Excellence in Body, Soul and Spirit

2012
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Dear Colleagues, Dear Customers,

You will see in this Catalog health enhancing products that are clearly unusual.

We hope you will find it refreshing that you will have to actively participate in understanding these formulations. We trust that you will come to the conclusion that there is a method of thinking here whose results are products that are not just “same old, same old” supplements and cannot simply just be exchanged with those of another company.

We believe that once you try our supplements, tinctures, or topical creams you will not want to be without them again.

Simply put, a conscious attempt has been made to combine substances in various forms (natural occurrence, potentized state, mineral extraction, etc), and rhythmical processes, in such a way that they help the person towards a comprehensive threefolded health for the body, yes, but also very concretely for the Soul and Spirit constitution.

To make these kinds of “remedies” has been our intention since we started practicing medicine several decades ago and then launched the company more than seven years ago.

Initially True Botanica presented just three supplements. That we are now offering over one hundred carefully crafted products is of course a source of satisfaction. But it is even more gratifying that the many patients and customers that have availed themselves of these formulas have found them helpful and effective.

Of course we have incorporated into our work the latest technological advances, but our greatest inspiration has come from the research and indications given by Rudolf Steiner.

We owe him a debt of gratitude not only for his research results (showing specific connections between substances and spiritual effects) but also for outlining the research methods by which this vital work can be continued by any serious scientist.

We live in complex times where both inner and outer challenges abound and the calls for “change” are unceasing. However, the old ways that brought us here are in the first place not going to save us for the future. We have to muster the courage to embrace truly new ideas and then act on them.

Thank you for supporting this ongoing work and striving with your involvement!

Ross Rentea MD, Mark Kamsler MD, Andrea Rentea MD

Find more on: Ingredients, related research, Anthroposophy and health concerns on the Info tab of the www.truebotanica.com website.
ABOUT TRUE BOTANICA

Our company was incorporated in 2004 in Wisconsin. The licensed, GMP (good manufacturing practices) compliant, main facility is currently located in Hartland, WI.

We, the founders, have been actively practicing physicians for many decades and are Certified in Anthroposophical Medicine and have had a long standing interest in anthroposophical pharmaceutical processes.

We recognized early on that the modern times bring with them health problems that can be addressed only by new, innovative health products that must be designed to support both the physical and the spiritual constitution of people.

Essential processes that constitute the core of our products are done by hand, in a quiet environment conducive to an inner sense of responsibility, reverence and gratitude to the natural substances used in the making of the healing products. All products are made in the morning, under conditions when we can be reasonably assured that only a positive energy will accompany the production process. (For example no manufacturing takes place during storms, etc.)

All co-workers meet on a weekly basis as a co-worker group to share with each other important directions and developments in the company and to review valuable feedback from our customers.

We draw inspiration from the prolific work of the scientist Rudolf Steiner.

The ingredients for our formulas are carefully sourced from non GMO, biodynamic and organic materials. The products are subjected to costly and exhaustive quality assurance tests.

Our business success is due to the effectiveness of products and the warm relationship between our company and our professional and retail customers.

Beyond the health of the individual person our products are meant to promote a socially and environmentally responsible lifestyle. We intend both an economic and healing network of communities that are connected through True Botanica products, services and education.

To further accomplish this goal the True Botanica Foundation™ came into existence in 2010. It is a not-for-profit organization working (independently of the True Botanica Corporation) to support education, research and social activities for anthroposophical health care.

The Foundation makes it possible, for example, to distribute supplements and tinctures free of charge to needy individuals. Donations to the Foundation are tax deductible.

For more information please visit www.truebotanicafoundation.org. We thank you for your support.

For the True Botanica Team,
Ross Rentea M.D., Mark Kamsler M.D and Andrea Rentea M.D
WHY TRUE BOTANICA PRODUCTS?

Several features make our products unique and give them an additional effectiveness:

- A general “threefold” concept of formulation. (See full page devoted to this topic).
- The Pentas™ process. (See full page devoted to this topic).
- Ashing and salt extraction processes are used extensively in order to obtain a more “full spectrum” formula that can truly support a holistic therapeutic effect.
- Rhythmical exposure of the mother substances to the sun forces over several days.
- Proprietary, completely non-alcoholic, herbal extraction method (not just “alcohol removed”).
- Our formulas are prepared with specialized equipment unique to the US, imported from Switzerland (the Inversina® mixer). This allows novel rhythmical processes to be used.
- Special attention is given to the star constellations and weather surrounding the making of each formula.
- GMP (good manufacturing practices) rules compliant.
THREEFOLD CONCEPT

The “Threefold” Concept of True Botanica products

Overall we strive towards a threefold design for our formulas. The following is a brief commentary — clearly meant only as a beginning explanation with more in depth material in the specialty literature.

When a man of R. Steiner’s stature tells you that he had to research 33 years in order to firmly establish that the human constitution can be fundamentally divided into three systems of a nerves/senses organization, heart/lungs rhythmical organization, and the organization of the metabolism, and that these constitute the basis of our Thinking, Feeling and Willing, you know that this is no trivial matter.

When he then describes health as basically the harmony between these three principles, and disease as the polar opposite, and when he spends the later part of his life focused on illuminating the subtle interplays between the three principles, one knows that the duty arises to pursue this insight in order to really grasp what healing is all about.

Man’s threefoldedness is helped by the same “threefoldedness” that appears to be a law also in the rest of the entire natural world. In the mineral kingdom there are more “salty” substances that would correspond in their quality to the human nerve processes; some more “mercurial” substances like Mercury as such, yes, but also others like alcohols, all of which have rhythmical qualities; and finally more “sulfuric”, ethereal substances like fragrances, etc which correspond to the metabolic system. The plant world has its own threefoldedness in the root system, the leaves and the flower/fruit/seed organization.

At True Botanica most of our nutritional supplements and tinctures are based on these R. Steiner indications of using a variety of combinations of the three principles.

We either use:
- the three parts of one plant such as the roots, the leaves and the flowers; or
- three different plants; or
- minerals that are rhythmically processed such that the three principles are united as a whole.

The role of nutritional supplements should be not only to remove symptoms but to get to the deeper level of true health. We believe that practical observations have shown that we indeed obtain better effects with this kind of formulations.

Below are some examples of how one can generate nutritional supplements or herbal tinctures by following such a threefold design.

Our chicory tincture for example contains:
- The salts and minerals naturally occurring in the plant and extracted through a proprietary ashing process.
- The mother tincture of the herb — a proprietary, extraction of the herb rhythmically exposed to the sun forces over several days, resulting in a very “living” mother tincture of this herb from which the final product is made.
- The potentized chicory tincture (the Pentas™ process).

Our Berberine Plus formula contains:
- The whole root of the barberry and the standardized barberry root extract berberine.
- The salts and minerals of the root itself.
- The potentized whole root of the barberry.

Our market success confirms this as a best in class product.

One can try to work with the threefold principles yet again differently. In our Back Relief formula, as an example, we combined the roots of the Devil’s Claw with the leaves of the wood betony and rosemary as well as finally with the third component, the bamboo and equisetum plants for their mineral silicate content.

One of our favorite combinations is the mixing of the frankincense, gold and myrrh. Interestingly the frankincense itself is a threefold substance, technically called an olio-gum-resin. It combines in itself the “metabolic” terpenes; the “rhythmical” carbohydrates that make up the gum; and lastly the volatile oils that give it the “sulfuric” aroma. By rhythmically mixing the frankincense (supports the Feeling processes) with myrrh (supports the Will processes) and gold (supports the Thinking processes) this becomes a very special formula both from a physical and spiritual point of view.
HOW OUR HERBAL TINCTURES ARE MADE

Astragalus Pentas™ — as an example (only major steps shown)

1. Natural astragalus powder

2. The mother tincture is prepared by alternating between heating and cooling, and other rhythmical processes.

3. Seeds are added to the root tincture in several steps

4. Pressed total mother tincture is prepared for ashing in order to extract the herb’s naturally containing salts and minerals

5. Ashing process in the kiln

6. The finished product as will be used.

7. Product ready for sale

Find more on: Ingredients, related research, Anthroposophy and health concerns on the Info tab of the www.truebotanica.com website.
**WHAT IS THE PENTAS ™ PROCESS?**

*What is the Pentas™ Process in the True Botanica products?*

The designation Pentas™ signifies a process which consists in mixing the original substance, or a diluted form thereof, with several potencies (rhythmical dilutions) of this substance. The four potencies chosen here are between D7 and D30 and are in a specified weight relationship to each other and the starting substance. They represent three energetic levels that harmonize especially well. They are patterned after the working of the life forces evident in the plant world.

According to Rudolf Steiner:

**Mother substances and lower potencies (up to D7) are indicated:**
- more in acute situations,
- work via the metabolic system and
- influence predominantly the physical and life forces.

**High potencies (like D30) exert a beneficial influence:**
- on a spiritual level,
- via the nervous system and
- address more chronic and deep seated causes.

**The middle potencies (around D14) are:**
- strengthening the rhythmical body processes such as cardiovascular and respiratory processes.

All potentizing is done solely by hand.

If water as a medium is used it has been additionally enlivened by exposure to the morning and evening sun forces.

Mixing of the various components is done with the Swiss Inversina® mixer, in order to achieve an ideal merging of the various individual parts.
ABOUT TRACE MINERALS

Why the Addition of Trace Minerals in many of our Formulas?

Dietary trace minerals are absolutely essential for an optimal health. In a very real sense they are the fourth pillar of nutrition besides proteins, carbohydrates and fats.

Sadly, we are entering a time where many of us are not getting the daily amounts in our diet needed for both physical and especially mental health. Modern research finds that even minute deficiencies have profound negative health consequences, all the way to constituting a hidden cause of chronic disease and resulting ultimately in a shortened life span.

One would expect to meet these requirements from the simple ingestion of vegetables and fruits. However, due to a number of factors, the farm soils are more depleted today of trace minerals than in the past, such that plant products, even organically grown ones, often do not have the expected amounts of nutrient trace minerals needed for an optimal human health. Consequently, simply concentrating herbal extracts does not provide them in sufficient amounts either.

True Botanica subjects its plant extracts to special ashing and filtration procedures in order to recover as much of the mineral and trace mineral material of the herb as possible. In addition we add trace minerals from natural sources. Supplementing this way goes a long way to remedy potential nutritional deficits. Besides long term physical health benefits an immediate sense of well being and strength can be observed, a more focused awake state of the mind may be observed. These observations confirm Rudolf Steiner’s research findings that trace minerals are vitally needed in order to enable our spiritual individuality to fully engage the physical body!
ABOUT RUDOLF STEINER

Our Catalog would not be complete without at least a briefest look at the significance of this unique individuality.

That R. Steiner (1861–1925) still has to be introduced to us, 150 years after his birth, is one of the more intriguing cultural shortcomings of our time. He called his work Anthroposophy or Spiritual Science. The sheer unbelievable expanse of his accomplishments should make him “must know” for anybody:

■ His collected works consist of a minimum of 360 volumes;
■ The worldwide, so called biodynamic agricultural movement (beyond organic) owes its existence to his precise and incisive indications;
■ His discoveries in the world of substances and their therapeutic applications led to a globally practiced anthroposophic medicine with research institutes, hospitals and pharmaceutical companies (mainly in Europe), and is counting hundreds of anthroposophically practicing physicians;
■ The Waldorf School Movement is the largest non-denominational school system worldwide;
■ He was an accomplished painter, sculptor, architect and writer of dramas.

Far from becoming obsolete his work is continually inspiring more people.

So what is the problem then? Basically Rudolf Steiner sees into and talks out of the reality of a spiritual world with a detailed precision that can come only from someone who actually has a direct perception of it. No speculation there. It ultimately causes us to have to take a stand, to potentially drastically require changing ourselves in profound ways.

Rudolf Steiner does give a thinking-meditative and observational path to get us to experience this path ourselves but it is not an easy journey. He has the justification to call it a “spiritual science” but science has never been easy and abandoning old ways even more difficult.

All we can say is that we have found his ideas fruitful towards gaining a “true” understanding of nature and Man (hence True Botanica”) and towards creating new health formulas. We can only invite others to have a closer look at his work and be inspired by it.

For additional resources please inquire at info@truebotanica.com with any specific question.

The contents provided by this catalog are for informational purposes only and are not intended as a substitute for advice from qualified health care providers and their approved resources.

The information in this catalog should not be used for diagnosis or treatment of any health problem and is not represented as a prescription for the treatment of any disease.

You should always consult with a qualified healthcare professional before starting any diet, exercise or supplementation program, and make sure that there is no conflict between any prescription advice, procedure or medication and non prescription substances or activities.

You should not stop taking any medication without first consulting your physician.

For an optimal outcome an illness needs an accurate diagnosis and best medical treatments. Only a qualified physician can provide that. The True Botanica products give additional energetic and nutritional support.

The information and content of this catalog have not been reviewed or approved by the FDA.
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Find more on: Ingredients, related research, Anthroposophy and health concerns on the Info tab of the www.truebotanica.com website.
PRODUCTS BY HEALTH CONCERN

Products in **bold** are the primary recommendations. All listings are supportive — read the details on the individual product pages for more information.

**Adrenal Support**
- 5M Pentas™ TMS
- Adrenal Pentas™ TMS
- AKBA Plus™ (Boswellia 3K™)
- Astaxanthin Extra™
- B-Complex Plus™

**Beryl Pentas™ TMS**
- Glandular Pentas™ TMS
- Orange Salt Scrub™
- Pineal/Pituitary Complex™

**Recovery Tonic™**
- Rosemary Salt Scrub™
- Yarrow Pentas™ Tincture

**Antioxidants**
- Astaxanthin Extra™
- Multi-Action Vitamin™ Mental Clarity™

**Allergies Support**
- 5M Pentas™ TMS
- AKBA Plus™
- Argentum-Quartz Pentas™ TMS
- Berberine Plus™
- Calcium AM-PM™
- Lovage Pentas™ Tincture
- Motherwort Pentas™ Tincture
- Sinus Plus™

**Brain-Calming Support**
- 5M Pentas™ TMS
- AKBA Plus™ (Boswellia 3K™)
- Amethyst Pentas™ TMS
- Arnica Pentas™ TMS
- B-Complex Plus™
- Calcium AM-PM™
- Chamomile Pentas™ Tincture
- Cinis Radix Comp™
- Clear & Calm™
- Lavender & Spruce Bath Oil™
- Lightroot Comp™
- Magnesium Reservoir™ Multi-Minerals
- Orange Salt Scrub™
- Potassium Reservoir™ Multi-Minerals
- Rosemary Bath Oil™
- Rosemary Salt Scrub™
- Vitamin D Plus™
- Vitamin K-2 Plus™

**Brain-Stimulating Support**
- 5M Pentas™ TMS
- Amethyst Pentas™ TMS
- Berberine Plus™
- Super B3 Plus™
- Vital Mind AM™
- Vital Mind PM™
- Multi-Action Vitamin™ Mental Clarity™

**Cardio-vascular Health**
- 5M Pentas™ TMS
- AKBA Plus™ (Boswellia 3K™)
- Astaxanthin Extra™
- Aurum Pentas™ TMS
- Belladonna Pentas™ TMS
- Berberine Plus™
- Beryl Pentas™ TMS
- Cardiol Plus™
- Magnesium Reservoir™ Multi-Minerals
- Nattokinase Complex™
- Orange Salt Scrub™
- Potassium Reservoir™ Multi-Minerals
- Rosemary Bath Oil™
- Rosemary Salt Scrub™
- Vitamin D Plus™
- Vitamin K-2 Plus™

**Cholesterol-Healthy Support**
- Berberine Plus™
- Chicory cum Stanno™ Tincture
- Gentian Pentas™ Tincture
- Glucanol Plus™
- Liver Cleanse™
- Super B3 Plus™

**Constitutional Strengthening***
- 5m Pentas™ TMS
- Aurum Pentas™ TMS
- Formica Pentas™ TMS
- Glandular Pentas™ TMS
- Orange Salt Scrub™
- Rosemary Salt Scrub™
- Pineal/Pituitary Pentas™ TMS
- Thuja Pentas™ Tincture

**Bone Health**
- 5M Pentas™ TMS
- AKBA Plus™ (Boswellia 3K™)
- Berberine Plus™
- Calcium AM-PM™
- Jasper Pentas™ TMS
- Vitamin D Plus™
- Vitamin K-2 Plus™

**Brain-Stimulating Support**
- 5M Pentas™ TMS
- Amethyst Pentas™ TMS
- Berberine Plus™
- Super B3 Plus™
- Vital Mind AM™
- Vital Mind PM™
- Multi-Action Vitamin™ Mental Clarity™
Cough Relief
AKBA Plus®
Angelica Forte Oil™
Cinnabar/Pryite Pentas™ TMS
Cuprum Pentas™ TMS
Elderberry Thyme Syrup™
Lobelia Pentas™ Tincture
Lungroot™
Rosemary & Eucalyptus Oil Bath™
Sinus Plus™

Detoxification
5M Pentas™ TMS
Angelica Forte Cream™
Berberine Plus™
Chicory cum Stanno™ Tincture
Curcumin Plus™
Enzymes Plus™
Equisetum cum Silica™ Tincture
Gentian Pentas™ Tincture
Glutamine Pentas™ Peptide
Gut Restore™
Lavender & Spruce Bath Oil™
Liver Cleanse™
Nattokinase Complex™
Orange Salt Scrub™
Rosemary & Eucalyptus Oil Bath™
Rosemary Salt Scrub™
Serrazimes Complex™
Topaz Pentas™ TMS
Triple Strength Probiotics™

Ear Health
AKBA Plus® (Boswellia 3K™)
Angelica Forte™
Argument Pentas Colloidum
Cinnabar/Pryite Pentas™ TMS
Ear Oil™
Elderberry Thyme Syrup
Onyx Pentas™ TMS
Serrazimes Complex™
Sinus Plus™

Enzymes
Enzymes Plus™
Nattokinase Complex™
Serrazimes Complex™

Eye Health
Astaxanthin Extra™
B-Complex Plus™
Chrysolith Pentas™ TMS
Clear Eyes Plus™

Fatigue
5M Pentas™ TMS
Aurum Pentas™ TMS
B-Complex Plus™
Berberine Plus™
Cardiol Plus™
Liver Cleanse™
Magnesium Reservoir™ Multi-Minerals
Multi-Action Vitamin™ Mental Clarity™
Potassium Reservoir™ Multi-Minerals
Recovery Tonic™
Rhodiola Plus™
Rosemary Bath Oil™
Vital Mind AM™
Vital Mind PM™

Gall Bladder Support
Belladonna Pentas™ TMS
Berberine Plus™
Chicory cum Stanno Tincture
Curcumin Plus™
Enzymes Plus™
Liver Cleanse™

Glucose-Healthy Support
5M Pentas™ TMS
Astaxanthin Extra™
B-Complex Plus™
Berberine Plus™
Chicory cum Stanno Tincture
Emerald Pentas™ TMS
Glucanol Plus™
Liver Cleanse™
Magnesium Reservoir™ Multi-Minerals
Topaz Pentas™ TMS
Vitamin D Plus™

Hair Growth
AKBA Plus® (Boswellia 3K™)
Equisetum cum Silica™ Tincture
Breast Protect™ (for women)
Prostate Complex™ (for men)
Urtica Pentas™ Tincture

Hormonal Support
Adrenal Pentas™ TMS
Glandular Pentas™ TMS
Lightroot Comp™
Pineal/Pituitary Pentas™ TMS
Prostate Complex™
Rosemary Bath Oil™
Rosemary Salt Scrub™
Thyroid Pentas™ TMS
Women's Energy™

Immune System Support
AKBA Plus® (Boswellia 3K™)
Angelica Forte™ Oil
Astragalus Pentas™ Tincture
B-Complex Plus™
Elderberry Thyme Syrup™
Gelsemium Pentas™ TMS
Pineal/Pituitary Pentas™ TMS
Serrazimes Complex™
Throat Defense™
Thuja Pentas™ Tincture
Triple Strength Probiotics™

Inflammation-Healthy Support
AKBA Plus® (Boswellia 3K™)
Angelica Forte™ Oil
Amica Pentas™ TMS
Astaxanthin Extra™
Berberine Plus™
Calcium AM-PM™
Curcumin Plus™
Joint Relief Plus™
Nattokinase Complex™
Real Amica Forte Oil™
Relief 4x Cream™
Serrazimes Complex™
Sinus Plus™
Vitamin D Plus™

Intestinal Health
AKBA Plus® (Boswellia 3K™)
Berberine Plus™
Chamomile Pentas™ Tincture
Chicory cum Stanno Tincture
Curcumin Plus™
Enzymes Plus™
Gentian Pentas™ Tincture
Glutamine Pentas™ Peptide
Gut Restore™
Liver Cleanse™
Lovage Pentas™ Tincture
Mercurius Pentas™ TMS
Triple Strength Probiotics™
Joint Health
AKBA Plus™ (Boswellia 3K™)
Angelica Forte™ Oil
Arnica Pentas™ TMS
Back Relief Plus™
Berberine Plus™
Calcium AM-PM™
Cartilage Complex™
Chalcedony Pentas™ TMS
Curcumin Plus™
Joint Relief Plus™
Nattokinase Complex™
Real Arnica Forte Oil™/Real Arnica Ultra Cream™
Relief 4x Cream™
Serrazimes Complex™
Vitamin D Plus™

Liver Health
AKBA Plus™ (Boswellia 3K™)
B-Complex Plus™
Berberine Plus™
Chicory cum Stanno Tincture
Cuprum Pentas Cream™
Curcumin Plus™
Enzymes Plus™
Liver Cleanse™
Stannum Pentas™ Cream
Topaz Pentas™ TMS
Yarrow Pentas™ Tincture

Kidney Health
AKBA Plus™ (Boswellia 3K™)
Astaxanthin Extra™
Berberine Plus™
Beryl Pentas™ TMS
Cuprum Pentas Cream™
Cuprum Pentas™ TMS
Equisetum cum Silica™ Tincture
Iris Pentas™ TMS
Lightroot Comp™
Nattokinase Complex™
Shepherd’s Purse Pentas™ Tincture
Stannum Complex™ TMS
Yarrow Pentas’ Tincture

Lung Health
AKBA Plus™ (Boswellia 3K™)
Angelica Forte™ Oil
Cinis Radix Comp™
Cinnabar/Pyrite Pentas™ TMS
Elderberry Thyme Syrup™
Lobelia Pentas™ Tincture
Lungroot™
Nattokinase Complex™
Serrazimes Complex™

Memory Support
B-Complex Plus™
Berberine Plus™
Clear & Calm™
Lightroot Comp™
Multi-Action Vitamin™ Mental Clarity™ w/out iron
Pineal/Pituitary Pentas™ TMS
Rhodiola Plus™
Sclero-Mel™ TMS
Super B3 Plus™
Vital Mind AM™
Vital Mind PM™

Mood/ Mental Health Support
5M Pentas™ TMS
Aurum Pentas™ TMS
B-Complex Plus™
Berberine Plus™
Clear & Calm™
Lightroot Comp™
Magnesium Reservoir™ Multi-Minerals
Multi-Action Vitamin™ Mental Clarity™
Potassium Reservoir™ Multi-Minerals
Rhodiola Plus™
Sclero-Mel™ TMS
St. John’s Wort Plus™
Super B3 Plus™
Vital Mind AM™
Vital Mind PM™

Multi Vitamins & Minerals
5M Pentas™ TMS
B-Complex Plus™
Calcium AM-PM™
Magnesium Reservoir™ Multi-Minerals
Multi-Action Vitamin™ Mental Clarity™
Super B3 Plus™
True Life Reservoir™
Vitamin D Plus™
Vitamin K-2 Plus™

Neurologic Health (nerve health)
5M Pentas™ TMS
AKBA Plus™ (Boswellia 3K™)
Amica Pentas™ TMS
Astaxanthin Extra™
B-Complex Plus™
Berberine Plus™
Curcumin Plus™
Equisetum cum Silica™ Tincture
Lavender & Spruce Bath Oil™
Magnesium Reservoir™ Multi-Minerals
Pineal/Pituitary Pentas™ TMS
Recovery Tonic™
Rhodiola Plus™
Sclero-Mel™ TMS
Serrazimes Complex™
Super B3 Plus™
Vital Mind Complex™
Vital Mind PM™
Vitamin D Plus™

Metabolic Health
AKBA Plus™ (Boswellia 3K™)
Astaxanthin Extra™
B-Complex Plus™
Berberine Plus™
Curcumin Plus™
Enzymes Plus™
Formica Pentas™ TMS
Glucanol Plus™
Gut Restore™
Liver Cleanse™
Nattokinase Complex™
Pineal/Pituitary Pentas™ TMS
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Vitamin D Plus™
Multi-Action Vitamin™ Mental Clarity™
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<tr>
<td>5M Pentas™ TMS</td>
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<td>Arnica Pentas™ TMS</td>
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<td>Berberine Plus®</td>
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<td>Curcumin Plus®</td>
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<td>Enzymes Plus®</td>
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Stress Relief
Aurum Pentas™ TMS
B-Complex Plus™
Calcium AM-PM™
Chamomile Pentas™ Tincture
Cinis Radix Comp™
Clear & Calm™
Magnesium Reservoir™ Multi-Minerals
Orange Salt Scrub™
Potassium Reservoir™ Multi-Minerals
Recovery Tonic™
Rosemary Salt Scrub™
Vital Mind AM™
Vital Mind PM™

Throat Care
Angelica Forte Oil™ (applied topically)
Cinnabar/Pyrite Pentas™ TMS
Elderberry Thyme Syrup™
Lungroot™
Throat Defense™
True Defense™
True Defense™ for Kids™

Thyroid Health
Cuprum Pentas Cream™
Glandular Pentas™ TMS
Motherwort Pentas™ Tincture
Thyroid Pentas™ TMS

Urinary Bladder Health
AKBA Plus™ (Boswellia 3K™)
Bladder Control Plus™
Equisetum cum Silica™ Tincture

Veins Support
AKBA Plus™ (Boswellia 3K™)
Cuprum Pentas™ TMS
Cuprum Pentas™ Cream
Nattokinase Complex™
Vitamin K-2 Plus™

Weight-Healthy Support
B-Complex Plus™
Calcium AM-PM™
Equisetum cum Silica™
Glucanol Plus™
Healthy Weight Plus™
Multi-Action Vitamin™ Mental Clarity™
with iron
Multi-Action Vitamin™ Mental Clarity™
II™ without iron

Work-out/Exercise/Sports Performance
Arnica Pentas™ TMS
Astaxanthin Extra™
Berberine Plus™
Calcium AM-PM™
Cardiol Plus™
Lavender & Spruce Bath Oil™
Magnesium Reservoir™ Multi-Minerals
Multi-Action Vitamin™ Mental Clarity™
with iron
Multi-Action Vitamin™ Mental Clarity™
II™ without iron
Nattokinase Complex™
Orange Salt Scrub™
Potassium Reservoir™ Multi-Minerals
Real Arnica Forte™ Oil or Cream
Recovery Tonic™
Rhodiola Plus™

Women's Issues
Agnus Castus Pentas™ Tincture
Argentum Pentas Cream™
Argentum Pentas™ TMS
Aurum Pentas™ TMS
Belladonna Pentas™ TMS
Breast Protect Plus™
Calcium AM-PM™
Lightroot Comp™
Lovage Pentas™ Tincture
Oregano Plus™
Women's Energy Plus™
TABLETS, CAPSULES & POWDERS

Berberine Plus™
A Dietary Supplement
120 CAPSULES

True Botanica®
AKBA Plus™

This is the richest, full spectrum, frankincense (boswellia, AKBA) formula available.

The main active ingredient of boswellia — AKBA — is the most potent natural 5-lipoxygenase enzyme inhibitor. This enzyme is crucial in maintaining a normal inflammatory response.

AKBA promotes:
- a healthy respiratory system;
- a healthy joint function with a good range of motion, less stiffness;
- a healthy digestive tract;
- a high energy level, and much more

Common market available boswellia is not standardized at all or at best has 1–3% AKBA. The True Botanica AKBA Plus™ is std. to 90% AKBA, and offers 54mg of AKBA in every serving!! The addition of the frankincense gum, fenugreek and Bioperine® improve bioavailability even more. This allows a person to finally be able to take enough to reach the blood levels that have been found to be effective. Our research has shown that our formula creates blood levels of several hundred ng/ml while most of our competitors showed blood levels close to zero!

