

HERBANICA® Herbal Remedies

PURE AUSTRALIAN BOTANICALS



HERBANICA® has evolved from a philosophy of sourcing pure Australian botanicals to create a range of natural Herbal Remedies.

All **HERBANICA®** Herbal Remedies are prepared from herbs grown in Australia and processed within hours of harvest.

Proudly made in Australia



HERBANICA® Herbal Remedies

PURE AUSTRALIAN BOTANICALS



HERBANICA® Herbal Remedies are a range of nine different liquid herbal preparations made using Australian grown medicinal herbs to address specific health conditions. All **HERBANICA®** Herbal Remedies are made from the original fresh botanical material, processed within hours of harvest and with known provenance and complete traceability. No drying, heating or other potentially harmful manufacturing processes are used to make the product.

Liquid Herbal Remedies allow dose precision and flexibility, using the provided syringe. The dose can be titrated within the recommended range to allow for differences in individual responsiveness and tolerance.

HERBANICA® Herbal Remedies are all 100% Australian Certified Organic by ACO, Australia's premier organic certification body. Each Herbal Remedy contains just four ingredients:

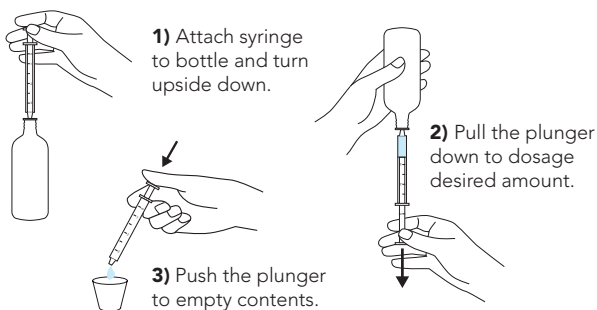
- Herbal material
- Ethanol
- Water
- Glycerin

There are no other ingredients, preservatives or flavouring agents added.



General directions for use

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



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- Safety during pregnancy and breast feeding has not been established. We recommend you do NOT take the product if you are pregnant or breastfeeding, or that you STOP using the product if you become pregnant.
 - May be diluted with water, a small amount of fruit juice or other fluids to facilitate ingestion.
 - Always start with the lowest recommended dose and titrate upwards over the course of a few weeks until you get the desired effect. Do not exceed the maximum recommended dose.
 - If after 3-4 weeks your symptoms persist, consult your healthcare practitioner.
 - In products where there are no restrictions to longer term use, we recommend you decrease the dose once you start to feel better to see if the effect can be maintained at a lower dose.
 - All products have a shelf life of 36 months from date of manufacture. The expiry date of the product is included on the bottle and carton. Use within 3 months of opening.

Snoozeze® (PASSIONFLOWER)

Traditionally used to promote sleep*

Are you tired of not sleeping?



INGREDIENT:

Passiflora incarnata extract equivalent to fresh herb top flowering 450 mg/mL

USAGE:

*Traditionally used in Western Herbal Medicine to promote sleep; to ease sleeplessness; to ease restlessness.

DOSAGE:

Adults:

1 - 2.2 mL three times daily or as a single dose 1 hour before bed

Children 6-12 years:

0.3 - 1.1 mL three times daily or as a single dose 1 hour before bed

Children 2-6 years:

0.1 - 0.7 mL three times daily or as a single dose 1 hour before bed

DURATION OF USE:

There are no restrictions to long term use.

INTERACTIONS:

Passionflower has the potential to have an additive effect with sedative drugs.

CAUTIONS:

Consumption with other medicines or natural health products with sedative properties is not recommended. Exercise caution if driving or using heavy machinery.

WARNING:

If symptoms persist contact your healthcare practitioner. Contains ethanol. Use only if cap-seal is unbroken. Store below 30°C.



Echinamune® (ECHINACEA)

Traditionally used to support immune health*

Feeling a little run-down?



INGREDIENT:

Echinacea purpurea extract equivalent to fresh whole plant 450 mg/mL

USAGE:

*Traditionally used in Western Herbal Medicine to support the immune system and for immune health; to support healthy immune function.

DOSAGE:

Adults:

1 - 3 mL three times daily

Children 6-12 years:

0.3 - 1.5 mL three times daily

Children 2-6 years:

0.1 - 1 mL three times daily

DURATION OF USE:

Not recommended for use for longer than 8 successive weeks at a time.

