Excellence in Body, Soul and Spirit

2014
# Table of Contents

**Welcome**
- Letter from the Founders 1
- About True Botanica 2
- Why True Botanica Products? 3
- The Threefold Concept 4
- About the Potentized Anthroposophic/Homeopathic Remedies 5
- Some Steps for Making of the Liquid Herbal Tinctures 6
- What is the Pentas™ Process in True Botanica Products? 7
- Why the addition of Trace Minerals in many of our Formulas? 8
- About Rudolf Steiner and Anthroposophical Resources 9
- Disclaimer 10

**Products A–Z** 11

**Products by Health Concerns** 13

**Products by Categories**
- Tablets, Capsules and Powders 17
- Anthroposophic/Homeopathic OTC Drugs 47
- Liquids 89
- Specialty Foods 103
- Topical Body Care 105
- Cosmetics 117

**Ingredients Index** 121

**Order and Return Policies** 125
Dear Colleagues, Dear Customers,

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

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, anthroposophic/homeopathic remedies, 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 www.truebotanica.com website.
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 MD, Mark Kamsler MD and Andrea Rentea MD
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.
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.
About the Potentized Anthroposophic/Homeopathic Remedies

What is unique about these products?
Potentized remedies (also called ultra-high diluted medications) have been in use for well over 100 years especially in anthroposophic and homeopathic therapies. They are generally in the OTC (over the counter) drug category.

One of the main problems consists in being able to tell whether the product contains an active potency or not. Is it any better than “just water or just the sugar pill” that it comes in?

True Botanica is presenting a unique solution to the problems by integrating into the manufacturing process a biological, statistically controlled process called the “Kolisko Validation”.

We are including in the catalog the cover page containing the abstract of the paper describing the method in detail. To see the full article, please go to the company home page www.truebotanica.com and follow the link to the pdf.

There are other breakthrough details and procedures that make our potentized remedies top quality. Here is a brief summary:

- All our potentized remedies are made from fresh materials. The original substances have been tested by independent labs to attest identity, purity, etc;
- The substances are then subjected to special rhythmical processes to enhance the life forces of the mother substance even more;
- The potentizing agitation is done in a reliable, reproducible and verified manner;
- The potency to go into the final product is tested by the biological germination process to verify its activity. Only once this crucial test has been successful does the potency get incorporated into the commercially available formula.
- It is then called/labeled “Potency Validated” (Nobody else has this step);
- The product then goes for a second independent lab testing;
- Throughout, strict GMP (good manufacturing procedures) are followed to ensure maximal hygiene and quality.

See additional comments on each potentized product page.

All products at True Botanica are made in an NSF GMP registered facility.
**How our Herbal Tinctures are Made**

**Astragalus Herbal Tincture** — 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
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.
**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!
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.
<table>
<thead>
<tr>
<th>Product Name</th>
<th>Stock Code</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>SM Trace Minerals</td>
<td>SRW0238</td>
<td>90</td>
</tr>
<tr>
<td>Abrotanum 6X</td>
<td>SRW0607</td>
<td>48</td>
</tr>
<tr>
<td>Aconitum 6X/30X</td>
<td>SRW0623/SRW0567</td>
<td>48</td>
</tr>
<tr>
<td>Aesculus 8X/50X</td>
<td>SRW0612/SRW0526</td>
<td>49</td>
</tr>
<tr>
<td>Agaricus Albus 30X</td>
<td>SRW0568</td>
<td>49</td>
</tr>
<tr>
<td>Achnus Castus Herbal Tincture</td>
<td>SRW0172</td>
<td>90</td>
</tr>
<tr>
<td>AKBA Plus</td>
<td>SRW0244P</td>
<td>18</td>
</tr>
<tr>
<td>Allium Cepa 8X/30X</td>
<td>SRW0580/SRW0581</td>
<td>50</td>
</tr>
<tr>
<td>Alumina 30X</td>
<td>SRW0527</td>
<td>50</td>
</tr>
<tr>
<td>Amethyst Pentas™ TMS</td>
<td>SRW0106</td>
<td>91</td>
</tr>
<tr>
<td>Anacardium Orientale 30X</td>
<td>SRW0548</td>
<td>51</td>
</tr>
<tr>
<td>Angelica Forte 30X</td>
<td>SRW0047</td>
<td>106</td>
</tr>
<tr>
<td>Antimonium Crudum 6X/30X</td>
<td>SRW0519/SRW0587</td>
<td>51</td>
</tr>
<tr>
<td>Apis Mell. 6X/30X</td>
<td>SRW0529/SRW0530</td>
<td>52</td>
</tr>
<tr>
<td>Arachidonic Acid 6X</td>
<td>SRW0531</td>
<td>52</td>
</tr>
<tr>
<td>Argentum Colloidiurn</td>
<td>SRW0025</td>
<td>91</td>
</tr>
<tr>
<td>Argentum Cream</td>
<td>SRW0090</td>
<td>108</td>
</tr>
<tr>
<td>Argentum Metallicum 6X/30X</td>
<td>SRW0532/SRW0533</td>
<td>53</td>
</tr>
<tr>
<td>Argentum Nitricum 6X/29X</td>
<td>SRW0570/SRW0613</td>
<td>53</td>
</tr>
<tr>
<td>Argentum-Quartz 6X/30X</td>
<td>SRW0506/SRW0586</td>
<td>54</td>
</tr>
<tr>
<td>Arnica 6X/30X</td>
<td>SRW0534/SRW0535</td>
<td>54</td>
</tr>
<tr>
<td>Arsenicum Album 6X/30X</td>
<td>SRW0624/SRW0508</td>
<td>55</td>
</tr>
<tr>
<td>Arsenicum Metallicum 6X/30X</td>
<td>SRW0625/SRW0507</td>
<td>55</td>
</tr>
<tr>
<td>Astragalus Herbal Tincture</td>
<td>SRW0034</td>
<td>92</td>
</tr>
<tr>
<td>Aurum Metallicum 6X/30X</td>
<td>SRW0588/SRW0536</td>
<td>56</td>
</tr>
<tr>
<td>Aurum Cream</td>
<td>SRW0904</td>
<td>107</td>
</tr>
<tr>
<td>Avena Sativa 30X</td>
<td>SRW0537</td>
<td>56</td>
</tr>
<tr>
<td>Back Relief Plus™</td>
<td>SRW0245P</td>
<td>19</td>
</tr>
<tr>
<td>Baptisia Tinctoria 6X</td>
<td>SRW0605</td>
<td>57</td>
</tr>
<tr>
<td>Bee Pollen 30X</td>
<td>SRW0571</td>
<td>57</td>
</tr>
<tr>
<td>Belladonna 6X/30X</td>
<td>SRW0583/SRW0509</td>
<td>58</td>
</tr>
<tr>
<td>Berberine Plus™</td>
<td>SRW0246P</td>
<td>20</td>
</tr>
<tr>
<td>Berberis Vulgaris 6X</td>
<td>SRW0539</td>
<td>58</td>
</tr>
<tr>
<td>Beryl Pentas™ TMS</td>
<td>SRW0104</td>
<td>92</td>
</tr>
<tr>
<td>Blackthorn Tonic™</td>
<td>SRW0362</td>
<td>93</td>
</tr>
<tr>
<td>Bladder Control Plus™</td>
<td>SRW0306P</td>
<td>21</td>
</tr>
<tr>
<td>Boswellia 3K™</td>
<td>SRW0233</td>
<td>22</td>
</tr>
<tr>
<td>Boswellia Lip Balm</td>
<td>CRW0001</td>
<td>118</td>
</tr>
<tr>
<td>Breast Protect Plus™</td>
<td>SRW0317P</td>
<td>23</td>
</tr>
<tr>
<td>Bryonia Alba 6X</td>
<td>SRW0606</td>
<td>59</td>
</tr>
<tr>
<td>Bryophyllum 6X</td>
<td>SRW0589</td>
<td>59</td>
</tr>
<tr>
<td>Calc Carb 30X</td>
<td>SRW0540</td>
<td>60</td>
</tr>
<tr>
<td>Calc Phos 30X</td>
<td>SRW0590</td>
<td>60</td>
</tr>
<tr>
<td>Calcarea Fluorica 6X</td>
<td>SRW0576</td>
<td>61</td>
</tr>
<tr>
<td>Calcarea Sulfurica 6X</td>
<td>SRW0591</td>
<td>61</td>
</tr>
<tr>
<td>Calcium AM-PM™</td>
<td>SRW0322P</td>
<td>24</td>
</tr>
<tr>
<td>Camphora 6X/30X</td>
<td>SRW0592/SRW0593</td>
<td>62</td>
</tr>
<tr>
<td>Cantharis 30X</td>
<td>SRW0572</td>
<td>62</td>
</tr>
<tr>
<td>Carbo Betulae 6X/30X</td>
<td>SRW0594/SRW0595</td>
<td>63</td>
</tr>
<tr>
<td>Carnelian Pentas™ TMS</td>
<td>SRW0118</td>
<td>63</td>
</tr>
<tr>
<td>Cartilage Complex™</td>
<td>SRW0321P</td>
<td>24</td>
</tr>
<tr>
<td>Celestite 6X</td>
<td>SRW0609</td>
<td>63</td>
</tr>
<tr>
<td>Chalcedony Pentas™ TMS</td>
<td>SRW0101</td>
<td>94</td>
</tr>
<tr>
<td>Chamomilla 7X/30X</td>
<td>SRW0585/SRW0510</td>
<td>64</td>
</tr>
<tr>
<td>Chamomile Forte Cream</td>
<td>SRW0114</td>
<td>107</td>
</tr>
<tr>
<td>Chrysolith Pentas™ TMS</td>
<td>SRW0105</td>
<td>94</td>
</tr>
<tr>
<td>Cichorium Intybus 30X</td>
<td>SRW0541</td>
<td>64</td>
</tr>
<tr>
<td>Cinchona Officinalis 6X</td>
<td>SRW0604</td>
<td>65</td>
</tr>
<tr>
<td>Cinis Radix Comp 30X</td>
<td>SRW0542</td>
<td>65</td>
</tr>
<tr>
<td>Cinnabar-Prity 6X</td>
<td>SRW0511</td>
<td>66</td>
</tr>
<tr>
<td>Cleansing Cream</td>
<td>CRW0021</td>
<td>118</td>
</tr>
<tr>
<td>Clear &amp; Calm™</td>
<td>SRW0266P</td>
<td>25</td>
</tr>
<tr>
<td>Coffea Tosta 6X/30X</td>
<td>SRW0517/SRW0543</td>
<td>66</td>
</tr>
<tr>
<td>Conium Maculatum 30X</td>
<td>SRW0618</td>
<td>67</td>
</tr>
<tr>
<td>Cuprum Cream</td>
<td>SRW0900</td>
<td>108</td>
</tr>
<tr>
<td>Cuprum Metallicum 6X/30X</td>
<td>SRW0545/SRW0614</td>
<td>67</td>
</tr>
<tr>
<td>Curcumin Plus™</td>
<td>SRW0247P</td>
<td>26</td>
</tr>
<tr>
<td>Drosera 6X</td>
<td>SRW0620</td>
<td>68</td>
</tr>
<tr>
<td>Ear Oil</td>
<td>SRW0048</td>
<td>108</td>
</tr>
<tr>
<td>Elderberry Thyme Syrup™</td>
<td>SRW0010</td>
<td>95</td>
</tr>
<tr>
<td>Emerlad Pentas™ TMS</td>
<td>SRW0103</td>
<td>95</td>
</tr>
<tr>
<td>Enzymes Plus™</td>
<td>SRW0248P</td>
<td>27</td>
</tr>
<tr>
<td>Equisetum cum Silica</td>
<td>SRW0226</td>
<td>96</td>
</tr>
<tr>
<td>Herbal Tincture</td>
<td>CRW0019</td>
<td>119</td>
</tr>
<tr>
<td>Face Moisturizing Cream</td>
<td>SRW0564</td>
<td>68</td>
</tr>
<tr>
<td>Ferrum Carbonicum 6X</td>
<td>SRW0903</td>
<td>109</td>
</tr>
<tr>
<td>Ferrum Cream</td>
<td>SRW0546/SRW0615</td>
<td>69</td>
</tr>
<tr>
<td>Ferrum Muriaticum 6X</td>
<td>SRW0611</td>
<td>69</td>
</tr>
<tr>
<td>Ferrum Phos 6X</td>
<td>SRW0347</td>
<td>70</td>
</tr>
<tr>
<td>Formicium Acidum 6X</td>
<td>SRW0312</td>
<td>70</td>
</tr>
<tr>
<td>Gelsemium 6X</td>
<td>SRW0398</td>
<td>71</td>
</tr>
<tr>
<td>Gentian Herbal Tincture</td>
<td>SRW0018</td>
<td>97</td>
</tr>
<tr>
<td>Glandula Suprarenalis (Adrenal) 6X</td>
<td>SRW0503</td>
<td>71</td>
</tr>
<tr>
<td>Glandular Comp 6X</td>
<td>SRW0584</td>
<td>72</td>
</tr>
<tr>
<td>Glucanol Plus™</td>
<td>SRW0249P</td>
<td>28</td>
</tr>
<tr>
<td>Glutamine Peptide</td>
<td>SRW0090</td>
<td>29</td>
</tr>
<tr>
<td>Goldenrod Herbal Tincture</td>
<td>SRW0197</td>
<td>97</td>
</tr>
<tr>
<td>Graphites 30X</td>
<td>SRW0573</td>
<td>72</td>
</tr>
<tr>
<td>Gut Restore™</td>
<td>SRW0340</td>
<td>29</td>
</tr>
<tr>
<td>Hand &amp; Body Cream</td>
<td>CRW0020</td>
<td>119</td>
</tr>
<tr>
<td>Hawthorn Plus</td>
<td>SRW0361</td>
<td>30</td>
</tr>
<tr>
<td>Hepar Sul 6X/30X</td>
<td>SRW0597/SRW0549</td>
<td>73</td>
</tr>
<tr>
<td>Histaminium Hydrochloricum 30X</td>
<td>SRW0561</td>
<td>73</td>
</tr>
<tr>
<td>Hyacinth Pentas™ TMS</td>
<td>SRW0108</td>
<td>98</td>
</tr>
<tr>
<td>Hyoscyamus Niger 6X/30X</td>
<td>SRW0622/SRW0550</td>
<td>74</td>
</tr>
<tr>
<td>Hypericum Forte Cream</td>
<td>SRW0020</td>
<td>109</td>
</tr>
<tr>
<td>Iron Reservoir™ TMS</td>
<td>SRW0352</td>
<td>98</td>
</tr>
<tr>
<td>Jasper Pentas™ TMS</td>
<td>SRW0109</td>
<td>99</td>
</tr>
<tr>
<td>Joint Relief Plus™</td>
<td>SRW0250P</td>
<td>31</td>
</tr>
<tr>
<td>Juglans Regia 30X</td>
<td>SRW0566</td>
<td>74</td>
</tr>
<tr>
<td>Lachesis Mutus 30X</td>
<td>SRW0553</td>
<td>75</td>
</tr>
<tr>
<td>Lavender &amp; Spruce Bath Oil</td>
<td>CRW0010</td>
<td>109</td>
</tr>
<tr>
<td>Ledum Palustre 6X</td>
<td>SRW0621</td>
<td>75</td>
</tr>
<tr>
<td>Leonurus Cardiaca 6X</td>
<td>SRW0521</td>
<td>76</td>
</tr>
<tr>
<td>Levisticum Officinalis 6X</td>
<td>SRW0575</td>
<td>76</td>
</tr>
<tr>
<td>Lightroot Comp™</td>
<td>SRW0303</td>
<td>32</td>
</tr>
<tr>
<td>Liver Cleanse™</td>
<td>SRW0022</td>
<td>32</td>
</tr>
<tr>
<td>Lobelia Inflata 6X</td>
<td>SRW0520</td>
<td>77</td>
</tr>
<tr>
<td>Lungroot™ – Lemon</td>
<td>SRW0354</td>
<td>99</td>
</tr>
</tbody>
</table>
Lungroot™ – Menthol
Lycopodium Clavatum 6X/30X
Magnesia Phos 6X/30X
Magnesium Reservoir™
Mercurius Vivus 30X
Millefolium 6X
Multivitamins Plus
Natrium Muriaticum 30X
Neck Relief
Nux Vomica 30X
Onyx Pentas™ TMS
Orange Salt Scrub
Oxalis Montana 6X
Phosphorus 6X/30X
Pineal-Pituitary 30X
Plumbum Mel. 30X
Potassium Reservoir™
Prostate Complex™
Prunus Spinosa 6X
Pulsatilla 6X/30X
Real Arnica Forte™ Oil — 4 oz.
Real Arnica Forte™ Oil — 2 oz.
Real Arnica Ultra™ Cream
Real Arnica Massage Oil
Recovery Tonic™
Refreshing Foot Cream
Relief 4X Cream
Rosemary Bath Oil
Rosemary & Eucalyptus Bath Oil
Rosemary Salt Scrub
Sage Cream
Sambucus Canadensis
(Elderberry) 6X
Sepia 6X/30X
Serrazimes Complex™
Shepherd’s Purse Herbal Tincture
Silica 6X/30X
Silica Cream
Sinus Plus™
St. John’s Wort Plus™
Stannum Complex 6X
Stannum Cream
Stannum Metallicum 6X/30X
Stibium Cream
Strophanthus Kombe 6X
Sulfur 7X/30X
Teucrium Scorodonia 6X
Throat Defense™ Berry Flavor
Throat Defense™ Menthol
Thuja 6X
Thyroidinum 6X
Topaz Pentas™ TMS
Tormentilla 30X
Triple Strength Probiotics™
True Life Pepper —
Coarse/Fine
True Life Reservoir™
True Life Sea Salt
Urtica Ferrum Tincture
Vital Mind AM™
Vital Mind PM™
Vitamin D Plus™
Vitamin K-2 Plus™
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**
- SM Trace Minerals
- Glandula Suprarenalis (Adrenal) 6X
- AKBA Plus™ (Boswellia 3K™)
- Beryl Pentas™ TMS
- Blackthorn Tonic™
- Glandular Comp 6X
- Orange Salt Scrub
- Pineal-Pituitary 30X
- Recovery Tonic™
- Rosemary Salt Scrub
- Millefolium 6X