Rudolf Steiner’s research adds significantly to our understanding of the spiritual forces enhanced by frankincense (boswellia), whether it is used in rituals, as a resin in the plant world or in important warmth processes in the human being.*

Suggested Usage: One to three capsules daily, or as suggested by your health care provider.

Supplement Facts
Serving size: 1 capsule • Servings per container: 90

AMT PER SERVING % DAILY VALUE

- AKBA 90° (Boswellia serrata) (resin) 60 mg *
  [Standardized for 90% AKBA (3-O-acetyl-11-Keto-beta-Boswellic acid (54 mg))]
- Boswellin® PS (Boswellia serrata) (resin) 60 mg *
  [Standardized for 35–50% Boswellic Acid, including 20–30% Beta Boswellic Acids and 10–12% 3-O-Acetyl-11-Keto-beta-Boswellic acid]
- AKBA True Pentas™ [a proprietary, rhythmically prepared boswellia (Boswellia serrata) (resin)] 20 mg *
- Bioperine® Nature's Thermonutrient™ (Piper nigrum) (fruit) (std. to 95% piperine (0.95 g)) 1 mg *
- Fenugreek seed powder (Trigonella foenum-graecum) 1 mg *
- Other ingredients: FrutaFit®-Inulin HD, vegetable cellulose, and non-hydrogenated vegetable stearate.

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585.

Boswellin® is a registered trademark of Sabinsa Corporation.

FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

Astaxanthin Extra™

Astaxanthin, a xanthophyll carotenoid extracted from red algae has been shown in extensive research to promote:
- healthy eye function and to relieve eye strain
- healthy blood flow to the major physiologic organs
- normal blood pressure and vascular function
- normal lipid profiles, normal triglycerides and cholesterol
- normal inflammatory processes
- healthier fat distribution
- optimal kidney function
- healthy skin appearance
- stronger physical stamina

This formula uniquely combines astaxanthin with Bioperine®, a special black pepper extract that greatly enhances the plasma levels of carotenoids.

Rudolf Steiner’s research indicates that the processes occurring in the visual system are a microcosm, a reflection, of the processes happening in the life body as a whole. Strengthening the eyes helps the well being of the life forces and vice versa.*

Suggested Usage: One capsule daily, or as suggested by your health care provider.

Supplement Facts
Serving size: 1 capsule • Servings per container: 30

AMT PER SERVING % DAILY VALUE

- Natural Astaxanthin (extract from algae, Haematococcus pluvialis) 6 mg *
- Bioperine® (Piper nigrum) (fruit) (std. to 95% piperine) 3 mg *
- Other Ingredients: Raftilose®-Synergy-1

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a registered trademark of the Sabinsa Corp.
This very effective back strengthening and supporting formula combines:

- Devil’s Claw — confirmed by research to inhibit TNF-alpha and prevent collagen destruction.
- Boswellia — standardized to 90% AKBA (as opposed to 2–3% AKBA normally available in other preparations!)
- Vegetable silicates from bamboo and equisetum
- Rosemary and Berberine — together with boswellia (AKBA) — form a complete support for a healthy inflammatory state via control of the PLA2, 5-Lipoxygenase, and COX-2 enzymes.

Rudolf Steiner’s research indicates that wood betony, trace minerals and silicates support the life forces that are needed for the back.

This formula uniquely incorporates Bioperine, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.*

**Suggested Usage:** Two capsules twice daily, or as suggested by your health care provider.

---

**Supplement Facts**

**Serving size:** 2 capsules  •  **Servings/container:** 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Devil’s claw extract (Harpagophytum procumbens) (root) [Standardized for 5% harpagosides (32.5 mg)]</td>
<td>650 mg *</td>
</tr>
<tr>
<td>Berberine HCl</td>
<td>200 mg *</td>
</tr>
<tr>
<td>AKBA 90° (Boswellia serrata) (resin) [Standardized for 90% AKBA (3-acetyl-11-keto-beta-boswellic acid (22.5 mg))]</td>
<td>25 mg *</td>
</tr>
<tr>
<td>AquaROX Rosemary extract (Rosmarinus officinalis) (leaves) [Standardized to 6% Rosmarinic acid (1.2 mg)]</td>
<td>20 mg *</td>
</tr>
<tr>
<td>Bamboo extract (Bambusa vulgaris) (stems) [Standardized for 70% Silica (14 mg)]</td>
<td>20 mg *</td>
</tr>
<tr>
<td>Horsetail extract (Equisetum arvense) (herb) [Standardized for 7% silica (1.4 mg)]</td>
<td>20 mg *</td>
</tr>
<tr>
<td>Wood betony powder (Betonica officinalis) (aerial plant &amp; flowers)</td>
<td>20 mg *</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ BR Mix: a proprietary mix of complete trace minerals; rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, jasper and stannum.</td>
<td>20 mg *</td>
</tr>
<tr>
<td>AKBA True Pentas™ [a proprietary, rhythmically prepared boswellia (Boswellia serrata)]</td>
<td>5 mg *</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient® (Piper nigrum) (fruit) [Standardized for 95% piperine (0.95 mg)]</td>
<td>1 mg *</td>
</tr>
<tr>
<td>Other ingredients: Vegetable cellulose, FrutaFit®-Inulin, and non-hydrogenated vegetable stearate.</td>
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</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

AquaROX™ is a registered trademark of Vitiva d. d. and distributed by PL Thomas.

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #6,536,506; 5,744,161; 5,972,382; & 6,054,585. FrutaFit®, Inulin, a registered trademark of Imperial-Sensus, LLC.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
**B-Complex Plus**

This formula with a superior quality and quantity of B vitamins supports:
- Eye Health
  - Recent research has shown that when given in adequate daily amounts vitamins B-6, B-12 and Folic acid may support healthy eye function over time. In a double-blind clinical trial that lasted over 7 years 5,442 women patients, aged 40 and above were divided randomly into 2 groups. At the end, those who took the proper amounts of the B vitamin supplements showed improved support of normal eye health.
  - Glucose metabolism
  - Breakdown of fats and proteins
  - Essential functions of brain, liver and skin
  - A calmer more relaxed mental attitude.

Methylcobalamin is the preferred form of B-12; choline contributes to a better memory and attention related cognitive functions.

This formula uniquely incorporates Bioperine, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 2 capsules</th>
<th>Servings per container: 60</th>
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<tbody>
<tr>
<td>AMOUNT PER SERVING</td>
<td>% DAILY VALUE</td>
</tr>
<tr>
<td>Vitamin B-1 (as Thiamin HCL)</td>
<td>20 mg  1600%</td>
</tr>
<tr>
<td>Vitamin B-2 (as Riboflavin)</td>
<td>50 mg  2941%</td>
</tr>
<tr>
<td>Vitamin B-3 (as Niacinamide)</td>
<td>150 mg *</td>
</tr>
<tr>
<td>Vitamin B-5 (as Calcium Pantothenate)</td>
<td>100 mg  1000%</td>
</tr>
<tr>
<td>Vitamin B-6 (as Pyridoxine HCL)</td>
<td>60 mg  2500%</td>
</tr>
<tr>
<td>Folic acid</td>
<td>2.5 mg   625%</td>
</tr>
<tr>
<td>Vitamin B-12 (as Cyanocobalamin)</td>
<td>1 mg  16000%</td>
</tr>
<tr>
<td>Biotin</td>
<td>0.6 mg   200%</td>
</tr>
<tr>
<td>Choline (as Choline bitartrate)</td>
<td>200 mg *</td>
</tr>
<tr>
<td>Inositol</td>
<td>300 mg *</td>
</tr>
<tr>
<td>PABA (Para-Aminobenzoic acid)</td>
<td>6 mg *</td>
</tr>
<tr>
<td>Betaine HCL (Trimethylglycine)</td>
<td>100 mg *</td>
</tr>
<tr>
<td>Bioperine® (Piper nigrum) (fruit) std. to 95% piperine</td>
<td>4 mg *</td>
</tr>
<tr>
<td>Other Ingredients: Raftilose®-Synergy-1, Tri-calcium phosphate.</td>
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</table>

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a registered trademark of the Sabinsa Corp.

**Suggested Usage:** Three capsules daily, or as suggested by your health care provider.

**Berberine Plus**

This is the most full spectrum barberry root formula available. It contains the high amounts of the naturally occurring barberry alkaloid that are needed for reliable effectiveness. But more importantly, it also includes besides the actual complete natural root, standardized extracts of the main active ingredients, as well as rhythmically prepared ashes and salts derived from the root. The result is a truly holistic formula to help all three: body, mind and spirit.

**Berberine promotes:**
1. a normal sugar level;
2. a strong heart function;
3. normal cholesterol levels;
4. a normal inflammatory state;
5. a healthy bile output and digestion;
6. a healthy “upbeat mood”.

Berberine Plus can be taken with or without food.

This formula uniquely incorporates Bioperine, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.

**Supplement Facts**

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<tr>
<td>AMOUNT PER SERVING</td>
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<tr>
<td>Vitamin B-1 (as Thiamin HCL)</td>
<td>20 mg  1600%</td>
</tr>
<tr>
<td>Vitamin B-2 (as Riboflavin)</td>
<td>50 mg  2941%</td>
</tr>
<tr>
<td>Vitamin B-3 (as Niacinamide)</td>
<td>150 mg *</td>
</tr>
<tr>
<td>Vitamin B-5 (as Calcium Pantothenate)</td>
<td>100 mg  1000%</td>
</tr>
<tr>
<td>Vitamin B-6 (as Pyridoxine HCL)</td>
<td>60 mg  2500%</td>
</tr>
<tr>
<td>Folic acid</td>
<td>2.5 mg   625%</td>
</tr>
<tr>
<td>Vitamin B-12 (as Cyanocobalamin)</td>
<td>1 mg  16000%</td>
</tr>
<tr>
<td>Biotin</td>
<td>0.6 mg   200%</td>
</tr>
<tr>
<td>Choline (as Choline bitartrate)</td>
<td>200 mg *</td>
</tr>
<tr>
<td>Inositol</td>
<td>300 mg *</td>
</tr>
<tr>
<td>PABA (Para-Aminobenzoic acid)</td>
<td>6 mg *</td>
</tr>
<tr>
<td>Betaine HCL (Trimethylglycine)</td>
<td>100 mg *</td>
</tr>
<tr>
<td>Bioperine® (Piper nigrum) (fruit) std. to 95% piperine</td>
<td>4 mg *</td>
</tr>
<tr>
<td>Other Ingredients: Raftilose®-Synergy-1, Tri-calcium phosphate.</td>
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* DAILY VALUE NOT ESTABLISHED

Berberine is extremely significant in the anthroposophical view of health. To find out more about Rudolf Steiner’s research indications on this topic please see the Info page on the website.*

**Suggested Usage:** Two capsules once or twice daily, or as suggested by your health care provider.

**Bioperine®** is a registered trademark of the Sabinsa Corp.
An advanced formula helpful for men and women alike!

**Contains:**
- Go-Less™ - a patented mix of water soluble pumpkin seeds and soy germ, standardized to 40% isoflavones. Multiple studies have found it can reduce incontinent episodes by up to 80%, reduce unwanted daytime urination by up to 40%, and reduce unwanted nighttime urination by up to 70%.
- Yarrow — naturally supports bladder strength, reduces occasional spasms and relieves discomfort.
- Specific rhythmically prepared trace minerals and the herbs wood-sage (teucrium) and Lightroot™. Rudolf Steiner’s research indicates that these minerals and herbs may have a significant strengthening effect on the etheric life forces of the bladder.

This formula uniquely incorporates Bioperine, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.

To maintain the highest level of a healthy functioning bladder use Bladder Control Plus™ every day for at least 12 weeks.

Bladder Control Plus™ may be taken 1 capsule twice daily or two capsules in the evening. Some studies of the key ingredients, however, claimed even better results when 2 capsules were given twice daily for the first 2 weeks followed by the regular servings after that.*

**Suggested Usage:** One capsule twice daily, or as suggested by your health care provider.

**Supplement Facts**
- **Serving size:** 1 capsule  
  **Servings per container:** 60

<table>
<thead>
<tr>
<th>AMOUNT PER SERVING</th>
<th>% DAILY VALUE</th>
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</thead>
<tbody>
<tr>
<td>Go-Less™ (a proprietary blend of EFLA® 940 Pumpkin Seed Extract (Cucurbita pepo L.) and SoyLife® 40% isoflavones extract (Glycine max))</td>
<td>275 mg *</td>
</tr>
<tr>
<td>Lightroot™ powder (Dioscorea batatas) (roots)</td>
<td>15 mg *</td>
</tr>
<tr>
<td>Yarrow flowers powder (Achillia millefolium)</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Teucrium Pentas™ [a rhythmically prepared proprietary combination of wood-sage (Teucrium marum verum) (leaf) Pentas™]</td>
<td>5 mg *</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ BC mix (a proprietary mix of complete trace minerals; derived from slate, apatite, porphyry, sulfur, and beryl)</td>
<td>5 mg *</td>
</tr>
<tr>
<td>Lightroot™ (Dioscorea batatas) (roots) Pentas™ and Lightroot™ Cinis (Dioscorea batatas) (roots) Pentas™ [a rhythmically prepared, proprietary combination of the Lightroot™ Pentas™ and the salts and minerals derived from the ashes of Lightroot™]</td>
<td>5 mg *</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient™ (Piper nigrum) (fruit) (Standardized for 95% piperine (1.9 mg))</td>
<td>2 mg *</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit®-Inulin, vegetable cellulose, and non-hydrogenated vegetable stearate.</td>
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</table>

* DAILY VALUE NOT ESTABLISHED

Contains soybean extract.

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents: #5,536,506; #5,744,161; #5,972,382; & 6,054,585.

Go-Less™ is a registered trademark of the Frutarom, Netherlands BV

FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC
Contains the same rich and full spectrum amounts of frankincense (boswellia) and boswellia extract (AKBA) as the AKBA Plus™ supplement.

However, additionally it has a rhythmically prepared combination of gold, frankincense and myrrh (3K). Based on Rudolf Steiner's research, this adds a spiritually strengthening quality to the product and makes it truly holistic and beneficial to all three: body, soul, and spirit.

The main active ingredient of boswellia – AKBA- is the most potent natural 5-lipoxygenase enzyme inhibitor. This enzyme is crucial in maintaining a normal inflammatory response.

**AKBA promotes:**
- a healthy respiratory system;
- a healthy joint function with a good range of motion, less stiffness;
- a healthy digestive tract;
- a high energy level, and much more

Common market available boswellia is not standardized at all or at best has 1–3% AKBA. The True Botanica Boswellia 3K™ is std. to 90% AKBA, and offers 54mg of AKBA in every serving!! The addition of the 3K preparation adds an additional strengthening affect. This allows a person to finally be able to take enough to reach the blood levels that have been found to be effective. Our research has shown that our formula creates blood levels of several hundred ng/ml while most our competitors showed blood levels close to zero!

Rudolf Steiner’s research adds significantly to our understanding of the spiritual forces enhanced by frankincense (boswellia), whether it is used in rituals, as a resin in the plant world or in important warmth processes in the human being.*

**Suggested Usage:** One to three capsules daily, or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 capsule</th>
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<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>AKBA 90° (Boswellia serrata) (resin)</td>
<td>60 mg</td>
</tr>
<tr>
<td>Standardized for 90% AKBA [3-O-acetyl-11-Keto-beta-Boswellic acid (54 mg)]</td>
<td></td>
</tr>
<tr>
<td>Boswellin® PS (Boswellia serrata) (resin)</td>
<td>60 mg</td>
</tr>
<tr>
<td>Standardized for 35-50% Boswellic Acid, including 20-30% Beta Boswellic Acids and 10-12% 3-O-Acetyl-11-Keto-beta-Boswellic acid</td>
<td></td>
</tr>
<tr>
<td>Boswellia 3K Pentas™ (a proprietary, rhythmically prepared blend of Boswellia serrata, myrrh gum and gold – contains less than 1 ppb of gold)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit®-Inulin, vegetable cellulose, and non-hydrogenated vegetable stearate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585. Boswellin® is a registered trademark of Sabinsa Corporation.
FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
This formula promotes both breast health and overall female health.

### What is special about this formula?
- The only breast formula to contain trace minerals shown by the research of Rudolf Steiner and other traditional sources to be associated with stabilizing the energetic structure of the chest organs.
- The only breast formula to contain a uniquely concentrated frankincense (standardized to 90% AKBA as opposed to the customary commercially available 3-25% AKBA std.), plus curcumin and vitamin D3, to assist healthy inflammatory processes. Maintaining a healthy inflammatory balance is a crucial step for overall health care.
- The only breast formula to contain Bioperine® as a spice that improves the absorption of all components and increases their blood levels.
- One of the few formulas to contain HMRLignans, breakthrough herbal extracts which promote a better estrogen balance.
- Contains very high amounts of the remarkably beneficial annatto derived Tocotrienols
  - powerful stabilizers of cell health;
  - antioxidants;
  - help maintain a healthy cholesterol level;
  - assists hair growth!
- Contains cruciferous vegetable extract in order to support a shift towards the “good” estrogens.

This is indeed a formula that should be part of the daily regimen of any health conscious woman!*

### Suggested Usage:
Two capsules daily, or as suggested by your health care provider.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 2 capsule  •  Servings per container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMT PER SERVING</td>
</tr>
<tr>
<td>-----------------</td>
</tr>
<tr>
<td>Vitamin D (as cholecalciferol)</td>
</tr>
<tr>
<td>DeltaGold® Mixed Tocotrienols [Total Tocotrienols (75.25 mg), including 84-92% Delta-Tocotrienol, 8-16% Gamma-tocotrienol, 1% other tocotrienols and tocopherols]</td>
</tr>
<tr>
<td>Broccoli 20:1 extract (Brassica oleracea) (stems &amp; buds)</td>
</tr>
<tr>
<td>TOCOMAX™ Natural Full Spectrum Tocotrienol/ Tocopherol Complex [Providing 20% alpha-tocotrienol, beta-tocotrienol, gamma-tocotrienol and delta-tocotrienol (25 mg)] [Virgin crude palm oil and fruits (Elaeis guineensis)]</td>
</tr>
<tr>
<td>Watercress powder (Nasturtium officinale) (herb)</td>
</tr>
<tr>
<td>Indole-3-carbinol</td>
</tr>
<tr>
<td>HM RLignan™ [7-Hydroxymatairesinol from Norwegian Spruce (Picea abies)]</td>
</tr>
<tr>
<td>Curcumin C3 Complex® Turmeric extract, Nature’s Bioprotectant™ [Standardized for 95% total curcuminoid (23.75 mg)]</td>
</tr>
<tr>
<td>DIM Powder [3,3-Bis (Indolyl) M ethane]</td>
</tr>
<tr>
<td>AKBA 90® (Boswelia serrata) (resin)</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ BrP Mix: a proprietary mix, 10 mg rhythmically prepared from: complete trace minerals and minerals derived from dioptase, topaz, slate, apatite, porphyry and sulfur.</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient^ (Piper nigrum)(fruit) [Standardized for 95% piperine (1.9 mg)]</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit®-Inulin, vegetable cellulose, non-hydrogenated vegetable stearate, and chlorophyll.</td>
</tr>
</tbody>
</table>

† DAILY VALUE NOT ESTABLISHED
** DAILY VALUES ARE BASED ON A 2,000 CALORIE PER DAY DIET.
Calcium AM-PM™

You can easily satisfy your entire daily dietary needs of calcium with this formula. Every serving provides 1,000 mg of high quality calcium.

**What is special about this formula?**
- Contains egg shell derived calcium. This organically derived calcium has outstanding absorption and digestive tolerability as well as a fast action time. Its qualities are enhanced by naturally occurring trace minerals and other co-factors. According to Rudolf Steiner’s research, only this and similarly derived “organic” calcium can quickly be assimilated into all the areas needed, including all the way to the teeth. Thus egg shell derived calcium is particularly important for children. (The extraction of the calcium from egg shells is done from tons of otherwise wasted egg shells. The only production by product is clean steam.)
- Contains Calcium Reservoir™, a rhythmically prepared calcium carbonate and phosphate which helps the entire digestive processes in the body. Having this Reservoir included in every serving allows the product to be taken just once a day.
- Contains specific trace minerals known to act synergistically with calcium towards both its absorption from the intestine as well as its physiological activity.*

**Suggested Usage:** Three capsules daily, or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 3 capsules</th>
<th>Servings per container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMT PER SERVING</td>
<td>% DAILY VALUE**</td>
</tr>
<tr>
<td>Calcium (from 3215 mg of ESC™ Eggshell calcium, Calcium citrate and Calcium Reservoir™ Blend)</td>
<td>1,110 mg</td>
</tr>
<tr>
<td>Magnesium (from 100 mg of Dimagnesium Malate 20%)</td>
<td>20 mg</td>
</tr>
<tr>
<td>Zinc (from 5 mg of TRAACS® Zinc Glycinate Chelate 19.9%)</td>
<td>1 mg</td>
</tr>
<tr>
<td>Copper (from 1 mg of TRAACS® Copper Glycinate Chelate 10%)</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Manganese (from 4 mg of TRAACS® Manganese Glycinate Chelate 16%)</td>
<td>0.65 mg</td>
</tr>
<tr>
<td>Molybdenum (from 500 mcg of TRAACS® Molybdenum Glycinate Chelate 2.5%)</td>
<td>12.5 mcg</td>
</tr>
<tr>
<td>Boron (from 500 mcg of Bororganic Glycine 10%)</td>
<td>50 mcg</td>
</tr>
<tr>
<td>Other ingredients: Vegetable cellulose, non-hydrogenated vegetable stearate, and FrutaFit®-Inulin.</td>
<td></td>
</tr>
</tbody>
</table>

† DAILY VALUE NOT ESTABLISHED

**FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC**

**TRAACS® is a registered trademark of Albion Laboratories, Inc.**

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
A significant cardiovascular tonic.

Contains:
- Carnitine — GPLC type — the most cardio specific carnitine, proven in scientific studies to increase the heart mitochondrial functioning.
- Carnitine — Acetyl type — helps support normal weight maintenance, mental alertness, and overall performance.
- Hawthorne — supports the oxygenation of the heart muscle.
- AKBA — promotes a healthy inflammatory state with specifically beneficial effects in the myocardium.
- Rhythmically prepared trace minerals to help the overall energy of the cardiovascular system.

Rudolf Steiner’s research indicates that rosemary supports the physical structure of the heart. He also makes the statement that the nettle is so beneficial that one would want to see it grow around every human heart.

Intended to promote:
- improved exercise endurance and length of work out time,
- reduces post workout fatigue,
- less shortness of breath after general physical exertion,
- improves fat burning, supports healthy weight and healthy blood lipid levels,
- walking for longer distance,
- a healthier circulation in the legs,
- healthy lung function and a healthy immune system,
- an overall sense of well-being and energy,
- nutritional support in preventing carnitine deficiency in vegetarians.

Combine with Berberine Plus™ for an even greater effect in promoting heart strength.

This formula uniquely incorporates Bioperine, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.*

Suggested usage: One capsule three times daily, or as suggested by your health care provider.

Supplement Facts
Serving size: 1 capsule • Servings per container: 90

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acetyl-HCl</td>
<td>150 mg *</td>
</tr>
<tr>
<td>L-Carnitine</td>
<td>150 mg *</td>
</tr>
<tr>
<td>GlycoCarn®-GPLC (Glycine Propionyl L-Carnitine HCl)</td>
<td>100 mg *</td>
</tr>
<tr>
<td>Hawthorn berry powder (Crataegus oxyacantha)</td>
<td>100 mg *</td>
</tr>
<tr>
<td>Trace Minerals Pentas® CP Mix: a proprietary mix of complete trace minerals; rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, emerald and aurum.</td>
<td>20 mg *</td>
</tr>
<tr>
<td>Stinging nettles extract (Urtica dioica radix) (root) [standardized for 1% silica (0.125 mg)]</td>
<td>12.5 mg *</td>
</tr>
<tr>
<td>AquaROX® Rosemary extract (Rosmarinus officinalis) (leaves) [Standardized to 6% Rosmarinic acid (0.3 mg)]</td>
<td>5 mg *</td>
</tr>
<tr>
<td>AKBA 90° (Boswellia serrata) (resin) [Standardized for 90% AKBA (3-acetyl-11-Keto-beta-Boswellic acid (2.25 mg))]</td>
<td>2.5 mg *</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient® (Piper nigrum) (fruit) [Standardized for 95% piperine (0.95 mg)]</td>
<td>1 mg *</td>
</tr>
<tr>
<td>AKBA True Pentas® [a proprietary, rhythmically prepared boswellia (Boswellia serrata)(resin)]</td>
<td>0.5 mg *</td>
</tr>
<tr>
<td>Other ingredients: Vegetable cellulose, non-hydrogenated vegetable stearate, and FrutaFit®-Inulin.</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established

GlycoCarn® is a registered trademark of Sigma-Tau HealthScience and is manufactured under USA production patent 6,703,042 and other foreign patents.

The combination of multiple forms of Carnitine is patented by Sigma-tau Industries under USA patent 6245378.
An innovative formula to maintain joint health and quickly increase joint flexibility.

Contains all four types of collagens essential for a healthy cartilage and other nutrients including:
1. NEM®, the novel, patented, natural eggshell membrane
   - NEM® is clinically proven to improve joint health faster than any other joint health ingredient. Eggshell membrane not only consists of chondroitin sulfate, glucosamine like substances but also hyaluronic acid, collagen and other proteins. In human clinical studies using NEM®, one fourth of patients already had a greater than 50% reduction in pain intensity in ten days; the majority of subjects had a 72% reduction in pain and stiffness by 30 days.
2. Kolla II® unhydrolyzed natural cartilage type II. (Naturally contains hyaluronic acid, chondroitin and glucosamine sulfate)
3. Rosemary extracts support a healthy inflammatory response and also maintain the blood circulation to the joints.

Rudolf Steiner’s research indicates that rhythmically prepared trace minerals from chalcedony and stannum enhance the etheric life processes of the joints.

This formula uniquely incorporates Bioperine, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.*

### Suggested Usage:
Two capsules daily, or as suggested by your health care provider.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>2 capsules</th>
<th>Servings per container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMT PER SERVING</td>
<td>% DAILY VALUE</td>
<td></td>
</tr>
<tr>
<td>NEM® Natural Eggshell Membrane</td>
<td>500 mg</td>
<td>*</td>
</tr>
<tr>
<td>Kolla II® Collagen Type II (from 100% chicken sternum cartilage)</td>
<td>500 mg</td>
<td>*</td>
</tr>
<tr>
<td>AquaROX® Rosemary extract (Rosmarinus officinalis) (leaves)</td>
<td>50 mg</td>
<td>*</td>
</tr>
<tr>
<td>Trace Minerals Pentas® CC M: a proprietary mix of complete trace minerals; rhythmically prepared trace minerals derived from slate, apatite, porphyr, sulfur, and chalcedony and Stannum Pentas.</td>
<td>25 mg</td>
<td>*</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient® (Piper nigrum) (fruit)</td>
<td>1 mg</td>
<td>*</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit®-Inulin, vegetable cellulose, non-hydrogenated vegetable stearate.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

Contains egg products.

---

Ashes from the roots of seven different trees have been combined together and potenitized by the Pentas™ process.

**This herbal product promotes:**
- a general well being;
- a more restful sleep;
- a healthy inflammatory state;
- a deeper and freer breathing;
- a healthy functioning of the sense organs;
- a balanced function of the mind.

### Additional info:
One of the fundamental discoveries of Rudolf Steiner’s is the correspondence between plant organs (root, leaf, etc) and human organs.

He shows how the plant is basically an inverted human being. Its roots correspond to the head; the leaves to the respiratory organs and the reproductive part situated at the top of the plants correspond to the sexual organs located in the lower parts of the human anatomy. One can intuit from these insights which herbal parts would be helpful to which organ system. Roots like ginseng, rhodiola, etc, have been well recognized for decades to be powerful healers of the nervous system and the mental processes associated with it.

The seven trees used in this formula have a hidden importance first recognized by Rudolf Steiner. Each of these trees support and enhance the life forces (etheric forces) of a particular segment of the overall life span. Taken together they solidify the entire life body of the human organization. The roots, as mentioned above, help the brain, the nervous system and the senses as such.

