

General indications for use

Please use the **dosage prescribed** by your treating physician or therapist. The starting dose below is the most common (see green box on the front of the information leaflet).

When to take

When:	Recipe:
Before meal	All magistral preparations that tonify, and in acute situations
After meal	Less easily digestible preparations, such as mineral preparations
During meal	Preparations for worms and parasites
As desired	All other preparations

If synthetic **medicinal products** are also taken, it is advisable to leave at least one hour between taking each product.

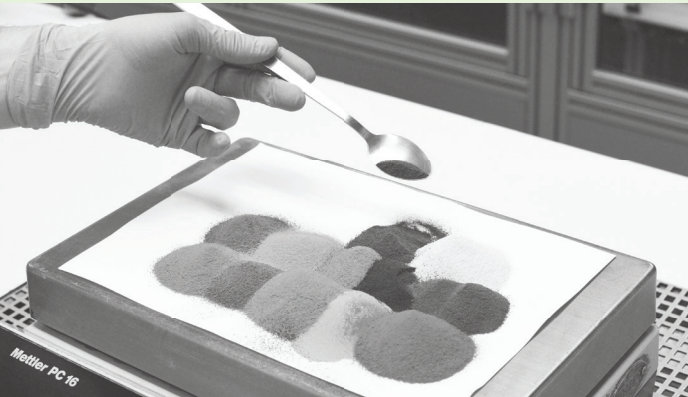
Points of attention

- Dosage in **children** will be adjusted according to body weight. Consult your physician, therapist or pharmacist.
- Acute conditions generally require higher dosage than chronic conditions. For chronic conditions you should start carefully with a low dose.
- Small, light people can use a lower dosage than larger, heavier people.
- People who use a lot of other medications can take a slightly higher dosage than those who do not use any medications.
- We advise to also adjust your diet.

Contact your physician or therapist if:

- Your health changes suddenly.
- Undesirable reactions occur.
- Your condition worsens.

After having taken all the prescribed combination we recommend you to visit your prescriber for a new evaluation/consult of your condition.



Capsules / tablets

Our home-made tablets (made from granules) contain 500 mg granule each. Most of the tablets have a groove in order to make it easier to split them (2 x 250 mg). The capsules contain 500 mg granules as standard but can be made in other strengths, for example for children, following a prescription from the prescriber. Usually the starting dose is 3 x 4 tablets or capsules per day.

Intake instruction

The tablets and capsules should be taken with lukewarm water or light green tea. The tablets may be finely grinded or broken before use to facilitate their taking. Capsules may be opened before use and the contents may be taken without the empty capsule.

Granule / dry extract

How to take

Take 1 to 2 g 3 x daily with lukewarm water or light green tea before or after meals. Shake the packaging well before each use to ensure that the herbs are well mixed.

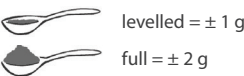
Build-up

Ensure a gradual build-up of the use of herbs. Start with 0,5 g on the first day, in order to rule out any allergic reaction. Use the measuring spoon (half a spoon = 0,5 g, a levelled spoon of herbs is 1 g). *If your health changes suddenly, for instance as a result of a (new) cold, please stop using the herbs and contact your prescriber.*

Schedule

Day 1	3 x daily	0,5 gram
Day 2	3 x daily	1 gram
Day 3 >	3 x daily	1,5 - 2 gram

Use measuring spoon



How to take herbs in powder

- Fill a glass with a little lukewarm water or light green tea
- Add the herbs to the water
- Mix the granule by stirring well
- Drink the contents of the glass (for taste reasons: empty the glass at once)
- Drink water immediately after
- If the taste lingers: eat a small piece of bread, chew it well, so that the unpleasant taste binds to it and swallow it

Recommendations for optimal absorption of the herbs

- Avoid coffee and milk (dairy products) half an hour before and one hour



after taking the herbs.

- If you have forgotten to take the herbs, take them at a later time.
- Avoid as much raw or hard-to-digest food as possible while taking the herbs. Fried and spicy foods are also not recommended.

Liquid form (HC and TC)

Hydrophilic concentrate (HC)

The HC is a modern, highly active, extremely safe and easily digested herbal product. This preparation is made by steeping the raw herbs in a mixture of alcohol and water, to which glycerine is added and where the alcohol is evaporated. Even though the extraction started as an alcohol-water extraction, the end product contains no alcohol. The HC is a high-quality product and even though it contains alcohol-soluble ingredients, it does not contain alcohol. This is probably the reason why results can be achieved with an apparently small dosage. This does not only make this herbal product very effective, but also easily digested, which is particularly important for children and for people who are suffering from alcohol intolerance. These concentrates are characterised by a high and very constant level of active ingredients: HC = 1:5, i.e. 1 kg of herbs is used for 5L HC. Strict quality control is guaranteed from raw herbs to the finished herbal product, together with a continuous in-process monitoring during the preparation. The product will last for 3 years (1 year after opening).

