**
- **Oats**
- **Cola nitida**
- **Eleuthero ginseng**
- **Hyssop**
- **Balm**
- **Ginseng**
- **Rhodiola**
- **Sweet chestnut - Bach flowers**
- **Yerba santa - Californian flowers**
- **Gentian - Bach flowers**
- **California wild Rose - Californian flower**
- **Mustard - Bach flower**



# CLOE

Phyto preparation for draining gonadal, it promotes the natural physiology of female and male genital tract, indicated for menstrual disorders, menopause disorders. Useful in case of premenstrual syndrome, ovarian cysts, headache, dry mucous membranes, alteration of mood, youth acne, endometriosis, vasomotor flushes, sense of fullness and bloating and thyroid imbalance.

**Medium average of characterizing ingredients for maximum daily dose equal to 150 drops ( 5 ml )**

Chaste Tree - fluid extract	65 mg
(Vitex agnus - castus L. Fructus)	
Raspberry - glycerine macerate	65 mg
(Rubus idaeus L. Surculi)	
Laurel - glycerine macerate	60 mg
(Laurus Nobilis L. Folium)	
Birch - glycerine macerate	60 mg
(Betula pubescens Herh amenti)	
blackthorn - glycerine macerate	60 mg
(Prunus spinosa L. gemme)	
White willow - Fluid extract	50 mg
(Salix alba L. corte intake of salicin 2.5mg)	
Cranberry - glycerine macerate	50 mg
(Vaccnuim vitis - idea surculi)	
Oak tree - glycerine macerate	35 mg
(Quercus robur L. gemme)	
Oats - fluid extract	35 mg
(avena sativa Fructus)	



Mode of use : 20 to 50 drop for 3 times a day, before the main meals.

- **Chaste Tree**
- **Raspberry**
- **Laurel**
- **Birch**
- **blackthorn**
- **White willow**
- **Cranberry**
- **Oak tree**
- **Avena sativa**



# DAFNE

Phytodrug useful for the well-being of the intestinal microbial flora, in case of putrefaction dysbiosis. It acts on acute and chronic constipation, food intolerance, especially to lactose, on atopic manifestations, on the vaginal dysbiosis, bacterial and fungal vaginitis. Useful in case of intestinal parasites, intolerances and food protein imbalance, antibacterial, it adjusts the optimal state of intestinal flora, especially in the large intestine.

**medium average of characterizing ingredients for maximum daily dose equal to 90 drop ( 3ml)**

cranberry - glycerine macerate (Vaccinium vitis-idea L. )	0.48 mg
Blackberry - fluid extract (Vaccinium myrtillus L. fructus)	0.48 mg
Rosemary - fluid extract (Rosmarinus officinalis L. Folium)	0.48 mg
Ficus - glycerine macerate (Ficus carica L. Gemma)	0.36 mg
Cloves - fluid extract (Syzygium aromatiche L. mere. et LM Perry Flos)	0.36 mg
Mint - extract (Mentha piperita L. Folium)	0.36 mg
Cinnamon - fluid extract (Cinnamomum zeylanicum Blume cortex)	0.24 mg
Thyme - Fluid extract ( Thymus vulgaris L. Folium)	0.24 mg



Mode of use : 30 drops for 3 times a day diluted in some water, before the main meals.

- **Cranberry**
- **Blackberry**
- **Rosemary**
- **Ficus**
- **Cloves**
- **Mint**
- **Cinnamon**
- **Thyme**

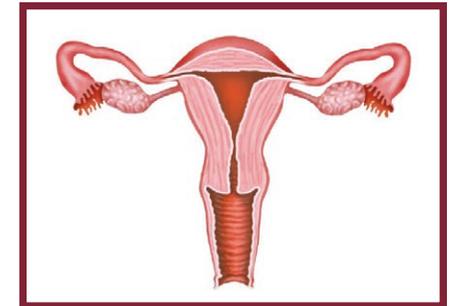


# EGERIA

Phyto preparation made from plant extracts, modulator of hormone production and therefore useful in the case of gynecological disorders of inflammatory nature, fibromatosis, endometriosis and myomas. It also plays an antispasmodic action to the uterus and it's useful even for metritis, bartholinitis, vaginitis, adnexitis and ovaritis.

**Medium average of the characterizing ingredients for maximum daily dose equal to 90 drops ( 3 ml)**

- white alder - glycerine macerate (Alnus incana L. Moench Gemma)	60 mg
raspberry - glycerine macerate (Rubus idaeus L. surculi)	60 mg
blackcurrant - glycerine macerate (Ribes nigrum L. Gemma)	60 mg
bramble - glycerine macerate (Rubus fruticosus L.S.L. surculi)	60 mg
cranberry - glycerine macerate (vaccinium vitis- idaea surculi)	60 mg



Mode of use: 30 drops 3 times a day diluted in some water, before the main meals.

- **White arder**
- **Ribes nigrum**
- **Bramble**
- **Cranberry**
- **Raspberry**

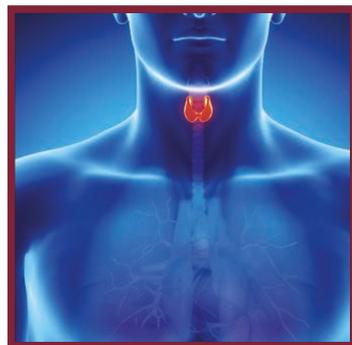


# ELIKONIS

Phyto preparation: It performs a thyroid modulation action in case of hypothyroidism. It's effective in thyroid dysfunction, baseline disease, immunoprotection, restenosis of neuro-vegetative disorders (sleep and mood) and in the drainage of toxins. It counteracts the slowdown in metabolism and the dysfunction of the circulatory system.

**Medium average of the characterizing ingredients for maximum daily dose equal to 90 drops (3 ml)**

Sea weed fluid extract (Fucus vesiculosus L. Thallu)	54 mg
Oat extract fluid (Avena sativa Fructus)	54 mg
Dog Rose fluido extract (Rosa canina L. Fructus)	48 mg
hawthorn fluid extract (Crataegus oxyacantha medicus flos e folium)	48 mg
Juniper fluid extract (Juniperus compunsi L. semen)	48 mg
Lime tree fluid extract (Tilia platyphyllos scop. flos)	48 mg



Mode of use : 30 drops for 3 times a day diluted in some water, before the main meals.

- **Sea weed**
- **Oat**
- **Dog rose**
- **Hawthorn**
- **Juniper**
- **Lime tree**

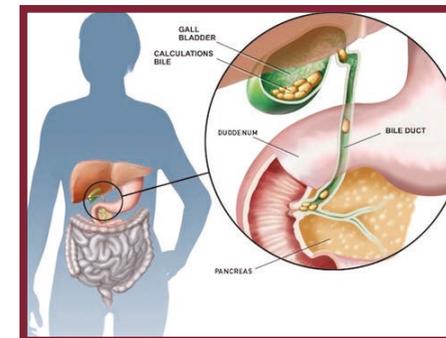


# EOS

It performs a purifying action of the liver and biliary vesicle with cologne-colicarctic, antiretroviral, regenerative action of the liver. It's indicated for biliary lithiasis and acute and chronic hepatitis, mud and biliary, steatosis and biliary fatigue.

**Medium average of the characterizing ingredients for maximum daily dose equal to 90 drops (3 ml)**

-Radish fluid extract (Raphanus sativus L. var. Niger Miller radix)	43 mg
Common fumitory fluid extract (Fumaria officinali L. erba e floribus)	43 mg
Chrysantellum americanum fluid extract (Chrysantellum americano vate erba)	43 mg
Holy herb fluid extract (Verbena officinali L. Herba e floribus)	43 mg
Californian poppy fluid extract (eschscholtzia californica cham. herba)	43 mg
Boldo fluid extract (Peumus boldus molina folium)	43 mg
Ginger fluid extract (Zingiber officinali rosa. rizhoma)	43 mg



Mode of use: 20 drop 3 times a day diluted in some water, before the main meals.