Why burn the roots and obtain the ashes? With the fire process one introduces a warmth and light into the roots that had not been there before. Bringing fire into the root process might help to strengthen the inner will in the nerves, relieve the tiredness, calm down the twitchiness and jumpiness of the senses. Possibly this is why experience shows that the tree ashes support a more restful sleep.*

#### Suggested Usage:
1/8 tsp twice daily or as suggested by your health care provider.

#### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size 1/8 tsp. (325 mg)</th>
<th>Servings per container 90.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ingredients: a proprietary, rhythmically prepared mix of root ashes, in Pentas™ form, of the following trees: Hornbeam (Carpinus), Ash (Fraxini), Cherry (Cerasi), Oak (Quercus), Elm (Ulmus), Maple (Acer), Birch (Betul).</td>
<td></td>
</tr>
<tr>
<td>Other ingredients: Raftilose® Synergy-1™</td>
<td></td>
</tr>
</tbody>
</table>

Contains no milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, soy or wheat.

Contains egg products.
This formula contains French patented, non alcoholic, clinically proven lemon balm (Melissa). The restorative qualities of this plant have been legendary for centuries. With its tonic and health maintaining effects on virtually every organ of the body and mind, no wonder that Melissa is present in practically all European households.

**Melissa is known to:**
- enhance creativity through a state of alert calmness,
- relieve stress and increase a sense of well being,
- improve relationship skills on the psychological level,
- ease falling asleep at night with resulting less nervous exhaustion,
- support the immune system — through its clinging effects on the autonomic system,
- reduces weather sensitivity,
- lessen anxiety and restlessness thus calming a “nervous heart”; and more.

Rudolf Seiner’s research indicates that lemon balm has the following effects — in addition to the ones mentioned above (especially when the herb is rhythmically prepared as it is here and when the natural salts of the herb are added):
- encourages energetic streams flowing from above down. This increased health lessens discomforts of the back, nerves, diaphragm, pleura, abdominal lining;
- improves “the imaginative” fantasy life;
- supports the circulation of the brain by allowing the Ego organization to penetrate deeper;
- supports the heart.*

**Suggested Usage:** One capsule twice a day, or two at night, or as suggested by your health care provider.

### Supplement Facts

<table>
<thead>
<tr>
<th>AMOUNT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon balm (Melissa officinalis), as Cyracos®</td>
<td>300 mg</td>
</tr>
<tr>
<td>A proprietary mix of:</td>
<td></td>
</tr>
<tr>
<td>Lemon Balm Pentas®, Lemon Balm Cinis</td>
<td>50 mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>1 mg</td>
</tr>
<tr>
<td>Other ingredients: Raftilose®-Synergy-1, Sipernat®</td>
<td></td>
</tr>
</tbody>
</table>

*Cyracos® is a registered trademark of the Berkem Corp.
Bioperine® is a registered trademark of the Sabinsa Corporation

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
Eye strain is one of the most persistent problems in today's work and life environment.

It is most frequently caused by the nearly constant exposure to the computer or the TV screen and the tiring accommodation coming from staring at points at a fixed distance such as when writing or doing precision work. Physiological stresses, like poor lighting, night driving, fatigue, nutritional deficiencies, obesity, smoking, strenuous physical work, etc., can further augment the eye strain, decrease valuable nutrients, and increase the sensitivity of the eye even to normal light intensity.

This formula offers strong support for:
- a healthy eye accommodation,
- improved visual acuity,
- less eye fatigue,
- better night vision.

What is special about the Clear Eyes Plus™ formula?
1. Contains the highest quality certified bilberry, standardized to 36% active anthocyanins. The patented Mirtoselect® bilberry extract is the only bilberry to be “fingerprinted” by HPLC every batch. This guarantees that the actual bilberry plant is present. It is then tested for additional quality aspects.
2. Contains high amounts of zeaxanthin (2.5 mg) and lutein (2.5 mg) per serving combined with Bioperine, a special black pepper extract that greatly enhances the plasma levels of carotenoids. All ingredients are sourced from completely natural plant sources.
3. Uniquely contains highly purified frankincense (AKBA) which helps fight inflammation.
4. Uniquely contains trace minerals from the gemstone Chrysolith and the proprietary trace mineral combination 5M™ both of which are known through Rudolf Steiner’s research to support the eye physiology.
5. Uniquely contains the special Lightroot™ variety of dioscorea batatas; R. Steiner indicates that its tuber has the ability to store light ether.
6. Contains a special combination of taurine, alpha lipoic acid, Vinpocetin, beta carotene and pine bark extracts to protect the eye, improve blood flow to the eye and more.

All listed nutrients, especially the carotenoids and the trace minerals, are of significant benefit to the health of the whole body. Taking care of the eye takes care of the whole body!*

**Suggested Usage:** One capsule daily, or as suggested by your health care provider.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 capsule</th>
<th>Servings per container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>Bilberry (Vaccinium myrtillus), std. to 36% anthocyanins</td>
<td>200 mg *</td>
</tr>
<tr>
<td>Chrysolith Pentas™ (a proprietary, rhythmically prepared mix of trace minerals derived from chrysolith and blended with Raftilose™-Synergy-1 (Fructooligosaccharides), and Sipernat™ Silica)</td>
<td>50 mg *</td>
</tr>
<tr>
<td>Zeaxanthin/Lutein (EZ Eyes™, marigold (Tagetes erecta) std. to 5% zeaxanthin and 5% lutein)</td>
<td>50 mg *</td>
</tr>
<tr>
<td>Pine Bark, (Pinus spp.), std. to 95% OPCs</td>
<td>50 mg *</td>
</tr>
<tr>
<td>Lightroot™ (Dioscorea batatas)</td>
<td>30 mg *</td>
</tr>
<tr>
<td>Alpha lipoic acid</td>
<td>25 mg *</td>
</tr>
<tr>
<td>Taurine</td>
<td>25 mg *</td>
</tr>
<tr>
<td>Vitamin A (Beta Carotene)</td>
<td>1000 IU 20%</td>
</tr>
<tr>
<td>Vinpocetine</td>
<td>5 mg *</td>
</tr>
<tr>
<td>5M Pentas™ (a proprietary mix of salts and trace minerals derived from slate, sulfur, apatite and porphyry with Raftilose™-Synergy-1 and Sipernat™)</td>
<td>5 mg *</td>
</tr>
<tr>
<td>AKBA 90™ [Frankincense resin (Boswellia serrata), std. to 90% AKBA (acetyl-11-Keto-beta-Boswellic acid)]</td>
<td>5 mg *</td>
</tr>
<tr>
<td>AKBA True Pentas™ (a proprietary, rhythmically prepared blend of Raftilose™-Synergy-1 (Fructooligosaccharides), Sipernat™ Silica, AKBA 90™ (Boswellia serrata) (resin)</td>
<td>5 mg *</td>
</tr>
<tr>
<td>Bioperine® (Piper nigrum) (fruit) (std. to 95% piperine)</td>
<td>3 mg *</td>
</tr>
<tr>
<td>Other ingredients: Raftilose™-Synergy-1.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a registered trademark of the Sabinsa Corp.
The incredible healing properties of curcumin (turmeric) extracts have been known for thousands of years. Curcumin:
• maintains a healthy inflammatory state largely through control of the COX-2 enzyme;
• supports healthy and flexible joints;
• enhances gall bladder activity and detoxification;
• sustains proper cell division in the colon, all digestive mucous membranes;
• improves mental and physical brain function;
• supports healthy aging;
• maintains normal blood sugar levels after meals;
• and much more.

Unique aspects of this formula:
• Contains curcumin of high bio-availability. The absorption is further enhanced by the patented Bioperine®, black pepper extract, shown to give up to eight times more curcumin across the intestinal barrier.
• The formula contains a uniquely full spectrum curcumin: the complete root; highly purified extracts (95% curcuminoids); rhythmically prepared curcumin root, curcumin oils, curcumin trace minerals, salts and ashes.
• Contains a uniquely high concentration of the most active extract — AKBA — of frankincense (boswellia). AKBA is the most potent natural 5-lipoxygenase inhibitor. Together with curcumin this makes a very complete formula to maintain a healthy inflammatory state.
• The rhythmically prepared — Pentas™ — portions of curcumin and AKBA ensures that the formula will have a full range beneficial effect on both physical and mental levels.*

Suggested Usage: One capsule twice daily, or as suggested by your health care provider.

Suggested Usage:

| OTCologue Factor | Supplement Facts
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving size:</strong></td>
<td>1 capsule</td>
</tr>
<tr>
<td><strong>Servings per container:</strong></td>
<td>60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curcumin C3 Complex® (Nature's Bioprotectant®) (Curcuma longa) (rhizome) [Standardized for 95% Total Curcuminoids (475 mg), including Bisdemethoxy curcumin 25–65%, Demethoxy curcumin 15–25% and Curcumin 70–80%]</td>
<td>500 mg</td>
</tr>
<tr>
<td>Bio-Curcumin® BCM-95® Extract (Curcuma longa) (rhizome) [Standardized to 95% Total Curcuminoids Complex (213.5 mg) consisting of: Curcumin, Curcuminoids, Volatile Oils (from Turmeric Rhizome)]</td>
<td>225 mg</td>
</tr>
<tr>
<td>Curcumin Pentas™ Mix [a proprietary, rhythmically prepared Pentas™ mix of turmeric (Curcuma longa) (root) in a base of Frutafit®-Inulin]</td>
<td>15 mg</td>
</tr>
<tr>
<td>AKBA 90™ (Boswellia serrata) (resin) [Standardized for 90% AKBA (3-O-acetyl-Keto-beta-Boswellic acid (9 mg))]</td>
<td>10 mg</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient® (Piper nigrum) (fruit) [Standardized for 95% piperine (0.95 mg)]</td>
<td>5 mg</td>
</tr>
<tr>
<td>AKBA True Pentas™ (a proprietary, rhythmically prepared boswellia (Boswellia serrata) (resin) in a base of Frutafit®-Inulin)</td>
<td>1 mg</td>
</tr>
<tr>
<td>Other ingredients: Vegetable cellulose, non-hydrogenated vegetable stearate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Find more on: Ingredients, related research, Anthroposophy and health concerns on the Info tab of the www.truebotanica.com website.
This vegetarian enzyme product of broad spectrum and high potency contains a blend of over 25 various enzymes and digestive stimulating herbs.

The formula is effective over a broad pH range.

It goes beyond simply supplying digestive enzymes that are passively used by the body. It contains carefully chosen ingredient mixes documented in published research to stimulate the body’s own digestive processes. Moreover, due to Rudolf Steiner’s research we know that herbs like gentian are active in supporting health in the whole organism. Gentian promotes the respiration in all the major organs. This gives the formula a very holistic effectiveness.

**The formula assists in:**
- the complete digestion of carbohydrates, proteins and fats;
- reducing bloating, reflux, and gas formation;
- the removal and detoxification of waste products;
- the stimulation of the body’s own bile and enzymes production and optimal liver function;
- lactose digestion;
- gluten digestion;
- minimizing food intolerances and food allergies;
- better food and nutrients absorption and availability.

Take a serving before or after meals or on an empty stomach as needed and feel the difference!*

**Suggested Usage:** One to two capsules with meals or as suggested by your health care provider.

### Supplement Facts

<table>
<thead>
<tr>
<th>AMOUNT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digestive Proprietary Blend</td>
<td>491 mg †</td>
</tr>
<tr>
<td>Amylase</td>
<td>7,500 DU †</td>
</tr>
<tr>
<td>Glucoamylase</td>
<td>50 AGU †</td>
</tr>
<tr>
<td>Cellulase</td>
<td>1,500 CU †</td>
</tr>
<tr>
<td>Acid Maltase</td>
<td>15 MaltU †</td>
</tr>
<tr>
<td>Protease 3.0</td>
<td>50 SAPU †</td>
</tr>
<tr>
<td>Bromelain</td>
<td>750,000 PU †</td>
</tr>
<tr>
<td>Lipase</td>
<td>1,000 FIP †</td>
</tr>
<tr>
<td>Beta-glucanase</td>
<td>50 BGU †</td>
</tr>
<tr>
<td>CereCalase*</td>
<td>200 MU †</td>
</tr>
<tr>
<td>α-Galactosidase</td>
<td>150 GaIU</td>
</tr>
<tr>
<td>Pectinase</td>
<td>10 endo-PGU †</td>
</tr>
<tr>
<td>Protease 6.0</td>
<td>3,000 HUT</td>
</tr>
<tr>
<td>Lactase</td>
<td>600 ALU †</td>
</tr>
<tr>
<td>Protease</td>
<td>4,000 PC †</td>
</tr>
<tr>
<td>Invertase</td>
<td>400 SU</td>
</tr>
<tr>
<td>Protease 4.5</td>
<td>1,800 HUT †</td>
</tr>
<tr>
<td>Xylanase</td>
<td>300 XU †</td>
</tr>
<tr>
<td>Hemicellulase</td>
<td>250 HCU †</td>
</tr>
<tr>
<td>Artichoke flower extract (Cynara scolymus) [Standardized for minimum 2.5% caffeylquinic acids (1.25 mg)]</td>
<td>50 mg †</td>
</tr>
<tr>
<td>Aloe vera powder (Aloe barbadensis) (leaf)</td>
<td>30 mg †</td>
</tr>
<tr>
<td>Coriander seed powder (Coriandrum sativum L)</td>
<td>20 mg †</td>
</tr>
<tr>
<td>Gentian root powder (Gentiana lutea)</td>
<td>15 mg †</td>
</tr>
<tr>
<td>Ginger root powder (Zingiber officinale)</td>
<td>15 mg †</td>
</tr>
<tr>
<td>Dandelion root powder (Taraxacum officinale)</td>
<td>15 mg †</td>
</tr>
<tr>
<td>Chicory root powder (Cichorium intybus L)</td>
<td>10 mg †</td>
</tr>
</tbody>
</table>

*DAILY VALUE NOT ESTABLISHED.

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.
Glucanol Plus™
SRW0249P

An advanced natural formula for maintaining healthy sugar levels and a healthy weight.

Contains, among others:
• Madeglucyl™ the novel, patented, clinically tested, herbal extract from Madagascar and
• Chromium — as chromium picolinate, a well documented form of Chromium with proven effectiveness and bioavailability.

Fully doctor designed, tested and approved for daily use. Not known to cause hypoglycemia.

Unique features:
• Extensive research on Rudolf Steiner’s part indicates that rosemary and the trace minerals featured here (especially topaz and emerald) are valuable in strengthening the spiritual Ego forces involved in the sugar metabolism;
• Bioperine™ has been incorporated - a special black pepper extract that greatly enhances the plasma levels of all active ingredients.

Who should take Glucanol Plus™?
• Anyone wanting to maintain healthy glucose levels
• Especially significant for individuals considered to be overweight - with a BMI over 25
• People relying largely on a carbohydrate rich diet
• People experiencing excessive fatigue or mood swings after a carbohydrate meal
• People wanting to keep healthy cholesterol levels

Suggested Usage: Two capsules daily, or as suggested by your health care provider.

Supplement Facts
Serving size: 2 capsules • Servings per container: 30

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chromium (as Chromium picolinate)</td>
<td>600 mcg</td>
</tr>
<tr>
<td>Madeglucyl® Eugenia Jambolana (Syzygium cumini (L.) Skeels)</td>
<td>1650 mg</td>
</tr>
<tr>
<td>AquaROX® Rosemary extract (Rosmarinus officinalis) (leaves) [Standardized to 6% Rosmarinic acid (1.5 mg)]</td>
<td>25 mg</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ GP Mix: a proprietary mix of complete trace minerals; rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, emerald and topaz</td>
<td>25 mg</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient™ (Piper nigrum) (fruit) [Standardized for 95% piperine (1.9 mg)]</td>
<td>2 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Vegetable cellulose, FrutaFit®-Inulin, and non-hydrogenated vegetable stearate.

AquaROX® is a registered trademark of Vitiva d. d. and distributed by PL Thomas.
Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585.
FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC.
Madeglucyl® is a registered trademark of INDENA, S.p.A.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Find more on: Ingredients, related research, Anthroposophy and health concerns on the Info tab of the www.truebotanica.com website.
This formula significantly contributes to a positive nitrogen balance, essential to tissue repair and physical and mental well being.

Contains glutamine, a vital amino acid (not to be confused with glutamic acid, glutamate, MSG or glutathione). Several principal properties of glutamine are:

- Provides a major alternative fuel source to the brain when low blood sugar levels occur;
- It is a precursor of GABA, the anxiety relieving amino acid;
- Increases overall physiological and mental alertness;
- Helps the brain dispose of the ammonia waste;
- Assists in muscle mass development;
- Supports the immune system;
- Supports pancreatic health and function;
- Assists repair of tissues in the kidneys and liver;
- Vitally important energy source for the repair of the cells lining the intestine — makes the gut less permeable to outside particulates.

Uniquely, contains rhythmically prepared glutamine (in order to further augment the mental and spiritual benefits) and rhythmically prepared herbs that assist in proper absorption of foods from the intestinal tract (based on Rudolf Steiner’s research.)*

**Suggested Usage:** For a long term use take 2 to 3 servings daily. In times of extreme stress and with the approval of your health care provider 20–30 grams daily are indicated.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 tsp., approx. 2.5g</th>
<th>Servings per container: 70</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>L-Glutamine</td>
<td>2 grams</td>
</tr>
</tbody>
</table>

In a proprietary blend of: FrutaFit®-Inulin; Glutamine Pentas™; biodynamically prepared White Oak Bark (Quercus alba), Chamomile (Chamomilla recutita), Yarrow (Achillea millefollium), Dandelion (Taraxacum officinale), Stinging Nettles (Urtica dioica), Valerian (Valeriana officinalis)

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC

This unique formula contains not just one, but two of the most intensely clinically studied yeast based probiotics. Taking these kinds of probiotics can result in both rapid intestinal relief as well as long term reduction in digestive discomfort.

Saccharomyces cerevisiae boulardii are natural yeasts that were already found decades ago to restore the normal balance of the many microorganisms that form the intestinal environment.

The original observations stem from the French explorer Henri Boulard, who in his travel in Indochina, in the early 1920s, noted that the locals were able to stop diarrhea by consuming a tea made from the skins of various fruits (which contained Saccharomyces). Since then the beneficial role of Saccharomyces cerevisiae boulardii has been confirmed in a host of published studies in peer reviewed journals.

Saccharomyces cerevisiae boulardii have been shown to:
- Improve the immune system of the intestinal tract by stimulating the production of secretory IgA and IgG.
- Detoxify the intestine by the production of a 54KDa protein protease, an enzyme that can neutralize some bacterial toxins.
- Have a restoring effect on the intestinal mucosa by releasing several proteins which contribute to the activity of the enzymes present in the mucous layer. This ultimately leads to the repair of the intestinal cells.
- Have a beneficial effect on the diarrhea associated with food allergies by supporting the function and availability of the lactase, sucrase and maltase enzymes.

The Pro GI+ Saccharomyces is stomach acid resistant and has been shown to be helpful in relief of diarrhea, and reduce intestinal discomfort.

The Pro SCB Saccharomyces is a more recently patented probiotic shown to bring relief in abdominal/intestinal bloating, discomfort, constipation and or temporary digestive pain. In recent studies with this ingredient, persistent long term discomfort was shown to be statistically significantly reduced after taking the probiotic for as little as four weeks.*

**Suggested Usage:** One capsule daily, or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 capsule</th>
<th>Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>Lynside® Pro GI+ Saccharomyces cerevisiae (Providing 2 billion live organisms*)</td>
<td>250 mg</td>
</tr>
<tr>
<td>Lynside® Pro SCB Saccharomyces cerevisiae var. boulardi (Providing 4 billion live organisms*)</td>
<td>250 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Vegetable cellulose, non-hydrogenated vegetable stearate, and FrutaFit®-Inulin.

† DAILY VALUE NOT ESTABLISHED    * AT THE TIME OF MANUFACTURE
This unique formula helps to control appetite and reduce visceral fat by means of its main ingredients:

1. Caralluma — for appetite suppression
2. Glavonoid™, a licorice extract — for visceral fat control
3. Bioperine® — a thermo-nutrient helps activate the metabolism and burn calories
4. Herbs and trace minerals — for the energetic strengthening of the solar plexus.

In general best results are obtained by taking 2 capsules twice daily ½ hour to 1 hour before main meals. They can also be used instead of snacks.

Attention: Ultimately no weight control program will work unless it is accompanied by a rigorous diet and a regular exercise program. Consult your health care provider before any significant calories reduction regimen or exercise program is started.

Additional information:

• Caralluma fimbriata
  This vegetable, traditionally used in India, aids in suppressing hunger and increasing physical stamina. Moreover, research in animal models found that when Caralluma was added to “cafeteria” style feeding, animals not only ate less because of reduced appetite but also maintained more normal levels of cholesterol, triglycerides and leptin.

• Kaneka Glavonoid™
  This ingredient is a patented extract of the licorice root. It contains flavonoids that are targeted to reduce visceral fat, the main cause of the metabolic syndrome. (Maintaining a healthy, low level of visceral fat also aids in keeping insulin resistance low.) It promotes healthy lipid metabolism, which helps the body utilize fat efficiently.

• Rudolf Steiner research indications
  Rhythmically prepared equisetum herb (horsetail extracts) and trace minerals derived from emerald support the spiritual health of the stomach and the solar plexus, thus reducing appetite and increasing consciousness for the eating process.*

Suggested Usage: Two capsules twice daily, or as suggested by your health care provider.

**Supplement Facts**
**Serving size:** 2 capsules  •  **Servings per container:** 60

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
</table>
| Caralluma (Caralluma fimbriata) | 1,000 mg | *
| Kaneka Glavonoid Powder™ | 100 mg | *
| (Licorice (glabra) flavonoid extract) | | |
| Equisetum Pentas™ (a proprietary mix of horsetail (Equisetum arvense) with Raftilose®-Synergy-1 and Sipernat+) | 10 mg | *
| Emerald Pentas+ (a proprietary mix of trace minerals derived from emerald, with Raftilose®-Synergy-1 and Sipernat+) | 5 mg | *
| Bioperine® (Piper nigrum) (fruit) (std. to 95% piperine) | 5 mg | *
| Other Ingredients: Raftilose®-Synergy-1 | | |

*DAILY VALUE NOT ESTABLISHED

Bioperine® is a registered trademark of the Sabinsa Corp.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
This fast acting vegetarian formula is intended to keep the joints healthy, increase mobility and flexibility, and allow quick relief from temporary discomfort following physical stresses from work, exercise and other physical stresses such as nutritional deficiencies, aging, obesity and more.

The concept behind the formula is to unify the underlying components in such a way that “a complete plant” results: roots (devil’s claw and ginger); leaves (nettles); flowers (chamomile); fruits (schizandra); and seeds (black pepper). Thus besides the physical benefits a true holistic result may be expected.

Other unique features include:

- Vegetarian glucosamine (as opposed to animal sourcing such as from shrimp);
- Bioperine™ has been incorporated — a special black pepper extract that greatly enhances the plasma levels of all active ingredients;
- A mix of ingredients delivering a comprehensive support for a healthy inflammatory state:
  - Schizandra, ginger — CoX-2 enzyme inhibitors;
  - Nettles — TNF-alpha and IL-1 inhibitor in synovial tissues;
  - AKB™ — the most active extract of the boswellia (frankincense) is the most potent natural 5-lipoxygenase inhibitor; here in a uniquely high concentration of 90% (as opposed to 3-25% in other commercial formulas) and a uniquely high amount of 70mg per serving.
  - Pomegranates — inhibit stimulation of matrix metalloprotease enzymes which may lead to cartilage degradation and joint damage.
- Silicates — for the support of bone re-mineralization through increased deposition of calcium and phosphate and reduction of the number of osteoclasts as well as increase in the number of osteoblasts;
- Rosemary — supports the circulation to the joints;
- Vital trace minerals nutritionally needed for helping to build a healthy joint are included (selenium, manganese, boron);
- Biodynamic herbal preparation (oak bark, dandelion, etc), rhythmically prepared, have been added to enhance the absorption of all nutrients;
- Based on Rudolf Steiner’s research rhythmically prepared forms of trace minerals derived from chalcedony as well as tin (stannum) are included in order to increase the etheric life forces supporting the integrity of the joint functions.*

**Suggested Usage:** Two capsules twice daily, or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 2 capsules</th>
<th>Servings per container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>Selenium (as selenium amino acid chelate)</td>
<td>40 mcg</td>
</tr>
<tr>
<td>Manganese (as TRAACS® Manganese Glycinate Chelate)</td>
<td>6 mg</td>
</tr>
<tr>
<td>Glucosamine HCl (as Regenasure®)</td>
<td>750 mg</td>
</tr>
<tr>
<td>Schisandra chinensis powder (fruit/seeds)</td>
<td>150 mg</td>
</tr>
<tr>
<td>OptiMSM® Methylsulfonylmethane</td>
<td>100 mg</td>
</tr>
<tr>
<td>Devil’s claw extract (Harpagophytum procumbens) (root) [Standardized for 4% harpagosides (3.2 mg)]</td>
<td>80 mg</td>
</tr>
<tr>
<td>AKBA 90° (Boswellia serrata) (resin) [Standardized for 90% AKBA (3-acetyl-11-Keto-beta-Boswellic acid (63 mg))]</td>
<td>70 mg</td>
</tr>
<tr>
<td>AquaROX® Rosemary extract (Rosmarinus officinalis) (leaves) [Standardized to 6% Rosmarinic acid (3 mg)]</td>
<td>50 mg</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ J R M ix (a proprietary blend of complete, trace minerals derived from slate, apatite, porphyry, sulfur, chalcedony, and Stannum Pentas™)</td>
<td>40 mg</td>
</tr>
<tr>
<td>Pomegranate extract (Punica granatum L.) (whole fruit) [standardized to minimum 40% ellagic acid (8 mg)]</td>
<td>20 mg</td>
</tr>
<tr>
<td>Stinging nettles extract (Urtica dioica radix) (root) [standardized for 1% silica (0.2 mg)]</td>
<td>20 mg</td>
</tr>
<tr>
<td>Chamomile powder (Matricaria chamomilla) (flowers)</td>
<td>6 mg</td>
</tr>
<tr>
<td>Ginger root extract (Zingiber officinale) (root) [Standardized for 5% gingerols (0.3 mg)]</td>
<td>6 mg</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient™ (Piper nigrum) (fruit) [Standardized for 95% piperine (3.8 mg)]</td>
<td>4 mg</td>
</tr>
<tr>
<td>Biodynamic Herbal Pentas™ M ix (a proprietary blend of rhythmically prepared yarrow, oak, chamomile, nettles, dandelion and valerian)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Boron (as amino acid complex)</td>
<td>1 mg</td>
</tr>
<tr>
<td>Silica (from Silicon amino acid chelate)</td>
<td>200 mcg</td>
</tr>
</tbody>
</table>

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
The unusual properties of Dioscorea batatas, a wild yam, are confirmed by ancient wisdom, modern research and spiritual science. The herb offered here is of biodynamic (“super organic”) quality. This cultivar is protected under the copyrighted name of “Lightroot”.

Dioscorea batatas, also known as shan yao or Mountain Herb in Chinese, is famous for its tonic properties. Traditionally it has been used to strengthen the lungs, the kidneys, and the spleen. It is especially indicated where there is a “leakage of fluids”.

The spiritual scientist Rudolf Steiner reveals what is probably the main reason for its effectiveness, i.e. that it has the unique property of storing the so called light ether. R. Steiner called this light ether an indispensable necessity for modern people.

The light ether storing capacity helps our understanding for its overall tonifying effect on bodily functions, but also clarifies the beneficial role in strengthening the memory and helping the meditative work.

A surprisingly high number of physiological events in the human body depend on a proper functioning of the light dependent metabolism, the circadian clock. Lightroot helps to keep it healthy and rhythmical.

Take Lightroot Comp.™ preferably in the morning.*

**Suggested Usage:** One capsule twice daily, or as suggested by your health care provider.

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This formula contains a European certified “best in class” extract of milk thistle. The fruits of this herb have long been known to support liver health and detoxification. Its European certification and standardization assures even more that the reliability and safety will be present from batch to batch. This potent variety of milk thistle is effective on all known fronts of activity of the milk thistle:

• liver cell protection;
• antioxidant quality;
• maintenance of healthy inflammatory processes, and more.

