

[Leaflet advertising Höfels Pure Foods Ltd.'s Garlic Pearles (Pure plant supplements) and some of their books].

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Please allow 14 to 21 days for goods to arrive.

THANK YOU FOR YOUR CUSTOM - we hope you will be pleased with our products and our service.

A fresh Replacement Order Form will be included with your goods.

For your herbs, garlic & seeds catalogue tick box ☐

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Garlic – The King of Foods – H.G.P.

Garlic is both a nutritious food and an effective medicine.

Its effectiveness which is well-documented, resides in its oil content which contains a number of highly active substances.

Garlic has been used for its protective and remedial powers for tens of thousands of years. Today, with approval from many areas of the medical world, it is particularly valued as a safe internal antiseptic.

It is not just the simple oils pressed straight from the corn that are used by Höfels, but the 'essential' oil which is further derived from oil which has been pressed. This 'essential' oil is highly potent and only a little can be produced from each corn. This oil is highly active and so effective that only a little may be used for each dosage. It cannot be taken directly by mouth but has to be diluted in another oil to render it innocuous in terms of taste and odour. We use only the purest Soy Bean oil for this purpose. Soy Bean oil is high in polyunsaturated fatty acids and ideal for this purpose.

Höfels Garlic Pearles give the correct dose of this potent yet gentle 'essential' oil and the normal dosage of three capsules per day is sufficient for most purposes. In times of colds and influenza or when the protective qualities of garlic are felt to be of vital importance, the daily dosage can be increased as required with absolute safety.

H.G.P. has been available for over 50 years in this country and throughout the world. During this time, more and more people have come to both trust and rely on this unique product to help them stay fit and healthy. H.G.P. is the safe and effective way to take daily garlic and allows you to adjust the dose you require according to your health needs and your general fitness. Beware of claims for individual high potency which suggest that 'more is better'. This is not the case with garlic as mega-doses are just not necessary and may well be a waste of time and money. As with all medicines, care and a degree of sensible caution to adjust your dosage requirements through personal experience is the sensible way to act. Höfels Garlic Pearles convey the correct dosage of the 'essential' oils and 50 years of experience allow us to claim that H.G.P. are truly the supreme form of daily garlic.

If you have any problems regarding dosage or wish to know more about H.G.P. then please do not hesitate to write to us at our Woodpit address. Our 50 years of experience in garlic are entirely at your disposal.

Announcing One-a-Day Höfels Garlic Pearles

As many of our users take their daily dosage of three pearls in one dose (usually just before retiring to bed), we have introduced a new 'One-a-Day' Pearle. This contains the equivalent amount of 'essential' oil as three traditional pearls. It is very slightly larger than our traditional pearle but allows the daily dose of H.G.P.'s famous garlic oils to be taken in one swallow. If you require to increase your dosage, then One-a-Day also makes this much easier and more convenient. A special dosage 'viary' is included on the new pack. Available in a 30 Pearle size box.

New Höfels Neo-Garlic Pearles

As a direct result of recent and important work on garlic, we are proud to introduce our new 'Neo-Garlic'. As the leading authority on garlic in all its forms we constantly strive to be fully acquainted with the latest developments arising from sensible scientific research.

New Neo-Garlic offers a new way to enjoy your essential daily garlic without any risk, however small, of any after-taste or odour indeed we guarantee it!

Through a rather complex and laborious system of fermentation, we have been able to completely remove the familiar garlic 'heat' without reducing the plants most important and beneficial properties.

Whilst we still prefer our garlic 'straight' in its traditional pearle format we are sensitive enough to appreciate that some – possibly many – people will want the double reassurance of complete freedom from any possible odour that is guaranteed by Höfels 'Neo-Garlic'.

Although, it is a little more expensive than our Traditional Garlic Pearles, Garlic users appreciate that daily garlic is really a priceless asset as its benefits in diet can far outweigh its cost.

New Höfels 'Neo-Garlic' contains the same measured dose per capsule as H.G.P. and offers the same benefits. For new users, we recommend that they try both H.G.P. and Neo-Garlic for the first two months (a pack of each is a two months course); perhaps in weekly rotation to see which product they feel really at home with. If you are serious about giving Höfels garlic a try, then the cost of this little experiment is minimal as once you have taken garlic regularly for a few months, you will, like most of our users, continue for a lifetime!

Whichever of our famous garlic products you finally select, you will soon be asking yourself how and why you took so long to discover the benefits of one of Nature's most beneficial and bountiful plants.

Höfels Garlic & Parsley tablets

These are a very traditional way of taking garlic and consist of powdered garlic root, together with deodorising parsley, encased in a pleasant white coating. They are easy to take and again are most inexpensive. If you like the idea of taking your garlic in this way, then garlic and parsley tablets are an ideal, safe and pleasant alternative.

The Choice really is yours

H.G.P., New Neo-Garlic or Garlic and Parsley tablets. The finest forms of the best garlic available whatever your choice

When you really know about Garlic – you choose Höfels.

The MacMillan Guide to Family Health

This new and important work is considered as the most up-to-date and complete authority on medicine yet published for home use.

It includes SELF-DIAGNOSIS CHARTS which reveal in clear and logical steps when home treatment is safely indicated or when a visit to your general practitioner is the wisest course of action.

Beautifully presented, this hard-cover edition of over 800 pages, clearly answers and explains in words and detailed drawings all of the essential questions about diseases, disorders and health problems through infancy to old age.

Readers can check first in the section entitled THE HEALTHY BODY to review their overall condition and fitness. If they find that something is wrong, they can then consult the SELF-DIAGNOSIS-SYMPTOM CHARTS to determine the possible cause of their problems and how they should act.

The major portion of this new and completely comprehensive work is devoted to a thorough explanation of individual DISEASES & DISORDERS which also cover mental and emotional problems.

The GUIDE also has a quick reference section on ACCIDENTS AND EMERGENCIES together with a helpful advice section on nursing the sick. Most importantly there is a comprehensive DRUG INDEX which provides useful information on the administration and possible side-effects of drugs commonly in use.

The Complete Guide to Family Health costs £14.95 plus post and packaging of £2.40 (weight 2.3 kilos). We believe this new publication sets the highest standards of informative and constructive home diagnosis ever available.

If you would like to see our booklets and seeds and herbs list then please write to us enclosing this whole leaflet fully completed on the back of this page.

Also, if you have any amusing or interesting stories on how Höfels Garlic products have helped you or your friends, we may be able to use them in our special publication 'Höfels News'.

Please send your orders to:

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Woodpit, Bury St. Edmunds, Suffolk. IP20 0BR
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