INTERACTIONS:

There is a risk of interactions with caffeine, immunosuppressant drugs, CYP3A4 substrates, cytochrome P450 1A2 substrates, midazolam.

CAUTIONS:

Should not be used in serious conditions such as tuberculosis, leukaemia and leukaemia-like diseases, collagen disorders, multiple sclerosis, AIDS, HIV infection and autoimmune disorders. Possible allergic reactions to plants in the compositae (daisy) family.

WARNING:

If symptoms persist contact your healthcare practitioner. Contains ethanol. Use only if cap-seal is unbroken. Store below 30°C.



Calmamile® (CHAMOMILE)

Traditionally used for its calmative and relaxing properties*

Want to calm down and unwind?



INGREDIENT:

Matricaria chamomilla extract equivalent to fresh herb top flowering 450 mg/mL

USAGE:

*Traditionally used in Western Herbal Medicine to help relieve the feelings of mild anxiety, nervousness, restlessness or unease; for its calmative, relaxing and mild sedative properties.

DOSAGE:

Adults:

2 - 6 mL three times daily

Children 6-12 years:

1 - 3 mL three times daily

Children 2-6 years:

0.5 - 2 mL three times daily

DURATION OF USE:

There are no restrictions to longer term use.

CAUTIONS:

Hypersensitivity has been known to occur. Patients with a history of allergies to ragweed or other asteraceae/compositae/ daisy family plants should avoid products containing chamomile.

WARNING:

If symptoms persist contact your healthcare practitioner. Contains ethanol. Use only if cap-seal is unbroken. Store below 30°C.



Gutelix® (LEMON BALM)

Traditionally used for mild digestive complaints*

Need to settle your stomach?



INGREDIENT:

Melissa officinalis extract equivalent to fresh herb top 450 mg/mL

USAGE:

*Traditionally used in Western Herbal Medicine for mild digestive complaints or disturbances.

DOSAGE:

Adults:

1 - 2.2 mL three times daily

Children 6-12 years:

0.3 - 1.1 mL three times daily

Children 2-6 years:

0.1 - 0.7 mL three times daily

DURATION OF USE:

There are no restrictions to longer term use.

CAUTIONS:

Hypersensitivity to lemon balm may occur. May impair the ability to use or drive machinery. Exercise caution if driving or using heavy machinery.

WARNING:

If symptoms persist contact your healthcare practitioner. Contains ethanol. Use only if cap-seal is unbroken. Store below 30°C.



Moodivate® (ST. JOHN'S WORT)

Traditionally used to relieve mild mood disturbances*

Feeling a little bit down?



INGREDIENT:

Hypericum perforatum extract equivalent to fresh herb top flowering 400 mg/mL

USAGE:

*Traditionally used in Western Herbal Medicine for the relief of mild mood disturbances; to support healthy mood; to help relieve restlessness and/or nervousness.

DOSAGE:

Adults:

1 - 3 mL three times daily

DURATION OF USE:

There are no restrictions to longer term use.

INTERACTIONS:

St. John's Wort has the potential to interact with many prescription medicines, including the oral contraceptive pill, anti-anxiety medications, seizure medications, anti-histamines, bronchodilators, muscle relaxants and/or opiates, anti-cancer medications, blood thinners, anti-depressant medicines (eg SSRI), anti-HIV medications,

cardiovascular medicines and immuno-suppressants. Consult a physician before taking Moodivate if you are taking any of these medicines.

CAUTIONS:

Use in adults only.
Hypersensitivity (allergy) has been known to occur and if this occurs, use should be discontinued. St. John's Wort may cause photosensitivity, an extreme sensitivity to light. Avoid prolonged exposure to sunlight, ultraviolet (UV) light or UV therapy. Discontinue therapy if you experience a sensitivity to light.

WARNING:

If symptoms persist contact your healthcare practitioner. Contains ethanol. St John's Wort affects the way many prescription medicines work including the oral contraceptive pill. Consult your physician. Use only if cap-seal is unbroken. Store below 30°C.



Respiracote® (MARSHMALLOW)

Traditionally used to relieve mild respiratory complaints*

Got a raspy
cough or
sore throat?



INGREDIENT:

Althaea officinalis extract
equivalent to fresh root
400 mg/mL

USAGE:

*Traditionally used in Western
Herbal Medicine to help relieve
the symptoms of mild respiratory
complaints; as a demulcent to
help soothe mild irritation of the
upper respiratory tract.