**Allergies Support**
- SM Trace Minerals
- AKBA Plus™
- Argentum-Quartz 6X
- Berberine Plus™
- Calcium AM-PM™
- Levisticum Officinale 6X
- Leonurus Cardiaca 6X
- Sinus Plus™

**Antioxidants**
- Multivitamins Plus™

**Back & Neck Relief**
- AKBA Plus™
- Angelica Forte Oil
- Arnica 6X and 30X
- Back Relief Plus™
- Berberine Plus™
- Calcium AM-PM™
- Cartilage Complex Plus™
- Chamomilla 7X and 30X
- Curcumin Plus™
- Jasper Pentas™ TMS
- Joint Relief Plus™
- Neck Relief Oil™
- Real Arnica Forte® Oil
- Relief 4X Cream™
- Serrazimes Complex™
- Vitamin D Plus™

**Brain-Calming Support**
- SM Trace Minerals
- AKBA Plus™ (Boswellia 3K™)
- Amethyst Pentas™ TMS
- Arnica 6X and 30X
- Berberine Plus™
- Calcium AM-PM™
- Chamomilla 7X and 30X
- Cinis Radix Comp 30X
- Clear & Calm™
- Lavender & Spruce Bath Oil™
- Lightroot Comp™
- Magnesium Reservoir™ Multi-Minerals
- Orange Salt Scrub
- Potassium Reservoir™ Multi-Minerals
- St. John’s Wort Plus™
- Vital Mind AM™
- Vital Mind PM™

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

**Brain-Stimulating Support**
- SM Trace Minerals
- Amethyst Pentas™ TMS
- Berberine Plus™
- Vital Mind AM™
- Vital Mind PM™
- Multi-Action Vitamins Mental Clarity™

**Cardio-vascular Health**
- SM Trace Minerals
- AKBA Plus™ (Boswellia 3K™)
- Aurum Cream
- Aurum Metallicum 6X and 30X
- Belladonna 6X and 30X
- Berberine Plus™
- Beryl Pentas™ TMS
- Blackthorn Tonic™
- Hawthorn Plus
- Magnesium Reservoir™ Multi-Minerals
- Orange Salt Scrub
- Potassium Reservoir™ Multi-Minerals
- Rosemary Bath Oil
- Rosemary Salt Scrub
- Vitamin K-2 Plus™

**Cholesterol-Healthy Support**
- Berberine Plus™
- Chicorium intybus 30X
- Gentian Herbal Tincture
- Glucanol Plus™
- Liver Cleanse™

**Constitutional Strengthening**
- SM Trace Minerals
- Aurum Metallicum 6X and 30X
- Blackthorn Tonic™
- Carnelian Pentas™ TMS
- Ferrum Cream
- Formicicum Acidum 6X
- Glandular Comp 6X
- Orange Salt Scrub
- Rosemary Salt Scrub
- Pineal-Pituitary 30X
- Thuja 6X

**Cough Relief**
- AKBA Plus™
- Angelica Forte Oil
- Cinnabar-Pyrite 6X
- Cuprum Metallicum 6X and 30X
- Elderberry Thyme Syrup™
- Lobelia Inflata 6X
- Lungroot™ – Menthol or Lemon
- Rosemary & Eucalyptus Bath Oil
- Sinus Plus™

*Find more on:* Ingredients, related research, Anthroposophy and health concerns on the [www.truebotanica.com](http://www.truebotanica.com) website.
**Detoxification**
SM Trace Minerals
Angelica Forte Oil
Berberine Plus
Chicorium Intybus 30X
Curcumin Plus
Enzymes Plus
Equisetum cum Silica Herbal Tincture
Ferrum Cream
Gentian Herbal Tincture
Glutamine Peptide
Gut Restore
Lavender & Spruce Bath Oil
Liver Cleanse
Nattokinase Complex
Orange Salt Scrub
Rosemary & Eucalyptus Bath Oil
Rosemary Salt Scrub
Serrazimes Complex
Topaz Pentas TMS
Triple Strength Probiotics

**Ear Health**
AKBA Plus (Boswellia 3K™)
Angelica Forte Oil
Argentum Colloidum
Cinnabar-Pyrite 6X
Ear Oil
Elderberry Thyme Syrup
Onyx Pentas TMS
Serrazimes Complex
Sinus Plus

**Enzymes**
Enzymes Plus
Serrazimes Complex

**Eye Health**
Chrysolith Pentas TMS

**Fatigue**
SM Trace Minerals
Aurum Metallicum 6X
Berberine Plus
Blackthorn Tonic
Hawthorn Plus
Liver Cleanse
Magnesium Reservoir Multi-Minerals
Multivitamins Plus
Potassium Reservoir Multi-Minerals
Recovery Tonic
Rosemary Bath Oil
Vital Mind AM
Vital Mind PM

**Gall Bladder Support**
Belladonna 6X and 30X
Berberine Plus
Chicorium Intybus 30X
Curcumin Plus
Enzymes Plus
Ferrum Cream
Liver Cleanse

**Glucose-Healthy Support**
SM Trace Minerals
Berberine Plus
Chicorium Intybus 30X
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 Herbal Tincture
Breast Protect Plus (for women)
Prostate Complex (for men)

**Hormonal Support**
Glandula Suprarenalis (Adrenal) 6X
Blackthorn Tonic
Glandular Comp 6X
Hyacinth Pentas TMS
Lightroot Comp
Pineal-Pituitary 30X
Prostate Complex
Rosemary Bath Oil
Rosemary Salt Scrub
Thyroidinum 6X

**Immune System Support**
AKBA Plus (Boswellia 3K™)
Angelica Forte Oil
Astragalus Herbal Tincture
Elderberry Thyme Syrup
Gelsemium 6X
Pineal-Pituitary 30X
Serrazimes Complex
Throat Defense Berry Flavor
Throat Defense Menthol
Thuya 6X
Triple Strength Probiotics
Vitamin D Plus

**Inflammation-Healthy Support**
AKBA Plus (Boswellia 3K™)
Angelica Forte Oil
Arnica 6X and 30X
Berberine Plus
Calcium AM-PM
Curcumin Plus
Joint Relief Plus
Real Arnica Forte Oil
Relief 4X Cream
Serrazimes Complex
Sinus Plus
Vitamin D Plus

**Intestinal Health**
AKBA Plus (Boswellia 3K™)
Berberine Plus
Chamomilla 7X and 30X
Chicorium Intybus 30X
Curcumin Plus
Enzymes Plus
Gentian Herbal Tincture
Glutamine Peptide
Gut Restore
Liver Cleanse
Levisticum Officinalis 6X
Mercurius Vivus 30X
Triple Strength Probiotics

**Joint Health**
AKBA Plus (Boswellia 3K™)
Angelica Forte Oil
Arnica 6X and 30X
Back Relief Plus
Berberine Plus
Calcium AM-PM
Cartilage Complex
Chalcedony Pentas TMS
Curcumin Plus
Joint Relief Plus
Real Arnica Forte Oil/Real Arnica Ultra Cream
Relief 4X Cream
Serrazimes Complex
Vitamin D Plus

**Kidney Health**
AKBA Plus (Boswellia 3K™)
Berberine Plus
Beryl Pentas TMS
Cuprum Cream
Cuprum 6X and 30X
Equisetum cum Silica Herbal Tincture
Lightroot Comp
Shepherd’s Purse Herbal Tincture
Stannum Complex 6X
Millefolium (Yarrow) 6X
Leg Cramps — Occasional
AKBA Plus™ (Boswellia 3K™)
Belladonna 6X and 30X
Calcium AM-PM™
Chamomilla 7X and 30X
Cinis Radix Comp 30X
Cuprum Cream
Cuprum Metallicum 6X and 30X
Magnesium Reservoir™ Multi-Minerals
Potassium Reservoir™ Multi-Minerals
Real Arnica Forte™ Oil/
Real Arnica Ultra™ Cream™
Relief 4X Cream™
Vitamin K-2 Plus™

Metabolic Health
AKBA Plus™ (Boswellia 3K™)
Berberine Plus™
Blackthorn Tonic™
Curcumin Plus™
Enzymes Plus™
Formicum Acidum 6X
Glucanol Plus™
Gut Restore™
Liver Cleanse™
Pineal-Pituitary 30X
Topaz Pentas™ TMS
Vitamin D Plus™
Multivitamins Plus™

Liver Health
AKBA Plus™ (Boswellia 3K™)
Berberine Plus™
Chicorium Intybus 30X
Cuprum Cream
Curcumin Plus™
Enzymes Plus™
Ferrum Cream
Liver Cleanse™
Stannum Cream
Topaz Pentas™ TMS
Millefolium (Yarrow) 6X

Mood/Mental Health Support
SM Trace Minerals
Aurum Metallicum 6X and 30X
Berberine Plus™
Clear & Calm™
Lighthoot Comp™
Magnesium Reservoir™ Multi-Minerals
Multivitamins Plus
Potassium Reservoir™ Multi-Minerals
Plumbum Mel. 30X
St. John’s Wort Plus™
Vital Mind AM™
Vital Mind PM™

Lung Health
AKBA Plus™ (Boswellia 3K™)
Angelica Forte Oil
Cinis Radix Comp 30X
Cinnabar-Pyrite 6X
Elderberry Thyme Syrup™
Ferrum Cream
Lobelia Inflata 6X
Lungroot™ – Menthol or Lemon
Serrazimes Complex™

Multi Vitamins & Minerals
SM Trace Minerals
Calcium AM-PM™
Magnesium Reservoir™ Multi-Minerals
Multivitamins Plus
Potassium Reservoir™ Multi-Minerals
True Life Reservoir™
Vitamin D Plus™
Vitamin K-2 Plus™

Memory Support
Berberine Plus™
Clear & Calm™
Lighthoot Comp™
Multivitamins Plus™
Pineal-Pituitary 30X
Plumbum Mel. 30X
Vital Mind AM™
Vital Mind PM™

Mens Health
Blackthorn Tonic™
Prostate Complex™

Neurologic Health (nerve health)
SM Trace Minerals
AKBA Plus™ (Boswellia 3K™)
Arnica 6X and 30X
Berberine Plus™
Curcumin Plus™
Equisetum cum Silica Herbal Tincture
Lavender & Spruce Bath Oil™
Magnesium Reservoir™ Multi-Minerals
Pineal-Pituitary 30X
Recovery Tonic™
Plumbum Mel. 30X
Serrazimes Complex™
Vital Mind AM™
Vital Mind PM™
Vitamin D Plus™

Nutritional Deficiencies
SM Trace Minerals
Calcium AM-PM™
Enzymes Plus™
Glutamine Peptide
Gut Restore™
Magnesium Reservoir™ Multi-Minerals
Multivitamins Plus™
Potassium Reservoir™ Multi-Minerals
Triple Strength Probiotics™
True Life Reservoir™

Oral Care
Curcumin Plus™
Cinnabar-Pyrite 6X
Throat Defense™ Berry Flavor
Throat Defense™ Menthol

Organ products
Glandula Suprarenalis (Adrenal) 6X
Glandular Comp. 6X
Pineal-Pituitary 30X
Thyroidinum 6X

Pain Relief
(occasional discomfort)
AKBA Plus™ (Boswellia 3K™)
Arnica 6X and 30X
Back Relief Plus™
Calcium AM-PM™
Cartilage Complex™
Chamomilla 7X and 30X
Cuprum Cream
Joint Relief Plus™
Magnesium Reservoir™ Multi-Minerals
Real Arnica Forte™ Oil/
Real Arnica Ultra™ Cream™
Relief 4X Cream™
Serrazimes Complex™

Pediatric Daily Health
SM Trace Minerals
Blackthorn Tonic™
Calcium AM-PM™
Chamomilla 7X and 30X
Throat Defense™ Berry Flavor
Throat Defense™ Menthol
Triple Strength Probiotics™
True Life Reservoir™
<table>
<thead>
<tr>
<th>Section</th>
<th>Products</th>
</tr>
</thead>
</table>
| Post Exercise — Minor, Occasional Injury Relief | AKBA Plus™ (Boswellia 3K™)  
Arnica 6X and 30X  
Back Relief Plus™  
Belladonna 6X and 30X  
Berberine Plus™  
Calcium AM-PM™  
Cartilage Complex™  
Goldenrod Herbal Tincture  
Hawthorn Plus  
Magnesium Reservoir™ Multi-Minerals  
Real Arnica Forte™ Oil  
Recovery Tonic™  
Relief 4X Cream™  
Serrazimes Complex™ |
| Skin Health                                  | AKBA Plus™ (Boswellia 3K™)  
Chamomile Forte Cream  
Cosmetics — see cosmetics section  
Equisetum cum Silica Herbal Tincture  
Hypericum Forte Cream  
Jasper Pentas™ TMS  
Orange Salt Scrub  
Rosemary Salt Scrub  
Sage Cream  
Silicea Cream  
Stibium Cream |
| Sleep Support                                | Calcium AM-PM™  
Chamomilla 7X and 30X  
Cinis Radix Comp 30X  
Clear & Calm™  
Lavender & Spruce Bath Oil™  
Magnesium Reservoir™ Multi-Minerals  
Pineal-Pituitary 30X |
| Probiotics                                   | Gut Restore™  
Throat Defense™ Berry Flavor  
Throat Defense™ Menthol  
Triple Strength Probiotics™ |
| Prostate Health                              | AKBA Plus™ (Boswellia 3K™)  
Berberine Plus™  
Prostate Complex™  
Vitamin D Plus™ |
| Recovery/Convalescence                       | 5M Trace Minerals  
Arnica 6X and 30X  
Aurum Metallicum 6X and 30X  
Berberine Plus™  
Blackthorn Tonic™  
Glandular Comp. 6X  
Goldenrod Herbal Tincture  
Hawthorn Plus  
Multivitamins Plus™  
Pineal-Pituitary 30X  
Recovery Tonic™  
Rosemary Salt Scrub  
Triple Strength Probiotics™ |
| Sinuses-Healthy Support                      | AKBA Plus™ (Boswellia 3K™)  
Cinnabar-Pyrite 6X  
Elderberry Thyme Syrup™  
Lungroot™ – Menthol or Lemon  
Rosemary & Eucalyptus Bath Oil  
Serrazimes Complex™  
Sinus Plus™  
Throat Defense™ Berry Flavor  
Throat Defense™ Menthol  
Triple Strength Probiotics™ |
| Stress Relief                                | Aurum Metallicum 6X and 30X  
Blackthorn Tonic™  
Calcium AM-PM™  
Chamomilla 7X and 30X  
Cinis Radix Comp 30X  
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 6X  
Elderberry Thyme Syrup™  
Lungroot™ – Menthol or Lemon  
Throat Defense™ Berry Flavor  
Throat Defense™ Menthol Flavor |
| Thyroid Health                               | Cuprum Cream  
Glandular Comp. 6X  
Leonurus Cardiaca 6X  
Thyroidinum 6X |
| Urinary Bladder Health                       | AKBA Plus™ (Boswellia 3K™)  
Bladder Control Plus™  
Equisetum cum Silica Herbal Tincture |
| Veins Support                                | AKBA Plus™ (Boswellia 3K™)  
Cuprum Metallicum 6X and 30X  
Cuprum Cream  
Vitamin K-2 Plus™ |
| Weight-Healthy Support                       | Calcium AM-PM™  
Equisetum cum Silica Herbal Tincture  
Glucanol Plus™  
Multivitamins Plus™ |
| Women’s Issues                               | Agnus Castus Herbal Tincture  
Argentum Cream  
Argentum Metallicum 6X and 30X  
Aurum Metallicum 6X and 30X  
Belladonna 6X and 30X  
Blackthorn Tonic™  
Breast Protect Plus™  
Calcium AM-PM™  
Lighthroot Comp™  
Levisticum Officinalis 6X  
Women’s Energy Plus™ |
| Work-out/Exercise/Sports Performance         | Arnica 6X and 30X  
Berberine Plus™  
Calcium AM-PM™  
Hawthorn Plus  
Lavender & Spruce Bath Oil™  
Magnesium Reservoir™ Multi-Minerals  
Multivitamins Plus™  
Orange Salt Scrub  
Potassium Reservoir™ Multi-Minerals  
Real Arnica Forte™ Oil or Cream  
Recovery Tonic™ |
TABLETS, CAPSULES & POWDERS

Berberine Plus™
A Dietary Supplement
120 CAPSULES
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.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AKBA 90</strong> (Boswellia serrata) resin</td>
<td>60 mg</td>
<td>*</td>
</tr>
<tr>
<td>(Standardized for 90% AKBA [3-O-acetyl-11-Keto-beta-Boswellic acid (54 mg)])</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boswellin® PS (Boswellia serrata) resin</td>
<td>60 mg</td>
<td>*</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>
<td></td>
</tr>
<tr>
<td>AKBA True Pentas™ [a proprietary, rhythmically prepared boswellia (Boswellia serrata) resin]</td>
<td>20 mg</td>
<td>*</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient® (Piper nigrum) (fruit) [Standardized for 95% piperine (0.95 g)]</td>
<td>1 mg</td>
<td>*</td>
</tr>
<tr>
<td>Fenugreek seed powder (Trigonella foenum-graecum)</td>
<td>1 mg</td>
<td>*</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit®-Inulin HD, vegetable cellulose, and non-hydrogenated vegetable stearate.</td>
<td></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.
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

<table>
<thead>
<tr>
<th>Serving size: 2 capsules</th>
<th>Servings/container: 50</th>
</tr>
</thead>
</table>

<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 Theronutrient™ (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>
<td></td>
</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 #5,536,506; 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.

