Rethink your medicine cabinet.
We have put together the information in this book for general educational purposes. Please don’t mistake this for medical advice! If you have any specific questions about any medical matter, you should always consult your naturopathic doctor or other health care practitioner. They understand your specific medical and treatment history best. Don’t delay seeking medical advice, disregard medical advice or discontinue medical treatment because of the information presented here.

Aside from the health claims listed on the labels and approved by the Natural and Non Prescription Health Products Directorate of Canada (NNHPD), the products mentioned within are not intended to diagnose, treat, cure or prevent any medical conditions.

For all natural health products, ours and other brands sold in Canada, we recommend taking note of the Natural Product Numbers (NPNs) listed on the labels of all licensed products, and visiting the NNHPD website to better understand what you are taking.

Finally, we’ve done our best to make sure the information you read here is accurate. However, sometimes products or formulations might change. For the latest information, please visit our website at orangenaturals.com. If you think there are any errors or omissions, please let us know by emailing info@orangenaturals.com.

Thanks again, and please enjoy the read!

The Orange Naturals Team.
We believe natural medicine should be safe, effective and accessible to all, easy to understand, and simple to use. From supplements to shakes, tinctures to homeopathics, we’ve got you and your family covered.
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CanPrev presents Orange Naturals.

Orange Naturals - a division of CanPrev - is Canada’s first full line of professionally formulated naturopathics that are specifically designed for families.

We developed Orange Naturals to complement the key modalities of naturopathic medicine, believing that natural medicine should be safe, effective and affordable to all. Our goal is to help families bring natural medicine home.

Why Orange Naturals?

- Professional quality at affordable prices
- A comprehensive line from one trusted source
- Formulations for the whole family, no matter the age
- Developed by licensed Canadian naturopathic doctors
- Manufactured in Canada
- Traditional medicinals like herbal tinctures and homeopathics
- Clean, easy to understand product information, labels and names
- Health Canada approved
- Hassle-free ordering through your distributor or directly from CanPrev/Orange Naturals

Professional grade naturopathic solutions

Premium ingredients

We select only the finest raw materials from trusted Canadian suppliers. Every ingredient is reviewed to ensure it meets exact specifications for identity, purity and potency. Our naturopathic formulations and ingredient selection increases bioavailability for the best results.

Professional support

Our services include telephone or email peer-to-peer support, a product support line and professional member training and protocols. You can also access our detailed recommendations for therapeutic approaches to many common health challenges.

In-house experts

Licensed naturopaths and other certified natural health experts comprise the Orange Naturals team. Our practitioners also maintain private clinics to stay abreast of health trends and patient needs.

Compliance and GMP

Our products strictly adhere to Health Canada’s rigorous licensing guidelines and product regulations. We manufacture all products in Canadian site-licensed facilities that meet the Good Manufacturing Practices (GMP). Each lot is separately tested by independent laboratories to ensure safety and efficacy.
Tinctures

Ancient wisdom, modern practice.

The body can absorb up to 98% of the medicinal components in an herbal liquid tincture because absorption begins in the mouth. They are pure, potent, rapidly absorbed into the bloodstream and quickly metabolized. It’s easy to see why naturopathic doctors prefer tinctures.

Orange Naturals offers over 70 herbal tinctures in 100ml bottles for all family members (adults and kids).

Why Orange Naturals tinctures?

- Certified organic or wildcrafted herbs grown by trusted and certified partners
- Prepared using a gentle method of extraction that ensures maximum extraction of vitamins, minerals and herbal constituents
- Gluten-free and free of residual chemicals and toxins
- Potent and therapeutic dosages of condition-specific herbs
- Researched and developed by licensed naturopathic practitioners
- Every tincture licensed by Health Canada and follows strict guidelines for safety, potency and dosing
- Strict handling and manufacturing processes from earth to bottle
- Stringent third-party testing standards
- Over 70 herbs and combination remedies covering all family health concerns
- Large 100ml glass bottles offer value and convenience
- Clearly marked glass droppers for easy measurement and dosing
- Dropper features a teardrop end for a drip-free experience

Tincture absorption rate

Tinctures are far more effective than swallowing a pill! The body can absorb up to 98% of the medicinal components in a herbal tincture since absorption takes place immediately in the mouth. Herbs in tablet form must first be broken down by the digestive system so absorption is lower and slower.

Crafting our tinctures

Orange Naturals tinctures are crafted with excellence by our team of naturopathic doctors and herbalists. Decades of experience ensures that extraction methods chosen craft the most potent and effective tinctures. Here’s a sneak peek at our process!

1. Herb selection & packaging
   Herbs are naturally dried then immediately vacuum-packed to retain vibrancy and medicinal qualities.

2. Herb analysis
   Every herb is examined for identity, purity and quality. Microscopic photos are taken to ensure that each one meets our stringent standards.

3. Extraction
   Each herb is blended and soaked in alcohol or glycerin. Our long steep times and avoidance of heat help to preserve the essential medicinal properties.

4. Pressing & filtering
   A hydraulic press squeezes out every last drop of medicine from the herbs and filtration removes any extra plant fibres.

5. Third party testing
   Every batch is tested by an independent and fully accredited third party laboratory for bacteria, yeast, mould and heavy metals.

6. Bottling
   Bottling occurs only after a batch of tincture has passed rigorous testing. Dark amber glass bottles protect the precious ingredients from light damage.
Herbal Remedies

Our herbal remedy tinctures are formulated with therapeutic dosages of carefully selected, condition-specific herbs. In a 100ml format, they offer value and convenience like no other.

Non-medicinal ingredients vary with each product and include purified water and a base of either grain alcohol or glycerin. Tinctures formulated specifically for kids are glycerin based.

Herbal Remedies for kids

Calm for kids  No. 194411
Helps to relieve restlessness and nervousness

Directions: Ages 2-4: 2 ml, 2 times per day; ages 5-9: 2 ml, 3 times per day; ages 10-14: 2 ml, 5 times per day.
Contraindications: Do not use if you are allergic to plants of the daisy family.
Side Effects: Hypersensitivity has been known to occur - discontinue use if so.

Medicinal Ingredients
Each ml contains
Linden .................. 133.2mg
Tilia cordata
1:5 flower extract
Chamomile .............. 83.5mg
Matricaria chamomilla
1:4 flower extract

* Formerly No. 194408

Cough+Cold for kids  No. 194413*
Helps to relieve coughs and fight colds and infections

Directions: Ages 4-9 years take half a teaspoon (2.5ml), 3 times per day; ages 10-14 years: take half a teaspoon (2.5ml), 4 times per day. Take at the first sign of infection, on an empty stomach (either 15 minutes before meals or 1 hour after). Consult a healthcare practitioner for use beyond 1 month.
Contraindications: Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family, or if you have hypokalemia, high blood pressure, or a kidney or cardiovascular disorder.
Cautions: Consult a health care practitioner prior to use if you are pregnant, breastfeeding, or if you have an autoimmune disorder, a liver disorder or progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection.
Drug Interactions: Do not use if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives, or other medications that may aggravate electrolyte imbalance. Consult a healthcare practitioner prior to use if you are taking immunosuppressants.
Side Effects: Hypersensitivity has been known to occur - discontinue use if so.

Medicinal Ingredients
Each ½ tsp contains
Echinacea ................ 200mg
Echinacea purpurea
1:4 root extract
Chamomile ............... 100mg
Matricaria chamomilla
1:4 flower extract

For kids  Dairy free  Gluten free  Soy free  Vegan

* Formerly No. 194408

Digestion+Appetite for kids

Helps to stimulate appetite and relieve mild digestive upset

Directions: Ages 2-4: 2 ml, 2 times per day; ages 5-9: 2 ml, 3 times per day; ages 10-14: 4 ml, 3 times per day.
Contraindications: Do not use if you are allergic to plants of the carrot or daisy family.
Cautions: Consult a healthcare practitioner prior to use if you are pregnant, breastfeeding, or experiencing acute abdominal pain, or if you have anaemia or gallstones.
Side Effects: Hypersensitivity has been known to occur - discontinue use if so.

Medicinal Ingredients
Each ml contains
Caraway ..................... 93.2mg
Carum carvi
1:5 seed extract
Peppermint .................. 50mg
Mentha x piperita
1:4 leaf extract
Chamomile .................. 83.3mg
Matricaria chamomilla
1:4 flower extract

* Formerly No. 194408

Chamomile helps to relieve sleeplessness associated with the common cold.
## Herbal Remedies for adults

### Allergy Relief

**No. 194704**  
**Used for:***Allergy Relief***  
**Helps to relieve seasonal allergy symptoms and rheumatic complaints**

**Directions:** Adults: take 2 ml, 3 times per day.  
**Contraindications:** Do not use if you are pregnant or breastfeeding.  
**Medicinal Ingredient**

<table>
<thead>
<tr>
<th>Herbal Extract</th>
<th>Amount (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catnip</td>
<td>250</td>
</tr>
<tr>
<td>1:4 herb top extract</td>
<td></td>
</tr>
</tbody>
</table>

**Side Effects:**

- Do not use if you are pregnant or breastfeeding.  
- Consult a healthcare practitioner prior to use if you are allergic to products of the daisy family.

**Drug Interactions:**

- Do not use if you are allergic to products of the daisy family.

**Contraindications:**

- Do not use if you are pregnant or breastfeeding.  
- Consult a healthcare practitioner prior to use if you have a progressive systemic disease such as tuberculosis, leukaemia, collagenosis, or multiple sclerosis.

**Cautions:**

- Consult a healthcare practitioner prior to use if you have a kidney disorder, faecal impaction, or symptoms such as abdominal pain, cramps, spasms, or diarrhoea.

**Directions:**

- Adults: take 2 ml, 3 times per day at the first sign of infection.

**Medicinal Ingredients**

<table>
<thead>
<tr>
<th>Medicinal Ingredient</th>
<th>Amount (mg)</th>
<th>Extra (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Echinacea purpurea</td>
<td>150</td>
<td></td>
</tr>
<tr>
<td>1:4 root extract</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thymus vulgaris</td>
<td>12.5</td>
<td></td>
</tr>
<tr>
<td>1:4 leaf extract</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Side Effects:**

- Discontinue use and consult a healthcare practitioner if you develop hypersensitivity — discontinue use if so.  
- Consult a healthcare practitioner prior to use if you have a progressive systemic disease such as tuberculosis, leukaemia, collagenosis, or multiple sclerosis.

**Drug Interactions:**

- Consult a healthcare practitioner prior to use if you are taking immunosuppressants.

**Contraindications:**

- Do not use if you are pregnant or breastfeeding.  
- Consult a healthcare practitioner prior to use if you are taking heart or blood pressure medications, medications for diabetes, or painkillers such as acetaminophen or acetylsalicylic acid.

**Cautions:**

- Consult a healthcare practitioner prior to use if you are taking heart or blood pressure medications, medications for diabetes, or painkillers such as acetaminophen or acetylsalicylic acid.

**Directions:**

- Adults: take 3 ml at bedtime, 2-3 times in the first week. Take a few hours before or after taking other medications or health products. Allow at least 6-12 hours for a laxative effect to occur. If results are not observed, increase frequency to a maximum of 3 ml every night at bedtime. Consult a healthcare practitioner for use beyond 1 week.

**Contraindications:**

- Do not use if you are pregnant or breastfeeding, or if you have liver or gallbladder disorders, abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atomic bowel, appendicitis, inflammatory bowel disease such as Crohn's or ulcerative colitis, abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, haemorrhoids, or diarrhoea.

**Cautions:**

- Consult a healthcare practitioner prior to use if you have a kidney disorder, faecal impaction, or symptoms such as abdominal pain, cramps, spasms, or diarrhoea.

**Directions:**

- Adults: take 2 ml, 3 times per day.

**Cautions:**

- Consult a healthcare practitioner prior to use if you are taking heart or blood pressure medications, such as cardiac glycosides or antiarrhythmic medications, thiazide diuretics, corticosteroids, licorice root, or other medications or health products that may aggravate electrolyte imbalance.

**Side Effects:**

- Discontinue use and consult a healthcare practitioner if you develop symptoms of liver trouble or hypersensitivity. Reduce dose or discontinue use if you experience abdominal pain, cramps, spasms, or diarrhoea.

**Medicinal Ingredients**

<table>
<thead>
<tr>
<th>Medicinal Ingredient</th>
<th>Amount (mg)</th>
<th>Extra (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skullcap</td>
<td>250</td>
<td></td>
</tr>
<tr>
<td>1:4 herb top extract</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Side Effects:**

- May cause drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness.

**Drug Interactions:**

- Consult a healthcare practitioner prior to use if you are taking cardiac medications, such as cardiac glycosides or antiarrhythmic medications, thiazide diuretics, corticosteroids, licorice root, or other medications or health products that may aggravate electrolyte imbalance.

**Contraindications:**

- Do not use if you are pregnant.  
- Consult a healthcare practitioner prior to use if you are allergic to products of the daisy family.

**Cautions:**

- Consult a healthcare practitioner prior to use if you have a progressive systemic disease such as tuberculosis, leukaemia, collagenosis, or multiple sclerosis.

**Directions:**

- Adults: take 2 ml, 3 times per day.

**Contraindications:**

- Do not use if you are pregnant, breastfeeding, or allergic to plants of the daisy family.

**Cautions:**

- Consult a healthcare practitioner prior to use if you have a kidney disorder, faecal impaction, or symptoms such as abdominal pain, cramps, spasms, or diarrhoea.

**Directions:**

- Adults: take 2 ml, 3 times per day.

**Contraindications:**

- Do not use if you are pregnant, breastfeeding, or allergic to products of the daisy family.

**Cautions:**

- Consult a healthcare practitioner prior to use if you have a kidney disorder, faecal impaction, or symptoms such as abdominal pain, cramps, spasms, or diarrhoea.

**Directions:**

- Adults: take 2 ml, 3 times per day.

**Contraindications:**

- Do not use if you are pregnant, breastfeeding, or allergic to products of the daisy family.

**Cautions:**

- Consult a healthcare practitioner prior to use if you have a kidney disorder, faecal impaction, or symptoms such as abdominal pain, cramps, spasms, or diarrhoea.

**Directions:**

- Adults: take 2 ml, 3 times per day.
**Cough Relief**  
No. 194702  
**Helps to relieve coughs and symptoms of bronchitis**

**Directions:** Ages 4-12: 3 ml, 2 times per day; ages 13 and over: 3 ml, 3 times per day.  
Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredient**

Each ml contains  
Thyme: 250mg  
Thymus vulgaris  
1:4 leaf extract

100 ml

**Digestion**  
No. 194407  
**Helps to relieve digestive upset**

**Directions:** Adults: take 2 ml, 3 times per day (15 to 60 minutes before meals).  
Consult a healthcare practitioner for use beyond 1 month.

**Contraindications:** Do not use if you are pregnant, breastfeeding, allergic to plants of the daisy family, or if you have a bile duct or bowel obstruction, acute stomach irritation, stomach or duodenal ulcers, cardiovascular, kidney, liver, or gall bladder disorders, hypokalemia or high blood pressure.

**Cautions:** Consult a healthcare practitioner prior to use if you have gallstones, or anaemia. Avoid prolonged exposure to sunlight, UV light, or UV therapy.

**Drug Interactions:** Do not use if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives, other medications that may aggravate electrolyte imbalance, or products containing diuretics.

**Side Effects:** May cause headaches. Discontinue use and consult a health care practitioner if you develop symptoms of liver trouble or hypersensitivity.

**Medicinal Ingredients**

Each ml contains  
Angelica: 50mg  
Angelica archangelica 1:4 root extract  
Artichoke: 50mg  
Cynara cardunculus 1:4 leaf extract  
Licorice: 40mg  
Glycyrrhiza glabra 1:5 root and stolon extract  
Chamomile: 25mg  
Matricaria chamomilla 1:4 flower extract  
Dandelion: 25mg  
Taraxacum officinale 1:4 root extract  
Gentian: 25mg  
Gentiana lutea 1:4 root extract  
Peppermint: 25mg  
Mentha x piperita 1:4 leaf extract

100 ml

**Haemorrhoid Relief**  
No. 194710  
**Helps to treat haemorrhoids**

**Directions:** Adults: take 2 ml, 3 times per day.  
Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Side Effects:** May cause headaches, dizziness, gastric irritation, or itchiness.

**Medicinal Ingredient**

Each ml contains  
Horse Chestnut: 200mg  
Aesculus hippocastanum 1:5 seed extract

100 ml

**Hayfever+Sinus**  
No. 194701  
**Helps to relieve inflammation of the eyes and nose**

**Directions:** Adults: take 2 ml, 3 times per day.  
Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.  
For oral use only. Do not use topically in the eyes or nose.

**Contraindications:** Do not use if you are pregnant or breastfeeding.

**Medicinal Ingredient**

Each ml contains  
Eyebright: 200mg  
Euphrasia officinalis 1:5 herb tops extract

100 ml

**Headache Relief with natural licorice flavour**  
No. 194709  
**Helps to relieve headaches**

**Directions:** Adults: take 1 ml, 1 time per day with food. Consult a healthcare practitioner for use beyond 4 months. Reduce dosage gradually if you need to pause or discontinue treatment.

**Contraindications:** Do not use if you are pregnant or allergic to plants of the daisy family.

**Cautions:** Consult a healthcare practitioner prior to use if you are breastfeeding.

**Drug Interactions:** Consult a healthcare practitioner prior to use if you are taking blood thinners.

**Side Effects:** Hypersensitivity has been known to occur - discontinue use if so. May cause sore mouth, mouth ulcers, or gastrointestinal discomfort.

**Medicinal Ingredient**

Each ml contains  
Feverfew: 200mg  
Tanacetum parthenium 1:5 herb top extract

100 ml

A line of herbal remedies designed for adults and kids.
Garlic is a good medicine for everything from the everyday cold to high blood lipids and the cardiovascular system.