- **Radish**
- **Common fumare**
- **Chrysantellum americanum**
- **California poppy**
- **Boldo**
- **Ginger**



# FEBO

Phyto preparation: It's an antiparasitic remedy, it modulates intestinal microflora and prevents the treatment of all parasitic forms, useful for restoring intestinal and vaginal microflora. It acts directly on the putrefactory dysfunction.

**Medium average of the characterizing ingredients for maximum daily dose equal to 90 drops (3 ml)**

Common thyme fluid extract (Thymus bulgarica l folium)	20 ml
Tansy fluid extract (Tanacetum vulgare l summitas)	5 ml
Cloves fluid extract (Syzygium aromatiche merli aetheroleum)	5ml
Basil fluid extract (Ocimum basilico l folium)	5 ml
Herb-Robert fluid extract (Geranium robertianum L erba c. floribus)	5 ml
Pomelo semi fluid extract (citrus grandis osbeck semen)	5ml
Pumpkin fluid extract (Cucurbita pepo L fructus)	2.5 ml
Dandelion fluid extract (Taraxacum officinale weber radix)	2.5 ml



Mode of use: 20 drop 3 times a day diluted in some water, before the main meals.

- **Common thyme**
- **Tansy**
- **Pumpkin seeds**
- **Cloves**
- **Basil**
- **Herb - robert**
- **Pomelo**
- **Common coral weed**

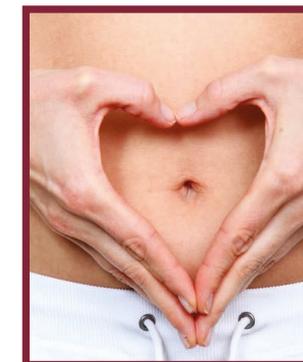


# GALATEA

It Conducts An Intestinal Diabiotic Disease, Consequential to Primary And Secondary mycosis. It's useful in case of: systemic mycoses of respiratory system, urogenital apparatus, Skin and scalp. It has a strong preventive action in case of therapies that favor the development of mycotic forms such as: Antibiotics, immunosuppressants, antidepressants. It is antiviral, antimicrobial, antibacterial and it is specifically indicated for candida albicans and for autoimmune diseases.

**Medium average of the characterizing ingredients for maximum daily dose equal to 90 drops (3 ml)**

-Black sampson fluid extract (Echinacea angustifolia dc radix)	0.75 mg
-persian walnut Macerated glycerol (Junglans regia L gemma)	0.75 mg
-Thyme fluid extract (Thymus bulgarica L. Folium)	0.75 mg
-Cat's claw fluido extract (Uncaria tormentosa Wild dc cortex)	0.75 mg



Mode of use: 20 to 30 drops 3 times a day diluted in some water, before the main meals.

- **Black sampson**
- **Persian walnut**
- **Thyme**
- **Cat's claw**

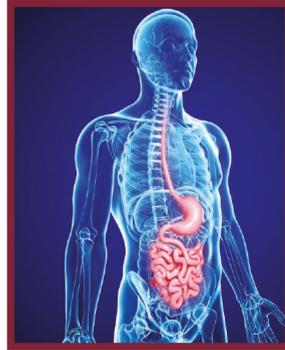


# GLAUCO

Dietary supplement useful for physiological intestinal transit. It rebalances hormonal secretions of the gastrointestinal tract and performs a rebalancing action of intestinal motility. Anti-inflammatory also it helps in case of slow digestion acute and chronic anal fissures and hemorrhoid constipation.

**Medium average of the characterizing ingredients for maximum daily dose equal to 90 drops (3 ml):**

Lingonberry macerated glycerol (Vaccinium vitis-idaea L s....)	0.84 mg
Fennel fluid extract (Foeniculum vulgare mill fructus)	0.72 mg
Common fig macerate glycerol (Ficus carica L gemma)	0.60 mg
Rosemary fluid extract (rosmarinus officinali L folium)	0.36 mg
Thyme fluid extract (Thymus bulgaria L folium)	0.24 mg
True cinnamon tree (cinnamomum zeylanicum blume cortex )	0.24 mg



Mode of use: 30 drops 3 times a day diluted in some water, before the main meals.

- **Lingonberry**
- **Fennel**
- **Common fig**
- **Rosemary**
- **Time**
- **Cinnamon**

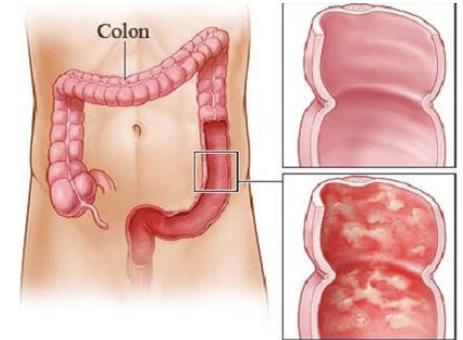


# HERMES

Phyto preparation: Indicated for fermentative dysbiosis or candida albicans infections. It favors the recovery of normal organic functions, eliminating air and gas in the belly, and also it's used in case of simple sugary intolerances such as yeast.

**Medium average of the characterizing ingredients for maximum daily dose equal to 90 drops (3 ml):**

Fennel fluid extract (Foeniculum vulgare mill fructus)	1.26 mg
thyme fluid extract (Thymus bulgaria L folium)	0.60 mg
English lavender fluid extract (lavandula officinali chasis var. flos.	0.48 mg
True cinnamon tree (cinnamomum zeylanicum blume cortex )	0.36 mg
Cloves fluid extract (Syzygium aromaticum L mere et L M Perry flos)	0.30 ml



Mode of use: 30 drops 3 times per day diluted in some water, before the main meals.

- **Fennel**
- **Thyme**
- **English Lavender**
- **Cinnamon**
- **Cloves**

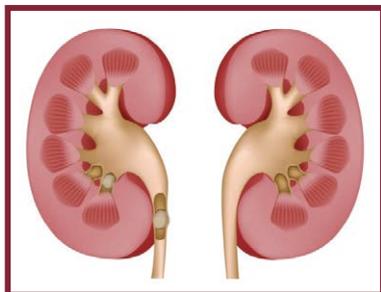


# HOSIOS

Phyto preparation: it performs an anti-spasmodic, diuretic, antiperuricemic, depurative action. It's indicated in case of kidney lithiasis (renella and calculus), postmenopausal neoplasia, hyperuricaemia and renal failure.

Medium average of the characterizing ingredients for maximum daily dose equal to 90 drops (3 ml):

Birdweed fluid extract (Polygonum acidulare L. Herba)	0.43 mg
Couch grass fluid extract (Agropyron repens beauv. Rhizoma)	0.43 mg
Barberry fluid extract (Berberis vulgaris L. corte ex radicibus)	0.43 mg
Roundhead bushclover fluid extract (Lespedeza capitata Mica. folim)	0.43 mg
Restharrow fluid extract (Ononis spinosa L. Herba)	0.43 mg
Bladder cherry fluid extract (Physalis Alkekengi L. fructus)	0.43 mg
corn fluid extract (Zea mays L. Stigmata)	0.43 mg



Mode of use: 30 drops 3 times per day diluted in some water, before the main meals.

- **Birdweed**
- **Couch grass**
- **Barberry**
- **Roundhead bushclover**
- **Restharrow**
- **Bladder cherry**
- **Corn**



# IRIDE

Phyto drug which is able to have an anti neuronc and anti-inflammatory action in case of neuritis, meccanica or viral- metabolic arthrosis, arthritic or atrosic arthrhotosis.

The average content of characterizing ingredients for maximum daily dose of 2 capsules

Frankincense dust (Boswellia carteri bride. resina)	720 mg
-Methylsulfonylmethane	720 mg
Elderberry dry extract (Sambucus nigra L. Flos)	240 mg
Alpha lipoic acid	120 mg
Gelatin	



Mode of use: 3 tablets per day away from meals

- **Frankincense**
- **Elderberry**
- **Alpha lipoic acid**



# MAGNENERGY

Oligo element characteristic of the human body in high quantities: it acts in the metabolism of the nerve cell and it's the reason why it's indicated for intestinal disorders, in some painful forms of nervios involment and spasmophilia. It's good for hyperemotivity, anxiety, tremor, asthenia, headache, irritable bowel, neuralgia, fibromyalgia. It's an oligo aliment which pushes the body towards reactivity: improves intestinal transit fatigue and it's very suitable for night cramps.