---

Find more on: Ingredients, related research, Anthroposophy and health concerns on the www.truebotanica.com website.
This is the most full spectrum barberry root formula available. It contains the high amounts of the naturally occurring berberine 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”.
7. increased workout and exercise effectiveness

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.

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

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving size:</strong> 2 capsules • <strong>Servings per container:</strong> 60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AMOUNT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berberine HCL</td>
<td>500 mg *</td>
</tr>
<tr>
<td>Barberry Pentas™ (Proprietary blend of Barberry Root Pentas™ and Barberry Root Ash Pentas)™</td>
<td>40 mg *</td>
</tr>
<tr>
<td>Barberry extract (Standardized to 6% total Alkaloids calculated as Berberine (1.2 mg))</td>
<td>20 mg *</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient™ (Piper nigrum) (fruit) [95% piperine (1.9 mg)]</td>
<td>2 mg *</td>
</tr>
</tbody>
</table>

Other Ingredients: Microcrystalline cellulose, vegetable cellulose, FrutaFit®-Inulin, and magnesium stearate.

*DAILY VALUE NOT ESTABLISHED

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.
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

<table>
<thead>
<tr>
<th>Serving size: 1 capsule • Servings per container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMOUNT PER SERVING</strong></td>
</tr>
<tr>
<td>-------------------------</td>
</tr>
<tr>
<td>Go-Less® [a proprietary blend of EFLA® 940 Pumpkin Seed Extract (Cucurbita pepo L.) and SoyLife® 40% isoflavones extract (Glycine max)]</td>
</tr>
<tr>
<td>Lightroot™ powder (Dioscorea batatas) (roots)</td>
</tr>
<tr>
<td>Yarrow flowers powder (Achillia millefolium)</td>
</tr>
<tr>
<td>Teucrium Pentas™ [a rhythmically prepared proprietary combination of wood-sage (Teucrium marum verum) (leaf) Pentas™]</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>
</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>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient™ (Piper nigrum) (fruit) [Standardized for 95% piperine (1.9 mg)]</td>
</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

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

Contains soybean extract.

Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,508; 5,744,161; 5,972,362; & 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</th>
<th>Servings per container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td>AKBA 90™ (<em>Boswellia serrata</em>) (resin) 60 mg</td>
<td>*</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 (<em>Boswellia serrata</em>) (resin) 60 mg</td>
<td>*</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 <em>Boswellia serrata</em>, myrrh gum, amber, Boswellia 3K Pentas™ and gold – contains less than 1 ppb of gold) 10 mg</td>
<td>*</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; & 6,064,585. 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 capsules</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><strong>Vitamin D (as cholecalciferol)</strong></td>
<td>200 IU</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>
<td>215 mg</td>
</tr>
<tr>
<td>Broccoli 20:1 extract ([<em>Brassica oleracea</em>] (stems &amp; buds))</td>
<td>200 mg</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 (<em>Elaeis guineensis</em>)]</td>
<td>125 mg</td>
</tr>
<tr>
<td>Watercress powder ([<em>Nasturtium officinale</em>] (herb))</td>
<td>100 mg</td>
</tr>
<tr>
<td>Indole-3-carbinol</td>
<td>75 mg</td>
</tr>
<tr>
<td>HMRLignan™ [7-Hydroxymatairesinol from Norwegian Spruce (<em>Picea abies</em>)]</td>
<td>30 mg</td>
</tr>
<tr>
<td>Curcumin C3 Complex® Turmeric extract, Nature’s Bioprotectant® [Standardized for 95% total curcuminoid (23.75 mg)]</td>
<td>25 mg</td>
</tr>
<tr>
<td>DIM Powder [3,3-Bis (Indolyl) Methane]</td>
<td>15 mg</td>
</tr>
<tr>
<td>AKBA 90° ([<em>Boswellia serrata</em>] (resin)) (Standardized for 90%)</td>
<td>10 mg</td>
</tr>
<tr>
<td>AKBA [3-acetyl-11-Keto-beta-Boswellic acid (9 mg)])</td>
<td>10 mg</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ BrP Mix: a proprietary mix, rhythmically prepared from: complete trace minerals and minerals derived from diopside, topaz, slate, apatite, porphyry and sulfur.</td>
<td>10 mg</td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient™ ([<em>Piper nigrum</em>] (fruit)) [Standardized for 95% piperine (1.9 mg)]</td>
<td>2 mg</td>
</tr>
</tbody>
</table>

---

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

SRW0322P

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
Serving size: 3 capsules • Servings per container: 30

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium (from 3215 mg of ESC® Eggshell calcium, Calcium citrate and Calcium Reservoir® Blend)</td>
<td>1110 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>
</tbody>
</table>

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

† 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

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

Cartilage Complex™  

SRW0321P

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 heath 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. KollaII® 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
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>NEM® Natural Eggshell Membrane</td>
<td>500 mg</td>
</tr>
<tr>
<td>KollaII® Collagen Type II (from 100% chicken sternal cartilage)</td>
<td>500 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® CC Mix: a proprietary mix of complete trace minerals; rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, and chalcedony and Stannum Pentas.</td>
<td>25 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>
</tbody>
</table>

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

* DAILY VALUE NOT ESTABLISHED.

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 increases 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 cling effect 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>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>Cyclic® Lemon Balm Extract <em>(Melissa officinalis L.)</em> (leaf) [Standardized to Min 14% hydroxycinnamic acids (42 mg) and 7% Rosmarinic acid (21 mg)]</td>
<td>300 mg *</td>
</tr>
<tr>
<td>Lemon Balm Penta® Mix (a proprietary, rhythmically prepared Penta® mix of Lemon balm)</td>
<td>25 mg *</td>
</tr>
<tr>
<td>Other Ingredients: FrutaFit®-Inulin, vegetable cellulose, 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.

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

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 capsule</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>Curcumin C3 Complex® (Nature’s Bioprotectant®) 500 Mg * (Curcuma longa) (rhizome) [Standardized for 95% Total Curcuminoids (475 mg), including Bisdemethoxy curcumin 2.5 – 6.5%, Demethoxy curcumin 15.0–25.0% and Curcumin 70.0–80.0%]</td>
<td></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)] 225 Mg *</td>
<td></td>
</tr>
<tr>
<td>Curcumin Pentas™ Mix [a proprietary, rhythmically prepared Pentas™ mix of turmeric (Curcuma longa) (root) in a base of FrutaFit™-Inulin] 15 Mg *</td>
<td></td>
</tr>
<tr>
<td>AKBA 90™ (Boswellia serrata) (resin) 10 Mg * [Standardized for 90% AKBA (3-O-acetyl-Keto-beta-Boswellic acid (9 mg))]</td>
<td></td>
</tr>
<tr>
<td>Bioperine® Nature’s Thermonutrient® (Piper nigrum) (fruit) [Standardized for 95% piperine (0.95 mg)] 5 Mg *</td>
<td></td>
</tr>
<tr>
<td>AKBA True Pentas™ (a proprietary, rhythmically prepared boswellia (Boswellia serrata) (resin) in a base of FrutaFit™-Inulin) 1 Mg *</td>
<td></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.
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**

**Serving size:** 1 capsule  •  **Servings/container:** 45

<table>
<thead>
<tr>
<th>AMT 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 GalU</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% caffeoylquinic 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>
<tr>
<td>Other ingredients: Vegetable cellulose (capsule), FrutaFit®-Inulin, and non-hydrogenated vegetable stearate.</td>
<td></td>
</tr>
</tbody>
</table>

† DAILY VALUE NOT ESTABLISHED.

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

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.

<table>
<thead>
<tr>
<th>Supplement Facts</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>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>
<tr>
<td>Other ingredients: Vegetable cellulose, FrutaFit®-Inulin, and non-hydrogenated vegetable stearate.</td>
<td></td>
</tr>
</tbody>
</table>

*A 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 #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.
Glutamine Peptide  

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:

- It is a conditionally essential amino acid, i.e. in times of stress the body cannot keep up with the demand for this protein and needs supplementation from outside.
- 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:** Mix 1–2 teaspoons in 4–6 ozs. of water or flavored drink. Take two to three times daily.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving size: 1 tsp., approx. 2.5g • Servings per container: 70</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
</tr>
<tr>
<td>Glutamine Peptide</td>
</tr>
<tr>
<td>In a proprietary blend of: FrutaFit®-Inulin; and biodynamically prepared White Oak Bark (<em>Quercus alba</em>), Chamomile (<em>Chamomilla recutita</em>), Yarrow (<em>Achillea millefollium</em>), Dandelion (<em>Taraxacum officinalis</em>), Stinging Nettles (<em>Urtica dioica</em>), Valerian (<em>Valeriana officinalis</em>)</td>
</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

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

---

Gut Restore™  

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 during his travels in Indochina in the early 1920’s observed the many benefits for digestive health that the local people experienced from 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.
- Supports 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 promoting normal bowel movements and reducing occasional intestinal discomforts.

The Pro SCB Saccharomyces is a more recently patented probiotic shown to bring relief in occasional abdominal/intestinal bloating and temporary digestive discomforts. 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 • Servings per container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
</tr>
<tr>
<td>Lynside® Pro GI+ Saccharomyces cerevisiae (Providing 2 billion live organisms*)</td>
</tr>
<tr>
<td>Lynside® Pro SCB Saccharomyces cerevisiae var. boulardii (Providing 4 billion live organisms*)</td>
</tr>
<tr>
<td>Other ingredients: Vegetable cellulose, non-hydrogenated vegetable stearate, and FrutaFit®-Inulin.</td>
</tr>
</tbody>
</table>

† DAILY VALUE NOT ESTABLISHED  * AT THE TIME OF MANUFACTURE

All products at True Botanica are made in an NSF GMP registered facility.
This uniquely formulated full spectrum hawthorn product contains:
• Organic hawthorn berry;
• The salts of the hawthorn plant

Hawthorn — main actions:
• **Keeps a strong, healthy heart;**
• **Increases overall exercise tolerance- even if the heart is not as strong as it should be;**
• **Lessens fatigue by invigorating the cardiovascular system (addresses an often ignored cause of fatigue);**
• **Supports healthy blood pressure;**
• Supports a healthy liver and lessens fat accumulation in the liver;
• Keep healthy levels of blood lipids (fats)
• Anti-oxidant activity especially important in obese individuals;
• Supports cellular neuro-protection;
• Lessens overall anxiety levels.

Rudolf Steiner’s research indicates that the heart and the circulatory system benefit especially from remedies made from fruits and seeds!

**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**
Serving size: 1/2 tsp., • Servings per container: 90

<table>
<thead>
<tr>
<th>Amt per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hawthorn (Crataegus laevigata) (berry)</td>
<td>250 mg *</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit®-Inulin, Hawthorn (Crataegous pinnatifida) (root) Ash (10-4)</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

FrutaFit®-Inulin is 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 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;
  - AKBA — the most active extract of the boswellia (frankincense) is the most potent natural S-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>AMT PER SERVING</th>
<th>DAILY VALUE</th>
</tr>
</thead>
<tbody>
<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>Schizandra chinensis powder (fruit/seeds)</td>
<td>150 mg</td>
</tr>
<tr>
<td>OptiMSM® Methylsulfomethane</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° (Boswelia 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 8% Rosmarinic acid (3 mg))</td>
<td>50 mg</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ JR Mix (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™ Mix (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 Dioscora 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™”.

Dioscora 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.

**Liver Cleanse™**

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 indispensable 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.
Magnesium deficiency is alarmingly widespread. 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.

**Supplement Facts**

| Serving size: 2 capsules • Servings/container: 30 |  
|-----------------------------------------------|---|---|---|
| **AMT PER SERVING** | **% DAILY VALUE** **|---|---|---|
| Iodine (from 10 mg of Atlantic kelp) | 40 mcg | 27% |
| Magnesium (from 1650 mg of Magnesium citrate, DiMagnesium malate, Magnesium phosphate, Magnesium chloride and Magnesium Reservoir™ blend) | 267 mg | 67% |
| Zinc (from 20 mg of TRAACS® Zinc Glycinate Chelate) | 4 mg | 27% |
| Selenium (from 3 mg of selenium amino acid chelate) | 30 mcg | 43% |
| Copper (from 2 mg of TRAACS® Copper Glycinate Chelate) | 0.2 mg | 10% |
| Manganese (from 5 mg of TRAACS® Manganese Glycinate Chelate) | 0.8 mg | 40% |
| Chromium (from 1000 mcg of TRAACS® Chromium Nicotinate Glycinate Chelate) | 25 mcg | 21% |
| Molybdenum (from 1000 mcg of TRAACS® Molybdenum Glycinate Chelate) | 25 mcg | 33% |
| Boron (from 2 mg of boron amino acid complex) | 200 mcg | † |
| Silicon (from 500 mcg of Silicon amino acid chelate) | 25 mcg | † |
| Vanadium (from 1000 mcg of TRAACS® Vanadium Nicotinate Glycinate Chelate) | 100 mcg | † |

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

† DAILY VALUE NOT ESTABLISHED.

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

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 methylcobalamin 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

3. It is enhanced by the energizing herb Guarana.

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 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 methylcobalamin)</td>
<td>500 mcg</td>
</tr>
<tr>
<td>Biotin</td>
<td>300 mcg</td>
</tr>
<tr>
<td>Pantothentic 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>
</tbody>
</table>

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.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
Our physical and energetic bodies have an enormous 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>AMOUNT PER SERVING</th>
<th>% DAILY VALUE**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iodine (from 5 mg of Atlantic kelp)</td>
<td>20 mcg 13%</td>
</tr>
<tr>
<td>Zinc (from 8 mg of TRAACS Zinc Glycinate Chelate)</td>
<td>1.6 mg 11%</td>
</tr>
<tr>
<td>Selenium (from 1 mg of selenium amino acid chelate)</td>
<td>10 mcg 14%</td>
</tr>
<tr>
<td>Copper (from 1 mg of TRAACS Copper Glycinate Chelate)</td>
<td>0.1 mg 5%</td>
</tr>
<tr>
<td>Manganese (from 2.5 mg of TRAACS Manganese Glycinate Chelate)</td>
<td>0.4 mg 20%</td>
</tr>
<tr>
<td>Molybdenum (from 500 mcg of TRAACS Molybdenum Glycinate Chelate)</td>
<td>12.5 mcg 17%</td>
</tr>
<tr>
<td>Potassium (from 250 mg of Potassium citrate, Potassium chloride, Potassium malate and Potassium Reservoir™ blend)</td>
<td>99 mg 3%</td>
</tr>
<tr>
<td>Boron (from 1 mg of amino acid complex)</td>
<td>100 mcg †</td>
</tr>
<tr>
<td>Silicon (from 250 mcg of Silicon amino acid chelate)</td>
<td>12.5 mcg †</td>
</tr>
<tr>
<td>Vanadium (from 500 mcg of TRAACS Vanadium Nicotinate Glycinate Chelate)</td>
<td>5 mcg †</td>
</tr>
</tbody>
</table>

Other ingredients: FrutaFit®-Inulin, vegetable cellulose, and magnesium stearate.

---

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

FrutaFit®-Inulin is a registered trademark of Imperial-Sensus, LLC.
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 prosta-glandin 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;
  ■ 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.