Tinctures (TC)

For western liquid preparations, we use tinctures standardised as TC = 1:5, just like our HC's. This allows the intake quantity to be kept as low as possible. And that is why you only need half a dosage, compared to TC = 1:10 (standard western TC's). Often our TC's are also standardized on the content of active ingredients. Our TC's are therefore of very high quality and cheaper than the standard western TC's.

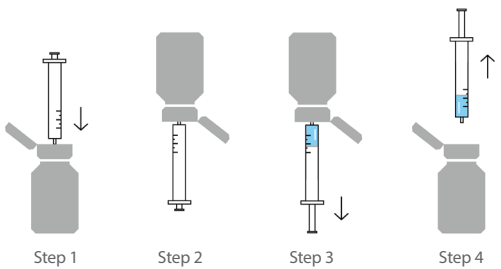
How to take HC and TC:

- Put the drops in a small amount of lukewarm water (20 drops $\pm$ 1 ml)
- Swirl around in the mouth and swallow
- Drink water immediately after

Manual dosage of HC and TC

- Step 1 Remove the protection cap of the dosage syringe. Place the dosage syringe in the prepared opening of the dosepack-cap. Press tight to fix the dosage syringe.
- Step 2 Turn over the medicine-bottle with the cap pointing down. With a small medicine bottle you can hold the dosepack-cap and dosage syringe in one hand while turning. With larger medicine bottles you can hold the bottle at its cap while turning, but be careful for the dosage syringe to become untightened.
- Step 3 Pull the plunger of the dosage syringe till just over the desired quantity. Press the plunger of the dosage syringe back to the desired quantity to enable the relief of any enclosed air back into the medicine bottle.
- Step 4 Turn the bottle with the dosage syringe back into the normal position and take off the dosage syringe. You can now apply a dosage with the dosage syringe. Disassemble dosage syringe after use and rinse under running tap water. Put the protection cap back on dosage syringe.

Manual dosage of HC and TC



Important information dosage syringe

- In case the dosage syringe is used as means of application for **babies**, then empty the dosage syringe by pressing slowly and gradually.
- Never remove the dosage syringe from the medicine bottle while holding it up-side-down.
- Under no circumstances, the dosepack-cap and dosage syringe are to be applied with injective liquids.

Oriental and western phyto & orthomolecular preparations

for all the benefits of Natural medicine

leaflet

Please read the product information sheet carefully before using the prescribed product

De NatuurApotheek®

quality guaranty since 1982

The NatuurApotheek is a recognized pharmacy (AGB code 10040) and is the only pharmacy in the Netherlands specialised in phyto and orthomolecular preparations using oriental and western therapies and philosophies. The products are entirely attuned to the needs of the individual. We are able to compose unique formulas for you. The NatuurApotheek also offers advice and information on products and prescriptions for pharmacists and professionals.

Traditional Chinese Medicine (TCM) & western phytotherapy

Acupuncture and Chinese herbal medicine are an important part of TCM. Chinese herbs have been successfully used by people of all cultures for centuries to preserve health and prevent health complaints. The Natuur-Apotheek supplies both Chinese and western phytotherapy in standard formulas and fully self-composed formulas, as raw herbs, as granules, in capsules or tablets, and in liquid form*. Chinese and western herbs can also be used in the treatment of animal health problems. TCVM (Traditional Chinese Veterinary Medicine) takes into account the physical and mental aspects of the animal. Harmony and balance are of great importance in both humans and animals.
*Chinese dry extracts are often called granules. Hydrophilic concentrates are liquid Chinese extracts without alcohol. Liquid western extracts are also called tinctures because of the presence of alcohol.

Phytotherapy and orthomolecular preparations

Phytotherapeuticals are products that have only plants, plant components, plant materials or combinations of these, in raw or processed state, as their active ingredients. Phytotherapy is therefore a plant-based treatment, which is free from chemical ingredients. Phytotherapeutical products are often confused with homeopathic products. However, homeopathy uses dilutions, which is not the case in phytotherapy. Homeopathic products are often plant-based, but can also be derived from, for example, minerals or chemical substances. Phytotherapeuticals are made only of plants. Orthomolecular products are mainly composed of vitamins and minerals, but also of amino acids and enzymes. These are products that are used in case of a lack of nutrients. Orthos is Greek for 'right, straight or healthy'.

Side effects, when better not to use natural medicines and interactions with synthetic medicines

Plant-based or herbal products are not by definition safe. Side effects can occur with herbal products. Sometimes a product cannot be used with another medicinal product. And sometimes the product should not be used in specific situations and conditions (contra-indications). For more informati-on see: "Safety advice on request".

Storage

Phytotherapeutical products should be stored carefully. They need to be protected against humidity and light, as these can affect the active ingredients which results in an ineffective product. Therefore we advise you to store the product in a dark and dry place at room temperature. It is advisable to store phytotherapeutic preparations for no longer than 3 years. Liquid remedies can only be stored for up to 1 year after opening the packaging.