### Heart Health
**No. 194405**

**Helps to support cardiovascular health in adults**

<table>
<thead>
<tr>
<th>Directions:</th>
<th>Adults: take 2 ml, 3 times per day. Use for a minimum of 2 months to see beneficial effects.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contraindications:</td>
<td>Do not use if you are pregnant or breastfeeding.</td>
</tr>
<tr>
<td>Cautions:</td>
<td>Consult a healthcare practitioner prior to use if you have diabetes.</td>
</tr>
<tr>
<td>Drug Interactions:</td>
<td>Consult a healthcare practitioner prior to use if you are taking blood thinners, protease inhibitors, blood pressure medications, or cardiac glycosides such as digitals/digoxin.</td>
</tr>
<tr>
<td>Side Effects:</td>
<td>Hypersensitivity has been known to occur - discontinue use if so.</td>
</tr>
</tbody>
</table>

**Medicinal Ingredients**

<table>
<thead>
<tr>
<th>Each ml contains</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hawthorn ..........</td>
<td>156.25mg</td>
</tr>
<tr>
<td>Crataegus laevigata 1:4 fruit extract</td>
<td></td>
</tr>
<tr>
<td>Garlic ............</td>
<td>31.25mg</td>
</tr>
<tr>
<td>Allium sativum 1:4 bulb extract</td>
<td></td>
</tr>
<tr>
<td>Linden .............</td>
<td>25mg</td>
</tr>
<tr>
<td>Tilia cordata 1:5 flower extract</td>
<td></td>
</tr>
<tr>
<td>Motherwort ..........</td>
<td>25mg</td>
</tr>
<tr>
<td>Leonurus cardiaca 1:5 herb extract</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>100 ml</th>
</tr>
</thead>
</table>

### Immune Health
**No. 194404**

**Helps to maintain a healthy immune system**

<table>
<thead>
<tr>
<th>Directions:</th>
<th>Adults: take 2 ml, 3 times per day. Consult a healthcare practitioner for use beyond 1 month.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contraindications:</td>
<td>Do not use if you are pregnant or breastfeeding, or if you have high blood pressure.</td>
</tr>
<tr>
<td>Cautions:</td>
<td>Consult a healthcare practitioner prior to use if you have diabetes, hypoglycemia, any type of acute infection, or an auto-immune disorder.</td>
</tr>
<tr>
<td>Drug Interactions:</td>
<td>Consult a healthcare practitioner prior to use if you are taking blood thinners.</td>
</tr>
</tbody>
</table>

**Medicinal Ingredients**

<table>
<thead>
<tr>
<th>Each ml contains</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Astragalus ..........</td>
<td>375mg</td>
</tr>
<tr>
<td>Astragalus membranaceus 1:1 root extract</td>
<td></td>
</tr>
<tr>
<td>Andrographis .......... 31.25mg</td>
<td></td>
</tr>
<tr>
<td>Andrographis paniculata 1:4 leaf extract</td>
<td></td>
</tr>
<tr>
<td>Codonopsis .......... 31.25mg</td>
<td></td>
</tr>
<tr>
<td>Codonopsis pilosula 1:4 root extract</td>
<td></td>
</tr>
<tr>
<td>Reishi ............. 31.25mg</td>
<td></td>
</tr>
<tr>
<td>Ganoderma lucidum 1:4 whole mushroom extract</td>
<td></td>
</tr>
<tr>
<td>Schisandra .......... 31.25mg</td>
<td></td>
</tr>
<tr>
<td>Schisandra chinensis 1:4 fruit extract</td>
<td></td>
</tr>
<tr>
<td>Siberian Gingseng ...... 31.25mg</td>
<td></td>
</tr>
<tr>
<td>Eleutherococcus senticosus 1:4 root extract</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>100 ml</th>
</tr>
</thead>
</table>

### Joint Pain
**No. 194712**

**Helps to relieve joint pain associated with osteoarthritis**

<table>
<thead>
<tr>
<th>Directions:</th>
<th>Adults: take 2 ml, 3 times per day. Use for a minimum of 2-3 months to see beneficial effects.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cautions:</td>
<td>Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.</td>
</tr>
</tbody>
</table>

**Medicinal Ingredient**

<table>
<thead>
<tr>
<th>Each ml contains</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Devil’s Claw .......... 250mg</td>
<td></td>
</tr>
<tr>
<td>Harpagophytum procumbens 1:4 secondary root tuber extract</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>100 ml</th>
</tr>
</thead>
</table>

### Liver Health
**No. 194412**

**Helps to support and protect liver function**

<table>
<thead>
<tr>
<th>Directions:</th>
<th>Adults: take 3 ml, 3 times per day under the tongue or in a little water, on an empty stomach (either 15 minutes before meals or 1 hour after). Use for a minimum of 3 weeks to see beneficial effects.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contraindications:</td>
<td>Do not use if you are pregnant, breastfeeding, or allergic to plants of the daisy family, or if you have liver or gallbladder disorders or a bowel obstruction.</td>
</tr>
<tr>
<td>Cautions:</td>
<td>Consult a healthcare practitioner prior to use if you have diabetes.</td>
</tr>
<tr>
<td>Side Effects:</td>
<td>Discontinue use and consult a healthcare practitioner if you develop symptoms of liver trouble or hypersensitivity.</td>
</tr>
</tbody>
</table>

**Medicinal Ingredients**

<table>
<thead>
<tr>
<th>Each ml contains</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk Thistle .......... 333mg</td>
<td></td>
</tr>
<tr>
<td>Silybum marianum 1:2 seed extract</td>
<td></td>
</tr>
<tr>
<td>Burdock ................. 27.7mg</td>
<td></td>
</tr>
<tr>
<td>Arctium lappa 1:4 root extract</td>
<td></td>
</tr>
<tr>
<td>Dandelion .......... 27.7mg</td>
<td></td>
</tr>
<tr>
<td>Taraxacum officinale 1:4 root extract</td>
<td></td>
</tr>
<tr>
<td>Stinging Nettle .......... 27.7mg</td>
<td></td>
</tr>
<tr>
<td>Urtica dioica 1:4 leaf extract</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>100 ml</th>
</tr>
</thead>
</table>

* Formerly No. 194403
**Mucous Relief**

No. 194700

**Helps to relieve coughs due to colds**

**Directions:** Ages 13 and over: take 2 ml, 3 times per day. Consult a healthcare practitioner for use beyond 2 weeks.

**Contraindications:** Do not use if you are allergic to anethole or plants of the carrot family.

**Cautions:** Consult a healthcare practitioner prior to use if you are breastfeeding or if you have liver or gallbladder disorders or a bowel obstruction.

**Drug Interactions:** Do not use if you are taking anticoagulants, anti-HIV agents, immunosuppressants, or oral contraceptives. Consult a healthcare practitioner prior to use if you are taking anti-anxiety or seizure medications, antihistamines, bronchodilators, muscle relaxants, opiates, or hormone medications such as progestogen preparations or hormone replacement therapy.

**Side Effects:** Hypersensitivity has been known to occur - discontinue use if so. May cause mild gastrointestinal disturbances, nausea, restlessness, or headaches.

**Medicinal Ingredients**

- Fennel .................. 200mg
- Foeniculum vulgare 1:5 seed extract
- Chaste Tree ................. 100mg
- Vitex agnus-castus 1:4 fruit extract
- Black Cohosh ............... 40mg
- Actaea racemosa 1:5 root extract

100 ml

**Dairy free**

**Gluten free**

**Soy free**

**Vegan**

---

**PMS**

No. 194401

**Helps to relieve premenstrual symptoms and menstrual pain**

**Directions:** Adult women: take 2 ml, 3 times per day. Use for a minimum of 3 months to see beneficial effects.

**Contraindications:** Do not use if you are pregnant or breastfeeding, or if you have liver or gallbladder disorders or a bowel obstruction.

**Drug Interactions:** Consult a healthcare practitioner prior to use if you are taking hormone medications such as progestogen preparations, oral contraceptives, or hormone replacement therapy. Consumption with alcohol or other medications or natural health products with sedative properties is not recommended.

**Side Effects:** Discontinue use and consult a healthcare practitioner if you develop symptoms of liver trouble. May cause drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness.

**Medicinal Ingredients**

- Chaste Tree ................. 83.25mg
- Vitex agnus-castus 1:4 fruit extract
- Dandelion .................. 83.25mg
- Taraxacum officinale 1:4 root extract
- Black Cohosh ............... 13.2mg
- Actaea racemosa 1:5 root extract

100 ml

**Dairy free**

**Gluten free**

**Soy free**

**Vegan**

---

**Menopause**

No. 194402

**Helps to relieve menopausal symptoms and ease nervous tension**

**Directions:** Adult women: take 2 ml, 3 times per day. Use for a minimum of 3 months to see beneficial effects. Consult a healthcare practitioner for use beyond 4 months.

**Contraindications:** Do not use if you are pregnant or breastfeeding.

**Cautions:** Consult a healthcare practitioner prior to use if you are allergic to anethole or plants of the carrot family.

**Drug Interactions:** Do not use if you are taking anxiolytics, seizure medications, antihistamines, bronchodilators, muscle relaxants, opiates, or hormone medications such as progestogen preparations or hormone replacement therapy.

**Side Effects:** Hypersensitivity has been known to occur - discontinue use if so. May cause mild gastrointestinal disturbances, nausea, restlessness, or headaches.

**Medicinal Ingredients**

- Milk Thistle .................. 200mg
- Silybum marianum 1:1 seed extract
- Chaste Tree .......................... 100mg
- Vitex agnus-castus 1:4 fruit extract
- St. John's Wort .................. 50mg
- Hypericum perforatum 1:4 herb top extract
- Black Cohosh ............... 40mg
- Actaea racemosa 1:5 root extract

100 ml

**Dairy free**

**Gluten free**

**Soy free**

**Vegan**

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**Stress**

No. 194400

**Helps to improve mental and physical performance after periods of exertion**

**Directions:** Adults: take 2 ml, 3 times per day. Do not take immediately before bedtime. Consult a healthcare practitioner for use beyond 1 month.

**Contraindications:** Do not use if you are pregnant or breastfeeding. Consult a healthcare practitioner prior to use if you have high blood pressure or a bipolar disorder, or bipolar spectrum disorder.

**Cautions:** Consult a healthcare practitioner prior to use if you have any type of acute infection.

**Drug Interactions:** Consult a healthcare practitioner prior to use if you are taking antidepressants, hormone replacement therapy, or oral contraceptives. Consult a healthcare practitioner prior to use if you are taking anti-anxiety or seizure medications, antihistamines, bronchodilators, muscle relaxants, opiates, or hormone medications such as progestogen preparations or hormone replacement therapy.

**Side Effects:** May cause drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness.

**Medicinal Ingredients**

- Chaste Tree ................. 83.25mg
- Vitex agnus-castus 1:4 fruit extract
- Dandelion .................. 83.25mg
- Taraxacum officinale 1:4 root extract
- Black Cohosh ............... 13.2mg
- Actaea racemosa 1:5 root extract
- Skullcap ...................... 66.5mg
- Scutellaria lateriflora 1:4 herb top extract
- Linden ....................... 16.6mg
- Tilia cordata .......................... 1:5 flower extract

100 ml

**Dairy free**

**Gluten free**

**Soy free**

**Vegan**

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All herbal remedies have been carefully formulated by licensed, practicing naturopathic doctors.
“Orange Naturals has taken the guesswork out of keeping my family healthy.”

- Tammy, Orange Naturals Supermom of 4. #ONatural

Over 100 naturopathics to help protect your family

Supplements
Essential professional-grade naturopathics, including vitamins, minerals and specialty formulations.

Tinctures
Therapeutic doses of certified organic and wildcrafted herbs in a pure, easily metabolized format.

Homeopathics
Highly specialized remedies formulated to trigger the body’s natural system of healing.

ND Shakes
Canada’s first line of nutrient-dense shakes to meet the unique needs of men, women and children.

Developed by Canadian Naturopathic Doctors orangenaturals.com
Single Tinctures

Tinctures combine the healing power of nature with convenience. A few drops under the tongue goes to work immediately, as the medicinals are absorbed directly through the mouth and into the bloodstream.

Non-medicinal ingredients vary with each product and include purified water and a base of either grain alcohol or glycerin. Tinctures formulated specifically for kids are glycerin based.

**Artichoke**

No. 194100

**Helps to relieve digestive upset and increase bile flow**

**Directions:** Adults: take 2 ml, 3 times per day.

**Contraindications:** Do not use if you are allergic to plants of the daisy family or if you have a bile duct obstruction.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or if you have gallstones.

**Side Effects:** Hypersensitivity has been known to occur - discontinue use if so.

**Medicinal Ingredient**

Each ml contains

Artichoke ..................... 250mg

Cynara cardunculus

1:4 leaf extract

100 ml

**Bilberry**

No. 194103

**A source of antioxidants for the maintenance of good health**

**Directions:** Adults: take 2 ml, 4 times per day.

**Medicinal Ingredient**

Each ml contains

Bilberry .......................... 250mg

Vaccinium myrtillus

1:4 fruit extract

Dairy free  Gluten free  Soy free  Vegan

100 ml

**Black Cohosh with natural cinnamon flavour**

No. 194104

**Helps to relieve premenstrual and menopausal symptoms**

**Directions:** Adult women: take 3 ml, 2 times per day.

**Contraindications:** Do not use if you are pregnant.

**Cautions:** Consult a healthcare practitioner prior to use if you are breastfeeding, have a liver disorder or develop symptoms of liver trouble.

**Medicinal Ingredient**

Each ml contains

Black Cohosh .................. 200mg

Actaea racemosa

1:5 rhizome extract

Dairy free  Gluten free  Soy free  Vegan

100 ml

**Burdock with natural licorice flavour**

No. 194105

**Helps to remove accumulated waste products via the kidneys**

**Directions:** Adults: take 4 ml, 2 times per day.

**Contraindications:** Do not use if you are pregnant or allergic to plants of the daisy family.

**Cautions:** Consult a healthcare practitioner prior to use if you are breastfeeding or if you have diabetes.

**Side Effects:** Hypersensitivity has been known to occur - discontinue use if so.

**Medicinal Ingredient**

Each ml contains

Burdock .......................... 250mg

Arctium lappa

1:4 root extract

Dairy free  Gluten free  Soy free  Vegan

100 ml

**Ashwagandha**

No. 194101

**Used as a rejuvenating tonic for relief of general debility**

**Directions:** Adults: take 2 ml, 4 times per day.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Drug Interactions:** Consumption with alcohol or other medications or natural health products with sedative properties is not recommended.

**Medicinal Ingredient**

Each ml contains

Ashwagandha .................. 250mg

Withania somnifera

1:4 root extract

100 ml

**Astragalus**

No. 194102

**Helps to maintain a healthy immune system**

**Directions:** Adults: take 2 ml, 4 times per day.

**Cautions:** Consult a healthcare practitioner if you are pregnant or breastfeeding, or if you have an auto-immune disorder.

**Medicinal Ingredient**

Each ml contains

Astragalus ..................... 250mg

Astragalus membranaceus

1:4 root extract

100 ml

**Bilberry**

No. 194103

**A source of antioxidants for the maintenance of good health**

**Directions:** Adults: take 2 ml, 4 times per day.

**Medicinal Ingredient**

Each ml contains

Bilberry .......................... 250mg

Vaccinium myrtillus

1:4 fruit extract

Dairy free  Gluten free  Soy free  Vegan

100 ml

**Black Cohosh with natural cinnamon flavour**

No. 194104

**Helps to relieve premenstrual and menopausal symptoms**

**Directions:** Adult women: take 3 ml, 2 times per day.

**Contraindications:** Do not use if you are pregnant.

**Cautions:** Consult a healthcare practitioner prior to use if you are breastfeeding, have a liver disorder or develop symptoms of liver trouble.

**Medicinal Ingredient**

Each ml contains

Black Cohosh .................. 200mg

Actaea racemosa

1:5 rhizome extract

Dairy free  Gluten free  Soy free  Vegan

100 ml

**Burdock with natural licorice flavour**

No. 194105

**Helps to remove accumulated waste products via the kidneys**

**Directions:** Adults: take 4 ml, 2 times per day.

**Contraindications:** Do not use if you are pregnant or allergic to plants of the daisy family.

**Cautions:** Consult a healthcare practitioner prior to use if you are breastfeeding or if you have diabetes.

**Side Effects:** Hypersensitivity has been known to occur - discontinue use if so.

**Medicinal Ingredient**

Each ml contains

Burdock .......................... 250mg

Arctium lappa

1:4 root extract

Dairy free  Gluten free  Soy free  Vegan

100 ml
California Poppy
No. 194107
Helps to promote sleep and relieve pain

Directions: Adults: take 4 ml at bedtime.
Contraindications: Do not use if you are pregnant.
Cautions: Consult a healthcare practitioner prior to use if you are breastfeeding, or if sleeplessness persists continuously for more than 3 weeks.
Drug Interactions: Consumption with alcohol or other medications or natural health products with sedative or pain relieving properties is not recommended.
Side Effects: May cause drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in any activities requiring mental alertness.

Medicinal Ingredient
Each ml contains
California Poppy ............. 250mg
Eschscholzia californica
1:4 herb top extract

Chamomile
No. 194110
Helps to relieve mild digestive upset and promote sleep

Directions: Ages 2-9: 2 ml, 1 time per day; ages 10-14: 4 ml, 1 time per day; ages 15 and over: 4 ml, 2 times per day.
Contraindications: Do not use if you are allergic to plants of the daisy family.
Side Effects: Hypersensitivity has been known to occur - discontinue use if so.

Medicinal Ingredient
Each ml contains
Chamomile .................. 250mg
Chamomilla recutita
1:4 flower extract

Cascara Sagrada with natural cinnamon flavour
No. 194108
Used for short-term relief of occasional constipation

Directions: Adults: take 2 ml at bedtime, 2-3 times in the first week. Take a few hours before or after taking other medications or health products. Allow at least 6-12 hours for a laxative effect to occur. If results are not observed, increase frequency to a maximum of 2 ml every night at bedtime. Consult a healthcare practitioner for use beyond 1 week.
Contraindications: Do not use if you are pregnant or breastfeeding, or if you have abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease such as Crohn's or ulcerative colitis, abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, or diarrhoea.
Cautions: Consult a healthcare practitioner prior to use if you have a kidney disorder, faecal impaction, or symptoms such as abdominal pain, nausea, vomiting, or fever.
Drug Interactions: Consult a healthcare practitioner prior to use if you are taking cardiac medications such as cardiac glycosides or antiarrhythmic medications, thiazide diuretics, corticosteroids, licorice root, or other medications or health products that may aggravate electrolyte imbalance.
Side Effects: Reduce dose or discontinue use if you experience abdominal pain, cramps, spams, diarrhoea, or hypersensitivity.

Medicinal Ingredient
Each ml contains
Cascara Sagrada ............. 250mg
Frangula purshiana
1:4 aged bark extract

Catnip
No. 194109
Helps to relieve nervousness

Directions: Adults: take 2 ml, 3 times per day.
Contraindications: Do not use if you are pregnant.
Cautions: Consult a healthcare practitioner prior to use if you are breastfeeding.

Medicinal Ingredient
Each ml contains
Catnip ......................... 250mg
Nepeta cataria
1:4 herb top extract

Chaste Tree with natural cinnamon flavour
No. 194111
Helps to relieve premenstrual and menopausal symptoms

Directions: Adult women: take 2 ml, 3 times per day. Use for a minimum of 3 months to see beneficial effects.
Drug Interactions: Consult a healthcare practitioner prior to use if you are taking hormone medications such as progesterone preparations, oral contraceptives, or hormone replacement therapy.

Medicinal Ingredient
Each ml contains
Chaste Tree ................. 250mg
Vitex agnus-castus
1:4 berry extract

Tinctures with an alcohol base are shelf stable and do not need to be refrigerated.
**Cinnamon**  
No. 194112  
Used as supportive therapy for healthy blood sugar  

**Directions**: Adults: take 2 ml, 3 times per day. Take with food, a few hours before or after taking other medications. Consult a healthcare practitioner for use beyond 6 weeks.

**Contraindications**: Do not use if you are pregnant, breastfeeding, or allergic to cinnamon or its constituents, including cinnamonaldehyde, or members of the Lauraceae family. Do not use if you have liver disease or alcoholism.

**Cautions**: Consult a healthcare practitioner prior to use if you have diabetes.

**Drug Interactions**: Do not use if you are taking acetaminophen. Consult a healthcare practitioner prior to use if you are taking medications for diabetes or any prescription medications.

**Medicinal Ingredient**
Each ml contains  
Cassia Cinnamon .......... 200mg  
*Cinnamomum aromaticum*  
1:5 bark extract

100 ml

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**Dandelion**  
No. 194113  
Helps to relieve dermatological conditions and used as a diuretic  

**Directions**: Adults: take 2 ml, 3 times per day. For occasional use only as a diuretic.

**Contraindications**: Do not use if you have liver or gallbladder disorders or a bowel obstruction.

**Cautions**: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Side Effects**: Discontinue use and consult a healthcare practitioner if you develop symptoms of liver trouble.

**Medicinal Ingredient**
Each ml contains  
Dandelion .................. 250mg  
*Taraxacum officinale*  
1:4 root extract

100 ml

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**Devil’s Claw**  
No. 194114  
Helps to relieve joint pain associated with osteoarthritis  

**Directions**: Adults: take 2 ml, 3 times per day. Use for a minimum of 2-3 months to see beneficial effects.

**Cautions**: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredient**
Each ml contains  
Devil’s Claw ................. 250mg  
*Harpagophytum procumbens*  
1:4 secondary root tuber extract

100 ml

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**Dong Quai**  
No. 194115  
Helps to regulate the menstrual cycle and relieve painful menstruation  

**Directions**: Adult women: take 3 ml, 3 times per day. Consult a healthcare practitioner for use beyond 6 months.

**Contraindications**: Do not use if you are pregnant or allergic to anise, caraway, carrot, celery, dill, or parsley, or if you have diarrhoea, haemorrhagic disease, or heavy menstrual flow.

**Cautions**: Consult a healthcare practitioner prior to use if you are breastfeeding or if you have a family history of cancer. Avoid prolonged exposure to sunlight, UV light, or UV therapy.

**Drug Interactions**: Consult a healthcare practitioner prior to use if you are taking anticoagulants, oral contraceptives, or hormone replacement therapy.

**Side Effects**: Discontinue use and consult a healthcare practitioner if you experience delayed or absent menstruation, increased menstrual bleeding, or breast pain, discomfort, or tenderness.

**Medicinal Ingredient**
Each ml contains  
Dong Quai .................... 500mg  
*Angelica sinensis*  
1:2 root extract

100 ml

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**Echinacea**  
No. 194116  
Helps to relieve and shorten the duration of cold symptoms  

**Directions**: Ages 5-14: 2 ml, 1 time per day; ages 15 and over: 2 ml, 3 times per day. Take at the first sign of infection. Consult a healthcare practitioner for use beyond 2 months.

**Cautions**: Consult a healthcare practitioner if symptoms persist or worsen; and prior to use if you are taking immunosuppressants or if you have an autoimmune disorder or a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection.

**Drug Interactions**: Consult a healthcare practitioner prior to use if you are taking medications for diabetes or any prescription medications.

