Contents

Nutrient value of aloe
What you must know when using herbs
Skin care
Products
(alphabetical order)
Nutrient value of aloe

Over 130 biological active compounds of the aloe have so far been reported. With so many components, aloe can be described as a pharmacy. The *Aloe ferox* leaf contains substances such as amino acids, minerals, vitamins, polysaccharides, glycoprotein’s, anthraquinones, enzymes, lignin, chlorophyll, saponins, sterols and other plant chemicals with numerous medicinal activities:

### Amino acids

*Aloe ferox* contains a total of 34 amino acids, including 7 of the 8 essential ones.

- Alanine
- Anserine
- Arginine
- Aspartic acid
- Asparagine
- Citrulline
- Cystine
- Ethanolamine
- Glutamic acid
- Glutamine
- Glycine
- Histidine
- Hydroxyproline
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Phosphoserine
- Proline
- Serine
- Threonine
- Tyrosine
- Ureum
- Valine
- 1-Methylhistidine
- 3-Alanine
- 4-Amino-buteric

Proteins are made of smaller units called **amino acids**, which are the building material of the body.

- They are vital for growth and repair of the body.
- They are used to make hormones, enzymes, antibodies and neurotransmitters, and help transport substances around the body.

### Chlorophyll

- May stimulate the production of red blood cells in bone marrow,
- Help protect against cancer and certain forms of radiation,
- Acts as a purifier, antiseptic and antibiotic,
- May be a powerful wound-healer.

### Glycoproteins

- Anti-tumor
- Anti-inflammatory
- Phagocytic activity
- Can stimulate the fibroblast to increase collagen and proteoglycans
- Wound-healing effect in mice.

### Glycosides

- Saponins
- Phenols
- Anthraquinones
- Aloin A/B (=Barbaloin)
- Aloe-emodin
- Aloinoside A/B
- 5-hydroxyaloin A
- Chrysophanol
- Aloe resin A/C
- Iso-aloeresin A
- Furoaloesone
- Chrysophanic acid
- Cinnamic acid
- Emodin
- Coumarins
- Resistannols

- Antibacterial
- Anti-parasite
- Antiviral
- Anti-fungal yeast
- Anti-microbial
- Anti-inflammatory
- Anagelsic
- Immune-stimulating actions
- Laxative
- Appear to aid absorption from the gut
- Typically, they can absorb ultraviolet light and reduce the formation of melanin and any tendency to hyperpigmentation.

### Minerals

- Calcium
- Magnesium
- Phosphorus (phosphate)
- Sodium
- Chloride
- Potassium
- Sulphur

- Iron
- Manganese
- Nickel
- Selenium
- Strontium
- Tin
- Vanadium
- Zinc

All nutrients require minerals for activity. All bodily processes depend on the action of minerals.

- All minerals work together as a collective whole. A deficiency of one mineral may disrupt the entire chain of life, rendering other nutrients either useless or inefficient.
- Minerals are the catalyst that makes enzyme functions possible.
- The acid-base balance (pH) of the tissue fluid is controlled by minerals.
- Trace minerals are also an essential part of hormone structures.
### Saccharides

**Monosaccharides**: rhamnose, arabinose, xylose, mannose, galactose, glucose

- antibacterial, fungicidal, anti-viral, anti-parasite properties
- enhance wound healing, decreases inflammation;
- can accelerate the processes of cellular communication and healing;
- inhibit tumor growth and spread;
- are necessary for the production of cytokines (chemicals in the body that fight invaders);
- ease inflammation in rheumatoid arthritis;
- lower blood sugar and triglyceride levels in diabetics.

**Polysaccharides**: arabinogalactans, rhamnogalacturonans, glucomannoglycans, hemicelluloses

- lower high cholesterol levels in humans, anti-tumor activity,
- anti-bacterial, anti-viral, anti-fungal and anti-parasite effect,
- balances immune activity:
  - natural killer cell and macrophage activation
  - help suppress over activity
- help with the reduction of blood sugar with both type I and II diabetes,
- effective intracellular antioxidants and free radical scavengers – artherosclerosis, heart disease, Parkinson's disease,
- pre-probiotic effect (actively encouraging the growth and replenishment of friendly gastro intestinal bacteria) – chronic yeast growth control.

### Sterols

- sitosterol, cholesterol, lupeol

- anti-inflammatory; antiseptic; antipyretic; antineoplastic;
- immune-modulating; blood sugar control;
- antimicrobial activity; analgesic (a natural salicylic acid)
- reduce carcinogen-induced cancer of the colon in rats;
- effective against allergies and allergic reactions.

### Fibre

**Insoluble fibre**: cellulose, lignin

- increases stool bulk, promotes laxation,
- decreased incidence of colon cancer,
- improves symptoms of irritable colon.

**Soluble fibre**: arabinogalactan, rhamnogalacturonan, mucilage

- beneficial effect on attacks of hypoglycaemia and blood pressure,
- reduces coronary heart disease risk.

### Vitamines

**Vitamin B3 (niacin)**, **Vitamin C (ascorbic acid)**

- Vitamins are necessary for normal metabolism and good health.
- Vitamins serve as chemical partners for the enzymes involved in the body's metabolism, cell production, tissue repair and other vital processes.
What you must know when using herbs

The human body was designed with all the mechanisms to heal itself. Aloe and many other herbs enhance the body’s own mechanisms for healing!

Herbs OR medication?

Herbs prove themselves to be close therapeutic competitors of medication and are almost always safer, gentler and less likely to cause side effects.

Causalities and fatalities researched from literature, government reports and expert databases indicate that approximately zero (0,000%) cases are due to the use of complementary health products, whereas 5,176% are due to properly prescribed and used drugs. It seems that herbs may even be safer than food, because 0,24% deaths are the result of food eaten.

Herbs AND medication?

Many herbs enhance the effect of a drug when using it simultaneously, while some may counteract the effect. Consult your doctor (preferably a herbal enlightened doctor) when you want to use herbs along with prescribed drugs. It is possible that your dependence on the pharmaceutical may decrease. You might be able to wean yourself off the drug entirely or get by with smaller dosages. Adjustments to medication should be done under supervision of a doctor.

All medication has harmful side effects. When medication is used in conjunction with herbs, they may help to counteract the side effects.

How to use herbs

Follow the directions on the label. Start on a low dose and gradually build up to establish the correct dose for your body. Everyone’s different physiologically, and some people are just more sensitive than others. Some people will be able to take larger dosages than others and for some people it will take longer to note a beneficial effect. Different individuals take from it what and how much they need. Give herbs enough time to work – at least 3 months.

Symptoms of a chronic condition may temporarily worsen as part of the detoxifying process of the body. Other detoxification symptoms that may occur are diarrhoea, nausea, flatulence, stomach cramps & headaches. Symptoms are of a passing nature. Give your body time to adjust. Diarrhoea, as part of the detoxification process, is only a problem if it lasts longer than a couple of days. Drink a lot of water and lower the dosage.
# Skin care

Complete skincare range for different skin types:

<table>
<thead>
<tr>
<th>Oily</th>
<th>Normal</th>
<th>Dry/Mature</th>
</tr>
</thead>
<tbody>
<tr>
<td>FACIAL WASH REGULAR</td>
<td>FOAMING CLEANSER</td>
<td>CLEANSING CREAM</td>
</tr>
<tr>
<td>BALANCING TONER</td>
<td>BALANCING TONER</td>
<td>BALANCING TONER</td>
</tr>
<tr>
<td>SUPER ALOE GEL</td>
<td>SUPER ALOE GEL</td>
<td>SUPER ALOE GEL</td>
</tr>
<tr>
<td>VANISHING CREAM</td>
<td>MOISTURIZER</td>
<td>MOISTURIZING DAY CREAM</td>
</tr>
<tr>
<td>NIGHT CREAM</td>
<td>ENRICHED NIGHT CREAM</td>
<td>ULTRA RICH NIGHT CREAM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Teenage</th>
<th>Combination</th>
<th>Sensitive/Allergic</th>
</tr>
</thead>
<tbody>
<tr>
<td>FACIAL WASH BITTER</td>
<td>FOAMING CLEANSER</td>
<td>Previously mentioned</td>
</tr>
<tr>
<td>FACIAL MASK</td>
<td>BALANCING TONER</td>
<td>skincare ranges are</td>
</tr>
<tr>
<td>BALANCING TONER</td>
<td>SUPER ALOE GEL</td>
<td>available without perfume.</td>
</tr>
<tr>
<td>BITTER ALOE GEL</td>
<td>MOISTURIZER</td>
<td></td>
</tr>
<tr>
<td>VANISHING CREAM</td>
<td>MOISTURIZING DAY CREAM</td>
<td></td>
</tr>
<tr>
<td>RADICAL IMAGE</td>
<td>ENRICHED NIGHT CREAM</td>
<td></td>
</tr>
</tbody>
</table>

## Skin care routine

The following routine should be followed daily, morning and evening.

**STEP 1:** Cleanse face and neck with an appropriate cleanser.

*Supplementary to cleansing:* The following is advised 1-3 times weekly, depending on your skin type,
- **deep cleanse** by using a mask.
- **remove dead cells** by using a scrub.

**STEP 2:** Tone face and neck after cleansing with Balancing Toner. Skin pores are closed and skin is left cool and refreshed.

**STEP 3:** Rejuvenate your skin with Super Aloe Gel/Bitter Aloe Gel.

**STEP 4:** Moisturize and nourish your skin with an appropriate moisturizer by day and night. Women above 25 years should always use a night cream for extra protection.

Combine **STEP 3** and **STEP 4** by mixing your moisturizer and aloe gel prior to application to improve absorption.

**Special skin care**

- **EYE CREAM** for delicate eye area,
- **NECK CREAM** for delicate neck skin & breast,
- **WRINKLE-LESS CRÈME** use instead of, or along with day/night cream,
- **SPOTLESS CRÈME**, use instead of day/night cream for a blemish-free skin,
- **RADICAL IMAGE** capsules for an attractive skin.
Adam capsules are good for the general wellbeing of men and may be beneficial for sexual vitality and the wellness of the prostate.

Approximately 80% of all men above the age of 60 have an enlarged prostate gland. This gland is situated directly under the bladder and surrounds the urinary tract. The enlargement of the prostate leads to urinal problems. The bladder does not empty completely.

Reasons for an enlarged prostate gland are attributed to the ageing process, hormonal imbalances, shortage of zinc and/or fatty acids such as fish oils and plant oils. Supplement your diet with Omega 3 and eat more healthy fats such as nuts, avocados and fish.

The herbs contain plant chemicals that
+ benefit hormone-harmony
+ are prostate-friendly
+ are favourable for proper blood circulation
+ are good for the wellness of sexual – and reproductive organs
+ may influence emotional calmness
+ may help to get the romance flame burning

**Directions:**

*For general male wellness:*
Take 1 capsule with breakfast.

*For romance:*
Take 2 capsules 30 minutes before romance.

**Active ingredients:**
*Aloe ferox*, *Aloe ferox* Bitters, Muira Puama, Saw Palmetto, Gingko Biloba, L-Arginine en Zinc Gluconate, Pyridoxine HCl (Vit B6)

**Good advice:**
The negative influence of sugar and refined food on male wellness: loss of sex drive, fatigue, listlessness, palpitations of the heart and headaches are some of the unpleasant symptoms of blood sugar fluctuations that are caused by sugar and refined foods. Change to a whole food diet to encourage male vitality.
### After Shave Gel

Experience the fresh tingle of After Shave Gel on your skin while it soothes and cares for skin damaged by shaving.

Aloe Ferox Shaving Cream is ideal for sensitive skin.

Cleanse your skin every evening with one of the Aloe Ferox cleansers. Choose from:
- **Facial Wash Regular** (oily skin)
- **Facial Wash Bitter** (skin nightmares)
- **Foaming Cleanser** (normal/combination skin)
- **Cleansing Cream** (dry/dehydrated skin)

Care for sunspots with **SpotLess Crème**.

**Radical Image** - and **Omega 3** capsules contain important nutrients for a healthy and attractive skin.

| Points: | + helps moisturize and nourish the skin  
|         | + seals and helps to protect the skin against dryness  
|         | + helps to build elasticity  
|         | + helps promote cell regeneration  
|         | + helps to close pores  
|         | + helps repair the skin’s pH-balance  
|         | + absorbs excessive oiliness  
|         | + helps soothe sun damage  

### Directions:

1. Shave/cleanse skin gently. Dry gently.
2. **Apply a thin layer of After Shave Gel to face, neck and eye area.**
3. Apply **Mr. Moisturizer** immediately to damp skin.
4. Follow up with **Sun Care Lotion** when planning to spend the day at the golf course or beach.

### Active ingredients:

*Aloe ferox, Allantoin, Sorbitol*
After Shave Lotion

After Shave Lotion refreshes and cools the skin after shaving or cleansing the face and neck area. After Shave Lotion is an important part of your daily skin care routine, since it
• acts as an astringent after cleansing,
• closes skin pores,
• repairs the skin’s pH balance,
• protects the skin against undesired bacteria and pollution,
• absorbs excessive oil.

Aloe Ferox Shaving Cream is ideal for sensitive skin.

Cleanse your skin with Aloe Ferox cleansers at night. Choose from:
• Facial Wash Regular (oily skin)
• Facial Wash Bitter (skin nightmares)
• Foaming Cleanser (normal/combination skin)
• Cleansing Cream (dry/dehydrated skin)

Directions:
1. Shave/cleanse face gently. Dry gently.
2. Dot After Shave Lotion lightly over the entire facial and neck area.
3. Apply Mr. Moisturizer immediately to damp skin.
4. Follow up with Sun Care Lotion when planning a day at the golf course or at the beach.

Active ingredients: Aloe ferox, Witch Hazel, Almond Glycerides, Evening Primrose Glycerides, Wheat Germ Oil, Amino Acids

+ Aloe supplies the ultimate advantage to any cosmetic product since it helps to improve the penetrability of the skin to effectively absorb nutrients and moisturizers.
+ Aloe protects your skin from dehydration.
+ After Shave Lotion contains no alcohol that can irritate and dry out the skin.
**Anti-Stretch Lotion** is specifically formulated to soften and repair damaged skin. The active ingredient is obtained from the herb Siegesbeckia orientalis that has been used for centuries to help with wound healing.

Care for your skin from the inside by supplementing with **Omega 3** capsules and eat more nuts, avocados and fish rich in oil.

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improves the natural appearance of scars.</td>
</tr>
<tr>
<td>+ promote more regular tissue renewal</td>
</tr>
<tr>
<td>+ restores elasticity to damaged skin</td>
</tr>
<tr>
<td>+ keeps the skin supple</td>
</tr>
<tr>
<td>+ helps with wound healing</td>
</tr>
<tr>
<td>+ care for inflammation</td>
</tr>
<tr>
<td>+ natural product</td>
</tr>
<tr>
<td>+ ideally suited to work in conjunction with <strong>Super Aloe Gel</strong>.</td>
</tr>
</tbody>
</table>

**Directions:**

Apply a thin layer of **Anti-Stretch Lotion** 2-3 x daily to the affected areas or as needed.

**Active Ingredients:**

Aloe, Dimethicone Copolyol, Triethanolamine, Butylene Glycol, Polysorbate 20, Darutoside, Ceto Stearate, Propylene Glycol, Polysorbate 60, White Oil USP, Carbopol Ultrez 10, Deionized Aqua

**Smiley Good advice:**

- Stretch marks are caused by abnormal stretching of the skin due to pregnancy or change in weight.
- Use Super Aloe Gel in conjunction to moisturize skin and assist in the repairing action of the skin.
**Aloe Cover**

*Increase the attractiveness of your skin with Aloe Cover.*

*Aloe Cover is a foundation that*

- supplies an even complexion
- serves as base for your make-up
- protects your skin against the sun.

*Choose the tone that best suits your skin, from the following colours:*

- Coffee
- Bronze
- Blossom
- Natural
- Sandy
- Ivory

<table>
<thead>
<tr>
<th>points:</th>
<th>+ Aloe is ideally suited for sensitive skin that is easily irritated.</th>
</tr>
</thead>
</table>

**Directions:**

1. Apply foundation after moisturizing the skin.
2. Using your little finger, gently dab a little Aloe Cover along the jaw line, cheekbones, the bridge of the nose and forehead.
3. Use a moist sponge to blend the colour with light strokes over the entire face to provide an even complexion.
4. After blending, make sure that there are no lines apparent on your nose, jaw, chin or forehead.
5. Your face is now ready for powdering and make-up.

**Active ingredients:**

Aloe ferox, Lanolin Sterol, Pigment, Titanium Family (sunscreen)

**Sound advice:**

- Choose your colour foundation in daylight, to be sure exactly how your skin blends with the different colours.
- Test your foundation on your jaw line and not on your pulse, to ensure that the colour blends with the skin tone of your face and neck.
- The shade that “disappears” when applied to your neck is the right colour.
- You may need two colours at various times during the year – especially if you are an outdoor person.
**Aloe Tea**

**With Aloe Tea you can enjoy the wholesomeness of the full aloe leaf as a refreshing cold drink or a delicious, hot tea.**

Sufficient fluid is of great importance for general health, since all the bodily functions require water. The body daily excretes approximately 1.5 litres of water by means of the skin and kidneys, ridding the body of damaging waste products.