Magnesium: composition for 200 grams	
Tribasic magnesium citrate	70 gr
Magnesium bisglycinate	0.5 gr
Sodium bicarbonate	60 gr
Potassium citrate	1.5 gr
Fructose	41gr
Lemon juice in powder	12 gr
Lemon powder aroma	5 gr
Citric acid	10 gr



Mode of use : 1 teaspoon, dissolved in 1 glass of water, before sleeping at night.

- **Magnesium bisglycinate**
- **Sodium bicarbonate**
- **Potassium citrate**



# ORFEO

Phyto preparation: good for its kidney drainage action, so it balances the renal function again. It is depurative, diuretic, urolithic and it is useful in case of water retention and lymphatic stasis.

Medium average of the characterizing ingredients for maximun daily dose equal to 60 ml (= 60 gr of product):

Silver birch (Betulla pendula roth )	4.3 gr
Java tea (Orthosiphon stamineus Bentham)	4.3 gr
Couch grass (Agropyrum repens Beauvois)	4.3 gr
Field horsetail (Equisetum arvense L.)	4.3 gr
Corn (Zea mays L.)	4.3 gr
Grape vine (Vitis vinifera)	4.3 gr
Bearberry (Arctostaphylos uva-ursi)	4.3 gr
Common nettle (Urtica dioica L.)	4.3 gr
Black currant (Ribes nigrum)	4.3 gr
Sparrow grass (Asparagus officinalis)	4.3 gr
Roselle flower /Carcade (Hibiscus sabdariffa L.)	4.3 gr
Fennel fruit (Foeniculum volgare var. dulce Miller)	
Garden angelica stem (Angelica arcangeli L)	
Lichwort herb (Parietaria officinali L)	

Mode of use: from 15 to 60 ml of product per day, dissolve in 1.5 liters of water

- **Silver birch**
- **Couch grass**
- **Java tea**
- **Field horsetail**
- **Corn**
- **Grape vine**
- **Bearberry**
- **Common nettle**
- **Black currant**
- **Sparrow grass**
- **Roselle/ carcade**
- **Fennel**
- **Garden angelica**
- **Lichwort**



# SELENE

It acts a drainage action of the liver, in case of acute and chronic hepatopathies, hepatic steatosis, viral hepatitis, drug toxicity, dyslipidemia (cholesterol and triglycerides), food poisoning. Through its plants it carries out the energy balance of the liver. It contrasto drug toxicity, counteract toxicity from pharmacological toxins, chemotherapy and chronic degenerative liver disease.

Medium average of the characterizing ingredients for maximum daily dose equal to 60 ml (= 60 gr of product):

Artichoke Leaf (Cynara scolymus L)	3.6 gr
Boldo Leaf (Peumus boldus molina)	3.6 gr
Marian thistle flower (Silybum marianum Garten )	3.6 gr
Java tea Leaf (Orthosiphon stamineus benth)	3.6 gr
Common dandelion stem (Taraxacum officinale weber)	3.6 gr
Tick clover Leaf ( Desmodium adscendens dc)	3.6 gr
Chinese rhubarb ryzome (Rheum palmatum var. tagunticum maxim )	3.6 gr
Glossy buckthorn cortex (Rhamnus frangula Mill)	3.6 gr
Sage Leaf (Salvia officinali L)	3.6 gr
Lemon balm leaf (Melissa officinali L)	3.6 gr
Peppermint leaf (Mentha x piperita L)	3.6 gr
Great yellow gentian stem (Gentiana lutea L)	3.6 gr
Star anise fruit (Illicium verum Hooker)	3.6 gr
Black Radish stem (Raphanus sativus ver. niger miller)	3.6 gr
Agrimony crown (Agrimonia espatria L)	3.6 gr
Sweet orange pericarp (Citru x sinensis L var. dulcis)	3.6 gr
Liquorice stem (Glycyrrhiza glabra L)	0.6 gr



Mode of use: from 15 to 60 ml of product per day, diluted in 1.5 liters of water.

- **Artichoke**
- **Boldo**
- **Marian thistle**
- **Java tea**
- **Common dandelion**
- **Chinese rhubarb**
- **Glossy buckthorn**
- **Sage**
- **Lemon balm**
- **peppermint**
- **Gentian**
- **staranise**
- **Black radish**
- **Agrimony**
- **Sweet orange**
- **Liquorice**



# TEREO

Phyto drug which favors the normal physiology of the large intestine, in the event of psychosomatic alterations. It's indicated for irritable colon syndrome, ulcerative retinitis, Chron disease and putrefactive dysbiosis. It also performs an intestinal and re-balancing pneumonia inflammatory action. It regulates all somatizations on the large intestine, resisting spastic colonies and intestinal spasms. I's also useful for food intolerance and malabsorption.

Medium average of the characterizing ingredients for maximum daily dose equal to 90 drops (3 ml)

Silver linden macerated glycerol (Tilia tomentosa moench gemma)	1.08 mg
Lingonberry macerated glycerol (Vaccinium viti idea surculi)	0.60 mg
Fig macerated glycerol (ficus carica L gemma)	0.48 mg
Alder macerated glycerol (Alnus incanta L moench gemma)	0.24 mg
Black alder macerate glycerol (Alnus glutinosa garete. gemma)	0.24 mg
Tasmanian bluegum fluid extract (eucalyptus globulus folium)	0.18 mg
White Willow macerated glycerol (salix alba gemma)	0.12 mg
Chinese date fluid extract (ziziphus jujube millers semen)	0.06 mg



Mode of use: 30 drop 3 times a day diluted in some water, before meals

- **Silver linden**
- **Lingonberry**
- **Fig**
- **Arder**
- **Black alder**
- **Tasmanian bluegum**
- **Chinese date**
- **White willow**



# VENUSTAS

Dietary supplement useful for the replacement and detoxification of the connective tissue. It contributes to the regeneration of collagen, making the face and skin brighter, It gives a youthful appearance as the alpha lipoic acid contained therein, extracted from plant substances, stimulates cellular regeneration, also has anti-inflammatory action by reducing tissue acidosis.

Mode of use: maximum daily dose 2 tablets, preferably in the morning.

The average content of characterizing ingredients for maximum daily dose of 2 capsules, preferably in the morning:

Collage	200 mg
C vitamin	200 mg
Alpha lipoic acid	160 mg
Yarrow	120 mg
(Achillea millefolium L Herba c floribus)	
Blacksamson echinacea	
(Echinacea angustifolia dc radix)	
E vitamin (RDA 333%)	40 mg
A vitamin (RDA 150%)	1.2 mg
Dried extracts supported by corn maltodextrin no GMO	
Gelatin	

- **Alpha lipoic acid**
- **Collage**
- **Yarrow**
- **Black samson echinacea**
- **E vitamin**
- **A vitamin**
- **Dried extracts supporter by maltodextrin**



# ZENAS

Phyto preparation : Indicated for acute and chronic cystitis, cistitis caused by catheter, urethritis, water retention, rhinitis formation and kidney excretion and kidney stones, It's also useful for prostatitis and prostatic hypertrophy, Enuresis, menometrorragia and leucorrhoea. -

The average content of characterizing ingredients for maximum daily dose of 2 capsules, preferably in the morning:

Kinnikinnick (Arctostaphylos uva-ursi L folium)	200 mg
American cranberry (Vaccinium macrocarpum aiton fructus)	20 mg
Java tea Leaf (Orthosiphon stamineus benth)	180 mg
Potassium citrate (Of which 36.1 mg of potassium)	100 mg
Field horsetail (Equisetum arvense L herba)	50 mg
Couch grass ( Agropyron repens beauv rhizoma)	40 mg
D-mannose gelatin	30 mg



Mode of use: maximum daily dose 2 tablets, preferably in the morning.