Our formula goes much beyond the milk thistle as such though.

Beside the fruits of the milk thistle we have incorporated also the seeds, the flowers, the leaves and the roots from other plants that are known to support the liver. Thus a truly full spectrum formula has resulted that can be taken daily as a detoxifying and liver supporting supplement to assist both the energetic and physical functions of the liver.

According to the research of Rudolf Steiner a healthy liver function is indispensible also for a good memory, especially in the word-finding area. An energetically weak liver is considered to be one of the causative factors behind a tendency toward excessive procrastination.*

**Suggested Usage:** Two capsules daily, or as suggested by your health care provider.
Lungroot is the most full spectrum pelargonium root product. It contains a standardized root extract and potentized salts, minerals and ashes of the root. The pelargonium root extracts support the better expelling of mucous, and support the immune system and the health of the lung and upper respiratory tract. It is hand-made and non-alcoholic. Available in a delicious liquid syrup — Lemon and Menthol flavors.

**Suggested Usage:** For quicker relief: Adults: 1 tsp (5ml) three times daily; Children under 12 years: ½ the adult dosage. For long term use: 1 tsp daily. Or as suggested by your health care provider.

† **Errata:** Lungroot is a liquid product, inadvertently placed in the tablet/capsule section.

Magnesium deficiency is alarmingly wide spread. Magnesium deficiency contributes to an unhealthy blood pressure, nervousness, increases the risk for developing insulin resistance, heart palpitations, frequency of headaches, muscle cramps, fatigue, etc. Adequate magnesium levels are a major help in feeling well, improving work and play performance, enabling sleep and relaxation, and lessening anxiety.

Overall no optimal health can be achieved without adequate magnesium levels. Adult blood levels, checked by your health care provider, should be at least 2.2 mg/dl.

**This, best in its category, formula provides:**
1. Organic magnesium citrate with a superior bioavailability; this magnesium form is found mostly in fruits and vegetables and directs the body to a healthier, alkaline state. No wonder that it is the preferred magnesium form recommended by knowledgeable therapists.
2. Excellent amounts of magnesium per serving make it easy to satisfy the daily requirements with this formula. Three capsules of the formula alone already may cover 100% of the daily magnesium requirements.
3. Contains the unique Magnesium Reservoir®, a magnesium combination that enhances a healthy digestive process and supports all the magnesium connected processes in the body. (The Magnesium Reservoir® concept is based on Rudolf Steiner’s research.)
4. Trace minerals have been added to both increase absorption and help overcome the chronic trace minerals deficiencies.*

**Suggested Usage:** Two capsules daily, or as suggested by your health care provider.

† **Daily Value not established.**

**Supplement Facts**
**Serving size: 1 tsp  •  Servings per container: approx. 24**

<table>
<thead>
<tr>
<th>AMOUNT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>8</td>
</tr>
<tr>
<td>Total carbohydrates</td>
<td>2 g</td>
</tr>
<tr>
<td>Sugar alcohols</td>
<td>1.75 g</td>
</tr>
<tr>
<td>Pelargonium sidoides extract 5:1 (root)</td>
<td>30 mg *</td>
</tr>
<tr>
<td>Pelargonium Pentas™ and Pelargonium Cinis Pentas™ Mix (a rhythmically prepared, proprietary combination of the Pelargonium sidoides (roots) and the salts and minerals derived from the ashes of Pelargonium sidoides (roots))</td>
<td>30 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled Water, Glycerine, Xylitol, Organic Natural Lemon Flavor, Potassium Sorbate, Citric Acid.</td>
<td></td>
</tr>
</tbody>
</table>

Also available with menthol. Ingredients as above with menthol added.

**Supplement Facts**
**Serving size: 2 capsules  •  Servings/container: 30**

<table>
<thead>
<tr>
<th>AMOUNT PER SERVING</th>
<th>% DAILY VALUE**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iodine (from 10 mg of Atlantic kelp)</td>
<td>40 mcg 27%</td>
</tr>
<tr>
<td>Magnesium (from 1650 mg of Magnesium citrate, DiM magnesium malate, Magnesium phosphate, Magnesium chloride and Magnesium Reservoir® blend)</td>
<td>267 mg 67%</td>
</tr>
<tr>
<td>Zinc (from 20 mg of TRAACS® Zinc Glycinate Chelate)</td>
<td>4 mg 27%</td>
</tr>
<tr>
<td>Selenium (from 3 mg of selenium amino acid chelate)</td>
<td>30 mcg 43%</td>
</tr>
<tr>
<td>Copper (from 2 mg of TRAACS® Copper Glycinate Chelate)</td>
<td>0.2 mg 10%</td>
</tr>
<tr>
<td>Manganese (from 5 mg of TRAACS® Manganese Glycinate Chelate)</td>
<td>0.8 mg 40%</td>
</tr>
<tr>
<td>Chromium (from 1000 mcg of TRAACS® Chromium Nicotinate Glycinate Chelate)</td>
<td>25 mcg 21%</td>
</tr>
<tr>
<td>Molybdenum (from 1000 mcg of TRAACS® Molybdenum Glycinate Chelate)</td>
<td>25 mcg 33%</td>
</tr>
<tr>
<td>Boron (from 2 mg of boron amino acid complex)</td>
<td>200 mcg †</td>
</tr>
<tr>
<td>Silicon (from 500 mcg of Silicon amino acid chelate)</td>
<td>25 mcg †</td>
</tr>
<tr>
<td>Vanadium (from 1000 mcg of TRAACS® Vanadium Nicotinate Glycinate Chelate)</td>
<td>100 mcg †</td>
</tr>
</tbody>
</table>

Other ingredients: Vegetable cellulose, non-hydrogenated vegetable stearate, FrutaFit®-Inulin.

† **Daily Value not established.**

**FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.**
The True Botanica “multi vitamins and minerals” formula contains three categories of substances:

1. It delivers over 100% of the recommended daily dietary needs for most vitamins and basic minerals.
   - A special feature is the use of methylcobolamin B-12 — a more active, easier to metabolize B-12 form of this vitamin.

2. It includes rhythmically prepared herbs, trace minerals and spices (Bioperine) that enhance the absorption and utilization of all nutrients, and
   - It is enhanced by the energizing herb Guarana.

Guarana has been shown to increase mental alertness, improve attention in performance of complex tasks, elevate mood and contentedness and improve memory. Guarana has only a very limited amount of caffeine and many scientists now agree that its effects are probably not due to the caffeine like substances it contains but rather to its antioxidant flavonoids.

A true holistic formula intended to fulfill a threefold health support for body, soul and spirit.*

**Suggested usage:** One serving daily or as directed.

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### Supplement Facts

**Serving size:** 3 caps • **Servings per container:** 30

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE***</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (as beta carotene and retinyl palmitate)</td>
<td>2000 IU</td>
</tr>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>150 mg</td>
</tr>
<tr>
<td>Vitamin D (as cholecalciferol)</td>
<td>400 IU</td>
</tr>
<tr>
<td>Vitamin E (as d-alpha tocopheryl acetate)</td>
<td>30 IU</td>
</tr>
<tr>
<td>Vitamin K (as phytodniade)</td>
<td>80 mcg</td>
</tr>
<tr>
<td>Thiamin (Vitamin B-1) (as thiamine mononitrate)</td>
<td>1.5 mg</td>
</tr>
<tr>
<td>Riboflavin (Vitamin B-2)</td>
<td>1.7 mg</td>
</tr>
<tr>
<td>Niacin (Vitamin B-3) (as niacinamide)</td>
<td>20 mg</td>
</tr>
<tr>
<td>Vitamin B-6 (as pyridoxine HCl)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Folate (as folic acid)</td>
<td>400 mcg</td>
</tr>
<tr>
<td>Vitamin B-12 (as methylcobalamin)</td>
<td>500 mcg</td>
</tr>
<tr>
<td>Biotin</td>
<td>300 mcg</td>
</tr>
<tr>
<td>Pantothenic acid (as d-calcium pantothenate)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Calcium (as calcium citrate and Calcium Reservoir™)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Phosphorus (as magnesium phosphate, tribasic)</td>
<td>42.4 mg</td>
</tr>
<tr>
<td>Iodine (as potassium iodide)</td>
<td>150 mcg</td>
</tr>
<tr>
<td>Magnesium (as magnesium phosphate, tribasic)</td>
<td>49 mg</td>
</tr>
<tr>
<td>Zinc (as zinc gluconate)</td>
<td>15 mg</td>
</tr>
<tr>
<td>Selenium (as selenium selenate)</td>
<td>70 mcg</td>
</tr>
<tr>
<td>Copper (as copper gluconate)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Manganese (as manganese sulfate)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Chromium (as Chromium chloride)</td>
<td>120 mcg</td>
</tr>
<tr>
<td>Molybdenum (as sodium molybdate)</td>
<td>75 mcg</td>
</tr>
<tr>
<td>Chloride (as potassium chloride)</td>
<td>31.7 mg</td>
</tr>
<tr>
<td>Potassium (as potassium chloride)</td>
<td>35 mg</td>
</tr>
<tr>
<td>Alpha lipoic acid</td>
<td>100 mg</td>
</tr>
<tr>
<td>Guarana extract (Paulinia cupana) (seeds) (standardized for 15% alkaloids as caffeine (15 mg))</td>
<td>100 mg</td>
</tr>
<tr>
<td>Ajipure® L-Glycine</td>
<td>100 mg</td>
</tr>
<tr>
<td>Bioflavonoids (from Citrus bioflavonoid complex)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Choline (as choline bitartrate)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ MC Mix: a proprietary mix of complete trace minerals derived from slate, apatite, porphyry, sulfur, jasper and topaz.</td>
<td>30 mg</td>
</tr>
<tr>
<td>Biodynamic Herbal Pentas™ Mix: a proprietary mix of rhythmically prepared yarrow, oak, chamomile, nettles, dandelion and valerian.</td>
<td>5 mg</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient® (Piper nigrum) (fruit) (Standardized for 95% piperine (1.9 mg))</td>
<td>2 mg</td>
</tr>
<tr>
<td>Lycopene</td>
<td>1 mg</td>
</tr>
<tr>
<td>Boron (as amino acid chelate)</td>
<td>0.25 mg</td>
</tr>
<tr>
<td>Lutein (from Lutein 5% extract)</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Vanadium (as Vanadium amino acid chelate)</td>
<td>20 mcg</td>
</tr>
</tbody>
</table>

Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole and flounder) and soybeans.

* These statements have not been evaluated by the FDA.

This product is not intended to diagnose, treat, cure, or prevent any disease.

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Ajipure® registered trademark of Ajinomoto AminoScience LLC. Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585. FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.

Find more on: Ingredients, related research, Anthroposophy and health concerns on the Info tab of the www.truebotanica.com website.
The True Botanica “multi vitamins and minerals” formula contains three categories of substances:

1. It delivers over 100% of the recommended daily dietary needs for most vitamins and basic minerals.
2. It includes rhythmically prepared herbs, trace minerals and spices (Bioperine) that enhance the absorption and utilization of all nutrients, and
3. It is enhanced by specifically brain active and detoxifying nutrients (lipoic acid, glycine, choline and DHA) that benefit the mind — mental alertness, less fatigue, etc.

A true holistic formula intended to fulfill a threefold health support for body, soul and spirit.

Problem and Solution:

Even though the DHA contained in the product is of vegetarian origin (algae) some of our customers complained that the formula overall had a “marine/fishy” flavor. This regretfully forced them to discontinue the use of our brand even though they found the benefits of the unique threefold composition very tangible and superior to other multivite products on the market. Therefore we now also offer the Multi-Action Vitamin™ Mental Clarity II (shown on previous page) containing guarana in place of the DHA for those who prefer an excellent alternative.*

Suggested Usage: One serving daily or as directed by your health care provider.

---

### Supplement Facts

**Serving size:** 3 capsules  •  **Servings/container:** 30

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (as beta carotene and retinyl palmitate)</td>
<td>2000 IU</td>
</tr>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>150 mg</td>
</tr>
<tr>
<td>Vitamin D (as cholecalciferol)</td>
<td>400 IU</td>
</tr>
<tr>
<td>Vitamin E (as d-alpha tocopheryl acetate)</td>
<td>30 IU</td>
</tr>
<tr>
<td>Vitamin K (as phytonadione)</td>
<td>80 mcg</td>
</tr>
<tr>
<td>Thiamin (Vitamin B-1) (as thiamine mononitrate)</td>
<td>1.5 mg</td>
</tr>
<tr>
<td>Riboflavin (Vitamin B-2)</td>
<td>1.7 mg</td>
</tr>
<tr>
<td>Niacin (Vitamin B-3) (as niacinamide)</td>
<td>20 mg</td>
</tr>
<tr>
<td>Vitamin B-6 (as pyridoxine HCl)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Folate (as folic acid)</td>
<td>400 mcg</td>
</tr>
<tr>
<td>Vitamin B-12 (as cyanocobalamin)</td>
<td>6 mcg</td>
</tr>
<tr>
<td>Biotin</td>
<td>300 mcg</td>
</tr>
<tr>
<td>Pantothenic acid (as d-calcium pantothenate)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Calcium (as calcium carbonate)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Iron (as TRAACS® Ferrochel® Ferrous Bisglycinate Chelate)</td>
<td>18 mg</td>
</tr>
<tr>
<td>Phosphorus (as magnesium phosphate, tribasic)</td>
<td>42.4 mg</td>
</tr>
<tr>
<td>Iodine (as potassium iodide)</td>
<td>150 mcg</td>
</tr>
<tr>
<td>Magnesium (as magnesium phosphate, tribasic)</td>
<td>49 mg</td>
</tr>
<tr>
<td>Zinc (as zinc gluconate)</td>
<td>15 mg</td>
</tr>
<tr>
<td>Selenium (as selenium selenate)</td>
<td>70 mcg</td>
</tr>
<tr>
<td>Copper (as copper gluconate)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Manganese (as manganese sulfate)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Chromium (as Chromium chloride)</td>
<td>120 mcg</td>
</tr>
<tr>
<td>Molybdenum (as sodium molybdate)</td>
<td>75 mcg</td>
</tr>
<tr>
<td>Chloride (as potassium chloride)</td>
<td>31.7 mg</td>
</tr>
<tr>
<td>Potassium (as potassium chloride)</td>
<td>35 mg</td>
</tr>
<tr>
<td>Alpha lipoic acid</td>
<td>100 mg *</td>
</tr>
<tr>
<td>Boron (as amino acid chelate)</td>
<td>0.25 mg *</td>
</tr>
<tr>
<td>Choline (as choline bitartrate)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Bioflavonoids (from Citrus bioflavonoid complex)</td>
<td>50 mg *</td>
</tr>
<tr>
<td>Lutein (from Lutein 5% extract)</td>
<td>0.1 mg *</td>
</tr>
<tr>
<td>Lycopene</td>
<td>1 mg</td>
</tr>
<tr>
<td>Vanadium (as Vanadium amino acid chelate)</td>
<td>20 mcg *</td>
</tr>
<tr>
<td>DHA (Docosahexaenoic acid from algal oil as life’s DHA™)</td>
<td>105 mg *</td>
</tr>
<tr>
<td>Ajipure® L-Glycine</td>
<td>100 mg *</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient™ (Piper nigrum (fruit) [Standardized for 95% piperine (1.9 mg)])</td>
<td>2 mg *</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ MCIx: a proprietary mix of complete trace minerals and rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, jasper and topaz</td>
<td>30 mg *</td>
</tr>
<tr>
<td>Biodynamic Herbal Pentas™ MCIx: a proprietary mix of rhythmically prepared yarrow, oak, chamomile, nettles, dandelion and valerian.</td>
<td>5 mg *</td>
</tr>
<tr>
<td>Other ingredients: Algal oil, vegetable cellulose, glucose syrup solids, mannitol, sodium caseinate (milk), soy protein, high oleic sunflower oil, non-hydrogenated vegetable stearate, and FrutaFit®-Inulin.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

Contains milk protein, soybean and fish (cod, pollock, haddock, hake, cusk, redfish, sole and flounder).

Life’sDHA is a trademark of Martek Biosciences Corporation.

Ajipure® is a registered trademark of Ajinomoto AminoScience LLC.

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585.

TRAACS® is a registered trademark of Albion Laboratories, Inc.
Myrrh extracts (gugulipids) have an extensive use in traditional medicine. They have been shown to promote:

- Normal cholesterol and triglyceride levels;
- An active thyroid function;
- A healthy inflammatory response — through potent inhibition of NF-κB;
- Healthy joints;
- A clean, healthy skin;

According to Rudolf Steiner myrrh is useful in supporting all processes involved in the “Will” system.

Caution: Myrrh supplements may significantly lower the bioavailability of popranolol and diltiazem (heart and blood pressure medicines). Discuss with your health care provider if you are taking either of these medications.*

**Suggested Usage:** One capsule 2 times daily, or as suggested by your health care provider.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 capsule</th>
<th>Servings per container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMOUNT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>Gugulipid®, a myrrh (Commiphora mukul) extract, std. to 7.5% guggulsterones</td>
<td>500 mg *</td>
</tr>
<tr>
<td>Myrrh (Commiphora mukul) Pentas™ (a proprietary, rhythmically prepared Pentas™ mix of Myrrh (Commiphora mukul), Myrrh (Commiphora mukul) cinis, Raftilose®-Synergy-1 and Sipernat®)</td>
<td>5 mg *</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>1 mg *</td>
</tr>
<tr>
<td>Other ingredients: Raftilose®-Synergy-1 and Sipernat®*</td>
<td></td>
</tr>
</tbody>
</table>

* Daily Value not established.

Gugulipid® and Bioperine® are registered trademarks of the Sabinsa Corp.

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**Nattokinase Complex™**

This uniquely formulated nattokinase health product should be part of an essential regimen to maintain a healthy blood pressure and a healthy circulatory flow. Overall the formula also promotes normal blood clotting; supports reduced blood viscosity and reduces platelet aggregation.

**The formula includes:**

- The highest quality nattokinase available (if it does not say “NSK-D” it is not the best nattokinase)
- Pine bark extracts internationally known to support the cardiovascular system
- Uniquely formulated iris root to promote the healthy water eliminating properties of the kidney
- Uniquely rhythmically prepared trace minerals for the support of all the metabolic functions.*

**Suggested Usage:** One to two capsules daily, or as suggested by your health care provider. (Best taken on an empty stomach — ½ hour before or 2 hours after meals).

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 capsule</th>
<th>Servings/container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMOUNT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Nattokinase [as NSK-SD® (providing 2,000 FU activity per cap)]</td>
<td>75 mg</td>
</tr>
<tr>
<td>PinePure™ Pine bark extract (Pinus pinaster) (bark) [Standardized for 65% proanthocyanidins (13 mg)]</td>
<td>20 mg</td>
</tr>
<tr>
<td>Iris Root Pentas™</td>
<td>15 mg</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ (a proprietary, rhythmically prepared mix of complete trace minerals)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit®-Inulin, vegetable cellulose, and non-hydrogenated vegetable stearate.</td>
<td></td>
</tr>
</tbody>
</table>

† Daily Value not established.

**DAILY VALUES ARE BASED ON A 2,000 CALORIE PER DAY DIET.**

Contains trace amounts of soy.

PinePure™ is a trademark of Naturex, Inc.

NSK-SD® is a registered trademark of Japan Bio Science Laboratories.

FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC.

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* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
One of the most potent and full spectrum oregano formulas available.

This formula contains:
1. The whole oregano plant;
2. A high amount of oregano extract oils;
3. A rhythmically prepared oregano in order to support both physical and mental functions.

Oregano oils, especially through their most active fraction of carvacrol (a potent phenolic compound) are known to:
- Support the immune system against outside bacterial organisms both in the respiratory system and the body as a whole;
- Keep the digestive tract healthy;
- Have a strong antioxidant activity;
- Promote a healthy cell division;
- Restore a higher sense of energy and well being.

Rudolf Steiner’s research indicates that oregano has a warming and invigorating effect on the uterus.*

**Suggested dosage:** One capsule 2–4 times daily, or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oregano (Oreganum Vulgare) 4:1 Extract 125 mg</td>
<td>*</td>
</tr>
<tr>
<td>Oregano (Oreganum Vulgare) Whole Leaf Powder 125 mg</td>
<td>*</td>
</tr>
<tr>
<td>Oregano (Oreganum Vulgare) Extract std. to 30% carvacrol content 75 mg</td>
<td>*</td>
</tr>
<tr>
<td>Oregano (Oreganum Vulgare)Pentas™ 25 mg</td>
<td>*</td>
</tr>
<tr>
<td>(a proprietary, rhythmically prepared blend of Oregano (Oreganum Vulgare) extract with Raftilose®-Synergy-1 and Sipernat®)</td>
<td></td>
</tr>
<tr>
<td>Bioperine® 1mg</td>
<td>*</td>
</tr>
<tr>
<td>Other Ingredients: Raftilose®-Synergy-1</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a registered trademark of the Sabinsa Corporation.
Our physical and energetic bodies have a tremendous need for potassium. The body stores about 200,000mg(!) of potassium at any one time.

Need for more potassium can be indicated by (but not exclusively): fatigue, muscle weakness, confusion, irritability, heart problems, chronic diarrhea, etc.

Regular intense exercise requires more potassium intake! Moreover, adequate potassium levels help maintain a healthy blood pressure.

Many foods such as Swiss chard, spinach, potatoes, etc., are high in potassium but most people do not consume enough on a daily basis to achieve the recommended daily amounts of 5,000mg/day.

Unfortunately the FDA allows only 99mg of potassium per serving in any nutritional supplement. This makes the quality of the formula of paramount importance.

In order to not just supply potassium but support all the processes that are related to potassium we have added the unique Potassium Reservoir™.

Even the intake of 2–3 capsules of our formula will make a tremendous visible difference in just a few days.

(Please consult with your doctor if you are already taking a prescription potassium supplementation.)

Overall, our best in its category formula provides:
1. Organic potassium citrate with a superior bioavailability; this potassium form is found mostly in fruits and vegetables and directs the body to a healthier, alkaline state. It is the preferred natural potassium form recommended by knowledgeable therapists.
2. Contains the unique Potassium Reservoir™; a potassium combination that enhances a healthy digestive process and supports all the potassium connected processes in the body.
3. Trace minerals have been added to both increase absorption and help overcome the chronic trace minerals deficiencies.*

**Suggested Usage:** One to three capsules daily, or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 capsules • Servings/container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMT PER SERVING</td>
</tr>
<tr>
<td>-----------------</td>
</tr>
<tr>
<td>Iodine (from 5 mg of Atlantic kelp)</td>
</tr>
<tr>
<td>Zinc (from 8 mg of TRAACS® Zinc Glycinate Chelate)</td>
</tr>
<tr>
<td>Selenium (from 1 mg of selenium amino acid chelate)</td>
</tr>
<tr>
<td>Copper (from 1 mg of TRAACS® Copper Glycinate Chelate)</td>
</tr>
<tr>
<td>Manganese (from 2.5 mg of TRAACS® Manganese Glycinate Chelate)</td>
</tr>
<tr>
<td>Molybdenum (from 500 mcg of TRAACS® Molybdenum Glycinate Chelate)</td>
</tr>
<tr>
<td>Potassium (from 250 mg of Potassium citrate, Potassium chloride, Potassium malate and Potassium Reservoir™ blend)</td>
</tr>
<tr>
<td>Boron (from 1 mg of amino acid complex)</td>
</tr>
<tr>
<td>Silicon (from 250 mcg of Silicon amino acid chelate)</td>
</tr>
<tr>
<td>Vanadium (from 500 mcg of TRAACS® Vanadium Nicotinate Glycinate Chelate)</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit® Inulin, vegetable cellulose, and magnesium stearate.</td>
</tr>
</tbody>
</table>

† DAILY VALUE NOT ESTABLISHED  
** DAILY VALUES ARE BASED ON A 2,000 CALORIE PER DAY DIET

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.

*S These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
This formula supports the prostate in order to:
- Lessen urinary hesitation;
- Reduce frequent urge to empty the bladder — with the often accompanying sleep interruption;
- Improve sexual performance difficulties;
- Decrease the unwanted dihydrotestosterone (DHT), known to contribute to male pattern baldness and keep an overall healthy testosterone level;
- Reduce unwanted estrogen build up in mature men;
- Maintain a healthy cell division in the prostate.

Feel a physical relief but also an age appropriate sense of health and vitality.

Excellent features of the Prostate Complex™ formula include:
- Saw Palmetto — most prostate formulas fail because they include too little of this abundantly studied palm extract. Saw palmetto has clinically proven prostate benefits and contributes to longer male sexual performance.
- Lignans from Norway spruce — form enterolactones in the body which oppose DHT (dihydrotestosterone). DHT is partially responsible for prostate enlargement and has a significant role in male pattern baldness;
- Nettles — support the prostate against unwanted estrogenic influences in males;
- Tocotrienols —
  ■ Are the most potent fractions of Vitamin E to support healthy prostate cell division;
  ■ Maintain a healthy inflammatory level;
  ■ Assist hair growth;
  ■ Potent antioxidants;
  ■ Promote a healthy cardiovascular system;
  ■ Promote healthy cholesterol and triglycerides levels;
- Beta-Sitosterol — to ensure effectiveness we have included nearly double the amounts shown to be necessary in most studies. Beta Sitosterols promote normal prostaglandin levels and reduce prostate irritation.
- Boswellia, standardized to 90% of its most potent fraction, the AKBA. Only True Botanica offers this essential component that maintains a healthy inflammation level in the prostate and sustains a healthy prostate cell division.

Unique features:
- Includes Bioperine, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.
- Based on Rudolf Steiner’s research we have included rhythmically prepared:
  ■ herbs like hellebores and Lightroot™ (yam);
  ■ the salts and ashes naturally occurring in nettle root;
  ■ trace minerals derived from beryl, and more.*

Suggested Usage: Two capsules daily, or as suggested by your health care provider.

Suggested Usage: Two capsules daily, or as suggested by your health care provider.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Serving size: 2 capsules  • Servings/container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMT PER SERVING</td>
<td>% DAILY VALUE**</td>
</tr>
<tr>
<td>Calories</td>
<td>6</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>5</td>
</tr>
<tr>
<td>Total Fat:</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Zinc (as zinc picolinate)</td>
<td>10 mg</td>
</tr>
<tr>
<td>SabalSelect™ CO₂ Saw Palmetto</td>
<td>530 mg</td>
</tr>
<tr>
<td>textract (Serenoa repens Small) (berries) (Standardized for 85-95% fatty acids (450.50-503.50 mg))</td>
<td></td>
</tr>
<tr>
<td>Plant Sterols (from</td>
<td>350 mg</td>
</tr>
<tr>
<td>†Phytopin® Pine extract)</td>
<td></td>
</tr>
<tr>
<td>Typical Profile provides:</td>
<td></td>
</tr>
<tr>
<td>Beta-Sitostanol 70-80% (247-283 mg)</td>
<td></td>
</tr>
<tr>
<td>Beta-Sitostanol NMT 15% (53 mg)</td>
<td></td>
</tr>
<tr>
<td>Campesterol 6-10% (21-35 mg)</td>
<td></td>
</tr>
<tr>
<td>Campestanol NMT 2% (7 mg)</td>
<td></td>
</tr>
<tr>
<td>Other Phytoestrogens NMT 3% (10 mg)</td>
<td></td>
</tr>
<tr>
<td>DeltaGold® Tocotrienols (from annatto) (Typically providing 50% Mixed Tocotrienols (112.50 mg), including 85% Delta-Tocotrienol (95.63 mg) and 8% Gamma-tocotrienol (9 mg))</td>
<td></td>
</tr>
<tr>
<td>Chrysin (from Passion flower extract 99%) (Passifloracinernata) (flowering parts)</td>
<td></td>
</tr>
<tr>
<td>HMRlignan™ (7-Hydroxymatairesinol from Norwegian Spruce (Picea abies))</td>
<td></td>
</tr>
<tr>
<td>Pumpkin seed extract (Cucurbita pepo) (standardized for 25% fatty acids (mg))</td>
<td></td>
</tr>
<tr>
<td>Quercetin (as dihydrate) (Dimorphandra gardeniaria Fam. Leguminosae) (seeds)</td>
<td></td>
</tr>
<tr>
<td>Nettles root extract 4:1 (Urtica dioica)</td>
<td></td>
</tr>
<tr>
<td>Tocomin® Mixed Tocopherols/Tocotrienols Suspension (Typically providing 30% Mixed tocopherols and tocotrienols (12.50 mg))</td>
<td></td>
</tr>
<tr>
<td>Trace Minerals Pentas™ PC Mix: a proprietary mix, rhythmically prepared from: Christmas rose (Helleborus niger); complete trace minerals and minerals derived from beryl, slate, apatite, porphyry, sulfur, and the minerals from the ashes of nettle root (Urtica dioica).</td>
<td></td>
</tr>
<tr>
<td>AKBA 90° (Boswellia serrata) (resin) (Standardized for 90% AKBA (3-acetyl-11-Keto-beta-Boswellic acid (4.5 mg)))</td>
<td></td>
</tr>
<tr>
<td>Bioperine® Nature's Thermonutrient™ (Piper nigrum) (fruit) (Standardized for 95% piperine (1.90 mg))</td>
<td></td>
</tr>
<tr>
<td>Other ingredients: Vegetable cellulose and chlorophyll</td>
<td></td>
</tr>
</tbody>
</table>

† DAILY VALUE NOT ESTABLISHED
** DAILY VALUES ARE BASED ON A 2,000 CALORIE PER DAY DIET.