**Supplement your daily fluid intake with wholesome Aloe Tea. NOW ALSO AVAILABLE IN TEA BAGS with added Rooibos!**

| Points: | + rich in nutrients like minerals, amino acids and other plant chemicals  
| | + contains no caffeine  
| | + may influence appetite positively |

**Directions:**

Make a concentrate by adding 1 teaspoon of tealeaves to one cup of boiling water. Allow brewing at least 5 minutes. Strain. Use approximately 30 ml concentrate in a cup and fill with boiling or ice cold water.

**TIP:**

- Add a slice of pineapple, orange or lemon to the concentrate for a delicious aroma.
- Supplement your fluid intake: make 2 litres Aloe Tea and drink as a refreshing ice tea or a tasty warm drink any time of the day.
- Do not discard the remaining concentrate. Place it in the fridge for the following day.
- Do not add milk or sugar. This prevents the body from absorbing precious nutrients.

| Active ingredients: | Aloe ferox Dried Leaf |
| Sound advice: | Alcohol, ordinary tea and coffee are diuretics that promote fluid loss in the body and strip the body of essential minerals. |
**Baby Balm**

*Baby Balm* works gently with a baby’s skin and consists of a combination of herbs known for their soothing effect on various skin complaints.

Cleanse your baby’s skin and hair with *Baby Shampoo*.

Care for your baby’s dry skin with *Baby Oil*.

Stretch your tube of *Baby Balm* by mixing it with *Baby Oil* before applying it to baby’s dry skin.

*Super Aloe Gel* can also be mixed with *Baby Balm*.

Cherish your baby internally with *Aloe Tea* that is also digestive friendly.

| points: | The herbs in *Baby Balm* contain plant chemicals that
| + are bacteria, virus and parasite unfriendly
| + a soothing effect on the skin
| + help support disinfecting
| + are unfavourable for inflammation
| + help to moisturise, nourish and protect

| Directions: | • Apply *Baby Balm* after bath time to your baby’s whole body. Apply 2-3 daily to areas where necessary.
| • Apply to your baby’s bottom after every nappy change.

| Active ingredients: | Aloe Extract, Aqua, Sorbitol, Propylene Glycol, Glycerin, (blend of Comfrey, Menthol, Camphor, Beeswax), Tea Tree Oil, Almond Oil, Jojoba Oil, Honey Bush Tea, Glycerine

| Sound advice: | Approximately 80% of your life’s exposure to the sun takes place before the age of 20. One severe sunburn with blisters in your childhood will enhance your chances of contracting skin cancer as an adult. It is therefore utterly important to protect your baby’s sensitive skin against damage from the start. *Sun Care Gel* is ideal for everyday protection. Make it a way of life to apply *Sun Care Gel* to your baby’s body every morning when you dress him.
Baby Bottom

Baby Bottom is a rich and creamy ointment that is easily absorbed and helps to keep baby’s bottom smooth and soft.

The unique formula and natural ingredients help cool burning symptoms.

The gentle, natural anti-inflammatory agents of aloe are a bonus in helping your baby out of the hot seat!

points:

<table>
<thead>
<tr>
<th>Aloe:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ is bacterial, fungal, virus and parasite unfriendly</td>
</tr>
<tr>
<td>+ is anti-inflammatory, pain stilling, antiseptic and encourages cell growth</td>
</tr>
<tr>
<td>+ is easily absorbed by the skin</td>
</tr>
<tr>
<td>+ helps with the elasticity of the skin</td>
</tr>
</tbody>
</table>

Directions:

After each nappy change, make sure baby is clean and dry. Apply Baby Bottom to red or irritated skin.

Active ingredients:

Aloe Extract, Aqua, Allantoin, Zinc Pyrithium, Avocado Oil, Camphor

Good advice:

- The sensitive skin on a baby’s bottom and all the areas covered by a nappy are prone to skin problems. Treat these areas with special care.
- Change your baby’s nappy as soon as possible. Clean your baby thoroughly with a damp cloth and dry skin properly before applying Baby Bottom.
- Nappy rash is often caused by a baby’s diet. Avoid refined strongly flavoured foods. Reduce the intake of protein and starch and replace with non-acidic fruit and vegetable puree.
**Baby Oil**

Your baby should never have to feel the discomfort of dry skin. With the soft and soothing formula of **Baby Oil**, you can introduce your little one to the advantages of aloe to the skin from an early age. Mother Nature and Aloe Ferox, to be perfect for that sensitive young skin, approve this product.

*Mom’s, you can’t go wrong if you treat your baby’s delicate skin to the gentle working of the aloe. Because babies’ oil glands only begin to function at a later stage, it is essential to nourish the skin.*

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe</td>
</tr>
<tr>
<td>+ helps nourish and soothe skin</td>
</tr>
<tr>
<td>+ helps protect against dehydration</td>
</tr>
<tr>
<td>+ helps keep sensitive skin comfortable</td>
</tr>
<tr>
<td>+ has antiseptic, antibacterial and antiviral properties</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use <strong>Baby Oil</strong> after every bath on baby’s whole body. Repeat on dry areas throughout the day whenever necessary.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Active ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe Extract, Caprylic/Capric Triglyceride, Lanosterol Esters, Fragrance</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sound advice:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Babies have sensitive skin with little resistance to chafing and inflammation. It must be treated gently. If the skin becomes very dry, do not bathe your baby for a day or two but use cotton wool soaked in <strong>Baby Oil</strong> to clean baby’s skin.</td>
</tr>
<tr>
<td>• <strong>Cleansing Cream</strong> that has been diluted with water can also be used as a cleansing wash before <strong>Baby Oil</strong> is smoothed into your little one’s skin.</td>
</tr>
</tbody>
</table>
### Baby Shampoo

**Baby Shampoo** is ideal for the delicate skin of babies and comprises a combination of herbs that are known for their soothing effect on various complaints of the skin and scalp.

**Baby Shampoo** has a pH of 7 so that it will not burn a baby's eyes.

Cleanse your baby's whole body with **Baby Shampoo**.

Treat baby's dry/irritated scalp with **Baby Balm**. **Baby Balm** can also be mixed with **Super Aloe Gel** to improve absorption.

Treat your baby's skin from the inside with **Aloe Tea**. Aloe Tea is also friendly to the digestive system.

| Points: | The herbs in Baby Shampoo contain plant chemicals that:  
| | + are unfriendly to bacteria, viruses and parasites  
| | + soothe the skin  
| | + are unfavourable for inflammation  
| | + help to moisturise, nourish and protect skin and hair  
| | + help to maintain the natural pH  
| | + are good for proper circulation which promotes healthy hair growth. |

| Directions: | Wash your baby's hair and body with **Baby Shampoo**. Massage scalp lightly. Rinse well. Dry body gently and press hair dry with towel. |

| Active ingredients: | Aloe Extract, Deionised Aqua, Sodium Lauryl Ether Sulphate, Sodium Lauryl Sulfosuccinate, Fragrance |

| ☺ Good advice: | Cradle cap: Apply **Baby Oil** to scalp and leave to soften the area. Use a coarse flannel cloth and rub gently to loosen the flaky skin. Wash baby's hair with **Baby Shampoo**. Massage scalp gently with **Super Aloe Gel**. |
Balance-it capsules are a composition of herbs that play an important role in the fight against cellulite, poor circulation and concentration.

- Research has shown that constipation, a poor lymphatic system, poor circulation and poor kidney and liver function are common in women prone to cellulite.
- Blood circulation is of utmost importance for optimal brain function, memory and concentration. Care for your brain with essential fatty acids. Supplement with Omega 3 and eat more fish, nuts and avocados.

These herbs contain plant chemicals that
+ benefit proper circulation
+ benefit a lazy lymphatic system
+ are good for water balance in the body
+ are good for regular bowel movement
+ benefit the well-being of the thyroid, liver and kidneys
+ help recover connective tissue and elasticity
+ are anti-oxidants.

Take 1 capsules 3 x daily with meals.

External care for cellulite: brush the skin daily with “friction gloves” and follow up with Cel-u-lite Gel.

Aloe ferox leaf, Aloe Bitters, Gota Kola, Gingko Biloba, Kelp

Cellulite consists of fat, water and toxic waste. The most important thing is to get rid of toxic waste:
- Follow a detoxifying diet: avoid alcohol, coffee, tea, smoking, crash-diets, trans fats, medication such as diet -, pep -, sleeping and diuretic pills
- drink plenty of water
- prevent constipation (Fabulous Fibre Bitter can be of great help)
- perspiration (exercise) excretes toxins via the skin
- brush your skin to remove toxins via the skin.
**Balancing Toner**

Balancing Toner refreshes and cools the skin after cleansing of the face and neck area. It also helps to remove remaining dirt and make-up. Balancing Toner is an absolute necessary part of your facial routine because it

- acts as an astringent after cleansing
- closes the pores of the skin
- restores the pH balance of the skin
- protects against bacteria and contamination
- absorbs excess oil.

Balancing Toner is lightly fragranced, but a non-perfumed version is available for the sensitive and allergic skin.

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ Aloe helps improve the <strong>penetrability</strong> of the skin to absorb nutrients and moisturizers.</td>
</tr>
<tr>
<td>+ Aloe protects the skin against dehydration.</td>
</tr>
<tr>
<td>+ Balancing Toner does not contain alcohol.</td>
</tr>
</tbody>
</table>

**Directions:**

Use Balancing Toner in your daily skin care routine:

1. Cleanse the face and neck area. Dry gently.
2. **Apply Balancing Toner lightly with cotton wool to the whole facial and neck area. Avoid eye area.**
3. Apply **Super/Bitter Aloe Gel** to moist skin.
4. Moisturize the skin while damp.

**Active ingredients:**

Aloe, Witch Hazel, Almond Glycerides, Evening Primrose Glycerides, Wheat Germ Oil, Amino Acids

**Sound advice:**

- An acidic layer that consists of sweat (alkaline) and sebum (acid) protects the skin. Alkaline products or beauty products that are not pH balanced for the skin can disturb this delicate balance.
- The pH of the skin is between 4.5 and 5.5. Skin care products must have the same pH to prevent problems.
### Bath Oil

**Bath Oil** is ideal for those **dry times of the year** when your skin needs more moisture.

*Bath Oil disappears quickly through the skin without leaving an oily feeling.*

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ quick absorption</td>
</tr>
<tr>
<td>+ moisturize, nourish and care for your skin</td>
</tr>
<tr>
<td>+ helps work against scabbiness (rough skin)</td>
</tr>
<tr>
<td>+ helps to delay the effects of ageing</td>
</tr>
</tbody>
</table>

**Directions:**

Add Bath Oil to your bath water, or smooth Bath Oil onto your body before getting into the bath; relax and soak for approximately 10 minutes before washing.

**Active ingredients:**

Aloe, Wheat Germ Oil

**Sound advice:**

- Too hot bath water can dry the skin and cause small veins to burst.
- Your skin can dehydrate if you bath too long.
- Prevent an oil ring by adding Luxury Foam Bath to your bath water.
- Apply a facial or hair mask while relaxing in the bath.
- Apply Hand Cream or Hand & Body Lotion to moist skin directly after bathing for maximum absorption and experience skin that looks and feels soft and pampered.
- Cleanse your face after bathing when pores are open due to steam.
**Bitter Aloe Gel**

Bitter Aloe Gel is made up of aloe bitters and a combination of herbs that are known for their beneficial effect on various skin complaints.

Use **Facial Wash Bitter** for cleansing the face and **Liquid Body Wash Bitter** for cleansing the body in cases of skin complaints.

Use **Radical Image** to care for the skin from inside.

A diet rich in sugar and refined foods weakens the functioning of your immune system, preventing effective fighting of inflammation, pimples and infections thus counteracting healthy skin.

- **Points:**
  - These herbs contain plant chemicals that
  - are bacteria, virus and parasite unfriendly
  - have analgesic characteristics and soothe the skin
  - help support detoxification and disinfection
  - absorb ultra violet light
  - help protect the skin against hyper pigmentation.

**Directions:**

**Cosmetic use:**
1. Cleanse your facial and neck area with **Facial Wash Bitter**. Dry gently.
2. Apply **Balancing Toner** to the face and neck using moist cotton wool. Avoid eye area.
3. **Apply a thin layer of Bitter Aloe Gel to your moist face and neck area.**
4. Immediately apply moisturizer to the moist area.

**Other uses:** Apply 2-3 times daily to skin where needed.

**Active ingredients:**
- Aloe Bitters, Comfrey, Tea Tree Oil, Honey Bush, Evening Primrose Glycerides, Almond Glycerides, Allantoin, Sorbitol

**Sound advice:**

*Do the following test:* Can you go without sugar, chips, sweet, chocolate, ice cream, pasta, potatoes, rice and white bread?? **Passed the test?? Well done!** See how your skin has improved.
**Bitter Balm**

Bitter Balm consists of a combination of herbs that may have a beneficial effect on persistent skin complaints accompanied by dry skin.

Care for your skin from inside with **Radical Image** capsules. Dry skin conditions require more fat in the diet. Supplement your diet with **Omega 3** capsules and eat more nuts, avocados and fish rich in oil.

<table>
<thead>
<tr>
<th>points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>These herbs contain plant chemicals that</td>
</tr>
<tr>
<td>+ are bacteria, virus and parasite unfriendly</td>
</tr>
<tr>
<td>+ care for inflammation</td>
</tr>
<tr>
<td>+ have analgesic characteristics and soothe the skin</td>
</tr>
<tr>
<td>+ help detoxify and support disinfection</td>
</tr>
<tr>
<td>+ help moisturise the skin</td>
</tr>
<tr>
<td>+ help promote the absorption of active ingredients</td>
</tr>
</tbody>
</table>

**Directions:**

Apply a thin layer of Bitter Balm 2-3 x daily to the affected areas.

**Active ingredients:**

Aloe, Aloe Bitter Sap, Jojoba oil, Almond Oil, Tea Tee Oil, blend of Comfrey & Menthol & Camphor & Beeswax, Evening Primrose Glycerides, Almond Glycerides, Allantoin, Sorbitol, Menthol, Lanolin Sterol

**Sound advice:**

Sugar and refined foods are extremely harmful to your skin. They *deplete the nutrient source of the body necessary for healthy skin* *contribute to hormonal imbalance, *suppress the immune system that fights inflammation en bacteria in pimples, *lead to tightness and wrinkles *accelerate ageing *makes the skin prone to pigmentation e.g. age spots.

*Do the following test: Can you go without sugar, chips, sweets, chocolate, ice cream, pasta, potatoes, rice and white bread?! Passed the test? Well done! Congratulations, see how your skin has improved.*

Copyright © April 2006 Aloe Jerox tel 028 735 2504

20
# Bitter Crystals

Aloe ferox bitters is traditionally used for the beneficial effect it has on symptoms of constipation, eczema, pain due to arthritis and high blood pressure.

Constipation causes harmful toxins to build up in the body. Toxins, that are not properly excreted, can be absorbed again, leading to poor health:

- colon cancer and diverticulitis are the results of incessant constipation
- *chronic constipation* may be linked to breast cancer
- treating constipation can prevent appendicitis
- pressure during constipation is responsible for hiatus hernia, varicose veins and haemorrhoids.

It is clinically proven that the use of anthranoid laxatives (such as *Aloe ferox* bitters), even in the long term, **DO NOT CAUSE CANCER** (ref. Department of Medicine, Univ of Erlangen, Germany; Journal: Gut; May 2000; vol 46(5): p 651-5)

## Points:

<table>
<thead>
<tr>
<th>Aloe ferox bitters contain plant chemicals that</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ are bacteria, virus and parasite unfriendly</td>
</tr>
<tr>
<td>+ help pain to fade away</td>
</tr>
<tr>
<td>+ help to detoxify and support disinfection</td>
</tr>
<tr>
<td>+ favour an anti-inflammatory action</td>
</tr>
<tr>
<td>+ help to prevent constipation.</td>
</tr>
</tbody>
</table>

## Directions:

**Laxative:** Take 50-300 mg crystals in single dose at night. The smallest dose necessary to maintain regular bowel movement should be taken.

**Other uses:** Take 50 mg bitter crystals daily with meals.
A crystal of 50 mg is approximately the size of a match head. Larger crystals can easily be crushed into smaller crystals.

**Safety:** Do not use *Aloe ferox* bitters in cases of intestinal blockage, acute inflamed intestinal disease (e.g. Crohn’s disease, ulcerative colon inflammation), appendicitis, abdominal pain of unknown origin, pregnancy and breastfeeding.

## Active ingredients:

Dried crystallized Aloe Bittersap
**Body Basics**

*Body Basics* contains a number of ingredients that are vital for our wellbeing.

- **Homocysteine** is a harmful free radical that, without these essential vitamins and minerals, builds up to toxic levels in the body. Elevated homocysteine levels have been linked with heart disease, strokes, cancer, diabetes, Alzheimer’s and numerous other chronic diseases.

- Omega 3 is also grossly deficient in people’s diets. Fortunately it can easily be supplemented with Omega 3 capsules.

---

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>These vitamins and minerals in combination assist the body to effectively remove homocysteine. Additionally:</td>
</tr>
<tr>
<td>+ <strong>Choline</strong>: acts as a fat solvent and is vital for the manufacture of brain hormones and cell membranes</td>
</tr>
<tr>
<td>+ <strong>Vitamin B2 &amp; B12</strong>: help convert sugar into energy.</td>
</tr>
<tr>
<td>+ <strong>Magnesium &amp; vitamin B6</strong>: work in combination to act as a sparkplug to convert sugar into energy.</td>
</tr>
<tr>
<td>+ <strong>Zinc</strong>: is essential for the proper functioning of insulin, digestion and the immune system.</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take 2-3 capsules per day with meals.</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Active ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe Whole-leaf, Folic Acid, Vitamin B2, Vitamin B12, Vitamin B1, Magnesium, Zinc, Choline Bitartrate</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Good advice:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refined foods have been stripped of the vital nutrients that our bodies so desperately need. Thus to ensure that our bodies receive all the essential nutrients it is critical to consume a diet of whole food.</td>
</tr>
<tr>
<td>• Eat balanced meals rich in vegetables and salads with lean meat. Eat more fish.</td>
</tr>
<tr>
<td>• Drink clean water.</td>
</tr>
</tbody>
</table>
Calci-Boost capsules are for the wellbeing of the bone structure: although calcium is the main component in the bone it requires other minerals to ensure optimal bone building.

