

[Leaflet advertising Modern Health's range of 11 plant based medicines].

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HERBAL MEDICINES



by

 **Modern Health**

THE MODERN WAY TO HEALTH

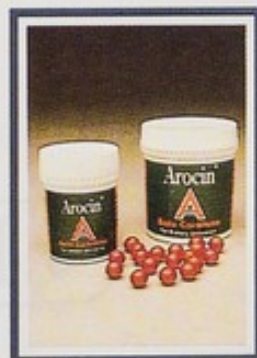


Complementary medicine is now widely accepted by many consumers who are concerned about the side effects often experienced with synthetic drugs. Established in 1929, Modern Health Products Ltd was one of the first companies in the U.K. to introduce herbal medicines. These are made in modern manufacturing facilities and subjected to stringent quality control procedures.

The products described in this leaflet are formulated from herbs that have been used safely and effectively for generations to treat a variety of common ailments. They are available from Health Food stockists and selected Chemists nationwide or by mail order directly from us.

AROCIN BETA CAROTENE *...for Vitamin A deficiency*

Arocin capsules contain 3mg of beta carotene which is converted to Vitamin A in the body as and when it is required. Vitamin A is one of the most important vitamins for maintaining healthy skin and eyes and preventing infections of the mucous membranes. Besides its function as a precursor of Vitamin A, beta carotene also is one of the most potent biological antioxidants. It can have a role in neutralising free radicals, produced by normal metabolism. Undesirable levels of these radicals in the body have been linked to a wide range of ailments and may be produced in the presence of excessive sunlight and environmental pollution.



PRODUCT LICENCE
NO. 1146/5002R

SUNERVEN

... calms the stress of modern life

Sunerven is a traditional herbal remedy which helps to calm the stresses and strains of modern living.

Today's rapid pace of life can play havoc with the body's emotional system and many people are subject to occasional stressful periods. Sunerven helps to achieve mental relaxation, overcomes irritability and so aids restful sleep. It contains four of the finest known herbs for the 'nerves' and has been used by generations of sufferers.

Valerian - recognised as one of the safest herbs where a 'highly strung' state may lead to sleeplessness

Passiflora - for peace, tranquility and restful sleep

Motherwort - has relaxing effects and helps overcome irritability

Vervain - one of nature's vitality herbs

Our Herbalist says: "Unlike conventional tranquilisers, Sunerven is safe and not habit forming."

GARDOLEX

...for colds & catarrh

Gardolex is a traditional herbal remedy for the symptomatic relief of colds and catarrh, without causing drowsiness.

Garlic is well known for its powerful antibacterial qualities and ability to protect against colds and catarrh. Gardolex is specially formulated to help by means of our unique combination of garlic oil and herbs in each tablet.

Garlic Oil - relieves symptoms of infection in the upper respiratory tract and gently clears excessive mucus

Marshmallow Root - soothes the irritated and inflamed mucous membranes

Parsley - an expectorant which acts both on catarrh and to neutralise any garlic odour

ATHERA

... for those going through the menopause

Athera is the traditional herbal remedy for symptomatic relief of minor conditions associated with the menopause, safe, drug-free and not habit forming. The menopause is a natural unavoidable stage in a woman's life. Unfortunately, it usually brings with it unpleasant symptoms such as hot flushes, headaches, weight gain and nervous tension. Whilst some women turn to hormone replacement therapy (HRT), others dislike the idea or are unsuited to it, so prefer natural ways of relief. Each Athera tablet contains:

Parsley - to soothe the stomach and ease fluid retention

Vervain - to relax the nerves and increase vitality

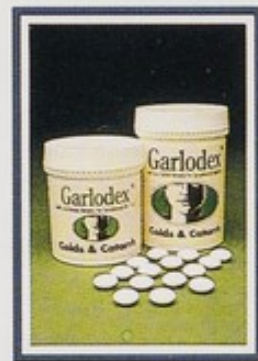
Clivers - helps to tone up the system

Senna Leaf - for healthy bowel action, especially important at this time of life

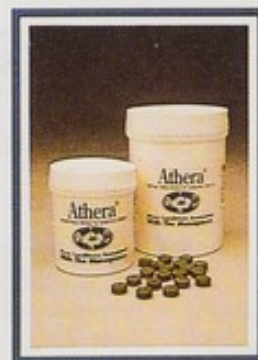
Our Herbalist says: "Athera should be taken regularly by menopausal women and may be combined with our Sunerven tablets."



PRODUCT LICENCE
NO. 2452/5000R



PRODUCT LICENCE
NO. 1146/5001R



PRODUCT LICENCE
NO. 2452/5001R

VEGETEX

*...for muscular rheumatic pain,
lumbago & fibrositis*

Vegetex is a traditional herbal remedy which gives symptomatic relief from muscular rheumatic pain, lumbago and fibrositis.

Many people suffer from these painful conditions although the exact symptoms may vary. One of the causes is widely believed to stem from having an 'over acid' system brought about by eating foods such as sugars and starches or by drinking tea, coffee and alcohol. Vegetex, proven over many years, gives natural relief by gradually adjusting the body's acid / alkaline balance.

Vegetex combines Celery, Buckbean and Black Cohosh, all well-known herbs with specific anti-rheumatic properties. These are combined with Horseradish, whose sulphur content has a cleansing action.

Our Herbalist says: "Vegetex contains no synthetic drugs and produces no unpleasant side effects. Please consult your doctor if you wish to take it in conjunction with conventional treatments."

