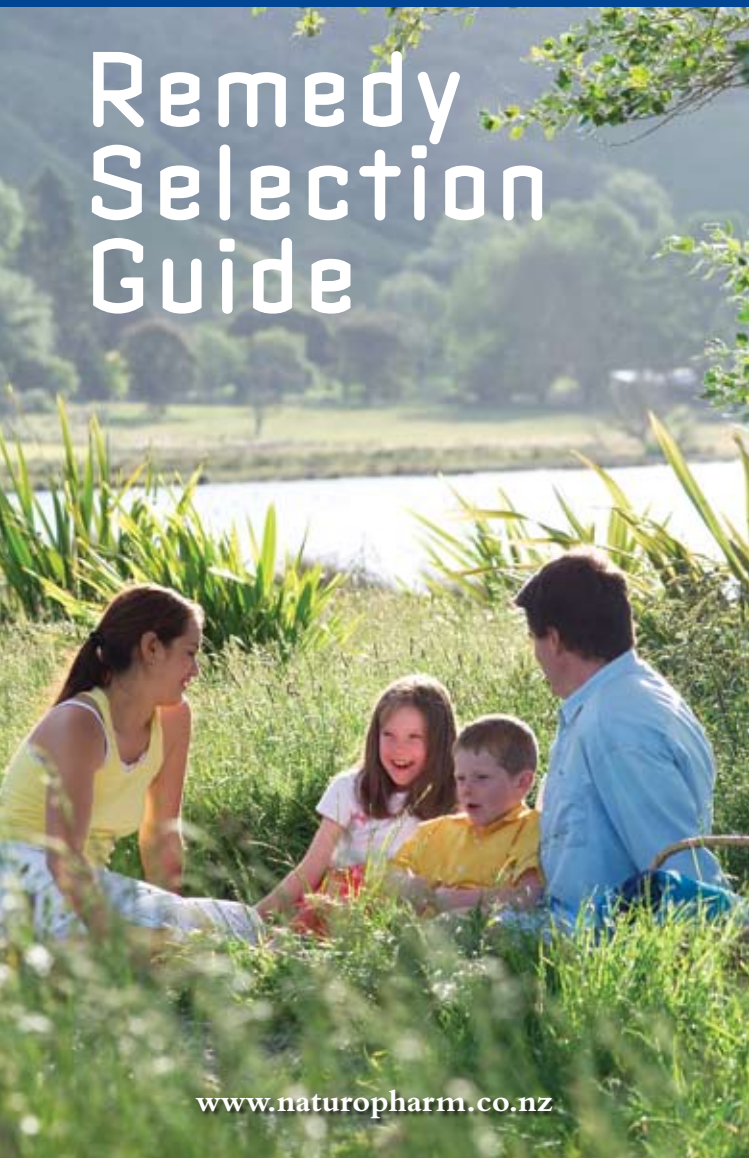




*Naturoparm*

*Feeling better, naturally*

# Remedy Selection Guide



[www.naturoparm.co.nz](http://www.naturoparm.co.nz)

## Homoeopathy - An Introduction

Although homoeopathy has been in use for over 200 years, it has more recently enjoyed an upsurge in interest. This worldwide trend has been stimulated by public demand for natural healthcare solutions with no known negative side effects.

Homoeopathy is a unique system of medicine that aims to promote good health by stimulating the body's own natural healing abilities. Homoeopathic remedies do not mask symptoms, rather they stimulate the body's own natural healing processes, encouraging the body naturally and safely to a good health outcome.

A remedy is prepared by subjecting a base substance to a special process involving "dilution" and "succussion", which potentiates the base substance. Repeated potentisation increasingly removes any harmful attributes of the base substance and enhances the curative properties of the remedy.

Homoeopathy is a natural, non-drug system of medicine that uses physical and emotional symptoms as the guide to remedy selection. The Naturo Pharm range of combination remedies offers easy self-selection for many common ailments and conditions. Individuals with chronic or long-term conditions or with heightened sensitivities would be advised to consult a qualified homoeopath.

A major benefit of homoeopathic remedies is that they can be used by every member of your family (i.e., people of all ages and medical conditions), including your pets.

Homoeopathic remedies are so gentle that they can be safely used during pregnancy and by those already taking pharmaceutical medicines or suffering from conditions that restrict the use of some medications. As they contain absolutely no drugs, they are ideal for sports people.



## Naturo Pharm

Naturo Pharm is a wholly New Zealand owned and operated company, dedicated to the production of quality homoeopathic remedies. Naturo Pharm has produced a comprehensive range of homoeopathic remedies for over 30 years.

In addition to individual remedies (otherwise known as single or classical remedies), Naturo Pharm has developed its own brand of combination remedies to help simplify remedy selection for many common ailments and conditions.

With a wide product range and many remedies available in the easy to use oral spray form, Naturo Pharm remedies are gaining increased consumer recognition and support.

Quality control is essential in the manufacture of Naturo Pharm products. In our Rotorua laboratories all remedies are made from only the purest ingredients and to the strict internationally recognised ISO 9001:2000 quality standards. At Naturo Pharm quality is more than just a statement.