- Supplement your diet with the essential bone building minerals as present in Calci-Boost.
- Omega 3 works in combination with Calci-Boost for effective bone building.
- Sugar, refined food and carbonated cooldrinks are the main reasons for calcium loss from the bone structure – avoid as much as possible. Supplement your diet with Whole-leaf Aloe Juice and Fabulous Fibre Bitter.

Points:
Contains all the essential elements for optimal bone building:
+ Calcium: main component of bone structure.
+ Magnesium: essential for optimal calcium absorption and to ensure deposition in the bone.
+ Zinc: promotes bone-building cells and ensures bone matrix formation.
+ Copper: ensures bone strength.
+ Manganese: help with protein production.
+ Boron: reduces calcium and magnesium loss.

Directions:
Take 2 capsules daily with meals.

Active ingredients:
Calcified Seaweed (*Lithothamnium calcareum*), Magnesium Oxide

😊 Good advice:
EXERCISE!! It help to build bone mass.
Avoid sugar, refined food and carbonated cooldrinks:
- Lowers blood pH. Body extracts calcium from the bone structure to regulate blood pH.
- The excess calcium is excreted (lost) through the urine.
**Catcher**  

*Catcher capsules help reduce absorption of dietary fat in the body.*

*Use Catcher ONLY when eating unhealthy trans fats.*

Trans fat is formed when polyunsaturated vegetable oils such as sunflower, canola, safflower, peanut, etc. are chemically treated (hydrogenated) to solidify or to increase shelf life. Food cooked in/with it, is more fattening and unhealthy than food cooked in saturated fat such as hard fat or palm oil. Trans fat is found in deep-fried- & baked foods and margarine.

<table>
<thead>
<tr>
<th><strong>points:</strong></th>
<th>+ helps prevent the body from absorbing fat</th>
</tr>
</thead>
</table>

| **Directions:** |  
| --- | --- |
| • Take 1-2 capsules half an hour before a meal rich in trans fat, e.g. chips.  
• Take adequate water with fibre to prevent blockage.  
• Any fat-soluble vitamins (A, D, E and K), medication or essential fatty acids must be taken at least 4 hours before taking Catcher. |

<table>
<thead>
<tr>
<th><strong>Active ingredients:</strong></th>
<th>Aloe Whole-leaf, Chitosan</th>
</tr>
</thead>
</table>

| **Sound advice:** |  
| --- | --- |
| • Together with sugar and refined foods, trans fats are the main cause for the epidemic proportions of heart disease, cancer, inflammatory diseases, autoimmune disease and other chronic degenerative diseases of the 20th century.  
• Check food labels and avoid ‘hydrogenated oil’. Use *cold pressed* cooking oils, e.g. olive oil or butter when baking food. |
**Cel-u-lite Gel** contains 5 special herbs that help fight that “orange peel” effect.

Cellulite consists of fat, water and toxic waste. Bad eating habits are responsible for the storage of waste and toxins in fat tissue. It is very important to get rid of the waste:

- follow a cleansing diet with more fibre as it excretes toxins from the body. Toxins build up through alcohol, coffee, tea, smoking, crash diets, trans fats and medication such as diet - , pep -, sleeping - and diuretic pills
- drink plenty of water
- prevent constipation (**Fabulous Fibre Bitter** is of great help here)
- sweat (exercise) excrete toxins through the skin
- skin brushing (using **friction gloves**) is a technique used to promote drainage of the lymphatic system and removal of toxins directly through the skin. It also promotes blood circulation, skin renewal and quicker production of connective tissue.

**Points:**

- favourable for cell regeneration
- helps support connective tissue
- favourable for the metabolism of fatty tissue
- unfavourable effect on swelling
- helps maintain proper blood circulation

**Directions:**

Apply Cel-u-lite Gel 2-3 x daily to affected areas, especially after bathing or showering for better absorption.

**Tip:**

1. Massage 2 x daily with **Friction Gloves**
2. Care for cellulite from inside with **Balance-it.**

**Active ingredients:**

Aloe, a blend of Ginger & Gotu Kola & Horsetail & Guarana, Wheat Germ Protein
**Cleansing Cream**

*Cleansing Cream* is a facial cleanser ideally suited for the dry/mature skin.

*Cleansing Cream* cleanses the skin from dirt, dead cells and make-up without removing the natural oils.

*Cleansing Cream* respects the pH balance of the skin and leaves it smooth and silky.

Although a dry skin appears fine and beautiful, this skin type ages quickly if not cared for properly. Loss of elasticity is associated with dry skin.

**points:**

+ cleanse the skin gently
+ protect the skin against dehydration (dehydration promotes the forming of wrinkles
+ ideal for sensitive skin.

**Directions:**

1. **Place Cleansing Cream on a moist sponge or cotton wool and apply gently to face and neck area with circular movements.**
2. Massage with gentle outward movements for approximately 30 seconds. The massaging enhances blood circulation.
3. Gently wipe away with a soft cloth or rinse with clean lukewarm water and dry gently.
4. Follow up with toner, aloe gel and moisturizer.

**Active ingredients:**

Aloe, Apricot Kernel Oil, Almond Glycerides, Amino Acids

**Sound advice:**

Prevent dry skin this way:

- Do not use water that is too cold or too hot.
- Do not rub your skin unnecessarily with harsh washcloths or scrubs.
- Do not use tissues to dry the skin, the wood pulp of which it is made, can scratch the skin.
- Supplement your diet with **Omega 3** and healthy fats.
Clever-4-Ever is a nutritional supplement that can have a beneficial effect on brain blockage in circumstances of hyperactivity, brain fog, ageing and Alzheimer's disease.

Phosphatidylserine and B vitamins are important nutrients in Clever-4-Ever that help support brain function with regard to memory, learning ability, concentration, linguistic ability and emotions.


- beneficial for brain and intellectual functions
  Phosphatidylserine, the main nutrient in Clever-4-Ever, boosts brain power, as shown in a study of 149 people aged 50 or older who had 'normal' age-related memory loss. In the study, half the participants took phosphatidylserine, while the other half took a placebo. By the end of the experiment, the people taking phosphatidylserine benefited from a 15% improvement in learning and other memory tasks. Looking at those results, one of the researchers concluded, "Phosphatidylserine may reverse approximately 12 years of decline".

Directions: Start with 2 capsules daily with meals for 3 months. Maintenance dose: take 1 capsule daily with breakfast.

Active ingredients: Aloe Bitters, Phosphatidylserine, Calcium D Panthothenate (Vit B5), Pyridoxine HCl (Vit B6)

Sound advice:
- In the long run low-fat diets are more likely to slow down your brain than to keep it going strong. Without enough good fats your brain simply won't function right. Eat more fish, nuts and avocados and supplement with Omega 3.
- Stable blood sugar levels are important for clear thinking. Fluctuating blood sugar levels may cause brain fog and difficulty in concentration. Cut all refined foods from your diet and supplement with Sweet Need.
- Blood circulation is essential for optimal brain function, memory and concentration. Balance-it contains herbs that can play an important role in circulation.
**Conditioner**

Conditioner is ideal for oily and normal hair.

A conditioner is applied after washing to close the scales of the hair, thus preventing further loss of moisture. When the scales of hair lie flat, hair shines!

The pH of sebum is between 4.5 and 5.5. This is slightly acidic and not beneficial circumstances for bacteria. Aloe Ferox conditioners have a pH of 4 and restore the pH of the scalp after washing, protect against environmental conditions and counteract static electricity.

<table>
<thead>
<tr>
<th>points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ helps promote <strong>penetrability of skin and hair</strong> to absorb nutrients and moisturizers</td>
</tr>
<tr>
<td>+ helps promote proper absorption of nutrients</td>
</tr>
<tr>
<td>+ good for proper circulation needed for healthy hair growth</td>
</tr>
<tr>
<td>+ helps protect elasticity</td>
</tr>
<tr>
<td>+ helps maintain natural pH of the scalp</td>
</tr>
</tbody>
</table>

**Directions:**

1. Wash hair with an efficient shampoo. Rinse well.
2. Lightly squeeze hair with a towel to dry.
3. Work conditioner through your hair and gently massage the scalp for 2-3 minutes.
   - **Oily hair**: apply conditioner only to the tips of the hair and avoid the scalp.
4. Rinse well with warm water.
5. **Scalp nightmares**: gently massage Bitter/Super Aloe Gel into the scalp. Do not rinse off.
   - **Oily scalp**: gently massage Super Aloe Gel into scalp to help absorb excess oil. Do not rinse off.
6. Apply Super Aloe Gel to moist hair and style.

**Hint**: Nutri Hair capsules is a supplement that is hair-growth friendly.

**Active ingredients:**

Aloe, Wheat Germ Protein, Collagen, Amino Acids
If you always thought that aloe is only bitter and that healthy things always taste bad, the Aloe Ferox range of delicatessen will definitely prove you wrong.

**Delicatessen**

Aloe Jam, Aloe Chutney and Aloe Bites are made of the wholesome bitter-free white flesh of the aloe leaf. Aloe Muesli contains the bitter-free fibre rich dried aloe leaf.

The delicatessen contains NO bitter sap.

<table>
<thead>
<tr>
<th>Aloe Bites:</th>
<th>Tasty dried sugared aloe gel in an assortment of fruity flavours.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe Chutney:</td>
<td>This tasty chutney is a mixture of aloe gel, mebos and dried fruit.</td>
</tr>
<tr>
<td>Aloe Jam:</td>
<td>This tasty treat reminds you of melon jam. Aloe Jam contains aloe gel and sugar.</td>
</tr>
<tr>
<td>Aloe Muesli:</td>
<td>A must for a fibre rich breakfast! Allow soaking for 10 min (or overnight) before eating, (to break down phytates in raw wheat.) Eat with milk or yoghurt or mix with other breakfast porridge. Contains: dried aloe leaf, dried aloe gel, coconut, golden syrup, bran, wheat, oats, sunflower seeds, sesame seed and conolla seed. Whole grain contains carbohydrates, protein, fat, fibre vitamins and minerals. Seeds are full of essential fats, protein, vitamins and minerals.</td>
</tr>
</tbody>
</table>
Deo 42 (Deo-for-two) is a creamy deodorant for both sexes.

The pleasant aroma helps to improve body odour and disguise perspiration odour.

Although Deo 42 is not an antiperspirant, it does help you to perspire less.

**Points:**

+ The combination of herbs in Deo 42 help to deactivate bacteria that cause a perspiration odour.
+ Aloe is ideally suited for the sensitive skin that gets irritated easily.
+ No aluminium is added.

**Directions:**

Apply Deo 42 freely under arms. Repeat application during the day as required. Also use on other perspiring areas.

**Active ingredients:**

Aloe, Astragalus, Zinc Ricinoleate, Sorbitol

**Sound advice:**

- Shave under the armpits – it decreases bacteria – thus also body odour.
- Avoid wearing synthetic clothes, especially tight fitting, plastic or rubber shoes or boots.
- Avoid spices or hot coffee – it promotes perspiration.
- *Difference between deodorants and antiperspirants:*
  - Deodorants disguise odours.
  - Antiperspirants reduce perspiration. Aluminium is the active ingredient that is used to suppress perspiration production.

Tips to control the heat:

- Avoid heavy, fatty foods, dessert and sauces.
- Cook during the cooler hours of the day.
- Wear loose fitting, light colours in cotton.
Enriched Night Cream

Enriched Night Cream is the ideal night cream for normal and combination skin.

While you sleep, conditions are favourable for nourishing your skin and repairing daily damage caused by pollution and ultraviolet rays. You can safely try a richer moisturizer at night than during the day, to nourish and restore your skin.

Enriched Night Cream is available with or without perfume. Perfume-free night cream is ideal for the sensitive or allergic skin.

Supplement your diet with Radical Image and Omega 3, which contains plenty of nutrients for an attractive skin.

| + points: | + favourable effect on delaying symptoms of ageing  
|          | + beneficial for skin rejuvenation and elasticity  
|          | + helps protect the skin against dehydration  
|          | + helps maintain increased blood flow to the skin |

Directions:

1. Clean the skin gently. Dry gently.
2. Gently apply toner to facial area.
3. Apply Super/Bitter Aloe Gel to moist skin.

Apply night cream gently with your ring finger and spread gently over the entire moist skin. Hint: Apply night cream before the aloe gel dries. It promotes absorption.

Active ingredients: Aloe, Wheat Germ Oil, Collagen

Sound advice: Determine your skin type: Wash your face with your usual cleanser. Leave without moisturizer for at least 30 minutes. If your skin feels "tight" within 10 minutes, your skin is dry. If you dab your nose and chin after 30 minutes with a tissue and it shows surface oil, you have an oily skin. Alternatively you have a normal or combination skin with oily T-panel (forehead, nose and chin) and other drier areas.
**Eva**

Eva capsules are for the general wellbeing of women: the budding woman, the woman in her prime and the mature woman. Feel like a complete woman with Eva.

- Supplement your diet with hormone friendly **Omega 3** capsules.
- Glucose is the main growth factor of candida fungi – thus, avoid sugar and refined carbohydrates. Supplement your diet with **Whole-leaf Juice** and **Fabulous Fibre Bitter**.
- Care for vulva complaints associated with itching, discomfort, a burning sensation and sensitivity – apply **Super Aloe Gel**.

### Points:

These herbs contain plant chemicals that:
- are beneficial for the wellbeing of the reproductive and sexual organs as well as the bladder
- are beneficial for menstrual wellbeing
- help romance flare up
- are beneficial for hormonal harmony
- are good for midlife as well as adolescent balance
- beneficial for emotional balance

### Directions:

Take 2 capsules daily with meals.

### Active ingredients:

Aloe Whole-leaf, Aloe Bitters, Black Cohosh, Damiana, Vitex Agnus Castus

### Sound advice:

The negative influence of sugar and refined foods on woman-hood:
- Sugar and refined foods rob your body of essential nutrients. Shortages cause symptoms such as **PMS**, **painful menstruation**, **cramps**, **hormonal imbalance** and **ageing**.
- Sugar and refined foods are responsible for symptoms such as blood sugar fluctuations, irritations, aggression, listlessness, palpitations, loss of sex drive, shakiness, sleeplessness, obesity and headaches.
**Eye Cream**

Eye Cream helps to keep the skin surrounding the eye supple and delays the appearance of wrinkles.

The delicate skin surrounding the eye needs special care because the skin is thinner than the rest of the facial skin. It also retains less moisture. There are less oil glands, which contribute to potential dryness and there is no fatty layer beneath the skin to absorb shock. The result is that the skin loses elasticity easily.

Supplement your diet with **Radical Image** and **Omega 3** that contain important nutrients for attractive skin.

+ beneficial for delaying in the signs of ageing
+ beneficial for rejuvenation and elasticity of the skin
+ helps protect the skin against dehydration
+ helps maintain increased blood flow to the skin

**Directions**

1. Cleanse your facial and eye area gently.
2. Avoid the eye area when applying toner.
3. Apply **Super Aloe Gel** to the entire face and eye area.
4. Dot Eye Cream lightly with ring finger to the bony area around the eye without rubbing. Rubbing stretches the skin.

**Hint:** Apply your moisturizer before the aloe gel dries. It promotes absorption.

**Active ingredients:**

Aloe, Almond Glycerides, Elastin

**Sound advice:**

- **Super Aloe Gel** helps prevent puffiness and dark circles under the eyes.
- Pat the skin around the eyes gently with your ring finger when applying your eye cream to drain excess moisture (the reason for puffiness).
- Use **Super Aloe Gel** around the eyes to care for skin complaints associated with itching and sensitivities.
Eye Gel

Eye Gel is formulated to have a positive effect on skin tone and elasticity of the delicate area around the eye.

Your facial skin, especially the eye area is the most vulnerable to damage by environmental factors and is often the first to show signs of ageing. The role your eyes play in expression of emotion can also speed up this ageing process.

Eye Gel can aid in the strengthening of the delicate tissue around the eye and can be of help against the appearance of bags (puffiness) beneath the eyes.

**Points:**

- beneficial for skin rejuvenation and elasticity
- combination of ingredients work together to promote the natural ability of the skin to repair itself
- aloe helps maintain proper blood supply to the delicate eye area
- more nutrients (through proper blood supply) is beneficial for delaying the signs of ageing

**Directions:**

1. Cleanse your facial and eye area gently.
2. Avoid the eye area when applying toner.
3. Dot Eye Gel lightly with ring finger to the bony area around the eye without rubbing.
4. Eye Cream may be applied afterwards for extra moisturizing.

**Active ingredients:**

Aloe Whole-leaf Jelly, Mixture of Propylene Glycol & Glyceryl Polymethacrylate, Bio Bustyl

**Sound advice:**

- Use Eye Gel on any part of the body where the skin is damaged or is prone to wrinkles.
- The most important prevention against wrinkles is careful treatment.
- Care for eye complaints such as itching, burning, redness or sensitivity with Super Aloe Gel.
### Eye Make-up Remover Gel

Eye Make-up Remover Gel works gently to remove make-up (also waterproof) without damaging the delicate skin around the eyes.