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; #5,744,161; #5,972,382; & #6,054,585.
HM Rlignan™ trademark is used under license from Linnea SATM.
SabalSelect™ is a trademark of Indena SpA.
Phytopin® is a registered trademark of DRT Nutraceuticals (France).
Recovery Tonic™ is a unique, proprietary blend of various forms of the ashwagandha root.

Its adaptogenic properties have been known both through traditional uses and through scientific studies.

Ashwagandha (Withania somnifera), also known as Winter Cherry or Indian Ginseng:
• Besides being significantly tonifying it is simultaneously calming rather than over-stimulating, thus very appropriate for people who have nervous exhaustion due to stress or are recovering from acute or chronic health challenges;
• Given, in a study, as a tonic in milk for normal children (2 g per day for 60 days) it was shown to increase total plasma proteins, healthy weight, hemoglobin, and hand grip!
• Adaptogenic and tonic effects seen in animals (better weight in the new born offspring, better metabolic rate, less inflammatory markers, etc);
• Promotes a normal white cell count;
• Supports less weight loss in chronic disease states, helpful in convalescence;
• Increases resistance to cold stress;
• Supports the healthy function of the adrenal gland with a stable cortisol level;
• Promotes a normal blood pressure;
• Reduces inflammatory markers, for example decreases glycosaminoglycan content in inflammatory granulomas; decreases the inflammatory marker alpha-2-macroglobulin;
• Promotes normal cell division;
• Traditionally used as an aphrodisiac and energizing tonic.

As unique features the formula contains:
• A full spectrum of the ashwagandha root: whole root; standardized extracts for a reliable effectiveness; the naturally occurring salts and minerals of the root;
• Rhythmically prepared additional trace minerals to better enable an effectiveness at all three levels of body, mind and spirit (based on Rudolf Steiner’s indications);
• The thermo-nutrient Bioperine™, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.

In general follow instructions on the bottle. For more immediate results, when a stronger effect is desired take 2 capsules three times daily for several weeks.*

Suggested Usage: One capsule twice daily, or as suggested by your health care provider.

Supplement Facts
Serving size: 1 capsule Servings per container: 60

<table>
<thead>
<tr>
<th>AMOUNT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashwagandha extract (Withania somnifera) (roots) [Standardized for 2.5% total alkaloids (7.5 mg), 4.5% total withanoides (13.5 mg), and 1.5% total withaferin-A (4.5 mg)]</td>
<td>300 mg</td>
</tr>
<tr>
<td>Ashwagandha Pentas™ (a proprietary, rhythmically prepared blend of Ashwagandha (Withania somnifera) (roots) and the salts and minerals of Ashwagandha)</td>
<td>20 mg</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ RT Mix: a proprietary mix of complete trace minerals and rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, emerald and topaz</td>
<td>20 mg</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient™ (Piper nigrum) (fruit) [Standardized for 95% piperine (0.95 mg)]</td>
<td>1 mg</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit®-Inulin, vegetable cellulose, non-hydrogenated vegetable stearate.</td>
<td></td>
</tr>
</tbody>
</table>

* Daily value not established

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585. FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

Find more on: Ingredients, related research, Anthroposophy and health concerns on the Info tab of the www.truebotanica.com website.
Rhodiola Plus™ SRW0259P

The Vikings already took this adaptogen, and tonic, of the rose family, before they went into battle. Rhodiola is known to support:
- Cognitive functions: improved long and short term memory; increased work productivity; improved concentration;
- Mood elevation and less anxious states;
- Overall less fatigue and an invigorated sense of well being;
- Improved work and athletic stamina (in one study exercise endurance was increased after one single dose);
- Better hand-eye coordination;
- Resistance to various physiologic stresses like cold, etc;
- A healthy cell division level in the prostate and other major organs;
- A quicker adaptation to high altitude by reducing fatigue, drowsiness, chest tightness, palpitations, vertigo, lack of attention and/or memory loss;
- May reduce the suffering of nicotine withdrawal;
- Abolished binge eating — in animal studies, by the rhodiola extract salidrosides;
- The promotion of erythropoiesis;
- Reduction of the inflammatory markers COX-2 and PLA2.

Unique features of this formula. It contains:
- A uniquely full spectrum of the rhodiola root: whole rhodiola root; standardized extracts of salidrosides and rosavins for a reliable effectiveness; the naturally occurring salts and minerals of the rhodiola root;
- Rhythmically prepared additional trace minerals to better enable an effectiveness at all three levels of body, mind and spirit (based on Rudolf Steiner’s indications)
- A uniquely concentrated (90%) boswellia extract, AKBA, having the ability to cross the blood brain barrier and to inhibit the 5-lipoxygenase inflammation enzyme.
- The thermo-nutrient Bioperine™, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.*

Suggested Usage: One capsule twice daily, or as suggested by your health care provider.

Serrazimes Complex™ SRW0318

Serrazimes are a powerful proteolytic (protein digesting) enzyme. Serrazimes used in this formula are of non-animal origin, and are completely suitable for vegetarians.

They support and promote:
- A faster recovery after minor muscle or connective tissue injuries which can occur after exercising, workout, etc;
- A healthy inflammatory state;
- A normal blood flow, blood fibrinogen level and blood viscosity;
- A healthy, loose respiratory mucous flow from the lungs;
- A healthy defense against outside microorganisms.

Should be taken on an empty stomach, ½ hour before or 2 hours after meals.*

Suggested Usage: One to two capsules daily, or as suggested by your health care provider. (Best taken on an empty stomach — ½ hour before or 2 hours after meals).

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 capsule  • Servings per container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMOUNT PER SERVING % DAILY VALUE</td>
</tr>
<tr>
<td>---------------------------------------------------</td>
</tr>
</tbody>
</table>
| Rhodiola rosea root extract ([Standardized for 300 mg *%
| 4% Rosavins (12 mg) and 2% Salidrosides (6 mg]) |                          |
| Rhodiola Cinis Pentas® [a proprietary mix of 20 mg *%
| rhythmically prepared salts and minerals           |
| from the Rhodiola (Rhodiola rosea) root]          |
| Trace Minerals Pentas® RHP Mix: a proprietary      |
| mix of complete trace minerals; rhythmically      |
| prepared trace minerals derived from slate,       |
| apatite, porphyry, sulfur, and amethyst.          |
| AKBA 90° (Boswellia serrata) (resin) [Standardized for 10 mg *%
| 90% AKBA (3-acetyl-11-Keto-beta-Boswellic acid (9 mg))] |
| AKBA True Pentas® (a proprietary, rhythmically    |
| prepared blend of Boswellia serrata and           |
| FrutaFit®-Inulin (Total mix std. to 5% AKBA 90°)  |
| Bioperine® Nature’s Thermonutrient® (Piper nigrum) (fruit) [Standardized for 1% piperine (0.05 mg])  |

* DAILY VALUE NOT ESTABLISHED

Other ingredients: Vegetable cellulose, FrutaFit®-Inulin, non-hydrogenated vegetable stearate.
Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585.
FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

Unique features of this formula. It contains:
- A uniquely full spectrum of the rhodiola root: whole rhodiola root; standardized extracts of salidrosides and rosavins for a reliable effectiveness; the naturally occurring salts and minerals of the rhodiola root;
- Rhythmically prepared additional trace minerals to better enable an effectiveness at all three levels of body, mind and spirit (based on Rudolf Steiner’s indications)
- A uniquely concentrated (90%) boswellia extract, AKBA, having the ability to cross the blood brain barrier and to inhibit the 5-lipoxygenase inflammation enzyme.
- The thermo-nutrient Bioperine™, a special black pepper extract that greatly enhances the plasma levels of all active ingredients.*

Suggested Usage: One capsule twice daily, or as suggested by your health care provider.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 capsule  • Servings per container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMOUNT PER SERVING % DAILY VALUE</td>
</tr>
<tr>
<td>---------------------------------------------------</td>
</tr>
<tr>
<td>Vitamin C (as ascorbic acid) 100 mg 167%</td>
</tr>
<tr>
<td>Serrazimes® (from Aspergillus oryzae and 50 mg †</td>
</tr>
<tr>
<td>and Aspergillus melleus) (providing 30,303 units</td>
</tr>
<tr>
<td>of serratiopeptidase activity)</td>
</tr>
<tr>
<td>Trace Minerals Pentas® RHP Mix: a proprietary</td>
</tr>
<tr>
<td>mix of complete trace minerals; rhythmically</td>
</tr>
<tr>
<td>prepared trace minerals derived from slate,</td>
</tr>
<tr>
<td>apatite, porphyry, sulfur, and amethyst.</td>
</tr>
</tbody>
</table>
| AKBA 90° (Boswellia serrata) (resin) [Standardized for 10 mg *%
| 90% AKBA (3-acetyl-11-Keto-beta-Boswellic acid (9 mg))] |
| AKBA True Pentas® (a proprietary, rhythmically    |
| prepared blend of Boswellia serrata and           |
| FrutaFit®-Inulin (Total mix std. to 5% AKBA 90°)  |
| Bioperine® Nature’s Thermonutrient® (Piper nigrum) (fruit) [Standardized for 1% piperine (0.05 mg)]  |

† DAILY VALUE NOT ESTABLISHED
** DAILY VALUES ARE BASED ON A 2,000 CALORIE PER DAY DIET.

Other ingredients: Vegetable cellulose, FrutaFit®-Inulin, non-hydrogenated vegetable stearate.
Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585.
FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

See also:
- The Vikings already took this adaptogen, and tonic, of the rose family, before they went into battle. Rhodiola is known to support:
- Cognitive functions: improved long and short term memory; increased work productivity; improved concentration;
- Mood elevation and less anxious states;
- Overall less fatigue and an invigorated sense of well being;
- Improved work and athletic stamina (in one study exercise endurance was increased after one single dose);
- Better hand-eye coordination;
- Resistance to various physiologic stresses like cold, etc;
- A healthy cell division level in the prostate and other major organs;
- A quicker adaptation to high altitude by reducing fatigue, drowsiness, chest tightness, palpitations, vertigo, lack of attention and/or memory loss;
- May reduce the suffering of nicotine withdrawal;
- Abolished binge eating — in animal studies, by the rhodiola extract salidrosides;
- The promotion of erythropoiesis;
- Reduction of the inflammatory markers COX-2 and PLA2.

Suggested Usage: One to two capsules daily, or as suggested by your health care provider. (Best taken on an empty stomach — ½ hour before or 2 hours after meals).

Contains trace amounts of soy and wheat.
FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC
Serrazimes® is a registered trademark of National Enzyme Company.
**Intended formula benefits:**
- Reduces the occasional environmental allergic challenges
- Support of normal respiratory function
- Relieves the occasional nasal congestion

**Unique features:**
1. An innovative combination of ingredients to calm allergic reactions. Among these is Coleus, a member of the lavender family. It is the only known natural source of the adenylate cyclase activating compound, which overall helps to enhance the production of substances in the body that relax the bronchial muscles by increasing cAMP. cAMP in turn reduces inflammation markers, has a positive inotropic action on the heart, and more. In vitro studies have also demonstrated that Coleus is able to promote the production of steroidal hormones in the rat adrenal cells. Clinical studies have shown that Coleus leads to an inhibition of antigen induced histamine release from human basophil leukocytes. It may increase respiratory volume and reduce airway resistance.

The formula also contains quercetin, a citrus derived bioflavonoid which inhibits the production of leukotrienes and prostaglandins, and inhibits the histamine release by basophils and mast cells.

2. Rudolf Steiner’s research indicates that rhythmically prepared trace minerals (jasper, for example), calcium, oak bark and especially fruits characterized by “leathery rinds” (lemon, lime, quince, bitter orange) are particularly helpful in these situations.

“In such fruits it becomes visible how form giving forces that work from the outside towards the inside are active in a particularly strong way. And by giving the juices of such fruits externally and internally, one can stimulate the astral body to be inclined toward the etheric body; the mineral content of the juices, for example, potassium, calcium, and silicic acid will, at the same time, bring about a support from the side of the Ego organization.”

3. Horsetail and nettles provide vegetable silicates which stabilize the connective tissues and lessen sensitivity to outside environmental factors.

4. Serrazimes are included in order to help with the nasal mucous consistency.

5. Bioperine®, a black pepper extract that increases the blood levels of the active ingredients.*

**Suggested Usage:** One capsule twice daily, or as suggested by your health care provider.

**Supplement Facts**  
Serving size: 1 capsule  •  Servings/container: 60

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advantra Z® Citrus aurantium fruit extract (standardized for 10% synephrine (15 mg)) 150 mg</td>
<td>*</td>
</tr>
<tr>
<td>Quercetin (as dihydrate) (Dimorphandra gardeniaria Fam. Leguminosae) (seeds) 120 mg</td>
<td>*</td>
</tr>
<tr>
<td>Stinging nettles extract (Urtica dioica radix) (root) (standardized for 1% silica (1 mg)) 100 mg</td>
<td>*</td>
</tr>
<tr>
<td>Forslean® Coleus forskohlii extract (root) (Standardized for 40% forskolin (20 mg)) 50 mg</td>
<td>*</td>
</tr>
<tr>
<td>Lemon peel powder (Citrus limon) 40 mg</td>
<td>*</td>
</tr>
<tr>
<td>Lime powder (Citrus aurantifolia) (fruit) 10 mg</td>
<td>*</td>
</tr>
<tr>
<td>Trace M inerals Pentas® SR Mix (a proprietary mix of complete trace minerals and rhythmically prepared trace minerals derived from slate, apatite, porphyray, sulfur, calcium apatite and Jasper) 10 mg</td>
<td>*</td>
</tr>
<tr>
<td>Barberry powder (Berberis vulgaris) (root bark) 5 mg</td>
<td>*</td>
</tr>
<tr>
<td>Fenugreek seed powder (Trigonella foenum graecum) 5 mg</td>
<td>*</td>
</tr>
<tr>
<td>Horsetail powder (Equisetum arvense) (herb) 5 mg</td>
<td>*</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient® (Piper nigrum) (fruit) (Standardized for 95% piperine (0.95 mg)) 1 mg</td>
<td>*</td>
</tr>
<tr>
<td>Serrazimes® (from Aspergillus oryzae and Aspergillus melleus) (providing 606 units of serratiopeptidase activity) 1 mg</td>
<td>*</td>
</tr>
<tr>
<td>BD Oak Bark Pentas® M ix 1 mg</td>
<td>*</td>
</tr>
<tr>
<td>Quince Juice Pentas® M ix 0.5 mg</td>
<td>*</td>
</tr>
<tr>
<td>Other ingredients: Vegetable cellulose, FrutaFit®-Inulin, and non-hydrogenated vegetable stearate.</td>
<td></td>
</tr>
</tbody>
</table>

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Advantra Z® is a licensed trademark of Nutratech, Inc. Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,336,506; 5,744,161; 5,972,382; & 6,054,585. Forslean® is a registered trademark of Sabinsa Corporation and holds U.S. Patent #5,804,596 FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC Serrazimes® is a registered trademark of National Enzyme Company.  

Find more on: Ingredients, related research, Anthroposophy and health concerns on the Info tab of the www.truebotanica.com website.
Main effect of St. John's Wort (Hypericum Perforatum) promotes:
- A sense of well being and upbeat mood;
- A strong immune defense;
- A longer sleep pattern;
- A healthy liver and urinary bladder function;
- A normal inflammatory state through 5-lipoxygenase inhibition;
- A clean skin.

Unique feature of this formula:
1. Contains rhythmically prepared trace minerals and the naturally occurring salts of the plant in order to achieve a more pronounced effect on the mental functions.
2. Contains Bioperine®, a black pepper extract that increases the blood levels of the active ingredients.*

Suggested Usage: One capsule three times daily, or as suggested by your health care provider.

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

St. John’s Wort Plus™
SRW0242

Intended for the relief of the occasional stomach upset, acid reflux (“heart burn”) or indigestion.

Special features of the formula are:
- PepZin GI® a patented zinc-carnosine formula, as well as the herb Terminalia arjuna. Both are well known through numerous studies to support the mucosal lining of the stomach;
- A unique combination of gentian and hawthorn to help facilitate the proper, physiological emptying of the stomach;
- A slippery elm and coriander spice combination for stimulating the digestive juices in the stomach as well as pancreas, liver and small intestine;
- Curcumin and a uniquely concentrated boswellia extract (AKBA) to decrease the inflammation markers COX-2 and 5-lipoxygenase;
- A very high quality of licorice;
- Bioperine®, a black pepper extract that increases the blood levels of the active ingredients;
- Based on Rudolf Steiner’s research the following items were added: a unique, rhythmically prepared mix of trace minerals from emerald, and rhythmically prepared mix of organic, biodynamic herbs, both groups in order to strengthen the solar plexus and thus the energetic strength of the stomach*.

Suggested Usage: One to two capsules daily, or as suggested by your health care provider.

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972, 382; & 6,054,585. Boswellin® is a registered trademark of Sabinsa Corporation. FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC.

Stomach Aid Plus™
SRW0312P

Intended for the relief of the occasional stomach upset, acid reflux (“heart burn”) or indigestion.

Special features of the formula are:
- PepZin GI® a patented zinc-carnosine formula, as well as the herb Terminalia arjuna. Both are well known through numerous studies to support the mucosal lining of the stomach;
- A unique combination of gentian and hawthorn to help facilitate the proper, physiological emptying of the stomach;
- A slippery elm and coriander spice combination for stimulating the digestive juices in the stomach as well as pancreas, liver and small intestine;
- Curcumin and a uniquely concentrated boswellia extract (AKBA) to decrease the inflammation markers COX-2 and 5-lipoxygenase;
- A very high quality of licorice;
- Bioperine®, a black pepper extract that increases the blood levels of the active ingredients.

Suggested Usage: One to two capsules daily, or as suggested by your health care provider.

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a registered trademark of the Sabinsa Corp.
Super B3 Plus™

Vitamin B-3 (niacinamide, or nicotinamide) has more recently emerged as a promising nutrient to maintain a healthy and vigorous memory function, when taken in doses close to 2,000mg per day.

Special features of the Super B-3 Plus™ formula:
• Contains the uniquely concentrated boswellia fraction AKBA (90%), known to be able to cross the blood brain barrier. Together with curcumin the inflammatory markers COX-2 and 5-lipoxygenase are lowered and support the health of the cognitive brain functions;
• Contains Bioperine, a natural black pepper extract known to increase the available plasma level of the other ingredients.*

Suggested usage: One capsule daily, or as suggested by your health care provider.

Supplement Facts
Serving size: 1 capsule • Servings/container: 180

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Niacinamide</td>
<td>400 mg</td>
</tr>
<tr>
<td>Curcumin C3 Complex® (95% curcuminoids)</td>
<td>30 mg</td>
</tr>
<tr>
<td>AKBA 90° [Frankincense resin (Boswellia serrata), std. to 90% AKBA (acetyl-11-Keto-beta-Boswellic acid)]</td>
<td>3 mg</td>
</tr>
<tr>
<td>Bioperine® (Piper nigrum) (fruit) (std. to 95% piperine)</td>
<td>1 mg</td>
</tr>
<tr>
<td>Other ingredients: Raftilose®-Synergy-1.</td>
<td></td>
</tr>
</tbody>
</table>

*SATISFACTORY VALUE NOT ESTABLISHED
Curcumin C3 Complex® and Bioperine® are registered trademarks of the Sabinosa Corp.

Throat Defense — Coming soon

To be released in early September 2011.

This formula will essentially replace the True Defense™ products — see following pages.

Triple Strength Probiotics™

This very potent formula (10 billion CFUs/serving*) consists of:
• several types of patented and intensely researched probiotic strains;
• growth promoting pre-biotic nutrients to support probiotics levels;

A few of the special characteristics of these particular documented strains are:
• high resistance to stomach acid and bile salts;
• accelerate regeneration of the lining of the intestinal tract even in the presence of high physiological stresses;
• induce improved mucin expression;
• compete with unfriendly bacteria for adherence to the intestinal walls;
• reduce inflammatory markers;
• reduce food intolerances of various kinds;
• enhance the production of interferon-gamma in active athletes;
• improve regularity;
• create a significantly higher sense of well being, energy and less fatigue.*

Suggested Usage: One capsule daily, or as suggested by your health care provider.

Supplement Facts
Serving size: 1 capsule • Servings/container: 30

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lactospore® Bacillus coagulans 15 Billion/gram (Providing no less than 3.75 billion spores at the time of manufacture)</td>
<td>250 mg **</td>
</tr>
<tr>
<td>Bifidobacterium longum Rosell-175 (1.25 billion CFUs*)</td>
<td>50 mg **</td>
</tr>
<tr>
<td>Lactobacillus rhamnosus Rosell-11 (1.20 billion CFUs*)</td>
<td>30 mg **</td>
</tr>
<tr>
<td>Lactobacillus acidophilus Rosell-52 (1.25 billion CFUs*)</td>
<td>25 mg **</td>
</tr>
<tr>
<td>Lactobacillus DDS-1 (2.25 billion CFUs*)</td>
<td>15 mg **</td>
</tr>
<tr>
<td>Lactobacillus acidophilus Laft® L10 (1.05 billion CFUs*)</td>
<td>7 mg **</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit®-Inulin, vegetable cellulose, and non-hydrogenated vegetable stearate.</td>
<td></td>
</tr>
</tbody>
</table>

* AT THE TIME OF MANUFACTURE
** DAILY VALUE NOT ESTABLISHED

CFUs = Colony forming units
FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC

Find more on: Ingredients, related research, Anthroposophy and health concerns on the Info tab of the www.truebotanica.com website.
A breakthrough, all natural remedy for the protection of the ear, nose and throat, with patented, clinically proven BLIS K12 throat-specific probiotics.

The natural immune barrier that exists in our ear, nose and throat against outside “germs” can be weakened by daily stress, past illnesses, the use of antibiotics and other factors.

Since most outside unwanted germs come to us through close person to person contact a healthy immune barrier is extremely important particularly for those in schools, traveling or interacting with large crowds.

True Defense replenishes this immune barrier.

This formula:
- Supports the body's immunity against outside germs, bacteria and viruses
  - Particularly important for those working, traveling or playing in crowded places;
  - Soothes a temporary sore throat;
  - Promotes oral health and a fresh breath;
  - Ensures adequate Vitamin C levels;
  - Restores a desirable probiotic level after the use of antibiotics.

Some of the major research findings on:
1. The throat specific probiotic Streptococcus salivarius:
   - It is part of the normal bacteria of the mouth and throat. It appears first in the newborn. It normally crowds out pathogenic bacteria. It produces two different kinds of bacteriocins, protein like substances that help it to inhibit and control the competing pathogenic bacteria.
   - The individuals with a high colonization rate of S. salivarius BLIS K12 are healthier.
   - Reduces inflammation in the mouth caused by other bacteria by inhibiting the NF kappa beta factor and cytokine production.
   - Children with a high rate of colonization of S. salivarius BLIS K12 in the mouth have been shown to have fewer days off school during the academic year.
   - Increases interferon production in the saliva.
   - Lessens the chance of tooth decay and gum irritation.
   - Improves overall ear health.
   - High concentration of S. salivarius BLIS K12 result in decreased malodor (bad breath) of the mouth since the number of sulfur compounds creating bacteria is diminished. This may also improve the sense of taste and smell in some individuals with chronic breath malodor.

2. Lactobacillus sporogenes.
   - Acid and bile resistant.
   - Helps reduce gingivitis, oral ulcerations and shorten the time to resolution of aphthous stomatitis.
   - Produces L(+) lactic acid, secrets bacteriocins.
   - May emerge as a significant, safe and simple method of reducing allergies, especially in children.
   - This complete probiotic supports anti-inflammatory activities through the modulation of the mucosal immune system.

3. Xylitol sweetener:
   - Helps reduce the incidence of ear infection (Otitis media). However, it is largely ineffective if given for ear pain relief while the ear infection is already present.
   - Helps reduce tooth decay and dental plaque formation.
   - Fights Biofilm formation in the mouth.*

Suggested Usage: For quick relief of the occasional cough or throat discomfort slowly chew or let dissolve in your mouth one tablet every 1–2 hours, up to five times daily.

### Supplement Facts

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>2</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>.8 g &lt;1%†</td>
</tr>
<tr>
<td>Sugars</td>
<td>.4 g</td>
</tr>
<tr>
<td>Sugar alcohols</td>
<td>.4 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Vitamin C (as sodium ascorbate)</td>
<td>75 mg 100%</td>
</tr>
<tr>
<td>Xylitol</td>
<td>375 mg *</td>
</tr>
<tr>
<td>Bacillus coagulans (Lactospore*)</td>
<td>25 mg *</td>
</tr>
<tr>
<td>(375 million CFUs**)</td>
<td></td>
</tr>
<tr>
<td>Streptococcus Salivarius (BLIS K12*)</td>
<td>25 mg *</td>
</tr>
<tr>
<td>(2.5 billion CFUs**)</td>
<td></td>
</tr>
<tr>
<td>Elderberry extract (Sambucus nigra L.) (Fruit) (Standardized for 10% total polyphenols (1 mg))</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Slippery elm bark (Ulmus fulva)</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Serrazimes*</td>
<td>5 mg</td>
</tr>
<tr>
<td>Menthol</td>
<td>1 mg</td>
</tr>
<tr>
<td>Trace minerals Pentas™ mix</td>
<td>1 mg *</td>
</tr>
</tbody>
</table>

* These statements have not been evaluated by the FDA.
† PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.

Lactospore® is a registered trademark of Sabinsa Corporation
Contains no milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, soy or wheat. Suitable for vegetarians.
True Defense® (KIDS) TDRW1001

For a full description of the True Defense concept see the True Defense 60 servings product.

True Defense for Kids has a similar but non-mint flavored formula.

True Defense immune supplements for children will encourage healthy behavior and enduring lifestyle choices with a natural immune boost. True Defense is especially beneficial to those who:
- desire more consistent school attendance;
- participate in school trips;
- want to increase the energy level;
- have taken antibiotics in the past;
- participate in rigorous athletics;
- wish to prevent ear infections;
- desire fresh breath.*

Directions: Sprinkle daily one packet on the tongue and let dissolve slowly in the mouth before swallowing.

Vital Mind AM™ SRW0347

Vital Mind AM™ should be considered together with the Vital Mind PM™ formula.

This “2-fold program” helps with general vitality, work efficiency, physical stamina, better mental functions at many levels and last but not least supporting a healthy endocrine, metabolic and respiratory system (due principally to the powerful adaptogenic herbs included).

Vital Mind AM™ consists largely of ginseng preparations supported by additional trace minerals for an overall synergistic effect.

This is a very comprehensive and full spectrum ginseng based formula.

Specifically Ginseng is known for improving functions like:
- Vitality
- Concentration
- Attention accuracy
- Arithmetic ability
- Working memory speed, and more

Our formula contains the highest quality, world renowned, Wisconsin ginseng with its vitalizing yet stress relieving effects as well as Asian ginseng for a quick morning energy boost. The branded Cereboost™ American ginseng has more recently been clinically proven to significantly improve mental functions.

Unique in this formula is the presence of all parts of the ginseng root, including the prongs and root fibers of the herb as well as the natural ginseng root salts!*

Suggested Usage: One capsule in the morning, or as suggested by your health care provider.