<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 0%</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>5 1%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5 g 1%</td>
</tr>
<tr>
<td>Zinc (as zinc picolinate)</td>
<td>10 mg 67%</td>
</tr>
</tbody>
</table>
| SabalSelect™ CO₂ Saw Palmetto extract (Serenoa repens Small) (berries) | 530 mg 1%
| Plant Sterols (from 1Phytopin® Pine extract) | 350 mg |
| Typical Profile provides: |                                    |
| Beta-Sitosterol 70–80% (247–283 mg) |                                      |
| Beta-Sitostanol NMT 15% (53 mg) |                                      |
| Campesterol 6–10% (21–35 mg) |                                      |
| Campestanol NMT 2% (7 mg) |                                      |
| Campesterol 6–10% (21–35 mg) |                                      |
| Campestanol NMT 2% (7 mg) |                                      |
| Campesterol 6–10% (21–35 mg) |                                      |
| Campestanol NMT 2% (7 mg) |                                      |
| Campesterol 6–10% (21–35 mg) |                                      |
| Campestanol NMT 2% (7 mg) |                                      |
| 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)) | 225 mg 1%
| Chrysin (from Passion flower extract 99%) (Passiflora incarnata) (flowering parts) | 50 mg 1%
| HMRIligan™ [7-Hydroxymatairesinol from Norwegian Spruce (Picea abies) | 50 mg 1%
| Pumpkin seed extract (Cucurbita pepo) | 50 mg 1%
| [standardized for 25% fatty acids (mg)] |                                      |
| Quercetin (as dihydrate) (Dimorphandra gardenii Famil. Leguminosae) (seeds) | 50 mg 1%
| Nettles root extract 4:1 (Urtica dioica) | 25 mg 1%
| Tocomin® Mixed Tocopherols/Tocotrienols Suspension [Typically providing 50% Mixed tocopherols and tocotrienols (12.50 mg)] | 25 mg 1%
| 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). | 10 mg 1%
| AKBA 90° (Boswellia serrata) (resin) [Standardized for 90% AKBA (3-acetyl-11-Keto-beta-Boswellic acid (4.5 mg))] | 5 mg 1%
| Bioperine® Nature’s Thermoneutrient® (Piper nigrum) (fruit) [Standardized for 95% piperine (1.90 mg)] | 2 mg 1%

Other ingredients: Vegetable cellulose and chlorophyll

* 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.
HMRlignan™ trademark is used under license from Linnea SATM.
Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585.
Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585.
HMRlignan™ trademark is used under license from Linnea SATM.
Patents #5,536,506; 5,744,161; 5,972,382; & 6,054,585.
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

<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>Ashwagandha extract (<em>Withania somnifera</em>) (roots) [Standardized for 2.5% total alkaloids (7.5 mg), 4.5% total withanolides (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 (<em>Withania somnifera</em>) (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 Theronutrient™ (<em>Piper nigrum</em>) (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

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

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
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
**Serving size:** 1 capsule  •  **Servings/container:** 90

<table>
<thead>
<tr>
<th>Amt per Serving</th>
<th>% DAILY VALUE**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>100 mg  167%</td>
</tr>
<tr>
<td>Serrazimes® (from <em>Aspergillus oryzae</em> and <em>Aspergillus melleus</em>) (providing 30,303 units of serratiopeptidase activity)</td>
<td>50 mg  1</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ (a proprietary, rhythmically prepared mix of complete trace minerals)</td>
<td>10 mg  1</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 and wheat.
FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC
Serrazimes® is a registered trademark of National Enzyme Company.
Intended formula benefits:
• Support of normal respiratory function
• Support of healthy nasal mucosa
• Reduces the occasional environmental challenges

Unique features:
• An innovative combination of ingredients. 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 promotes healthy 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.

• 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.”

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

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

• 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))</td>
<td>150 mg *</td>
</tr>
<tr>
<td>Quercetin (as dihydrate) (Dimorphandra gardeniaria Fam. Leguminosae) (seeds)</td>
<td>120 mg *</td>
</tr>
<tr>
<td>Stinging nettles extract (Urtica dioica radix) (root) (standardized for 1% silica (1 mg))</td>
<td>100 mg *</td>
</tr>
<tr>
<td>Forslean® Coleus forskohlii extract (root) (Standardized for 40% forskolin (20 mg))</td>
<td>50 mg *</td>
</tr>
<tr>
<td>Lemon peel powder (Citrus limon)</td>
<td>40 mg *</td>
</tr>
<tr>
<td>Lime powder (Citrus aurantifolia) (fruit)</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ SR Mix (a proprietary mix of complete trace minerals and rhythmically prepared trace minerals derived from slate, apatite, porphyry, sulfur, calcium and jasper)</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Barberry powder (Berberis vulgaris) (root bark)</td>
<td>5 mg *</td>
</tr>
<tr>
<td>Fenugreek seed powder (Trigonella foenum graecum)</td>
<td>5 mg *</td>
</tr>
<tr>
<td>Horsetail powder (Equisetum arvense) (herb)</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>Serrazimes® (from Aspergillus oryzae and Aspergillus melleus) (providing 606 units of serratiopeptidase activity)</td>
<td>1 mg *</td>
</tr>
<tr>
<td>BD Oak Bark Pentas™ Mix</td>
<td>1 mg *</td>
</tr>
<tr>
<td>Quince Juice Pentas™ Mix</td>
<td>0.5 mg *</td>
</tr>
<tr>
<td>Other ingredients: Vegetable cellulose, FrutaFit®-Inulin, and non-hydrogenated vegetable stearate.</td>
<td>*</td>
</tr>
</tbody>
</table>

*DAily VALUE NOT ESTABLISHED

Advantra Z® is a licensed trademark of Nutratech, Inc. Bioperine® is a patented product from Sabinsa Corporation. U.S. Patents #5,536,506; 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.

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

---

**Supplement Facts**

| Serving size: 1 capsules • Servings per container: 90 |

<table>
<thead>
<tr>
<th>AMOUNT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. John’s Wort extract (Hypericum perforatum) (flower heads) [standardized for 0.3% hypericin (0.9 mg)]</td>
<td>300 mg *</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ SJW Mix: a proprietary mix of complete trace minerals; rhythmically prepared aurum, stannum and trace minerals derived from slate, apatite, porphyry and sulfur.</td>
<td>20 mg *</td>
</tr>
<tr>
<td>St. John’s Wort (Hypericum perforatum) Pentas™: [a proprietary, rhythmically prepared Pentas™ mix of: St. John’s Wort (flower heads)]</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: FrutaFit®-Inulin, vegetable cellulose, and 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. Boswellin® is a registered trademark of Sabinsa Corporation. FrutaFit®-Inulin, a registered trademark of Imperial-Sensus, LLC.
Immune strength ... and fresh breath too!
• Use once daily for long term immune support;
• Use many times daily for quicker action;
• Children will love the Berry flavor.

Our mouth, ear, nose and throat are meant to be the first line of immune defense! They were designed by nature to be a formidable barrier that traps all kinds of bacteria, viruses and other agents trying to enter our bodies.

This “trap-and-destroy” barrier can be weakened by stress, use of antibiotics, heavy exercise, advancing age, and other factors. A healthy protective barrier is particularly vital in those situations when you need to be in crowded places, whether they are at:
• Work; 
• Sports events;
• School; 
• Travel.

With Throat Defense™, you can now support this immune barrier with breakthrough, throat-specific Probiotics and other helpful ingredients like xylitol and trace minerals.

The BLIS K12 Probiotics have a dual function: they discharge bacteria-fighting proteins and also replenish the desirable normal cells in the lining of your mouth, crowding out and making it more difficult for the “outside” invaders to establish themselves.

It turns out the BLIS K12 probiotics also fight the growth of those bacteria that cause malodor, the bad breath that we want to avoid.

Take advantage all year long of these powerful, patented, clinically tested probiotics.

Now you can have it all:
• a natural throat remedy for quick soothing relief;
• long term immune support; and
• fresh breath, too!

This is truly advanced, natural, oral care.

Also try Throat Defense Menthol.

This product is well suited for the entire family. Effective for adults, yet gentle enough for children.

**Suggested Usage:** For daily immune support: Daily approx. ¼ tsp; When more intense support needed take several times daily approx. ¼ tsp. Place content directly on the tongue; let melt slowly in the mouth and swallow.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: Approx. ¼ tsp (1.1 gm)</th>
<th>Servings per container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMOUNT/SERVING</strong></td>
<td><strong>% DV</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>4</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>1 gm &lt;1%†</td>
</tr>
<tr>
<td>Sugars</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sugar alcohols</td>
<td>800 mg</td>
</tr>
<tr>
<td>Xylitol</td>
<td>800 mg</td>
</tr>
<tr>
<td><em>Streptococcus Salivarius</em> (BLIS K 12®) (1.0 billion cfus)</td>
<td>10 mg *</td>
</tr>
<tr>
<td>Trace Minerals Pentas™ TD (a proprietary mix of complete trace minerals with rhythmically prepared Cinnabar Pentas™ and Pyrite Pentas™)</td>
<td>5 mg *</td>
</tr>
<tr>
<td>Other ingredients: Raspberry fruit powder, FrutaFit-Inulin, Tri Calcium Phosphate, Citric Acid</td>
<td></td>
</tr>
</tbody>
</table>

†PERCENT DAILY VALUES ARE BASED ON A 2000 CALORIE DIET. 
*DAILY VALUE (DV) NOT ESTABLISHED
Immune strength ... and fresh breath too!
• Use once daily for long term immune support;
• Use many times daily for quicker action;
• The menthol flavor helps for soothing an irritated throat and cough.

Our mouth, ear, nose and throat are meant to be the first line of immune defense! They were designed by nature to be a formidable barrier that traps all kinds of bacteria, viruses and other agents trying to enter our bodies.

This “trap-and-destroy” barrier can be weakened by stress, use of antibiotics, heavy exercise, advancing age, and other factors. A healthy protective barrier is particularly vital in those situations when you need to be in crowded places, whether they are at:
• Work;
• School;
• Travel.

With Throat Defense™, you can now support this immune barrier with breakthrough, throat-specific Probiotics and other helpful ingredients like xylitol and trace minerals.

The BLIS K12 Probiotics have a dual function: they discharge bacteria-fighting proteins and also replenish the desirable normal cells in the lining of your mouth, crowding out and making it more difficult for the “outside” invaders to establish themselves.

It turns out the BLIS K12 probiotics also fight the growth of those bacteria that cause malodor, the bad breath that we want to avoid.

Take advantage all year long of these powerful, patented, clinically tested probiotics.

Now you can have it all:
• a natural throat remedy for quick soothing relief;
• long term immune support; and
• fresh breath, too!
This is truly advanced, natural, oral care.

Also try Throat Defense Berry flavor.

This product is well suited for the entire family. Effective for adults, yet gentle enough for children.

Suggested Usage: For daily immune support: Daily approx. ¼ tsp. For additional quick, soothing cough relief: Approx ¼ tsp every 2 hours. Place content directly on the tongue; let melt slowly in the mouth and swallow.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: Approx. ¼ tsp (1.1 gm)</th>
<th>Servings per container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount/Serving</td>
<td>% DV</td>
</tr>
<tr>
<td>Calories</td>
<td>4</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>1 gm &lt;1%†</td>
</tr>
<tr>
<td>Sugars</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sugar alcohols</td>
<td>800 mg</td>
</tr>
<tr>
<td>Xylitol</td>
<td>800 mg</td>
</tr>
<tr>
<td>Streptococcus Salivarius</td>
<td>10 mg</td>
</tr>
<tr>
<td>(BLIS K 12®) (1.0 billion cfus)</td>
<td></td>
</tr>
<tr>
<td>Trace Minerals Pentas® TD (a proprietary mix of complete trace minerals with rhythmically prepared Cinnabar Pentas® and Pyrite Pentas®)</td>
<td>5 mg</td>
</tr>
<tr>
<td>Menthol</td>
<td>2.5 mg</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit®-Inulin, Tri Calcium Phosphate, Citric Acid</td>
<td></td>
</tr>
</tbody>
</table>

†PERCENT DAILY VALUES ARE BASED ON A 2000 CALORIE DIET.
*DAILY VALUE (DV) NOT ESTABLISHED

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

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.*

**Suggested Usage:** 1/8 tsp. three times daily, or as suggested by your health care provider.
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

<table>
<thead>
<tr>
<th>Serving size: 1 capsule • Servings/container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMT PER SERVING &amp; % DAILY VALUE</td>
</tr>
<tr>
<td>Cognizin® Citicholine 250 mg †</td>
</tr>
<tr>
<td>Cereboost™ American ginseng extract 200 mg †</td>
</tr>
<tr>
<td>(Panax quinquefolius L.) (root) [Standardized for 10–12% ginsenosides (20–24 mg)]</td>
</tr>
<tr>
<td>Ginseng Cinis Pentas™ (a proprietary mix of rhythmically prepared minerals derived from the whole ginseng root.) 25 mg †</td>
</tr>
<tr>
<td>Trace Minerals VMAM 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) 15 mg †</td>
</tr>
<tr>
<td>Other ingredients: FrutaFit®-Inulin, vegetable cellulose, non-hydrogenated vegetable stearate, potato maltodextrin and silica.</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.
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>Serving size: 2 capsules</th>
<th>Servings/container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
<td><strong>% DAILY VALUE</strong></td>
</tr>
<tr>
<td><strong>Acetyl-L-Carnitine</strong> (as acetyl-L-carnitine HCL)</td>
<td>250 mg</td>
</tr>
<tr>
<td><strong>Bacopin® Bacopa monniera extract (leaf)</strong> [Standardized for 50% Bacosides (125 mg)]</td>
<td>250 mg</td>
</tr>
<tr>
<td><strong>Huperzine A (Huperzia serrata)</strong> (aerial plant)</td>
<td>200 mcg</td>
</tr>
<tr>
<td><strong>Ginkgo biloba</strong> (leaf) extract [Standardized for 4% ginkgoflavonglycosides (36 mg) and 6% total terpene lactones (9 mg)]</td>
<td>150 mg</td>
</tr>
<tr>
<td><strong>Phosphatidylserine</strong> (from soy) (as Sharp-PS™)</td>
<td>100 mg</td>
</tr>
<tr>
<td><strong>Dandelion root powder</strong> (Taraxacum officinale)</td>
<td>25 mg</td>
</tr>
<tr>
<td><strong>Cinis Pentas VMPM Mix™</strong> (a proprietary mix of rhythmically prepared minerals derived from dandelion (Taraxacum officinale) and maple (Acer rubrum) root)</td>
<td>20 mg</td>
</tr>
<tr>
<td><strong>Trace Minerals VMPM Mix™</strong> (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>

* 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**

<table>
<thead>
<tr>
<th>Serving size: 1 capsule • Servings/container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
</tr>
<tr>
<td><strong>Vitamin D (as cholecalciferol)</strong></td>
</tr>
<tr>
<td><strong>Trace Minerals Pentas™ VDP Mix</strong></td>
</tr>
<tr>
<td>(a proprietary mix of complete trace minerals and rhythmically prepared trace minerals derived from slate,apatite, porphyry, sulfur, and jasper)</td>
</tr>
<tr>
<td><strong>Lightroot™ powder</strong></td>
</tr>
<tr>
<td><em>(Dioscorea batatas) (roots)</em></td>
</tr>
<tr>
<td><strong>Bioperine® Nature’s Thermonutrient™</strong></td>
</tr>
<tr>
<td><em>(Piper nigrum) (fruit)</em> <em>(Standardized for 95% piperine (0.95 mg))</em></td>
</tr>
<tr>
<td><strong>Other ingredients:</strong></td>
</tr>
<tr>
<td>FrutaFit®-Inulin, vegetable cellulose, and non-hydrogenated vegetable stearate</td>
</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

Bioperine® is a registered trademark of the Sabinsa Corp.

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

---

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 K2 in their diet maintain a better cardiovascular health. Vitamin K2 helps normal calcium metabolism and its healthy distribution into bone and circulation. Vitamin K2 also promotes healthy vein strength.

- 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**

<table>
<thead>
<tr>
<th>Serving size: 1 capsule • Servings/container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
</tr>
<tr>
<td><strong>Vitamin C (as ascorbic acid)</strong></td>
</tr>
<tr>
<td><strong>Vitamin K-2 (as MenaQ7® Menaquinone-7)</strong></td>
</tr>
<tr>
<td><strong>Trace Minerals Pentas™ Vitamin K-2 Mix:</strong></td>
</tr>
<tr>
<td>(a proprietary mix of complete trace minerals; rhythmically prepared trace minerals derived from slate, apatite, porphyry and sulfur)</td>
</tr>
<tr>
<td><strong>Bioperine® Nature’s Thermonutrient™</strong></td>
</tr>
<tr>
<td><em>(Piper nigrum) (fruit)</em> <em>(Standardized for 95% piperine (0.95 mg))</em></td>
</tr>
<tr>
<td><strong>Other ingredients:</strong></td>
</tr>
<tr>
<td>FrutaFit®-Inulin, vegetable cellulose, non-hydrogenated vegetable stearate</td>
</tr>
</tbody>
</table>

* DAILY VALUE NOT ESTABLISHED

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.
ANTHROPOSOPHIC/HOMEOPATHIC OTC DRUGS
Abrotanum 6X 23 gm (450 globules)  SRW0607

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Digestive discomfort
  - Weakness after illness
- Selected emotional symptoms:
  - Irritability

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Artemisia abrotanum 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

Aconitum 6X/30X 23 gm (450 globules)  SRW0623/SRW0567

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Fever
  - Nerve Pains
- Selected emotional symptoms:
  - Agitation
  - Restlessness

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Aconitum napellus 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
### Aesculus 8X/50X 23 gm (450 globules) SRW0612/SRW0526

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Supports healthy teeth
  - Fights a heavy feeling in the lower body

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Aesculus hipp. 8X or 50X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

### Agaricus Albus 30X 23 gm (450 globules) SRW0568

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Headaches
  - Fights a heavy feeling in the lower body

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Agaricus albus 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Allium Cepa 8X/30X  23 gm (450 globules)**  
SRW0580/SRW0581

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Watery discharges in ears, eyes, nose
  - Raspy cough

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Allium cepa 8X or 30X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Alumina 30X  23 gm (450 globules)**  
SRW0527

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Dryness of the skin and mucous membranes
  - Aging skin
  - Fatigue

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Alumina 30X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

![Graph showing unique quality control](image)

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Anacardium Orientale 30X** 55 ml — Homeopathic Medicine  

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Vesicular, itchy rash
- Selected emotional symptoms:
  - Absentmindedness
  - Lack of confidence
  - Apprehensive

**Directions for Use:** Place drops under the tongue for 30 seconds. Adults: 20 drops 3 times a day. Children 2–12 years: 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your healthcare provider.

**Active Ingredients:** Antimonium crudum 6X or 30X, HPUS  
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Citric Acid, Potassium Sorbate, Water

**Warnings:** Consult your healthcare provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a healthcare professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Antimonium Crudum 6X** 23 gm (450 globules)  

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Eczema
  - Loose stools
- Selected emotional symptoms:
  - A sulky disposition
  - Fretfulness
- Irritability

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your healthcare provider.