**Medicinal Ingredient**
Each ml contains  
Echinacea .................... 250mg  
*Echinacea purpurea*  
1:4 root extract

100 ml

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**Our tinctures are gluten-free, vegan-friendly and made on a production line reserved solely for medicinal tinctures.**
Eyebright
No. 194117
Helps to relieve inflammation of the eyes and nose

Directions: Adults: take 2 ml, 3 times per day.
Contraindications: Do not use if you are pregnant or breastfeeding. Do not use topically in the eyes or nose.

Medicinal Ingredient
Each ml contains
Eyebright .......................... 200mg
Euphrasia officinalis
1:5 herb tops extract

100 ml

Ginger
No. 194122
Helps to prevent nausea and vomiting associated with motion sickness

Directions: Ages 6 and over: take 2 ml, 3 times per day. For anti-nausea use, take 2 ml, 30 minutes before travel and every 4 hours as necessary.

Medicinal Ingredient
Each ml contains
Ginger ............................. 200mg
Zingiber officinale
1:5 rhizome extract

100 ml

Fennel
No. 194118
Helps to relieve digestive upset and coughs due to colds

Directions: Ages 13 and over: take 2 ml, 3 times per day. Consult a healthcare practitioner for use beyond 2 weeks.
Contraindications: Do not use if you are allergic to anethole or plants of the carrot family.
Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.
Side Effects: Hypersensitivity has been known to occur - discontinue use if so.

Medicinal Ingredient
Each ml contains
Fennel ............................. 200mg
Foeniculum vulgare
1:5 seed extract

100 ml

Ginseng american
No. 194124
Helps to support healthy glucose levels and the immune system

Directions: Adults: take 3 ml, 3 times per day.
Cautions: Consult a healthcare practitioner prior to use if you have diabetes.
Drug Interactions: Consult a healthcare practitioner prior to use if you are taking blood thinners or digoxin.

Medicinal Ingredient
Each ml contains
American Ginseng .............. 250mg
Panax quinquefolius
1:4 root extract

100 ml

Ginseng panax
No. 194125
Helps to reduce mental fatigue and enhance physical performance

Directions: Adults: take 3 ml, 3 times per day. Consult a healthcare practitioner for use beyond 3 months.
Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, or if you have diabetes.
Drug Interactions: Consult a healthcare practitioner prior to use if you are taking antidepressants, blood thinners, or digoxin.
Side Effects: May cause insomnia, anxiety, or headaches - discontinue use if so.

Medicinal Ingredient
Each ml contains
Panax Ginseng .......................... 250mg
Panax ginseng
1:4 root extract

100 ml

Ginseng siberian
No. 194126
Helps to improve mental and physical performance after periods of exertion

Directions: Adults: take 3 ml, 3 times per day. Consult a healthcare practitioner for use beyond 1 month.
Contraindications: Do not use if you have high blood pressure.
Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, or if you have any type of acute infection.

Medicinal Ingredient
Each ml contains
Siberian Ginseng ...................... 250mg
Eleutherococcus senticosus
1:4 root extract

100 ml
Green Tea
No. 194129
A source of antioxidants for the maintenance of good health

Directions: Adults: take 2 ml, 3 times per day. May take up to 1 week to produce beneficial effects.

Contraindications: Do not use if you are pregnant or breastfeeding.

Cautions: Consult a healthcare practitioner prior to use if you have a kidney or blood pressure disorder.

Drug Interactions: Consumption with alcohol or other medications or natural health products with sedative properties is not recommended.

Medicinal Ingredient
Each ml contains
Green Tea .................... 250mg
Camellia sinensis
1:4 leaf extract standardized
to contain 50mg of total catechins
and no more than 5mg of caffeine

100 ml

Holy Basil
No. 194131
Used as a heart tonic and treatment for coughs and colds

Directions: Adults: take 3 ml, 3 times per day.

Contraindications: Do not use if you are pregnant, breastfeeding, or attempting to conceive.

Cautions: Consult a healthcare practitioner prior to use if you have diabetes.

Drug Interactions: Consult a healthcare practitioner prior to use if you are taking heart or blood pressure medications, medications for diabetes, or painkillers such as acetaminophen or acetylsalicylic acid.

Medicinal Ingredient
Each ml contains
Holy Basil .................... 250mg
Ocimum sanctum
1:4 leaf extract

100 ml

Dark glass bottles help protect medicinal ingredients from light exposure and damage.
<table>
<thead>
<tr>
<th>Product</th>
<th>No.</th>
<th>Description</th>
<th>Directions</th>
<th>Cautions</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon Balm</td>
<td>194135</td>
<td>Used as a sleep aid in cases of stress-related insomnia</td>
<td>Ages 13 and over: take 3 ml, 3 times per day.</td>
<td>Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.</td>
<td>Hypersensitivity has been known to occur - discontinue use if so.</td>
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<td></td>
<td>May cause drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in any activities requiring mental alertness.</td>
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<tr>
<td>Licorice</td>
<td>194136</td>
<td>Helps to relieve inflammatory conditions of the digestive system</td>
<td>Ages 4-9: 3 ml, 1 time per day; ages 10-14: 3 ml, 2 times per day; ages 15 and over: 5 ml, 3 times per day.</td>
<td>Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.</td>
<td>Hypersensitivity has been known to occur - discontinue use if so.</td>
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<td>Horse Chestnut</td>
<td>194133</td>
<td>Helps to treat haemorrhoids and varicose veins</td>
<td>Adults: take 2 ml, 3 times per day.</td>
<td>Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.</td>
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<tr>
<td>Iodine</td>
<td>194134</td>
<td>Supports the function of the thyroid gland</td>
<td>Adults: take 2 ml, 3 times per day.</td>
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<tr>
<td>Milk Thistle</td>
<td>194154*</td>
<td>Helps to relieve digestive upset and support liver function</td>
<td>Adults: take 2 ml, 3 times per day. Use for a minimum of 3 weeks to see beneficial effects.</td>
<td>Consult a healthcare practitioner prior to use if you are pregnant.</td>
<td>Hypersensitivity has been known to occur - discontinue use if so.</td>
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<tr>
<td>Passionflower</td>
<td>194140</td>
<td>Used as a sleep aid in cases of stress-related insomnia</td>
<td>Ages 13 and over: take 3 ml at bedtime.</td>
<td>Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.</td>
<td>Hypersensitivity has been known to occur - discontinue use if so.</td>
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<td></td>
<td>May cause drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in any activities requiring mental alertness.</td>
</tr>
</tbody>
</table>

* Formerly No. 194139
Peppermint No. 194141
Aids digestion and helps to relieve digestive upset

Directions: Ages 2-4: 1 ml, 1 time per day; ages 5-14: 1 ml, 3 times per day; ages 15 and over: 2 ml, 3 times per day.

Cautions: Consult a healthcare practitioner prior to use if you are constipated, anaemic, or malnourished, or if symptoms persist or worsen.

Medicinal Ingredient
Each ml contains
Peppermint .................... 250mg
Mentha x piperita 1:4 leaf extract

Dairy free Gluten free Soy free Vegan

We use only organically grown or sustainably wildcrafted herbs in our tinctures.

Red Raspberry No. 194142
Used traditionally in Herbal Medicine as a uterine tonic

Directions: Adult women: take 3 ml, 3 times per day.

Contraindications: Do not use during pregnancy unless under medical supervision. Do not use if you are breastfeeding or if you have a history of precipitate labour.

Cautions: Consult a healthcare practitioner prior to use if you are constipated, anaemic, or malnourished, or if symptoms persist or worsen.

Medicinal Ingredient
Each ml contains
Red Raspberry ................. 200mg
Rubus idaeus 1:5 leaf extract

Dairy free Gluten free Soy free Vegan

We use only organically grown or sustainably wildcrafted herbs in our tinctures.

Rhodiola No. 194143
Helps to temporarily relieve symptoms of mental fatigue related to stress

Directions: Adults: take 2ml, 3 times per day. Do not take immediately before bedtime.

Contraindications: Do not use if you have a bipolar or bipolar spectrum disorder.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredient
Each ml contains
Rhodiola ...................... 250mg
Rhodiola rosea 1:4 root extract

Dairy free Gluten free Soy free Vegan

Sage No. 194145
Helps to reduce excessive perspiration

Directions: Adults: take 1 ml, 3 times per day. Consult a healthcare practitioner for prolonged use.

Contraindications: Do not use if you are pregnant or breastfeeding.

Medicinal Ingredient
Each ml contains
Sage .......................... 1,000mg
Salvia officinalis 1:1 leaf extract

Dairy free Gluten free Soy free Vegan

Saw Palmetto No. 194146
Helps to relieve urinary symptoms associated with BPH

Directions: Adult men: take 2 ml, 3 times per day with food to minimize stomach upset.

Cautions: Consult a healthcare practitioner prior to use to exclude a diagnosis of prostate cancer.

Medicinal Ingredient
Each ml contains
Saw Palmetto ................ 333mg
Serenoa repens 1:3 fruit extract

Dairy free Gluten free Soy free Vegan

Skullcap No. 194147
Helps to relieve nervousness and promote sleep

Directions: Adults: take 2 ml, 3 times per day.

Contraindications: Do not use if you are pregnant or breastfeeding.

Cautions: Consult a healthcare practitioner if sleeplessness persists continuously for more than 3 weeks.

Drug Interactions: Consumption with alcohol or other medications or natural health products with sedative properties is not recommended.

Side Effects: May cause drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness.

Medicinal Ingredient
Each ml contains
Skullcap ..................... 250mg
Scutellaria lateriflora 1:4 herb top extract

Dairy free Gluten free Soy free Vegan

We use only organically grown or sustainably wildcrafted herbs in our tinctures.
### Stinging Nettle herb top
**No. 194149**

**Helps to relieve seasonal allergy symptoms and rheumatic complaints**

**Directions:** Adults: take 2 ml, 3 times per day.
**Contraindications:** Do not use if you are pregnant or breastfeeding.
**Medicinal Ingredient**
- Each ml contains:
  - Urtica dioica 250mg
  - 1:4 herb top extract

**Side Effects:**
- May cause mild gastrointestinal disturbances, nausea, restlessness, or headaches.

### Stinging Nettle root
**No. 194150**

**Helps to relieve urinary symptoms associated with early stages of BPH**

**Directions:** Adults: take 2 ml, 3 times per day.
**Contraindications:** Do not use if you are pregnant or breastfeeding.
**Medicinal Ingredient**
- Each ml contains:
  - Urtica dioica 250mg
  - 1:4 root extract

### Thyme
**No. 194151**

**Helps to relieve coughs and symptoms of bronchitis**

**Directions:**
- Ages 4-12: 3 ml, 2 times per day; ages 13 and over: 3 ml, 3 times per day.
**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.
**Medicinal Ingredient**
- Each ml contains:
  - Thymus vulgaris 250mg
  - 1:4 leaf extract

### Turmeric
**No. 194152**

**Used as an anti-inflammatory to help relieve joint pain**

**Directions:** Adults: take 2 ml, 3 times per day.
**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or if you have gallstones, a bile duct obstruction, stomach ulcers, or excess stomach acid.
**Medicinal Ingredient**
- Each ml contains:
  - Curcuma longa 200mg
  - 1:5 rhizome extract

### Valerian with natural licorice flavour
**No. 194153**

**Helps to relieve nervousness and promote sleep**

**Directions:**
- Adults: take 4 ml, 30-60 minutes before bedtime.
**Cautions:** Consult a healthcare practitioner if sleeplessness persists continuously for more than 3 weeks.
**Drug Interactions:** Consumption with alcohol or other medications or natural health products with sedative properties is not recommended.
**Side Effects:** May cause drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness within 2 hours of consumption.
**Medicinal Ingredient**
- Each ml contains:
  - Valeriana officinalis 200mg
  - 1:5 root extract

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**Our tinctures are used regularly by practitioners of western herbalism, Ayurveda and TCM.**
ND Shake™

Not for every body, just your body.

ND Shake™ is Canada’s first line of nutrient-dense shakes formulated to meet the unique daily requirements of men, women, and children. Each serving is custom-made for specific ages and genders, with multivitamins, plant protein, greens, superfruit and therapeutic nutrients.

Complete nutrition for the whole family.

- Gluten-free
- Vegan
- Soy and nut-free
- Dark leafy greens, such as broccoli, parsley and kale
- Antioxidant heavyweights, like açai, goji and blueberries
- Custom-crafted multivitamin blends for each family member
- Therapeutic nutrients for various health concerns: cranberry (women); lycopene (men)
- Developed by licensed Canadian naturopathic doctors

Women

- Professionally formulated women’s multi, combined with protein, superfruits and greens
- Nutrients specific to women’s health, including cinnamon, calcium and cranberry to support blood sugar, bone health and the urinary tract

Men

- Professionally formulated multi for men, combined with protein, superfruits and greens
- Contains cinnamon, lycopene and CoQ10 to support blood sugar, prostate and cardiovascular health

Kids

- Customized to support a child’s developing body
- 3g of plant protein plus greens, superfruits and a custom multivitamin that is easy to drink
ND Shake™ Men

Helps to support blood sugar, prostate and heart health

Directions: Adult men: add 2 rounded scoops (40g) to 250ml of your favourite beverage and shake well. For a delicious smoothie, blend with a 1/2 cup of fresh or frozen fruit. Enjoy every day for optimal health!

Cautions: Consult a healthcare practitioner prior to use if you are taking blood thinners or if you have diabetes or a history of kidney stones.

Drug Interactions: Take a few hours before or after taking other medications or natural health products. Do not use with other potassium-containing supplements or salt-substitutes. Consult a healthcare practitioner prior to use if you are taking blood thinners or blood pressure medications.

Side Effects: May cause temporary gas or bloating. Hypersensitivity can occur, in which case discontinue use and consult a healthcare practitioner.

Medicinal Ingredients
2 rounded scoops (40g) contain

**Nutrient Dense Plants**
- **Plant Protein Blend**
  - Yellow Pea Protein .......... 13g
  - Psium sativum
  - Brown Rice Protein .......... 5g
  - Onyza sativa
- **Greens Blend**
  - Beet Root .................... 900mg
  - Beta vulgaris
  - Brassica oleracea var. italica
  - Parsley Leaf ................. 725mg
  - Petroselinum crispum
  - Kale ........................... 525mg
  - Brassica oleracea var. acephala
  - Spinach Leaf .................. 500mg
  - Spinacia oleracea
  - Alfalfa Leaf & Stem .......... 125mg
  - Medicago sativa 4:1 extract
  - Chlorella ...................... 100mg
  - Chlorella vulgaris
  - Broken cell
- **Superfruit Blend**
  - Cherry Fruit ................ 250mg
  - Prunus avium
  - Blueberry Fruit .............. 200mg
  - Vaccinium corymbosum
  - Goji Fruit Juice ............. 200mg
  - Lycium barbarum
  - Mangosteen Fruit ............ 150mg
  - Garcinia mangostana
  - Acai Fruit .................... 50mg
  - Euterpe oleracea 4:1 extract
- **Nutrients Specific to Men’s Health**
  - Cassia Cinnamon Bark ...... 750mg
  - Cinnamomum aromaticum 4:1 extract
  - Coenzyme Q10 ................ 30mg
  - Lycopene ..................... 6.5mg

**Men's Multi**
- Vitamin A ..................... 1,500IU
- Acetate
- Beta-carotene ............... 600IU
- Natural
- Vitamin C ..................... 60mg
- Ascorbic acid
- Vitamin D2 ................... 1,000IU
- Ergocalciferol

**ND Shake™ Women**

Helps to support blood sugar, bone and urinary health

Directions: Adult women: add 2 rounded scoops (40g) to 250ml of your favourite beverage and shake well. For a delicious smoothie, blend with a 1/2 cup of fresh or frozen fruit. Enjoy every day for optimal health!

Contraindications: Do not use if pregnant or with other potassium-containing supplements or salt-substitutes.

Cautions: For UTI symptoms, use a minimum of 4 weeks to see beneficial effects. Consult a healthcare practitioner prior to use if you are breastfeeding, following a low protein diet or if you have diabetes or a history of kidney stones. If UTI symptoms persist or worsen, consult a health care practitioner.

Drug Interactions: Consult a healthcare practitioner prior to use if you are taking blood thinners.

Side Effects: May cause temporary gas or bloating. Hypersensitivity can occur, in which case discontinue use and consult a healthcare practitioner.

Medicinal Ingredients
2 rounded scoops (40g) contain

**Nutrient Dense Plants**
- **Plant Protein Blend**
  - Yellow Pea Protein .......... 13g
  - Psium sativum
  - Brown Rice Protein .......... 5g
  - Onyza sativa
- **Greens Blend**
  - Beet Root .................... 900mg
  - Beta vulgaris
  - Brassica oleracea var. italica
  - Parsley Leaf ................. 725mg
  - Petroselinum crispum
  - Kale ........................... 525mg
  - Brassica oleracea var. acephala
  - Spinach Leaf .................. 500mg
  - Spinacia oleracea
  - Alfalfa Leaf & Stem .......... 125mg
  - Medicago sativa 4:1 extract
  - Chlorella ...................... 100mg
  - Chlorella vulgaris
  - Broken cell
- **Superfruit Blend**
  - Cherry Fruit ................ 250mg
  - Prunus avium
  - Blueberry Fruit .............. 200mg
  - Vaccinium corymbosum
  - Goji Fruit Juice ............. 200mg
  - Lycium barbarum
  - Mangosteen Fruit ............ 150mg
  - Garcinia mangostana
  - Acai Fruit .................... 50mg
  - Euterpe oleracea 4:1 extract
- **Nutrients Specific to Women’s Health**
  - Cassia Cinnamon Bark ...... 750mg
  - Cinnamomum aromaticum 4:1 extract
  - Coenzyme Q10 ................ 30mg
  - Lycopene ..................... 6.5mg

**Women’s Multi**
- Vitamin A ..................... 1,250IU
- Acetate
- Beta-carotene ............... 500IU
- Natural
- Vitamin C ..................... 50mg
- Ascorbic acid

Non-medical ingredients vary with each product and may include psyllium husks, apple pectin, guar gum, inulin, natural flavours (green tea, vanilla, french vanilla, chocolate), cocoa powder, xylitol or organic stevia.
ND Shake™ Kids
Vanilla No. 194502

Helps to support the development of bones and teeth

Directions: Add the following scoop sizes to your child's favourite beverage and shake well. Ages 5-8: 1 rounded scoop (10g) to 100ml-250ml; ages 9-12: 2 rounded scoops (20g) to 200ml-500ml. Teens: Ages 13-18; add 3 rounded scoops (30g) to 200ml-500ml. For a delicious smoothie, blend with a ½ cup of fresh or frozen fruit. Enjoy a shake every day for optimal health!

Caution: Consult a healthcare practitioner prior to use if your child is following a low protein diet.

Drug Interactions: Consult a healthcare practitioner prior to use if your child is taking blood thinners.

Side Effects: Allergy to acai and plants of the Arecaceae family has been known to occur. Discontinue use if your child experiences any allergic reaction.

Medicinal Ingredients
1 rounded scoop (10g) contains

- Nutrient Dense Plants
  - Plant Protein Blend 3g
  - Yellow Pea Protein 2.2g
  - Pisum sativum
  - Brown Rice Protein 0.8g
  - Oryza sativa
  - Greens Blend 0.67g
  - Beet Root 150mg
  - Beta vulgaris
  - Broccoli 1.25g
  - Brassica oleracea var. italica
  - Parsley Leaf 120.8mg
  - Petroselinum crispum
  - Kale 87.5mg
  - Brassica oleracea var. acephala
  - Spinach Leaf 83.3mg
  - Spinacia oleracea
  - Alfalfa Leaf & Stem 20.8mg
  - Medicago sativa
  - 4:1 extract
  - Chlorella 16.7mg
  - Chlorella vulgaris
  - Chlorella vulgaris
  - Broken cell
  - Superfruit Blend 0.17g
  - Cherry Fruit 41.7mg
  - Prunus avium
  - Blueberry Fruit 33.3mg
  - Vaccinium corymbosum
  - Goji Fruit Juice 33.3mg
  - Lycium barbarum
  - Mangosteen Fruit 25mg
  - Garcinia mangostana
  - Acai Fruit 8.3mg
  - Euterpe oleracea
  - Acai Fruit

- Kids’ Multi
  - Vitamin A 5000IU
  - Acetate
  - Beta-carotene 250IU
  - Natural

Vitamin C 75mg
Vitamin D2 200IU
Ergocalciferol
Vitamin E 6.25IU
D-alpha
Vitamin K1 5mcg
Phytomenadione
Vitamin B1 2.5mg
Thiamine hydrochloride
Vitamin B2 2.5mg
Riboflavin
Vitamin B3 2.5mg
Niacinamide
Vitamin B5 2.5mg
Calcium pantothenate
Vitamin B6 2.5mg
Pyridoxine hydrochloride
Vitamin B7 25mcg
Biotin
Vitamin B9 100mcg
Folic acid
Methylcobalamin
Elemental Calcium 150mg
Citrato
Elemental Copper 100mcg
Citrato
Elemental Iodine 50mcg
Brown kelp
Elemental Iron 2.5mg
Bisglycinate
Elemental Magnesium 17.5mg
Bisglycinate
Elemental Zinc 5mg
Citrate

ND Shake™ Kids has a super kid-friendly taste. Great for even the pickiest eaters.
Peace of mind, naturally.