Around the eyes the skin is thinner and has less oil glands. It thus retains less moisture and is prone to dryness. This area should be treated especially gently.

Normal cleansers are not adequate to remove stubborn make-up. It is especially waterproof mascara that is difficult to remove.

| Points | + cleanses gently without drying  
|        | + helps prevent bagginess and puffiness |

**Directions:**

1. Apply Eye Make-up Remover Gel to the eye area.
2. Make sure that the mascara is covered well.
3. Leave on for at least half a minute.
4. Gently remove with moist cotton wool.
5. Now cleanse your entire face with your normal cleanser.

**Active ingredients:**

Aloe, Lanolin Derived Sterol Ester

**Sound Advice:**

- Do not go to bed wearing mascara, it can lead to sore, puffy eyes.
- A few sleepless nights will make dark circles under the eyes seem darker.
- Exhaustion causes facial muscles to slacken and hollows under the eyes will seem deeper and more prominent than usual.
- **Eye Gel**'s firming characteristics make it an excellent eye gel!
- Make small circular movements over the eyes and temples directly after removing your make-up. This massage is especially good for sinus sufferers.
Fabulous Fibre Bitter

Fabulous Fibre Bitter/tablet/capsules contain dried bitter sap and dried, powdered whole aloe leaf. Fibre rich Aloe ferox leaves contain a vast amount of nutrients and medicinal properties that support the general wellbeing of the body.

- Aloe ferox bitters is traditionally used for the beneficial effect it has on constipation, eczema, pain from arthritis and high blood pressure.
- Also care for your skin, heart and joints with essential fatty acids. Supplement your diet with Omega 3 and eat more fish, nuts and avocados.
- Care for painful joints externally with Muscle Gel.

Points:

- Aloe ferox bitters contain plant chemicals that:
  + are bacteria, virus and parasite unfriendly
  + help to diminish pain
  + benefit an anti-inflammatory action
  + help support detoxification and disinfection
  + help maintain regular bowel movement
  + digestion friendly

It is clinically proven that the use of anthranoid laxatives (such as Aloe ferox bitters), even in the long term, DO NOT CAUSE CANCER (ref. Department of Medicine, Univ of Erlangen, Germany; Journal: Gut; May 2000; vol 46(5): p 651-5)

Directions:

Laxative: Take ½-3 tablets/capsules in the evening in a single dose. Use the smallest dose necessary to maintain a soft stool.

Other uses: Take ½-1 tablet/capsule daily with meals.

Safety: Do not use Aloe ferox bitters in cases of intestinal obstruction, acute inflamed intestinal disease (e.g. Crohn’s disease, ulcerative colon inflammation), appendicitis, abdominal pain of unknown origin, pregnancy and breastfeeding.

Active ingredients:

Aloe Whole-leaf, Aloe Bitters
**Fabulous Fibre Regular**

Fabulous Fibre tablets consist of bitter-free, dried, powdered whole leaves of the Aloe ferox.

Fabulous Fibre is an ideal dietary fibre supplement with a total fibre content of 43% and in addition contains a vast amount of nutrients that are essential for an energetic and invigorated body.

For the comprehensive care of your wellbeing also drink fibre and nutrient rich **Whole-leaf Aloe Juice**.

Sufficient fibre in the diet is essential for the prevention of various illnesses that can be linked to a Western lifestyle, e.g. abnormal blood sugar, insulin and cholesterol levels as well as obesity.

High fibre intake helps prevent and even treat illnesses such as coronary heart disease, diabetes mellitus, colon cancer, over weight, diverticulitis, appendicitis and hiatus hernia. Fibre protects against breast cancer, constipation, gallstones, blood clots, piles, varicose veins, inflammation of the colon, wasting syndrome, irritable bowel, bloatedness and flatulence. Fibre helps to remove harmful toxic- and waste material from the body, serves as source of energy for the microbes in the colon and effectively aids excretion of estrogens.

<table>
<thead>
<tr>
<th>Points:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>+ excellent source of fibre in the diet</td>
<td></td>
</tr>
<tr>
<td>+ rich in nutritional and medicinal properties</td>
<td></td>
</tr>
</tbody>
</table>

**Directions:**

- Take 1-3 tablets daily with meals or when necessary.
- Drink adequate water when taking fibre to prevent blockage.

**Active ingredients:**

Dried Aloe Whole-leaf
**Facial Mask**

Facial Mask is a clay mask for oily and combination skin that is specially formulated for deep cleansing.

*This mask forms a thin layer over the skin that excludes air. The skin perspires under this mask and in this way, gets rid of impurities. The impurities attach to this mask and are rinsed off.*

People with a combination skin should use two masks. Apply Facial Mask to oily areas and **Moisturizing Mask** to the dry areas.

<table>
<thead>
<tr>
<th>Points:</th>
<th>+ purifies skin of all dirt and dead skin cells</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>+ skin feels refreshed</td>
</tr>
<tr>
<td></td>
<td>+ removes excessive oiliness</td>
</tr>
<tr>
<td></td>
<td>+ narrows skin pores</td>
</tr>
</tbody>
</table>

**Directions:**

Use Facial Mask 1-3 times weekly.
1. Cleanse your skin as usual. Dry gently.
2. Use Refining Scrub to remove dead cells (optional).
3. Apply a thin layer of Facial Mask over your face and neck. Avoid the areas surrounding the eyes and lips. (Apply a thick layer of **Super Aloe Gel** around the eyes and lips for moisturizing.)
4. Leave on for 5 minutes.
5. Do not allow mask to dry completely. Rinse with lukewarm water to remove.
6. Follow up with toner, aloe gel and moisturizer.

**Active ingredients:** Aloe, Lanolin, Glycerine

**Sound advice:**

- Oily skin, especially during teenage years can be an indication of hormonal imbalance. **Radical Image** capsules cares for healthy hormonal levels.
- The use of a scrub such as **Refining Scrub** before application of a mask, contributes to the efficiency of the mask because all the dead skin cells on the surface have been removed.
Facial Wash Bitter

Facial Wash Bitter is a brown liquid facial cleanser ideally suited for problem skin. While dissolving dirt and oils, removing make-up and cleaning pores, the aloe bittersap cares for unwanted skin conditions.

Supplement your diet with Radical Image capsules for an attractive skin.

Sugar and refined foods are especially harmful to your skin and contribute to hormonal imbalance, suppress immunity that fight against inflammation and bacteria in pimples, hasten ageing, deplete nutritional sources necessary for healthy skin.

+ Aloe bitter sap contains plant chemicals that:
  + are bacteria, virus and parasite unfriendly
  + help support detoxification and disinfection
  + support the immune system.

Directions:
1. Wet your face and neck with lukewarm water. Massage the cleanser gently over your skin with the fingertips. Rinse. Dry gently.
2. Follow up with toner.
3. Apply Bitter Aloe Gel to moist skin.
4. Moisturize your moist skin immediately.

Hint: Let aloe bitters care for your skin from the inside. Drink 1-2 Radical Image capsules daily.

Active ingredients:
Aloe Bittersap, Glycerine, Coconut Oil Based Surfactant

Sound advice:
Do the following test:
Can you go without sugar, chips, sweets, chocolate, ice cream, pasta, potatoes, rice and white bread for 2 weeks? Test passed? Well done! Congratulations, see how beautifully your skin has started to heal.
**Facial Wash Regular**

Facial Wash is a liquid facial cleanser ideally suited for oily skin. Dirt and oils are dissolved, make-up removed and pores cleansed without removing moisture from the skin.

Normal soap can dry the skin too much. With Facial Wash Regular, young skin can be cleansed without drying the skin.

Oily skin, especially during teenage years can be an indication of a hormonal imbalance. **Radical Image** capsules care for healthy hormonal levels.

| Point: | + helps to retain the skin’s moisture  
|        | + helps protect the skin against dehydration  
|        | + aloe is advantageous for elasticity  

**Directions:**

1. *Wet your face and neck with lukewarm water.* Massage the cleanser gently over your skin with your fingertips. Rinse. Dry gently.
2. Follow up with toner.
3. Apply **Super Aloe Gel** to your moist skin.
4. Moisturize your damp skin immediately.

**Active ingredients:**

Aloe, Glycerine, Coconut Based Surfactant

**Sound advice:**

- Do not treat an oily skin harshly; it can stimulate the oil glands to excrete even more oil.
- Even an oily skin needs moisturizer because it helps to seal in moisture in the top skin layers to leave the skin soft and supple.
  
  *Hint:* Mix you moisturizer with **Super Aloe Gel** before application to promote absorption and to absorb excess oils.
Foaming Cleanser

Foaming Cleanser is a liquid facial cleanser ideally suited for normal and combination skin. Dirt and oils are gently dissolved, make-up is removed and pores are cleansed.

Cleanse your skin at least once a day thoroughly but gently. More than 2 times per day can irritate the skin. Rough handling can promote forming of wrinkles.

Use cleansing time to massage your skin gently. It promotes blood circulation that in turn promotes a rosy appearance.

points:

+ helps keep the moisture of the skin
+ helps protect the skin against dehydration
+ aloe is beneficial for the elasticity of the skin

Application:

1. Wet your face with lukewarm water. Massage the cleanser gently over the skin with the fingertips. Rinse. Dry gently.
2. Follow up with toner.
3. Apply Super Aloe Gel to your moist skin.
4. Moisturize the skin immediately.

Hint: Mix Super Aloe Gel and your moisturizer before application to promote absorption into the skin and prevent a shiny appearance.

Active ingredients:

Aloe, Glycerine, Coconut Oil Based Surfactant

Sound advice:

• A combination skin should be cleansed with Cleansing Cream at night.
• Certain circumstances may require that you change your cleanser. During drier winter months or after severe sun exposure, your skin can be cleansed with Cleansing Cream to counteract dryness.
Friction Gloves

Use these rough nylon gloves in your fight against cellulite.

Cellulite forms slowly when the circulation and lymphatic system become lazy causing waste and toxic material to build up in the tissue.

Brush your skin daily to encourage removal of toxic waste directly through the skin by increased blood circulation and lymphatic draining. Skin brushing also promotes cell rejuvenation and a quick exchange in the collagen connective tissue.

Daily skin brushing is a gentle, yet effective way to encourage the detoxification process.

Applications:

Best time to skin brush is just before a bath or shower.
1. Use friction gloves and follow a 5-minute routine daily. Brush your dry skin in the morning and at night. Brush the entire body – except the face.
   On dry skin: begin at the tip of the shoulders and move over the entire body, except the head, with long smooth strokes always directed towards the heart. Start gently, increasing the action as the body becomes accustomed to the feeling. Slight redness can appear in stagnant areas where circulation is improved. The whole process takes 5 minutes. In case you only want to brush cellulite areas, 2 minutes will be sufficient.
2. Follow up with Cel-u-lite Gel. In case of shower or bath: apply Cel-u-lite Gel afterwards.
3. Supplement your daily diet with Balance-it.
4. Prevent constipation with Fabulous Fibre Bitter.

Sound advice:

Get rid of toxins in the body by following a detoxifying diet • drinking plenty of water • preventing constipation • exercising regularly (perspiration). Toxins in the body build up with the use of • alcohol • coffee & tea • smoking • crash diets • trans fats • fried & oily foods • medication such as diet, pep, sleeping and diuretic pills.
FrizziFix is specially formulated to treat the problem of unmanageable, hard or curly hair.

The curly nature of some people’s hair prevents the natural oil from the hair follicles reaching the entire hair shaft. This leads to extremely dry and brittle hair in some people.

**Points:**
- can be applied on dry or wet hair
- leaves curly hair soft and manageable
- helps promote the natural shine of hair
- helps protect elasticity

**Directions:**
1. Wash hair with *Shampoo Conditioning*.
2. Rinse well.
3. Squeeze-dry hair with a towel.
4. Work conditioner through your hair and gently massage your scalp for 2-3 minutes.
5. Rinse well with warm water.
6. Apply *FrizziFix* to hair and style.

*FrizziFix* can also be applied to dry hair. Do not rinse after application.

**Active ingredients:**
Aloe Whole-leaf Jelly, Glycerine, Almond Glycerides, Perfume

**Sound advice:**
- Massage your scalp when you wash your hair to stimulate blood circulation and hair growth.
- Do not use hot brushes or curling-tongs on damp hair.
- Remember that a diet rich in fruit and vegetables can improve the vitality of your hair.
- Do not leave the chemicals used for colouring, bleaching or perming on the hair for longer than the recommended period of time.
**Get-a-Grip**

Get-a-Grip capsules help you feel emotionally good.

*Serotonin is the chemical messenger of the brain. Herbs such as St John’s Wort and certain foods help balance the serotonin levels of the brain, thus promoting a feeling of wellbeing.*

One of the first effects of low blood sugar levels is on the central nervous system and eyes.

Also care for the
*central nervous system with **Whole-leaf Juice**
*"feel good" levels of the brain with **Omega 3** and
*blood sugar levels with **Sweet Need.**

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>These herbs contain plant chemicals that + can help influence the serotonin levels in the brain favourably + can influence emotional calm favourably + are nerve-friendly.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take 1-2 capsules daily with meals.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Active ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe Wole-leaf, St John’s Wort</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sound advice:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• <strong>Eat</strong> to increase the serotonin levels of the brain: + complex carbohydrates (unrefined foods), + dairy products, meat, fish, turkey, bananas, dried dates and peanuts. + Stay away from sugar, refined foods, alcohol and other stimulants that are responsible for blood sugar fluctuations. Fear, listlessness, depression, shakiness and/or weepiness are some unpleasant symptoms of blood sugar fluctuations. + Exercise has a dramatic and positive effect on people who suffer from depression.</td>
</tr>
</tbody>
</table>
**Glycerine Soap**

Glycerine Soap is a clear, perfumed, light brown soap that is ideal to wash the entire body.

Glycerine Soap forms a light lather and does not dry the skin like usual soap.

Glycerine Soap contains rooibos-extract that not only gives the soap its characteristic colour, but also contributes to rejuvenation of the skin.

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ cleanses gently</td>
</tr>
<tr>
<td>+ beneficial effect on the restoration action of the skin</td>
</tr>
<tr>
<td>+ no artificial colourant</td>
</tr>
<tr>
<td>+ has a positive influence on sensitive skin</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Work Glycerine Soap to a rich lather in your hands or washcloth and wash your entire body.</td>
</tr>
<tr>
<td>2. Follow up with <strong>Hand &amp; Body Lotion</strong> or <strong>Hand Cream</strong> on a moist skin.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Active ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rooibos, Glycerine, Coconut &amp; Castor Oil Based Surfactant, Coconut Oil Based Foaming Agent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sound advice:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glycerine soap is ideal for use at the washbasin for people who wash hands frequently, because the skin dries to a lesser degree than with normal soap.</td>
</tr>
</tbody>
</table>

Other body cleansers from the Aloe Ferox range:

- **Hair & Body Wash**: pH balance to be used on hair and body.
- **Liquid Body Wash Bitter**: for sensitive and problematic skin.
- **Body Scrub**: liquid body soap with fine granules.
- **Shower Gel**: for men and ladies, each with its own unique irresistible fragrance.
**Good Riddance**

Good Riddance is a safe and natural way to get rid of irritating scalp bugs.

Head lice can become a pest among school children from time to time and to get rid of them is not always easy. Lice can be found on a clean or dirty scalp, cannot fly and cannot jump. The lice lay small white eggs close to the hair root. When the lice begin moving around and biting the scalp, the child begins to scratch. Small raw sores develop that can become infected.

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ aloe is bacteria, fungus, virus and parasite unfriendly</td>
</tr>
<tr>
<td>+ aloe is a natural cleanser</td>
</tr>
<tr>
<td>+ helps support detoxification and disinfection</td>
</tr>
</tbody>
</table>

**Directions:**

1. Wash hair thoroughly with Good Riddance.
2. Use a conditioner to restore the pH balance of the hair.
3. Remove all nits with a fine nit comb or tweezers.
4. Wash hair frequently with Good Riddance to get rid of any nits that hatches.

**Active ingredients:** Aloe Bitters, Citronella Oil, Tea Tree Oil, Pine Oil, Zinc Pyrithione, Almond Glycerides, Coconut and Lanolin Based Surfactants

**Sound advice:**

- It is a good idea to treat the whole family even if they have no sign of head lice.
- Teach children not to lend or borrow combs, brushes or headphones.
- Wash all clothing and bedding in hot water (exceeding 55 °C) and dry for at least 20 minutes in a tumble dryer. High temperatures kill lice and their eggs.
- Vacuum carpets, furniture and pillows well.
Hair & Body Wash

Hair & Body Wash is a delightful body cleanser and shampoo and is also ideal for the washbasin.

While water dries the skin and normal soap destroys the pH balance of the skin, Hair & Body Wash moisturizes the skin and scalp while cleansing. It respects the pH balance of the skin that is necessary for the natural protection against unwanted invaders such as bacteria.

Ideal when you travel.

Does not form a layer on face cloths or sponges.

**+ cleanses gently**

**+ helps skin to retain moisture**

**+ helps prevent dehydration of the skin**

**Directions:**

Care for your hair and body this way:

1. Before you bath/shower: rub your whole body (while dry) with friction gloves. This stimulates blood flow and excretion of toxins through the skin.
2. Add *Luxury Foam Bath* or *Bath Oil* to bath water.
3. Cleanse your entire body with *Hair & Body Wash* and wash your hair at the same time.
4. After drying: apply *Cel-u-lite Gel* to cellulite or plump areas.
5. Moisturize the entire body with *Hand Cream* or *Hand & Body Lotion*.