SINOTAR

...for blocked up sinuses & catarrh

Sinotar is a traditional herbal remedy for symptomatic relief of blocked up sinuses and catarrh.

This widespread debilitating condition can often cause considerable pain and discomfort. Sinotar is a new and particularly effective herbal formulation for the sinuses which also helps to build up the body's resistance to infection. It is free from garlic.

Elderflower - an expectorant, to loosen and dispel phlegm and blocked sinuses

Marshmallow Root - soothes and lubricates the delicate nasal lining

Echinacea - has a cleansing effect on catarrh and increases resistance to infection.

Our Herbalist says: "Sinotar is a very effective formulation for drivers as it does not cause drowsiness."

KLEER

...for skin disorders & eczema

Kleer, a traditional herbal remedy for skin disorders and eczema which also alleviates inflammations.

Skin problems such as eczema, dry itchy skin, spots and sores can affect anyone, including teenagers, menstruating women and those going through the menopause. Kleer provides safe effective relief by working internally, clearing the body of many impurities.

Echinacea - removes impurities and has cleansing, antiseptic action on certain skin disorders

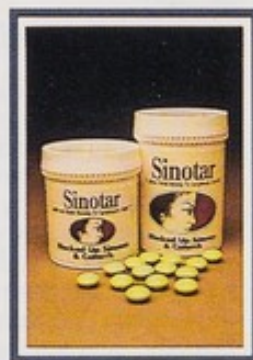
Stinging Nettle - an effective cleanser, for skin eruptions and infantile eczema

Burdock Root - specific for eczema when in a dry or flaking form

Our Herbalist says: "Kleer is most effective when used in conjunction with a sensible wholefood diet"



PRODUCT LICENCE
NO. 1146/5000R



PRODUCT LICENCE
NO. 1146/5011R



PRODUCT LICENCE
NO. 1146/5006R

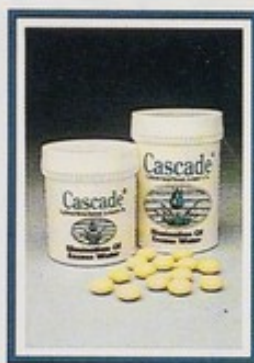
CASCADE

... for the elimination of excess water

Cascade is a traditional herbal remedy to assist in the elimination of excess water, safe, drug-free and not habit forming. Fluid retention is a problem experienced particularly during menstruation or often when slimming, producing feelings of lethargy and bloatedness. Cascade will relieve these symptoms without causing dehydration. It contains three active ingredients:

Burdock Root - a powerful yet soothing diuretic
Uva Ursi - strengthens and tones the urinary passage
Clivers - tones and gently restores healthy tissue action.

Our Herbalist says: " Cascade should be taken one week before menstruation or at any time during slimming."



PRODUCT LICENCE
NO. 1146/5005R

DIGEST

... for indigestion & flatulence

Digest is a traditional herbal remedy for the symptomatic relief of indigestion and flatulence. Most people suffer from indigestion and flatulence at some time and tend to turn to conventional antacids for relief. These work by neutralising the stomach acidity, which often causes yet more acids to be secreted in response. Digest is the herbal alternative, which acts by gently and naturally decreasing stomach acidity; it is sodium and aluminium free.

Parsley - relieves flatulence and cramp-like spasms
Centauray - relieves heartburn and benefits the digestive system

Marshmallow Root - soothes gastric irritation and inflammations



PRODUCT LICENCE
NO. 5009R

LIMINATE

...for occasional constipation

Liminate is a traditional herbal remedy for the symptomatic relief of occasional constipation.

Despite increasing awareness of the benefits of dietary fibre, many people still suffer occasionally from the effects of a sluggish bowel. Liminate, a pure herbal remedy, can help by relieving the feelings of discomfort and sluggishness which constipation causes.

Turkey Rhubarb - a gentle laxative and astringent
Senna Leaf - well known for its effective peristaltic action on the colon

Irish Moss - lubricates and softens stools

Our Herbalist says: "By gently stimulating the bowels, Liminate helps to relieve constipation and is safe, effective and not habit forming."



PRODUCT LICENCE
NO. 1146/5010R

BIOBALM

*... for stomach upsets,
indigestion & flatulence*

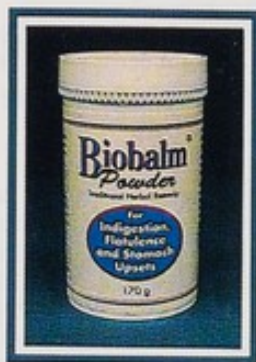
Biobalm Powder is a traditional herbal remedy for indigestion, flatulence and stomach upsets, drug-free and not habit forming. Digestive troubles, whether plain stomach upsets, flatulence or irritable bowel, are common distressing problems.

The lining of the stomach often becomes inflamed and unable to cope with the absorption of foods. Biobalm Powder, a soothing nutritious remedy, produces a thick gel to line upset or delicate stomachs and also helps to absorb any excessive gas, relieving the effects of flatulence. Biobalm can be mixed with hot water or milk or be added to such foods as mashed potato or soups. Biobalm contains three active herbal ingredients in a barley flour base with camomile. It is free of antacids which often contain sodium or aluminium.

Slippery Elm Bark Powder - a soft fibrous material which soothes the gastric linings


Marshmallow Root Powder - a demulcent and emollient

Irish Moss powder - soothing and nutritious bulking agent



**PRODUCT LICENCE
NO. 1146/5004R**

Modern Health Products' complete range of traditional herbal remedies and Arocin beta carotene has been granted product licences by the Department of Health.

 **Modern Health**

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