Supplement Facts
Serving size: 1 packet – approximately 0.049 oz (1.4 g)
Serving per container: 30

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>1</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>1 g   &lt;1%†</td>
</tr>
<tr>
<td>Sugars</td>
<td>0 g</td>
</tr>
<tr>
<td>Sugar alcohols</td>
<td>1 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg         &lt;1%†</td>
</tr>
<tr>
<td>Vitamin C (as sodium ascorbate)</td>
<td>75 mg 100%</td>
</tr>
<tr>
<td>Xylitol</td>
<td>1,000 mg      *</td>
</tr>
<tr>
<td>Lactospore* (Lactobacillus sporogenes) (375 million CFUs**)</td>
<td>25 mg *</td>
</tr>
<tr>
<td>Streptococcus Salivarius (Bis K 12®) (1.7 billion CFUs**)</td>
<td>17 mg *</td>
</tr>
<tr>
<td>Elderberry extract (Sambucus nigra L.) (Fruit) [Standardized for 10% total polyphenols (1 mg)]</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Slippery elm bark (Ulmus fulva)</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Serrazimes*</td>
<td>5 mg          *</td>
</tr>
<tr>
<td>Trace minerals Pentas™ mix</td>
<td>1 mg *</td>
</tr>
<tr>
<td>Other ingredients: Raspberry fruit powder, cherry fruit powder, beet juice powder (natural color), silicon dioxide, maltodextrin, corn starch, sunflower lecithin.</td>
<td></td>
</tr>
</tbody>
</table>

† % DAILY VALUE (DV) BASED ON 2,000 CALORIE DIET
* DAILY VALUE NOT ESTABLISHED

Lactospore® is a registered trademark of Sabinsa Corporation
Contains no milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, soy or wheat. Suitable for vegetarians.

Supplement Facts
Serving size: 1 capsule  • Servings/container: 30

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cognizin® Citicholine</td>
<td>250 mg †</td>
</tr>
<tr>
<td>Cereboost® American ginseng extract (Panax quinquefolius L. [root]) [Standardized for 10–12% ginsenosides (20–24 mg)]</td>
<td>200 mg †</td>
</tr>
<tr>
<td>Ginseng Cinis Pentas™ (a proprietary mix of rhythmically prepared minerals derived from the whole ginseng root.)</td>
<td>25 mg †</td>
</tr>
<tr>
<td>Trace Minerals VMAM M ix™ (a proprietary mix of rhythmically prepared complete trace minerals and trace minerals derived from apatite, slate, sulfur, porphyry, amethyst, sapphire, emerald, beryl and garnet)</td>
<td>15 mg †</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit® Inulin, vegetable cellulose, non-hydrogenated vegetable stearate, potato maltodextrin and silica.</td>
<td></td>
</tr>
</tbody>
</table>

† DAILY VALUE NOT ESTABLISHED

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.
Cereboost® is a trademark of Naturex, Inc.
Cognizin® is a registered trademark of Kyowa Hakko Bio Co., Ltd.

Find more on: Ingredients, related research, Anthroposophy and health concerns on the Info tab of the www.truebotanica.com website.
Vital Mind PM™ is a complex supplement that optimizes both the physical functions of the brain as well as the spiritual meditative functions as such. (Please note the remarks made for the Vital Mind AM™)

It is especially suitable for being taken at night, due to its calming and relaxing effect, but it definitely can be taken during the day time also. Whatever time of the day it is, when consumed over time the overall effect will be one of improving the cognitive processes, attention, learning ability, etc.

The formula intends to:
1. increase the neurotransmitter acetylcholine responsible for all memory functions (huperzine);
2. boost essential physiological brain processes such as glucose metabolism, circulation, etc. (bacopa, phosphotidyl serine);
3. support spiritual functions through rhythmically prepared, proprietary complexes of trace minerals and herbs.

The main benefits of Vital Mind PM™ are:
1. Mental — Enhanced memory, better focus, greater retention and recall of facts, improved concentration and learning ability;
2. Relaxation — Provides a sense of stress relief, calmness and confidence with more energy through direct effect on the brain physiology as well as by promoting a normal cortisol level;
3. Spiritual — Allows better meditation with an enhanced clarity and flexibility of thoughts.

Phosphatidyl serine helps not only the essential glucose metabolism of the brain but also supports a healthy level of adrenal cortisol. Having a healthy level of cortisol promotes better sleep and reduces the perception of stress.

Since Rudolf Steiner points out the crucial importance of the liver function in both retention and word-finding ability we suggest that one incorporates the newly formulated Liver Cleanse™ supplement in one’s general “vital mind” regimen.*

Suggested Usage: Two capsules in the evening, or as suggested by your health care provider.

### Supplement Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size: 2 capsules</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acetyl-L-Carnitine (as acetyl-L-carnitine HCL)</td>
<td>250 mg</td>
</tr>
<tr>
<td>Bacopin® Bacopa monniera extract (leaf) [Standardized for 50% Bacosides (125 mg)]</td>
<td>250 mg</td>
</tr>
<tr>
<td>Huperzine A (serrata) (aerial plant)</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Ginkgo biloba (leaf) extract [Standardized for 4% ginkgoflavonglycosides (36 mg) and 6% total terpene lactones (9 mg)]</td>
<td>150 mg</td>
</tr>
<tr>
<td>Phosphatidylserine (from soy) (as Sharp-PS™)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Dandelion root powder (Taraxacum officinale)</td>
<td>25 mg</td>
</tr>
<tr>
<td>Cinis Pentas VMPM Mix™ (a proprietary mix derived from dandelion (Taraxacum officinale) and maple (Acer rubrum) root)</td>
<td>20 mg</td>
</tr>
<tr>
<td>Trace Minerals VMPM Mix™ (a proprietary mix of rhythmically prepared complete trace minerals and trace minerals derived from apatite, slate, sulfur, porphyry, amethyst, sapphire, emerald, beryl and garnet)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Other ingredients: Vegetable cellulose, non-hydrogenated vegetable stearate, and FrutaFit®-Inulin.</td>
<td></td>
</tr>
</tbody>
</table>

† DAILY VALUE NOT ESTABLISHED

Contains soybeans.

Sharp-PS™ is a trademark of Enzymotec Ltd.

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC

Bacopin® is a registered trademark of Sabinsa Corporation.

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.
Every year it seems that the daily recommended intake of vitamin D is going up!

The currently accepted levels seem to be at a minimum 800–1,000 IUs, and that is just the amount expected to prevent an outright vitamin D deficiency. To get additional benefits that result in a lower risk to develop a number of diseases by supporting the overall health of various body systems, even higher amounts are required.

Knowledgeable doctors place the desirable range of vitamin D in the blood above 40ng/ml.

The current formula allows great flexibility in both an easy way to maintain a desirable range as well as easy adjustments should your therapist recommend higher amounts.

Special features of this formula:
- Contains 2,000 IUs of vitamin D — allows great flexibility in amounts taken both for maintaining an adequate daily level as well as enabling the easy taking of higher amounts if a therapist should suggest that;
- Bioperine™ has been added in order to further stabilize the blood level of this vitamin;
- Rudolf Steiner’s research indicates that the Lightroot™ yam has the ability to store light ether in the root. We have included this herb here (as well as rhythmically prepared trace minerals) in order to further increase and facilitate the processes that are connected to the light.*

Suggested Usage: One capsule daily, or as suggested by your health care provider.

### Supplement Facts
Serving size: 1 capsule  •  Servings/container: 60

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D (as cholecalciferol)</td>
<td>2,000 IU 500%</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ VDP Mix (a proprietary mix of complete trace minerals and rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, and jasper)</td>
<td>20 mg *</td>
</tr>
<tr>
<td>Lightroot™ powder (Dioscorea batatas) (roots)</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient™ (Piper nigrum) (fruit) [Standardized for 95% piperine (0.95 mg)]</td>
<td>1 mg *</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit™-Inulin, vegetable cellulose, and non-hydrogenated vegetable stearate</td>
<td>* DAILY VALUE NOT ESTABLISHED</td>
</tr>
</tbody>
</table>

Bioperine® is a registered trademark of the Sabinsa Corp. FrutaFit™-Inulin is a registered trademark of Imperial-Sensus, LLC.

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Vitamin K-2 is a superior, natural form of vitamin K. It is absorbed better from the intestine and remains longer in the blood stream.

Controlled studies reveal that people who take greater doses of vitamin K-2 in their diet have an improved cardiovascular health. High intakes of vitamin K-2 also correspond to less calcium deposition in the aorta, whereas the people who take less K-2 in their diet are more likely to show moderate or severe calcification. Animal studies suggest vitamin K intake not only blocks the progress of further calcium accumulation but also induces 37% regression of preformed arterial calcification.

Special features of this formula:
- True Botanica uses the MenaQ7™ form of Vitamin K-2, the most comprehensively studied and clinically tested form of K-2;
- Bioperine® has been added in order to further improve the blood level of this vitamin;
- Vitamin C has been added as a strong antioxidant;
- Rhythmically prepared trace minerals add to the energetic value of this formula.

Although the amounts of vitamin K contained in this product should not in general cause any concerns, discuss taking this product with your physician if you are taking blood thinners.*

Suggested usage: One to two capsules daily, or as suggested by your health care provider.

### Supplement Facts
Serving size: 1 capsule  •  Servings/container: 60

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>30 mg 50%</td>
</tr>
<tr>
<td>Vitamin K-2 (as MenaQ7™ Menaquinone-7)</td>
<td>45 mcg 56%</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ Vitamin K-2 Mix: a proprietary mix of complete trace minerals; rhythmically prepared trace minerals derived from slate, apatite, porphyry and sulfur.</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient™ (Piper nigrum) (fruit) [Standardized for 95% piperine (0.95 mg)]</td>
<td>1 mg *</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit™-Inulin, vegetable cellulose, non-hydrogenated vegetable stearate.</td>
<td>* DAILY VALUE NOT ESTABLISHED</td>
</tr>
</tbody>
</table>

Contains trace amounts of milk and soy.

MenaQ7™ is a trademark of NattoPharma, Norway. Bioperine® is a registered trademark of the Sabinsa Corp. FrutaFit™-Inulin is a registered trademark of Imperial-Sensus, LLC.
Hormonal challenges of the mature female body can be manifested as hot flashes, night sweats, etc or lack of vitality, insomnia, cognitive complaints, digestive disturbances, graying of hair, lack of libido, etc. All too often these are ascribed to aging. However, well being and vitality can be significantly enhanced by promoting a healthy hormonal balance.

What is special about this formula?
It contains:
• Multiple, clinically proven herbal extracts (Pueraria mirifica, Hops Lifenol, and red clover) to fight unwanted menopausal changes and additionally contribute to rejuvenation and higher vitality.
• HMRLignans® to support an optimal balance in the estrogenic metabolism.
• Bonistein®, a non soy product, to strengthen the bones.
• The uniquely concentrated AKBA boswellia to support healthy inflammatory processes.
• Wild yam and chaste berry to balance the phytoestrogens.
• Rhythmically potentized trace minerals and the herbal tuber Lightroot™ in order to strengthen the energetic effect of the overall formula.
• Bioperine® as a spice that increases the absorption of all components.

Additional information:
**Pueraria mirifica** (PM) — Traditionally it was felt that Pueraria can:
• be rejuvenating
• serve as an anti-wrinkle agent for aged and wrinkled skin
• darken white hair, and increase hair growth
• help with memory loss
• increase energy and vigor, more reflexive bodily movements
• increase blood circulation
• alleviate sleep difficulties.

In a Buddhist manuscript it was noted that pueraria “... helps to live a thousand years”.

Modern research has confirmed that pueraria contains phytoestrogens, similar to estriol, and that the herb revitalizes any organ where estrogen receptors might be located, such as bones, brain, skin, etc. Additionally, the safety data is impressive.

Latest findings show that although PM, when taken in larger quantities, seems to lead to breast enhancement, it also has a breast cell stabilizing effect.

In conclusion PM is a significant adaptogen that helps regulate the body’s natural metabolism and leads it to a healthy state.

**Hops Lifenol**
Helps to relieve menopausal symptoms and also helps maintain bone health and cardiovascular health. It enjoins a high safety level.

In a Belgian study women reported that after 12 weeks of treatment with Hops Lifenol both the menopausal symptoms of hot flashes plus insomnia, heart palpitation and irritability were significantly reduced.

**HMRLignans**
A recent research study showed that women treated daily with 50mg of HMRLignans had an over 50% reduction of hot flashes.

**Red clover**
This seems to be a very modest plant which has nevertheless been recognized for its benefits to the female organism. Interestingly enough by the time all of its components are digested it supplies a more significant isoflavones spectrum than soy products.

**Bonistein**
BONISTEIN® is a pure, non-soy, non-GMO, genistein isoflavonoid that, according to scientific studies, supports bone health benefits beyond those offered by calcium.*

**Suggested Usage:** One capsule daily, or as suggested by your health care provider.

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**Supplement Facts**
**Serving size:** 1 capsule  •  **Serving/container:** 30

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red clover powder (Trifolium pratense) (flowers) 150 mg</td>
<td>†</td>
</tr>
<tr>
<td>Kudzu powder (Pueraria lobata) (root) 150 mg</td>
<td>†</td>
</tr>
<tr>
<td>LIFENOL® Hops extract (Humulus lupulus L.) (flowers) 85 mg</td>
<td>†</td>
</tr>
<tr>
<td>HM Rlignan™ [7-Hydroxymatairesinol from Norwegian Spruce (Picea abies)] 50 mg</td>
<td>†</td>
</tr>
<tr>
<td>Lightroot® powder (Dioscorea batatas) 50 mg</td>
<td>†</td>
</tr>
<tr>
<td>Chasteberry 4:1 extract (Vitex agnus castus)(fruit) 25 mg</td>
<td>†</td>
</tr>
<tr>
<td>Wild yam extract (Mexican) (Dioscorea villosa) (root) [Standardized for 10% Diosgenin (2.5 mg)] 25 mg</td>
<td>†</td>
</tr>
<tr>
<td>Genistein (from BONISTEIN®) 10 mg</td>
<td>†</td>
</tr>
<tr>
<td>AKBA 90® (Boswellia serrata)(resin) [Standardized for 90% AKBA (3-acetyl-11-keto-beta-Boswellic acid (4.5 mg)] 5 mg</td>
<td>†</td>
</tr>
<tr>
<td>Lightroot® [Dioscorea batatas (roots)] Penas® M ix: a proprietary,rhythmically prepared mix of the dioscorea root and its salts and minerals] 5 mg</td>
<td>†</td>
</tr>
<tr>
<td>Trace M inerals Pentas® W EP M ix: a proprietary mix, rhythmically prepared from: complete trace minerals and minerals derived from kudzu (pueraria mirifica)(root), slate, apatite, porphyry and sulfur] 5 mg</td>
<td>†</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient® (Piper nigrum) (fruit) [Standardized for 95% piperine (1.9 mg)] 2 mg</td>
<td>†</td>
</tr>
</tbody>
</table>

† DAILY VALUE NOT ESTABLISHED.

BONISTEIN® is a trademark of DSM Nutritional Products. LIFENOL® is a registered trademark of Naturex, Inc. Bioperine® is a patented product from Sabinsa Corporation. HM Rlignan™ trademark is used under license from Linnea SATM.
LIQUIDS
5M Pentas™ TMS

Rudolf Steiner’s research indicates that salts and trace minerals derived from slate, sulfur, porphyry and apatite may help the life forces, soul activities and Ego forces work more deeply into the physical body:

- May be used in practically any situation as a general health support.
- Especially important when therapeutic resistance is encountered.
- Intended for use whenever a more balanced, awake state is wanted.
- Helpful in all situations where the person “does not quite feel present”.

**Special features of this formula:**
- The slate, sulfur, porphyry and apatite are rhythmically prepared (Pentas™ process) so that their energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5M Pentas™ (a proprietary, rhythmically prepared dilution of the salts and trace minerals of slate, sulfur, porphyry and apatite in distilled water; contains &lt;1ppm of slate, sulfur, porphyry and apatite)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

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Adrenal Pentas™ TMS

This rhythmically potentized adrenal product:
- Supports both the physical and the energetic functions of the adrenal glands.
- Promotes recovery of the normal function of the adrenal gland after physiologic or mental stresses.
- Assists in support of the adrenal glands with other therapies.

**Special features of this formula:**
- The adrenal glandular material (sourced from certified disease free New Zealand cows) is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5M Pentas™ (a proprietary, rhythmically prepared dilution of bovine adrenal (New Zealand) in distilled water; contains &lt;1ppm of bovine adrenal)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED
Chaste berry (Agnus castus) is used for:
• Helps relieve the discomfort of the premenstrual syndrome.
• Helps relieve the occasional congested breast discomfort.
• Supports a properly functioning female endocrine system.

Special features of this formula:
• A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made.
• The herb is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
• The salts and minerals naturally occurring in the plant are added to the formula.
• Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops • Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agnus castus herb 1:9 extract from Vitex Agnus castus (berry), 55 mg</td>
<td>0.5 ml *</td>
</tr>
<tr>
<td>Agnus castus Pentas™ (rhythmically prepared mix of Vitex Agnus castus (berry) in distilled water)</td>
<td>0.5 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of distilled water, vegetable enzymes, same plant salts, potassium sorbate, citric acid.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

Rudolf Steiner’s research indicates that amethyst:
• Is helpful in supporting the health of the cognitive functions
• Supports the recovery from all head related traumas both psychological and physical.

Special features of this formula:
• The amethyst is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
• Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops • Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amethyst Pentas™ (a proprietary, rhythmically prepared dilution of amethyst in distilled water; contains &lt;2ppm of amethyst)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
Argentum Pentas™ TMS

This formula restricts itself to rhythmically prepared silver (argentum) so that only its energetic value is emphasized!

Rudolf Steiner’s research indicates that argentum (silver):
• Supports all reproductive functions.
• Supports anabolic, restorative processes.
• Supports healthy sleep patterns.

Special feature of this formula:
• Contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops • Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Argentum™ Pentas (a proprietary, rhythmically prepared dilution of argentum (silver) in distilled water; contains &lt;1ppm of silver)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

Argentum Pentas™ Colloidum

Formula contains: the purest form (0.9999) of colloidal silver; particle size, 0.65 nm; min. 75% silver particles (the higher the number of particles the higher the quality of the product) and 25% silver ions. Concentration min 18 ppm.

Colloidal silver has been used as a mild nutritional support for the immune system in warding off unwanted outside pathogens.

Special features of this formula:
• The silver is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
• Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!

Suggested Usage: One teaspoon 3–4 times daily, or as suggested by your health care provider. Best taken on an empty stomach. Do not take for more than six months continuously unless recommended by a health care provider.

Supplement Facts
Serving size: 1 tsp. (5ml) • Servings/container: 36

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Silver</td>
<td>75 mcg *</td>
</tr>
<tr>
<td>Argentum Pentas™ (a proprietary, rhythmically prepared dilution of argentum (silver) in distilled water; contains &lt;1ppm of silver)</td>
<td>1.1 ml *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED
This formula restricts itself to rhythmically prepared silver (argentum) and quartz (silica) so that only their energetic aspects are emphasized!

Rudolf Steiner’s research indicates that argentum (silver) and quartz (silica):
- Promotes a normal inflammatory state.
- Promotes a “clear” mind and nerve-sense system.
- Promotes a normal sensitivity to environmental allergens.

Special features of this formula:
- The silver and quartz are also rhythmically prepared (Pentas™ process) so that their energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 20 drops</th>
<th>Servings/container: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>Argentum (silver) and Quartz Pentas™ (a proprietary, rhythmically prepared dilution of argentum (silver) and quartz in distilled water; contains &lt;1ppm of argentum and quartz)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

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This formula restricts itself to rhythmically prepared arnica root (Pentas™ process) so that only its energetic value is emphasized!

Rudolf Steiner’s research indicates that arnica root, in general, calls up from the depth of the organism the energetic forces that help to mobilize all the healing systems needed to overcome traumas (injuries) both physical and psychological:
- Supports recovery from injuries (both mental and physical)

Special features of this formula:
- The salts and minerals naturally occurring in the plant are added to the formula.
- Contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 20 drops</th>
<th>Servings/container: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>Arnica Pentas™ (a proprietary, rhythmically prepared dilution of arnica in distilled water; contains &lt;1ppm of arnica)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

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Astragalus Pentas™ Tincture

Astragalus:
- In traditional medicine
  ■ Warming, tonic character; helpful in restoring energy during convalescence.
  ■ Increases resistance to outside influences like cold.
- Modern research uncovered benefits in:
  ■ Supports the immune system, increases the production of white blood cells.
  ■ Promotes a normal blood pressure.

Rudolf Steiner’s research indicates that astragalus:
- Has a strengthening effect on the Ego organization. The effect occurs over the nervous system.

**Special features of this formula:**
- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made. Both the root and seeds of the plants were utilized here.
- The herb is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>SERVING SIZE</th>
<th>AMOUNT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 drops</td>
<td>0.5 ml</td>
<td></td>
</tr>
<tr>
<td>0.5 ml of Astragalus Herb 1:9 extract from <em>Astragalus membranaceous</em> (root)</td>
<td>*</td>
<td>55 mg</td>
</tr>
<tr>
<td>0.5 ml of Astragalus Pentas™ (rhythmically prepared mix of <em>Astragalus membranaceous</em> (root) in distilled water)</td>
<td>*</td>
<td>Trace Minerals</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of distilled water, vegetable enzymes, same plant salts, potassium sorbate, citric acid.</td>
<td>*</td>
<td>DAILY VALUE IS NOT DETERMINED</td>
</tr>
</tbody>
</table>

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Aurum Pentas™ TMS

This formula restricts itself to rhythmically prepared gold (aurum) so that only its energetic value is emphasized!

Rudolf Steiner’s research indicates that gold (aurum):
- Supports balanced heart functions.
- Strengthens the thinking process.
- “Lightens” the mood.
- Supports a healthy pregnancy.

**Special feature of this formula:**
- Contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*  

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>SERVING SIZE</th>
<th>AMOUNT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 drops</td>
<td>1 ml</td>
<td></td>
</tr>
<tr>
<td>1 ml of Aurum Pentas™ (a proprietary, rhythmically prepared dilution of Aurum (gold) in distilled water; contains &lt;1ppm of gold)</td>
<td>*</td>
<td>Trace Minerals</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td>*</td>
<td>DAILY VALUE IS NOT DETERMINED</td>
</tr>
</tbody>
</table>
Effects of belladonna root from an anthroposophical point of view (based on Rudolf Steiner’s research):
- “One would want to give it to the entire modern humanity because everybody has such a tendency towards early aging” (R. Steiner).
- Supports the activity to reduce stiffness in all organs:
  - More joint flexibility.
  - Less muscular cramping.
  - Eases the menstrual cycle.
  - Flexible arterial-cardiovascular system.
  - Improved bile flow.
- Supports a properly relaxed sympathetic nervous system.
- Helpful in overheated and dry states.
- Improves an “awake” mental state.

Special features of this formula:
- This is a novel concept of using the root (as opposed to the berries) of the belladonna plant and then subjecting it to rhythmical preparation (Pentas™ process) so that its energetic value is enhanced even more.

- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops • Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belladonna Pentas™ (a proprietary, rhythmically prepared dilution of Atropa belladonna (root) in distilled water; contains &lt;1ppm of belladonna)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

Rudolf Steiner’s research indicates that beryl supports the structure and function of:
- Kidneys and Heart.

Special features of this formula:
- The beryl is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops • Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beryl Pentas™ (a proprietary, rhythmically prepared dilution of beryl in distilled water; contains &lt;1ppm of beryl)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.
Rudolf Steiner’s research indicates that chalcedony supports the structure and function of:
- Knees and elbows.

Special features of this formula:
- The chalcedony is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops  •  Servings/container: 50

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<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chalcedony Pentas™ (a proprietary, rhythmically prepared dilution of chalcedony in distilled water; contains &lt;1ppm of chalcedony)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

Chamomile:
- Soothes and relieves abdominal colics, heart burn, and indigestion.
- Eases nerve pains, headaches.
- Calms an anxious state of mind, supports a restful sleep.
- Acts as an herbal diuretic.
- Eases tense muscles and pre-menstrual cramps.

Rudolf Steiner's research indicates that chamomile:
- Is a real “blessing” in the digestive tract because due to its special relationship with sulfur it connects the etheric life forces to the intestinal tract.
- Chamomile flowers help with the calcium metabolism.

Special features of this formula:
- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made.
- The chamomile is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops  •  Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chamomile Herb 1:12 extract from Matricaria recutita (flower), 25 mg</td>
<td>0.3 ml *</td>
</tr>
<tr>
<td>Chamomile Pentas™ [rhythmically prepared mix of Matricaria recutita (flower) in distilled water]</td>
<td>0.7 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of distilled water, vegetable enzymes, same plant salts, potassium sorbate, citric acid.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED
Chicory cum Stanno Tincture

Chicory bitters are:
- A digestive tonic.
- A support for a healthy liver, gall bladder and pancreas function.
- Helpful in detoxification programs.

Rudolf Steiner’s research indicates that chicory:
- Has a complex threefold activity: on the digestive tract through its bitters; on the health of the blood through its alkali components; and on the periphery through its silicates content.
- Here a characteristic anthroposophical formula is presented whereby the chicory plant is synergistically combined with the trace metal tin (stannum). This is a specific indication of R. Steiner’s that metals can be “potentized” by allowing them to be absorbed first through the plant. Stannum supports the health of the liver but also other nerve related processes.

Special features of this formula:
- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made.
- The chicory is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.

- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops • Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Chicory Herb 1:4 extract from * Cichorium intybus (root), 50 mg</td>
<td>0.2 ml</td>
</tr>
<tr>
<td>Chicory Pentas™ [rhythmically prepared mix of * Cichorium intybus (root) in distilled water]</td>
<td>0.8 ml</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of distilled water, vegetable enzymes, same plant salts, potassium sorbate, citric acid.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

Chrysolith Pentas™ TMS

Rudolf Steiner’s research indicates that chrysolith supports the structure and function of:
- The eyes and the entire visual tract.

Special features of this formula:
- The chrysolith is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops • Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chrysolith Pentas™ (a proprietary, rhythmically prepared dilution of chrysolith in distilled water; contains &lt;1ppm of chrysolith)</td>
<td>1 ml</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

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Find more on: Ingredients, related research, Anthroposophy and health concerns on the Info tab of the www.truebotanica.com website.
Rudolf Steiner’s research indicates that cinnabar and pyrite are minerals that:
- Support the normal structure and function of the respiratory tract.
- Promote inflammation and irritation free mucous membranes of the mouth, throat, larynx and lungs.

**Special features of this formula:**
- The cinnabar and pyrite have been rhythmically prepared (Pentas™ process) so that their energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 20 drops</th>
<th>Servings/container: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>Cinnabar-Pyrite Pentas™ (a proprietary, rhythmically prepared dilution of cinnabar and pyrite in distilled water; contains &lt;1ppm of cinnabar and pyrite)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

This formula restricts itself to rhythmically prepared copper (cuprum) so that only its energetic value is emphasized!

At an energetic level copper:
- Supports healthy veins.
- Helps relieve colics and cramps.
- Helps relieve a temporary cough.

Rudolf Steiner’s research indicates that copper is a mineral that:
- Brings a warming quality to mental and physical processes.
- Helps relieve an overwhelmed feeling due to an overabundance of sense impressions.
- Strengthens liver, thyroid and kidneys.

**Special feature of this formula:**
- Contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 20 drops</th>
<th>Servings/container: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>Cuprum Pentas™ (a proprietary, rhythmically prepared dilution of cuprum in distilled water; contains &lt;1ppm of copper)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED
This formula provides a:
- Soothing effect in times of temporary coughs, congestions and other general winter related challenges.
- Promotes a strong immune defense.
- Promotes a healthy respiratory system.
- Assists the easy expelling of mucous.
- Supports detoxification through healthy sweating.

**Special features of the formula:**
- Contains pure organic elderberry syrup.
- Contains xylitol, a carbohydrate known to strongly promote the health of the ears, mouth, throat and teeth.
- Contains a full spectrum thyme: the whole plant extract; the thyme oil; the thyme salts and minerals derived from the thyme ashes.*

Suggested Serving: For adults: 2 tsp 3-4 times daily or as directed by a health care provider; For children, 3 to 7 years, use half the adult serving.

