

Plex Herbal Medicines

Formulated for common health conditions to help improve symptoms and aid in general well-being



From the specialists in traditional herbal extracts and fresh plant tinctures



PPC Herbs: Plex Herbal Medicines

- For the health conscious Australian consumer who wants options to manage their own health conditions naturally.
- Made in Australia from genuine botanical materials. Never reconstituted from powdered materials.
- Easily absorbed and fast acting liquid formulations that are simple to take. No added sugars, caffeine, preservatives or artificial colourings.
- No animal testing. Vegan friendly. Gluten free.
- Can be taken with hot or cold water, or added to juice.
- Made by the herbal extract specialists, with 25 years experience supplying Naturopaths and Healthcare Practitioners.
- Made using Australian Certified Organic (ACO) herbs wherever possible.



Tri Plex®

Contains powerful Australian grown herbs.
Helps rid the body of worms.
Helps to maintain a healthy digestive function.

Dosage: Adult: To be taken before meals in water, fruit juice or other fluids. **Instructions:** First week: Take 10 drops 3 times a day. Second week: Take 20 drops 3 times a day. Third week and for a maintenance dose, from then on: Take 30 drops 3 times a week. eg 30 drops on Monday, 30 drops on Wednesday and 30 drops on Friday. Children under 12: Half of the adult dose. Shake bottle well before use. **Herbs:** Each 1 mL contains extract liquid equivalent to: Black Walnut fresh green hulls, *Juglans nigra* 670mg. Wormwood leaf (dry), *Artemisia absinthium* 115mg. Clove flower bud (dry), *Syzygium aromaticum* 20mg. **Warnings:** USE ONLY AS DIRECTED AND CONSULT YOUR HEALTHCARE PRACTITIONER IF SYMPTOMS PERSIST. CONTAINS ETHANOL. Store below 30°C.

AUST L 115938

50mL



Canda Plex®

Traditionally used in Western Herbal and South American (Amazonian) Medicine:

- to assist with yeast and fungal infections
- to aid dry or inflamed skin conditions
- to relieve bloating, gas and dyspepsia and help maintain a healthy digestive function

Dosage: Adult: 5-10mL three times a day. Child (3-12 years): 1-2.5mL three times a day. **Instructions:** Shake bottle well before use. Can be diluted with water, fruit juice or other fluids if necessary. **Herbs:** Each 5mL contains extract liquid equivalent to dry: St Mary's Thistle seed, *Silybum marianum* 1.25g. Echinacea whole plant, *Echinacea purpurea* 500mg. Pau D'arco stem bark, *Handroanthus impetiginosus* 500mg. Cat's Claw twig bark, *Uncaria tomentosa* 500mg. Golden Seal root, *Hydrastis canadensis* 275mg. Homeopathic, *Candida albicans* (spore) 200C. **Warnings:** USE ONLY AS DIRECTED AND CONSULT YOUR HEALTHCARE PRACTITIONER IF SYMPTOMS PERSIST. NOT TO BE USED DURING PREGNANCY OR BREAST FEEDING. CONTAINS ETHANOL. CONTAINS HOMOEOPATHIC INGREDIENTS WITHOUT APPROVED THERAPEUTIC INDICATIONS. Store below 30°C.

AUST L 227437

200mL, 100mL



Immune Plex®

Traditionally used in Western Herbal and Traditional Chinese Medicine:

- to assist the body's natural ability to resist infection
- to improve immune function, stamina and general health
- as an aid during times of stress

Dosage: Adult: 5mL two times a day. Child: (3-12 years) 1-2.5mL three times a day.
Instructions: Shake bottle well before use. Can be diluted with water, fruit juice or other fluids if necessary.

Herbs: Each 5mL contains dry herb equivalent to: Astragalus root, *Astragalus membranaceus* 625mg. Olive leaf, *Olea europaea* 500mg. Echinacea whole plant, *Echinacea purpurea* 500mg. Reishi mushroom, *Ganoderma lucidum* 625mg.

