



Spectrum Herbal Arthritis & Joint Pain

Active Ingredient: Turmeric 1:4

Other Ingredients: Purified Water, Ethanol, Hemidesmus, Baical Skullcap, Withania, Capsicum, Ginger, Horsetail.

Traditional Use: Turmeric has powerful anti-inflammatory effects and is a very strong antioxidant. According to Arthritis Research UK, in a Turmeric trial for osteoarthritis "Those who took turmeric found that their pain when climbing stairs improved more than those who received ibuprofen".

Spectrum Herbal Baby Sooth

Active Ingredient: Chamomile 1:4

Other Ingredients: Purified Water, Glycerol, Liquorice, Rhubarb, Fennel, Peppermint.

Traditional Use: To aid in relieving the symptoms of common ailments in babies. Common ailments include general irritability and restlessness as well as colic, indigestion, teething pain, digestion and help in the relief of flatulence.

Spectrum Herbal Diarrhoea Relief

Active Ingredient: Oak 1:4

Other Ingredients: Ethanol, Purified Water, Rhubarb, Marshmallow, Yarrow, Chamomile.

Traditional Use: Oak bark is used for diarrhea, stimulating appetite and for improving digestion.

Spectrum Herbal Cough Relief

Active Ingredient: Thyme 1:4

Other Ingredients: Ethanol, Purified Water, Glycerol, Liquorice, Fennel, Echinacea, Elecampane, Horehound.

Traditional use: Thyme is used for bronchitis, whooping cough and sore throat.



Spectrum Herbal Detox Formula

Active Ingredient: Burdock 1:4

Other Ingredients: Purified Water, Ethanol, Dandelion, Echinacea, Fennel, Liquorice.

Traditional Use: Burdock is a natural blood purifier herb known for its anti-inflammatory, antibacterial, and antioxidant effects. Burdock increases urine flow, thus flushing out toxins.

Spectrum Herbal Chesty Cough Relief

Active Ingredient: Dandelion 4:1 & Mullein 1:4

Other Ingredients: Purified Water, Ethanol, Liquorice, Elecampane, Fennel, Rosehip.

Traditional Use: Dandelion is used to treat viral infections. Mullein is used to manage respiratory disorders such as bronchitis, cough, whooping cough, pneumonia, colds, chills, flu, fever, and also sore throat. Mullein promotes the ejection of mucus from the lungs.

Spectrum Herbal Restful Sleep Aid

Active Ingredient: Valerian 1:4

Other Ingredients: Purified Water, Ethanol, Chamomile, Hops, and Baical Skullcap.

Traditional use: Valerian is one of the most well known natural remedies used for insomnia, anxiety and nervous restlessness and been used since the second Century A.D.

Spectrum Herbal Menopause Support

Active Ingredient: Wild Yam extract 1:4 & Chaste Tree 1:4

Traditional Use: Wild Yam is used for women's reproductive health including premenstrual syndrome and menopausal problems. Chaste Tree is believed to help keep the body's hormones balanced by interacting with certain dopamine receptors.



Spectrum Herbal PMT Support

Active Ingredient: Paeonia 1:4

Other Ingredients: Purified Water, Ethanol, Dong Quai, Dandelion Root, Chaste Tree, Chamomile, Couch Grass.

Traditional Use: Paeonia believed to help with menstrual cramps, polycystic ovary syndrome, premenstrual syndrome (PMS) and for starting menstruation.

Spectrum Herbal Eardrops

Active Ingredient: Ribwort 1:4

Other Ingredients: Purified Water, Ethanol, Mullein and Yarrow.

Traditional Use: Ribwort (Plantain) contains substances known and traditionally used to help decrease pain, swelling (inflammation) and known to kill germs.

Spectrum Herbal Sinus Relief

Active Ingredient: Hyssop 1:4

Other Ingredients: Purified Water, Ethanol, Elderflower, White Horehound, Garlic, Fenugreek.

Traditional Use: Hyssop is used for respiratory problems such as coughs, the common cold, respiratory infections, sore throat and asthmasince.

Spectrum Herbal Urinary Tract Infection Relief

Active Ingredient: Buchu 1:4

Other Ingredients: Purified Water, Ethanol, Celery, Dandelion, Horsetail, Couch Grass.

Traditional Use: Buchu contains active chemicals which kill germs and also promotes urine flow.