**Active ingredients:**

Aloe Glycerine, Coconut Oil Based Surfactant

**Sound advice:**

Showers have an invigorating effect, while bathing calms you.
Hand & Body Lotion

Hand & Body Lotion is for everyone – men, women and children. The earlier you start to moisturize your skin, the greater the benefit to your skin.

Hand & Body Lotion is a light cream with a delightful fragrance that is absorbed quickly and is ideally suited for the warmer months of the year.

Hand & Body Lotion has a lovely fragrance, but for the sensitive or allergic skin, a no-perfume version is also available.

A good moisturizer has an important job. It delays the rate of dehydration (resulting in ageing of the skin), by protecting the skin against loss of moisture.

+ quick absorption
+ does not leave oiliness layer
+ helps maintain elasticity of the skin
+ protects the skin against dehydration
+ moisturizes and softens the skin

Directions:
1. Apply Hand & Body Lotion frequently to clean skin – the best time is directly after bath or shower, while skin is still damp to improve absorption.
2. Massage Hand and Body Lotion with firm strokes to improve circulation.
3. Allow body cream to be absorbed completely before getting dressed.

Active ingredients: Aloe, Jojoba Oil, Almond Oil, Allantoin, Sorbitol

Sound advice:
• Water is a cause of skin dehydration. The more minerals and salts dissolved in water, the more moisture the skin loses. Hard water dries the skin even more. Prevent dehydration by frequently applying moisturizer to the entire body throughout the year.
• Radical Image and Omega 3 contain nutrients that are important to counteract skin damage.
**Hand Cream**

Hand Cream is a rich cream that is absorbed quickly without leaving oiliness behind.

Hand Cream, with its delicate soft fragrance, is ideally suited for the winter months, when one's skin tends to be drier than in warmer months.

Hand Cream nourishes, moisturizes and protects your skin.

Hand cream has a lovely fragrance, but for the sensitive or allergic skin, a no-perfume version is also available.

| points: | + quick absorption  
|         | + leaves no oiliness behind  
|         | + helps maintain elasticity of the skin  
|         | + protects the skin against dehydration  
|         | + moisturizes and soften the skin |

**Directions:**

- Moisturize your hands and body frequently with Hand Cream.
- Try massaging your hands and entire body with Hand Cream to replace lost moisture and keep the skin soft and smooth.
- Dry your skin well after contact with water.

**Active ingredients:**

Aloe, Jojoba Oil, Avocado Oil

**Sound advice:**

- Elasticity of the skin is the ability to adapt to body movements and return to the normal form without creating excess skin wrinkles. The skin loses elasticity with ageing. Frequent application of moisturizers can help maintain elasticity and suppleness of the skin.
- Apply Tissue Oil to extremely dry skin.
- Cleanse the body with Body Scrub to gently help remove dead skin, leaving the skin looking radiant.
**Heel Balm**

Care for your feet with Heel Balm.

*Heel Balm* is a composition of herbs that are known for their beneficial effect on dry and chapped skin conditions as well as the healing effect on raw chafed skin.

Feet and legs have very few oil glands. A massage with a rich cream like Heel Balm helps to supplement natural oils.

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ help for chafed heels</td>
</tr>
<tr>
<td>+ protects the skin against dehydration</td>
</tr>
<tr>
<td>+ nourishes and softens skin</td>
</tr>
</tbody>
</table>

**Directions:**

1. Massage your feet (1 minute each) with friction gloves while dry to remove dead skin and to increase blood circulation.
2. Wash your feet in warm soap water. Do not soak. It dries out the skin. Dry the feet.
3. Use Heel Balm and massage each foot with long strokes from your toes to your ankles.

**Active ingredients:**

Aloe, Almond Oil, Jojoba Oil, blend of Comfrey & Menthol & Camphor & Beeswax, Allantoin, Sorbitol, Lanolin Sterol

**Sound advice:**

- Treat calluses and corns gently with a pumice stone. Apply *Super Aloe Gel* and Heel Balm directly afterwards.
- Apply *Bitter Super Aloe Gel* to painful ingrown toenails.
- Try this treatment for symptoms of planter warts: apply *Bitter Aloe Gel* and cover with a plaster. Repeat daily for a week.
- Diabetics must take special care of their feet as feet ulcers may occur easily because of poor circulation.
Horsefly is an effective product specially formulated to keep unwelcome insects such as horseflies away from animals.

Horsefly is composed of natural ingredients and has a pleasant scent while it provides a safe method to protect your pets from irritating insects.

**Points:**

+ Aloe is bacteria, fungus, virus and parasite unfriendly
+ Aloe conditions the hair thereby displaying the natural softness and shine of the coat
+ Can be used on dogs, horses and other domestic animals of all ages
+ Effective against mosquitoes, fleas, bees, etc.
+ Safe for human use
+ Pleasant scent

**Directions:**

1. Do not allow Horsefly to come into contact with the animal's eyes.
2. Spray evenly over the whole body. Allow spray to be absorbed by hair and skin.
3. Can be liberally sprayed onto hooves.

**Active ingredients:**

Aloe Bitters, Citronella Oil, Tea Tree Oil, Almond Oil, Pine Oil

**Good advice:**

- Treat external skin problems with Bitter Aloe Gel.
- Treat eye problems with Super Aloe Gel.
- Whole-leaf Juice can be used internally for sick pets.
- Aloe bitters can be added to animal lick for control of ticks and parasites in livestock and game.
Joint Support

Joint Support capsules are beneficial for the general wellbeing of the body’s joints. The body’s inability to produce glucosamine is the single biggest reason why joints degenerate.

- Supplement your diet with the essential components as provided in Joint Support for the maintenance of cartilage.
- Omega 3 works in combination with Joint Support for the prevention of inflammation.
- Fabulous Fibre Bitter will help the body rid itself of toxins. Accumulated toxins are sometimes the cause of joint stiffness.

Contains all the essential elements for the maintenance and repair of joints:

+ **Glucosamine**: critical building block for the production of cartilage and prevents its further destruction. Improves joint lubrication and helps against pain and inflammation.
+ **Devil’s Claw**: fights inflammation and pain as well as improves joint mobility and function.
+ **Copper**: essential for the production of collagen thus preventing bone deformation.
+ **Manganese**: help prevent joint damage and inflammation.

**Directions:**
Take 2 capsules daily with meals.

**Active ingredients:**
Devil’s Claw, Glucosamine Sulphate, Copper, Manganese

**Good advice:**
Exercise reduces pain and joint stiffness.

**Allergies:**
- Wheat and milk products can irritate some people’s intestines producing a “Leaky Gut”.
- This stimulates the immune system and the joints are normally attacked.
**Lip Balm**

Lip Balm is an excellent moisturizer with sun protection for your lips.

Lip Balm is a combination of herbs that are known for the beneficial effect on symptoms of various skin complaints associated with dry, chapped, sore and damaged skin as well as blisters.

Lips are very sensitive with thin skin and very few oil glands.

Lip Balm is available in 3 flavours: regular, mint and raspberry.

| Points: | + moisturizes and nourishes lips  
+ unfavourable for the forming of wrinkles  
+ help keep lips healthy |
|---|---|
| **Directions:** | • Apply Lip Balm regularly during the day.  
• Lip Balm is also the perfect base for lipstick.  
• When experiencing unpleasant lip complaints, apply **Bitter Aloe Gel** and follow up with Lip Balm. Repeat regularly until signs disappear. |
| **Active ingredients:** | Aloe, Jojoba Oil, Almond Oil, Wheat Germ Protein, Allantoin, Sorbitol, Lanolin Sterol |
| **Sound advice:** | • The virus causing fever blisters is dormant in the skin until a rise in temperature, such as exposure to the sun, makes it develop. The first signs are frequently an itchy feeling that changes into a blister and later forms a scab.  
• Unattractive wrinkles form around the lips as smoke is drawn in. Smokers will have approximately 5 times more prominent wrinkles than non-smokers.  
• Lips normally crack only when it is cold and when the lips are very dry. Help prevent lip complaints by moisturizing the lips all year round with Lip Balm. |
**Liquid Body Wash Bitter**

Liquid Body Wash Bitter is perfume free body cleanser, ideally suited for sensitive and problematic skin.

Liquid Body Wash Bitter contains Aloe ferox bitters, traditionally used for its beneficial effect on skin complaints associated with eczema.

Liquid Body Wash Bitter helps dissolve dirt on the surface of the skin thus keeping the skin clean.

It moisturizes and respects the pH balance of your skin that is necessary for the natural protection against unwanted invaders such as bacteria.

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe ferox bitters contain plant chemicals that + are bacteria, virus and parasite unfriendly + help support detoxification and disinfection + soothe the skin.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleanse your entire body with Liquid Body Wash Bitter.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Active ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe Bittersap, Glycerine, Coconut Oil Based Surfactant</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sound advice:</th>
</tr>
</thead>
</table>
| • Apply Bitter Aloe Gel to various skin complaints. Follow up with Bitter Balm for dry skin conditions.  
• Let aloe bitters also take care of your skin from the inside. Take 1-2 Radical Image capsules daily.  
• Take 1-2 Omega 3 capsules in cases of dry skin conditions.  
• A diet rich in sugar and refined foods weakens the function of the immune system to fight inflammation, pimples and infections adequately and keep your skin healthy.  
• Moisturize the body with Hand & Body Lotion/Hand Cream without perfume. |
**Luxury Foam Bath**

*Magnificent Luxury Foam Bath cleanses your skin while you soak and relax. A sponge or face cloth removes remaining dirt. Luxury Foam Bath helps to prevent the ring that clings to the bath.*

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ Aloe is ideal for sensitive skins.</td>
</tr>
<tr>
<td>+ Aloe helps prevent dehydration.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>After soaking, use your face cloth, sponge or friction gloves and wash your body with long strokes in the direction of the heart. It improves blood circulation and lymphatic drainage (to excrete waste material).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Active ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe, Glycerine, Coconut Oil Based Surfactant</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sound advice:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ideal bath temperature: 35 ºC. More than that makes you drowsy.</td>
</tr>
<tr>
<td>• It is advisable not to bath for longer than 30 minutes.</td>
</tr>
<tr>
<td>• Avoid a warm bath if you have a problem with vein lets.</td>
</tr>
<tr>
<td>• Use the time in the bath to relax the muscles and to do deep respiratory exercises.</td>
</tr>
<tr>
<td>• Also add Bath Oil for a dry skin.</td>
</tr>
<tr>
<td>• Gently apply <strong>Hand &amp; Body Lotion</strong> or <strong>Hand Cream</strong> directly after bathing to your damp skin.</td>
</tr>
</tbody>
</table>
Mature

*Mature* is a rich nourishing moisturizer that gives extra moisture to extremely dry skin.

*Mature* is lightly scented, but for the sensitive or allergic skin a no-perfume version is available.

Moisturizers delay the ageing process.

Collagen gives your skin a youthful suppleness and firmness, but it is especially prone to damage (ageing) from free radicals. Anti-oxidants can stop or even reverse damage and ageing.

**points:**

+ beneficial to delay signs of ageing
+ beneficial for cell rejuvenation and suppleness
+ helps protect against dehydration and pollution
+ nourishes the skin

**Directions:**

1. Gently cleanse the face. Dry lightly.
2. Gently apply toner.
3. Apply **Super Aloe Gel** to moist skin.
4. Gently apply moisturizer with your ring finger and smooth lightly over moist skin.

**Hint:** Apply moisturizer before aloe gel dries completely. This increases absorption.

**Active ingredients:**

Aloe Oil, Avocado Oil, Wheat Germ Oil, Vitamin E Acetate, D-Panthenol, blend of Comfrey & Menthol & Camphor & Beeswax, Sorbitol, Glycerin, Titanium Family (sunscreen)

**Sound advice:**

- **Omega 3** is essential for people with dry skin. Eat more good fats such as nuts, avocados and fish, rich in oil.
- For extra nourishment: Apply **Tissue Oil** onto your skin and follow up with *Mature*.
- Supplement with **Radical Image**. It contains important nutrients for attractive skin.
- Dryness of the skin is mostly an accumulation of dead cells on the surface of the skin. Use **Refining Scrub** to clarify the skin.
**Moisturizer**

*Moisturizer* is ideally suited for oily, normal and combination skin.

*Moisturizer* is lightly scented, but a no-perfume version is available for sensitive and allergic skin.

*Moisturizer* delays the ageing process.

*Treatment of the skin frequently causes the oil glands to function better and improves the condition of the skin.*

### Points:

- Advantageous to delay signs of ageing
- Beneficial for cell rejuvenation and suppleness
- Helps protect against dehydration and pollution
- Nourishes the skin

### Applications:

5. Cleanse the face gently. Dry the skin gently.
6. Lightly dab toner onto the skin.
7. Apply **Super/Bitter Aloe Gel** to moist skin.
8. Dot *Moisturizer* gently with your ring finger and lightly spread over your moist skin.

**Hint:** Apply moisturizer before aloe gel dries completely. This promotes absorption.

### Active ingredients:

Aloe, Glycerine, Titanium Family (sun care)

### Sound advice:

- A person with a combination skin should apply **Moisturizing Day Cream** to dry areas.
- Skin ageing can start at the early age of 25 years due to a poor diet and nutrient deficiencies.
- Supplement with **Radical Image** and **Omega 3** that contain important nutrients for attractive skin.
- A person with a normal skin can quite likely need a richer moisturizer such as *Moisturizing Day Cream*, during dry seasons.
**Moisturizing Day Cream**

**Moisturizing Day Cream** is a moisturizer ideally suited for dry, mature and dehydrated skin.

**Moisturizing Day Cream** is lightly scented, but a no-perfume version is available for the sensitive or allergic skin.

**Moisturizers delay the ageing process. No skin, no matter how neglected or old, may be left untreated. Very important moisture is kept in the skin by the application of cosmetic products. The fine lines that develop due to a lack of moisture can be repaired.**

**+ points:**
- beneficial for the delay in signs of ageing
- beneficial for cell rejuvenation and suppleness
- helps protect against dehydration and pollution
- nourishes the skin

**Directions:**
1. Cleanse your face gently. Dry the skin.
2. Lightly apply toner to the skin.
3. Apply **Super/Bitter Aloe Gel** to moist skin.
4. Dot on moisturizer gently with the ring finger and lightly smooth it over the moist skin.

**Hint:** Apply moisturizer before the aloe gel dries. It improves absorption.

**Active ingredients:**
Aloe, Avocado Oil, Titanium Family (sun screen)

**Sound advice:**
- **Causes for ageing skin:** 
  - poor diet
  - nutrient shortages
  - sunburn
  - poor health
  - hormonal changes
  - alcohol & smoking
  - tension
  - incorrect skin care products.
- Supplement with **Radical Image** and **Omega 3** that contain important nutrients for attractive skin.
- Dryness of the skin is mostly an accumulation of dead cells on the skin surface. Use **Refining Scrub** to clarify the appearance of the skin.
**Moisturizing Mask**

Moisturizing Mask is an intensive moisturizing treatment for dry skin especially after sunburn or when the skin feels tight. It has a beneficial effect on dry patches, flaking skin and even fine lines.

*Hint:* The use of a scrub such as *Refining Scrub*, before application of a mask, helps the mask work more efficiently because all the dead cells on the surface of the skin have been removed.

**Points:**

+ removes dead cells during cleansing
+ refreshes the skin
+ shrinks pores

**Directions:**

Use Moisturizing Mask 1-3 times per week.

1. Cleanse your skin as usual. Gently dry the skin.
2. Scrub your skin with *Refining Scrub* (optional).
3. Apply a thin layer of *Moisturizing Mask* over your face. Avoid the areas around the eyes and lips. (Apply a thick layer of *Super Aloe Gel* around the eyes and on lips.)
4. Leave on for 5-10 minutes.
5. Remove with moist cotton wool.
6. Follow up with toner, aloe gel and moisturizer.

**Active ingredients:**

Aloe, Cholesterol, Lanolin Sterol

**Sound advice:**

Keep your skin’s natural moisture balance at its best:

- See to it that your living and work place is moist.
- Avoid the sun where necessary.
- Your internal water balance also moisturizes the skin. Drink plenty of water.
- A shortage of essential fatty acids leads to dry skin. *Omega 3* contains fatty acids for attractive skin.
**Mr. Moisturizer**

Mr. Moisturizer is an ideal moisturizer with sun protection for the stronger and oilier skin of men.

If the skin feels tight after shaving, it is a sign that the skin is dehydrated. It happens because the natural oils on the surface of the skin are disturbed. Apply Mr. Moisturizer to nourish and moisturize the skin. Soap, water, wind and sun dehydrate the skin.

Aloe Ferox **Shaving Cream** is ideal for sensitive skin.

Cleanse your skin at night with Aloe Ferox facial cleanser. Choose from:
- **Facial Wash Regular** (oily skin)
- **Facial Wash Bitter** (skin nightmares)
- **Foaming Cleanser** (normal/combination skin)
- **Cleansing Cream** (dry/dehydrated skin).