Excipients: Glycerol, Honey, Purified water, Peppermint oil, *Mentha X piperita*.
Warnings: USE ONLY AS DIRECTED AND CONSULT YOUR HEALTHCARE PRACTITIONER IF SYMPTOMS PERSIST. NOT TO BE USED IN CHILDREN UNDER 2 YEARS OF AGE. CONTAINS ETHANOL. Store below 30°C.

AUST L 227438

200mL



Liver Plex®

A liver tonic that supports the liver and helps maintain a healthy digestive function. Assists in the treatment of indigestion and flatulence.

Dosage: Adult: 2mL three times daily. Child (3-12 years): 1mL three times daily.

Instructions: Shake bottle well before use. Can be diluted with water, fruit juice or other fluids if necessary. **Herbs:** Each 2mL contains extract liquid equivalent to: Dandelion root (dry), *Taraxacum officinale* 200mg. Turmeric root (dry), *Curcuma longa* 200mg. Gravel root (dry), *Eupatorium purpureum* 100mg. Mullein leaf (dry), *Verbascum thapsus* 100mg. Black Walnut fresh green hulls, *Juglans nigra* 100mg. Marshmallow root (dry), *Althaea officinalis* 100mg. Licorice root (dry), *Glycyrrhiza glabra* 60mg. Wild Yam root (dry), *Dioscorea villosa* 60mg. St Mary's Thistle seed (dry), *Silybum marianum* 60mg. Skullcap leaf (dry), *Scutellaria lateriflora* 20mg. **Warnings:** USE ONLY AS DIRECTED AND CONSULT YOUR HEALTHCARE PRACTITIONER IF SYMPTOMS PERSIST. CONTAINS ETHANOL. Store below 30°C.

AUST L 66286

200mL



Fluid Plex®

Traditionally used in Western Herbal Medicine to:

- Aid the natural kidney cleansing/detoxification processes
- Increase/enhance urine output

Dosage: Adult: 5mL three times a day.

Instructions: Shake bottle well before use. Can be diluted with water, fruit juice or other fluids if necessary.

Herbs: Each 5mL contains extract liquid equivalent to dry: Hydrangea root, *Hydrangea arborescens* 375mg. Gravel root, *Eupatorium purpureum* 375mg. Marshmallow root, *Althaea officinalis* 250mg. Parsley herb, *Petroselinum crispum* 2g.

Warnings: USE ONLY AS DIRECTED AND CONSULT YOUR HEALTHCARE PRACTITIONER IF SYMPTOMS PERSIST. CONTAINS ETHANOL. Store below 30°C.

AUST L 312303

200mL



Sinus Plex®

Traditionally used in Western Herbal and Traditional Chinese Medicine:

- as an anti-allergy agent for hayfever and allergic rhinitis
- to relieve symptoms of cold, flu and sore throat

Dosage: Adult: 5-10mL two or three times a day. Child (3-12 years): 1-2.5mL two or three times a day.

Instructions: Shake bottle well before use. Can be diluted with water, fruit juice or other fluids if necessary.

Herbs: Each 5mL contains extract liquid equivalent to: Eyebright herb (dry), *Euphrasia officinalis* 1g. Baical Skullcap root (dry), *Scutellaria baicalensis* 500mg. Licorice root (dry), *Glycyrrhiza glabra* 1.25g. Elder flower (dry), *Sambucus nigra* 1g. Garlic bulb (fresh), *Allium sativum* 100mg.

Warnings: USE ONLY AS DIRECTED AND CONSULT YOUR HEALTHCARE PRACTITIONER IF SYMPTOMS, INCLUDING COUGHING, PERSIST. NOT TO BE USED IN CHILDREN UNDER 2 YEARS WITHOUT MEDICAL ADVICE. CONTAINS ETHANOL. Store below 30°C.