**Active Ingredients:** Antimonium crudum 6X, HPUS  
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your healthcare provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a healthcare professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

![Graph](image)

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Apis mell. 6X/30X  23 gm (450 globules)  SRW0529/SRW0530

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Fever
  - Inflammation
  - Joint Pains

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Apis mellifica 6X or 30X, HPus

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Arachidonic Acid 6X  23 gm (450 globules)  SRW0531

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Swelling and redness of mucous membranes
  - Inflammation

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Arachidonic acid 6X.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Argentum Metallicum 6X/30X 23 gm (450 globules)**

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Supports recovery from illness
  - Alleviates spasms/cramps in the reproductive area

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Argentum met. 6x, HPUS, Silicea 6x, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Argentum Nitricum 6X/29X 23 gm (450 globules)**

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Headaches
- Selected emotional symptoms:
  - Craving for sweets
  - Phobias

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Argentum nitricum 6X or 29X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.
Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Fever
  - Headache

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Argentum met 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Minor trauma
- Selected emotional symptoms:
  - Minor trauma
  - Shocks
  - Stress

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Arnica Montana, flor, 6X or 30X, HPUS, Arnica Montana, rad, 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Arsenicum Album 6X/30X  55 ml — Homeopathic Medicine   SRW0624/SRW0508**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Exhaustion
  - Fever
  - Diarrhea
  - Ear, nose, eyes watery discharges
- Selected emotional symptoms:
  - Restlessness

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Arsenicum album 6X or 30X, Hpus
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

**Arsenicum Metallicum 6X/30X  55 ml (6X)/23 gm (30X)(450 globules)   SRW0625/SRW0507**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Burning pains
  - Digestive complaints
- Selected emotional symptoms:
  - Agitation
  - Restlessness

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Arsenicum Metallicum 6X or 30X, Hpus
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Aurum Metallicum 6X/30X** 23 gm (450 globules)  
SRW0588/SRW0536

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Supports the circulation
  - Weak memory
  - Heart palpitations
  - Poor tissue healing
- Selected emotional symptoms:
  - Depressed/low mood
  - Noise sensitivity

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Aurum metallicum 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Avena Sativa 30X** 23 gm (450 globules)  
SRW0537

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Occasional lack of sleep
- Selected emotional symptoms:
  - Calming influence

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Avena sativa 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.
**Baptisia Tinctoria 6X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

- Selected physical symptoms:
  - Muscular stiffness
  - Muscular pains
  - Drowsiness
- Selected emotional symptoms:
  - Difficult concentration

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Baptisia tinctoria 6X, HPus

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**

How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

**Bee Pollen 30X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

- Selected physical symptoms:
  - Allergy relief

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Bee pollen 30X

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**

How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Belladonna 6X/30X  23 gm (450 globules)  SRW0583/SRW509

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Dry fever
  - Throbbing pains
  - Inflammation
  - Cramps
- Selected emotional symptoms:
  - Sensitivity to touch

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Atropa belladonna 6X or 30X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

Berberis Vulgaris 6X  23 gm (450 globules)  SRW0539

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Radiating body pains
  - Swollen tonsils and/or adenoids
  - Skin eruptions

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Berberis vulgaris, fruct. 6X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**

How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Bryonia Alba 6X 23 gm (450 globules)

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Joint pains
  - Dryness of mucous membranes

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Bryonia alba 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!
(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Bryophyllum 6X 23 gm (450 globules)

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Joint pains
  - Dryness of mucous membranes

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Bryophyllum pinnatum 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!
(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Calc Carb 30X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Swollen glands
  - Difficulty swallowing
  - Light sensitivity
- Selected emotional symptoms:
  - Overwork exhaustion

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Calcarea carbonica 30X, HPus

The letters HPus indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**

How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

![Graph showing difference in effect of medicine compared to the “just water” control.](image)

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

*(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)*

**Calc Phos 30X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Infant colics
  - Glandular enlargements
- Selected emotional symptoms:
  - Fatigue from mental work

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Calcarea phosphorica 30X, HPus

The letters HPus indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**

How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

![Graph showing difference in effect of medicine compared to the “just water” control.](image)

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

*(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)*
**Calcarea Fluorica 6X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

*For temporary relief of:*
- Selected physical symptoms:
  - Resolution of cysts
  - Ganglions
  - Swollen lymph nodes

*Directions for Use:* For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

*Active Ingredients:* Calcarea fluorica 6X, HPUS

*Other Ingredients:* Sucrose

*Warnings:* Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Calcarea Sulfurica 6X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

*For temporary relief of:*
- Selected physical symptoms:
  - Resolution of cysts
  - Ganglions
  - Swollen lymph nodes

*Directions for Use:* For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

*Active Ingredients:* Calcarea sulfurica 6X, HPUS

*Other Ingredients:* Sucrose

*Warnings:* Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.
<table>
<thead>
<tr>
<th>Camphora 6X/30X 23 gm (450 globules)</th>
<th>SRW0592/SRW0593</th>
</tr>
</thead>
</table>

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Burning bladder irritation
- Selected emotional symptoms:
  - Intense emotional irritation

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Camphora 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

<table>
<thead>
<tr>
<th>Cantharis 30X 23 gm (450 globules)</th>
<th>SRW0572</th>
</tr>
</thead>
</table>

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Chilliness
  - Sneezing
  - Loss of strength
- Chilliness
- Sneezing
- Loss of strength

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Cantharis vesicatoria 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.
**Carbo Betulae 6X/30X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Indigestion
  - All foods are disagreeable
  - Bleeding gums
- Selected emotional symptoms:
  - Nightly fears

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Carbo betulae 6X or 30X

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

**Celestite 6X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Healthy bone structure
- Alleviates anxiety
- Alleviates unexplained fears

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Strontium sulfate 6X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Spasms
- Selected emotional symptoms:
  - Calming effect

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Matricaria recutita 7X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Chamomilla 7X/30X 23 gm (450 globules)**

**SRW0585/SRW0510**

**Chamomilla 7X/30X 23 gm (450 globules)**

**SRW0585/SRW0510**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Heartburn/dyspepsia
- Selected emotional symptoms:
  - Agitated behavior

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Cichorium Intybus 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Cichorium Intybus 30X 23 gm (450 globules)**

**SRW0541**

**Cichorium Intybus 30X 23 gm (450 globules)**

**SRW0541**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Heartburn/dyspepsia
- Selected emotional symptoms:
  - Agitated behavior

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Cichorium Intybus 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

1005 Richards Rd., Suite D, Hartland, WI 53029   ■   1.800.315.TRUE (315.8783)   ■   www.truebotanica.com
**Cinchona Officinalis 6X  23 gm (450 globules)**  
**SRW0604**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Ringing in the ears
  - Flatulence and belching
  - Exhaustion from dehydration
  - Recurrent fevers

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Cinchona officinalis 6X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

**Cinis Radix Comp. 30X  23 gm (450 globules)**  
**SRW0542**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Occasional sleeplessness/lack of sleep

- Selected emotional symptoms:
  - Calming influence

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Cinis of Carpini, Fraxinus, Cerasi, Quercus, Ulmus, Acer, Betula Trees (all in equal amounts) 30X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Cinnabar-Pyrite 6X  23 gm (450 globules)  

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:  
- Selected physical symptoms:  
  - Sore throat  
  - Respiratory complaints

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Mercurius sulf 6X, HPUS, Ferrum sulf 6X, HPUS  
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:  
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?  

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!  
(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Coffea Tosta 6X/30X  23 gm (450 globules)  

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:  
- Selected physical symptoms:  
  - Occasional lack of sleep  
- Selected emotional symptoms:  
  - Calming influence

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Coffea tosta 6X or 30X, HPUS  
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:  
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?  

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!  
(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Conium Maculatum 30X  23 gm (450 globules)  SRW0618

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:  
  - Poor recovery after injuries  
  - Congested cramps  
  - Fluid congestion  
  - Spasms
- Selected emotional symptoms:  
  - Calming influence  
  - Difficulty concentrating

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Conium maculatum 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

Cuprum Metallicum 6X/30X  23 gm (450 globules)  SRW0545/SRW0614

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:  
  - Poor recovery after injuries  
  - Painful urination
- Selected emotional symptoms:  
  - Calming influence  
  - Difficulty concentrating

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Cuprum metallicum 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Drosera 6X  55 ml — Homeopathic Medicine**  
SRW0620

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Barking cough
  - Muscle pains
- Selected emotional symptoms:
  - Restlessness

**Directions for Use:** Place drops under the tongue for 30 seconds. Adults 20 drops 3 times a day. Children 2–12 years 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Drosera intermedia 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Citric Acid, Potassium Sorbate, Water

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Ferrum Carbonicum 6X  23 gm (450 globules)**  
SRW0564

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Barking cough
  - Muscle pains
- Selected emotional symptoms:
  - Restlessness

**Directions for Use:** Place drops under the tongue for 30 seconds. Adults 20 drops 3 times a day. Children 2–12 years 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Ferrum carbonicum 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Ferrum Metallicum 6X/30X** 23 gm (450 globules)  
SRW0546/SRW0615

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

*For temporary relief of:*
- Selected physical symptoms:
  - Exhaustion
  - Muscle weakness
  - Pale complexion

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Ferrum metallicum 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

**Ferrum Muriaticum 6X** 23 gm (450 globules)  
SRW0611

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

*For temporary relief of:*
- Selected physical symptoms:
  - Exhaustion
  - Muscle weakness
  - Pale complexion
- Selected emotional symptoms:
  - Failure to thrive

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Ferrum muriaticum 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Ferrum Phos 6X  23 gm (450 globules)  SRW0547

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Respiratory complaints
  - Exhaustion

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Ferrum phosphoricum 6X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Formicium Acidum 6X  23 gm (450 globules)  SRW0512

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Respiratory complaints
  - Improves vitality
- Selected emotional symptoms:
  - Improves vitality

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Formicum acidum 6X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Sneezing
  - Cough
  - Watery ciscages
  - Fevers

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Gelsemium sempervirens 6X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Supports the normal functions of the adrenal gland

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Glandula suprarenalis 6X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Glandular Comp 6X  23 gm (450 globules)  SRW0584

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - For general support of the 5 organs (lung, liver, kidney, heart, spleen)
  - Constitutional tonic

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Pulmo bovis 6X, Hepar bovis 6X, Renes bovis 6X, Cor bovis 6X, Lien bovis 6X

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

![Graph showing the effect of the medicine compared to a control](image)

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Graphites 30X  23 gm (450 globules)  SRW0573

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - for general support of the 5 organs (lung, liver, kidney, heart, spleen)
  - Constitutional tonic

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Graphites 30X, HPUS The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

![Graph showing the effect of the medicine compared to a control](image)

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Sluggishness
  - Tendency to discharges
- Selected emotional symptoms:
  - Sensitivity to all impressions

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Hepar sulfuris 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Allergic reactions

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Histaminum hydrochloricum 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Sluggishness
  - Tendency to discharges

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Histaminum hydrochloricum 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Muscular and nervous twitches
- Selected emotional symptoms:
  - Increased alertness/creativity

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Hyoscyamus niger 6X or 30X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Supports lung and respiratory functions
- Selected emotional symptoms:
  - Balances a controlling nature
  - Relief of stiff and inflexible thoughts
  - Relief of traumatic experiences related to a nearby death

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Juglans regia 30X, HPUS

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.
**Lachesis Mutus 30X  55 ml — Homeopathic Medicine  SRW0553**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

*For temporary relief of:*
- Selected physical symptoms:
  - Sensitivity to touch, noise, constriction
- Selected emotional symptoms:
  - Talkativeness

**Directions for Use:** Place drops under the tongue for 30 seconds. Adults: 20 drops 3 times a day. Children 2–12 years: 5–10 drops 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Lachesis mutus 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Citric Acid, Potassium Sorbate, Water

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

[Graph showing the difference in effect of Lachesis Mutus 30X compared to a control.]

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

**Ledum Palustre 6X  23 gm (450 globules)  SRW0621**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

*For temporary relief of:*
- Selected physical symptoms:
  - Painful swollen joints
- Selected emotional symptoms:
  - Dissatisfied mood

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Ledum palustre 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

[Graph showing the difference in effect of Ledum Palustre 6X compared to a control.]

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Leonurus Cardiaca 6X 23 gm (450 globules)  

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Palpitations
  - Supports heart functions
  - Supports thyroid functions

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Leonurus cardiaca 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

Levisticum Officinalis 6X 23 gm (450 globules)  

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Palpitations
  - Supports heart functions
  - Supports thyroid functions

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Levisticum officinalis 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Eases breathing
  - Indigestion
- Selected emotional symptoms:
  - Averse to changing routines
  - Extreme sensitivity

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Lycopodium clavatum 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Magnesia Phos 6X/30X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Menstrual cramps
  - Abdominal colics
- Selected emotional symptoms:
  - Learning effort
  - Forgetfulness

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Magnesia phosphorica 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

**Mercurius Vivus 30X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Inflamed mucous membranes
  - Swollen glands
- Selected emotional symptoms:
  - Slow to answer questions

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Mercurius vivus 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Supports the liver functions
  - Supports the kidney functions

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Achillea millefolium 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Fatigue
  - Sinus inflammation
  - Cold sores
- Selected emotional symptoms:
  - Grief

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Natrum Muriaticum 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.
Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
  - Indigestion
  - Insomnia
  - Frequent constipation
  - Waking up tired

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Nux vomica 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:

- Selected physical symptoms:
  - Indigestion
  - Insomnia
  - Frequent constipation
  - Waking up tired

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Oxalis montana 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Joint weakness
  - Neuralgia
  - Pains
- Selected emotional symptoms:
  - Hyperactive feeling

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Phosphorus 6X or 30X, HPus
The letters HPus indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- General restorative properties
- Supports the normal endocrine system
- Supports memory functions

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Pineal 30X, Pituitarum 30X, HPus
The letters HPus indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Plumbum Mel. 30X 23 gm (450 globules)  

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Dizziness
- Selected emotional symptoms:
  - Support of aging memory

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Plumbum mel 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose, Honey

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”? The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

Prunus Spinosa 6X 23 gm (450 globules)  

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- A refreshing restoring tonic, especially from exhaustion

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Prunus spinosa 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”? The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Upper respiratory symptoms
  - Post illness fatigue
  - Supports immune system

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Sambucus canadensis 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Pre-menstrual tension
  - Irritability
- Selected emotional symptoms:
  - Pessimistic tiredness

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Sepia 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

**For temporary relief of:**
- Selected physical symptoms:
  - Headache
  - Nerve pain
  - Indigestion
  - Malabsorption of foods
  - Supports the immune system
- Selected emotional symptoms:
  - Sensitivity to noises

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Silicea 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Stannum Complex 6X 23 gm (450 globules) SRW0518**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Supports connective tissues
  - Supports kidney functions

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Stannum metallicum 6X, HPUS, Cuprum metallicum 6X, HPUS, Alumen 6S, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

![Graph showing comparison of Stannum Complex 6X](image)

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

**Stannum Metallicum 6X/30X 23 gm (450 globules) SRW0578/SRW0579**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Weak ligaments
  - Joint pain
  - Dizziness
  - Nerve pain
  - Mucous congestion

- Selected emotional symptoms:
  - Nervous tics
  - Nervous exhaustion

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Stannum metallicum 6X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

![Graph showing comparison of Stannum Metallicum 6X/30X](image)

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
**Strophanthus Kombe 6X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Heart tonic
  - Diuretic

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Strophanthus Kombe 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

---

**Sulfur 7X/30X 23 gm (450 globules)**

**Indications:** (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
- Selected physical symptoms:
  - Skin eruptions
- Selected emotional symptoms:
  - Insomnia

**Directions for Use:** For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

**Active Ingredients:** Sulfur 7X or 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

**Other Ingredients:** Sucrose

**Warnings:** Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

---

**Unique Quality Control:**
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
Teucrium Scorodonia 6X 23 gm (450 globules)  
SRW0565

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
• Selected physical symptoms:
  ■ Urinary irritation
  ■ Support for the reproductive organs (both male and female)

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Teucrium scorodonia 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Thuja 6X 23 gm (450 globules)  
SRW0504

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
• Selected physical symptoms:
  ■ Skin eruptions
  ■ Yellow green discharges
• Selected emotional symptoms:
  ■ Exhaustion with anxiety
  ■ Impatience

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Thuja occidentalis 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.
Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
• Selected physical symptoms:
  ■ Supports the normal functions of the thyroid gland

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Thyroidinum 6X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Thyroidinum 6X 23 gm (450 globules) SRW0505

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)

Tormentilla 30X 23 gm (450 globules) SRW0569

Indications: (Only selected indications are presented here. For more information please check our Health Concerns web section or the homeopathic or anthroposophic literature. May also be used for other standard homeopathic or anthroposophic indications or as specifically directed by your homeopathically or anthroposophically knowledgeable physician.)

For temporary relief of:
• Selected physical symptoms:
  ■ Dysmenorrhea
  ■ Relief of premenstrual tension

Directions for Use: For best results place globules under the tongue for 30 seconds. Adults: 3–5 globules 3 times a day. Children 2–12 years: 1–3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider.

Active Ingredients: Potentilla tormentilla 30X, HPUS
The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

Other Ingredients: Sucrose

Warnings: Consult your health care provider if symptoms persist more than 5 days or worsen. If pregnant or breastfeeding ask a health professional before use. Keep out of the reach of children. TAMPER EVIDENT: Do not use if safety seal is broken before first use.

Unique Quality Control:
How do you know that the final homeopathic/anthroposophic product you are getting is not “just water” or “just sugar pills”?