- **Kinnikinnick**
- **American cranberry**
- **Java tea**
- **Field horsetail**
- **Couch grass**

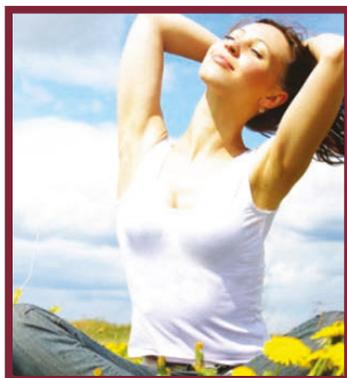


# ZOSIMOS

Phyto preparation: It performs a thyroid modulating action in case of hyperfunctionality, so useful in thyroid imbalances that generate anxiety, neurovegetative disorders, tachycardia, insomnia.

Medium average of the characterizing ingredients for maximum daily dose equal to 90 drops (3 ml):

Dog rose fluid extract (Rosa canina L. fructus)	0.60 mg
Gipsywort fluid extract (Lycopus europaeus L. herba)	0.60 mg
hawthorn fluid extract (Crataegus oxyacantha)	0.45 mg
Oat (avena sativa)	0.45 mg
Motherwort (Leonurus cardiaca L. erba c. floribus)	0.30 mg
Passion flowers fluid extract (Passiflora Incarnata L. folium)	0.30 mg
lime tree macerate glycerol (tilia tormentosa moench gemma)	0.30 mg



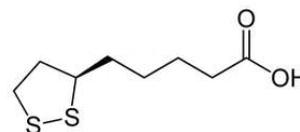
Mode of use: maximum daily dose 2 tablets, preferably in the morning. prima

- **Dog rose**
- **Gipsywort**
- **Hawthorn**
- **Oat**
- **Motherwort**
- **Passion flowers**
- **Lime tree**



## INDICE DEGLI INGREDIENTI

### Alpha lipoic acid



Lipoic acid or thiotic acid is also called N vitamin. Lipoic acid is a small molecule, formed by eight carbon atoms, two of oxygen and two of sulfur, it's a fat acid that is naturally found within each cell in the body. Lipoic acid is an antioxidant that neutralizes free radicals. Unlike most common antioxidants (C and E vitamins), alpha lipoic acid works in water and fat and it fights cell aging.

### Brown Alga (Laminaria digitata)



The brown alga is a three year long brunette alga. It is widespread in colder waters especially along the banks of the North Sea and the North Atlantic Ocean. It is rich in minerals such as iodine, calcium, iron, magnesium and folic acid. It's particularly rich in iodine that helps metabolism. It is very rich in fibers with laxative effects. Thanks to the presence of potassium, alga favors drainage, lipid metabolism and energy consumption. This alga counteracts adiposity and tones the tissues by removing the body's swelling. It stimulates metabolism.

### Alkekengi



The bladder cherry, originating in Europe and Asia, contains a very large amount of vitamin C, citric acid, tannin, and sugar for this is used for diuretic needs. It also has many other anti-inflammatory properties: cough sedative, laxative, exfoliator, febrifuge, and emollient ones. It's mainly used against urinary retention and kidney stones.

## Yarrow



It is part of the asteraceae family, originally from the Northern Hemisphere. It's used to treat: acne, hair, cellulite, circulation, hemorrhoids, skin, varicose veins. The plant has interesting cosmetic properties: anti-inflammatory, astringent, firming and anti-sebum.

## Garden angelica



It is a plant of the apiaceae family, originating in the wetlands of the European Union. It has antibacterial and antimycotic properties, in fact it is a useful adjuvant against candida albicans and against urinary tract infections. Also it contrasts men and women urinary tract diseases.

## Star anise



Star anise is part of the magnoliaceae family and it has Asian origins. It has a taste similar to that of licorice. Among the good properties there is the one to be able to fight different types of viruses, including the herpes virus. The extracted oil has antibacterial efficacy against decisive microorganisms, including bacterial forms that affect the digestive system, causing symptoms such as vomiting and diarrhea. It also has

very important diuretic properties. It stimulates digestion, it eliminates swelling and performs antiseptic action.

## Chaste tree



It belongs to the family of verbenaceae widespread in the damp environments of the Mediterranean. Among its properties we remind the relaxing ones, due to the presence of flavonoids. It is also used to reduce the effects of premenstrual and menopausal syndrome.

## Agrimony



It belongs to the rosaceae family, native to the temperate regions of the northern hemisphere. It has important properties: anti-inflammatory, coleretic, colog, antiallergic, hypoglycemic, decongestant, antiseptic and cicatrizant.

## Sweet orange



Sweet orange is native to China and south east Asia. Sweet orange essential oil has a strong purifying action and it is useful against anxiety and stress. It has antispasmodic properties because it is able to relax muscles, moreover it possesses sedative properties and it fights insomnia. It has calming properties that counteract nerve disorders, depression, anxiety and nervousness.

## Sparrow-grass



It belongs to the liliaceae family and it's from Mesopotamia. It is recommended for the treatment of rheumatic diseases and urinary problems, this is because for its diuretic properties, due to the presence of asparagine. It is useful for the heart and the nervous system thanks to its high potassium content. It facilitates digestion as it is rich in fiber.

## Oat



The plant is originally from Asia Minor, it is rich in useful properties for our well-being: it possesses avenalin which is very useful in balancing thyroid imbalances. Oats are rich in vitamins: a, b, i, b2, b6, saponin flavonoids that stimulate vitaminizing, vulnerable and anti-inflammatory activities. It has energy, refreshing, diuretic, anti-corrosive, hypoglycemic properties, it stimulates proper thyroid function.

## Laurel



Laurel is widespread in Mediterranean areas, in Greek-Roman mythology it symbolized glory and wisdom. It's a tree with antiseptic, antioxidant, digestive and anticancer properties. It's rich in vitamin C, a powerful antioxidant that can counteract the action of free radicals and stimulate the immune system. It's rich in b vitamin group, able to regulate metabolism, to contribute to the synthesis of enzymes and

the functioning of the nervous system.

## Astragalo



Astragalo (*Astragalus membranaceus*), è originario della Cina. È ricco di saponine triterpeniche e flavonoidi che agiscono in sinergia. Le saponine hanno proprietà toniche e stimolanti; i flavonoidi favoriscono l'attività antinfiammatoria. È molto importante usare l'Astragalo in un fitopreparato che contenga anche l'Echinacea: le saponine e i flavonoidi, potenziano le proprietà immunostimolanti dell'Echinacea favorendo la tonicità del sistema immunitario.

## Basil



Is an aromatic plant originally of India that prefers the Mediterranean climate. It's rich in minerals such as sodium and iron; rich in vitamins, such as those of group b; It also contains beta-carotene and omega 3. Basil is useful for the intestinal tract, it facilitates digestion and promotes appetite, strengthens the nervous system, relieves anxiety and nervousness, It's useful in cases of insomnia and it can also be used in asthma, bronchitis and cough.

## Birch



It grows in temperate boreal zones. It contains, among other properties, flavonoids and vitamins c: These confer to the plant diuretic and purifying properties. For this reason, birch is used in the treatment of hypertension and water retention and urinary tract infections, such as cystitis. It can help fighting cellulite: its lymph eliminates fluid retention in tissues because of diuretic and anti-inflammatory actions.

## Boldo



It's an evergreen plant, originated in Chile and Peru. It produces an action that favors the release of bile, it's diuretic and it can help resolve the states of cystitis, inflammatory articulation diseases.

Boldo is also used for hepatotoxic dysfunctions and as an adjuvant in the treatment of constipation.

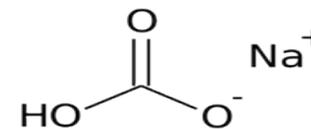
## Hawthorn



Hawthorn belongs to the rosaceae family, located in Europe, North Africa Asia and North America; its natural habitat is in the undergrowth areas between the bushes in calcareous soils. It has always been known as the "heart-friendly plant". Leaves and flowers contain flavonoids, which induce the dilation of coronary arteries that carry blood to the heart, thus improving blood circulation it is therefore used in cases of mild or moderate hypertension. This plant also possesses the vitexin, an

active principle that acts as a spasmolytic, sedative and natural anxiolytic. It decreases stress and makes sleep easier.