Childhood is a whirlwind of activity and discovery – with a few scrapes, sick days and sleepless nights along the way.

When your little ones are sidelined due to illness or discomfort, trust Orange Naturals to help get them back up and running. We’ve got an entire line of kid-friendly products to help them feel better.

It’s the next best thing to a kiss from mom.

Try our full kids’ product line

**Homeopathics** Appetite • Bedwetting • Bites+Stings • Bumps+Bruises • Calm • Remedy K1 (Cold+Flu) • Colic • Constipation • Remedy K3 (Cough+Cold Night) • Diarrhoea • Digestion • Remedy K2 (Dry Cough) • Earache • Eczema • Fever • Focus • Food Intolerances • Nausea+Vomiting • Seasonal Allergies • Sleep Tight • Teething • Remedy K4 (Wet Cough) • Worry+Fear

**Homeopathic Creams** Acne Control • Bites+Stings • Burn Relief • Eczema Relief • Haemorrhoid Relief • Joint Pain • Pain Relief • Warts Relief

**Supplements** D3 Drops for kids • MagPop! fizzy magnesium drink • Magnesium Powder • Probiotic Powder toddler to teen

**Shakes** ND Shake™ for kids

**Tinctures** Calm • Cough+Cold • Digestion+Appetite

Over 100 family-friendly naturopathics for adults and for kids!

Crafted in Canada Designed by Naturopathic Doctors orangenaturals.com
Homeopathics

Gentle can be strong.

Combination liquid homeopathics add further depth to the Orange Naturals line of family-friendly naturopathics.

Over 50 remedies for common health complaints. Suitable for both adults and kids.

Why Orange Naturals homeopathics?

- Inspired by time-tested, proven, traditional formulations
- Liquid format is simple to administer - absorbs quickly
- Great tasting formulas include a grain alcohol base for adults or a sweet glycerin base for kids
- All plant ingredients used in our remedies are wildcrafted
- All ingredients are rigourously tested and free of residual chemicals and toxins
- Researched and developed by licensed homeopathic and naturopathic practitioners
- Every ingredient plays a role - no remedies conflict or cancel each other out
- Every homeopathic formula is licensed by Health Canada and follows strict guidelines for safety, potency and dosing
- Perfect for those with plant allergies or on prescription medications

How to use

- Sublingual doses dissolve in the mouth
- Doses must be taken at least 15 minutes away from food, drink and toothpaste
- Avoid strong flavours such as coffee and mint - they can disrupt the remedy
- Stop the treatment once relief of symptoms occur

World trends

- Homeopathy is an accepted form of complementary medicine and used by over 300 million people worldwide
- The World Health Organization says homeopathic medicine is the second most widely used system of medicine in the world
Crafting our homeopathics

Orange Naturals homeopathics are crafted with excellence by our team of licensed homeopaths and naturopaths. Decades of homeopathic experience ensures that the most gentle yet effective homeopathics are produced. Here's a sneak peek at our process!

1. Ingredient sourcing

Each ingredient is carefully sourced and tested for identity and purity. All ingredients are free from residual chemicals and toxins and all plant ingredients are wild-crafted. Every remedy is prepared as per the HPUS - The Homeopathic Pharmacopeia of the United States.

2. Mother tincture

The mother tincture (MT) is the starting point from which the homeopathic remedies are developed. Each ingredient is blended and soaked in a solution of alcohol or glycerin to draw out its therapeutic qualities. The solution is then strained, leaving behind the medicinal 'mother tincture.'

3. Succussion

Here, the true power of the remedy is born! The mother tincture undergoes a series of dilutions and succussions (vigorous shaking) to create a remedy of different strengths. Repeated dilutions allow the medicine to keep its healing properties while eliminating toxic or allergenic effects.

4. Testing & bottling

Every homeopathic is tested by an independent and fully accredited third party laboratory for bacteria, yeast, mould and heavy metals. Bottling occurs only after a batch has passed rigorous testing. Dark amber bottles protect the precious ingredients from light damage.

Understanding the C, X, CH and MT in homeopathics - what does it all mean?

The C and X abbreviations refer to the two most commonly used scales of dilution used in the making of homeopathics.

1X (decimal) potency = 1 part of the mother tincture added to 9 parts of an alcohol and water solvent.

1CH (centesimal) potency = 1 part of the mother tincture added to 99 parts of solvent (the H refers to Dr. Samuel Hahnemann, the founder of homeopathy).

MT = a remedy that has not yet been diluted and is in its original mother tincture form.

The number preceding the X or CH refers to the number of times the original substance has undergone dilution and succussion. For example, a 6CH remedy means that the original substance has undergone a series of 6 dilutions and succussions, whereby each step involved diluting 1 part medicine to 99 parts of a water and alcohol solvent followed by a vigorous, counted/timed shaking.

More potent, yet more dilute.
Homeopathic Remedies for kids

Appetite for kids
No. 194614
Relieves poor or lost appetite in children

Directions: For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; age 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day).

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
Aethusa cynapium ............. 6CH
Antimonium crudum ............ 6CH
Calcarea carbonica ............. 30CH
Ferrum phosphoricum ............ 6X

Bumps+Bruises for kids
No. 194685
Helps to relieve minor bruises, swelling and sore muscles

Directions: For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; age 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day).

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
Apis mellifica ................. 12CH
Arnica montana ............... 12CH
Ledum palustre ............... 12CH
Hypericum perforatum ....... 6CH
Ruta graveolens ............... 6CH
Symphytum officinale ....... 6CH

Calm for kids
No. 194632
Temporary relief of restlessness, nervousness and irritability in children

Directions: For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; age 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day).

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
Argentum nitricum ............ 12CH
Avena sativa ................. MT
Cina ................................ 30CH
Coffea cruda ................. 30CH
Tarentula hispana ............ 30CH

Bedwetting for kids
No. 194634
Helps bedwetting due to nervous tension, night terrors and deep sleep

Directions: For general dosing, ages 5 years and up: take 0.5ml, 3 times per day under the tongue or in a little water.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
Calcarea carbonica ............ 30CH
Causticum .................... 12CH
Chin ................................ 30CH
Equisetum hyemale .......... 6CH

Non-medical ingredients vary with each product and may include grain alcohol or glycerin base, purified water and lactose (trace amount).
Colic for kids
No. 194640
Temporary relief of colic symptoms such as gas pain, irritability and restlessness

Directions:
Age 0-11 months: for general dosing, take 0.5ml, 3 times per day. For acute symptoms, take 0.5ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Medicinal Ingredients:
Each ml contains:
- Chamomilla .......................... 3CH
- Ilicium anisatum .......................... 1X

For kids  Gluten free  Soy free

100 ml

Constipation for kids
No. 194636
Temporary relief of constipation symptoms and abdominal discomfort

Directions:
For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; ages 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); ages 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions:
Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients:
Each ml contains:
- Alumina .................................. 30CH
- Lycopodium clavatum .................. 12CH
- Magnesia muriatica .................... 3X
- Plumbum metallicum .................. 3X

For kids  Gluten free  Soy free

100 ml

Diarrhoea for kids
No. 194656
Temporary relief of symptoms associated with diarrhoea

Directions:
For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; ages 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); ages 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions:
Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients:
Each ml contains:
- Aethusa cynapium ..................... 6X
- Argentum nitrum ...................... 6X
- Calcaria carbonica ..................... 6X
- Chamomilla ............................ 12CH

For kids  Gluten free  Soy free

100 ml

Eczema for kids
No. 194624
Temporary relief of eczema symptoms such as pain

Directions:
For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; ages 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); ages 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions:
Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients:
Each ml contains:
- Calendula officinalis .................. 3X
- Hepar sulphuris calcareum ............ 6X
- Kali arsenicosum ...................... 6CH

For kids  Gluten free  Soy free

100 ml

Earache for kids
No. 194615
Temporary relief of earache symptoms such as pain

Directions:
For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; ages 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); ages 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions:
Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients:
Each ml contains:
- Belladonna .............................. 6X
- Capsicum annuum ...................... 6CH
- Echinacea purpurea .................... 3X

For kids  Gluten free  Soy free

100 ml

Digesion for kids
No. 194620
Temporary relief of digestive upset, nausea, bloating and gas

Directions:
For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; ages 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); ages 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions:
Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients:
Each ml contains:
- Aethusa cynapium ..................... 6CH
- Bryonia ................................. 6CH
- Carbo vegetabilis ...................... 6CH
- Colocynthis ............................ 6CH

For kids  Gluten free  Soy free

100 ml
### Fever for kids
**No. 194675**
Reduces fever, pain and inflammation

**Directions:** For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; age 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Belladonna .................. 6CH
- Chamomilla ................. 12CH
- Baryta carbonica .......... 30CH
- Avena sativa .................. 3X
- Chamomilla .................. 6CH
- Hyoscyamus niger .......... 12CH

**For kids**
- Gluten free
- Soy free

**100 ml**

### Nausea+Vomiting for kids
**No. 194602**
Relieves symptoms and discomfort associated with nausea and vomiting

**Directions:** For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; age 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Aethusa cynapium .......... 30CH
- Ipecacuanha ............... 30CH
- Antimonium tartaricum .... 6CH
- Petroleum ................... 6CH
- Borax ......................... 3CH
- Veratrum album ............. 6CH

**For kids**
- Gluten free
- Soy free

**100 ml**

### Focus for kids
**No. 194655**
Helps to improve concentration and memory, and to reduce hyperactivity

**Directions:** For general dosing, ages 4-11 years: take 0.5ml, 3 times per day; age 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 4-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Avena sativa .................. 3X
- Passiflora incarnata ......... 1X
- Ferrum phosphoricum ......... 6X
- Baryta carbonica .......... 30CH
- Chamomilla .................. 6CH
- Stramonium .................. 6CH
- Hyoscyamus niger .......... 12CH
- Zincum metallicum .......... 6CH

**For kids**
- Gluten free
- Soy free

**100 ml**

### Seasonal Allergies for kids
**No. 194619**
Supportive relief of seasonal allergy symptoms

**Directions:** For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; age 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Allium cepa .................... 3CH
- Luffa operculata ............. 6X
- Avena sativa .................. MT
- Ipecacuanha ............... 30CH
- Psorinum .................... 30CH
- Euphrasia officinalis ......... 3X
- Sabadilla .................... 3X
- Histaminum hydrochloricum .... 5X

**For kids**
- Gluten free
- Soy free

**100 ml**

### Food Intolerances for kids
**No. 194629**
Temporary relief of bloating, constipation, diarrhea, itching and headaches

**Directions:** For general dosing, ages 7-11 years: take 0.5ml, 3 times per day; age 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 7-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Contraindications:** Do not use for the treatment of anaphylactic reactions or allergies (ie. nut or shellfish allergies). Anaphylactic allergies are severe life threatening reactions that can result in death if proper treatment is delayed.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Aethusa cynapium .......... 30CH
- Cortisone acetate .......... 6X
- Dolichos pruriens .......... 6CH
- Histamine hydrochloride .... 6X
- Lycopodium clavatum ....... 12X
- Nutram carbonicum ......... 30CH

**For kids**
- Gluten free
- Soy free

**100 ml**

### Sleep Tight for kids
**No. 194626**
Temporary relief of sleeplessness due to an overactive mind

**Directions:** For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; age 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Argentum nitricum .......... 6X
- Stramonium .................. 6CH
- Avena sativa .................. MT
- Ipecacuanha ............... 30CH
- Ignatia amara ............... 2X
- Valeriana officinalis ...... 3X
- Passiflora incarnata ......... MT
- Saccharum officinale ....... 30CH
- Zincum valerianicum ........ 6X

**For kids**
- Gluten free
- Soy free

**100 ml**
Teething for kids  
No. 194608
Remedies K3 for kids
No. 194625
Remedy for kids
No. 194627
Remedy for kids
No. 194642
Remedy for kids
No. 194607
Remedy for kids
No. 194611

**Remedy K1 for kids**
No. 194642
*Remedy for colds, fevers and flus*

**Directions:** For general dosing, ages 0-12 years: take 0.5ml, 3 times per day; age 13 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-12 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 13 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains:
- **Aconitum napellus** .................. 30CH
- **Belladonna** ........................ 3CH
- **Bryonia** .............................. 3CH
- **Calcarea carbonica** ............ 30CH
- **Calcarea phosphorica** ......... 3CH
- **Eupatorium perfoliatum** ...... 6CH
- **Ferrum phosphoricum** ........... 6X
- **Gelsemium sempervirens** ...... 6CH
- **Ipecacuanha** ...................... 12CH
- **Kali bichromicum** .............. 30CH
- **Nitricum acidum** ................ 6CH
- **Passiflora incarnata** .......... 1X
- **Pulsatilla** .......................... 6CH
- **Rumex crispus** .......... 6CH
- **Spongia tosta** .................. 3CH

For kids  
Gluten free  
Soy free

**100 ml**

**Remedy K2 for kids**
No. 194607
*Remedy for dry coughs*

**Directions:** For general dosing, infants (0-11 months): take 0.25ml 3 times a day under the tongue or in a little water; ages 1-12 years: take 0.5ml, 3 times per day; age 13 years and up: take 1ml, 3 times per day. For acute symptoms, infants (0-11 months): take 0.25ml every 30-60 minutes; ages 0-12 years: take 0.5ml every 30-60 minutes; age 13 years and up: take 1ml every 30-60 minutes. Take up to 12 doses per day. When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains:
- **Aconitum napellus** .................. 12CH
- **Belladonna** ........................ 3CH
- **Bryonia** .............................. 3CH
- **Drosera rotundifolia** .......... 3CH
- **Hepar sulphuris calcarea** .... 30CH

For kids  
Gluten free  
Soy free

**100 ml**

**Remedy K3 for kids**
No. 194625
*Remedy for nighttime cough, cold and sleeplessness*

**Directions:** For general dosing, ages 0-11 years: take 0.5ml, 3 times per day; age 12 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-11 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 12 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains:
- **Aconitum napellus** .................. 30CH
- **Arsenicum album** .............. 30CH
- **Gelsemium sempervirens** ...... 3CH
- **Ignatia amara** .................. 30CH
- **Phosphorus** ................... 30CH
- **Silicea** ......................... 30CH

For kids  
Gluten free  
Soy free

**100 ml**

**Remedy K4 for kids**
No. 194611
*Remedy for wet coughs*

**Directions:** For general dosing, ages 0-12 years: take 0.5ml, 3 times per day; age 13 years and up: take 1ml, 3 times per day. For acute symptoms, ages 0-12 years: take 0.5ml every 30-60 minutes (up to 12 times per day); age 13 years and up: take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains:
- **Antimonium tartaricum** ............ 3X
- **Arsenicum album** .............. 30CH
- **Bryonia** .............................. 6CH
- **Coccus cacti** ................... 6CH
- **Kali bichromicum** .............. 30CH
- **Kali iodatum** .................. 30CH

For kids  
Gluten free  
Soy free

**100 ml**
Homeopathic Remedies for adults

Bites + Stings No. 194621
Relieves pain, itching and swelling of insect bites and stings

Directions: Ages 12 and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
Aconitum napellus ................. 30CH Arnica montana ..................... 1X
Arsenicum album .................. 12CH Belladonna ......................... 1X
Atropa belladonna .................. 3CH Calcarea phosphorica .......... 30CH
Bryonia ............................. 10CH Graphites .......................... 3CH
Coccus niger ........................ 3CH Ignatia ............................. 1X
Cynara scolymus ...................... 3CH Lachesis mutus .................. 12CH
Doxa .................................. 3CH Lycopodium clavatum .......... 6X
Ficus carica ......................... 1X Magnesia pharmaeica ........... 3CH
Hydrastis canadensis ............... 3CH Matricaria recutita .............. 3CH
Lindera ............................. 3CH Pulsatilla .......................... 6CH
Magnesia pharmaeica .............. 3CH Podophyllum ...................... 6CH
Matricaria recutita ................. 3CH Podophyllum ...................... 6CH
Mentha pulegium .................... 3CH Pulsatilla .......................... 12CH
Natrium muriaticum ............... 3CH Pyrogenium ....................... 6CH
Nux vomica ........................ 6X Ruta graveolens ................... 3CH
Phosphorus .......................... 3CH Sepia ............................. 1X
Podophyllum ....................... 6CH Spigelia ............................ 3CH
Pulmonaria officinalis ............. 3CH Staphisagria ...................... 3CH
Pulsatilla .......................... 6CH Stramonium ....................... 3CH
Similia .............................. 3CH Taraxacum officinale ........ 3CH
Sulphur ............................. 3CH Thunbergia alata ............. 1X
Thornapple ......................... 3CH Veratrum album .................. 1X
Vaccinium myrtillus ............... 3CH Veratrum album .................. 1X
Wormwood ......................... 3CH

100 ml

Bumps + Bruises No. 194680
Helps to relieve minor bruises, swelling and sore muscles

Directions: Ages 12 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
Aconitum napellus ................. 6CH Arnica montana ..................... 30CH
Arsenicum album .................. 12CH Belladonna ......................... 1X
Atropa belladonna .................. 3CH Calcarea phosphorica .......... 30CH
Bryonia ............................. 10CH Graphites .......................... 3CH
Coccus niger ........................ 3CH Ignatia ............................. 1X
Cynara scolymus ...................... 3CH Lachesis mutus .................. 12CH
Doxa .................................. 3CH Lycopodium clavatum .......... 6X
Ficus carica ......................... 1X Magnesia pharmaeica ........... 3CH
Hydrastis canadensis ............... 3CH Matricaria recutita .............. 3CH
Mentha pulegium .................... 3CH Pulsatilla .......................... 6CH
Magnesia pharmaeica .............. 3CH Podophyllum ...................... 6CH
Matricaria recutita ................. 3CH Pulsatilla .......................... 12CH
Natrium muriaticum ............... 3CH Pyrogenium ....................... 6CH
Nux vomica ........................ 6X Ruta graveolens ................... 3CH
Phosphorus .......................... 3CH Sepia ............................. 1X
Podophyllum ....................... 6CH Spigelia ............................ 3CH
Pulmonaria officinalis ............. 3CH Staphisagria ...................... 3CH
Sulphur ............................. 3CH Taraxacum officinale ........ 3CH
Thornapple ......................... 3CH Veratrum album .................. 1X
Wormwood ......................... 3CH

100 ml

Cough + Cold Night No. 194630
Remedy for nighttime cough, cold and sleeplessness

Directions: Ages 13 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
Aconitum napellus ................. 30CH Nitricum acidum ............... 6CH
Arsenicum album .................. 12CH Passiflora incarnata ............. 1X
Avena sativa ......................... MT Pulsatilla .......................... 6CH
Borax .............................. 3CH Drosera rotundifolia ............. MT
Cocculus indicus ..................... 30CH Gelsemium sempervirens ...... 30CH
Gelsemium sempervirens ...... 30CH Kali carbonicum ................. 30CH
Glycyrrhiza glabra ................. 1X Lycopodium clavatum .......... 6X
Glycyrrhiza glabra ................. 1X Nux vomica ....................... 12X
Glycyrrhiza glabra ................. 1X

100 ml

Diarrhoea No. 194637
Temporary relief of symptoms associated with diarrhoea

Directions: Ages 12 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Contraindications: Discontinue use immediately and consult a healthcare practitioner if you have bloody or black-coloured stool.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
Aloe socotrina ...................... 3CH Mercurius corrosivus ............. 6X
Arnica montana ................... 12CH Cinchona officinalis .......... 3X
Ascomycetes ....................... 6X Colocynthis ......................... 3X
Aurum metallicum .................. 3CH Crotonis tinctorius .......... 3CH
Aurum metallicum .................. 3CH Crotonis tinctorius .......... 3CH
Aurum metallicum .................. 3CH Pulmonaria officinalis ....... 3CH
Borax ............................. 10CH Podophyllum ...................... 6CH
Borax ............................. 10CH Podophyllum ...................... 6CH
Borax ............................. 10CH Podophyllum ...................... 6CH
Borax ............................. 10CH Podophyllum ...................... 6CH
Borax ............................. 10CH Podophyllum ...................... 6CH
Borax ............................. 10CH Podophyllum ...................... 6CH

