

A.Vogel

# Quick Herb Guide

Herbal remedies can help common health complaints

Discover our 7  
most used herbs

the menopause  
muscle aches & pains  
enlarged prostate  
joint pain  
help you relax  
colds & flu  
low mood

Greenlife

[www.greenlife.co.uk](http://www.greenlife.co.uk)

Greenlife 1-2 Birdwood Court High Street Totnes TQ9 5SG • Tel: 01803 866738

**Herbal remedies** have become very popular recently and are now considered by many people to be an accepted option for the treatment of many common health problems. A wide variety of products are available, which can be confusing. For those new to natural based remedies, here is a simple **A to Z Guide** of our 7 most useful herbs.



## Arnica

**FOR MUSCLE ACHES & PAINS**

- ✓ Stiff neck & shoulders
- ✓ Knee pain
- ✓ Sprains & strains

Many will know Arnica for its use in bruising—however, as a muscle rub in the form of a gel, Arnica can also be used to relieve pain in muscles and joints.

Atrogel is made from extracts of fresh Arnica and is an easy-to-apply, non-greasy gel.

**Atrogel Arnica Gel**—a traditional herbal medicinal product used for the symptomatic relief of muscular ache, pains and stiffness, sprains and bruising.\*



## Devil's Claw

**FOR JOINT PAIN**

- ✓ Backache
- ✓ Joint pain
- ✓ Rheumatic pain

Devil's Claw is a plant found in the Kalahari desert and the root is used to produce a herbal remedy for joint pain—such as back pain, rheumatic and muscular pain.

Atrosan contains a concentrated extract of Devil's Claw made using cultivated, rather than wild-harvested plant material.

**Atrosan Devils Claw tablets**—a traditional herbal medicinal product used for the relief of backache, rheumatic or muscular pain and other general aches and pains in muscles and joints.\*



Always read the leaflet.

\* Exclusively based upon long-standing use as a traditional remedy.

# Echinacea

## FOR COLDS & FLU

- ✓ Sore throat
- ✓ Runny nose
- ✓ Strengthens immune system

This must be one of our most popular herbs. Echinacea is used to treat the symptoms of colds & flu and it does so by strengthening the body's immune system. We only use freshly harvested echinacea plants in our leading product, Echinaforce.



**Echinaforce Echinacea drops and tablets**—a herbal remedy which helps the body fight the symptoms of colds and flu by supporting the immune system, helping to maintain the body's resistance.

# St. John's Wort

## FOR LOW MOOD

- ✓ Feeling low
- ✓ Unhappy
- ✓ Nervous

St. John's Wort is also known as Hypericum and is another well-known herb. It is used to help those feeling down or low in mood, symptoms which may also be accompanied by a feeling of anxiety. Hyperiforce, made from freshly harvested St. John's Wort can be used to help you cope better when you are feeling down.



**Hyperiforce St. John's Wort tablets**—a traditional herbal medicinal product used to relieve the symptoms of slightly low mood.\*

## Other popular products in our range

### Digestisan oral drops for **INDIGESTION & BLOATING**

A traditional herbal medicinal product used to relieve indigestion, feelings of fullness and flatulence associated with over-indulgence in food or drink or both.\*

### Dormeasan valerian-hops oral drops for **POOR SLEEPERS**

A traditional herbal medicinal product used for the temporary relief of sleep disturbances caused by the symptoms of mild anxiety.\*

### Ginkgoforce Ginkgo biloba tablets for **TINNITUS**

A traditional herbal medicinal product for use in the relief of symptoms of Raynaud's Syndrome and Tinnitus.\*

Always read the leaflet.

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# Sage tablets

## FOR THE MENOPAUSE

- ✓ Hot flushes
- ✓ Excessive sweating
- ✓ Night sweats

Sage is familiar as a culinary herb, but the menopause? Menoforce, a concentrated extract of freshly harvested sage leaves, can be used to help relieve the symptoms of hot flushes and night sweats.

**Menoforce Sage tablets**—a traditional herbal medicinal product used for the relief of excessive sweating associated with menopausal hot flushes, including night sweats.\*



# Saw Palmetto

## FOR AN ENLARGED PROSTATE

- ✓ For men only
- ✓ Relieves bladder symptoms
- ✓ Frequent urination

50% of men over the age of 50 suffer from an enlarged prostate.

Symptoms include a need for frequent trips to the toilet, especially at night, and a poor urine stream.

**Prostasan Saw Palmetto capsules**—a traditional herbal medicinal product used to relieve the urinary symptoms of an enlarged prostate in men with a confirmed diagnosis of BPH.\*



# Valerian

## TO HELP YOU RELAX

- ✓ Mild anxiety
- ✓ Herbal stress relief

Valerian root has been used for many years to help people relax. In this remedy, it is combined with hops to help you cope with stress.

**Stress Relief Daytime Valerian-Hops oral drops**—a traditional herbal medicinal product for use in the temporary relief of symptoms of stress such as mild anxiety.\*



## Herbal remedies

### Not all herbal remedies are the same

We insist on using freshly picked plants in our remedies.

Our research tells us that fresh herb extracts often make better remedies. For instance, our fresh Echinacea extract used in Echinaforce contains almost 3 times more active substances than can be obtained from the same amount of dried herbs.<sup>(1)</sup>

Which is why when it comes to using herbs, not all herbal remedies are the same.

(1) Tobler M, et al. Schweizerische Zeitschrift für GanzheitsMedizin, 1994.

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