**Radical Image** and **Omega 3** capsules contain important nutrients for healthy and attractive skin.

| Points: | + nourish and moisturize the skin  
|         | + beneficial for delaying in signs of ageing  
|         | + beneficial for cell rejuvenation and suppleness  
|         | + helps protect against dehydration and pollution |

| Directions: | 1. Shave/cleanse face gently. Dry gently.  
|             | 2. Follow up with **After Shave Lotion/Gel**.  
|             | 3. **Apply Mr. Moisturizer gently with your ring finger and gently smooth over moist skin**.  
|             | 4. Follow up with **Sun Care Lotion** when spending the day at the sea or golf course. |

| Active ingredients: | Aloe, Avocado Oil, Titanium Family (sunscreen) |
### Muscle Gel

**Muscle Gel** contains a combination of herbs that help care for bothersome muscles, joints and tendons and head discomfort. It also helps maintain easy breathing.

Care for bothersome joints and tendons from inside with **Fabulous Fibre Bitter**.

Stiff joints need healthy fats. Supplement with **Omega 3** and eat more fish, nuts and avocados.

Care for breathing discomfort with **Winter Fighter**, **Whole-leaf Juice** and **Si-Nose Drops**.

<table>
<thead>
<tr>
<th><strong>points:</strong></th>
<th>These herbs contain plant chemicals that:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ have a beneficial effect on proper circulation</td>
<td>+ have a beneficial effect on sore muscles and joints</td>
</tr>
<tr>
<td>+ help with the maintenance of the muscular system</td>
<td>+ help promote an anti-inflammatory action</td>
</tr>
<tr>
<td>+ are beneficial for the function of the nervous system.</td>
<td></td>
</tr>
</tbody>
</table>

**Directions:**

- **For muscles, joints and tendons:** Apply Muscle Gel generously 2-3 x per day to affected areas.
- **For head:** Apply a thick layer of Muscle Gel to your temples and forehead. **Keep the gel moist for ½ hour** by taking a warm bath or steaming your face.
- **For comfortable breathing:** Apply Muscle Gel generously to chest, throat and back when necessary.
- **A tickling or scratchy throat:** Apply Muscle Gel generously to throat when necessary.

**Active ingredients:** Aloe, Aloe Bittersap, Eucalyptus Oil, Menthol, Camomile Extract, Almond Glycerides, Evening Primrose Glycerides, Allantoin

**Sound advice:** Drink more water. Many cases of arthritis can be relieved or reversed by drinking 2 litres water per day. The joint “lubrication” runs short when you have (hidden) thirst.
Nail & Cuticle Gel

Help restore lost moisture to your nails and cuticles with Nail & Cuticle Gel. Nails can easily become dry and brittle due to exposure to elements such as water, dust, cold, heat, etc.

A massage with Nail & Cuticle Gel helps to supplement the shortage of natural oils.

Extra care for dry, broken nails: soak your nails for 10 minutes in warm Aloe Tissue Oil. Supplement your diet with Omega 3 capsules and healthy fats.

<table>
<thead>
<tr>
<th>points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ beneficial for cell rejuvenation</td>
</tr>
<tr>
<td>+ nourishes and moisturizes</td>
</tr>
<tr>
<td>+ prevents dehydration</td>
</tr>
</tbody>
</table>

**Directions:**

Apply Nail & Cuticle Gel to clean nails and cuticles and massage in properly.

Care for poor – slow growing nails with Nutri Hair capsules.

**Active ingredients:**

Aloe, Wheat Germ Protein, Keratin

**Sound advice:**

- Cuticles should never be cut. Soak nails in warm water with Liquid Body Wash Bitter and gently push back cuticles with a cotton wool stick.
- Use a nail clipper to remove coarse skin at the corner of the nail.
- Shape the nails with an amaril file. Do not file into the corners to deeply as it weakens the nails.
- **Advice for nail biting:** Apply Si-Nose Drops to nails.
- Repeated or long immersion in water softens the nails and causes them to split or even cause chronic felon (nail bed infection). Use gloves in water.
Neck Cream

Neck Cream is a rich moisturizer that is ideally suited for the skin of the neck that is prone to dryness.

Because the neck lacks oil glands, signs of ageing can be visible quite quickly, even long before signs of ageing appear on the face.

Neck Cream is available with or without perfume. A perfume free moisturizer is ideal for sensitive or allergic skin.

Supplement your diet with Radical Image and Omega 3 that contain important nutrients for attractive skin.

+ beneficial effect on the delay of the signs of ageing
+ beneficial for skin rejuvenation and elasticity
+ helps protect skin against dehydration
+ helps maintain increased blood flow to the skin

Directions:
1. Gently cleanse your face and neck. Dry gently.
2. Apply toner gently.
3. Apply Super/Bitter Aloe Gel to moist skin.
4. Dot Neck Cream with your finger tips to throat area and massage with upward motions from collarbone to chin.
5. Moisturize your face with a suitable moisturizer.

Hint: Apply moisturizer before the gel dries. It promotes absorption.

Active ingredients:
Aloe, Apricot Pit Oil, Lanolin Sterol, Collagen

Sound advice:
- Sallow, grey skin benefits by frequent treatment with a scrub such as Refining Scrub.
- Let Neck Cream care for the suppleness and firmness of the skin of your breasts. Also help prevent ageing and the sagging of your womanly assets. Always apply Neck Cream in an upward motion. A downward motion stretches the muscles and can do damage.
**Night Cream**

Night Cream is the ideal night cream for oily skin. Night Cream is available with or without perfume. Perfume-free night cream is ideal for the sensitive and allergic skin.

While sleeping, conditions are favourable for nourishing your skin and repairing daily damage due to pollution and ultraviolet rays. Try using a richer moisturizer at night than during the day to nourish and repair your skin.

| + beneficial effect on the delay of signs of ageing |
| + beneficial effect on cell rejuvenation and elasticity |
| + helps protect the skin against dehydration |
| + helps maintain increased blood flow to the skin |

**Directions:**
2. Gently apply toner.
3. Apply **Super/Bitter Aloe Gel** to moist skin.
4. Gently apply night cream with the ring finger and lightly smooth over entire moist skin.

**Hint:** Apply night cream before the aloe gel dries completely. It helps with the absorption of excess oils.

**Active ingredients:**
Aloe, Wheat Germ Oil, Collagen

**Sound advice:**
- Even clients older than 25 years with an oily skin, should use a night cream. Oil production by the hormone controlled sweat glands, declines after approximately 20 years of age. In women, the decline in oil production is more drastic after 30 years in age.
- Oily skin, especially during teenage years can indicate a hormonal imbalance. **Radical Image** capsules care for hormonal levels and also contain important nutrients for attractive skin.
**Nutri Hair**

Nutri Hair capsules help maintain healthy hair growth.

Hair loss associated with the presence of the male hormone testosterone is the main cause (approximately 95%) of hair loss in men and women.

DHT, a testosterone connection, causes the hair follicle to shrink and die and is also responsible for unwanted hair growth in other areas of the body. The herbs in Nutri Hair help prevent the forming of DHT.

**Points:**

- These herbs contain plant chemicals that:
  - are good for the wellbeing of the hair follicle (hair loss occurs when the follicle shrinks and dies)
  - are beneficial for healthy cell growth and protein synthesis (insufficient protein in the diet can cause hair loss)
  - are good for the wellbeing of nerves (psychological and physical stress can cause hair loss.)
  - are beneficial for the wellbeing of the thyroid
  - help promote healthy hair colour
  - supply nutrients for healthy hair growth

**Directions:**

Take 2-4 capsules daily with meals.

*Hint:* Also care for hair externally with Shampoo Bitter, Nutri Hair Conditioner and Super Aloe Gel.

**Active ingredients:**

Aloe Whole-leaf, Aloe Bitters, Green Tea, Kelp, Saw Palmetto, Polygonatum Multifolium (Fo-Ti), Stinging Nettle, Biotin, Choline Bitartrate, PABA, Copper Sulphate, Iron Sulphate, Manganese Sulphate, Magnesium Stearate, Tin Chloride, Zinc Lactate, Pyridoxine HCl (Vit B6).

**Sound advice:**

Because hair is primarily built up from protein, quality protein in your diet is of cardinal importance for healthy hair. A shortage of protein in your diet causes growing hair to go into a resting phase. The result is massive hair loss.
**Nutri Hair Conditioner**

Nutri Hair Conditioner helps maintain healthy hair growth, energises listless hair growth and pacifies hair loss and is the ideal moisturizer for dry hair.

A conditioner is applied after washing to close the hair scales, thus preventing further loss of moisture. When hair scales lie flat, hair shines!

The pH of sebum is between 4.5 and 5.5 that is slightly acid and creates unfavourable circumstances for bacteria. Aloe Ferox conditioners have a pH of 4 to adjust the pH after washing, protect against environmental conditions and counteract static electricity.

| **points:** | + helps promote penetrability of the hair and skin to absorb nutrients and moisturizers  
+ helps promote proper absorption of nutrients  
+ good for proper circulation that is necessary for healthy hair growth  
+ helps protect elasticity  
+ helps maintain the natural pH of the scalp |

**Directions:**

7. **Listless hair growth:** wash hair with Shampoo Bitter.  
   **Dry hair:** Wash hair with Shampoo Conditioning.  
8. Rinse well.  
9. Squeeze-dry hair with a towel.  
10. Work conditioner through your hair and gently massage your scalp for 2-3 minutes.  
11. Rinse well with warm water.  
12. **Listless hair growth:** Gently massage Bitter/Super Aloe Gel into scalp. Do not rinse.  
13. Apply Super Aloe Gel to moist hair and style.  

**Hint:** Nutri Hair capsules are a hair growth friendly supplement.

**Active ingredients:** Aloe, mixture of Castor Oil & Protein
Omega 3 categories:

Omega 3 capsules help promote the supplementation of essential unsaturated omega-3 fats in the diet.

Taking the right kind of fat is crucial for optimal health. Essential fatty acids are vital for life, to stay healthy and to delay the influence of ageing.

A low fat diet can lead to a shortage of fat-soluble vitamins A, D, E, K and B₁₂ as well as various minerals.

Signs of too little fat in your diet:
- dryness of the skin
- a pasty complexion
- deep folds in the facial lines that stretch from the nose to the mouth and even further
- stiffness in the joints
- moodiness
- intestinal cramps, bloatedness, loose bowel.

Points:

- beneficial for the wellbeing of the heart and arteries
- beneficial for the wellbeing of the immune system
- good for the wellbeing of the skin
- can help to support fat burning
- beneficial for hormone balance

Directions:
Take 2 capsules twice daily with meals.

Active ingredients:
Fish Oil

Smiley advice:
Hydrogenated polyunsaturated fat (called trans fats) are harmful. They occur mainly in margarine and sunflower oil. Trans fats, together with sugar and refined foods are the main cause for the epidemic of heart disease, inflammatory illnesses, autoimmune disease, cancer, and other chronic degenerative diseases of the 20th century. Use butter and cold-pressed oils such as olive oil.
Outlook capsules help promote the wellness of the eyes and quality of vision and are made up of a combination of herbs and anti-oxidants that are known for their beneficial effect on various eye complaints.

Anti-oxidants play an important role in the protection of the body and eyes against signs of ageing and damage.

Care for eye skin nightmares with Super Aloe Gel.

These herbs contain plant chemicals that:
+ are beneficial for proper circulation
+ have a beneficial effect on cell rejuvenation
+ are nerve friendly
+ are anti-oxidants
+ have a beneficial effect on blood sugar levels
+ help remove harmful toxic and waste material from the body

Directions: Take 1-2 capsules daily.

Active ingredients:
Aloe Whole-leaf, Alpha Lipoic Acid, Bilberry, Ascorbic Acid, Beta Carotene, Calendula, Eyebright, Riboflavin, Selenium Dioxide, Magnesium Stearate, Pyridoxine HCl (Vit B6)

Sound advice:
• Ageing is the cause of most eye complaints.
• Other risk factors: unhealthy diet, smoking, alcohol, and prolonged exposure to sunlight, increased serum levels, inflammation.
• Taking unrefined carbohydrates and sugar give rise to unstable blood sugar levels that in the long run damage the eyes and hasten the ageing process.
• Eat a diet rich in anti-oxidants, fresh, unrefined foods and drink plenty of water.
• Protect your eyes against harmful UV rays with the anti-oxidants (in Outlook) and wear dark glasses that block all UVB.
Radical Image is good for healthy attractive skin.

Take daily care of your skin externally by following a beauty routine:

- Teenage skin - Bitter Aloe Gel.
- Uneven colouration skin - SpotLess Crème.
- Ageing skin - Super Aloe Gel, Wrinkle-less Crème and Omega 3.

Enemies of the skin: • Sun exposure • Cigarette smoke (breathed in and second hand) • Environmental pollution • Low nutritional diet • Sugar and refined foods • Trans fats • Shortages of Vitamin A, C & E and folic acid • Too much alcohol • Stress • Harsh soaps • Too little sleep.

+ beneficial for healthy, spotless and youthful skin
+ hormonal harmony
+ beneficial for immunity
+ anti-oxidant
+ helps delay signs of ageing
+ detoxifying

Application: Take 1-2 capsules daily with meals.

Safety: Do not use Radical Image (because of the Aloe ferox bitters) in cases of intestinal obstruction, acute inflamed intestinal disease (e.g. Crohn’s disease, ulcerative colon inflammation), appendicitis, abdominal pain of unknown origin, pregnancy and breastfeeding.

Active ingredients:
Aloe Whole-leaf, Aloe Bitters, Dandelion, Dong Quai, Saw Palmetto, Alpha Lipoic Acid, Ascorbic Acid, Zinc Lactate, Selenium Dioxide, Betacarotene, Pyridoxine HCl (Vit B6)

Sound advice: Sugar and refined foods are especially harmful to your skin. They contribute to hormonal imbalance, suppress immunity that fights against inflammation and bacteria in pimples, contribute to wrinkles and tightness of the skin, hasten ageing, make the skin prone to discolouration, e.g. age spots and deplete the nutrient sources of the body that are necessary for healthy skin.
Refining Scrub

Use Refining Scrub to clarify and smoothen your skin. It helps remove dead skin cells on the surface of the skin in order for younger and more beautiful skin cells to appear. It promotes cell rejuvenation and softens wrinkles and rough skin.

Skin scrubbing is not only for general cleansing, but also for skin problems such as blocked pores, oiliness, sallow complexion, scars and scars due to acne. Scrubbing helps for skin, inclined to pimple forming, to keep pores clean and prevent an outbreak.

points:
+ beneficial for cell rejuvenation
+ helps remove dead skin cells
+ makes your skin radiant
+ keeps pores clean

Directions:
• Dry skin: use 1 x per week.
• Normal and combination skin: use 2 x per week.
• Oily skin: use 1 x in ten days.
• Sensitive skin or severe acne: avoid scrubbing.
• Skin inclined to blackheads: 1 x per week.

Best time: evenings.

1. Cleanse your face.
2. Dot Refining Scrub to forehead, nose, chin, cheeks and neck.
3. Wet the fingertips and gently scrub upwards in circles. Avoid eye area.
4. Rinse with clean lukewarm water.
5. Follow up with a mask (optional).
6. Follow up with toner, aloe gel and moisturizer.

Active ingredients:
Aloe, Almond Oil, Amino Acids, Lanolin Sterol, Polyethylene Grains, Elastin
**Sham-Pet**

Sham-Pet is the ideal shampoo for pets and is beneficial for natural healthy skin and fur. It consists of aloe bitters and a combination of herbs that are known for their beneficial effect on various skin complaints.

| Points: | + aloe is a natural cleanser  
|         | + aloe is bacteria, fungus, virus and parasite unfriendly |
| Directions: | Wash fur with shampoo. |
| Active ingredients: | Aloe Bitters, Citronella Oil, Tea Tree Oil, Pine Oil, Zinc Pyrithione, Almond Glycerides, Coconut Oil and Lanolin Based Surfactants |
| ☺ Sound Advice: | • Supplement your pet’s daily diet with **Fabulous Fibre Bitter** (with aloe bitters). It helps control pests and plagues that harass your pet internally as well as externally. It also helps to prevent numerous other unwanted health complaints.  
| | • Aloe bitters is added to animal lick and animal feed for tick and parasite control in livestock and game.  
| | • Aloe bitters is added to the drinking water of pigeons, chickens and ostrich for parasite control.  
| | • Aloe bitters is used successfully for tick bite fever.  
| | • **Whole-leaf Juice** for your unwell pets.  
| | • **Val-u-Life** is a valuable supplement for animals with wasting syndrome illnesses such as cancer.  
| | • Care for external skin complaints with **Bitter Aloe Gel**.  
| | • Take care of eye complaints with **Super Aloe Gel**. |
### Shampoo Anti-Dandruff

Shampoo Anti-Dandruff is ideal for a flaky scalp.

Aloe Ferox shampoos with a pH of 6, help to retain the acidity of your scalp while gently opening the pores for cleansing.

Use conditioner after washing your hair to restore the natural pH of sebum to 4 (undesirable for bacteria), to close the hair scales and give shine to the hair.

- Control dandruff by avoiding oiliness of the scalp.
- Poor diet, slow metabolism, stress and hormonal disturbance can cause dandruff.

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ helps promote penetrability of skin and hair to absorb nutrients and moisturizers</td>
</tr>
<tr>
<td>+ natural cleansers</td>
</tr>
<tr>
<td>+ helps protect elasticity</td>
</tr>
<tr>
<td>+ aloe is bacteria, fungus, virus and parasite unfriendly</td>
</tr>
</tbody>
</table>

### Directions:

1. Brush hair to remove dirt, tangles and dead cells.
2. Wash hair twice with a little shampoo.
4. Rinse until water is clear.
5. Squeeze-dry hair with a towel.
6. Apply conditioner. Comb through hair. (Avoid contact with scalp in cases of oily hair).
7. Rinse well with warm water and dry gently.
9. Style hair with Super Aloe Gel.