Quality and safety

Quality and safety are the main criteria in both preparation and delivery of the phytotherapeutical products. All ingredients of herbal products are subject to strict monitoring by phytotherapeutic laboratories. At the NatuurApotheek we regularly monitor any developments concerning the safety of plant-based products. **All our ingredients have been analysed thoroughly with regard to accuracy and safety.**

In cooperation with the
NatuurApotheek EuroherbsPharmacy
provides a webshop for practitioners with a
wide range of ready-to-use products:
www.euroherbs.com

EuroherbsPharmacy®

Via the webshop www.euroherbs.com we supply a wide range of ready-made products from the **own brands of the NatuurApotheek (*)** and various other brands to doctors and therapists, such as:

- Chinese phytotherapy: Red Plumblossom*, Maciocia, Golden Flower, Seven Forests, Kan, Springwind
- Western Phytotherapy: Natuurlijk & Traditioneel*, Biosana*
- Mycotherapy: MRL, Superfood4Me*
- Orthomolecular: Aanvullend & Preventief*, Vital Cell Life (VCL)
- Skin: Verzorgend & Authentiek*
- Acupuncture needles: Seirin, DongBang, Shenzhou, Orca, Millennia
- For animals: Jing Tang, Kan Essentials, Golden Flower

In addition, numerous other products can be found in the webshop for the naturopathic practice, and the range is still being expanded. In cooperation with the NatuurApotheek, individually composed Chinese and western formulas can also be supplied. Doctors, therapists and pharmacies can create an account in our webshop.

Safety advice on request

Herbal products are not by definition safe. **Quality and safety** are therefore the main criteria for the preparation and delivery of our phytotherapeutic and orthomolecular preparations. All ingredients are strictly monitored by independent, recognized pharmaceutical laboratories. The NatuurApotheek assesses the **analysis certificates** before deciding on the purchase of a raw material.

As we do not have your medical files, we cannot perform pharmacovigilance beforehand. As a safety precaution, in case you take other products at the same time, there are two options:

- Take the products you have received from the NatuurApotheek to your own pharmacy and ask them to assess these.
- Ask your own pharmacy for a printout of your medicine usage over the last 12 months and send this overview to us.

You can also make a list of the medicinal products you take and send the list to us. We will then give you advice on product safety. In order to look at contraindications (i.e. conditions for which it is better not to use a (herbal) preparation) it is useful for us to know about any hypersensitivities, chronic conditions, (planned) pregnancies and breast feeding.

Your dose will depend on the form

Starting dose depends on the form

Granules:	3 x daily 2 grams or 2 x daily 3 grams. In total 6 grams per day.
Capsules/tablets:	3 x daily 4 capsules or tablets of 500 mg granules. A total of 12 capsules or tablets per day.
HC/TC:	3 x daily 2 ml or 2 x daily 3 ml. In total 6 ml per day (1 ml ± 20 drops).

Always follow the dosage recommended by the prescriber

As the dosage by the prescriber can sometimes differ from the starting dose indicated. If in doubt, consult your physician, therapist or pharmacist.

Repeat dose

If your prescriber prescribes a repeat dose, we will include this in the prescription. As soon as you need the repeat prescription, please send this to us by post, email or fax and we will immediately send you the prescription.



Your recipe is our highest priority.
The NatuurApotheek and EuroherbsPharmacy
aim at preparing your recipe in the correct and
best possible way and delivering it safely.

Our service

Use of (recyclable) packaging

The packaging we supply is ideal for daily use at home. It is best to store them in a **dry place** in the house. The packaging is easy to open and reseal. Furthermore, you can easily take out the prescribed dose with our measuring spoon supplied. The packaging is easy to shake before use, so that the herbs are well mixed before being taken. The packaging is dry and firm, so that the preservation of the herbs is optimal. Moreover, the packaging is fully recyclable.

The delivery of herbal medicines and food supplements

The delivery of our products is an important quality aspect because it often concerns (herbal) medicines. We deliver the medicines to you *personally* (via the parcel deliverer) or, if possible, *via the letterbox*, both with a track-and-trace code. The medicines of the NatuurApotheek and the food supplements of EuroherbsPharmacy are always well packed. To prevent children or pets from coming into contact with them, we only deliver via the mailbox at explicit request of you or your therapist. If you are not at home for personal parcel delivery, your order will be delivered to your neighbours if possible. If delivery is not possible, your order will first be placed at a pick-up point nearby for a while, before the order will be returned to us. If our service does not lead to the delivery situation you require, please contact the pharmacy to find out if there are any other options to meet your delivery requirements, for example delivery to a pick-up point or to your work address.

Contact

De NatuurApotheek®

Bocholtzerweg 14c
6369 TG Simpelveld
The Netherlands

For orders: recepten@natuurapothek.com
For questions and advice: recepten@natuurapothek.com

www.natuurapothek.com

EuroherbsPharmacy®

Bocholtzerweg 14c
6369 TG Simpelveld
The Netherlands

For orders: info@euroherbs.nl
For questions and advice: info@euroherbs.nl

www.euroherbs.com

Our webshop for practitioners:

www.euroherbs.com

Our webshops for consumers:

webshop.hahnemann.nl
www.superfood4me.nl