AUST L 227878

200mL



Cough Plex®

For relief of the symptoms of influenza and colds. For the temporary relief of bronchial cough.

Dosage: Adult: 2-5mL three times daily. Child (3-12 years): 1-3mL three times daily. **Instructions:** Shake bottle well before use. Can be diluted with water, fruit juice or other fluids if necessary. **Herbs:** Each 5mL contains extract liquid equivalent to dry: Horehound leaf, *Marrubium vulgare* 1000mg. Liquorice root, *Glycyrrhiza glabra* 1000mg. Sage leaf, *Salvia officinalis* 250mg. Thyme leaf, *Thymus vulgaris* 250mg. Ginger root, *Zingiber officinale* 10mg. **Warnings:** NOT FOR CHILDREN UNDER TWO YEARS OF AGE. USE ONLY AS DIRECTED AND CONSULT YOUR HEALTHCARE PRACTITIONER IF SYMPTOMS OR COUGHING PERSIST. CONTAINS ETHANOL. Store below 30°C.

AUST L 57544

200mL



Sleep Plex®

Traditionally used in Western Herbal and Ayurvedic Medicine:

- as a sleep aid for insomnia, to help you fall asleep and promote a restful night sleep
- to assist with insomnia due to nervous tension, stress or pain

Dosage: Adult: 10mL two times a day.

Instructions: Shake bottle well before use. Can be diluted with water, fruit juice or other fluids if necessary.

Herbs: Each 5mL contains extract liquid equivalent to dry:

Passion Flower herb, *Passiflora incarnata* 500mg

Skullcap leaf, *Scutellaria lateriflora* 1.5g

Ashwagandha root, *Withania somnifera* 750mg.

Warnings: USE ONLY AS DIRECTED AND CONSULT YOUR HEALTHCARE PRACTITIONER IF SYMPTOMS PERSIST. CONTAINS ETHANOL. Store below 30°C.

AUST L 229546

200mL



Stress Plex®

Helps relieve stress, nervous tension and mild anxiety.

Dosage: Adult: 2-5mL three times daily. Child (3-12 years): 1-3mL three times daily. **Instructions:** Shake bottle well before use. Can be diluted with water, fruit juice or other fluids if necessary.

Herbs: Each 5mL contains extract liquid equivalent to dry: St. John's Wort herb top flowering, *Hypericum perforatum* 625mg. Lemon Balm leaf, *Melissa officinalis* 625mg. Passion Flower leaf, *Passiflora incarnate* 625mg. Skullcap leaf, *Scutellaria lateriflora* 625mg.

Warnings: USE ONLY AS DIRECTED AND CONSULT YOUR HEALTHCARE PRACTITIONER IF SYMPTOMS PERSIST. ST JOHN'S WORT AFFECTS HOW SOME PRESCRIPTION MEDICINES WORK. CONTAINS ETHANOL. Store below 30°C.

AUST L 65746

200mL



Joint Plex®

Traditionally used in Western Herbal and Ayurvedic Medicine:

- as an analgesic to relieve symptoms of joint pain associated with osteoarthritis
- as an anti-inflammatory agent to assist with inflammatory joint conditions

Dosage: Adult: 5-10mL two times a day.

Instructions: Shake bottle well before use. Can be diluted with water, fruit juice or other fluids if necessary.

Herbs: Each 5mL contains extract liquid equivalent to dry: Turmeric root, *Curcuma longa* 750mg. Devil's Claw tuber, *Harpagophytum procumbens* 1.125g. White Willow stem bark, *Salix alba* 750mg. Celery seed, *Apium graveolens* 500mg.

Warnings: USE ONLY AS DIRECTED AND CONSULT YOUR HEALTHCARE PRACTITIONER IF SYMPTOMS PERSIST. CONTAINS ETHANOL. Store below 30°C.

AUST L 227891

200mL