### Active ingredients:

- Aloe, Zinc Pyrithione, Collagen, Almond Glycerides, Coconut Oil and Lanolin Based Surfactants

### Sound advice:

- Nutri Hair capsules are good for healthy hair growth.
Shampoo Bitter

Shampoo Bitter is ideal for oily hair and also has a beneficial effect on listless hair growth and various scalp nightmares.

Aloe Ferox shampoos with a pH of 6, help to retain the acidity of the scalp, while gently opening the hair scale for cleansing.

Use conditioner after washing the hair to restore the natural pH of sebum to 4, to close the hair scales and give hair its shine.

Nutri Hair capsules are good for healthy hair growth.

Oily hair and skin, especially in teenage years can indicate a hormonal imbalance. Supplement with Radical Image.

Points:

- Helps promote penetrability of the hair and skin to absorb nutrients and moisturizers
- Natural cleanser
- Helps protect elasticity
- Aloe is bacteria, fungus, virus and parasite unfriendly

Directions:

1. Brush hair to remove dirt, tangles and dead cells.
2. Wash hair twice with a little shampoo.
4. Rinse until water is clear.
5. Gently dry with a towel.
6. Apply conditioner. Comb hair through. (Avoid contact with scalp in cases of oily hair).
7. Rinse well with warm water and dry gently.
   Oily hair: gently massage Super Aloe Gel into scalp to help absorb excess oil.
9. Style hair with Super Aloe Gel.

Active ingredients:

Aloe, Collagen, Almond Glycerides, Coconut Oil & Lanolin Based Surfactants
**Shampoo Conditioning**

Shampoo Conditioning is ideal for dry, damaged and chemically treated hair.

Dry hair looks dull, feels dry, tangles easily and is difficult to brush, especially when wet. It is thick at the roots and thinner and split at the ends.

*Aloe Ferox* shampoos with a pH of 6, help retain the acidity of the scalp, while gently opening the pores for cleansing.

Use a conditioner after washing the hair to restore the natural pH of the scalp to 4, to close the scales of the hair and leave hair shining.

| + Points: | + help promote **penetrability** of skin and hair to absorb nutrients and moisture  
+ natural cleanser  
+ help protect elasticity |
|---|---|

| Directions: | Do not wash dry hair more than twice a week, as it will dry the hair even more.  
1. Brush hair to remove dirt, tangles and dead cells.  
2. Wash hair twice with a little shampoo.  
4. Rinse until water is clear.  
5. Gently dry hair.  
6. Apply conditioner. Comb hair through and massage scalp for 2 minutes.  
7. Rinse well with warm water and dry gently.  
8. Apply **Super Aloe Gel** to moist hair and style. |

<table>
<thead>
<tr>
<th>Active Ingredients:</th>
<th>Aloe, Collagen, Almond Glycerides, Coconut Oil and Lanolin Based Surfactants</th>
</tr>
</thead>
</table>

| ☺ Sound Advice: |  
• Dry hair: apply frequent oil treatments with **Tissue Oil**. Supplement your diet with **Omega 3** capsules.  
• **Nutri Hair** capsules are good for healthy hair growth. |

*Copyright © April 2006 Aloe Jerox tel 028 735 2504*
**Shampoo Regular**  

*Shampoo is ideal for normal hair.*

Normal hair is not dry or oily; does not have permanent colouring or perm; holds style reasonably easily; normally looks good.

*Aloe Ferox shampoo with a pH of 4, help retain the acidity of the scalp while gently opening the hair scales for cleansing.*

Use conditioner after washing the hair to restore the natural pH of sebum to 4 and to close the scales of the hair and leave hair shining.

### Points:

- Helps **penetrability** of hair and skin to absorb nutrients and moisturizers effectively
- Natural cleanser
- Helps protect elasticity

### Directions:

1. Brush hair to remove dirt, tangles and dead cells.
2. Wash hair twice with a little shampoo.
4. Rinse well until water is clear.
5. Gently dry hair with a towel.
6. Apply conditioner. Comb hair through and gently massage scalp.
7. Rinse well with warm water and dry gently.
8. Apply **Super Aloe Gel** to moist hair and style.

### Active ingredients:

Aloe, Collagen, Almond Glycerides, Coconut Oil and Lanolin Based Surfactants

### Sound advice:

- Keep your brushes and combs clean by removing the hair daily.
- Wash your brush every time you wash your hair.
- Regularly place brushes in disinfectant.
- **Nutri Hair** capsules are good for healthy hair growth.
This shaving cream contains an active ingredient that causes the hair to stand up, thus enabling you to shave close to the skin. The volume of the beard hair increases, making it softer and easier to shave off thus causing less damage during the shaving process.

Aloe has a soothing effect on symptoms of various shaving-related problems.

**Aloe ferox** bittersap contains plant chemicals that helps
+ protect the skin against damage
+ help protect the skin against dehydration
+ help support disinfection and detoxification.
+ are bacteria, virus and parasite unfriendly
+ have analgesic characteristics and soothe the skin

**Directions:**

1. Wet your skin with warm water and apply Shaving Cream to shaving area. It can also be worked into lather with a shaving brush, if preferred. Leave for 2-4 minutes to soften beard hair.
2. Shave in the direction of hair growth for least irritation, although a smoother shave is achieved by shaving against the direction of hair growth.
3. Rinse well with lukewarm water. Gently dry skin.
4. Follow up with **After Shave Lotion/Gel**.
5. Moisturize your skin with **Mr. Moisturizer**.
6. Follow up with **Sun Care Lotion** for a day in the sun.

**Active ingredients:**
Aloe, Glycerine, Coconut Oil Surfactant

**Sound advice:**
Soften hard beard: cover the whole beard area with a warm wet face cloth for a few minutes. The moist warmth will soften your beard and skin and reduce shaving rash.
Shiny Fur

Shiny Fur is a unique formula to give your beloved pet that extra healthy glossy coat. It can also be used as a last conditioning treatment before show animals are brought into the ring. Shiny Fur coats each hair shaft to keep fur, mane and tail shiny and tangle-free.

Use Shiny Fur on your pet, put on your sunglasses and be ready to smile.

| Points: |
| + provides a natural gloss to hair, fur and even to feathers |
| + helps prevent the build-up of dust and dirt on the hair and fur |
| + contains aloe to condition the hair thereby displaying the natural softness and shine of the coat |
| + creates a polished show appearance |
| + keeps hair tangle-free |
| + your pet looks cleaner for longer |

Directions:
1. Brush your pet before bathing.
2. Apply shampoo and rinse well.
3. Spray Shiny Fur over the entire coat for a perfect finishing touch.
4. Repeat application when necessary.

Horses: Do not apply to saddle area.

Active ingredients:
Aloe Whole-leaf Jelly, Glycerin, Dimeticone 1214, Polysorbate 20, Perfume

Sound advice:
• Treat external skin problems with Bitter Aloe Gel.
• Treat eye problems with Super Aloe Gel.
• Use Fabulous Fibre Bitter to keep internal and external pests away.
Shower Gel

Cleanse yourself with refreshing Shower Gel in the shower or bath. The Shower Gel for ladies is specially fragranced with an irresistible fruity aroma while the mint fragrance makes the men feel refreshed.

It respects the pH balance of the skin that is essential for the natural protection against unwanted invaders such as bacteria.

Shower Gel comes in a handy container that can hang from the shower tap

points:
+ cleanses gently
+ helps skin to retain moisture
+ helps prevent dehydration of the skin
+ sweat and odour are removed while leaving the body nicely fragranced

Directions:
Care for your body this way:
1. Before bath/shower: skin brush (while dry) with friction gloves. It stimulates blood circulation and the excretion of waste material through the skin.
2. Cleanse your entire body with Shower Gel.
3. After drying: apply Cel-u-lite Gel to cellulite or plump areas.
4. Moisturize your entire body with Hand Cream or Hand & Body Lotion.

Active ingredients:
Aloe, Wheat Germ Protein, Almond Glycerides, Witch Hazel

Sound advice:
• Begin with a warm shower, but open the cold tap before you are finished. It promotes blood circulation and (strangely enough) will leave you feeling warmer when finished.
• Direct the stream of cold water towards the areas plagued by cellulite – it will also promote blood circulation!
Si-Nose Drops

Aloe ferox bitters is traditionally used to care for sinuses.

- Care for nasal discomfort with Si-Nose Drops and Winter Fighter. Apply a thick layer of Muscle Gel to your sinus locations.
- Extra care for a bothersome drip: apply a thick layer of Muscle Gel to your throat and chest.

+ Aloe ferox bitters contains plant chemicals that:
  + are bacteria, virus and parasite unfriendly
  + natural anti-histamine action
  + help make pain fade away
  + help to support detoxification and disinfection
  + benefit an anti-inflammatory action

Directions:
1. Place 1 drop in each nostril 1-2 x daily.
2. Do not use continuously for longer than one week.

Active ingredients:
Aloe Bittersap, Water

Sound advice:
- Allergies (especially from milk and dairy products) are often the cause of sinusitis.
- The use of sugar lowers the allergy threshold by prompting the body cells to react to allergies.
- Dairy tends to increase the secretion and thickness of mucus. When mucus, produced in the sinuses cannot drain properly, the sinuses become a breeding place for bacteria.
- Repeated use of antibiotics makes one prone to yeast infections (Candida albicans). Yeast and antibiotics suppress the immune system and in this way contribute to sinusitis.
- Drink lots of water. It helps the sinuses drain easier and the mucus membrane is more protected against infection.
**Slim & Trim** capsules contain herbs that are beneficial to control appetite. It also assists our bodies to efficiently utilize the energy we consume.

- Assist weight loss by helping to balance blood sugar levels and prevent overeating.
- **Omega 3** works in combination with **Slim & Trim** to help obtain optimal body weight.

**Recommendation:** Read the Aloe Ferox diet booklet, “Eat Yourself Slim”, to provide you with information on the right type of foods to prevent cravings and lose weight permanently.

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>These herbs in combination reduces appetite and balance blood sugar levels while increasing fat burning:</td>
</tr>
<tr>
<td>+ <strong>Griffonia:</strong> helps control appetite by increasing the feeling of satiety.</td>
</tr>
<tr>
<td>+ <strong>Garcinia:</strong> helps reduce appetite, increases fat burning and improves energy levels.</td>
</tr>
<tr>
<td>+ <strong>Gymnema:</strong> helps balance blood sugar levels and reduces cravings for sugar and snacks.</td>
</tr>
<tr>
<td>+ <strong>Chromium:</strong> is essential for insulin functioning to control blood sugar levels and assists the body with fat burning.</td>
</tr>
</tbody>
</table>

**Directions:**
Take 1-2 capsules before meals.

**Active ingredients:**
Griffonia Simplicifolia, Garcinia Cambogia, Gymnema Sylvestre, Chromium Polynicotinate

**Good advice:**
To ensure maximum weight loss it is essential to change our lifestyle:
- Eat balanced meals rich in vegetables and salads with lean meat. Eat more fish.
- Drink clean water.

**Exercise** is essential to burn the energy we consume and increase muscle mass, which leads to more energy being utilised.
**SpotLess Crème**

SpotLess Crème is an ideal moisturizer for the skin with hyper pigmentation and dark spots, and helps encourage an even complexion.

The results may be observed after 2-4 weeks of uninterrupted application twice daily. In the case of oily or thick skin, it may take longer. SpotLess Crème is suitable for all types, colours and thickness of skin.

The very effective active ingredient Kojic Acid is responsible for the golden colour of the cream and also has a delaying effect on the forming of wrinkles.

| Points: | + works against tyrosinase activity (melanin formation)  
+ encourages cell renewal (reduces dark melanin forming in the skin because it stimulates cell rejuvenation)  
+ de-activates free radicals  
+ beneficial for collagen synthesis |
| --- | --- |

**Directions:**

1. *For face and neck:* cleanse, tone and apply aloe gel.
2. *Apply SpotLess Crème to your entire face, neck, throat, hand or affected body area to encourage an even toned final skin colour.*

*By day:* Mix SpotLess Crème and Sun Care Lotion/Gel before application. It provides essential sun protection and helps to suppress the yellowish colour.

*At night:* Mix SpotLess Crème and Super Aloe Gel BEFORE application. It helps to promote absorption and suppress the yellow colour.

**Active ingredients:**

Aloe, Kojic Acid, Evening Primrose Oil, blend of Lady’s Mantle & Jujube & Thyme & Lecithin (contains NO Hydroquinone)

**Sound advice:**

Radical Image contains important nutrients and antioxidants that help prevent skin discolouration and age-related skin damage.
**Sun Care Gel**

Sun Care Gel is a light, non-oily sunscreen with a protection formulation of a factor of 15. Sun Care Gel is ideal for daily use on exposed skin and can be used under your moisturizer and make-up.

Only 1 day of unprotected exposure to the sun can do irreparable damage to the DNA – the first stage of cancer. Make Sun Care Gel part of your daily skin care routine.

Apply **Super Aloe Gel** regularly to sunburnt skin. Aloe helps energize burnt tissue.

---

**Aloe ferox** contains medicinal agents that:
- encourage an anti-inflammatory action
- encourage cell rejuvenation
- enhance the elasticity of the skin
- protect the skin from dehydration
- energize burnt tissue to help prevent blisters forming.

---

**Application:**

The active sunscreen ingredient, Titanium Dioxide, is responsible for the white colour of the product. For even application use as follows:

- **Mix Super/Bitter Aloe Gel** with **Sun Care Lotion** BEFORE applying, for an even (non-white) appearance, better lubrication and better absorption of excess oils.
- Apply daily to exposed skin. Avoid eye area.
- Apply sun care products 30 minutes before exposure to sun, to allow chemicals to react to the skin.
- Apply sunscreens regularly and generously throughout the day.
- Do not rub sun care products in too much as it can reduce their efficiency by 25%.

---

**Active ingredients:**

Aloe, Titanium Dioxide (sun screen), Comfrey, Allantoin, Sorbitol
### Sun Care Lotion

Sun Care Lotion is a rich creamy sunscreen with a sun protection formulation of a factor of 36. Sun Care Lotion is suitable for daily use and can be used with make-up.

Sunburn is the visible proof of damage to the skin and the greatest reason for aging. Make Sun Care Lotion part of your daily routine.

Apply **Super Aloe Gel** regularly to sunburnt skin. Aloe helps energize burnt tissue.

### Points:

- helps prevent sun damage
- helps moisturize the skin
- helps prevent dehydration of the skin

### Application:

The active sunscreen ingredient, Titanium Dioxide, is responsible for the white colour of the product. For an even application use as follows:

- Mix **Super/Bitter Aloe Gel** with **Sun Care Lotion** BEFORE applying for an even (non-white) appearance, better lubrication and better absorption of excess oils.
- Apply daily to exposed skin. Avoid eye area.
- Apply sun care products 30 minutes before exposure to sun, to allow chemicals to react to the skin.
- Do not rub sun care products in too much as it can reduce their affectivity by 25%.
- Repeat application of sunscreen after swimming, towelling and after activities that lead to sweating.

### Active Ingredients:

Aloe, Vitamin E Acetate, D-Panthenol, Allantoin, Sorbitol, Titanium Family (sun screen)
**Sun Care Spray**

**Sun Care Spray** is a smooth creamy sunscreen with a sun protection factor of 30+. Suitable for daily use and can be used with make-up.

Unprotected exposure to the sun can do irreparable damage to the skin and is the biggest cause of skin cancer. Make **Sun Care Spray** part of your daily skin care routine.

Apply **Super Aloe Gel** regularly to sunburnt skin. Aloe helps energize burnt tissue.

<table>
<thead>
<tr>
<th>Points:</th>
<th>Allows you to tan safely:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>+ helps prevent sun damage</td>
</tr>
<tr>
<td></td>
<td>+ helps moisturize the skin</td>
</tr>
<tr>
<td></td>
<td>+ helps prevent dehydration of the skin</td>
</tr>
<tr>
<td></td>
<td>+ protects hard to reach places.</td>
</tr>
</tbody>
</table>

| Directions: | • Apply **Sun Care Spray** on exposed skin 30 min. before going out into the sun to allow chemicals to react to the skin. |
|            | • Repeat application of sunscreen after swimming, towelling and after activities that lead to sweating. |

| Active ingredients: | Aloe, Aqua, Fragrance, Alkyl Benzoate, Octyl Methoxycinnamate, Cetearyl Alcohol, Cyclo Methicone, Nonionic Emulsifying Wax, Butyl Methoxybenzoylmethane, PEG 7 Glyceryl Cocoate, Preservatives: Imidazolidinyl Urea 0.5%, Propylparaben 0.20%, Methylparaben 0.20%, BHA 0.20%, BHT 0.10%, Triethanolamine |

| ☺ Good advice: | • Stay out of the sun during the heat of the day, between 11:00 and 15:00, when the sun does the most damage. |
|               | • Sun exposure (before skin damaging sun burn occurs) is essential to maintain wellbeing, as it is required for the body to manufacture vitamin D. |
**Super Aloe Gel**

*Super Aloe Gel is made up of a combination of herbs that are known for their positive effect on various skin conditions.*

A skin care routine without Super Aloe Gel is incomplete. Aloe provides important moisturizing, improves absorption of nutrients and has a positive effect on the repairing action of the skin.