The graph shows how different the effect of this medicine is from the “just water” control. If a particular potency does not pass the test we will not use it in a final product!

(For more information on all our QC steps go to the “Why True Botanica OTC Products” section)
LIQUIDS

Gentian
Herbal Tincture
A Dietary Supplement
50 ML, 1.69 FL OZ.
Rudolf Steiner’s research indicates that salts and trace minerals derived from slate, sulfur, porphyr 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, porphyr and apatite are rhythmically prepared 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 8 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><strong>Serving size:</strong> 20 drops</td>
</tr>
<tr>
<td><strong>AMT PER SERVING</strong></td>
</tr>
<tr>
<td>5M™ Trace Minerals D8 (10⁻⁸) (a proprietary, rhythmically prepared dilution of the salts and trace minerals of slate, sulfur, porphyr and apatite in distilled water; contains &lt;1 ppm of slate, sulfur, porphyr and apatite)</td>
</tr>
<tr>
<td>Trace Minerals</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
</tr>
<tr>
<td>* DAILY VALUE IS NOT DETERMINED</td>
</tr>
</tbody>
</table>

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 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 8 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><strong>Serving size:</strong> 20 drops</td>
</tr>
<tr>
<td><strong>AMT PER SERVING</strong></td>
</tr>
<tr>
<td>Agnus castus Herb 1:9 extract from <em>Vitex agnus castus</em> (berry)</td>
</tr>
<tr>
<td>Agnus castus D6 (10⁻⁶) (rhythmically prepared mix of <em>Vitex agnus castus</em> (berry) in distilled water)</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium Sorbate, Citric Acid</td>
</tr>
<tr>
<td>* DAILY VALUE IS NOT DETERMINED</td>
</tr>
</tbody>
</table>
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.)
• This batch of Amethyst Pentas is made with D7, D11, D18, and D30 potencies.

**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>Amethyst Pentas™ (a proprietary, rhythmically prepared dilution of amethyst 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

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 so that its energetic value is enhanced even more.

**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**

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Silver</td>
<td>100 mcg *</td>
</tr>
<tr>
<td>Other ingredients: Deionized water</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.
Astragalus:
• In traditional medicine
  ■ Warming, tonic character; helpful in restoring energy during convalescence.
  ■ Increases resistance to outside influences like cold.
• Modern research has uncovered benefits in:
  ■ Supporting the immune system, increases the production of white blood cells.
  ■ Promoting 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 so that its energetic value is enhanced even more.
• The salts and minerals naturally occurring in the plant are added to the formula.

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>Astragalus Herb 1:9 extract from Astragalus membranaceous (root), 55 mg</td>
<td>0.5 ml *</td>
</tr>
<tr>
<td>Astragalus D6 (10^-6) [rhythmically prepared mix of Astragalus membranaceous (root) in distilled water]</td>
<td>0.5 ml *</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium Sorbate, Citric Acid</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

Beryl Pentas™ TMS 1.67 oz.  
SRW0104

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 8 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;1 ppm 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
Our favorite All-Natural Tonic!
Extracts from these blue berries are known to be particularly “vitalizing” and increase a sense of wellbeing. This traditional experience is supported by the finding that blackthorn is rich in Vitamin C. (Use whenever possible vitamins and minerals sourced from a living plant rather than a synthetic manufacture!)

Rudolf Steiner calls blackthorn the preeminent strengthener of the entire life body. He describes its supporting effect as “putting a blue mantle around the whole person”.

In general take blackthorn on a daily basis for extra support of all the healthy vital functions, for energy and “get go”. Especially helpful for:
• Adrenal/Hormonal Support
• Cardiovascular Health
• Children’s Health
• Constitutional Strength
• Fatigue
• Metabolic Health
• Recovery from a weakened state
• Stress Relief

Take one teaspoon daily for overall health or multiple times a day for a stronger more immediate support.

**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>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amt per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackthorn Berry (Prunus spinosa) (berry) 1.7 extract</td>
<td>1.7 ml *</td>
</tr>
</tbody>
</table>

Other ingredients: Distilled water, Glycerine, Xylitol, Natural Wild berry flavor, Potassium sorbate, Citric Acid.

* DAILY VALUE IS NOT DETERMINED

---

Carnelian Pentas™ TMS 1.67 oz.

Rudolf Steiner’s research indicates that Carnelian:
• Is helpful in supporting the sense of touch
• Improves sense of well being

**Special features of this formula:**
• The Carnelian 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).
• This batch of Carnelian Pentas is made with D7, D11, D18, and D30 potencies.

**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>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amt per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carnelian Pentas™ (a proprietary, rhythmically prepared dilution of carnelian in distilled water; contains &lt;1ppm of carnelian)</td>
<td>1 ml *</td>
</tr>
</tbody>
</table>

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

* 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.

---

All products at True Botanica are made in an NSF GMP registered facility.
Chalcedony Pentas™ TMS 1.67 oz.  

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.)
• This batch of Chalcedony Pentas was made with D7, D11, D18 and D30 potencies.

Please read on page 8 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><strong>Serving size:</strong> 20 drops • <strong>Servings/container:</strong> 50</td>
</tr>
<tr>
<td><strong>AMT PER SERVING</strong></td>
</tr>
<tr>
<td>Chalcedony Pentas™ (a proprietary, rhythmically prepared dilution of chalcedony in distilled water; contains &lt;1ppm of chalcedony)</td>
</tr>
<tr>
<td>Trace Minerals</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
</tr>
<tr>
<td>* DAILY VALUE IS NOT DETERMINED</td>
</tr>
</tbody>
</table>

Chrysolith Pentas™ TMS 1.67 oz.  

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.)
• This batch of Chrysolith Pentas was made with D7, D11, D18 and D30 potencies.

Please read on page 8 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><strong>Serving size:</strong> 20 drops • <strong>Servings/container:</strong> 50</td>
</tr>
<tr>
<td><strong>AMT PER SERVING</strong></td>
</tr>
<tr>
<td>Chrysolith Pentas™ (a proprietary, rhythmically prepared dilution of chrysolith in distilled water; contains &lt;1ppm of chrysolith)</td>
</tr>
<tr>
<td>Trace Minerals</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</td>
</tr>
<tr>
<td>* DAILY VALUE IS NOT DETERMINED</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.
Elderberry Thyme Syrup™ 4 oz.

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.

Emerald Pentas™ TMS 1.67 oz.

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.)
• This batch of Emerald Pentas was made with D7, D11, D18 and D30 potencies.

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

Find more on: Ingredients, related research, Anthroposophy and health concerns on the www.truebotanica.com website.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
Equisetum cum Silica Herbal Tincture 1.86 oz.  SRW0226

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 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 8 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</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AMT PER SERVING</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Horsetail Herb 1:20 extract from <em>Equisetum arvensae</em> (leaf, stem), 15 mg</td>
<td>0.3 ml</td>
</tr>
<tr>
<td>Horsetail D6 (10^-4) [rhythmically prepared mix of <em>Equisetum arvensae</em> (stem, leaves) in distilled water]</td>
<td>0.7 ml</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, 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.
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 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 8 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 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>Gentian Herb 1:7 extract from Gentiana lutea (root), 28 mg</td>
<td>0.2 ml *</td>
</tr>
<tr>
<td>Gentian D6 (10⁻⁶) [rhythmically prepared mix of Gentiana lutea (root) in distilled water]</td>
<td>0.8 ml *</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium Sorbate, Citric Acid</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

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 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 8 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 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>Goldenrod Herb 1:12 extract from Solidago virgaurea (root), 16 mg</td>
<td>0.2 ml</td>
</tr>
<tr>
<td>Goldenrod D6 (10⁻⁶) [rhythmically prepared mix of Solidago virgaurea (root) in distilled water]</td>
<td>0.8 ml</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium Sorbate, Citric Acid</td>
<td></td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

All products at True Botanica are made in an NSF GMP registered facility.
Rudolf Steiner’s research indicates that Hyacinth:
• Supports normal thyroid function

Special features of this formula:
• The Hyacinth is rhythmically prepared (Pentas™ process) so that its energetic value is enhanced even more.
• This batch of Hyacinth Pentas includes pelargonium potencies made with D7, D11, D18 and D30 potencies.

Please read on page 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!

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

This batch of Hyacinth Pentas is made with D7, D11, D18, and D30 potencies

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 Tablets, Capsules and Powders section of the catalog)

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

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 8 why the addition of trace minerals is of fundamental importance to the success of this formula and your health in general!

Special features of this formula:
• The iron is rhythmically prepared (Pentas™ process) so that its 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.)

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

**Table**

### Hyacinth Pentas™ TMS 1.67 oz.

<table>
<thead>
<tr>
<th>Amt per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hyacinth Pentas™ (a rhythmically prepared 1 ml ** dilution of hyacinth in distilled water; contains &lt;1ppm of hyacinth)</td>
<td>1 ml **</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg **</td>
</tr>
</tbody>
</table>

Other ingredients: Distilled water, citric acid, potassium sorbate.

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

### Iron Reservoir™ TMS 1.86 oz.

<table>
<thead>
<tr>
<th>Amt per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron (from 0.5 mg Iron Carbonate 50%)</td>
<td>0.25 mg &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)</td>
<td>1 ml **</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg **</td>
</tr>
</tbody>
</table>

Other ingredients: Potassium sorbate, citric acid.

*DAIY VALUES BASED ON A 2000 CALORIE PER DAY DIET.
**DAIY VALUES NOT ESTABLISHED.
Delicious Lemon flavor! Lungroot™ is an exceptionally high quality, pelargonium root (rich in umckalin) containing product. The root of Pelargonium sidoides has been known in traditional medicine, and confirmed by modern research, to be a significant support for the immune system and support the health of the lung and upper respiratory tract. Modern European research has also confirmed other beneficial properties, like its ability to help expelling of mucous.

The following properties make this an unparalleled and unique pelargonium sidoides containing formula. We offer a product that is:

1. Full Spectrum
   a. Our product starts with a high quality extract of the whole root. It is very important that the final extract also contains water soluble parts. The final extract should be standardized for umckalin, the most active ingredient.
   b. We include then the salts and minerals of the whole root (extracted through a proprietary ashing process);
2. Completely non-alcoholic;
3. Produced with special rhythmical processes;
4. Hand made by people who really care and put their best and most positive energy into the work;
5. GMP (good manufacturing practices) compliant... of course. *

Try the Lungroot together with the Elderberry-Thyme Syrup for complete respiratory support! Also available in handy 1.5 oz Menthol flavor!

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.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Serving size: 20 drops  •  Servings/container: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMOUNT PER SERVING</td>
<td>% DAILY VALUE</td>
</tr>
<tr>
<td>Jasper 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
Delicious and soothing Menthol flavor! Lungroot™ is an exceptionally high quality, pelargonium root (rich in umckalin) containing product. The root of Pelargonium sidoides has been known in traditional medicine, and confirmed by modern research, to be a significant support for the immune system and support the health of the lung and upper respiratory tract. Modern European research has also confirmed other beneficial properties, like its ability to help expelling of mucus.

The following properties make this an unparalleled and unique pelargonium sidoides containing formula. We offer a product that is:
1. Full Spectrum
   a. Our product starts with a high quality extract of the whole root. It is very important that the final extract also contains water soluble parts. The final extract should be standardized for umckalin, the most active ingredient.
   b. We include then the salts and minerals of the whole root (extracted through a proprietary ashing process);
2. Completely non-alcoholic;
3. Produced with special rhythmic processes;
4. Hand made by people who really care and put their best and most positive energy into the work;
5. GMP (good manufacturing practices) compliant...of course.*

Try the Lungroot together with the Elderberry-Thyme Syrup for respiratory support! Also available in Lemon (4 oz bottle)!

Suggested Usage: About 50 drops (1/2 tsp.) every 1 to 2 hours; children under 12: 1/2 the adult dosage. Or as suggested by your health care provider.

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>4</td>
</tr>
<tr>
<td>Total carbohydrates</td>
<td>1 g</td>
</tr>
<tr>
<td>Sugar alcohols</td>
<td>0.9 g</td>
</tr>
<tr>
<td><em>Pelargonium sidoides</em> extract 5:1 (root)</td>
<td>15 mg *</td>
</tr>
<tr>
<td>Pelargonium and Pelargonium Cinis Mix D6 (10-6) [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>
</tbody>
</table>

Other ingredients: Distilled Water, Glycerine, Xylitol, Organic Natural Lemon Flavor, Potassium Sorbate, Menthol, Citric Acid.

*DAILY VALUE NOT ESTABLISHED

Onyx Pentas™ TMS 1.67 oz.

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.)
• This batch of Onyx Pentas was made with D7, D11, D18 and D30 potencies.

Please read on page 8 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>AMOUNT PER DROP</th>
<th>% DAILY VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onyx Pentas™ [a proprietary, rhythmically prepared dilution of onyx in distilled water; contains &lt;1ppm of onyx]</td>
<td>1 ml *</td>
</tr>
<tr>
<td>Trace Minerals</td>
<td>10 mg *</td>
</tr>
</tbody>
</table>

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

* DAILY VALUE IS NOT DETERMINED
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 occasional nose bleeds and minor wound bleeds.
- Soothes occasional 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 important in the maintaining of kidney health:

**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 TM 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 8 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 • Servings/container: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
</tr>
<tr>
<td>Shepherd’s Purse Herb 1:12 extract from <em>Capsella bursa pastoris</em> (herb), 41 mg</td>
</tr>
<tr>
<td>Shepherd’s Purse Mix D6 (10⁻⁴) [rhythmically prepared mix of <em>Capsella bursa pastoris</em> (herb) in distilled water]</td>
</tr>
<tr>
<td>Other ingredients: A proprietary mix of Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Trace Minerals, Potassium Sorbate, Citric Acid</td>
</tr>
</tbody>
</table>

* DAILY VALUE IS NOT DETERMINED

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.)
- This batch of Topaz Pentas was made with D7, D11, D18 and D30 potencies.

Please read on page 8 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 • Servings/container: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMT PER SERVING</strong></td>
</tr>
<tr>
<td>Topaz Pentas™ (a proprietary, rhythmically prepared dilution of topaz in distilled water; contains &lt;1 ppm of topaz)</td>
</tr>
<tr>
<td>Trace Minerals</td>
</tr>
<tr>
<td>Other ingredients: Distilled water, Citric Acid, Potassium sorbate.</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.
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 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 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.

**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**

<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>Iron (from 5 mg Iron Glycinate 20%)</td>
<td>1 mg 5%</td>
</tr>
<tr>
<td>Iron Mix D6 (10^-6) [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 ml **</td>
</tr>
<tr>
<td>Nettle Mix D6 (10^-6) [rhythmically prepared mix of <em>Urtica dioica</em> (root, leaf) in distilled water]</td>
<td>0.2 ml **</td>
</tr>
<tr>
<td>Nettles Herb 1:9 extract from <em>Urtica dioica</em> (root, leaf), 11 mg</td>
<td>0.1 ml **</td>
</tr>
<tr>
<td>Other ingredients: Distilled Water, Vegetable Glycerine (from palm oil), Apple Cider Vinegar, Vegetable Enzymes, same plant salts, Potassium Sorbate, Citric Acid</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.
SPECIALTY FOODS

[Image of True Botanica True Life Sea Salt and Pepper]

True Life™
Sea Salt
Iodized Sea Salt, Organic Herbs and Trace Minerals
NET WT. 3.5 OZ. (100G)

True Life™
Pepper
Coarsely Ground With True Life Reserv™ and Trace Minerals
NET WT. 2.1 OZ. (60G)
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™).

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). Cholesterol 0mg (0% DV). Sodium 0mg (0% DV). Potassium 0g (0% DV). Total carbohydrate 0g (0% DV). Protein 0g (0% DV). Not a significant source of fat, cholesterol, sugar, fibers, vitamin A, C, calcium or iron. %DV based on a 2,000 cal diet.

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

---

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™).

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). Cholesterol 0mg (0% DV). Sodium 0mg (0% DV). Potassium 0g (0% DV). Total carbohydrate 0g (0% DV). Protein 0g (0% DV). Not a significant source of fat, cholesterol, sugar, fibers, vitamin A, C, calcium or iron. %DV based on a 2,000 cal diet.

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

---

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™).

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.*

Nutrition facts:
Serving Size 1/8 tsp; servings 130. Amount per serving: Calories 0. Total fat 0g (0% DV). Cholesterol 0mg (0% DV). Sodium 99mg (4% DV). Potassium 0g (0% DV). Total carbohydrate 0g (0% DV). Protein 0g (0% DV). Iodine 84 mcg (56% DV). Not a significant source of fat, cholesterol, sugar, fibers, vitamin A, C, calcium or iron. %DV based on a 2,000 cal diet.


*ORGANIC
Angelica Forte Oil 4 oz.

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 testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients:
- Almond (Prunus amygdalus) oil, biodynamic/organic;
- Olive (Olea europaea) oil, organic;
- Angelica (Angelica archangelica) 1% oil and fresh plant, 1%;
- Vitamin E; Cosmoperine® (Piper nigrum);
- Topaz salts;
- Lemon (Citrus limon) oil.

Argentum Cream 1.67 oz.

Homeopathic Medicine
For Temporary Relief of and Help With:
- Lower abdominal discomfort
- Wound healing

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

Used as an external application to support all the processes related to the energetic functions of silver (argentum).
(Based on Rudolf Steiner’s research and subsequent clinical observations.)

Supports especially, but not only:
- The reproductive organs both male and female.
- In general useful in all situations where rejuvenating, restorative, re-enlivening activity is desired.