100 ml

Calm Flights No. 194660
Temporary relief of mild mental anxiety due to flying

Directions: Ages 13 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
Aconitum napellus ................. 6CH Belladonna ......................... 1X
Belladonna ......................... 1X Colocynthis ......................... 3X
Borax ............................. 10CH Crotonis tinctorius .......... 3CH
Borax ............................. 10CH Crotonis tinctorius .......... 3CH
Borax ............................. 10CH Crotonis tinctorius .......... 3CH
Borax ............................. 10CH Crotonis tinctorius .......... 3CH
Borax ............................. 10CH Crotonis tinctorius .......... 3CH

100 ml

Digestion No. 194610
Relief of digestive disorders, nausea, bloating and gas

Directions: Ages 12 and over: for general dosing, take 1 ml, 3 times per day. For acute symptoms, take 1 ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
Carbo vegetabilis .................. 6X Lycopodium clavatum .......... 6X
Cocculus indicus ..................... 3CH Nux vomica ....................... 12X

100 ml
**Dry Cough**  
**No. 194606**  
*Remedy for dry coughs*

**Directions:** Ages 13 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Aconitum napellus ............... 12CH
- Belladonna ..................... 3CH
- Bryonia ......................... 6CH
- Drosera rotundifolia ............ 3CH
- Ipecacuanha .................... 12CH
- Phosphorus ..................... 12CH
- Rumex crispus .................. 6CH
- Spongia tosta ................... 3CH

**Focus**  
**No. 194650**  
*Helps to improve concentration and memory, and to reduce hyperactivity*

**Directions:** Ages 12 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Aconitum napellus ............... 12CH
- Belladonna ..................... 3CH
- Bryonia ......................... 6CH
- Drosera rotundifolia ............ 3CH
- Ipecacuanha .................... 12CH
- Phosphorus ..................... 12CH
- Rumex crispus .................. 6CH
- Spongia tosta ................... 3CH

**Eczema**  
**No. 194623**  
*Relieves symptoms and discomfort associated with eczema*

**Directions:** Ages 12 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Aconitum napellus ............... 12CH
- Avena sativa ...................... MT
- Baryta carbonica ................. 30CH
- Chamomilla ....................... 6CH
- Hyoscyamus niger ............... 12CH
- Passiflora incarnata ............. 1X
- Stramonium ....................... 6CH
- Tarentula hispana ............... 6CH
- Zincum metallicum ............... 6CH

**Fibromyalgia**  
**No. 194638**  
*Relieves symptoms and discomfort associated with fibromyalgia*

**Directions:** Adult: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Arnicamontana ................. 30CH
- Ipecacuanha .................... 12CH
- Avena sativa ...................... 3X
- Phosphorus ..................... 12CH
- Chelidonium majus ............... 1X
- Plumbum metallicum ............ 12CH
- Rumex crispus .................. 6CH
- Tarentula hispana ............... 6CH
- Zincum metallicum ............... 6X

**Food Intolerances**  
**No. 194631**  
*Temporary relief of bloating, constipation, diarrhea, itching and headaches*

**Directions:** Ages 12 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Contraindications:** Do not use for the treatment of anaphylactic reactions or allergies (ie. nut or shellfish allergies). Anaphylactic allergies are severe life threatening reactions that can result in death if proper treatment is delayed.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Aethusa cynapium ............ 30CH
- Cortisone acetate ................ 6X
- Dolichos pruriens ............... 6CH
- Histamine hydrochloride ........ 6X
- Lycopodium clavatum ........... 12X
- Lycopenoidum clavatum ........ 12X
- Natrum carbonicum .............. 30CH
- Saccharum officinale ............ 30CH

**Fatigue**  
**No. 194652**  
*Supporting symptoms of debility, fatigue and mental and physical exhaustion*

**Directions:** Adult: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
- Arnica montana ................ 30CH
- Avena sativa ...................... 3X
- Kali arsenicosum ............... 6CH
- Magnesia phosphorica ............ 8X
- Picricum acidum .............. 6CH
- Rhamnus californica ............ 2X
- Stramonium ....................... 6CH
- Zinciurum metallicum ............ 6X
Gallbladder No. 194690
Temporary relief of symptoms of gallbladder distress

Directions: Adult: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, or if you are experiencing abdominal pain or pain under the right ribs or below the right shoulder blade that is accompanied by fever.

Medicinal Ingredients
Each ml contains
- Berberis vulgaris 3X
- Carduus marianus 3X
- Colchicum autumnale 3CH
- Guaiacum 1X
- Phytolacca decandra 6CH

Gout No. 194616
Relieves gout symptoms including pain and swelling

Directions: Adult: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
- Aconitum napellus 30CH
- Gelsemium sempervirens 12CH
- Ignatia amara 6CH
- Phytolacca decandra 6CH

Grief No. 194613
Temporary relief of symptoms and discomfort associated with grief

Directions: Adult: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, or if symptoms persist beyond 2 weeks or worsen, if you experience thoughts of suicide or if you develop new symptoms.

Medicinal Ingredients
Each ml contains
- Aconitum napellus 30CH
- Gelsemium sempervirens 12CH
- Ignatia amara 6CH
- Phytolacca decandra 6CH

Iron Builder for Blood No. 194618
Relieves symptoms of anemia including fatigue, weakness and exhaustion

Directions: Ages 12 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
- Calcarea carbonica 30CH
- Ferrum phosphoricum 12X
- Gelsemium sempervirens 12CH
- Magnesia phosphorica 12CH
- Kali phosphoricum 6X
- Phosphoricum acidum 30CH

Jet Lag No. 194695
Relieves symptoms and discomfort associated with jet lag

Directions: Ages 12 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
- Calcarea carbonica 30CH
- Ferrum phosphoricum 12X
- Gelsemium sempervirens 12CH
- Magnesia phosphorica 12CH
- Kali phosphoricum 6X
- Phosphoricum acidum 30CH

Kidney Stones No. 194645
Temporary relief of pain and discomfort from kidney stones and UTIs

Directions: Adult: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
- Berberis vulgaris 3X
- Cantharis 6CH
- Colocynthis 6CH
- Uva-ursi 1X
- Hydrangea arborescens 3X
- Sarsaparilla 6CH

Gallbladder
Kidney Stones
Iron Builder for Blood
Jet Lag
Grief
Gout
Grief
100 ml
100 ml
100 ml
100 ml
100 ml
100 ml
100 ml
100 ml
100 ml
Libido for Men
No. 194605
Temporary relief of loss of sexual desire and reduced endurance in men

Directions: Adult men: for general dosing, take 1 ml, 3 times per day. For acute symptoms, take 1 ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a health care practitioner prior to use if you have hypoactive sexual disorder, sexual dysfunction, erectile dysfunction, or psychological disorders like frequent anxiety and depression.

Medicinal Ingredients
Each ml contains
- Agnus castus .......................... 3X
- Damiana ................................ 6X
- Gelsemium sempervirens .......... 6CH
- Nuphar luteum ....................... 6CH
- Onosmodium virginianum ....... 6X
- Phosphoricum acidum ............ 6X

100 ml

Libido for Women
No. 194600
Temporary relief of vaginal dryness and loss of sexual desire in women

Directions: Adult women: for general dosing, take 1 ml, 3 times per day. For acute symptoms, take 1 ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you have hypoactive sexual disorder, sexual dysfunction, or any psychological disorders like frequent anxiety and depression, and during use if symptoms persist or worsen after one menstrual cycle.

Medicinal Ingredients
Each ml contains
- Damiana ................................ 6X
- Natrum muriaticum ............... 30CH
- Onosmodium virginianum ....... 6X
- Phosphoricum acidum ............ 6X

100 ml

Menopause
No. 194635
Temporary relief of symptoms and discomfort associated with menopause

Directions: Adult women: for general dosing, take 1 ml, 3 times per day. For acute symptoms, take 1 ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
- Aletris farinosa ..................... 3X
- Cimicifuga racemosa .......... 3CH
- Crocus sativus ..................... 3X
- Pulsatilla .......................... 9CH
- Sanguinaria canadensis ....... 12CH
- Sepia ............................. 30CH
- Sulphuricum acidum .......... 6X

100 ml

Migraines+Headaches
No. 194665
Relieves symptoms associated with migraines and headaches

Directions: Adult: for general dosing, take 1 ml, 3 times per day. For acute symptoms, take 1 ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
- Belladonna ......................... 4X
- Bryonia ........................... 3X
- Cocculus indicus ................... 12X
- Epiphegus virginiana .............. 3X
- Glonoinum ....................... 6CH
- Iris versicolor ..................... 3X
- Natrum muriaticum ............... 30CH
- Spigelia anthelmia .......... 6CH
- Sanguinaria canadensis ........ 1X

100 ml

Lymph Relief
No. 194651
Support the lymphatic system and to relieve lymph gland inflammation

Directions: Adult: for general dosing, take 1 ml, 3 times per day. For acute symptoms, take 1 ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

Cautions: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

Medicinal Ingredients
Each ml contains
- Baryta carbonica .................. 6CH
- Calcarea carbonica .............. 6CH
- Calcarea phosphorica .......... 6CH
- Mercurius solubilis .............. 8X
- Phytolacca decandra .......... 2X
- Phytolacca decandra .......... 6X
- Scrophularia nodosa .......... 1X
- Tuberculinum bovinum ...... 12CH

100 ml

For more ingredient information, visit: ingredients.orangenaturals.com
Nausea + Vomiting  
**No. 194601**
Relieves symptoms and discomfort associated with nausea and vomiting

**Directions:** Ages 12 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains
- Actaea racemosa .......................... 3CH
- Aethusa cynapium ....................... 3OCH
- Antimonium tartaricum ................. 6CH
- Borax ........................................ 3CH
- Lactucaria ................................. 3X
- Lepidium peruvianum .................. 3X
- Magnesia phosphorica ................. 8X
- Sabadilla .................................... 3X
- Sambucus nigra ......................... 3OCH
- Senecio aureus ............................ 3X
- Sepia ........................................ 6CH
- Theridion ................................. 12CH
- Veratrum album ........................... 6CH

**Gluten free**  
**Soy free**  
100 ml

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PMS + Cramps  
**No. 194604**
Relieves symptoms and discomfort associated with PMS

**Directions:** Ages 12 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding or, if you do not have a period beyond two cycle lengths, if you experience abnormally heavy or prolonged menstrual flow.

**Medicinal Ingredients**
Each ml contains
- Aesculus hippocastanum ............... 3OCH
- Aethusa cynapium ....................... 3OCH
- Aletris farinosa ......................... 3X
- Chelidonium .............................. 6X
- Helonias dioica .......................... 3X
- Lactuca ................................. 3CH
- Sabina .................................... 3X
- Senecio aureus ............................ 3X

**Gluten free**  
**Soy free**  
100 ml

---

Scalp Itch  
**No. 194605**
Relieves symptoms associated with scalp itches

**Directions:** Ages 12 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains
- Aesculus hippocastanum ............... 3OCH
- Aethusa cynapium ....................... 3OCH
- Aletris farinosa ......................... 3X
- Chelidonium .............................. 6X
- Helonias dioica .......................... 3X
- Lactuca ................................. 3CH
- Sabina .................................... 3X
- Senecio aureus ............................ 3X

**Gluten free**  
**Soy free**  
100 ml

---

Sciatica  
**No. 194633**
Temporary relief of symptoms associated with sciatica and nerve pain

**Directions:** Adult: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains
- Agaricus muscarius ..................... 3X
- Arsenicum album .......................... 6CH
- Colchicinum .............................. 6CH

**Gluten free**  
**Soy free**  
100 ml

---

Sleep  
**No. 194670**
Temporary relief of sleeplessness due to an overactive mind

**Directions:** Adult: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains
- Avena sativa ............................ MT
- Coffea cruda ................................ 4X
- Gelsemium sempervirens .............. 12X

**Gluten free**  
**Soy free**  
100 ml

---

Seasonal Allergies  
**No. 194628**
Supportive relief of seasonal allergy symptoms

**Directions:** Ages 12 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains
- Allicum cepa ............................. 3CH
- Aralia racemosa ......................... 3X
- Euphrasia officinalis .................... 3X
- Histaminum hydrochloricum ........... 5X

**Gluten free**  
**Soy free**  
100 ml
Snoring

Relieves symptoms associated with snoring

**No. 194617**

**Directions:** Adult: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains:
- Cuprum metallicum ............ 30CH
- Lac caninum .................. 30CH
- Laurocerasus ................... 3CH
- Lemna minor .................... 3X
- Nux vomica ..................... 30CH

100 ml

Vertigo

Relieves symptoms associated with vertigo

**No. 194639**

**Directions:** Adult: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains:
- Ambra grisea .................... 3X
- Chininum sulphuricum .......... 3CH
- Cocculus indicus ................ 3X
- Conium maculatum ............. 6CH
- Gelsemium sempervirens ...... 3X
- Graphite ........................ 3CH
- Tabacum .......................... 3X

100 ml

Melatonin is produced by the pineal gland which is stimulated by darkness. It is used for insomnia, sleep-wake cycle disturbances, jet lag, shift work and readjusting the circadian rhythm.

Stress+Calm

Temporary relief of apprehension, restlessness and nervous tension

**No. 194603**

**Directions:** Adult: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains:
- Argentum nitricum ............. 30CH
- Avena sativa .................. 3X
- Chamomilla .................... 30CH
- Gelsemium sempervirens ...... 30CH

100 ml

Wet Cough

Remedy for wet coughs

**No. 194609**

**Directions:** Ages 13 years and over: for general dosing, take 1ml, 3 times per day. For acute symptoms, take 1ml every 30-60 minutes (up to 12 times per day). When symptoms improve, resume general dosing.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**
Each ml contains:
- Antimonium tartaricum ........ 3X
- Coccus cacti ..................... 6CH
- Hepar sulphuris calcareum .... 30CH
- Kali bichromicum .............. 30CH
- Pulsatilla ........................ 3X

100 ml
Homeopathic Creams

Relief is here.

Orange Naturals homeopathic creams are a quick, convenient remedy for common injuries or complaints like bug bites, joint pain, eczema and acne. Specially formulated based on the principles of homeopathic medicine, using natural ingredients that are clean and pure, and set in a gentle base of exceptionally moisturizing shea butter, beeswax and MCT/calendula flower oil.

Orange Naturals offers homeopathic creams for all family members (adults and kids).

Why Orange Naturals homeopathics?

○ No artificial colours
○ Fragrance-free
○ Paraben-free
○ No petroleum, lanolin, or propylene glycol
○ No residual chemicals, toxins or contaminants
○ Gluten-free
○ Suitable for kids and adults
# Arnica

**Arnica** relieves bruising, muscle soreness, swelling and pain.
Haemorrhoid Relief
No.194658
Helps to relieve the itching, swelling and burning sensation of haemorrhoids

Directions: Adults and children (0 years and up): apply generously to affected areas once daily or as needed. External use only.

Contraindications: Do not apply to open wounds or broken skin.

Cautions: Consult a healthcare practitioner prior to use if pregnant or breastfeeding.

Side Effects: Discontinue use if hypersensitivity (e.g. contact dermatitis) occurs.

Medicinal Ingredients
Aesculus hippocastanum .......... MT
Aesculus hippocastanum .......... 3X
Ammonium carbonate .......... 6CH
Antimonium crudum .......... 6CH
Collinsonia canadensis .......... MT
Dolichos pruriens .......... MT
Hamamelis virginiana .......... MT
Hypermum perforatum .......... 1X
Nitricum acidum .......... 6CH
Paonia officinalis .......... MT

50 g

Gluten free Soy free

Pain Relief with arnica
No. 194647
Helps to relieve minor bruises, muscle pain and strain

Directions: Adults and children (0 years and up): apply generously to affected areas once daily or as needed. External use only.

Contraindications: Do not apply to open wounds or broken skin.

Cautions: Consult a healthcare practitioner prior to use if pregnant or breastfeeding.

Side Effects: Discontinue use if hypersensitivity (e.g. contact dermatitis) occurs.

Medicinal Ingredients
Actaea spicata .......... 3X
Argentum metallicum .......... 3X
Argentum metallicum .......... 6X
Arnica montana .......... 3X
Arnica montana .......... 6X
Bryonia .......... 3X
Bryonia .......... 6X
Kalmia latifolia .......... 3X
Ledum palustre .......... 3X
Rhus toxicodendron .......... 3X
Rhus toxicodendron .......... 6X
Ruta graveolens .......... 3X
Ruta graveolens .......... 6X
Symphytum officinale .......... 1X
Symphytum officinale .......... 3X
Symphytum officinale .......... 6X

50 g

Gluten free Soy free

Joint Pain with arnica
No. 194646
Helps to relieve joint pain from arthritis or minor sprains and strains

Directions: Adults and children (0 years and up): apply generously to affected areas once daily or as needed. External use only.

Contraindications: Do not apply to open wounds or broken skin.

Cautions: Consult a healthcare practitioner prior to use if pregnant or breastfeeding.

Side Effects: Discontinue use if hypersensitivity (e.g. contact dermatitis) occurs.

Medicinal Ingredients
Actaea spicata .......... 3X
Argentum metallicum .......... 3X
Argentum metallicum .......... 6X
Arnica montana .......... 3X
Arnica montana .......... 6X
Bryonia .......... 3X
Bryonia .......... 6X
Kalmia latifolia .......... 3X
Ledum palustre .......... 3X
Rhus toxicodendron .......... 3X
Rhus toxicodendron .......... 6X
Ruta graveolens .......... 3X
Ruta graveolens .......... 6X
Symphytum officinale .......... 1X
Symphytum officinale .......... 3X
Symphytum officinale .......... 6X

50 g

Gluten free Soy free

Warts Relief
No.194659
Helps to temporarily relieve itchy skin from warts

Directions: Adults and children (0 years and up): apply generously to affected areas once daily or as needed. External use only.

Contraindications: Do not apply to open wounds or broken skin.

Cautions: Consult a healthcare practitioner prior to use if pregnant or breastfeeding.

Side Effects: Discontinue use if hypersensitivity (e.g. contact dermatitis) occurs.

Medicinal Ingredients
Antimonium crudum .......... 10X
Natrum carbonicum .......... 6CH
Dulcamara .......... 10X
Salina .......... 3X
Ferrum picricum .......... 6X
Thuja occidentalis .......... 1X
Magnesia sulphurica .......... 1X
Thuja occidentalis .......... 10X

50 g

Gluten free Soy free

Calendula oil helps promote healthy skin cell renewal and reduces skin inflammation.
Homeopathic creams to keep you going

Do you love the outdoors but not the bites, bruises, or burns? We have a convenient solution and so much more!

Orange Naturals homeopathic creams are designed to be safe and easy-to-use, fragrance-free, paraben-free and set in a base of shea butter, beeswax and MCT/calendula flower oil. Relief has never been simpler.

Learn more at orangenaturals.com/creams

Over 100 family-friendly naturopathics for adults and for kids!

Crafted in Canada  Designed by Naturopathic Doctors
Supplements

Superior ingredients and formulations.

Our professional line brings together the essential components of naturopathic medicine - vitamins, minerals, essential fatty acids, enzymes, herbs, phytochemicals and probiotics.

With 35 naturopathic grade supplements at affordable prices, natural family health is made easy.

High-performance naturopathic solutions

Every element and formula in our line is thoroughly researched and developed by licensed, practicing naturopaths. Our goal is to provide families with professional quality natural medicine.

A comprehensive and complete line

From therapeutic formulations for thyroid, bones, eyes and joint relief to vitamin and minerals essential like Vitamin D and magnesium, we have over 35 superior products to support a wide range of health concerns.

Multiple formats at affordable prices

Drops. Powders. Capsules. Softgels. Our selection of naturopathic supplements has the right format for each person and condition.

Powerful single nutrient and combination formulations, such as:

- Magnesium (glycinate)
- Iron Complex (bisglycinate)
- Estro Calm with I-3-C
- Probiotic Powder (toddlers through teens)
- D3+K2 Drops
- Thyroid Health
- Eye Health Advanced
- Prenatal Multi
- Cold + Flu
Orange Naturals supplements are designed by experienced naturopathic doctors, using absorbable ingredients in synergistic complexes. This professional line brings together the essential components of naturopathic medicine - vitamins, minerals, essential fatty acids, probiotics and specialty formulations. We provide professional quality at affordable prices your clients demand.