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Rudolf Steiner’s research indicates that emerald supports the structure and function of:
- The solar plexus.
- Thus it supports all therapies directed at the stomach, pancreas and metabolism.
- Processes located in the upper arms and the upper legs.

**Special features of this formula:**
- The emerald is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

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Horsetail is known to:
- Support the kidneys and the urinary system in a comprehensive way.
- Support healthy nails and hair structure.
- Provides the body with valuable organic silicates that assist in the optimal functioning of the nervous system, connective tissues, joints, bones, and sense organs.

Rudolf Steiner’s research regarding horsetail indicates:
- Here a characteristic anthroposophical formula is presented whereby the horsetail plant is sprayed as it is growing with a quartz dilution which enriches the horsetail with silica and makes the quartz more organic and able to penetrate deeper into the life forces. This is a specific indication of R. Steiner’s that minerals can be “potentized” by allowing them to be absorbed first through the plant.

Special features of this formula:
- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made.
- The horsetail is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Servings size: 20 drops  •  Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equisetum Herb 1:20 extract from Equisetum arvensae (stem, leaves), 15 mg</td>
<td>0.3 ml *</td>
</tr>
<tr>
<td>Equisetum Pentas™ [rhythmically prepared mix of Equisetum arvensae (stem, leaves) in distilled water]</td>
<td>0.7 ml *</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of distilled water, trace minerals, vegetable enzymes, same plant salts, potassium sorbate, citric acid.</td>
<td>* DAILY VALUE IS NOT DETERMINED</td>
</tr>
</tbody>
</table>

Anthroposophical viewpoints based on Rudolf Steiner’s indications:

Formic acid plays a central role in nature to transform the decaying, fallen leaves in the autumn into the dark rich earth that we find in the spring. These rejuvenating qualities are seen physiologically in:
- Support to resolve tenacious mucous.
- Promote flexible joints especially when a gouty or atrophic tendency of the joints exists.
- Re-enlivening the digestive and nutrition forces especially in exhausted, convalescent and elderly people.
- Promoting a transition from destructive catabolic to anabolic up-building physiologic processes.

Special features of this formula:
- The formic acid is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Servings size: 20 drops  •  Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Formica Pentas™ (a proprietary, rhythmically prepared dilution of formica in distilled water; contains &lt;1ppm of formica)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td>* DAILY VALUE IS NOT DETERMINED</td>
</tr>
</tbody>
</table>
Gelsemium Pentas™ TMS  SRW0067

Eases discomfort in times of congestion, headache, “body aches and pains”, promotes a cooling body temperature.

Special features of this formula:
• Yellow jasmine (Gelsemium) is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
• Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Gentian Pentas™ Tincture  SRW0018

Rudolf Steiner characterizes gentian in detail as being a plant that helps breathing processes and elimination processes on both a physical and a more spiritual level. It helps against stagnations in the head, lungs, digestion or limbs.

Gentian is a well known digestive remedy:
• Promotes stomach emptying.
• Relieves intestinal bloating, gas build up, especially the feeling that food is not passing along properly.
• May also have blood vessel relaxing properties which allow it to support a normal blood pressure.

Rudolf Steiner’s research indicates that gentian:
• Has a subtle quality of eliminating stagnation in all organs in the body. This ability extends literally from the head to the limbs. He defines this as a “breathing” quality both on a physical and spiritual level.

Special features of this formula:
• A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made.
• The gentian is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
Five major organs have been combined here: Lungs, Liver, Kidney, Heart and Spleen

They originate from certified healthy New Zealand cows. These organs have been rhythmically prepared in the Pentas™ form in order to emphasize their energetic aspects.

In anthroposophical, as well as in other energetically and spiritually sensitive therapeutic systems these organs are known to be:

- Essentially the five pillars on whose harmonic working together all other physiologic and healing forces rest.
- Strengthen the vital life forces overall and facilitate other nutritional and therapeutic modalities.
- Constituting a powerful tonic, support in deepening therapeutic interventions of any kind, etc.

Rudolf Steiner calls the first four organs (lungs, liver, kidneys, and heart) the “meteorologic organs” and indicates that they control the four elements in the human physiology: earth, water, air, and fire, and points to the spleen (perhaps light) as balancing the others.

The Latin name, solidago, means to make whole, and comes from the observed effect of goldenrod to promote a quicker repair of wounds. It makes the body whole again.

On a spiritual level, goldenrod has a similar effect. It helps to “scar over an old wound”, to get over an old trauma, to enable us to forget an injury that we cannot get over. In our modern times where inequities, slights, and traumas can be deep-seated, with people being unable to erase them from their mind, goldenrod may be one of the most important herbs to know about.

Modern scientific research shows that it has the ability to increase the amount of urine that is being passed from the bladder without causing, however, a loss of salts.

Special features of this formula:

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made.
- The goldenrod also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.

Additional special feature of this formula:

- Contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 20 drops</th>
<th>Servings/container: 50</th>
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</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>Glandular Pentas™ : bovine lung, heart, kidney, liver and spleen (New Zealand) (a proprietary, rhythmically prepared dilution in distilled water; contains &lt;1ppm of bovine lung, heart, kidney, liver and spleen)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED
Rudolf Steiner valued highly the beneficial effects of the iris (oris) root.

According to his indications the unpleasant smell and bitter taste attest to the fact that it involves very strongly the forces of the Ego in its activity on the kidney, the elimination of water, detoxification through urination, and relief of leg edema.

Special features of this formula:
- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made.
- The iris root is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops  Servings/container: 50

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<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iris Pentas™</td>
<td></td>
</tr>
<tr>
<td>a proprietary, rhythmically prepared dilution of Iris germanica (root) in distilled water; contains &lt;1ppm of iris root)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals 10 mg *</td>
<td></td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

A proprietary, rhythmically prepared combination of iron carbonate and iron phosphate.

Rudolf Steiner attaches a special importance to the mineral compositions that are made from carbonates and phosphates in certain proportions to one another. Those compositions not only bring into the body the beneficial effects of the corresponding spiritual substance forces — in this case the iron forces — but more importantly they also stimulate all the nutritional forces that rest in a sort of “reservoir”, and are connected to the substance in question. (For more details about the “reservoir” principle, see the description for True Life Reservoir™ in the functional foods section of the catalog)

This formula supports:
- The absorption of healthy iron levels.
- Supports iron in its beneficial metabolic effects on the red blood cells, the gall bladder, and more.
- Supports the spiritual iron effects resulting in:
  - A calmer more “courageous” state of mind.
  - A clear voice.

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!* 

Attention: Only the rhythmically prepared iron is included here. There is not enough iron here to serve as a dietary iron source.

Supplement Facts
Serving size: 20 drops  Servings/container: 50

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<tr>
<th>AMT PER SERVING</th>
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<tbody>
<tr>
<td>Iron (from 0.5 mg Iron Carbonate 50%) 0.25 mg</td>
<td>&lt;1%*</td>
</tr>
<tr>
<td>Iron Reservoir Pentas Mix [a rhythmically prepared mix of the metal salts of (iron phosphate and iron carbonate) &lt;1ppm in distilled water] 1 ml</td>
<td>**</td>
</tr>
<tr>
<td>Trace Minerals 10 mg</td>
<td>**</td>
</tr>
<tr>
<td>Other ingredients: Potassium sorbate, citric acid.</td>
<td></td>
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</tbody>
</table>

* DAILY VALUES BASED ON A 2000 CALORIE PER DAY DIET. ** DAILY VALUES NOT ESTABLISHED.
Rudolf Steiner’s research indicates that jasper supports the structure and function of:

- The spinal column and back.
- The skin.
- The hands and feet.

**Special features of this formula:**

- The jasper is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

**Supplement Facts**

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<tbody>
<tr>
<td>AMT PER SERVING</td>
<td>% DAILY VALUE</td>
</tr>
<tr>
<td>J asper Pentas™</td>
<td>1 ml</td>
</tr>
<tr>
<td>(a proprietary, rhythmically prepared dilution of jasper in distilled water; contains &lt;1ppm of jasper)</td>
<td></td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* Daily value is not determined.

Lobelia supports a free airway and breathing.

**Special features of this formula:**

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made.
- The lobelia plant is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

**Supplement Facts**

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<tbody>
<tr>
<td>AMT PER SERVING</td>
<td>% DAILY VALUE</td>
</tr>
<tr>
<td>Lobelia Herb 1:12 extract from Lobelia inflata (leaf), 25 mg</td>
<td>0.3 ml</td>
</tr>
<tr>
<td>Lobelia Pentas™ [rhythmically prepared mix of Lobelia inflata (leaf) in distilled water]</td>
<td>0.7 ml</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of distilled water, vegetable enzymes, same plant salts, potassium sorbate, citric acid.</td>
<td></td>
</tr>
</tbody>
</table>

* Daily value is not determined.
Lovage Pentas ™ Tincture

Lovage is a well-known spice that helps support a healthy digestion. Lovage has also been known to help in support of the normal menstrual cycle and healthy kidney function.

Rudolf Steiner research indicates the following additional properties:
- Promotes a healthy ear function and eases the discomfort of a painful ear.
- Promotes a regular rhythmical heart beat.
- Supports proper digestive functions and a healthy absorption of nutrients from the intestine to the lymphatic flow.
- Relieves intestinal colics.
- Supports a normal menstrual cycle.
- Re-enlivens and refreshes an atrophic/devitalized/tired uterus (outer signs can be not just absence of menses, fibroids, etc. but also fatigue, irritability, feeling overwhelmed by outer stresses, and so on.)

Special features of this formula:
- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very "living" mother tincture of this herb from which the final product is made.
- The lovage plant is also rhythmically prepared (Pentas ™ process) so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.

Mercurius Pentas ™ TMS

Only the special, rhythmically prepared and diluted mercury metal has been used here for its energetic and spiritual value.

Absolutely no mercury metal as such, with its toxic properties, is contained in this formula.

According to various spiritual traditions, confirmed by Rudolf Steiner, highly diluted forms of mercury can have a number of very salutary effects on the body and mind (essentially the opposite effects of the toxic metal itself):
- Supports the digestive forces.
- Supports the integrity of the cells lining the hollow organs from mouth to intestinal tract; circulation; lungs.
- Supports the proper cell division.
- Supports a healthy respiratory lung function.

Special feature of this formula:
- Contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops  •  Servings/container: 50

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<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lovage Herb 1:7 extract from Levisticum officinale (root), 28 mg</td>
<td>0.2 ml *</td>
</tr>
<tr>
<td>Lovage Pentas ™ [rhythmically prepared mix of Levisticum officinale (root) in distilled water]</td>
<td>0.8 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of distilled water, vegetable enzymes, same plant salts, potassium sorbate, citric acid.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
Motherwort (Leonurus cardiaca) is used in traditional therapies for:
• Support of nervous heart conditions
  ▪ Especially when a faster heart rate is known to occur after a heavy meal or after eating poorly tolerated foods.
• Support of an overactive thyroid.
• Relief of respiratory conditions.
• Relief of intestinal flatulence.

Special features of this formula:
• A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made.
• The motherwort plant is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
• The salts and minerals naturally occurring in the plant are added to the formula.
• Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*  

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Onyx Pentas™ TMS

Rudolf Steiner’s research indicates that onyx supports the structure and function of:
• The ears.
• The general sense of hearing.

Special features of this formula:
• The onyx is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
• Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*  

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Serving size: 20 drops</th>
<th>Servings/container: 50</th>
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</thead>
<tbody>
<tr>
<td>AMT PER SERVING</td>
<td>% DAILY VALUE</td>
<td></td>
</tr>
<tr>
<td>Motherwort Herb 1:18 extract from Leonurus cardiaca (leaf, flower), 11 mg</td>
<td>0.2 ml *</td>
<td></td>
</tr>
<tr>
<td>Motherwort Pentas™ [rhythmically prepared mix of Leonurus cardiaca (leaf, flower) in distilled water]</td>
<td>0.8 ml *</td>
<td></td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: A proprietary mix of distilled water, vegetable enzymes, same plant salts, potassium sorbate, citric acid.

* DAILY VALUE IS NOT DETERMINED

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>AMT PER SERVING</td>
<td>% DAILY VALUE</td>
<td></td>
</tr>
<tr>
<td>Onyx Pentas™ (a proprietary, rhythmically prepared dilution of onyx in distilled water; contains &lt;1ppm of onyx)</td>
<td>1 ml *</td>
<td></td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: Distilled water, Citric Acid, Potassium sorbate.

* DAILY VALUE IS NOT DETERMINED
The pituitary gland has a central role in the proper functioning of the endocrine system. The pineal gland is less understood overall but has a role in the daily circadian rhythm of the sleep-wake cycle. This nutritional supplement supports a healthy functioning of these two glands.

Rudolf Steiner’s research indicates that energetically these two glands working together have a higher “governor” function in the context of the overall life body organism. They help:
- Make retention and proper memory function possible in the first place.
- Contribute to a feeling of vitality.

Special features of this formula:
- The pineal and pituitary glandular material (sourced from certified disease free New Zealand cows) are rhythmically prepared (Pentas™ process) so that their energetic value is enhanced;
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops • Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bovine pineal and pituitary Pentas™ (a proprietary, rhythmically prepared dilution of bovine pineal and pituitary (New Zealand) in distilled water; contains &lt;1ppm of bovine pineal and pituitary)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

Rudolf Steiner’s research indicates that quartz (silica):
- Promotes a “clear” mind and nerve-sense system.
- Promotes a normal sensitivity to environmental allergens.
- Supports healthy connective tissues in skin, bones, joints, etc.

Special features of this formula:
- The quartz is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops • Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quartz Pentas™ (a proprietary, rhythmically prepared dilution of quartz in distilled water; contains &lt;1ppm of quartz)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
This formula containing a proprietary mix of rhythmically prepared lead and honey is based on a specific indication of Rudolf Steiner.

Only the special, rhythmically prepared and diluted lead metal has been used here for its energetic and spiritual value.

Absolutely no lead metal as such, with its toxic properties, is contained in this formula.

According to various spiritual traditions, confirmed by Rudolf Steiner, highly diluted forms of lead can have a number of very salutary effects on the body and mind (essentially the opposite effects of the toxic metal itself). This formula may be helpful for:

- Conditions where occasional but returning sensations of lightheadedness, dizziness or frequent memory gaps (“senior moments”) occur.
- Support of a healthy cardiovascular system.

Additional special feature of this formula:
- Contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

**Supplement Facts**

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</thead>
<tbody>
<tr>
<td>AMT PER SERVING</td>
<td>% DAILY VALUE</td>
</tr>
<tr>
<td>ScleroMel Pentas™ (a proprietary, rhythmically prepared dilution of plumbum (lead) in distilled water; contains &lt;1ppm of lead)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate</td>
<td></td>
</tr>
</tbody>
</table>

*S DAILY VALUE IS NOT DETERMINED.

† NO DETECTABLE LEAD—CONFIRMED BY INDEPENDENT LABORATORY TESTING.

Based on use in traditional therapies and on some research findings Shepherd’s purse seems to be:

- Reducing tensions of the premenstrual time or lessens menstrual bleeding.
- Useful in nose bleeds.
- Soothes bladder discomforts.

Rudolf Steiner emphasizes particularly the tendency of this herb to allow the root forces to take over the whole plant and thus to become:

- Helpful whenever tendencies to bleeding and internal or external hemorrhages are present.
- Elimination of kidney gravel.

**Special features of this formula:**

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made.
- The shepherd’s purse is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.

Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

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</thead>
<tbody>
<tr>
<td>AMT PER SERVING</td>
<td>% DAILY VALUE</td>
</tr>
<tr>
<td>Shepherd’s Purse Herb 1:12 extract from Capsella bursa pastoris (herb)</td>
<td>0.5 ml *</td>
</tr>
<tr>
<td>Shepherd’s Purse Pentas™ (rhythmically prepared mix of Capsella bursa pastoris (herb) in distilled water)</td>
<td>0.5 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of distilled water, vegetable enzymes, same plant salts, potassium sorbate, citric acid.</td>
<td></td>
</tr>
</tbody>
</table>

*S DAILY VALUE IS NOT DETERMINED.
In this formula the metal tin (stannum) is first brought into a gelatinous form and then rhythmically combined with copper in a proprietary method. After several more steps the total composition is rhythmically prepared so that the energetic properties of the stannum are enhanced and given especially a kidney affinity.

Based on an original indication of Rudolf Steiner and subsequent clinical observations this formula:
- Helps ease abdominal complaints, especially related to gas formation, pressure, colics, etc.
- Supports a healthy kidney function.

**Special feature of this formula:**
- Contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

**Supplement Facts**

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<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>Stannum Pentas™ (a proprietary, rhythmically prepared dilution of stannum (tin) in distilled water; contains &lt;1ppm of tin)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

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* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
Stibium Pentas™ TMS

Contains the rhythmically prepared energetic form of the metal antimony (stibium) in Pentas™ form.

Rudolf Steiner's research indicates that this form of stibium:
- Supports a healthy balance between the hyper and hypo-coagulation processes of the blood.
- Supports a healthy respiratory system.
- Supports a balanced and calm mental state when an appreciation for the objective surrounding reality is not present.

Special feature of this formula:
- Contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!

Thuja Pentas™ Tincture

Based on use in traditional therapies and on some research findings thuja seems to:
- Support the immune system after immunizations.
- Traditionally used as an expectorant and respiratory decongestant.
- Keep the body temperature cool.

Rudolf Steiner mentions the following aspects:
- The use of this herb in psychologically stressed individuals.
- The plant seems able to invigorate all soul activities without involving the sexual organs.
- Promotes the dissolving of food in the intestine for easier absorption into the blood stream.

Special features of this formula:
- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this plant from which the final product is made.
- The thuja twigs are also rhythmically prepared (Pentas™ process) so that their energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.
Thyroid Pentas™ TMS

This rhythmically potentized thyroid product:
• Supports both the physical and the energetic functions of the thyroid glands.
• Promotes recovery of the normal function of the thyroid gland after physiologic or mental stresses.
• Assists in support of the thyroid with other therapies.

Special features of this formula:
• The thyroid glandular material (sourced from certified disease free New Zealand cows) is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
• Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops  •  Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bovine Thyroid Pentas™ (a proprietary, rhythmically prepared dilution of bovine thyroid (New Zealand) in distilled water; contains &lt;1ppm of bovine thyroid)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

*R Daly Value is not determined

Topaz Pentas™ TMS

Rudolf Steiner’s research indicates that topaz supports the structure and function of:
• The chest and ribs.
• The sense of taste.

Special features of this formula:
• The topaz is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
• Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

Supplement Facts
Serving size: 20 drops  •  Servings/container: 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topaz Pentas™ (a proprietary, rhythmically prepared dilution of topaz in distilled water; contains &lt;1ppm of topaz)</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
<td></td>
</tr>
</tbody>
</table>

*R Daily Value is not determined

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.
Here a characteristic anthroposophical formula is presented whereby the nettle plant (Urtica dioica) is grown while being sprayed with a finely diluted iron mist. This is a specific indication of R. Steiner’s that metals can be “potentized” by allowing them to be absorbed first through the plant.

This combination formula of nettles and iron:
- Supports all iron related processes as such; improves iron absorption; supports the health of the red blood cells.
- Supports the health of the gall bladder, liver, lung, and respiration.
- Supports the cardiovascular system.
- Supports appropriate feelings of courage and initiative-taking.

Special features of this formula:
- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very “living” mother tincture of this herb from which the final product is made.
- The nettle (Urtica) is also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Contains actual small amounts of easily absorbable iron.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

Attention: Even though small amounts of iron are included in this formula utilize this product in cases of iron deficiency anemia only with the guidance and under the supervision of a doctor.

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

### Supplement Facts
**Serving size:** 20 drops  
**Servings/container:** 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron (from 5 mg Iron Glycinate 20%)</td>
<td>1 mg 5%</td>
</tr>
<tr>
<td>Iron Pentas Mix (a rhythmically prepared mix of the metal salts of siderite, iron citrate, iron oxylate, iron chloride and iron oxide &lt;1 ppm in distilled water)</td>
<td>0.7 mg **</td>
</tr>
<tr>
<td>Nettle Pentas” [rhythmically prepared mix of Urtica dioica (root, leaf) in distilled water]</td>
<td>0.2 mg **</td>
</tr>
<tr>
<td>Nettles Herb 1:9 extract from Urtica dioica (root, leaf), 11 mg</td>
<td>0.1 mg **</td>
</tr>
<tr>
<td>Other ingredients: Potassium sorbate, citric acid.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUES BASED ON A 2000 CALORIE PER DAY DIET.  
** DAILY VALUES NOT ESTABLISHED.

Identical formula to the Urtica Ferrum™ formula except that no iron has been added beyond the finely diluted iron contained in the mist used on the growing nettles.*

Attention: Only the rhythmically prepared iron is included here. There is not enough iron here to serve as a dietary iron source.

Suggested Usage: 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

### Supplement Facts
**Serving size:** 20 drops  
**Servings/container:** 50

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urtica Herb 1:9 extract from Urtica dioica (root, leaf), 22 mg</td>
<td>0.2 mg *</td>
</tr>
<tr>
<td>Urtica Pentas” [rhythmically prepared mix of Urtica dioica (root, leaf) in distilled water]</td>
<td>0.8 mg *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of distilled water, vegetable enzymes, same plant salts, potassium sorbate, citric acid.</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED
Based on use in traditional therapies and on some research findings yarrow has always enjoyed a solid reputation among herbologists due to its myriad of benefits (maintaining a normal blood pressure; anti spasmodic; anti inflammatory, etc).

Nevertheless, it is best understood if one follows Rudolf Steiner’s characterizations and the subsequent anthroposophic observations.

Yarrow is very astringent and has a pronounced ability to deal with potassium.

It is considered especially invigorating to the kidney and bladder system although it re-enlivens the entire vital forces organization in the human being.

**Special features of this formula:**

- A proprietary, completely non alcoholic extraction, involving the sun forces over several days, results in a very "living" mother tincture of this plant from which the final product is made.
- Yarrow is then also rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
- The salts and minerals naturally occurring in the plant are added to the formula.
- Additionally, the formula contains 10 mg/serving of a naturally sourced, complete trace minerals mixture. (Salt reduced and toxic metals free.)

Please read on page 7 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!*

**Suggested Usage:** 20 drops (1 ml, 1/5 tsp) one to three times daily or as suggested by your health care provider.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size: 20 drops • Servings/container: 50</td>
</tr>
<tr>
<td><strong>AMT PER SERVING</strong></td>
</tr>
<tr>
<td>Yarrow Herb 1:12 extract from <em>Achillea millefolium</em> (flower, stem), 16 mg</td>
</tr>
<tr>
<td>Yarrow Pentas™ [rhythmically prepared mix of <em>Achillea millefolium</em> (flower, stem) in distilled water]</td>
</tr>
<tr>
<td>Trace Minerals</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of distilled water, vegetable enzymes, same plant salts, potassium sorbate, citric acid.</td>
</tr>
</tbody>
</table>

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FUNCTIONAL FOODS
Dioscorea Flour 260 gm SRW0320

Rudolf Steiner made the surprising discovery that more than any other plant this plant is able to store “light ether” in its tuber. This tuber would be very important for the general human health since light ether is essential for maintaining good memory, healthy kidneys, a regular circadian rhythm and more.

We are offering now this flour as a pure cooking ingredient that can be used in everyday cooking. This really helps nutrition to become a more real basis for the physical, soul and spiritual health.

Our Dioscorea flour can be easily used in your everyday cooking and baking. Dioscorea flour can be added to any recipe calling for flour — thickening for sauces, breads, cakes and more. Most common use is to replace 10% of the flour called for in the recipe with the Dioscorea Flour, but one can use more or less as desired. Cooking can be brought to an entirely higher quality level.

See our website for recipe samples.

(We also offer the Lightroot in a supplement form as Lightroot Comp™ — see in the Capsules section. The supplement is more intense since it includes the Pentas™ form and the salts of the Lightroot™).*

**Nutrition Facts**
Serving size: 1/8 tsp; servings 180. Amount per serving:
- Calories: 0
- Total Fat: 0g (0%DV)
- Saturated Fat: 0g (0%DV)
- Trans Fat: 0g (0%DV)
- Cholesterol: 0mg (0%DV)
- Sodium: 0mg (0%DV)
- Potassium: 0mg (0%DV)
- Total Carbohydrate: 0g (0%DV)
- Dietary Fiber: <1g (0%DV)
- Sugars: <1g
- Protein: 0g

Ingredients: Dioscorea Batatas (yam) Flour.

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True Life Pepper™ — Coarse 2.1 oz. SRW0324

This gourmet pepper, presented in coarsely ground form, is “enriched” with trace elements (usually deficient to some extent in all people), True Life Reservoir™ (see explanation under TL Reservoir) and Lightroot™ (see explanation under Lightroot Comp™ or Dioscorea Flour™).

Use this “enriched pepper” the way you would use any other pepper according to your taste and needs.

We trust that this carefully chosen mix will not only add great taste to the food but also invigorate the entire digestive process. Its unique constituents open up the life forces to their full potential.*

**Nutrition Facts**
Serving size: 1/8 tsp; servings 180. Amount per serving:
- Calories: 0
- Total Fat: 0g (0%DV)
- Saturated Fat: 0g (0%DV)
- Trans Fat: 0g (0%DV)
- Cholesterol: 0mg (0%DV)
- Sodium: 0mg (0%DV)
- Potassium: 0mg (0%DV)
- Total Carbohydrate: 0g (0%DV)
- Dietary Fiber: <1g (3% DV)
- Sugars: <1g
- Protein: 0g

Ingredients: Organic Black Pepper, Trace Minerals*, True Life Reservoir™ (a proprietary mix of calcium carbonate and calcium tri-phosphate (<1% Daily Value of Calcium)), Dioscorea Batatas (Lightroot™)*.

**% DAILY VALUE NOT ESTABLISHED**

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True Life Pepper™ — Fine 1.7 oz. SRW0325

This gourmet pepper, presented in fine ground form, is “enriched” with trace elements (usually deficient to some extent in all people), True Life Reservoir™ (see explanation under True Life Reservoir™) and Lightroot™ (see explanation under Lightroot Comp™ or Dioscorea Flour™).

Use this “enriched pepper” the way you would use any other pepper according to your taste and needs.

We trust that this carefully chosen mix will not only add great taste to the food but also invigorate the entire digestive process. Its unique constituents open up the life forces to their full potential.*

**Nutrition Facts**
Serving size: 1/8 tsp; servings 150. Amount per serving:
- Calories: 0
- Total Fat: 0g (0%DV)
- Saturated Fat: 0g (0%DV)
- Trans Fat: 0g (0%DV)
- Cholesterol: 0mg (0%DV)
- Sodium: 0mg (0%DV)
- Potassium: 0mg (0%DV)
- Total Carbohydrate: 0g (0%DV)
- Dietary Fiber: <1g (3% DV)
- Sugars: <1g
- Protein: 0g

Ingredients: Organic Black Pepper, Trace Minerals*, True Life Reservoir™ (a proprietary mix of calcium carbonate and calcium tri-phosphate (<1% Daily Value of Calcium)), Dioscorea Batatas (Lightroot™)*.

**% DAILY VALUE NOT ESTABLISHED**

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*% DAILY VALUE NOT ESTABLISHED
For an optimal health to be possible, nutrients need to be taken up, in a very profound and comprehensive manner, by specialized life forces of the human body. Eating the “right” foods and even absorbing them is just not enough. They need to be utilized!

These forces underlying all nutrition processes stay dormant until they are needed. Thus they are called “a reservoir” by Rudolf Steiner. In many people this reservoir is functioning at inadequate levels resulting for example, in the feeling that foods do not satisfy, one gets tired after meals, obese fat deposits can result, the skin complexion can become sallow, vulnerability to outer and inner stresses can occur and more.

In order to re-enliven this incredibly important reservoir R. Steiner suggested a rhythmically prepared combination of calcium carbonate and calcium phosphate.

He calls this composition of substances a “nutritional supplement” and recommends that it should not be missing from any dinner table. One should add it to the food in the same way that one might spice meals or add salt and pepper, etc. This would apply both for children and adults. This is arguably the most fundamental supplementation to a meal.