Attention: This cream contains only the rhythmically prepared form of silver and not the silver substance used in medical therapies against various infections of the skin!

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients:
- Argentum Metallicum 6X, HPUS
Other Ingredients:
- Almond Oil (organic), Beeswax (biodynamic),
- Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.
**Aurum Cream 1.67 oz.**

Homeopathic Medicine

**For temporary relief of and help with:**
- Selected physical symptoms:
  - Supports the circulation
  - Heart palpitations
  - Poor tissue healing
- Selected emotional symptoms:
  - Depressed/low mood
  - Noise sensitivity

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

Used as an external application to support all the processes related to the energetic functions of silver (argentum). (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 f.ex.: fluctuating up and down mood swings; alternating starving oneself and binge eating; and so on.

**Active Ingredients:** Aurum Metallicum 6X, HPUS

**Other Ingredients:** Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water trifoliate oil; Gold (Aurum) less than 10(-7)g.

**Attn:** this cream contains only the rhythmically prepared Pentas TM form of gold and not the gold particles occasionally used in medical therapies f.ex. for joint inflammations.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

---

**Chamomile Forte™ Cream 1.67 oz.**

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 testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

**Ingredients:** Distilled Water, Almond (Prunus amygdalus) oil, biodynamic/organic; Emulsifying was, NF; Jojoba Oil, organic; Chamomile (Chamomilla officinalis) Extract; Vegetable glycerine; Beeswax, biodynamic/organic; Natural Kokum Butter; Organic Lecithin; Rosemary (Rosmarinus officinalis) extract; Vitamin E; Usnea (Usnea lichen) extract; Citric Acid; Potassium Sorbate; Lavender (Lavandula officinalis) oil.
Cuprum Cream  1.67 oz.  SRW0900

Homeopathic Medicine
For Temporary Relief of and Help With:
• Venous congestion
• Muscle spasms
May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

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.

According to R. Steiner useful when applied on the spleen together with Ferrum cream applied on the liver in order to reconnect the person and their challenges to their Karma.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Cuprum Metallicum 6X, HPUS
Other Ingredients: Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.

Ear Oil  .12 oz.  SRW0048

Directions:
Soothing. Apply several drops into the ear as needed every 2–3 hours.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Almond (Prunus amygdalus) oil, biodynamic/organic; Olive (Olea europaea) oil, organic; 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.
Ferrum Cream  1.67 oz.  SRW0903

Homeopathic Medicine
For Temporary Relief of and Help With:
• Fatigue
• Dry skin

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

Used as an external application to support all the processes related to the energetic functions of iron (ferrum). (Based on Rudolf Steiner’s research and subsequent clinical observations.)

Supports especially, but not only:
• The voice, lungs, liver and gall bladder.

According to R. Steiner useful when applied on the liver together with Copper cream applied on the spleen in order to reconnect the person and their challenges to their Karma.

Attention: This cream contains only the rhythmically prepared PentasTM form of iron and not the iron form used in medical therapies for example, for anemia, etc.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients:
- Ferrum Carbonicum 6X, HPUS;
- Ferrum Phosphoricum 6X, HPUS

Other Ingredients:
- Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.

Hypericum Forte Cream  1.67 oz.  SRW0020

Hypericum Forte is standardized to contain min. 2.5% Hypericum oil of the total weight. 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 testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients:
- Distilled Water; Almond (Prunus amygdalus) oil, biodynamic/organic; Jojoba (Simmondsia chinensis) oil, Emulsifying Wax, NF; Glycerine; St. John’s Wort (Hypericum perforatum) oil, 2.5%; Alcohol, biodynamic/organic; Beeswax, biodynamic/organic; Kokum butter; Lecithin – non-GMO – organic; Vitamin E oil; Boswellin CG® (Boswellia serrata); Cosmoperine® (Piper nigrum); Usnea (Usnea barbata) oil; Oregano (Oreganum vulgare) oil; Potassium sorbate; Citric acid; Lavender oil (Lavandula officinalis).

Lavender & Spruce Bath Oil  4 oz.  CRW0010

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.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients:
- Castor oil, sulfated; Pine (Pinus sylvestri) oil; Fir (Abies balsame) oil; Spruce (Tsuga canadensis) oil; Lavender (Lavandula officinalis) oil; Juniper (Juniperus communis) oil; Almond (Prunus amygdalus) oil, biodynamic/organic, with jasper trace minerals.
Neck Relief .27 oz.  

Peppermint, arnica, 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 you need a quick, gentle massage and response.

Apply on the affected area every half hour as needed. Not into eyes or open wounds.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Orange Salt Scrub  8.4 oz.  

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!

How To Use The Salt Scrubs:
It is best to apply the salt scrub after an initial wetting of the skin through a bath or shower. Vigorously scrub either the entire body or any desired part with the salt scrub, ideally so that the skin becomes slightly red or at least feels activated. Gently rinse.

From a practical point of view, attention should be paid to the fact that the shower floor or tub bottom may become slippery due to the oil content in the salt scrub.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Real Arnica-Forte™ Oil  4 oz.  

Arnica offers:
• Real relief; use before and after workouts.
• Restores tired muscles; supports a longer, more intense sports work out or physical labor.
• 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 parts at the periphery. True Botanica “Real Arnica” products have the highest amount of actual arnica oil on the market.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients:
- Almond oil, biodynamic/organic; Olive oil, organic; Peppermint (Menta piperita) oil; Schizandra (Schizandra chinensis) oil; Lavender (Lavandula officinalis) oil; Basil (Ocimum basilicum) oil; Feverfew (Tanacetum parthenium) oil; Chamomile (Chamomilla recutita) oil; Hops (Humulus lupulus) oil; TH Curcuminoids (Curcuma longa); Frankincense (Boswellia carterii) oil; Cosmoperine® (Piper nigrum); Lemongrass (Cymbopogon citratus) oil, Vitamin E.

Ingredients:
- Almond (Prunus amygdalus) oil, biodynamic/organic; 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 carterii); Vitamin E; Lemon (Citrus limon) oil; Jasper 1 ppm.
Arnica offers:
- Real relief; use before and after workouts.
- Restores tired muscles; supports a longer, more intense sports work out or physical labor.
- 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 parts at the periphery. True Botanica “Real Arnica” products have the highest amount of actual arnica oil on the market.

Envelops 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:
- Comforting massage oil for use before and after workouts.
- 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 parts 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 TB Arnica products themselves.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients:
- Almond (Prunus amygdalus) oil, biodynamic/organic; 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 carterii); Vitamin E; Lemon (Citrus limon) oil; Jasper 1 ppm.

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

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

**Ingredients:** MSM 7%; Menthol, 2.5%; Lemongrass (Cymbopogon citratus) oil, 0.3%; Arnica (Arnica montana) Pentas™, 0.2%. In a proprietary mix of: Distilled water; Almond (Prunus amygdalus) oil, biodynamic/organic; Emulsifying wax, NF; Jojoba (Simmondsia chinensis) oil; Glycerine; Alcohol, biodynamic/organic; Kokum Butter (Garcinia Indica); Beeswax, biodynamic/organic; Crambe Abyssinica oil; Evening Primrose (Doenthera biennis) oil; Rosemary (Rosmarinus officinalis) oil; Chalcedony Pentas™; Chryso-pras Pentas™; Tin (Stannum) Pentas™; Gold (Aurum) Pentas™; Cosmoperine® (Piper nigrum); TH Curcuminoids® (Curcuma longa); Boswellin CG® (Boswellia serrata); Vitamin E oil; Potassium Sorbate; Citric Acid; Myrrh (Commiphora myrrha) oil.

This bath oil:
- 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% carnosolic acid, 20% cineol, and camphor and diterpene phenols) and rosemary oil extracted by steam distillation. You will not find this quality anywhere else.

The formula is enhanced with a unique mixture of trace minerals and soothing oils.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

**Ingredients:** Castor oil, sulfated; Rosemary (Rosmarinus vulgare) oil, 20%; Almond (Prunus amygdalus) oil, biodynamic/organic, with emerald, jasper and topaz trace minerals.
This bath oil:
• Energizes the body.
• Invigorates the circulation.

Contains an exceptionally high amount of pure rosemary oil (obtained by super critical fluid CO2 extraction, standardized to min. 16% carnosolic acid, 20% cineol, and camphor and diterpene phenols) and rosemary oil extracted by steam distillation. You will not find this quality anywhere else. The formula is enhanced with a unique mixture of trace minerals and soothing oils.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

**Ingredients:** Castor oil, sulfated; Rosemary (*Rosmarinus vulgaris*) oil, 15%; Eucalyptus (*Eucalyptus globulus*) oil; Almond (*Prunus Amygdalus*) oil, biodynamic/organic, with jasper trace minerals; Thyme (*Thymus vulgaris*) oil.

---

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 awakeness!

**How To Use The Salt Scrubs:**
It is best to apply the salt scrub after an initial wetting of the skin through a bath or shower. Vigorously scrub either the entire body or any desired part with the salt scrub, ideally so that the skin becomes slightly red or at least feels activated. Gently rinse.

From a practical point of view, attention should be paid to the fact that the shower floor or tub bottom may become slippery due to the oil content in the salt scrub.

Made with **organic or biodynamic oils**; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

**Ingredients:** Macadamia Nut (*Macadamia integrifolia*) oil; Sea Salt (*Maris Sal*); Dead Sea Salt; Meadowfoam Seed (*Limnanthes alba*) oil; Almond (*Prunus amygdalus*) oil; biodynamic/organic; Grapeseed (*Vitis vinifera*) oil; Jojoba (*Simmondsia chinensis*) oil; Dendritic Salt; Aloe (*Aloe Barbadosia*) oil; Apricot Kernel Meal (*Prunus armeniaca*); Turbinado sugar; Sesame Seed (*Sesamum indicum*) oil; Solar Salt; Sunflower (*Helianthus annuus*) oil; Vitamin E; Blend of Rhododendron (*Rhododendron anthropogon*), Rosemary (*Rosmarinus officinalis*) and other essential oils; Arnica (*Arnica montana*) oil; Chamomile (*Matricaria recutita*) oil; Frankincense (*Boswellia carterii*) oil; Natural vegetable colors; Jasper trace minerals.

---

A wonderful cream to keep your skin feeling healthy.

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 testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

**Ingredients:** Distilled Water (*Aqua*); Almond (*Prunus amygdalus*) oil, biodynamic/organic; Jojoba (*Simmondsia chinensis*) oil; Emulsifying wax, NF; Glycerine; Kokum (*Garcinia indica*) butter; Beeswax, biodynamic/organic; Alcohol, biodynamic/organic; Sage (*Salvia officinalis*), std. to 5% ursolic/oleanolic acid and 35% diterpene phenols; Schizandra (*Schisandra sphenanthera*) oil; Vitamin E oil; Boswellin CG® (*Boswellia serrata*); Potassium sorbate; Citric acid; Lavender oil.
Silicea Cream 1.67 oz.

According to R. Steiner useful when applied on the liver together with Copper cream applied on the spleen in order to reconnect the person and their challenges to their Karma.

Attention: This cream contains only the rhythmically prepared PentasTM form of iron and not the iron form used in medical therapies for example, for anemia, etc.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Silicea 6X, HPUS

Other Ingredients: Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.

[60x735]Silicea Cream 1.67 oz.  SRW0905

Homeopathic Medicine
For Temporary Relief of and Help With:
• Dry skin • Mild Excema • Mild Acne

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

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

Stannum Cream 1.67 oz.

According to R. Steiner useful when applied on the liver together with Copper cream applied on the spleen in order to reconnect the person and their challenges to their Karma.

Attention: This cream contains only the rhythmically prepared PentasTM form of iron and not the iron form used in medical therapies for example, for anemia, etc.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Stannum Metallicum 6X, HPUS

Other Ingredients: Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.

[60x450]Stannum Cream 1.67 oz.  SRW0901

Homeopathic Medicine
For Temporary Relief of and Help With:
• Nerve pain • Joint pains

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

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 testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Stannum Metallicum 6X, HPUS

Other Ingredients: Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.
Stibium Cream  1.67 oz.  

Homeopathic Medicine
For Temporary Relief of and Help With:
• Dry, itchy skin
• Mild Excema

May also be used for standard homeopathic indications or as directed by your physician.

Directions for Use: Adults, children and infants: Apply to desired area 3–4 times daily. Rub in thoroughly until cream is absorbed.

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)

According to R. Steiner useful when applied on the liver together with Copper cream applied on the spleen in order to reconnect the person and their challenges to their Karma.

Attention: This cream contains only the rhythmically prepared PentasTM form of iron and not the iron form used in medical therapies for example, for anemia, etc.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Active Ingredients: Stibium Metallicum 6X, HPUS
Other Ingredients: Almond Oil (organic), Beeswax (biodynamic), Citric Acid, Emulsifying Wax NF, Glycerine (vegetable), Jojoba Oil (organic), Kokum Butter, Lavender Essential Oil, Potassium Sorbate, Vitamin E, Water.
COSMETICS

[Image of a face moisturizing cream container]
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 testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Ingredients: Water (Aqua), Emulsifying Wax, NF; Green Clay, Macadamia (Macadamia integrifolia) oil; Cetyl Alcohol; Glycerine; Grape seed (Vitis vinifera) oil; Almond (Prunus amygdalus) oil; biodynamic/organic; Castor (Ricinus communis) oil; Apricot kernel meal (Prunus armeniaca); Beeswax, biodynamic/organic; Jojoba (Simmondsia chinensis) oil; Jojoba (Simmondsia chinensis) wax beads and meal/seed powder; Kokum butter; Aloe (Aloe barbadensis) oil; Vitamin E; Walnut shell powder; Allantoin; natural Fruit Acids (Malic acid), Guar Gum (Cymopsis tetragonobulus), Schizandra (Simmondsia chinensis), Xanthan powder; Alcohol, biodynamic/organic; Rosehip seed (Rosa mosqueta) oil; Tartaric acid (vegetable alpha hydroxy acid); Rhododendron (Rhododendron anthopogon) oil and natural Lemon essential oil; Arnica (Arnica Montana) oil; Calendula (Calendula officinalis) oil; Chamomile (Chamomilla recutita) oil; Frankincense (Boswellia carteri) oil; Hops (Humulus lupulus) oil; TH curcuminoid®; Potassium sorbate; Citric acid; Chrysolith (peridot); Jasper.

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.

Ingredients: A proprietary mix of Boswellia (Frankincense), Beeswax, biodynamic/organic, coconut oil, shea butter, cocoa butter, macadamia oil, vanilla flavor, castor oil and vitamin E.
Face Moisturizing Cream  1.67 oz.  CRW0019

Non greasy, complex, yet hypoallergenic cream for a lasting, deep, moisturizing and skin renewing effect.

Special features of this formula:
- All natural red algae extract astaxanthin, giving the cream its pink color.

Astaxanthin:
- Has a natural anti-wrinkle activity, particularly around the eyes.

How to apply:
Apply at least twice daily. For a clear visible change several weeks of use are needed.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.

Hand & Body Moisturizer  1.67 oz.  CRW0020

A hypoallergenic, natural cream for a deep lasting moisturizing and renewing effect.

Absorbs quickly and does not leave a greasy residue.

Suitable for all skin types.

Meadowfoam seed oil, Jojoba oil, comfrey allantoin and vegetable glycerine 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 refreshing blend of Pink Grapefruit, Vanilla and Lavender give a natural subtle scent.

Use as often as desired.

Made with organic or biodynamic oils; no toxic residues. No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.
A refreshing foot cream with menthol, rare natural oils, gemstone derived trace minerals and peppermint fragrance. Designed to be incredibly invigorating for your health and soothing to the skin. Apply to the feet, ankles and calves by gently massaging it in for a refreshing effect.

Made with **organic or biodynamic oils.** No animal testing. Paraben free, Phthalate free, Mineral Oil free, Petrolatum free, Dye free.”