Non-medicinal ingredients vary with each product.

D3 Drops for kids with natural orange flavour
No. 194268
Supports the development and maintenance of bones and teeth

**Directions:** Infants and older: take 1 drop per day.
**Medicinal Ingredient**
Each drop contains
- Vitamin D3 .................. 400IU Cholecalciferol

**For**
- Dairy free
- Gluten free
- Soy free

15 ml

D3 Drops with natural orange flavour
No. 194300
Supports the development and maintenance of bones and teeth

**Directions:** Infants and older: take 1 drop per day.
**Medicinal Ingredient**
Each drop contains
- Vitamin D3 .................. 1,000IU Cholecalciferol

**For**
- Dairy free
- Gluten free
- Soy free

15 ml

D3+K2 Drops with natural orange flavour
No. 194301
Supports the development and maintenance of bones and teeth

**Directions:** Adults: take 4 drops per day.
**Cautions:** Consult a healthcare practitioner prior to use if you have a medical condition.
**Drug Interactions:** Consult a healthcare practitioner prior to use if you are taking blood thinners.
**Medicinal Ingredients**
Each drop contains
- Vitamin D3 .................. 250IU Cholecalciferol
- Vitamin K2 .................. 30mcg Menaquinone-7

**For**
- Dairy free
- Gluten free

15 ml

Oil of Oregano with natural orange flavour
No. 194302
A source of antioxidants

**Directions:** Adults: take 4 to 6 drops per day with food, a few hours before or after taking supplements containing iron, zinc, calcium or copper.
**Contraindications:** Do not use if you are pregnant, breastfeeding, or allergic to herbs in the Lamnaceae family, such as basil, hyssop, lavender, marjoram, mint, sage, or thyme.
**Drug Interactions:** Consult a healthcare practitioner prior to use if you are taking antiplatelet medications, blood thinners, or any other medications.
**Side Effects:** May cause gastrointestinal upset - discontinue use if so.
**Medicinal Ingredient**
Each drop contains
- 1 part wildcrafted oil of oregano (minimum of 75% carvacrol) to 3 parts medium chain triglycerides

**For**
- Dairy free
- Soy free

15 ml

Drops contain medicinal ingredients in a medium-chain triglyceride base with our signature natural orange flavour.
5-HTP with B6 and magnesium

**Medicinal Ingredients**

Each vegetable capsule contains

- 5-hydroxy-L-tryptophan 100mg
- Vitamin B6 33.3mg
- Pyridoxine hydrochloride

**Directions:** Adults: take 1 capsule per day. To help induce a state of relaxation, take 1 capsule 30 minutes before bedtime.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Contraindications:** Do not use if you have scleroderma.

**Drug Interactions:** Consult a healthcare practitioner prior to use if you are taking carbidopa or medications or natural health products with serotonergic activity. These may include, but are not limited to, L-tryptophan, 5-adenosylmethylthione (SAM-e), St. John's wort, antidepressants, painkillers, anti-nausea and anti-migraine medications, and over-the-counter cough and cold medications containing dextromethorphan.

**Side Effects:** May cause drowsiness, diarrhoea, nausea, vomiting, or abdominal pain. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness. Discontinue use and consult a healthcare practitioner if you show signs of weakness, oral ulcers, skin changes, or abdominal pain accompanied by severe muscle pain.

**B vitamins work synergistically to help the body use its carbs, fats and proteins in the most effective way and boost energy production.**

Advanced B-Complex with L-theanine

**Medicinal Ingredients**

Each vegetable capsule contains

- Vitamin B7 200mcg
- Biotin 400mcg
- L-5-Methyltetrahydrofolate 400mcg
- Vitamin B12 400mcg
- Methylocobalamin 200mcg
- Choline 100mcg
- Inositol 100mcg
- Pyridoxal-5-phosphate 10mcg

**Directions:** Adults: take 1 capsule per day. To help induce a state of relaxation, take 1 capsule 30 minutes before bedtime.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Contraindications:** Do not use if you have scleroderma.

**Drug Interactions:** Consult a healthcare practitioner prior to use if you are taking carbidopa or medications or natural health products with serotonergic activity. These may include, but are not limited to, L-tryptophan, 5-adenosylmethylthione (SAM-e), St. John's wort, antidepressants, painkillers, anti-nausea and anti-migraine medications, and over-the-counter cough and cold medications containing dextromethorphan.

**Side Effects:** May cause drowsiness, diarrhoea, nausea, vomiting, or abdominal pain. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness. Discontinue use and consult a healthcare practitioner if you show signs of weakness, oral ulcers, skin changes, or abdominal pain accompanied by severe muscle pain.

**ALPHA-THRHIOIC ACID**

**Medicinal Ingredients**

Each vegetable capsule contains

- L-Amino Acid 600mcg
- Biotin 200mcg
- Vitamin B1 20mcg
- Thiamine hydrochloride

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, or if you have diabetes or any other medical condition.

**Contraindications:** Do not use if you have scleroderma.

**Drug Interactions:** Consult a healthcare practitioner prior to use if you are taking carbidopa or medications or natural health products with serotonergic activity. These may include, but are not limited to, L-tryptophan, 5-adenosylmethylthione (SAM-e), St. John's wort, antidepressants, painkillers, anti-nausea and anti-migraine medications, and over-the-counter cough and cold medications containing dextromethorphan.

**Side Effects:** May cause drowsiness, diarrhoea, nausea, vomiting, or abdominal pain. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness. Discontinue use and consult a healthcare practitioner if you show signs of weakness, oral ulcers, skin changes, or abdominal pain accompanied by severe muscle pain.

**B vitamins work synergistically to help the body use its carbs, fats and proteins in the most effective way and boost energy production.**
Bone Health Advanced
No. 194263
Helps to maintain bones, teeth, skin, muscles and immune function

Directions: Adults: take 2 capsules, 2 times per day with food. Take a few hours before or after taking other medications. For optimal results, take daily.

Drug Interactions: Consult a healthcare practitioner prior to use if you are taking blood thinners.

Medicinal Ingredients
Each vegetable capsule contains
- Elemental Calcium .......... 200mg
- Elemental Boron .......... 175mcg
- Elemental Magnesium ...... 86mg
- Elemental Zinc .......... 3mg
- Elemental Zinc Citrate
- Elemental Boron Citrate
- Vitamin K1 .......... 30mcg
- Vitamin D3 ............. 250IU
- Vitamin D3 Cholecalciferol
- Vitamin E ................. 400IU
- Vitamin D3 Cholecalciferol

D3 Softgels with organic coconut oil
No. 194264
Supports the development of bones and teeth

Directions: Adults: take 1 softgel per day with food.

Medicinal Ingredients
Each softgel contains
- Vitamin D3 ............. 1000IU
- Vitamin K2 ............... 120mcg
- Vitamin E ................. 400IU
- D-alpha-tocopherol

E
No. 194217
An antioxidant for the maintenance of good health

Directions: Adults: take 1 softgel per day.

Cautions: Consult a healthcare practitioner prior to use if you have cancer, cardiovascular disease, or diabetes.

Medicinal Ingredient
Each softgel contains
- Vitamin E ................. 400IU
- D-alpha-tocopherol

CoQ10
No. 194214
Promotes heart health

Directions: Adults: take 1 capsule per day.

Drug Interactions: Consult a healthcare practitioner prior to use if you are pregnant, breastfeeding, or taking blood pressure medication including blood thinners.

Medicinal Ingredient
Each capsule contains
- Coenzyme Q10 .......... 100mg
- Ubiquinone

D3+K2 Softgels with organic coconut oil
No. 194265
Supports the development of bones and teeth

Directions: Adults: take 1 softgel per day with food.

Drug Interactions:Consult a healthcare practitioner prior to use if you are taking blood thinners.

Medicinal Ingredients
Each softgel contains
- Vitamin D3 ............. 1000IU
- Vitamin K2 ............... 120mcg
- Vitamin D3 Cholecalciferol

Chromium
No. 194212
Provides support for healthy glucose metabolism

Directions: Adults: take 1 tablet per day.

Medicinal Ingredient
Each tablet contains
- Chromium ............... 500mcg
- Chromium yeast

Cold+Flu with andrographis and reishi
No. 194213
For symptomatic relief of colds, flus and upper respiratory tract infections

Directions: Adults: take 2 capsules, 2 times per day with food. Take at first sign of infection, a few hours before or after taking other medications. Consult a healthcare practitioner for use beyond 2 months.

Contraindications: Do not use if you are pregnant or breastfeeding, or if you have a bleeding disorder, excess stomach acid, oesophageal reflux, duodenal ulcers, or an allergy to reishi mushroom, echinacea, or any other member of the daisy family.

Cautions: Consult a healthcare practitioner prior to use if you have diabetes, an auto-immune disorder, or a progressive systemic disease such as tuberculosis, leukaemia, collagenosis, or multiple sclerosis, or if symptoms persist or worsen.

Drug Interactions: Consult a healthcare practitioner prior to use if you are taking immunosuppressants, digoxin, or blood thinners.

Side Effects: May cause irritated skin, nausea, or diarrhoea. Hypersensitivity has been known to occur - discontinue use if so.

Medicinal Ingredients
Each vegetable capsule contains
- Andrographis ............ 300mg
- Andrographis paniculata 4% andrographolides
- Whole herb extract
- Reishi Mushroom .......... 100mg
- Ganoderma lucidum 25% polysaccharides
- Whole extract
- Vitamin C ............... 100mg
- Ascorbic acid

- Echinacea .............. 87.5mg
- Echinacea purpurea 4:1 root extract
- Astragalus ............... 75mg
- Astragalus membranaceus 4:1 root extract
- American Ginseng ........ 60mg
- Panax quinquefolius 10:1 root extract
- Elemental Zinc .......... 2.5mg
- Citrate

108 softgels
### Estro Calm with indole-3-carbinol

**No. 194254**

Helps to support healthy estrogen metabolism

**Directions:** Adults: take 1-2 capsules per day.

**Contraindications:** Do not use if you are allergic to plants of the daisy family.

**Cautions:** Consult a healthcare practitioner prior to use if you are taking any medication, or if you have a medical condition or during use if symptoms worsen.

**Medicinal Ingredients**

Each vegetable capsule contains

- Lutein esters .................. 7.5mg
- Marigold flower
- Zeaxanthin ...................... 750mcg
- Marigold flower
- Astaxanthin .................... 500mcg
- Haematococcus pluvialis
- Black Currant .................. 200mg
- Ribes nigrum

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60 vegicaps

### Iron Complex with B and C vitamins

**No. 194253**

Helps to form red blood cells and prevent iron deficiency anaemia

**Directions:** Adults: take 1-2 capsules per day with food. Take a few hours before or after taking other medications.

**Side Effects:** May cause constipation, diarrhoea, or vomiting.

**Medicinal Ingredients**

Each vegetable capsule contains

- Elemental Iron ................. 20mg
- Vitamin B12 .................. 400mcg
- Methylcobalamin
- Vitamin C ...................... 450mg
- Elemental Magnesium .......... 42mg
- Ascorbic acid
- Vitamin B6 ..................... 25mg
- Elemental Copper ............. 35mcg
- Pyridoxal-5-phosphate
- Folic Acid .................... 200mcg
- Citrate

| Dairy free | Gluten free | Soy free | Vegan |

60 vegicaps

### Eye Health Advanced with lutein esters

**No. 194257**

A source of antioxidants for the maintenance of eye health

**Directions:** Adults: take 2 capsules per day with food containing oil/fat.

**Contraindications:** Do not use if you are allergic to plants of the daisy family.

**Cautions:** Consult a healthcare practitioner prior to use if you are attempting to conceive or if you have low estrogen, symptoms of low estrogen, a liver disorder.

**Medicinal Ingredients**

Each vegetable capsule contains

- Lutein esters .................. 7.5mg
- Marigold flower
- Zeaxanthin ...................... 750mcg
- Marigold flower
- Astaxanthin .................... 500mcg
- Haematococcus pluvialis
- Black Currant .................. 200mg
- Ribes nigrum

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60 vegicaps

### Ginkgo Biloba

**No. 194256**

Helps to improve memory and cognitive function in adults

**Directions:** Adults: take 2 capsules per day. Consult a healthcare practitioner for use beyond 6 weeks.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant, breastfeeding or taking medications or natural health products for high blood pressure, diabetes, or seizures.

**Drug Interactions:** Do not use if you are taking health products affecting blood coagulation, such as blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, and vitamin E, as they may increase the risk of spontaneous bleeding.

**Medicinal Ingredient**

Each capsule contains

- Ginkgo Biloba .................. 60mg
- Ginkgo biloba 50:1 leaf extract
- 24% flavoglycosides,
- 6% terpene lactones

| Dairy free | Gluten free | Vegan |

60 capsules

### Joint Relief with curcumin

**No. 194266**

Used as an anti-inflammatory to help relieve joint pain

**Directions:** Adults: take 1 capsule, 3 times per day between meals. Consult a healthcare practitioner for prolonged use.

**Contraindications:** Do not use if you are pregnant or breastfeeding.

**Cautions:** Consult a healthcare practitioner prior to use if you are having surgery, or if you have a medical condition including gallstones, a bile duct obstruction, gastrointestinal lesions or ulcers, or excess stomach acid.

**Drug Interactions:** Consult a healthcare practitioner prior to use if you are taking any medication including antibiotics, anticoagulants or antiplatelet medications.

**Side Effects:** In case of hypersensitivity, nausea, vomiting or diarrhoea, discontinue use.

**Medicinal Ingredients**

Each vegetable capsule contains

- Curcumin ..................... 400mg
- Bromelain .................... 60mg* (equiv. to 800,000 FCC papain units)
- Curcuma longa
- Lecithin ....................... 125mg
- 20% phosphatidylcholine

| Dairy free | Gluten free | Soy free | Vegan |

45 vegicaps

### L-Theanine with magnesium

**No. 194252**

Helps to temporarily promote relaxation

**Directions:** Adults: take 1 capsule per day.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal Ingredients**

Each vegetable capsule contains

- L-Theanine .................... 250mg
- Elemental Magnesium ........ 20mg
- Bilecynamate

| Dairy free | Gluten free | Soy free | Vegan |

60 vegicaps
Omega-3 Fish Oil softgels

Promotes heart health

No. 194243

Directions: Adults: take 1 softgel, 3 times per day after each meal.

Medicinal Ingredient
Each softgel contains
Wild Fish Oil Blend ............. 1,000mg
Sardine, anchovy

Omega-3 Fatty Acids:
EPA .................................. 400mg
DHA .................................. 200mg
Eicosapentaenoic acid
Docosahexaenoic acid

90 softgels

---

Prenatal Multi

No. 194249

Helps to reduce the risk of neural tube defects in pregnancy

Directions: Adult women: take 1 capsule, 3 times per day with food. Take a few hours before or after taking other medications.

Cautions: Consult a healthcare practitioner prior to use if you have a medical condition.

Drug Interactions: Consult a healthcare practitioner prior to use if you are taking blood thinners.

Medicinal Ingredients
Each vegetable capsule contains
Beta-carotene .................... 1,667IU
Natural
Vitamin C ...................... 66.7mg
Ascorbic acid
Vitamin D3 .................... 333IU
Cholecalciferol
Vitamin E ..................... 16.7IU
D-alpha
Vitamin K1 .................... 30mcg
Phytomenadione
Vitamin B1 ..................... 5mg
Thiamine hydrochloride
Vitamin B2 ..................... 5mg
Riboflavin
Vitamin B3 .................... 10mg
Niacinamide
Vitamin B5 ..................... 5mg
D-pantothenic acid
Vitamin B6 .................... 16.7mg
Pyridoxine hydrochloride
Biotin ............................ 10mcg
Folate .......................... 333mcg
Folic Acid
Vitamin B12 ................... 333mcg
Methylcobalamin

Folic acid is necessary to prevent neural tube defects which occur in the first four weeks of pregnancy.

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Probiotic Powder for toddlers through teens

No. 194247

Temporarily modifies intestinal flora

Directions: Dissolve powder in liquid. Take with food, at least 2-3 hours before or after taking antibiotics. Ages 1-2: ¼ teaspoon, 1 time per day; ages 3-5: ¼ teaspoon, 2 times per day; ages 6-11: ¼ teaspoon, 3 times per day; ages 12 and over: ½ teaspoon, 2 times per day. No refrigeration required.

Contraindications: Do not use if you have an immune-compromised condition such as AIDS or lymphoma. This product has come into contact with milk and soy. Do not use if you are allergic to dairy or soy products.

Cautions: Consult a healthcare practitioner prior to use if you have nausea, fever, vomiting, bloody diarrhoea, or severe abdominal pain.

Drug Interactions: Do not use if you are undergoing long-term corticosteroid treatment.

Side Effects: Discontinue use and consult a healthcare practitioner if symptoms of digestive upset, such as diarrhoea, occur, worsen, or persist beyond 3 days.

Medicinal Ingredients
Each ¼ teaspoon contains
L.rhamnosus .................. 1.194 billion CFU
B.breve ..................... 0.120 billion CFU
L.plantarum ............ 0.780 billion CFU
B.bifidum .................. 0.102 billion CFU
B.longum .................. 0.300 billion CFU
B.infantis .................. 0.102 billion CFU
L.acidophilus ............ 0.300 billion CFU
L.helveticus ............. 0.102 billion CFU
Choline ....................... 8.3mg
Laminaria digita
Ascosphyllum nodosum
Elemental Calcium ........ 83.3mcg
Elemental Chromium ...... 66.6mcg
Elemental Copper .......... 333mcg
Elemental Iron .......... 73.3mcg
Elemental Iodine ...... 73.3mcg
Elemental Magnesium .... 33.3mcg
Elemental Manganese .... 666mcg
Elemental Molybdenum .... 16.7mcg
Elemental Selenium ...... 20mcg
Elemental Zinc .......... 5mg

100 g

---

Probiotics for adults

No. 194248

Temporarily modifies intestinal flora

Directions: Adults: take 1-2 capsules per day with food. Take at least 2-3 hours before or after taking antibiotics. No refrigeration required.

Contraindications: Do not use if you have an immune-compromised condition such as AIDS or lymphoma. This product has come into contact with milk and soy. Do not use if you are allergic to dairy or soy products.

Cautions: Consult a healthcare practitioner prior to use if you are experiencing nausea, fever, vomiting, bloody diarrhoea, or severe abdominal pain.

Drug Interactions: Do not use if you are undergoing long-term corticosteroid treatment.

Side Effects: Discontinue use and consult a healthcare practitioner if symptoms of digestive upset, such as diarrhoea, occur, worsen, or persist beyond 3 days.

Medicinal Ingredients
Each vegetable capsule contains
L.plantarum .................. 4.62 billion CFU
B.bifidum .................. 2.10 billion CFU
L.rhamnosus ............ 3.78 billion CFU
B.longum .................. 2.10 billion CFU
L.acidophilus ............ 1.40 billion CFU
B.infantis .................. 1.40 billion CFU

45 vegicaps

---

Omega-3 Fish Oil softgels

Promotes heart health

No. 194243

Directions: Adults: take 1 softgel, 3 times per day after each meal.

Medicinal Ingredient
Each softgel contains
Wild Fish Oil Blend ............. 1,000mg
Sardine, anchovy

Omega-3 Fatty Acids:
EPA .................................. 400mg
DHA .................................. 200mg
Eicosapentaenoic acid
Docosahexaenoic acid

90 softgels

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Prenatal Multi

No. 194249

Helps to reduce the risk of neural tube defects in pregnancy

Directions: Adult women: take 1 capsule, 3 times per day with food. Take a few hours before or after taking other medications.

Cautions: Consult a healthcare practitioner prior to use if you have a medical condition.

Drug Interactions: Consult a healthcare practitioner prior to use if you are taking blood thinners.

Medicinal Ingredients
Each vegetable capsule contains
Beta-carotene .................... 1,667IU
Natural
Vitamin C ...................... 66.7mg
Ascorbic acid
Vitamin D3 .................... 333IU
Cholecalciferol
Vitamin E ..................... 16.7IU
D-alpha
Vitamin K1 .................... 30mcg
Phytonadione
Vitamin B1 ..................... 5mg
Thiamine hydrochloride
Vitamin B2 ..................... 5mg
Riboflavin
Vitamin B3 .................... 10mg
Niacinamide
Vitamin B5 ..................... 5mg
D-pantothenic acid
Vitamin B6 .................... 16.7mg
Pyridoxine hydrochloride
Biotin ............................ 10mcg
Folate .......................... 333mcg
Folic Acid
Vitamin B12 ................... 333mcg
Methylcobalamin

Folic acid is necessary to prevent neural tube defects which occur in the first four weeks of pregnancy.