One can definitely feel stronger if the nutritional reservoir is more vigorous!

The “Reservoir” is presented here as a sole ingredient. However, it has been also added to the pepper and salt formulas and to the calcium supplement. In addition, using the substances appropriate to the formula (for example, magnesium carbonate and magnesium phosphate in the Magnesium Reservoir™), the Reservoir principle has been added to the magnesium, potassium and iron supplements.

Attention! Please keep in mind that the calcium mentioned here is intended for the support of the general nutritional forces and is not an adequate source of nutritional calcium. For a calcium supplementation as such use the Calcium AM-PM™ formula which is indeed an excellent source of calcium.*

The “Reservoir” is a proprietary, rhythmically prepared mix of calcium carbonate and calcium tri-phosphate in Raftilose®. (<1% of Calcium Daily Value).

Not all salts are created equal!

This is truly a comprehensive salt product enriched with much needed iodine, trace elements (usually deficient to some extent in all people), True Life Reservoir™ (see explanation under TL Reservoir) and Lightroot™ (see explanation under Lightroot Comp™ or Dioscorea Flour™).

Use this “herby salt” the way you would use any other salt according to your taste and needs.

We trust that this carefully chosen mix will not only add great taste to the food but also invigorate the entire digestive process. Its unique constituents open up the life forces to their full potential.*

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
Topical application to the chest, neck or individual lymph node areas:
- Supports the body’s immune system.
- Supports the natural lymph flow.
- Supports the cleansing and draining activity of the lymphatic system.*

Made with the highest concentration of pure total plant oil mixed with whole plant in an organic oil base.

Made with **organic or biodynamic oils**, no toxic residues; no animal parts.

**Ingredients**: Almond oil, organic; Olive oil, organic; Angelica (Angelica archangelica) 1% oil and fresh plant, 1%; Vitamin E; Cosmoperine® (Piper nigrum); Topaz salts; Lemon (Citrus limon) oil

**Attention**: This cream contains only the rhythmically prepared Pentas™ form of silver and not the silver substance used in medical therapies against various infections of the skin!

**Ingredients**: Distilled Water (aqua); Almond oil, organic; Jojoba oil, organic; Natural plant emulsifiers; Glycerin; Kokum butter; biodynamic beeswax; Vitamin E oil; Citric acid; Potassium sorbate; Lavender (Lavandula angustifolia) oil; Silver (Argentum) less than 10(-7)g.

Used as an external application to support all the processes related to the energetic functions of gold (aurum). (Based on Rudolf Steiner’s research and subsequent clinical observations.)

Supports especially, but not only:
- The cardiovascular system, particularly the rhythmical beat of the heart.
- In general useful in all situations where a balancing quality is wanted between “polarities” such as for example: fluctuating up and down mood swings; alternating starving oneself and binge eating; and so on.*

Made with **organic or biodynamic oils**, no toxic residues; no animal parts.

**Attention**: This cream contains only the rhythmically prepared Pentas™ form of gold and not the gold particles occasionally used in medical therapies for example, for joint inflammations.

**Ingredients**: Distilled Water (aqua); Almond oil, organic; Jojoba oil, organic; Natural plant emulsifiers; Glycerin; Kokum butter; biodynamic beeswax; Vitamin E oil; Citric acid; Potassium sorbate; Lavender (Lavandula angustifolia) oil; Gold (Aurum) less than 10(-7)g.
Chamomile Forte Cream  1.67 oz.  

Soothes the skin, fights itching, redness, and swelling. These well known skin soothing properties of chamomile are enhanced here through the highest quality and quantity of Chamomile oil.*

Made with organic or biodynamic oils; no toxic residues; no animal parts.

Ingredients: Distilled Water, Organic Almond Oil, Organic Jojoba Oil, Organic and Biodynamic Beeswax, Natural Plant Emulsifiers, Organic Lecithin, Chamomilla officinalis (Chamomile) Extract, Rosmarinus officinalis (rosemary) extract, Vitamin E, Usnea lichen (usnea) extract, Organic Lavandula officinalis (lavender) oil, Boswellia serrata (frankincense); potassium sorbate, citric acid.

Cuprum Pentas™ Cream  1.67 oz.

Used as an external application to support all the processes related to the energetic functions of copper (cuprum). (Based on Rudolf Steiner’s research and subsequent clinical observations.) Supports especially, but not only:
- The veins, liver, thyroid, and kidneys.
- In general useful in all situations where relief from cramping, spasms and colics is needed.*

Made with organic or biodynamic oils; no toxic residues; no animal parts.

Ingredients: Distilled Water (aqua); Almond oil, organic; Jojoba oil, organic; Natural plant emulsifiers; Glycerin; Kokum butter; biodynamic beeswax; Vitamin E oil; Citric acid; Potassium sorbate; Lavender (Lavandula angustifolia) oil; Copper (Cuprum) less than 10(-7)g.

Ear Oil  .12 oz.  

For the temporary relief of ear discomforts and pain.*

Made with organic or biodynamic oils; no toxic residues; no animal parts.

Ingredients: Almond Oil, Olive Oil, org.; Lovage (Levisticum officinale) Oil; Chamomile (Chamomilla recutita) Oil; Hops (Humulus lupulus) Oil; Oregano (Origanum vulgare) Oil; Basil (Ocimum basilicum) Oil; Arnica (Arnica Montana) Oil; Angelica (Angelica archangelica) Oil; Usnea (Usnea lichens) Oil; St. John’s Wort (Hypericum perforatum) Oil; Vitamin E Oil.

Directions: Apply several drops into the ear as needed every 2–3 hours. See a doctor if symptoms persist.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
**Hypericum Forte Cream 1.67 oz.**

The active ingredient of St. John’s Wort (Hypericum) oil, hyperforin, soothes skin irritations and redness. Since enough of the active ingredient passes into the bloodstream from the skin this cream may also contribute to a general sense of well being.

Hypericum Forte is standardized to contain min. 2.5% Hypericum oil of the total weigh. This is the highest amount of the active ingredient of St. John’s Wort in any cream on the market. Hyperforin is non-sensitizing to sun light.*

Made with organic or biodynamic oils; no toxic residues; no animal parts.

**Lavender & Spruce Bath Oil 4 oz.**

Lavender and Spruce Bath Oil calms and soothes body and mind. Has an exceptionally high amount of pure standardized Lavender oil as well as an elegant blend of Fir, Spruce, and Juniper oils.

It is enhanced with a unique rhythmically prepared form of the jasper gemstone for an additional support to the back, spinal column and autonomic nervous system. Beneficial for general detoxification over the nerves and senses system. (Based on Rudolf Steiner’s research.)*

Made with organic or biodynamic oils; no toxic residues; no animal parts.

**Neck Relief .27 oz.**

Quick relief of musculo-skeletal tensions, spasms and discomfort in the neck and shoulder area.

Peppermint, amica, schizandra, and other oils in an organic oil base help restore a sense of well being. Whether at work in front of a computer or traveling, carry Neck Relief™ on you for use whenever stress, tension, and discomforts need a quick response.*

Made with organic or biodynamic oils; no toxic residues; no animal parts.
This rich moisturizing scrub uses an exclusive mix to renew your skin and body inside and out. It gently removes dead cells, nourishes the skin and leaves you feeling refreshed with a silky and smooth skin.

It invigorates the circulation, enhances a sense of alert calmness and acts as a general tonic!*

Made with **organic or biodynamic oils**; no toxic residues; no animal parts.

**Ingredients:** Sea Salt (Maris sal), Dead Sea Salt, Macadamia Nut (Macadamia integrifolia) oil, Dendritic Salt, Meadowfoam Seed (Limnanthes alba) oil, Almond (Prunus amygdalus) oil, Grape Seed (Vitis vinifera) oil, Jojoba (Simmondsia chinensis) oil, Apricot Kernel Meal (Prunus armeniaca), Turbinado Sugar, Aloe (Aloe barbadensis) oil, Sesame Seed (Sesamum indicum) oil, Solar Salt, Sunflower (Helianthus anuus) oil, asper in natural silicate powder, Blend of Rhododendron (Rhododendron anthopogan) and Orange (Citrus sinensis) essential oils, Vitamin E, Arnica (Arnica Montana) oil, Chamomile (Matricaria recutita) oil, Frankincense (Boswellia serrata) oil, Rosemary (Rosmarinus officinalis) oil, Natural vegetable colors.

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**Real Arnica Ultra Cream 1.67 oz.**

Arnica offers:
- Real pain relief for sore backs, joints, bruised tissues; use before and after workouts.
- Restores tired muscles; supports a longer, more intense sports work out or physical labor.
- Supports a speedy resolution of bruises and minor injuries.
- Naturally softens dry skin.

Rudolf Steiner's research indicates that arnica applied to the skin has the ability to call upon the restorative forces from deep inside the organism to come and help the injured part at the periphery. True Botanica “Real Arnica” products have the highest amount of actual arnica oil on the market.

This cream in turn has the highest concentration of arnica oil among the True Botanica arnica products themselves.*

Made with **organic or biodynamic oils**; no toxic residues; no animal parts.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

**Ingredients:** Distilled Water (Aqua); Arnica (Arnica montana) oil, 10% (the entire cream std. to 0.4% sqt. lactones); Almond (Prunus amygdalus) oil; Kokum butter; vegetable emulsifier; Jojoba (Simmondsia chinensis) oil; Glycerin; biodynamic beeswax; biodynamic alcohol; Lecithin, organic, non GMO; St. John's Wort (Hypericum perforatum) oil; Vitamin E oil; Cosmoperine® (Piper nigrum); TH Curcuminoids (Curcuma longa); Usnea (Usnea barbata) oil; Rosemary (Rosmarinus officinalis) Oil; natural potassium sorbate; citric acid; asper 1 ppm.

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**Real Arnica-Forte Oil 4 oz.**

Arnica offers:
- Real pain relief for sore backs, joints, bruised tissues; use before and after workouts.
- Restores tired muscles; supports a longer, more intense sports work out or physical labor.
- Supports a speedy resolution of bruises and minor injuries.
- Naturally softens dry skin.

Rudolf Steiner’s research indicates that arnica applied to the skin has the ability to call upon the restorative forces from deep inside the organism to come and help the injured part at the periphery. True Botanica “Real Arnica” products have the highest amount of actual arnica oil on the market.*

Made with **organic or biodynamic oils**; no toxic residues; no animal parts.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

**Ingredients:** Almond (Prunus amygdalus) oil; olive (Olea europaea) oil; Arnica (Arnica montana) oil, 7%, Arnica (Arnica Montana) flower, 1%; Trace minerals (no heavy metals); TH Curcuminoids (Curcuma longa); Cosmoperine® (Piper nigrum); St. John's Wort (Hypericum perforatum) oil; Frankincense oil (Boswellia serrata); Vitamin E; Lemon (Citrus limon) oil; asper 1 ppm.

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* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
Arnica offers:
- Real pain relief for sore backs, joints, bruised tissues; use before and after workouts.
- Restores tired muscles; supports a longer, more intense sports work out or physical labor.
- Supports a speedy resolution of bruises and minor injuries.
- Naturally softens dry skin.

Rudolf Steiner’s research indicates that arnica applied to the skin has the ability to call upon the restorative forces from deep inside the organism to come and help the injured part at the periphery. True Botanica “Real Arnica” products have the highest amount of actual arnica oil on the market.*

Made with organic or biodynamic oils; no toxic residues; no animal parts.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

**Ingredients:** Almond (Prunus amygdalus) oil; olive (Olea europaea) oil; Arnica (Arnica Montana) oil, 7%; Arnica (Arnica Montana) flower, 1%; Trace minerals (no heavy metals); TH Curcuminoids (Curcuma longa); Cosmoperine® (Piper nigrum); St. John’s Wort (Hypericum perforatum) oil; Frankincense oil (Boswellia serrata); Vitamin E; Lemon (Citrus limon) oil; J asper 1 ppm.

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Envelopes the body with a warm layer that is ideally suited for massage over the entire body.

It is invigorating, soothes tired muscles and naturally softens dry skin.

Arnica offers:
- Real pain relief for sore backs, joints, bruised tissues; use before and after workouts.
- Restores tired muscles; supports a longer, more intense sports work out or physical labor.
- Supports a speedy resolution of bruises and minor injuries.
- Naturally softens dry skin.

Rudolf Steiner’s research indicates that arnica applied to the skin has the ability to call upon the restorative forces from deep inside the organism to come and help the injured part at the periphery. True Botanica “Real Arnica” products have the highest amount of actual arnica oil on the market.*

Made with organic or biodynamic oils; no toxic residues; no animal parts.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

**Ingredients:** Almond oil; olive oil; Arnica (Arnica montana) flower, 1%; Arnica (Arnica montana) oil, 1%, (the entire bottle content standardized to min. 0.4% sequiterpene lactones); Trace minerals (no heavy metals); TH Curcuminoids (Curcuma longa); Lavendula (Lavandula augustifolia); Vitamin E; J asper 1 ppm.

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* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
Soothing relief for occasional stiff joints or sore muscles can start in less than 15 minutes and last for hours.

Specific oils create a moisturizing effect on the skin and enhance penetration of the active ingredients. Trace minerals allow the connective tissues to maintain normal functioning even when stressed. The synergy between the gem stone derived salts and other components uniquely energize this topical application.

Other examples of ingredient actions:

**MSM** - The exact mechanism of action is not known. The high sulfur content of MSM may improve the function of the structural proteins of connective tissues and make them more pressure resistant.

**Menthol** - Has local effects. It causes vasodilatation followed by a cold sensation due to stimulation of “cold” receptors and blocking of Ca+ currents of nerve cells.

**Lemongrass** - Only the citratus form used here has sufficient amounts of the active beta-myrcene.

**Arnica** - This well known herb supports the normal, healthy inflammatory state by inhibiting the so called NF-kappa-beta factor. The down regulation of this molecule in turn diminishes the outpouring of cytokines. Arnica also has a considerable opening effect on the circulation, which allows irritants to be “washed out” from the desired areas.

**Curcumin and Boswellia** - Support the normal, healthy inflammatory state.

**Rosemary** - Maintains a normal state of circulation.

**Cosmoperine** - This black pepper extract enhances the penetration of the active ingredients deep into the tissue layers.

**Chalcedony, Jasper, Stannum, Gold** - these uniquely included minerals help not only the maintenance of normal healthy connective tissue but also enhance the energetic health of the affected areas.*

Made with **organic or biodynamic oils**; no toxic residues; no animal parts.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

**Ingredients:** MSM 7%; Menthol, 2.5%; Lemon grass oil (Cymbopogon citratus), 0.3%; Arnica (Arnica montana) Pentas™, 0.2%. In a proprietary mix of: Distilled water; Almond oil (Prunus amygdalus ducnis); natural Emulsifying wax; Jojoba oil (Simmondsia chinensis); biodynamic, organic alcohol; Glycerin; Kokum Butter (Garcinia indica); organic, biodynamic Beeswax; Crambe Abyssinica oil; Evening Primrose oil (Oenothera biennis); Propylene Glycol; Rosemary oil (Rosmarinus officinalis); Chalcedony Pentas™; Chrysopras Pentas™; Tin (Stannum) Pentas™; Gold (Aurum) Pentas™; Cosmoperine (Piper nigrum); THC Curcuminoids (Curcuma longa); Boswellin CG (Boswellia serrata); Vitamin E oil; Potassium Sorbate; Citric Acid; Myrrh Oil (Commiphora myrrha).

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**Rosemary & Eucalyptus Bath Oil 4 oz.**

This bath oil:

- Energizes the body.
- Supports the immune system.
- Helps breathing and mucous expectoration.
- Invigorates the circulation.

Contains an exceptionally high amount of pure rosemary oil (obtained by super critical fluid CO2 extraction, standardized to min. 16% camosolic acid, 20% cineol, and camphor and diterpene phenols) and rosemary oil extracted by steam distillation. You will not find this quality anywhere else.*

Made with **organic or biodynamic oils**; no toxic residues; no animal parts.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

**Directions:** Add a tsp (or as desired) to your bath. Shake well before use. May make tub slippery. Best effect if scent noted and breathed in. Do not use if skin irritation results after first application.

**Ingredients:** Castor oil, sulfated; Rosemary (Rosmarinus vulgare) oil, 15%; Eucalyptus (Eucalyptus globulus) oil; Thyme (Thymus vulgaris) oil; Almond (Prunus Amygdalus) oil with jasper gem stone salts. Made with specialized rhythmical processes.
Rosemary Bath Oil  4 oz.  

This bath oil:
• Is a great tonic for the whole body.
• Has an invigorating and awakening effect on the mental state.
• Stimulates the skin circulation when massaged over the whole body.
• Softens the skin when applied after a shower or bath.

Contains an exceptionally high amount of pure rosemary oil (obtained by super critical fluid CO2 extraction, standardized to min. 16% camosolic acid, 20% cineol, and camphor and diterpene phenols) and rosemary oil extracted by steam distillation. You will not find this quality anywhere else.*

Made with organic or biodynamic oils; no toxic residues; no animal parts.

In addition to the stimulating salt rubbing action as such rosemary invigorates the circulation, and enhances a sense of awareness and acts as a general tonic!*  

Ingredients: Castor oil, sulfated; Rosemary (Rosmarinus vulgare) oil, 20%; Almond oil with emerald, jasper and topaz gem stone salts. Made with specialized rhythmical processes.

Rosemary Salt Scrub .4 oz.  

This rich moisturizing scrub uses an exclusive mix to renew your skin and body inside and out.  

It gently removes dead skin cells, nourishes the skin and leaves you feeling refreshed with a silky and smooth skin.

In addition to the stimulating salt rubbing action as such rosemary invigorates the circulation, and enhances a sense of awareness and acts as a general tonic!*  

Made with organic or biodynamic oils; no toxic residues; no animal parts.

Ingredients: Sea Salt (Maris sal), Macadamia Nut (Macadamia integrifolia) oil, Dead Sea Salt, Meadowfoam Seed (Limnanthes alba) oil, Dendritic Salt, Almond (Prunus amygdalus) oil, Grape Seed oil (Vitis vinifera), J ojoba (Simmondsia chinensis) oil, Apricot Kernel Meal (Prunus armeniaca), Turbinado Sugar, Aloe (Aloe barbadensis) oil, Solar Salt, Sesame Seed (Sesamun indicum) oil, Sunflower (Helianthus annuus) oil, J asper in natural silicate powder, Blend of Rhododendron (Rhododendron anthopogon), Rosemary (Rosmarinus officinalis) and other essential oils, Vitamin E, Arnica (Arnica Montana) oil, Chamomile (M atricaria recutita) oil, Frankincense (Boswellia serrata) oil, Rosemary (Rosmarinus officinale) oil, Natural vegetable colors.

Sage Cream  1.67 oz.  

A wonderful cream to keep your skin feeling healthy and free of irritation, itching, redness or swelling.

The sage oil was obtained by the super critical fluid CO2 extraction method that is free of chemical solvents, and then standardized for a very high level of active components.

The formula includes high quality standardized schizandra and boswellia.*  

Made with organic or biodynamic oils; no toxic residues; no animal parts.

Ingredients: Distilled Water (Aqua); Almond (Prunus amygdalus) oil; J ojoba (Simmondsia chinensis) oil; vegetable emulsifying wax; Glycerin; Kokum (Garcinia indica) butter; biodynamic beeswax; biodynamic alcohol; Sage (Salvia officinalis), std. to 5% ursolic/oleanolic acid and 35% diterpene phenols; Schizandra (Schisandra sphenanthera) oil; Frankincense (Boswellia serrata) oil; Vitamin E oil, natural potassium sorbate; Citric acid; Lavender oil, organic.
**Silica Pentas™ Cream 1.67 oz.**

Used as an external application to support all the processes related to the energetic functions of quartz (silica). (Based on Rudolf Steiner’s research and subsequent clinical observations.)

Supports especially, but not only:
- The nerve and sense organs, skin, connective tissues.*

Made with **organic or biodynamic oils**; no toxic residues; no animal parts.

**Ingredients:** Distilled Water (aqua); Almond oil, organic; Jojoba oil, organic; Natural plant emulsifiers; Glycerin; Kokum butter; biodynamic beeswax; Vitamin E oil; Citric acid; Potassium sorbate; Lavender (Lavandula angustifolia) oil; Silica less than 10(-7)g.

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**Stannum Pentas™ Cream 1.67 oz.**

Used as an external application to support all the processes related to the energetic functions of tin (stannum). (Based on Rudolf Steiner’s research and subsequent clinical observations.)

Supports especially, but not only:
- The proper function of the connective tissues (particularly the joints), and the liver.*

Made with **organic or biodynamic oils**; no toxic residues; no animal parts.

**Ingredients:** Distilled Water (aqua); Almond oil, organic; Jojoba oil, organic; Natural plant emulsifiers; Glycerin; Kokum butter; biodynamic beeswax; Vitamin E oil; Citric acid; Potassium sorbate; Lavender (Lavandula angustifolia) oil; Tin (Stannum) less than 10(-7)g.

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**Stibium Pentas™ Cream 1.67 oz.**

Used as an external application to support all the processes related to the energetic functions of antimony (stibium). (Based on Rudolf Steiner’s research and subsequent clinical observations.)

Supports especially, but not only:
- The skin (relieves itching, redness and irritation).*

Made with **organic or biodynamic oils**; no toxic residues; no animal parts.

**Ingredients:** Distilled Water (aqua); Almond oil, organic; Jojoba oil, organic; Natural plant emulsifiers; Glycerin; Kokum butter; biodynamic beeswax; Vitamin E oil; Citric acid; Potassium sorbate; Lavender (Lavandula angustifolia) oil; Antimony (Stibium) less than 10(-7)g.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
**Boswellia Lip Balm 4.8 gm**

A very soothing lip balm giving the lips an additional all natural feel and radiant look.

Contains only natural, high quality ingredients like frankincense extracts and biodynamic beeswax.

Made with **organic or biodynamic oils**; no toxic residues; no animal parts.

**Ingredients:** A proprietary mix of Boswellia, biodynamic beeswax, coconut oil, shea butter, cocoa butter, macadamia oil, vanilla flavor, castor oil and vitamin E.

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**Cleansing Cream 1.67 oz.**

Suited for any type of complexion, our Cleansing Cream for the face is formulated entirely with natural essential and skin healing oils to bring out your face’s natural glow and radiance.

We use only gentle apricot kernel meal, apple acid and French green clay as cleansing products in order to achieve a mild cell exfoliation that is not drying or abrasive.

Made with **organic or biodynamic oils**; no toxic residues; no animal parts.

**Ingredients:** Water (aqua), Vegetable emulsifier, Clay, Macadamia oil (*Macadamia integrifolia*), cetyl Alcohol, Glycerine, Grape seed oil (*Vitis vinifera*), Almond oil (*Prunus amygdalus*), Castor oil (*Ricinus communis*), Apricot meal (*Prunus armeniaca*), Beeswax, Jojoba (*Simondsia chinensis*) oil, Jojoba (*Simondsia chinensis*) wax beads and meal/seed powder, Kokum butter, Aloe oil (*Aloe barbadensis*), a blend of Vitamin E, Walnut shell powder, natural Fruit Acids (Malic acid), guar Gum (*Cymopsia tetragonobulus*), Schizandra oil (*Schizandra chinensis*), Xantham powder, BD alcohol, Rosehip seed oil (*Rosa mosqueta*), Tartaric acid (vegetable alpha hydroxy acid), Rhododendron (*Rhododendron anthropogia*) and other natural lemony essential oils for scenting, Arnica oil (*Arnica montana*), Calendula oil (*Calendula officinalis*), Chamomile oil (*Chamomilla recutita*), Frankincense oil (*Boswellia serrata*), Hops oil (*Humulus lupulus*), TH curcuminoid®, Chrisolith (peridot), Jasper, Potassium Sorbate and Citric Acid.
Non greasy, complex, yet hypoallergenic cream for a lasting, deep moisturizing and skin renewing effect.

**Special features of this formula.**
Contains:
- All natural red algae extract astaxanthin, giving the cream its pink color. Astaxanthin:
  - Is arguably the most powerful antioxidant.
  - Relieves skin irritations and inflammation.
  - Helps protect from UV sun rays.
  - Restores collagen and elastin integrity.
  - Reduces blemishes.
  - Has a natural anti-wrinkle activity, particularly around the eyes.

**Make this a complete beauty program!**

Aastaxanthin can be ingested by mouth! Taking in astaxanthin orally in addition to applying it on the skin clearly has additional benefits. Women given a formula identical to the True Botanica Astaxanthin Extra™ (oral capsule) showed a heightened moisture retaining effect of the skin. The moisture around the eyes and on the cheeks was measured after 2 and after 4 weeks. Incidentally, this research was conducted during the winter, a period when even individuals with normal skin will find that their skin dries quite easily. The individuals in the control group who were not given astaxanthin not only had no change in the moisture value around their eyes but more than that the dryness around the cheeks was more pronounced after four weeks. In comparison to the control group the group supplemented with astaxanthin showed a rising value of moisture content in the skin surrounding both the eyes and the cheeks.

This becomes then a complete “beauty from the inside and from the outside program”.

When taken orally, the red algae extract astaxanthin is known to have not only powerful skin effects, but also intensely eye protective effects as such, as well as other profound health supporting properties.

Go to the Astaxanthin Extra™ product page to see how the orally taken capsule can enhance your general health beyond the sole use of the topical application.

- Meadowfoam seed, avocado and jojoba—for their sustained moisturizing effect.
- Schizandra—for a fresh, clean skin look.
- Subtle, natural fragrance of rose, rosewood and lavender. No artificial scents.
- Frankincense, curcuminoids and evening primrose oils for anti-inflammatory skin effects.
- Peridot—a gemstone known to enhance the life forces of the eyes and the face (Rudolf Steiner’s research) for a beautiful facial glow.

Made with **organic or biodynamic oils**, no toxic residues; no animal parts.

**Ingredients:** Distilled Water (Aqua), Almond (Prunus amygdalus) oil, Jojoba (Simmondsia chinensis) oil, Emulsifying Wax, Vegetable Glycerin, Hazelnut (Corylus avellana) oil, Kokum Butter (Garcinia Indica), biodynamic/organic Beeswax, Meadowfoam Seed (Limnanthes alba) oil, Avocado (Persea gratissima) oil, Aloe (Aloe barbadensis) oil, Evening Primrose oil, biodynamic/organic Alcohol, Comfrey Allantoin (Ureidohydantoin), Vitamin E oil, Schizandra (Schisandra chinensis) oil, prop. Glycol, Natural Lavender, Rosewood and Rose Essential oils for scenting, Frankincense (Boswellia seratta) oil, Cosmoperine® (Piper longum), TH Curcuminoid® (Curcuma longa), Potassium Sorbate, Citric Acid, Astaxanthin, Almond Oil w/ Chrysolith trace minerals, Almond Oil w/ Jasper trace minerals.
Hand & Body Moisturizer 1.67 oz. (coming soon in 3.34 oz. size)  CRW0020

A hypoallergenic, all natural, cream for a deep lasting moisturizing and renewing effect.

Absorbs quickly and does not leave a greasy residue.

Suitable for all skin types. Use as often as desired.

Only natural, essential oils used for a very mild scented.

Aloe, frankincense, curcumin and evening primrose oils resolve irritations and redness. Meadowfoam seed oil, Jojoba oil, comfrey allantoin and vegetable glycerin hydrate the skin for hours. Trace minerals derived from the jasper and peridot (chrysolith) gemstones strengthen the skin and give it a radiant quality. A delicate balance of rose, rosewood and lavender give a natural subtle scent.

No parabens. Made with organic or biodynamic oils; no toxic residues; no animal parts.

Ingredients: Distilled Water (Aqua), Almond (Prunus amygdalus) oil, Jojoba (Simondsia chinensis) oil, vegetable Emulsifying Wax, vegetable Glycerin, Meadowfoam (Limnanthes alba) oil, Kokum (Garcinia indica) Butter, Beeswax (biodynamic/organic), Aloe (Aloe barbadensis) oil, Evening Primrose (Oenothera biennis) oil, Prop. Glycol, biodynamic/organic Alcohol, Comfrey Allantoin (Ureidohydantoin), Vitamin E oil, Frankincense (Boswellia seratta) oil, TH Curcuminoid® (Curcuma longa), Essential Oils, Potassium Sorbate, Citric Acid, Jasper Pentas™, Chrysolith Pentas™
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