**Ingredients:** Distilled Water (*Aqua*); Almond (*Prunus amygdalus*) oil, biodynamic/organic; Emulsifying Wax, NF; Jojoba (*Simmondsia chinensis*) oil; Vegetable Glycerine; Beeswax, biodynamic/organic; Kokum (*Garcinia indica*) Butter; Alcohol, biodynamic/organic; Peppermint essential oil; Vanilla-Lavender fragrance; Menthol; Vitamin E oil; Chamomile (*Chamomilla officinalis*) oil; Arnica (*Arnica montana*) oil; Hops (*Humulus lupulus*) oil; TH Curcuminoid® (*Curcuma longa*); Boswellin CG® (*Boswellia serrata*); Potassium Sorbate; Citric Acid; Jasper trace minerals; Topaz trace minerals.
**INGREDIENTS INDEX**

**A**
- Abrotanum: 11, 48
- Acacia: 95
- Aconitum: 11, 48
- Adrenal: 11, 13–15, 71, 93
- Aesculus: 11, 49
- Agaricus albus: 11, 49
- Agnus castus: 11, 16, 90
- AKBA: 11, 13–16, 18, 19, 22, 23, 26, 31, 36
- Alcohol: 109, 112, 113, 118, 119, 120
- Allantoin: 118, 119
- Allergies: 13
- Allium cepa: 11, 50
- Apricot kernel meal: 110, 113, 118, 119
- Arachidonic acid: 11, 52
- Argentum: 11, 13, 14, 16, 53, 54, 91, 106

**B**
- Bacillus coagulans: 43
- Bacopin®: 45
- Bamboo: 19
- Baptisia tinctoria: 11, 57
- Barberry: 4, 20, 39
- Basil: 104, 108, 110
- Bee pollen: 11, 57
- Beeswax: 106–109, 112–115, 118–120
- Belladonna: 11, 13, 14, 15, 16, 58
- Berberine: 4, 11, 13, 14, 15, 16, 19, 20
- Berberis vulgaris: 11, 39, 58
- Beryl: 11, 13, 14, 21, 36, 44, 45, 92
- Beta-glucanase: 27
- Beta-carotene: 26, 31, 36, 109, 110, 112, 113, 118, 119, 120
- Biotin: 34
- Blackthorn: 11, 13–16, 93
- Black sea salt: 110, 113
- Blackstrap molasses: 110, 113
- Bovine colostrum: 11, 12
- Brahmi: 45
- Breast milk: 118
- Broccoli: 23
- Brown rice: 23
- Butea monosperma: 11, 58
- Caffeine: 11, 13–16, 23, 26, 31, 36, 109
- Calendula: 118
- Camphora: 11, 62
- Cantharis: 11, 62
- Carbo betulae: 11, 13
- Cardamom: 27
- Chili powder: 11, 12
- Chlorella: 41, 42
- Chlorophyll: 23, 36
- Choline: 34
- Chromium: 28, 33, 34
- Chrysocolla: 112
- Chytrid: 23
- Cichorium Intybus: 11, 64
- Cinnamon: 41, 42
- Colloidal silver: 91
- Comfrey: 119
- Comfrey allantoin: 119
- Conium maculatum: 11, 67
- Copper: 24, 33–35, 109, 114, 115
- Cor bovis: 72
- Coriander: 27
- Coriandrum sativum: 27
- Crambe abyssinica: 112
- Cuprum: 11, 13–16, 23, 46, 93
- Curcuma longa: 110–112, 119
- Curcumin: 11, 13–16, 23, 26
- Curcuminoids: 26, 110, 111
- Dandelion: 27, 29, 32, 45
- Dead Sea Salt: 110, 113
- Deionized water: 91
- DeltaGold® Mixed Tocotrienols: 23
- Dendritic Salt: 110, 113
- Devil's claw: 19, 31
- DIM Powder: 23
- Dioscorea batatas: 21, 32, 46
- Distilled water: 90–102, 107, 109, 112, 113
- Drosa: 11, 68
- Elderberry: 11–16, 95
- Emerald: 11, 14, 28, 37, 44, 45, 95, 112
- Emulsifying wax: 106–109, 113–115, 118–120
<table>
<thead>
<tr>
<th>INGREDIENTS INDEX</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equisetum: 4, 19</td>
</tr>
<tr>
<td>Equisetum arvense: 19, 39</td>
</tr>
<tr>
<td>Eucalyptus: 12–16, 113</td>
</tr>
<tr>
<td>Evening Primrose: 112, 119</td>
</tr>
<tr>
<td>Fenugreek: 18, 39</td>
</tr>
<tr>
<td>Feverfew: 110</td>
</tr>
<tr>
<td>Foliage: 34</td>
</tr>
<tr>
<td>Folic acid: 34</td>
</tr>
<tr>
<td>Formicum acidum: 11, 13, 15, 70</td>
</tr>
<tr>
<td>Forskohlii: 39</td>
</tr>
<tr>
<td>Frankincense: 4, 18, 22, 23, 26, 31, 110, 111, 113, 118, 119</td>
</tr>
<tr>
<td>Garcinia Indica: 112</td>
</tr>
<tr>
<td>Garlic: 104</td>
</tr>
<tr>
<td>Gelsemium: 11, 14, 71</td>
</tr>
<tr>
<td>Gentian: 11, 13, 14, 16, 27, 97</td>
</tr>
<tr>
<td>Ginger: 27, 31</td>
</tr>
<tr>
<td>Ginkgo: 45</td>
</tr>
<tr>
<td>Ginseng: 37, 43</td>
</tr>
<tr>
<td>Glucosamine: 31</td>
</tr>
<tr>
<td>Glucose: 14</td>
</tr>
<tr>
<td>Glutamine peptide: 11, 14, 15, 29</td>
</tr>
<tr>
<td>Glycerine: 90, 92, 93, 96, 97, 99–102, 106–109, 112–115, 118–120</td>
</tr>
<tr>
<td>Gold: 4, 22, 107</td>
</tr>
<tr>
<td>Goldenrod: 11, 16, 97</td>
</tr>
<tr>
<td>Grapefruit: 119</td>
</tr>
<tr>
<td>Grape seed: 118</td>
</tr>
<tr>
<td>Graphites: 11, 72</td>
</tr>
<tr>
<td>Guarana: 34</td>
</tr>
<tr>
<td>Hawthorn: 11, 13, 14, 16, 30</td>
</tr>
<tr>
<td>Hazelnut: 119</td>
</tr>
<tr>
<td>Hepar bovis: 72</td>
</tr>
<tr>
<td>Hepar sulf (Hepar sulfuris): 11, 73</td>
</tr>
<tr>
<td>Histaminum hydrochloricum: 11, 73</td>
</tr>
<tr>
<td>Hops: 108, 110, 118, 120</td>
</tr>
<tr>
<td>Horsetail: 19, 39, 96</td>
</tr>
<tr>
<td>Huperzia serrata: 45</td>
</tr>
<tr>
<td>Huperzine: 45</td>
</tr>
<tr>
<td>Hyacinth: 11, 14, 98</td>
</tr>
<tr>
<td>Hyoscynamus niger: 11, 74</td>
</tr>
<tr>
<td>Hypericum forte: 11, 109</td>
</tr>
<tr>
<td>Indole-3-carbinol: 23</td>
</tr>
<tr>
<td>Iodine: 33, 34, 35, 104</td>
</tr>
<tr>
<td>Iron: 11, 43, 98, 102, 104, 109, 114, 115</td>
</tr>
<tr>
<td>Jasper: 11, 13, 16, 19, 34, 39, 46, 99, 109–113, 118–120</td>
</tr>
<tr>
<td>Jojoba: 106–110, 112–115, 118–120</td>
</tr>
<tr>
<td>Juniper: 11, 74</td>
</tr>
<tr>
<td>Kokum butter: 106–110, 112–115, 118–120</td>
</tr>
<tr>
<td>Kolla II®: 24</td>
</tr>
<tr>
<td>Kolla II® collagen: 24</td>
</tr>
<tr>
<td>Lachesis mutus: 11, 75</td>
</tr>
<tr>
<td>Lactobacillus: 43</td>
</tr>
<tr>
<td>Lactospore®: 43</td>
</tr>
<tr>
<td>L-Carnitine: 45</td>
</tr>
<tr>
<td>Lecithin: 107, 109</td>
</tr>
<tr>
<td>Lemanal: 11, 17, 75</td>
</tr>
<tr>
<td>Lemon: 11, 13, 15, 26, 25, 39, 99, 100, 106, 110–112, 118</td>
</tr>
<tr>
<td>Lemon balm: 25</td>
</tr>
<tr>
<td>Lemongrass: 110</td>
</tr>
<tr>
<td>Leonurus cardiaca: 11, 13, 16, 76</td>
</tr>
<tr>
<td>Levisticum officinalis: 11, 13, 14, 16, 76, 108</td>
</tr>
<tr>
<td>Lien bovis: 72</td>
</tr>
<tr>
<td>Lightroot™: 11, 13–16, 21, 32, 46, 104</td>
</tr>
<tr>
<td>Lime: 39</td>
</tr>
<tr>
<td>Liver: 11, 13–15, 32, 45</td>
</tr>
<tr>
<td>Lobelia inflata: 11, 13, 15, 77</td>
</tr>
<tr>
<td>Lovage: 104, 108</td>
</tr>
<tr>
<td>Lungroot™: 11–13, 15, 16, 99, 100</td>
</tr>
<tr>
<td>Lutein: 34</td>
</tr>
<tr>
<td>Lycopene: 34</td>
</tr>
<tr>
<td>Lycopodium clavatum: 12, 77</td>
</tr>
<tr>
<td>Marigold: 29</td>
</tr>
<tr>
<td>Matricaria recutita: 64, 110, 113</td>
</tr>
<tr>
<td>Meadowfoam: 110, 113, 119</td>
</tr>
<tr>
<td>Melissa: 25</td>
</tr>
<tr>
<td>Menthol: 12–15, 16, 41, 42, 99, 100, 112, 120</td>
</tr>
<tr>
<td>Mercurius sulf: 66</td>
</tr>
<tr>
<td>Mercurius vivus: 12, 14, 78</td>
</tr>
<tr>
<td>Microcrystalline cellulose: 20</td>
</tr>
<tr>
<td>Milk thistle: 32</td>
</tr>
<tr>
<td>Millefolium: 12–15, 21, 32, 79</td>
</tr>
<tr>
<td>Molybdenum: 23, 33–35</td>
</tr>
<tr>
<td>MSM: 112</td>
</tr>
<tr>
<td>Multivitamins Plus™: 13, 15, 16</td>
</tr>
<tr>
<td>Myrrh: 4, 22, 112</td>
</tr>
<tr>
<td>Natrum muriaticum: 12, 79</td>
</tr>
<tr>
<td>NEM® Natural eggshell membrane: 24</td>
</tr>
<tr>
<td>Nettle: 29, 31, 36, 102</td>
</tr>
<tr>
<td>Niacin: 34</td>
</tr>
<tr>
<td>Niacinamide: 34</td>
</tr>
<tr>
<td>Norwegian spruce: 23, 36</td>
</tr>
<tr>
<td>Nux vomica: 12, 80</td>
</tr>
<tr>
<td>Oak: 29, 31, 34, 39</td>
</tr>
<tr>
<td>Olive: 106, 108, 110, 111</td>
</tr>
<tr>
<td>Olive oil: 110, 111</td>
</tr>
<tr>
<td>Onion: 104</td>
</tr>
<tr>
<td>Onyx: 12, 14, 100</td>
</tr>
<tr>
<td>Orange: 12–14, 16, 39, 110</td>
</tr>
<tr>
<td>Oregano: 108, 109</td>
</tr>
<tr>
<td>Origanox®: 95</td>
</tr>
<tr>
<td>Oxalis montana: 12, 80</td>
</tr>
<tr>
<td>Palm: 23, 36, 90, 92, 96, 97, 101, 102</td>
</tr>
<tr>
<td>Pantothenic acid: 34</td>
</tr>
<tr>
<td>Parsley: 104</td>
</tr>
<tr>
<td>Passion flower: 36</td>
</tr>
<tr>
<td>Pelargonium: 98–100</td>
</tr>
<tr>
<td>Pepper: 12, 19–21, 24, 26, 28, 31, 36, 37, 39, 40, 43, 104</td>
</tr>
<tr>
<td>Peppermint: 110, 120</td>
</tr>
<tr>
<td>Peridot: 118, 119</td>
</tr>
<tr>
<td>Phosphatidylserine: 45</td>
</tr>
<tr>
<td>Phosphorus: 12, 34, 81</td>
</tr>
<tr>
<td>Pine: 36, 109</td>
</tr>
<tr>
<td>Pineal: 12–16, 81</td>
</tr>
<tr>
<td>Pineal:Pituitary: 12–16, 81</td>
</tr>
<tr>
<td>Pituitary: 81</td>
</tr>
<tr>
<td>Plumbum mel: 82</td>
</tr>
<tr>
<td>Plumbum mel.: 12, 15, 82</td>
</tr>
<tr>
<td>Pomegranate: 31</td>
</tr>
<tr>
<td>Porphyry: 19, 21, 23, 24, 28, 31, 34, 36, 37, 39, 40, 44–46, 90</td>
</tr>
</tbody>
</table>
Potassium sorbate: 51, 68, 75, 83, 90–102, 106–109, 112–115, 118–120
Potentilla tormentilla: 88
Probiotics: 16, 41, 42
Protease: 27
Protein: 29, 38
Prunus spinosa: 12, 82, 93
Pulmo bovis: 72
Pulsatilla: 12, 83
Pumpkin: 21, 36
Pyrite: 11, 13–16, 41, 42, 66
Q
Quartz: 96
Quercetin: 36, 39
Quince: 39
R
Raspberry: 41, 95
Renes bovis: 72
Rhododendron: 110, 113, 118
Riboflavin: 34
Rose: 36, 112, 119
Rosehip: 118
Rosemary: 12–16, 19, 24, 28, 31, 104, 107, 112, 113
Rosewood: 119
S
Sage: 12, 16, 21, 113
Salt: 12–14, 16, 90–101, 104, 110, 113
Sambucus canadensis: 12, 83
Sapphire: 44, 45
Saw Palmetto: 36
Schizandra: 31, 32, 110, 113, 118, 119
Sea Salt: 12, 104, 110, 113
Selenium: 31, 33, 34, 35
Sepia: 12, 84
Serrazimes®: 38, 39
Sesame Seed: 110, 113
Shea butter: 118
Shepherd's purse: 12, 14, 101
Silica: 11, 14–16, 19, 31, 96
Silicea: 12, 16, 84, 114
Silicon: 31, 33, 35
Silver: 91, 106, 107
Simmondsia chinenensis: 109–113, 118, 119
Slate: 19, 21–24, 28, 31, 34, 36, 37, 39, 40, 44–46, 90
Sodium: 34, 95, 104
Solar Salt: 110, 113
Soy: 21, 38, 45, 46
Soybeans: 34, 45
Spruce: 11, 13–16, 23, 36, 109
Stannum: 12, 14, 15, 19, 24, 31, 32, 40, 85, 112, 114
Stannum complex: 12, 14, 85
Stannum metallicum: 12, 85, 114
Stibium: 12, 115
Stinging nettles: 31, 39
St. John's Wort: 12, 13, 15, 32, 40, 108, 109, 110, 111
Streptococcus salivarius: 41, 42
Strontium sulfate: 63
Strophanthus kombe: 12, 86
Sugar: 5, 20, 26, 28, 29, 48–88, 104, 110, 113
Sulfur: 12, 19, 21, 23, 24, 28, 31, 34, 36, 37, 39, 40, 44–46, 86, 90
Sunflower: 110, 113
T
Tartaric acid: 118
Teucrium: 12, 21, 87
TH Curcuminoids®: 110–112
Thiamin: 34
Thuja: 12, 13, 14, 87
Thyme: 11, 13–16, 95, 99, 100, 104, 113
Thyroidinum: 12, 14, 15, 16, 88
Ti: 31, 32, 114
TOCOMAX™: 23
Tocomin®: 36
Tocotrienols: 23, 36
Topaz: 12, 14, 15, 23, 28, 32, 34, 37, 101, 106, 112, 120
Tormentilla: 12, 88
Tri Calcium Phosphate: 41, 42
True Life Reservoir™: 12, 15, 43, 98, 104
Turbinado sugar: 110, 113
Turmeric: 23, 26
U
Urtica: 12, 29, 31, 36, 39, 102
Usnea: 95, 107–109
V
Valerian: 29
Vanadium: 33–35
Vanilla: 118, 119, 120
Vegetable cellulose: 18–29, 31–40, 43–46
Vegetable glycerine: 90, 92, 96, 97, 101, 102, 119, 120
Vegetable stearate: 18, 19, 21–40, 43–46
Vitamin A: 34
Vitamin B-1: 34
Vitamin B-2: 34
Vitamin B-3: 34
Vitamin B-6: 34
Vitamin B-12: 34
Vitamin C: 34, 38, 46, 93
Vitamin D: 12–16, 23, 34, 46
Vitamin E: 34, 36, 106–115, 118–120
Vitamin K: 12, 13, 15, 16, 34, 46
Vitamin K-2: 12, 13, 15, 16, 46
W
Walnut shell powder: 118
Watercress: 23
White oak: 29
Wild yam: 32
Wood betony: 19
X
Xanthan: 118
Xylanase: 27
Xylitol: 41, 42, 93, 95, 99, 100
Y
Yarrow: 14, 15, 21, 29, 32
Z
Zinc: 24, 33–36
Ordering Info:
Providing convenient and efficient ordering and delivery options for our customers is the guiding principle for our order fulfillment department.

Ordering options include: online orders, phone orders, fax and mail orders.

To order online (most convenient/always available!):
Choose your products via website (see products A–Z; via Health Concerns; etc)
- Add the chosen products to your shopping cart.
- When finished shopping, go to our encrypted secure checkout page.
- Provide the required information and submit the order; processing will occur no later than two days, usually the following day.
- For expedited shipping call 800-294-0043.

To order by phone
Call our customer service department at 1-800-294-0043.

To order by mail
Send us an order form with your order, shipping information, phone number, and payment by credit card or check to: True Botanica Customer Service 1005 Richards Rd. Ste. D Hartland, WI 53029. Any payment by check must include appropriate shipping charges. Please do not send cash.

To order by fax
Send an order form with your order, shipping information and payment by credit card to: 610-532-9001.

International orders please contact us at info@truebotanica.com for ordering instructions.
For all Shipping & Handling details please visit our web site.

All orders will be processed within 2 business days.

True Botanica Return Policy
Returns of unopened and unaltered products will be accepted within 14 days. You must notify our office by phone or email before returning product or the return will not be processed. A copy of the original invoice is required to accompany return. A credit will be applied to your account less a 15% restocking fee. The customer is responsible for all return shipping costs. Please call our office at 1-800-315-8783.

For other questions or information about returns, please call our office at 1-800-315-8783

Check regularly on the website for our monthly specials and featured items!

Wholesalers and practitioners please call our sales department (800-315-8783) for wholesale account information.
Effective health products based on Rudolf Steiner’s indications and nutritional health science. Exclusively formulated by anthroposophical physicians.

For updates on health topics & research, upcoming workshops, free literature and product samples: 
www.truebotanica.com, 1-800-315-8783