## Sodium bicarbonate



Sodium bicarbonate ( $\text{NaHCO}_3$ ) is like a carbonate sodium salt. In contact with water, it leads to the formation of a slightly basic solution (pH 8.6)

## California Wild Rose



Originally from California. Those in need of this remedy are demotivated, sad, lazy, uncertain and bored; living in a state of apathy, isolated from the world around them. The person in question is devoid of enthusiasm, creative leap, love, joy. The use of the product stimulates the power of love and allows to rediscover enthusiasm for life and for human relationships.

## Chamomile



It is part of the family of asteraceae, it is widespread in Europe and Asia, it grows in meadows, in open countryside blooms, in late spring and summer. Chamomile is used for its remarkable sedative and soothing properties. It has antispasmodic properties contributing to muscle relaxation. It can calm states of nervousness and anxiety. It is rich in flavonoids, which soothe pain and irritation in the digestive tract and in the

stomach. Chamomile is also a gastroprotector. It contributes to the elimination of gases, it is emollient and soothing. It is a regulator of the function of the mucous membranes of the respiratory system.

## Cinnamon



It's an evergreen tree of the Lauraceae family, originally from Sri Lanka.

It has many healing properties, it possesses antioxidants, it is a natural antiseptic that can fight and eliminate fungus, viruses and bacteria. It can fight the mushroom of candida albicans and germ coli bacteria, both responsible for urinary tract infections. As an antibacterial, cinnamon reduces digestion problems, especially swelling. It kills bacteria and eliminates infections of the gastrointestinal tract, facilitating the work of gastric juices.

## Artichoke



Artichoke is a plant of the asteraceae family that originates in the Mediterranean area. It is famous for its ability to stimulate the good functioning of the intestine. Among its components, the most important is cinnamom, considered useful in case of liver disorders and with depurative properties that contribute to the elimination of toxins by the body. Artichokes help to improve digestion and represent a natural diuretic. It favors the elimination of excess cholesterol and uric acid.

## Motherwort



Is a plant of Asian origin and is mainly used as a cardiac sedative.

Favors vasodilatation and slowing heart rate, the reduction of heart neuroses characterized by chest pain. It is characterized by very flashy flowers; the drug substance is extracted from their crown. This plant has got a remarkable sedative capacity, especially at the circulatory level.

## Marian thistle



It's a wild herbaceous plant, spread throughout the Mediterranean, it is a plant rich in therapeutic virtues that make it precious particularly in liver dysfunction, it's a liver tonic. Silymarin contained in the Marian thistle has proved a protective effect against many types of chemical toxins, including alcohol. This substance possesses an important anti-inflammatory and antibiotic with a tonic and regenerating effect. Improves the function of the gal-

bladder.

## Calcium carbonate

It's the calcium salt of carbonic acid. It contributes to the normal function of digestive enzymes; it's used as an antacid drug to relieve stomach burners and acid reflux.

## Magnesium carbonate

It contributes to electrolytic balance.

## Cloves



Derived from a 10-15 cm high evergreen tree of myrtaceae family growing spontaneously in the Moluccas, Antilles, Madagascar, Indonesia. They are famous for their antiseptic and antibacterial properties, they can help relieve intestinal parasites. They have a remarkable anti-inflammatory effect, due to the content of flavonoids in inflammatory states such as arthritis, rheumatism, colds, bronchitis, asthma, sinusitis. They improve the transit of food into the intestine by reducing the

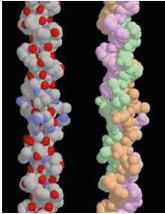
building up of toxins. They also have a balsamic effect, favoring the well-being of nose and throat.

## Potassium citrate



It's useful in case of gastric hyperacidity and stomach burns, dyspepsia, digestive difficulties and gestational nausea.

## Collagen



It has a structure formed by three polypeptide chains. The polypeptide chains are formed for one third by glycine residues and for a quarter or more by proline and hydroxyproline residues. Collagen is the main protein in the connective tissue and accounts for about 6% of body weight in humans: it is the most present protein in the human body and connective tissues. It's the greatest protagonist in the health of the skin (prevention of skin dehydration, maintaining elasticity and toning of the tissues and reducing wrinkles).

## Barberry



It grows in some arid mountainous areas on the edge of the woods and hedges. It has numerous properties, such as: digestive function regulator, stimulating appetite in cases of lack of appetite. Useful laxative in constipation. Hepatic regulator, it regulates liver activity in the release of bile. Diuretic, it helps in eliminating excess fluid, so the barberry is also indicated for those who suffer from renal failure. Adaptogenic, it has got a large amount of vitamin c, making it very useful in the winter. It's febrifuge and it has the property of lowering body temperature.

## Common knotgrass



It's widely diffused throughout Italy. It has several beneficial properties: antihemorrhagic and healing of internal and external wounds and ulcers. It is used for external use as anti-inflammatory and astringent on the skin. It reduces the aging of the fibers at the cardiovascular level, thus decreasing the risk of atheroma (artery disease). It has expectorant, anti-diarrheal properties; It's used in bladder and kidney calculus, although its main feature is diuretic and therefore useful in urinary retention, favoring the elimination of kidney stones. It helps the respiratory tract.

## Tick-trefoil



Is part of the fabaceae family, originating in Equatorial Africa, It is used mainly in the treatment of liver as it increases the regeneration of the liver cells, restoring the proper functionality. It also acts as an anti-inflammatory agent. It is used to clean the liver from antibiotics and pharmacological treatments, including chemotherapy. It improves digestion.

## Eleuthero ginseng



Known as Siberian ginseng for its origin in Siberia and in Mongolia. The main activity is to exert, on the endocrine system, an action capable of determining the production of some important hormones involved in stress resistance. It provides the body with better resistance to various types of stress, both physical and psychic, promoting the balance of the immune system, blood circulation and mental clarity.

## Coneflower



It's native to North America and grows in open and sunny areas. It has many properties, including the most important that is the immunostimulant, defending the body against infectious attacks, bacteria and viruses. It promotes defense mechanisms through increased antibody production. It also has anti-inflammatory action and inhibits the progression of infections. The main use of the plant is related to the treatment and prophylaxis of cold diseases, and for external use, such as topical skin diseases,

regenerating tissues and reducing the risk of infection. Antioxidant and antitumor.

## Horsetail



It belongs to the equisetaceae family; it is present in all wet places in the world, excluding the New Zealand. It has anti-inflammatory, antibacterial, antimicrobial, antioxidant, diuretic and astringent properties. Especially useful for urinary tract infections. The horsetail helps to strengthen the immune system. It's a plant rich in silicon, for this reason it can be a valuable help against osteoporosis.

## Willowherb



It is a perennial herb plant. It belongs to oenotheraceae. It has many properties: expectorants, anti-inflammatory, analgesic, astringent, emollient and anti-inflammatory. It's recommended for all prostate disorders, benign prostatic hyperplasia, inflammation, acute prostatitis (bacterial infection) and other infections. After a surgical procedure, it calms the burners.

## California poppy



It belongs to the family of papaveraceae of North America. North American Indians used it as a medicine and as a food, it's used mainly for its soothing, relaxing, antispasmodic, balsamic and antiseptic power, so it can be used to combat insomnia, but also light anxiety states. It favors normal sleeping without stunning awakening.

## Tasmanian oak/eucalyptus



It's originally from Oceania and it belongs to the Mirtaceae family. It has many expectorant, balsamic, anti-inflammatory, anti-wrinkle, anti-rheumatic, antiseptic, antibacterial, antimycotic, febrifuge, hypoglycemic and diuretic properties. It contributes to the decongestion of the respiratory tract. It can also help fighting infections, affecting the gastrointestinal tract and can make benefits for those suffering from neuralgia. It is useful in treating colitis, due to its ability to absorb the toxins of the intestine.

## Common fig



It's a plant that grows in temperate subtropical climates, belonging to the moraceae family. It has many properties: useful as purgative and vermifuge, excellent remedy for diabetes and calcifications in the kidneys and liver. It's able to stimulate detoxification, favoring the expulsion of toxins outside. Anti-inflammatory and antispasmodic for the stomach, ideal for fighting gastritis and swelling, as well as improving the functionality of

the respiratory mucosa.