---

Probiotic Powder for toddlers through teens

No. 194247

Temporarily modifies intestinal flora

Directions: Dissolve powder in liquid. Take with food, at least 2-3 hours before or after taking antibiotics. Ages 1-2: ¼ teaspoon, 1 time per day; ages 3-5: ¼ teaspoon, 2 times per day; ages 6-11: ¼ teaspoon, 3 times per day; ages 12 and over: ½ teaspoon, 2 times per day. No refrigeration required.

Contraindications: Do not use if you have an immune-compromised condition such as AIDS or lymphoma. This product has come into contact with milk and soy. Do not use if you are allergic to dairy or soy products.

Cautions: Consult a healthcare practitioner prior to use if you have nausea, fever, vomiting, bloody diarrhoea, or severe abdominal pain.

Drug Interactions: Do not use if you are undergoing long-term corticosteroid treatment.

Side Effects: Discontinue use and consult a healthcare practitioner if symptoms of digestive upset, such as diarrhoea, occur, worsen, or persist beyond 3 days.

Medicinal Ingredients
Each ¼ teaspoon contains
L.rhamnosus .................. 1.194 billion CFU
B.breve ..................... 0.120 billion CFU
L.plantarum ............ 0.780 billion CFU
B.bifidum .................. 0.102 billion CFU
B.longum .................. 0.300 billion CFU
B.infantis .................. 0.102 billion CFU
L.acidophilus ............ 0.300 billion CFU
L.helveticus ............. 0.102 billion CFU
Choline ....................... 8.3mg
Laminaria digita
Ascosphyllum nodosum
Elemental Calcium ........ 83.3mcg
Elemental Chromium ...... 66.6mcg
Elemental Copper .......... 333mcg
Elemental Iron .......... 73.3mcg
Elemental Iodine ...... 73.3mcg
Elemental Magnesium .... 33.3mcg
Elemental Manganese .... 666mcg
Elemental Molybdenum .... 16.7mcg
Elemental Selenium ...... 20mcg
Elemental Zinc .......... 5mg

100 g

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Probiotics for adults

No. 194248

Temporarily modifies intestinal flora

Directions: Adults: take 1-2 capsules per day with food. Take at least 2-3 hours before or after taking antibiotics. No refrigeration required.

Contraindications: Do not use if you have an immune-compromised condition such as AIDS or lymphoma. This product has come into contact with milk and soy. Do not use if you are allergic to dairy or soy products.

Cautions: Consult a healthcare practitioner prior to use if you are experiencing nausea, fever, vomiting, bloody diarrhoea, or severe abdominal pain.

Drug Interactions: Do not use if you are undergoing long-term corticosteroid treatment.

Side Effects: Discontinue use and consult a healthcare practitioner if symptoms of digestive upset, such as diarrhoea, occur, worsen, or persist beyond 3 days.

Medicinal Ingredients
Each vegetable capsule contains
L.plantarum .................. 4.62 billion CFU
B.longum .................. 2.10 billion CFU
L.rhamnosus ............ 3.78 billion CFU
B.lactis ..................... 1.40 billion CFU
L.acidophilus ............ 1.40 billion CFU

45 vegicaps

---
Sleep with magnesium + GABA & melatonin  
No. 194273

Used to reduce the time needed to fall asleep

**Directions:** Adults: Take 1 to 2 capsules before bedtime or as directed by a healthcare practitioner. Do not drive or use machinery for 5 hours after taking melatonin. Consult a healthcare practitioner for use beyond 4 weeks or if symptoms of chronic insomnia worsen or persist continuously for more than 4 weeks.

**Contraindications:** Do not use if you are pregnant or breastfeeding.

**Cautions:** Consult a healthcare practitioner prior to use if you have any chronic condition, or if sleeplessness persists for more than 3 months.

**Drug Interactions:** Consult a healthcare practitioner prior to use if you are taking anticoagulant, anticonvulsant, steroids, or blood pressure/immunosuppressive/sedative/hypnotic/psychotropic medications. Consult a healthcare practitioner prior to use if you have a history of non-melanoma skin cancer or any other medical condition. Provides the Health Canada maximum daily dosage of selenium for adults (400 mcg). Consult a healthcare practitioner prior to taking additional selenium.

**Side Effects:** Rare allergic reactions and mild gastrointestinal symptoms (nausea, vomiting, or cramping) have been known to occur - discontinue use if so.

**Medicinal Ingredients**
Each capsule contains
- Magnesium 125mg
- GABA 100mg
- melatonin 2.5 mg

Dairy free  Gluten free  Soy free

90 capsules

---

Thyroid Health with iodine and tyrosine  
No. 194248

Supports the function of the thyroid gland

**Directions:** Adults: take 2 capsules per day.

**Contraindications:** Do not use if you are pregnant or breastfeeding.

**Cautions:** Consult a healthcare practitioner prior to use if you are following a low protein diet or if you have a history of non-melanoma skin cancer or any other medical condition. Provides the Health Canada maximum daily dosage of selenium for adults (400 mcg). Consult a healthcare practitioner prior to taking additional selenium.

**Drug Interactions:** Consumption with alcohol or other medications or natural health products with sedative properties is not recommended.

**Medicinal Ingredients**
Each vegetable capsule contains
- L-Tyrosine 450mg
- Ashwagandha 100mg
- Withania somnifera 7.5mg
- L-Tyrosine 450mg
- Citrate

Dairy free  Gluten free  Soy free

60 vegicaps

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Stress with B vitamins and ashwagandha  
No. 194245

Helps to manage oxidative stress and temporarily promotes relaxation

**Directions:** Adults: take 1 capsule, 2 times per day. Consult a healthcare practitioner for use beyond 3 months.

**Contraindications:** Do not use if you are pregnant or breastfeeding.

**Cautions:** Consult a healthcare practitioner prior to use if you have any chronic condition, or if sleeplessness persists for more than 3 weeks.

**Drug Interactions:** Consult a healthcare practitioner prior to use if you are taking any medications. Consult a healthcare practitioner prior to use if you are following a low protein diet or if you have a history of non-melanoma skin cancer or any other medical condition. Provides the Health Canada maximum daily dosage of selenium for adults (400 mcg). Consult a healthcare practitioner prior to taking additional selenium.

**Side Effects:** Hypersensitivity has been known to occur - discontinue use if so. May cause drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness.

**Medicinal Ingredients**
Each capsule contains
- Ashwagandha 150mg
- Withania somnifera 5.1 root extract 1.5% withanolides
- Passionflower 75mg
- Passiflora incarnata 6:1 herb top extract 3.5% vitexin
- Lemon Balm 20mg
- Melissa officinalis 8:1 herb top extract 5% rosmarinic acid
- Vitamin C 250mg
- Ascorbic acid
- Vitamin B1 25mg
- Thiamine hydrochloride
- Vitamin B2 25mg
- Riboflavin
- Vitamin B3 25mg
- Niacinamide
- Pantothenic Acid 25mg
- Calcium D-pantothenate
- Vitamin B6 25mg
- Pyridoxine hydrochloride
- Folic Acid 300mcg
- Vitamin B12 250mcg
- Cyanocobalamin
- Grape Seed Extract 5mg
- Vitis vinifera
- L-Tyrosine 450mg
- Citrate

Dairy free  Gluten free  Soy free

60 capsules

Zinc citrate with vitamin C  
No. 194234

Helps to maintain immune function and prevent zinc deficiency

**Directions:** Adults: take 1 capsule per day with food. Take a few hours before or after taking other medications.

**Side Effects:** Zinc supplementation can cause copper deficiency.

**Medicinal Ingredient**
Each capsule contains
- Elemental Zinc 50mg
- Vitamin C 400mg

Dairy free  Gluten free  Soy free

90 capsules

---

Selenium is found in greatest concentrations in the thyroid gland and helps to convert T4 to T3.
Medicine should be this simple.

Dumbfounding directions. Staggering side effects. Names that just don’t make sense. Why does medicine have to be this challenging?

Orange Naturals products are designed to be easy to use and easy to understand. Because we believe medicine should be safe, effective and accessible for everyone.

Rethink your medicine cabinet.™

Over 100 family-friendly naturopathics for adults and for kids!
Crafted in Canada  Designed by Naturopathic Doctors  oranegenaturals.com
Orange Naturals
Magnesium Family

If you want to include more magnesium in your daily regimen, turn to Orange Naturals as a trusted source of pure magnesium glycinate. Glycinate is the superior form of magnesium due to its unsurpassed bioavailability and gentleness on the bowels.

Optimal form - optimal delivery
Choose **capsules**, pristine **powder** and now, a tasty **effervescent drink**!

### Magnesium Glycinate Capsules
Consumer-friendly vegetable capsules in 180 or 200mg potencies. Choose the potency and count size that works for you.

<table>
<thead>
<tr>
<th>Product</th>
<th>No.</th>
<th>Potency</th>
<th>Directions</th>
<th>Medicinal Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Magnesium Glycinate 200 Capsule</td>
<td>194267</td>
<td>200mg</td>
<td>Adults: take 1 capsule per day.</td>
<td>Each vegetable capsule contains Magnesium ............................. 200mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Magnesium glycate blend (magnesium oxide, magnesium glycinate chelate, glycine)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dairy free</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>90 vegicaps</td>
</tr>
<tr>
<td>Magnesium Glycinate 180 Capsule</td>
<td>194251</td>
<td>180mg</td>
<td>Adults: take 1 capsule per day.</td>
<td>Each vegetable capsule contains Magnesium ............................. 180mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Magnesium glycate blend (magnesium oxide, magnesium glycinate chelate, glycine)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dairy free</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>60 vegicaps</td>
</tr>
<tr>
<td>Magnesium Glycinate 200 Powder</td>
<td>194269</td>
<td></td>
<td>Dissolve product in liquid, or take as directed</td>
<td>1 rounded scoop (1g) contains Magnesium ............................. 200mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>by a health care practitioner. Children: Ages</td>
<td>Magnesium glycate blend (magnesium oxide, magnesium glycinate chelate, glycine)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1-3 years: 1 scoope per day; ages 4-8 years: ½</td>
<td>Dairy free</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>scoop per day; Adolescents: ages 9-18 years: 1</td>
<td>90g powder</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>rounded scoop per day; Adults: 1-2 rounded scoops per day.</td>
<td></td>
</tr>
</tbody>
</table>

### Magnesium Glycinate Powder
Delivering a significant 200mg of pure magnesium in a mild-tasting, easy to mix and administer format, magnesium glycinate powder is great for everyone from toddlers to adults or for those who have difficulty swallowing capsules or tablets.
MagPop! Magnesium glycinate
No. 194271
Great for maintaining health & metabolism

Directions: Children age 4-8 years: take 1 packet daily. Empty contents into a glass and add 150 to 250ml of water, or to taste. Watch the fizz and enjoy! Age 9 years and up: take 1 packet, 1 to 2 times per day.

Medicinal Ingredient
Each packet contains
Magnesium ................... 100mg
Magnesium glycinate blend (magnesium oxide, magnesium glycinate chelate, glycine)
Vitamin C ..................... 325mg
Ascorbic acid

Dairy free  Gluten free  Soy free  Vegan

35 packets

MagPop! Effervescent Drink Mix
Great tasting Tangy Orange flavour, with pure magnesium, Vitamin C and electrolytes in a convenient single serve packet. Suitable for adults and kids 4 years and up. (See page 50 for details).

Magnesium glycinate can help regulate stress hormones and calm the nervous system. It also provides energy by recycling ATP and is a great sleep aid since it enhances the activity of GABA and production of melatonin.
MagPop!

Magnesium Glycinate
Effervescent Drink Mix

This multi-tasking mineral is essential for your overall health. From bone building and muscle function to protein synthesis and cellular metabolism, magnesium is used by your body in over 800 different ways!

Get more of the magnesium you need in a fun, convenient drink mix.

The best kind of magnesium.

Our magnesium is bound to the amino acid l-glycine for the best bioavailability for your body. Because it can be absorbed directly through the intestinal walls, magnesium glycinate is absorbed faster and at a higher rate than other forms like magnesium oxide and magnesium citrate.

Enjoy what’s in it and what’s not.

Quench your thirst with pure magnesium, vitamin C and electrolytes without any added sugar, artificial colours or flavours.

<table>
<thead>
<tr>
<th>100mg Magnesium</th>
<th>325mg Vitamin C</th>
</tr>
</thead>
<tbody>
<tr>
<td>After a workout</td>
<td>Before bed</td>
</tr>
<tr>
<td>On the road</td>
<td>For good health!</td>
</tr>
</tbody>
</table>

NON MEDICINAL INGREDIENTS: citric acid, tartaric acid, sodium bicarbonate,*calcium carbonate,*potassium carbonate, stevia, xylitol, maltodextrin, silicon dioxide, quercetin, beta-carotene, orange juice powder, natural orange flavour. *Provides electrolytes.

Vegan Soy free Gluten free Nut free Sugar free No artificial colours & flavours

for ages 4 and up trymagpop.ca
Pop that's good for you.

Taking magnesium is a big favour to your body. And now, there’s a refreshingly fun, fizzy way to get it. Introducing MagPop!, a new magnesium infused effervescent drink that dispenses an ample dose of magnesium, vitamin C and electrolytes with every serving. All you have to do is add water, watch the fizz and enjoy!
Product guide

**Allergy relief**

Tinctures
Allergy Relief (herbal remedy)
Eucalyptus
Eucalyptus (oil)
Peppermint
Cinnamon
Fenugreek
Calm Nerves (herbal remedy)

Supplements
Iron Complex
Zinc
Magnesium

**Anaemia**

Homeopathic Remedies
Fatigue
Iron Builder for Blood

Supplements
Iron
Zinc

**Antioxidants**

Supplements
E
Lycopene
Selenium
Amino Acid Complex

**Appetite support**

Tinctures
Digestion=Appetite for kids (herbal remedy)
Saw Palmetto
Catnip
Ginger

Supplements
Zinc
Fenugreek
Lemongrass

**Arthritis**

Tinctures
Devil’s Claw
Joint Pain (herbal remedy)
Tumeric

Supplements
Joint Relief

**Blood sugar**

Tinctures
Cinnamon
Fenugreek
Ginseng (american & panax)
ND Shake*
ND Shake Men
ND Shake Women

Supplements
ALA alpha-lipoic acid
Chromium

**Bone health**

Homeopathic Remedies
Teething for kids
ND Shake Women
ND Shake Kids

Supplements
Bone Health Advanced
Magnesium Powder

**Cough relief**

Tinctures
Cold Relief (herbal remedy)
Cough+ Cold (herbal remedy)
Cough+ Cold for kids (herbal remedy)
Cough Relief (herbal remedy)
Fennel
Ginger
Holy Basil
Licorice
Lungwort
Mucous Relief (herbal remedy)
Thyme

Homeopathic Remedies
Cough+ Cold Night
Dry Cough
Earache for kids
Fever for kids
K1 (formerly Cold+Flu for kids)
K2 (formerly Dry Cough for kids)
K3 (formerly Cough+Cold Night for kids)
K4 (formerly Wet Cough for kids)
Lymph Relief
Sinus
Wet Cough

**Constipation relief**

Tinctures
Cascara Sagrada
Constipation (herbal remedy)
Liver Health (herbal remedy)

Homeopathic Remedies
Constipation for kids

Supplements
Probiotic Powder (toddler to teen)
Probiotic (for adults)
Magnesium Powder

**Corticosteroids**

Supplements
Probiotic Powder (for adults)

**Digestive support**

Tinctures
Artichoke
Calm for kids (herbal remedy)
Calm Nerves (herbal remedy)
Catnip
Chamomile
Cinnamon
Constipation (herbal remedy)
Dandelion
Devil’s Claw
Digestion (herbal remedy)
Digestion+Appetite for kids (herbal remedy)
Fennel
Fenugreek
Gentian
Ginger
Ginseng (american)
Goldenseal
Hops
Lemon Balm
Licorice
Milk Thistle
Peppermint

Homeopathic Remedies
Appetite for kids
Calm for kids
Calm for kids
Constipation for kids
Diarrhoea
Diarrhoea for kids
Digestion
Digestion for kids
Food Intolerances
Food Intolerances for kids
Gallbladder
Nausea+Vomiting
Nausea+Vomiting for kids

Supplements
Probiotic Powder (toddler to teen)
Probiotics (for adults)

**Diuretic**

Tinctures
Burdock
Dandelion
Digestion (herbal remedy)
Liver Health (herbal remedy)
Lungwort
Saw Palmetto
Stinging Nettle (herb top & root)

Homeopathic Remedies
Kidney Stones

**Energy support**

Tinctures
Ashwagandha
Cold Relief (herbal remedy)
Ginseng (panax & siberian)
Holy Basil
Stress (herbal remedy)
Rhodiola
Stinging Nettle (root)

Homeopathic Remedies
Fatigue
Fibromyalgia
Iron Builder for Blood
Jet Lag
Lidido for Men
Lidido for Women

**Hormone support**

Tinctures
Libido for Women
Libido for Men

Supplements
Probiotic Powder (toddler to teen)
Probiotic for adults

**Homeopathic Remedies**

Bites+Stings
Calm Nerves (herbal remedy)
Catnip
Lungwort

**Joint Pain**

Homeopathic Remedies
Stinging Nettle (herb top)

Supplements
Gentian
Dandelion
Burdock

**Lymph Relief**

Homeopathic Remedies
Milk Thistle
Liver Health (herbal remedy)
Digestion (herbal remedy)

Supplements
Lymph Relief

**Magnesium**

Supplements
Magnesium Powder
Magnesium Capsule
Probiotic (for adults)
Probiotic Powder (toddler to teen)

**Nausea+Vomiting**

Supplements
Probiotic Powder (toddler to teen)

**Pain**

Homeopathic Remedies
Allergy Relief (herbal remedy)

Supplements
Peppermint
Milk Thistle
Licorice
Lemon Balm
Goldenseal

**Peptic ulcer**

Supplements
Peppermint
Milk Thistle
Licorice
Lemon Balm
Goldenseal

**Probiotic**

Supplements
Probiotic Powder (toddler to teen)
Probiotic Powders (for adults)

**Prostate**

Tinctures
Burdock
BPH

Supplements
Saw Palmetto
Dandelion

**Sex hormone support**

Tinctures
Libido for Men
Libido for Women

Supplements
Libido for Men
Libido for Women

**Skin**

Tinctures
Bite+Stings for kids

Supplements
Bite+Stings Cream

**Sperm**

Homeopathic Remedies

Supplements
Bite+Stings Cream

**Stress**

Tinctures
Stress (herbal remedy)

Supplements
Stress (herbal remedy)

**Teething**

Homeopathic Remedies
Teething for kids

Supplements
MagPop!