DOSAGE:

Adults:

2.5 mL three times daily

Children 6-12 years:

0.8 - 1.3 mL three times daily

Children 2-6 years:

0.4 - 0.8 mL three times daily

DURATION OF USE:

There are no restrictions to
longer term use.

INTERACTIONS:

May delay the absorption
of other drugs.

CAUTIONS:

Take Respiracote a few hours
before or after taking other
medicines, including natural
health products. Simultaneous
ingestion of other drug
medicines is not recommended.

WARNING:

Not to be used in children five
years of age or under without
medical advice. If symptoms
persist contact your healthcare
practitioner. Contains ethanol.
Use only if cap-seal is unbroken.
Store below 30°C.



Dandetox® (DANDELION)

Traditionally used to support liver health*

Time to
flush out
the system?



INGREDIENT:

Taraxacum officinale extract equivalent to fresh whole plant 900 mg/mL

USAGE:

*Traditionally used in Western Herbal Medicine to support liver health, bile flow and appetite; for its ability to help support the body's own detoxification processes.

DOSAGE:

Adults:

1.5 - 5 mL three times daily

DURATION OF USE:

There are no restrictions to longer term use.

CAUTIONS:

In patients with gallstones, obstructed bile ducts, gallbladder empyema or obstructive ileus, consult a physician before use. Possible allergic reactions to plants in the asteraceae family.

WARNING:

If symptoms persist contact your healthcare practitioner. Contains ethanol. Drink plenty of water. Use only if cap-seal is unbroken. Store below 30°C.



Vasguard® (HAWTHORN BERRY)

Traditionally used to support cardiovascular health*

Looking for a cardio tonic?



INGREDIENT:

Crataegus laevigata extract equivalent to fresh fruit 900 mg/mL

USAGE:

*Traditionally used in Western Herbal Medicine as a heart tonic; to support cardiovascular health.

DOSAGE:

Adults:

1 - 3 mL three times daily

INTERACTIONS:

May potentiate the effects of some prescription drugs including cardiac glycosides (digitalis/digoxin) and blood pressure medications. May increase the coronary dilating effects of theophylline, caffeine, papaverine, sodium nitrate, adenosine and epinephrine.

DURATION OF USE:

There are no restrictions to longer term use.

CAUTIONS:

Vasguard (hawthorn berry) does NOT replace prescription medicines for cardiovascular disease. Patients with cardiovascular related conditions (eg high blood pressure and/or heart disease) should inform their healthcare practitioner if they are taking hawthorn berry preparations.

WARNING:

If symptoms persist contact your healthcare practitioner. Contains ethanol. Use only if cap-seal is unbroken. Store below 30°C.



Femulate® (LADY'S MANTLE)

Traditionally used to support healthy menstrual function*

Experiencing
a heavy
flow or an
irregular
cycle?



INGREDIENT:

Alchemilla vulgaris extract
equivalent to fresh herb top
flowering 900 mg/mL

USAGE:

*Traditionally used in Western
Herbal Medicine to support
healthy menstrual function; to
support healthy periods; to
relieve the symptoms of heavy
menstrual periods.

DOSAGE:

Adults: 2 - 6 mL three times daily

DURATION OF USE:

There are no restrictions to
longer term use.

WARNING:

If symptoms persist contact your
healthcare practitioner. Contains
ethanol. Use only if cap-seal is
unbroken. Store below 30°C.





All herbs used in **HERBANICA®** Herbal Remedies are grown in Australia on a certified organic farm and processed within hours of harvest.

WARNING: All **HERBANICA®** Herbal Remedies contain ethanol. If symptoms persist contact your healthcare practitioner. Do not exceed the recommended dose. Read the information for each product before using.

HERBANICA® Herbal Remedies

PURE AUSTRALIAN BOTANICALS

- Australian grown with full herb traceability
- Australian made herbal remedies
- 100% natural and 100% certified organic product (ACO)
- Minimal processing. Made from just four ingredients
- Precise and flexible dosing

FREE from:

- Animal products or testing
- Preservatives, artificial sweeteners, colourings or flavourings
- Added sugar, salt, gluten, wheat, yeast, nuts or milk products

SUITABLE FOR VEGANS

Proudly made in Australia



Scan with your
QR code reader



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