## Fennel



Originally from the Mediterranean basin. It has toning and strengthening properties, it can be used to prevent meteorism and to help slow digestion cases; effective against constipation and cleansing the urinary tract, also facilitating the expulsion of any kidney stones. It contrasts menstrual cycle disorders, it works on the fluidity of bronchial secretions.

## Alder buckthorn



It is an arboreal plant, belonging to the family of rhumb, originating in Europe and Asia. Thanks to its properties it is used to have laxative action, improves slow and heavy digestion as it stimulates bile secretion and liver function. It stimulates and favors the peristalsis and the emptying of the intestine and the emptying of the intestine.

## Common fumitory



It grows everywhere as a weed plant, it has important properties: hepatoprotective, antispasmodic, antispastic and diuretic. Its prevalent action is in regulating bile flow, increasing it or lowering it, depending on the need: the intake may serve to restore balance, preventing the formation of biliary stones, improving liver function. The most commonly present substances are flavonoids that have the antispasmodic, blood purifying and regulating biliary fluid effect.

## Autumn gentian (Bach flower)



It grows in the alpine habitat of temperate regions of Europe. You need to use the flower when you are sad, depressed, skeptical, pessimistic, discouraged and knocked down in front of every obstacle with the temptation to abandon yourself. The cause of this sadness is generally known, mental state detachment from "to be happy". Useful for those who are easily discouraged, who could do some projects in life, illness, business, but any delay and

obstacle causes them doubts and demoralizations. It allows you to raise your mood, evaluating new ways towards inner harmony. After using this flower, one gets in a sphere of optimism: "I'm sure and I make every situation the best way to optimism".

## Gentian



It is part of the gentianaceae family, It originates in temperate areas of Europe and Asia. It has stomachic, tonic-stimulating, vermifugal and antifermentative properties. It fights constipation and diarrhea; It also stimulates the production of leukocytes, useful in combating asthma and convalescence from illnesses. Gentian is used to combat anorexia, general fatigue, gastric and intestinal atonic dyspepsia, convalescence and anemia. It has stimulant properties, vermifuges and an-

thelmintic properties.

## Geranium



It's a South African plant useful as analgesic, antiseptic and anti-inflammatory actions and it plays important bowel effects in the case of irritable colon.

## Spear grass



It's an infestant plant, originally from India. It has an antiseptic and anti-inflammatory action useful for the kidneys, for the treatment of urinary infections due to the presence of agopirene, it can also be used as hepatic bile drainage and in detoxifying care.

## Juniper



We find it in isolated places like mountains and Mediterranean environments. It has got various properties: digestive, antiseptic (useful for the treatment of urinary stones, cough or expectorant), anti-rheumatic (juniper essential oil also has often diuretic properties.) Juniper also has modulating properties of thyroid imbalances. Juniper is a useful thyroid modulator.

## Ginko biloba



It has anti-inflammatory and antioxidant properties, it is able to promote platelet activation: an important role in inflammatory process. Ginkgo also has an antioxidant activity to fight free radicals.

J

## ujube



Also known as the Chinese date, it is native to northern Africa and has many beneficial properties: useful for those who suffer from colds and bronchitis, given the high presence of C vitamin: daily use strengthens the immune system. The jujube is also a natural anti-inflammatory drug, it is a considerable panacea for those who often suffer from inflammation of the respiratory tract. The jujube has considerable diuretic and laxative properties. An intensive use of this fruit allows you to take

advantage of it in case of obstinate tendency to constipation or retention of liquids in the body. Anti-inflammatory and sedative, it is able to pacify the gastrointestinal tract, preventing colitis of nervous origin.

## Ginseng



It's mainly developed in East Asia. This plant is useful as tonic and to fight stress, improves the endocrine and nervous system. Ginseng is mainly used for its adaptogenic and antistress properties. From ginseng is used above all the stem that gives to the body the ability to adapt to stress by strengthening the immune system, improving the performance of the body in response to fatigue. It stimulates desire and sexual function.

## Incense



Originally from the Arabian Peninsula and East Africa. It is an anti-inflammatory and antibacterial, antiseptic, antiviral, anti-rheumatic, applied to massage penetrates deeply calming the pain and contrasting the localized tension states. It balances the central nervous system. It's a stimulant to the immune system.

## St. John's wort



Official plant with antidepressant and antiviral properties. It has origins in the British archipelago but it is now spread all over the world, growing outdoors all year round. It's a plant rich in flavonoids, capable of performing antidepressant and sedative action. Among these, the main flavonoids are hypericin, rutin, quercetin that have antidepressant and sedative action, also they have the ability to increase melatonin, helping to counteract insomnia, increasing serum serotonin levels by balancing the tone of the mood. Hypericum is an excellent remedy for the treatment of mild depression due to the presence of naphthodianthrones, flavonoids, flavogluconols and xanthones.

## Hyssop



Originally from southern Europe, it's a very ancient aromatic plant cultivated for its therapeutic properties. Cold-resistant, it grows on limestone, spontaneously in the mountainous areas of Italy. The flowered summits of the Hyssop contain flavonoids, which have an antidepressant, sedative, sleeping conciliator, fighting depression and mood swings. It also has balsamic and expectorant properties for the respiratory tract. Its essential oil has positive effects on the digestive system by eliminating excess gas.

## Persian walnut



It belongs to the juglandaceae family; Originally from the Balkan Peninsula is rich in antimycotic substances, it has depurative, antiparasitic, vermifuge, antiemorrhagic, anti-aging properties. Specifically, the bark of the young branches is astringent and vermifuge, able to fight intestinal parasites.

## Hibiscus tea/Karkade



It's a plant of the Malvaceae family with African origins. It has diuretic and antiseptic properties for the urinary tract, useful in infections such as cystitis, due to the presence of phytosterols. It also has Vitamin C that provides antioxidant, anti-inflammatory and vitaminizing action. Karkadè is a remedy for hypertension: fluidizing the blood and promoting diuresis.

## Raspberry



It grows mainly in open wooded spaces. It is useful for circulation, it cleanses the blood and soothes the gastrointestinal disorders. It acts on the female hormone system. It is a regulator of the hypothalamic-pituitary-gonadal axis and ovarian secretion, It's a menstrual cycle regulator. Its intake is therefore indicated in the premenstrual syndrome because it is used on all women's sexual sphere.

## Lavender



It grows mainly in the Mediterranean basin. It is useful in limiting gastric and gastrointestinal gas formation and stagnation: it calms the pain and abdominal spasms and helps relaxing the muscles of the abdomen. It reduces the flatulence and intensity of colic. Lavender also performs a balmy action against: flu, cough, colds and rheum. Great relaxing, it improves sleep in case of stress, normalizes mood and it is a good draining of body fluids.

## Roundhead bushclever



Originally from Asia and North America, it has many important properties, including the most important renal function. The plant is rich in flavonoids that result in depurative and anti-spasmodic action, favoring cardiovascular function and fluid metabolism.

## Licorice



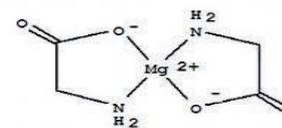
Licorice exists in eighteen species, which bloom in the summer season and they are spread across Europe, Asia, Australia, and America. The most used has Mediterranean origin. It can be used against many ailments. It is able to regulate hormonal imbalances in menopause; It has important antioxidant properties and helps the circulation of our blood. The licorice roots have a mild anti-stress effect.

## Maize



Native to temperate or tropical regions. It's an anti-inflammatory of the urinary tract, it resolves urinary tract infections such as cystitis and kidney stones. It has an antioxidant effect due to the presence of vitamin A. It has many fibers to help the intestinal regularity. It improves the functionality of the prostate, favoring drainage of body fluids and the function of the urinary tract.

## Magnesium bisglycinate



Bisglycinate is a form of magnesium linked to two glycine molecules. It is absorbed by the blood most easily through the intestine; compared to other types of magnesium this one is most widely used by the body.

## Gipsywort



It's a plant used for its hypotensive, vasodilatory, cardio-regulatory, expectorant, coleretic, mucolytic, anti-inflammatory properties. Therapeutic use: dyspeptic turbidity, obesity, cellulose, food poisoning dermatitis, cough and gallbladder disorders.