**Urinary tract infection**

Supplements
Probiotic Powder (toddler to teen)

**Vomiting**

Supplements
Probiotic Powder (toddler to teen)

**Yeast**

Supplements
Probiotic Powder (toddler to teen)

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52
ND Shake®
ND Shake Men
ND Shake Women

Supplements
Adult Multi
Advanced B-Complex
Stress
Thyroid Health

Excess perspiration
Tinctures
Sage

Eye health
Tinctures
Bilberry
Eyebright
Hayfever+Sinus (herbal remedy)

Supplements
ALA alpha-lipoic acid
Eye Health Advanced

Fatigue relief
See energy support

First aid
Homeopathic Remedies
Bites+Stings
Bites+Stings for kids
Bumps+Bruises
Bumps+Bruises for kids

Homeopathic Creams
Bites+Stings Cream
Burn Relief Cream
Joint Pain Cream
Pain Relief Cream

General health
Tinctures
Green Tea

Homeopathic Remedies
Calm Flights
Grief
Iron Builder for Blood

ND Shake®
ND Shake Men
ND Shake Women
ND Shake Kids

Supplements
Adult Multi
Advanced B-Complex
ALA alpha-lipoic acid
MagPop!
CoQ10
D3 Drops
D3 Softgels
E
Eye Health Advanced
Magnesium Capsule
Magnesium Powder
MagPop!
Omega-3 Fish Oil

Immune support
Tinctures
Astragalus
Cough+Cold (herbal remedy)

Homeopathic Remedies
Cough+Cold Night
Dry Cough
K1 (formerly Cold+Flu for kids)
K2 (formerly Dry Cough for kids)
K3 (formerly Cough+Cold Night for kids)
K4 (formerly Wet Cough for kids)
K5 (formerly Cold+Flu for kids)
K6 (formerly Dry Cough for kids)

Joint pain
Tinctures
Cold Relief (herbal remedy)

Homeopathic Remedies
Bumps+Bruises
Bumps+Bruises for kids
Ointment

 Supplements
Joint Relief

Kid's health
Tinctures
Calm for kids (herbal remedy)

Homeopathic Remedies
Bedwetting for kids
Bites+Stings for kids
Bumps+Bruises for kids
Calm for kids
Colic for kids
Constipation for kids
Diarrhoea for kids
Digestion for kids
Earache for kids
Eczema for kids
Fever for kids
Food Intolerances for kids
Focus for kids
K1 (formerly Cold+Flu for kids)
K2 (formerly Dry Cough for kids)

Memory support
Homeopathic Remedies
Focus
Focus for kids

Supplements
Ginkgo Biloba
Omega-3 Fish Oil

Men's health
Tinctures
Hawthorn
Heart Health (herbal remedy)
Saw Palmetto
Singing Nettle (root)

Homeopathic Remedies
Lilium for Men
Snooring

Homeopathic Creams
Warts Relief Cream

Inflammation
Tinctures
Goldenseal
Licorice
Turmeric

Homeopathic Remedies
Bites+Stings
Bites+Stings for kids
Bumps+Bruises
Bumps+Bruises for kids
Earache for kids
Eczema
Eczema for kids
Gallbladder
Gout
Kidney Stones
Lymph Relief
Migraines+Headaches
Sciatica

Homeopathic Remedies
Bites+Stings Cream
Burn Relief Cream
Eczema Relief Cream
Haemorrhoid Relief Cream
Joint Pain Cream
Pain Relief Cream

Supplements
Joint Relief

Liver health
Tinctures
Astragalus
Digestion (herbal remedy)
Gentian
Liver Health (herbal remedy)
Menopause (herbal remedy)
Milk Thistle

Homeopathic Remedies
Gallbladder
Gout

Supplements
D3 Drops for kids
Magnesium Powder
MagPop!
Probiotic Powder (toddler to teen)

Lung health
Tinctures
Astragalus
Cough Relief (herbal remedy)
Immune Health (herbal remedy)

Homeopathic Remedies
Dry Cough
K1 (formerly Cold+Flu for kids)
K2 (formerly Dry Cough for kids)
K3 (formerly Cough+Cold Night for kids)
K4 (formerly Wet Cough for kids)

Supplements
Estro Calm with I-3-C

Homeopathic Remedies
Haemorrhoid Relief Cream

Joint pain
Tinctures
Cold Relief (herbal remedy)

Homeopathic Remedies
Bumps+Bruises
Bumps+Bruises for kids
Ointment

Supplements
Joint Relief

Kid’s health
Tinctures
Calm for kids (herbal remedy)

Homeopathic Remedies
Bedwetting for kids
Bites+Stings for kids
Bumps+Bruises for kids
Calm for kids
Colic for kids
Constipation for kids
Diarrhoea for kids
Digestion for kids
Earache for kids
Eczema for kids
Fever for kids
Food Intolerances for kids
Focus for kids
K1 (formerly Cold+Flu for kids)
K2 (formerly Dry Cough for kids)

Memory support
Homeopathic Remedies
Focus
Focus for kids

Supplements
Ginkgo Biloba
Omega-3 Fish Oil

Men’s health
Tinctures
Hawthorn
Heart Health (herbal remedy)
Saw Palmetto
Singing Nettle (root)

Homeopathic Remedies
Lilium for Men
Snooring
Menopause relief
Tinctures
Black Cohosh
Chaste Tree
Dong Quai
Menopause (herbal remedy)
Sage
Homeopathic Remedies
Lidibo for Women
Menopause

Menstrual pain relief
See PMS relief

Mental performance
See mind support

Metabolism
Tinctures
Iodine
Homeopathic Remedies
Acne Control Cream
ND Shake
ND Shake Men

Migraine relief
See headache relief

Mind support
Tinctures
Ashwagandha
Ginseng (panax & siberian)
Rhodiola
Stress (herbal remedy)
St. John’s Wort
Valerian

Homeopathic Remedies
Calms Flights
Fatigue
Focus
Focus for kids
Stress + Calm
Vertigo
Worry + Fear for kids

Supplements
5-HTP (5-hydroxytryptophan)
Ginkgo Biloba
Omega Fish Oil
Stress

Mood support
Tinctures
St. John’s Wort
Stress (herbal remedy)

Homeopathic Remedies
Calm Flights
Focus
Focus for kids
Grief
Lidibo for Men
Lidibo for Women
Menopause
PMS + Cramps
Stress + Calm
Worry + Fear for kids

Supplements
5-HTP (5-hydroxytryptophan)
Advanced B-Complex
Magnesium Capsule
Magnesium Powder
MagPop!
Omega Fish Oil
Sleep
Sleep with magnesium

Muscle recovery
Homeopathic Remedies
Bumps + Bruises
Bumps + Bruises for kids
Fibromyalgia

Homeopathic Remedies
Joint Pain Cream
Pain Relief Cream

Supplements
Magnesium Capsule
Magnesium Powder
MagPop!

Nausea relief
Tinctures
Digestion (herbal remedy)
Digestion + Appetite for kids (herbal remedy)
Gentian
Ginger
Peppermint

Homeopathic Remedies
Digestion
Digestion for kids
Nausea + Vomiting
Nausea + Vomiting for kids
Vertigo

Homeopathic Remedies
Fatigue

Homeopathic Remedies
Joint Pain Cream
Pain Relief Cream

Supplements
Magnesium Capsule
Magnesium Powder
MagPop!
Stress

Nervous relief
See stress

Night sweats
Tinctures
Black Cohosh
Menopause (herbal remedy)
Sage

Homeopathic Remedies
Menopause

Pain relief
Tinctures
California Poppy
Devil’s Claw
Joint Pain (herbal remedy)
Turmeric

Homeopathic Remedies
Bites + Stings
Bites + Stings for kids
Bumps + Bruises
Bumps + Bruises for kids
Colic for kids
Earache for kids
Eczema
Eczema for kids
Fever
Fibromyalgia
Gallbladder
Gout
Kidney Stones
Lymph Relief
Migraines + Headaches
PMS + Cramps
Sciatica
Sinus
Teething for kids

Supplements
5-HTP (5-hydroxytryptophan)
Joint Relief

Physical performance
Tinctures
Cold Relief (herbal remedy)
Holy Basil
Ginseng (panax & siberian)
Stress (herbal remedy)
Rhodiola

Homeopathic Remedies
Fatigue

Homeopathic Remedies
Joint Pain Cream
Pain Relief Cream

Supplements
Magnesium Capsule
Magnesium Powder
MagPop!

PMS relief
Tinctures
Black Cohosh
Calm + Sleep (herbal remedy)
Chaste Tree
Dong Quai
Fern
PMS (herbal remedy)
Red Raspberry
Sage
Skullcap

Homeopathic Remedies
Eczema

Supplements
MagPop!

Sleep aid
Tinctures
California Poppy
Calm + Sleep (herbal remedy)
Chamomile
Hops
Lemon Balm
Menopause (herbal remedy)
Passionflower
Skullcap
Valerian
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<tr>
<th><strong>Homeopathic Remedies</strong></th>
<th><strong>Supplements</strong></th>
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<td>ND Shake Women</td>
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<td>Cough+Cold Night</td>
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<td>Jet Lag</td>
<td>Bone Health Advanced</td>
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<tr>
<td>K3 (formerly Cough+Cold Night for kids)</td>
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<td>D3+K2 Softgels</td>
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<tr>
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<td>Estro Calm with I-3-C</td>
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<td>Ginseng (panax &amp; siberian)</td>
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<td>Black Cohosh</td>
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<td>Calm+Sleep (herbal remedy)</td>
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<tr>
<td>Stress</td>
<td>Chaste Tree</td>
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<td><strong>Thyroid support</strong></td>
<td>Dong Quai</td>
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<td><strong>Tinctures</strong></td>
<td>Fennel</td>
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<td>Ashwagandha</td>
<td>Menopause (herbal remedy)</td>
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<td>Supplements</td>
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<td><strong>Supplements</strong></td>
<td>PMS+Cramps</td>
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### Contraindications/drug interactions

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<th>Alcohol</th>
<th>Anticoagulants/Blood Thinners</th>
<th>Antidepressants (SSRI)</th>
<th>Antineoplastics/Chemotherapeutic Agents</th>
<th>Antitussive (dextromethorphan)</th>
<th>Anti-inflammatories</th>
<th>Antihistamines</th>
<th>Anxiolytic</th>
<th>Antihypertensives</th>
<th>Cholesterol Lowering Medication</th>
<th>Corticosteroids</th>
<th>Diuretics (thiazide)</th>
<th>Dopamine Agonists (carbidopa)</th>
<th>Enzyme Inhibitors</th>
<th>Immunosuppressants</th>
<th>Laxatives</th>
<th>Laxatives (osmotic)</th>
<th>Synthetic Hormones (anabolic and sex)</th>
<th>Thyroid Hormone</th>
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*Cinnamon is contraindicated with acetaminophen.

**Red raspberry is contraindicated with methylxanthines: theophylline and ephedrine.
| TINCTURES                     | Alcohol | Analgesics | Antihistamines/Decongestants | Anticoagulants/Blood Thinners | Antidepressants (SSRI) | Antimicrobials | Antineoplastics/Chemotherapeutic Agents | Antiviral Agents | Antithrombotic Agents | Antithrombin | Anti-inflammatory | Antioxidants/Anti-free radicals | Arnica | Arsenic | Antineoplastic | Aspirin | Antineoplastic | Antineoplastic | Arterial | Arterial | Arterial | Arterial | Arterial | Arterial | Anticoagulant | Anticoagulant | Anticoagulant | Anticoagulant |
|------------------------------|---------|------------|------------------------------|------------------------------|-----------------------------|-----------------|----------------|---------------------------------|----------------|-----------------|-------------|-----------------|------------------------------|--------|--------|-----------------|---------|-----------------|-----------------|---------|---------|---------|---------|---------|---------|----------------|----------------|----------------|----------------|
| Saw Palmetto                | ○       |            |                              |                              |                             |                 |                             |                   |                 |              |                |                             |         |        |                 |         |                 |                 |         |         |         |         |         |         |                 |                 |                 |                 |
| Skullcap                    | ○       |            |                              |                              |                             |                 |                             |                   |                 |              |                |                             |         |        |                 |         |                 |                 |         |         |         |         |         |         |                 |                 |                 |                 |
| St. John’s Wort             | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Stinging Nettle (herb top)  | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Stinging Nettle (root)      | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Thyme                       | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Turmeric                    | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Valerian                    | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |

**HERBAL REMEDIES**

| Allergy Relief                | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Calm (for kids)               | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Calm Nerves                   | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Calm+Sleep                    | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Cold Relief                   | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Constipation                  | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Cough+Cold                   | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Cough+Cold (for kids)        | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Cough Relief                 | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Digestion                    | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Digestion+Appetite (for kids)| ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Haemorrhoid Relief           | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Hayfever+Sinus               | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Headache Relief              | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Heart Health                 | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Immune Health                | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Joint Pain                   | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Liver Health                 | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Menopause                    | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Mucous Relief                | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| PMS                          | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| Stress                       | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |

**ND SHAKE**

<p>| ND Shake Men                | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| ND Shake Women              | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |
| ND Shake Kids               | ○       | ○          | ○                            | ○                            | ○                           |                 | ○                           |                   | ○                 |              |                |                             |         |        | ○               |         | ○               | ○               |         |         |         |         |         |         | ○                |                 |                 |                 |</p>
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Allergens

**Alcohol** - All of our adult tinctures and homeopathics contain ethanol in various amounts (from 25%-40%). All kids tinctures and homeopathics are alcohol-free, instead using a base of glycerin.

**Artificial colouring and flavouring** - Our products do not use any artificial colouring or flavouring.

**Corn** - While our products do not use corn ingredients, some synthetic ingredients are processed from corn derivatives.

**Dairy** - Many of our products are dairy-free. Please check the individual product descriptions in this catalogue for more information.

**Eggs** - Our products are egg-free.

**Lactose** - Tinctures, ND Shakes and most supplements are lactose-free. There may be trace amounts of lactose in homeopathics and probiotics as it is used in the manufacturing process.

**Gluten** - ND Shakes are gluten-free. Tinctures and homeopathics are also gluten-free and are manufactured in a gluten-free facility. Many supplements are gluten-free. Please check the individual product descriptions in this catalogue for more information.

**Magnesium stearate** - All our encapsulated products contain the minimum amount of magnesium stearate necessary for manufacture. We strive to minimize its use whenever possible.

**Soy** - Tinctures, homeopathics and ND Shakes are soy-free. Many of our supplements are also soy-free. Please check the individual product descriptions in this catalogue for more information.

**Vegan** - Many of our products are vegan-friendly and free from animal and animal by-products. Please check the individual product descriptions in this catalogue for more information.

**GMO** - While we work with our ingredient suppliers to avoid GMO-sourced ingredients in Orange Naturals products, we cannot guarantee that they are GMO-free.

Other notes

Tinctures and homeopathics should be taken on an empty stomach, under the tongue or in a little water.

For all products, consult a healthcare practitioner if you have a medical condition, or if symptoms persist or worsen.

Homeopathics generally do not have interactions or contraindications with any medication. However, we recommend that you consult a healthcare practitioner if you have any concerns.
Meet the educators

Introducing our team of educators, formulators and healthcare practitioners. From product development to education and research, we work collaboratively to present you with the very best in natural medicine.

Adriana Restagno ND

Adriana Restagno ND has a special interest in women’s and children’s naturopathic health care. Adriana also serves on the Scientific Advisory Board and is a Director at CanPrev & Orange Naturals.

What is your favourite health saying and why?

‘The best six doctors anywhere, and no one can deny it, are: sunshine, water, rest, and air, exercise and diet. These six will gladly you attend, if only you are willing, your mind they’ll ease, your will they’ll mend, and charge you not a shilling.’

This rhyme by Wayne Fields is my reminder as an ND not to overlook the health benefits of seemingly simple treatments. It is the first recommendation I make to every patient!

Cecilia Ho ND

Cecilia Ho ND has a special interest in women’s health, digestive health and diabetic naturopathic care. Her private practice is located in Pickering, Ontario. Cecilia also serves on the Scientific Advisory Board for CanPrev & Orange Naturals.

What drew you to the Naturopathic Medical profession?

As a student, I worked as a nurse’s aide with people who were chronically ill - many who suffered from poorly controlled diabetes, obesity and stroke. It was there that I learned that “to be healthy is hard work, but to be unhealthy is even harder”.

I wanted to find a way to be more proactive, educating people on prevention and healthy choices, rather than react to symptoms after the damage has been done. I found that path in Naturopathic Medicine.

Nadia Lamanna ND

Nadia Lamanna ND has a family practice in Richmond Hill, Ontario with special interests in digestive health, endocrinology, women’s health and fertility. Nadia also serves as a Medical Advisor & Educator at CanPrev & Orange Naturals.

What word would you use to characterize your life as a Naturopathic Doctor?

Fulfilling. Life as an ND can be quite a challenge. Some days, managing both the practice and the business can be exhausting. But at the end of those days, I can think back on the things my patients and I have achieved together.

Building wonderful relationships with patients, being integral in their well-being and seeing that positive impact - that’s fulfilling.
Jonothon Mainland ND

Jonothon Mainland ND has been working within the natural health supplement industry for over 10 years. Jonothon serves as the Vice-President Medical Director, CanPrev & Orange Naturals.

After becoming an ND, what led you to work in the natural health supplement industry?

Some individuals are meant to help people directly or one-on-one and some people are meant to help educate/inform others, so that they can help others. I chose the later, as I felt I could help the natural health community most with my skill set, by formulating top quality products and educating individuals so that they are better prepared to help others. I love what I do and feel I help make a valuable contribution to natural health best suited for me.

Jenna Mangan CNP

Jenna Mangan CNP has a special interest in nervous system health. Her focus, with all her clients, is incorporating lifestyle changes to restore balance. Jenna works as a Customer Experience Specialist for CanPrev and Orange Naturals.

What is your main focus as a nutritionist, in helping clients achieve better health?

Eating whole foods, application of regular movement, incorporating breathing techniques and proper supplementation protocols, all play a part in lifestyle transformations. I have worked with high performance athletes as a yoga instructor and nutritional consultant, implementing these key preventative factors. I will forever be passionate about helping individuals achieve better health - through eating well, moving better and treating the root cause with supplementation.

Our team of educators and professionals have developed a number of resources to integrate the Orange Naturals product line into your health practice. You can find these useful tools, including a product guide, contraindications/ drug interactions and information on allergens, in the preceding pages.
Product education

What better way to learn about Orange Naturals than from Orange Naturals practitioners? Whether you prefer an overview of the whole line or more in-depth information for a specific product, we offer customized options, so you can find what work best for your business.

Professional support

Receive a one-on-one consultation when you open your account with us. We will work with you to tailor the right product mix suited for your store.

Quick reference

Our website is a great resource to learn more about our products at your convenience. Bookmark orangenaturals.com to keep useful information at your fingertips!

Webinars & in-store training

Explore Orange Naturals products through our free courses:
- Download and listen to pre-recorded webinars
- Set up personalized online training sessions
- Find out if in-store training is available in your area
  Contact us for more details!
Marketing support

Making natural medicine safe, effective and accessible.

At Orange Naturals, it’s our goal to make natural medicine accessible, easy to understand and simple to use. Our approach to marketing support is the same. We provide information and materials to ensure you are armed with everything your business needs to effectively merchandise and sell Orange Naturals products with confidence.

- Consumer advertising
- Point-of-sale displays
- Brochures
- Product info pads
- High-resolution product photography
- Orange Naturals customized shelf set
  - Shelf strips
  - Staff training

Why magnesium glycinate is awesome

- A fun new booklet to introduce how magnesium glycinate is used by the body.
- Available with any order of Orange Naturals magnesium products.
Simple names to explain the remedy

Clear health claims right on the bottle

100ml for better value

Homeopathic remedies for kids

Appetite for kids
Bedwetting for kids
Bites+Stings for kids
Bumps+Bruises for kids
Calm for kids
Colic for kids
Constipation for kids
Diarrhoea for kids
Digestion for kids
Earache for kids
Eczema for kids
Fever for kids
Focus for kids
Food Intolerances for kids
Nausea+Vomiting for kids
Remedy K1 (Cold+Flu)
Remedy K2 (Dry Cough)
Remedy K3 (Cough+Cold Night)
Remedy K4 (Wet Cough)
Seasonal Allergies for kids
Sleep Tight for kids
Teething for kids
Worry+Fear for kids

Health Canada approved

Liquid format for quick absorption

“Gentle can be strong.”

~ Erica, Orange Naturals Supermom 2 Twins. #ONatural

orangenaturals.com/homeopathics
Complete your naturopathic dispensary with an Orange Naturals 4’ section.

Give us 1 or 2 feet - or an entire 4 foot section. We’re flexible.

Simply tell us how much space you have to give and we will work with you to create the right product mix - based on either product categories or a collection of top sellers.

We’ll help you choose the naturopathic products that will best serve your customers and also provide you with the resources and training that you will need to sell them.

Orange Naturals is your natural partner.
Connect with us

We’re always happy to hear from you. Whether you have a question or comment, or you’re looking for more information about our extensive line of products, we promise to quickly respond to your queries.

A natural partnership

When you work with Orange Naturals, you can rest easy that you will receive knowledgeable, personal and hassle-free service, along with all the support you need to help your customers feel extraordinary, everyday.

Need help?

Our customer service professionals and in-house healthcare practitioners are always happy to help. Call or email us with any questions you may have about our products, from ingredients and directions to cautions and interactions. We’re here for you Monday to Friday, 9:00 a.m. to 5:30 p.m EST. Outside office hours, please leave us a message and we will be in touch within 24-48 hours.

Connect with us online

Don’t forget to visit our website at orangenaturals.com - and invite your customers to do the same! You can also find us on Facebook, Twitter and Instagram. Like us, tag us, let’s share the social media love.

Your feedback really matters.

Your comments and suggestions are important to us. It’s how we know we’re providing the best possible service, products and experience. Take a moment to share your thoughts with us by phone or email. What’s wrong? What can we do better?
Find Orange Naturals

Eager to make Orange Naturals part of your daily wellness routine? You can find us across Canada through your natural healthcare practitioner or at your favourite health food retailer.

Natural health practitioners

Your naturopathic doctor, nutritionist or other healthcare practitioner is a great resource for getting our products - and for great advice to get you started.

Ask your ND today

Health food retailers

You can also find our vitamins, supplements and shakes on the shelves of your friendly local health food retailer - as well as online!

www.orangenaturals.com/where-to-buy
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