*Important anti-oxidants in Super Aloe Gel help to slow signs of aging.*

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ Aloe contains at least 130 medicinal agents with various actions: anti-inflammatory, analgesic, calming, anti-septic, germicidal, anti-viral, destroys parasites, anti-tumour, anti-cancer, detoxifying, stimulating cell renewal, stimulating wound healing.</td>
</tr>
<tr>
<td>+ Aloe helps to improve penetration in the skin so that nutrients and moisturizers can be absorbed more easily.</td>
</tr>
<tr>
<td>+ Aloe helps moisturize the skin.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Application:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cosmetic use:</strong></td>
</tr>
<tr>
<td>2. Follow up with toner.</td>
</tr>
<tr>
<td>3. <em>Apply a thin layer of Super Aloe Gel to damp neck, face and eye area.</em></td>
</tr>
<tr>
<td>4. Apply your moisturizer lightly to damp skin before aloe gel has dried. This improves absorption.</td>
</tr>
</tbody>
</table>

*Other uses:* Apply 2-3 x per day to skin where necessary.

<table>
<thead>
<tr>
<th>Active ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe, Comfrey, Allantoin, Sorbitol</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sound advice:</th>
</tr>
</thead>
<tbody>
<tr>
<td>▪ Care for your skin from within with Radical Image.</td>
</tr>
<tr>
<td>▪ Treat vulva problems associated with itching, burning, sensitivity and discomfort with Super Aloe Gel.</td>
</tr>
</tbody>
</table>
**Sweet Feet**

**Sweet Feet is a lotion that refreshes tired, aching feet and freshens sweaty feet.**

Pinching shoes cause toes to be bent or hammer toes, bunions and ingrown toenails to develop. Burning feet and knobbly big toes can also develop. High heels can lead to foot problems like bunions, corns, and malformed toes in later life. Die height of the heel should never exceed 2cm.

---

**Points:**

+ promotes an analgesic effect
+ have a cooling effect on the skin
+ are advantageous for proper blood circulation
+ help reduce excessive sweating.

**Application:**

- Use Sweet Feet and massage tired feet with long strokes from your toes towards your ankles. Massage every toe, move the hand firmly upwards over the bridge to the ankle
- Apply Sweet Feet to clean feet before putting on your shoes.
- Massage toes daily with Sweet Feet to help prevent chilblains.

**Active ingredients:**

Aloe, Chamomile, Peppermint, Lichen, Pine Oil, Witch Hazel

-----

**Sound advice:**

- Wash feet regularly and dry thoroughly.
- Change socks and shoes regularly.
- Wear comfortable shoes that fit well.
- Leather shoes are better because they are porous and therefore the feet sweat less.
- Allow the feet as much contact with air as possible.
- Foot massage improves circulation and relaxes you.
**Tissue Oil**

Tissue Oil gives an EXTRA advantage to scars, damaged, aged, stressed, extra dry, and injured skin, hair and nails.

Tissue Oil is also ideal massage oil.

A combination of 5 oils: Aloe Oil, Almond Oil, Evening Primrose Oil, Wheat Germ Oil and Vitamin E Oil, supply a rich amount of nutrients to the skin.

Treat dry skin, hair and nails from the inside with **Omega 3** capsules.

| **points:** | + promotes the repair of tissue  
| + helps against scarring  
| + helps restore elasticity  
| + helps nourish and soothe the skin  
| + helps protect against dehydration and aging |

**Directions:**

**SKIN:** As extra nourishment: Apply at night before you use your moisturizer. Repeat in morning for extra dry skin.

Care for scars and marks: massage lightly into skin 2-3 times daily.

**HAIR:** A nourishing oil treatment for dry hair or scalp. Apply to hair and scalp and massage in. Cover with shower cap or plastic bag and leave for 20 minutes (or overnight). Wash out well.

**NAILS:** Soak your nails for 10 minutes in warm Tissue Oil. Follow up with **Nail & Cuticle Gel**.

**Active ingredients:**

Aloe, Olive Oil, Almond Oil, Evening Primrose Oil, Wheat Germ Oil, Vitamin E, Lanolin Sterol

**Sound advice:**

- A dry skin is the first sign of too little fat in the diet. Supplement your diet with Omega 3 and healthy fats such as nuts, avocados and oil rich fish.
- Radical Image contains important nutrients and antioxidant to promote an attractive skin.
Ultra Rich Night Cream is an ideal night cream for dry, mature and dehydrated skin.

While you sleep, conditions are ideal to nourish your skin and treat damage caused by pollution and ultra violet rays. Always try to use a richer moisturizer at night to nourish and treat your skin.

Choose a suitable night cream from the Aloe Ferox range.

Ultra Rich Night Cream is available with or without perfume. No perfume Ultra Rich Night Cream is ideal for sensitive or allergic skin.

Points:

- delaying effect on the signs of aging
- advantageous for skin renewal and elasticity
- helps prevent dehydration of the skin
- helps encourage blood circulation in the skin.

Directions:

2. Gently apply toner.
3. Apply **Super/Bitter Aloe Gel** to damp skin.
4. Dot night cream gently over the face with ring finger and smooth into damp skin.

**Hint:** Apply night cream before aloe gel is dry to improve absorption.

Active ingredients:

Aloe, Jojoba Oil, Almond Oil, Avocado Oil, Wheat Germ Protein, Lanolin Sterol, Allantoin, Sorbitol

Sound advice:

- A dry skin is the first sign of too little fat in the diet. Supplement your diet with **Omega 3** and healthy fats such as nuts, avocados and oil rich fish.
- **Radical Image** contains important nutrients for an attractive skin.
- Avoid the sun – the single most important reason for skin aging.
- Cigarette smoke speeds up the aging process because it deprives the skin of oxygen and thereby slows the regeneration of skin.
**Val-u-Life**

Val-u-Life capsules contain a mixture of herbs that help support the functioning of the immune system and to improve the quality of life of people with wasting diseases like cancer, AIDS, tuberculosis and anorexia.

A powerful immunity system is capable of searching for and destroying invaders such as cancer cells, viruses, bacteria and fungi before they can continue to multiply in an uncontrolled way.

For the optimum functioning of any supplement, a healthy diet should be followed. Without this, a supplement cannot function to its full potential.

<table>
<thead>
<tr>
<th>points:</th>
<th>The herbs contain plant chemical that are:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>+ advantageous for immunity</td>
</tr>
<tr>
<td></td>
<td>+ able to help prevent the damage caused by free radicals</td>
</tr>
<tr>
<td></td>
<td>+ assist detoxifying.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions:</th>
<th>First week: Take one capsule with breakfast.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Second week: Take one capsule with breakfast and one capsule with lunch.</td>
</tr>
<tr>
<td></td>
<td>Thereafter: 1-2 capsules with breakfast and 1-2 capsules with lunch.</td>
</tr>
</tbody>
</table>

| Active ingredients: | Aloe Whole-leaf, Aloe Bitters, Olive Leaf, Sutherlandia Frutescense (Cancer Bush), Pyridoxine HCl (Vit B6) |

| ☺ Sound advice: | • Cancer cells live on glucose, especially from refined sugar and carbohydrates. |
|                | • Refined foods weaken your immune system. |
|                | • It is important to rid yourself of toxins that build up in the body (especially those in fatty tissue). These toxins lead to cell mutation and promote fatigue and chronic exhaustion. |
|                | • Smoking and alcohol rob the body of nutrients needed for optimum health and produce free radicals that attack and damage cells in the body. |
Vanishing Cream

Vanishing Cream is ideally suited for an oily skin and has no perfume, which makes it suitable for a sensitive and allergic skin.

It also delays the ageing process.

Treatment of the skin frequently causes the oil glands, which excretes sebum (oil), to function better and improves the condition of the skin.

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ absorbs oiliness</td>
</tr>
<tr>
<td>+ narrows skin pores</td>
</tr>
<tr>
<td>+ gives the skin a matt appearance</td>
</tr>
<tr>
<td>+ advantageous to delay signs of ageing</td>
</tr>
<tr>
<td>+ beneficial for cell rejuvenation and suppleness</td>
</tr>
</tbody>
</table>

Directions:

1. Cleanse the face and dry the skin gently.
2. Lightly dab toner unto the skin.
3. Apply Super/Bitter Aloe Gel to moist skin.
4. Dot Vanishing Cream on gently with your ring finger and lightly spread over your moist skin.

Active ingredients: Aloe, Jojoba Oil, Almond Oil, Allantoin, Sorbitol, Bentonite USP

Sound advice:

Suited for people with all skin types:

- Apply your normal moisturizer (Mature/Moisturizing Day Cream/Moisturizer).
- Take equal amounts of your cover together with Vanishing Cream in the palm of your hand and mix well.
- Apply the mixture as you would apply a cover.
- The skin now has a matt appearance thus eliminating the need for a facial powder.
- Use make-up directly afterwards.
Whole-leaf Juice

Whole-leaf Juice helps with maintenance of the general wellbeing and optimal vigour.

The combined action of the more than 130 medicinal agents in aloe, are responsible for its powerful effect. The positive effect differs from individual to individual. Every person’s body takes what it needs.

Aloe improves the action of other herbs and chemical medicines that are used with it.

To preserve as much of the medicinal agents in the aloe, all the watery juice, fibre and green skin is retained in the manufacturing process. The total bitter-free leaf is minced, blended and jellified using a cold processing procedure.

**Nutritional elements:** **Minerals** (mg/kg): Calcium 294, Boron 1, Chromium 4, Iron 18, Manganese 1, Sodium 167, Nickel 1, Strontium 2, Vanadium 1, Zinc 2, Potassium 2101. **Protein** 0.14g/100g: (17 amino acids). **Carbohydrate** 0.8g/100g. **Fat** 0.02g/100g. **Energy** 16kJ/100g.

**Points:**

- Aloe contains at least 130 medicinal agents, which support various bodily functions: anti-inflammatory, analgesic, calming, antiseptic, bactericidal, virucidal, kills parasites, anti-tumour, anti cancer, detoxifying, stimulates cell renewal, stimulates wound healing.
- Advantageous for the functioning of immune system
- Digestion friendly
- Advantageous for blood sugar levels
- Rich in fibre – helps with appetite control

**Directions:**

Take 15-50 ml before meals or as needed.

- Begin with a small amount, (±15 ml) and increase dose according to your requirements. Aloe juice is a safe, herbal drink and there is no restriction on the daily intake.
- Keep a careful watch on your condition if you are taking medication, as you may have to adjust medication (under supervision of your physician) especially in case of high blood pressure and high blood sugar.

**Active ingredients:**

Aloe Whole-leaf Jelly, Preservative: Potassium Sorbate 0.07%, Sodium Benzoate 0.05%
**Whole-leaf Gel**

Whole-leaf Gel is made up of a combination of aloe and various herbs and oils that are known for their positive effect on various skin conditions.

To retain as many of the medicinal agents as possible, the whole, bitter free leaf is used. No liquid sap, fibre or green peel is lost during the cool processing method. Because the nutrients and medicinal agents are manufactured in the peel, this part of the aloe contains a higher concentration of these agents than any other part of the leaf, which means that Whole-leaf Gel contains the full spectrum of the medicinal qualities of the aloe.

Just as a skin care routine without Super Aloe Gel is incomplete, in the same way Whole-leaf Gel is irreplaceable for the treatment of damaged skin.

<table>
<thead>
<tr>
<th>points:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>aloe contains at least 130 medicinal agents with various actions that support the body’s functions: anti-inflammatory, analgesic, calming, anti-septic, germicidal, anti-viral, anti-tumour, anti-cancer, detoxifying, destroys parasites, stimulating cell renewal, stimulating wound healing</td>
<td></td>
</tr>
<tr>
<td>an application of a concentrated aloe gel leaves a layer on the skin that supports the skin’s natural self protective processes</td>
<td></td>
</tr>
<tr>
<td>various oils help nourish and feed the skin</td>
<td></td>
</tr>
<tr>
<td>skin rejuvenation for damaged and injured skin</td>
<td></td>
</tr>
<tr>
<td>positive for use with various skin complaints</td>
<td></td>
</tr>
</tbody>
</table>

**Directions:**

Apply 2-3 x daily to skin where necessary.

**Active ingredients:**

Aloe Whole-leaf Jelly, Honey Bush Tea, Evening Primrose Glycerides, Almond Glycerides, Allantoin, Sorbitol

**Sound advice:**

- For extremely dry skin conditions Whole-leaf Gel can be followed by an application of Bitter Balm.
- Use together with Tissue Oil to encourage the elasticity of dry and damaged skin.
Winter Eeze

Use Winter Eeze gel for relaxed breathing, especially for children and babies.

The combination of herbs in Winter Eeze is gentle on the skin – ideal for children. **Muscle Gel** is recommended for adults.

- Care for unpleasant winter symptoms with **Winter Fighter**. Take two capsules as soon as the first symptoms are detected. If taken immediately, most people find that their symptoms clear up within a day.

- Care for bothersome sinus complaints with **Sinus Drops**. With a cold, the channels between the nose and sinus become blocked. The discharge that forms in the sinus cannot flow away and bacteria gather.

**points:**

+ good for easy breathing

**Directions:**

Apply Winter Eeze to chest, throat and back as needed. Do not apply to close to nostrils of babies.

**Active ingredients:**

Aloe, Eucalyptus, Menthol, Tea Tree oil

**Good advice:**

- Colds are viral infections and antibiotics are not effective in treating a virus.

- Colds do not necessarily occur due to a child or baby being subjected to cold temperatures. However swift changes in temperature can break down the immunity against flu viruses. An electric heater or fire in a closed room can dry out the air and the nasal passages.
**Winter Fighter**

Fight all the unpleasant winter symptoms with Winter Fighter capsules.

Winter Fighter is a MUST in your medicine cabinet! It must be on hand when those first winter symptoms strike. Take two capsules as soon as the first symptoms are detected. If taken immediately, most people find that their symptoms clear up within a day.

It is a good idea to take large doses of vitamin C with your Winter Fighter. This combination is deadly against winter symptoms.

<table>
<thead>
<tr>
<th>Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>The herbs contain plant chemicals that:</td>
</tr>
<tr>
<td>+ are immunity friendly</td>
</tr>
<tr>
<td>+ help prevent winter symptoms</td>
</tr>
<tr>
<td>+ help minimize the severity and length of winter symptoms</td>
</tr>
<tr>
<td>+ help destroy enemies of the nasal passages.</td>
</tr>
</tbody>
</table>

**Directions:**

Take 1 capsules 3 times a day with meals. Do not use for longer than 8 weeks continuously.

**Active ingredients:**

Aloe Whole-leaf, Echinacea

**Good Advice:**

- Colds and flu are viral infections, therefore antibiotic, that kill bacteria, have no effect. They may only have an effect on secondary infections like ear or tonsil infection, laryngitis, fever and mouth and throat infection.
- Strengthen your immune system so that your body can fight back.
- Your immune system needs proteins and vita nutrients to function effectively.
- Sugar and refined food weaken your immunity.
- Antibiotics break down your immune system.
- Take care of a scratchy throat with Muscle Gel.
- Care for bothersome sinus complaints with Sin-Nose Drops.
Wrinkle-less Crème

Wrinkle-less Crème, ideal for all skin types, is a moisturizer with a unique formula of 6 herbs each playing a specific role in the battle against wrinkles.

This moisturizer is available perfumed or no perfume. No perfume Wrinkle-less Crème is ideal for sensitive or allergic skin.

Radical Image contains important nutrients and anti oxidants that help fight the signs of aging. Omega 3 help fight against dry skin.

points:

+ nourishes and moisturizes skin
+ advantageous for skin rejuvenation
+ helps restore elasticity of skin
+ helps protect the skin against dehydration
+ helps delay formation of wrinkles
+ helps delay hyper pigmentation
+ unfavourable for inflammation
+ anti-oxidant action
+ helps to tone the skin
+ helps with tissue repair and maintenance

Directions:

1. Cleanse the skin gently. Dab dry.
2. Apply toner gently.
3. Apply Super/Bitter Aloe Gel.
4. Dot cream onto skin with your ring finger and smooth in gently.
   - Oily skin: Combine step 3 & 4 by mixing cream with Super/Bitter Aloe Gel to help absorb excess oil.
5. Dry skin: Follow with day or night cream if necessary.

Hint: Apply cream before aloe gel dries. This improves absorption.

Active ingredients:

Aloe, Evening Primrose Oil, blend of Alchemilla & Jujube & Thyme & Lecithin
**X-Balm**

*X-Balm* consists of a combination of herbs that may have a beneficial effect on persistent skin complaints accompanied by dry skin.

Care for your skin from the inside with **Radical Image** capsules. Dry skin conditions require more fat in the diet. Supplement your diet with **Omega 3** capsules and eat more nuts, avocados and fish rich in oil.

| Points: | These herbs contain plant chemicals that  
| | + are bacteria, virus and parasite unfriendly  
| | + care for inflammation  
| | + have analgesic characteristics and soothe the skin  
| | + help detoxify and support disinfection  
| | + help moisturise the skin  
| | + help promote the absorption of active ingredients |

**Directions:** Apply a thin layer of **X-Balm** 2-3 x daily to the affected areas or as needed.

**Active Ingredients:** Aloe, Zinc Pyrithium, Avocado Oil, Almond Oil, Wheat Germ Oil, Camphor

**Good Advice:** Sugar and refined foods are extremely harmful to your skin. They • **deplete the nutrient source of the body necessary for healthy skin** • contribute to hormonal imbalance, • suppress the immune system that fights inflammation en bacteria in pimples, • lead to tightness and wrinkles • accelerate ageing • makes the skin prone to pigmentation e.g. age spots.

*Do the following test:* Can you go without sugar, chips, sweets, chocolate, ice cream, pasta, potatoes, rice and white bread?? **Passed the test?** Well done! Congratulations! See how your skin has improved.