## Yellow sweet clover



It's an annual herb plant with Asian origins. It has anti-inflammatory, diuretic, sedative activity. For these reasons, it is used in cases of visceral anxiety somatization and insomnia. It has sedative effects.

## Balm



It's a plant growing spontaneously in Southern Europe and Western Asia. It's appreciated as aromatic herb and for its medicinal properties. It is used mainly for its sedative properties to relieve tension and reduce nervousness and stress. It has an important sedative action to fight insomnia. It can also be used to cure hyperthyroidism and headache caused by excessive stress.

## Mint



It is a perennial, aromatic herb plant, with the typical spicy flavor and it belongs to the lamiaceae family. It grows all over Europe, Asia, Africa and it is rich in vitamin A, B, C, minerals, iron, magnesium, calcium; it is useful and effective for gastrointestinal disorders, such as nausea, indigestion, ulcers, halitosis and flatulence. Mint essential oil is able to prevent infections and it is an excellent germicide. It helps the respiratory tract.

## Lingonberry



It has as its original habitat the boreal forests of Europe, North Asia and North America. Rich in iron, vitamin C and fiber. It is used to prevent and treat urinary tract infections. (fungal infections and viruses). Lingonberry can reduce the incidence of kidney stones. It is helpful for diarrhea, constipation, irritable bowel and hemorrhoids. It facilitates calcium absorption through the intestinal mucosa, lingonberry extracts are largely used for the treatment of cystitis and to prevent relapses.

## Blackberry



Originally from North America, it is a small herbaceous plant between 10 and 30 centimeters high, which it grows predominantly in mountainous regions throughout Europe. It has many important properties: antioxidants, anti-inflammatory, anti-ulcer, anti-inflammatory, cicatrizing, antinfected, anti-diarrheal, astringent, antiseptic. It relaxes smooth vascular musculature and coronary arteries, it protects against ulceration, it carries diuretic activity, spasmolytic activity, optimizing activities, it works on microcirculation, functional cardiovascular.

## Wild mustard



It has European origins, you need this bach flower when you are depressed and your mood change does not come from a specific cause. Mood changes quickly, without any reason. You are in a state of depression, sadness without cause, melancholy, and despite having everything you want, you do not feel happy. Thanks to the use of mustard you will rediscover serenity.

## Spiny restharrow



Originally from Europe. Among the properties of the spina restharrow: diuretic, astringent, anti-inflammatory action. It facilitates diuresis, prevents renal failure, helps with eczema. The plant is used to expel fluids, reduce kidney stones and expel them, being an emollient and lenitic plant.

## Grey Alder



Spread from the northern hemisphere from the United States to Europe and North West Asia. It has important anti-inflammatory properties: it also acts on the osteo-articular device where it acts as a supportive agent for the resolution of chronic inflammatory, osteoarthritic, osteoporotic conditions, favoring bone remineralisation. Also used for inflammatory ovarian and recurrent cystitis. It's a useful remedy for deep tissue damage.

## Black alder



It is an arboreal plant of the betulaceae family. It is present throughout Europe, North Africa, and Asia. It possesses astringent and anti-inflammatory qualities. Oval leaves are used primarily against rheumatism and arthritis. The leaves of the plant are indicated as cicatrizing, astringent, anti-inflammatory and diuretic. Such qualities make it good against cooling, tonsillitis, gingivitis and pharyngitis. Useful in case of gastritis, ulcers and in the case of colitis, peritonitis and colicistitis.

## Java tea



It's a herbaceous shrub belonging to the lamiaceae family, diffused in southeast Asia and parts of tropical Australia. Helps to eliminate water retention due to its diuretic properties: its activity in diuresis is widely used to combat bacterial and inflammatory diseases. Is often used as an adjuvant in the treatment of urinary infections. It can also be used to help liver purification.

## Common nettle



It's a perennial herb plant, we find it in Europe, Asia, North Africa and North America, it grows in pristine soil and in humid and nitrogen-rich places. It's a plant rich in folic acid and iron and it is used in the case of anemia, arthritis and cystitis. It is rich in chlorophyll whose chemical composition is very similar to that of hemoglobin that gives the plant a strong antianemic properties. It also has depurative and diuretic action: it is indicated in case of rheumatic problems, arthritis, kidney stones and cystitis; it's used for the detoxification of the organism.

## Common poppy



It belongs to the papaveraceae family and it has Asian origins. It's also called "goodnight grass", it's known for its important sedative action, against insomnia; as calming and analgesic; its petals are the most used part of the plant.

## Pellitory



It's a plant of the urticaceae family, originally from the Northern Hemisphere. It has purified, refreshing, diuretic and anti-inflammatory properties for this purpose, they use it to treat many infections such as those in the urinary tract, in case of cystic and kidney stones. The plant can also be used against toothache, hemorrhoids and anal fissures.

## Passionflower



It's part of the family of the Passionfloracea and it is native to the South American, Australia, Asia: used by Aztecs as relaxing. It's used for sedative, anxiolytic properties, to combat insomnia. It is also used to combat stress, anxiety. It is known mainly for its soothing action, which is why it is used to cure nervousness disorders: this plant possesses flavonoids that act on the central nervous system.

## Blackthorn



It grows spontaneously in Europe, Asia, and North Africa. It has astringent, purifying, tonic, laxative and diuretic properties; The plant can also be used as a natural remedy for acne. The blackthorn has laxative effects with an anti-spasmodic action on the muscle covering the intestine as in irritable colon. Also used as a remedy for diarrhea. Its fruits are very harsh, they contain C vitamin.

## Grapefruit



It's an ancient hybrid between sweet orange and pomelo, it is supposed to be the only citrus that does not come from Asia but from Central America. In Italy we find it in the south. Its nutritional intake is great: water, vitamin c, antioxidants. It has antiviral and antimycotic properties, studies have demonstrated the ability of the extract to annihilate over 800 types of viruses and bacteria, 100 fungus stem and a large number of intestinal parasites. It represents a valuable disinfectant and stimulant food of the digestive system.

## Oak tree



It is an evergreen shrub originated in the Mediterranean. It has many important qualities: astringent, healing, anti-inflammatory, antiseptic, anti-ulcer and antisecretive. It is therefore used for gingivitis and inflammation of the oral cavity, gastric acidity, skin lesions, fistula, anal fissures and hemorrhoids.

## Bladderwrack



Native to the North Atlantic is also spread along the European coast. Is particularly rich in minerals, trace elements and vitamins, which perform a purifying and tonic metabolic activity. Regulator of thyroid function, stimulates endocrine function and sometimes starts starter in weight loss processes.

## Rhubarb



Originated in China and Tibet. It has digestive, laxative, astringent, anti-inflammatory, antimycotic, anti-tumor and purifying properties of the liver. It has always been used as a stimulant for hepatic and regular healing of the bile: it is also useful in case of intestinal parasites. It promotes the elimination of infectious agents and regulates the function of the gastric mucosa.

## Radish



Also called Horseradish, it grows in dry and fertile soils in Europe, Western Asia. Among the main properties of the horseradish, we find a high concentration of vitamin C and B1, therefore it is used in the treatment of rheumatism, bronchitis and other respiratory difficulties. It is also used to stimulate diuresis, treat vaginal discharge by urinary tears and to aid digestion. It also stimulates the immune system and is also used as a purifier of the digestive system. Antioxidant.

## Blackcurrant



It's an original shrub of the mountainous areas of Europe and Asia. It's a fruit with excellent anti-inflammatory properties, especially the urinary system due to the presence of flavonoids. Diuretic and astringent: it has purifying properties. Thanks to these properties it helps to normalize chronic inflammation situations such as ovarian cysts.

## Rose root



It grows in high mountains, in stony places and pastures. It's a useful plant against stress, nervousness and tachycardia. The roots of the plant are used for their anti-stress properties, in particular the high concentration of beta-endorphins can prevent stress. The plant has a cardio-protective effect, in the presence of tachycardia and palpitations due to anxiety and nervousness and improves the quality of sleep. Extremely effective to fight insomnia.

## Dog Rose



Grows spontaneously in the woods, even in Italy. It has immunomodulatory properties thanks to the presence of vitamin c. It is also rich in bioflavonoids useful for the cardiovascular system. However, from the leaves and roots, a purely immunostimulant effect is obtained. It is modulator of the metabolism for this can be very useful in cases of thyroid imbalances such as hypothyroidism.

## Rosemary



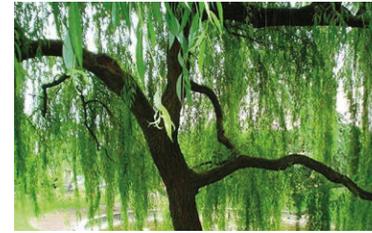
It's a shrub belonging to the lamiaceae family. Originating in Europe and Asia; it has analgesic, antiseptic, antidepressant, anti-inflammatory, disinfectant properties. It contains high levels of iron, this helps to prevent anemia by inserting it into the daily diet. Rosemary helps to detoxify the body from the toxins that accumulate in the liver, it possesses distinct digestive properties that favor the expulsion of intestinal gases. It has

an important vermifuge action against intestinal parasites; it stimulates liver function and bile excretion. Excellent digestive, antioxidant, regulates the functions of the gastrointestinal tract.

## Blackberry

It's part of the rosaceae family and grows all over Europe in the countryside and in the woods. It has various therapeutic and curative properties: astringent, anti-diarrheal, expectorant, purifying, tonic and diuretic properties. Several studies have also shown important anti-tumor properties. They have many antioxidants such as flavonoids and flavonols that fight free radicals. It's the derived raspberry strain, which is widely used in female genital disorder, thanks to its re-balancing properties, improves the sexual sphere of women.

## White willow



It is possible to find in damp places or long water courses throughout Europe. It has many important antispasmodic, fever, analgesic, antiflogistic, anti-rheumatic, astringent properties. In particular, the white willow bark is used as an antipyretic in various types of febrile states, flu states, and cooling illnesses. The willow is also used in the headache, in the neuralgia, in the characteristic manifestations of the

premenstrual period, the cycle and the nervous insomnia..

## Sage



It belongs to the lamiaceae family and originates in the Mediterranean basin. It's known for its anti-inflammatory, balsamic, digestive and expectorant properties. It is also a gastroprotector as it has an antispasmodic action, it supports the strengthening of all the digestive channel, including stomach.

## Elderberry



It is native to Europe and India. Rich in potassium, calcium, sodium, phosphorus, iron, magnesium, copper and zinc. Berries are also rich in antioxidant elements that make this food ideal for strengthening the immune system. Its berries also have antineuralgic properties, particularly against trigeminal and sciatic nerve disorders. The elder leaves and flowers

have anti-inflammatory and diuretic properties.

## Pumpkin seeds



The pumpkin is part of the curcubitaceae family and was imported into Europe by colonists of America. Pumpkin seeds are one of the most powerful foods to prevent and eliminate parasites. Pumpkin seeds contain a high amount of tryptophan, an amino acid that ensures a good rest in the night. Pumpkin seeds are rich in magnesium, an element which gives our body a feeling of well-being; they are rich in fiber so they ensure good bowel function. Pumpkin seeds help to alkalinise the body's pH and fight

excessive acidity, caused by certain elements such as sugars, meat, sweets and flour. It also favors prostate functionalities, fluid drainage and urinary tract functionality.

## Sequoia



It's the largest tree in the world, its natural habitat is in North America. It has many properties: anti-inflammatory, energetic, tonic, stimulating of the central nervous system, it helps the drainage of male genitals, useful in benign prostatic hypertrophy and chronic prostatitis. It has a tonic and stimulating overall effect. It's the ultimate remedy for treating general and sexual senescence in humans.

## Palmetto



It's part of the araceae family; it's a typical plant of the south east of the USA, Atlantic Ocean: it grows in the bushy area near the coasts, in the undergrowth of pines. It's rich in fatty acids and phytosterols. It's used in the treatment of benign prostatic hypertrophy and hair loss. Prostate hypertrophy is an increase in prostate gland volume that makes it difficult to urinate with continued micturition. The serenoa acts by reducing the 5 alpha

reductase which is the enzyme responsible for this increase in volume, also limiting the frequency and the urgency of urination. Useful for the drainage of body fluids. It facilitates the functionality of the urinary tract.

## Broadleaf meadowsweet



It's part of the rosaceae family, it has Asian origins. The height varies from 50 cm to 200 cm. It's used as an ornamental plant. The spirea is a plant rich in flavonoids, vitamin C, essential oils and mineral salts. It also has anti-inflammatory and diuretic substances: it is useful against joint pains and febrile states. Mostly flower flowers are used in case of articular pains, for its known anti-inflammatory, diuretic and antispasmodic properties. Rich in mucilages, the spirea has a protective action for the mucous membranes, which can reduce the spasms and erosive processes of the gastric walls. It has diuretic and purifying properties that favor the elimination of metabolic waste.

## Sweet Cestnut



It originates in the Mediterranean area. The message of the Bach flower: "Acquire the inner light of one's life". You need the sweet cestnut flower when you have no hopes, you feel blocked and abandoned to your destiny; Resignation, anxiety, isolation, abandonment, anxiety. With the help of this flower you begin to have the hope of a better life. Useful to all those people who live in the present called "the sense of despair"

## Dandelion



It belongs to the asteraceae family and spontaneously grows in plain areas, it has cleansing and anti-inflammatory properties, useful for fighting liver disease as it stimulates biliary, hepatic and renal function for this it's indicated in case of liver failure, itchy and gallstones. Also suitable for water retention, cellulite and hypertension.

## Common tansy



It's a perennial herbaceous plant spread in temperate regions of the Northern Hemisphere. Characteristic for yellow flowers, the root of this tansy is used to get an anthelmintic action, while flowers for a vermifuge action. Its dry extract has an anti-inflammatory property. It has important digestive, vermifuge, astringent, febrile, vulvaric abilities.

## Tabebuia



It's a native Brazilian tree. The properties are especially antibacterial, anti-inflammatory, antioxidant, purifying and tonic. There are several scientific researches that have confirmed the virtues of this plant, useful in combatting mushrooms and bacteria. You will continue to study the effects of this tree by considering the possibility that it can be a valid ally in the fight against tumors.

## Large-leaved lime



It belongs to the liliaceae family and originates in Europe and prefers the fresh and shaded areas. It's useful in phytotherapy to combat insomnia and nervousness. There are some flavonoids useful in fighting insomnia and tachycardia in its leaves and flowers, performing a relaxing action on the circulatory system. Useful against anxiety, cough and as help to sleep better.

## Thyme



It belongs to the lamiaceae family. It's a typical Mediterranean, Balkan and Caucasian plant. It grows in Italy both in the sea and in the mountain areas. Its therapeutic action helps digestion, for this reason it is often used to flavor fatty foods. Precious in the case of swelling, cramps and intestinal bacteria: it promotes metabolism, blood supply and prevents the proliferation of bacteria in the gastrointestinal tract. Therefore the thyme carries anti-pesticidal, antibacterial and digestive action, it stimulates metabolism and

the production of bile. It's supportive of gall bladder, in the digestive fat process and it's a valuable supporter of liver function. Fluidic sebum secretion, helping nose and throat well-being and respiratory function. And, in addition, it's considered in herbal medicine a real natural antibiotic.

## Manzanita/Barberry



The plant has a shrub with small leaves, spatula shaped, evergreen. It's native to the temperate regions of the Northern Hemisphere, North Europe, Asia, North America. It's the most useful natural remedy against urinary infections; Generally it possesses a substance, arbutin that is absorbed into the liver and released into the urine by performing an antimicrobial action. The bearberry fights bacteria responsible for urogenital tract

infections because it acts on inflammation and infection by exerting a diuretic and anti-inflammatory action.

## Cat's claw



Also called cat's nail, it has Peruvian origin. It has many properties including being a powerful immunostimulant, protector of the immune system. For these properties it is used as an adjuvant in the treatment of various diseases of immunological origin and chronic inflammatory conditions and disorders of the digestive system.