## Remedy Dosage – Oral Remedies

To ensure successful treatment it is important to know the correct way to take homoeopathic remedies. There are a few important rules to follow to ensure the remedy taken acts efficiently:

- Remedies are absorbed from the mouth, so hold the oral spray or liquid drops in the mouth momentarily before swallowing or suck the tablets for 1 or 2 minutes then either dispose of the tablets or chew and swallow.
- While every person is individual, if you have not used homoeopathy before, we suggest that it is best to take your remedy at least 15 minutes before or after coffee, and try and avoid using menthol, camphor and peppermint during treatment.
- Do NOT handle any of the tablets or remove the dripulator or spray pump from the bottle, as it is easy to contaminate the remedies.
- The frequency of the dose is more important than the size of the dose. The size of each dose is usually 2 tablets, 4 drops of the liquid or 2 sprays of the oral spray.
- For acute (sudden onset) conditions take the remedy at 15 minute intervals for up to 6 doses (if required), then 3 times a day as required.
- For chronic (long-term) conditions take the remedy 3 to 4 times a day as required.
- Homoeopathic remedies aim to stimulate your body to respond to symptoms being experienced. Unlike many healthcare products homoeopathic remedies should stop being taken when symptoms start to improve. Equally, if symptoms persist or worsen, stop taking the remedy immediately and consult your healthcare professional.
- Please note that some Naturo Pharm remedies have specific dosage instructions that vary from these general instructions so ALWAYS read the label instructions and use ONLY as directed.



## How to store homoeopathic remedies

Homoeopathic remedies are sensitive to light and heat and may be negatively affected by strong smells. When not in use they should be kept in the box provided with their lids on tight and stored in a cool dark cupboard away from strong smelling substances such as perfume, nail

polish, aromatherapy oils, liniments and many chemicals. Do not store homoeopathic remedies on top of the microwave, television or other electrical appliances. Do not store tablet remedies in an area where there is moisture-laden air (e.g., a bathroom). Ideally homoeopathic remedies should be stored together in a dark coloured airtight plastic container out of the reach of children.

## General Remedies

Naturo Pharm General Complex remedies can be used by everyone from babies to the elderly. They contain combinations of a number of individual homoeopathic remedies and have been carefully formulated to ensure maximum efficiency.

## Accidents and Injuries, Surgery and Dental

### Accident Relief

Supports natural healing of injuries following an accident, trauma or surgery. Also aids normal joint mobility, suppleness and bone formation.

Oral Spray/Tablets: Aconite, Arnica, Calendula, Echinacea, Hamamelis, Ruta Grav, Symphytum  
Cream: Tinctures of Arnica, Calendula, Rhus Tox, Ruta Grav



### Arnica plus

Assists rapid response to bruising, shock, injury and helps the normal defence mechanisms in times of trauma and after surgery. Also assists with fatigue and natural muscle recovery after strenuous exercise or exertion.

Oral Spray: Various potencies of Arnica  
Cream: Tinctures of Arnica, Hamamelis

### Burnmed Relief Gel

Stimulates healing of the skin following burns, scalds and sunburn. Has soothing properties.

Tinctures of Calendula, Symphytum, Urtica Urens

### Healmed Relief Cream

Helps normal skin repair and supports natural healing of wounds, particularly any cuts or grazes.

Tinctures of Calendula, Hypericum, Ledum

### Hypercal

Assists the body's normal defences for the skin and helps promote natural healing response after injury, cuts and grazes. Has a useful soothing effect.

Cream/Gel/Lotion/Ointment: Tinctures of Hypericum, Calendula

### Restore-med

Assists the body's natural ability to cope with emotional and physical trauma, distress, exhaustion, fatigue and grief.

Oral Spray/Tablets: Acid Phos, Arnica, Hypericum, Ignatia, Zinc Valeriana

### Teethmed Relief

Supports the body's response to tooth discomfort.

Oral Spray: Belladonna, Chamomilla, Mag Carb



## Allergies

### Allermed Relief

Assists the natural immune response to allergic reactions caused by foods, plants, clothing, chemicals and insect bites and stings. Has soothing properties.

Oral Spray/Tablets: Apis, Euphorbium, Histamine, Ledum, Luffa Operculata  
Gel: Tinctures of Apis, Ledum, Urtica Urens

### Sinumed Relief

Assists with clear breathing by keeping the nasal passages and throat clear.

Helps to thin the mucus allowing it to drain naturally from the sinuses.

Oral Spray/Tablets: Allium Cepa, Euphrasia, Kali Bich, Luffa Operculata, Pulsatilla, Sabadilla

## Colds and Flu

### A.G.E.

Activates the body's immune response to winter ailments in adults. Powerful immune support for use at the first sign of symptoms.

Liquid/Tablets: Arsenicum Album, Eupatorium Perf, Gelsemium

### Coldmed Relief

Assists natural immune response to winter ills and chills.

Oral Spray/Tablets: Aconite, Bryonia, Eupatorium Perf, Gelsemium

### Coughmed Relief

Helps stimulate normal immune response to coughing.

Oral Spray/Tablets: Belladonna, Bryonia, Hepar Sulph, Rumex Crisp

### Flu Guard

Supports and promotes the body's immune defences and assists the body's immune response during the winter season. The formula is updated each year.

Oral Spray/Tablets: Homoeopathic potencies of Influenza Virus Antigen

### Sinumed Relief

Assists with clear breathing by keeping the nasal passages and throat clear.

Helps to thin the mucus allowing it to drain naturally from the sinuses.

Oral Spray/Tablets: Allium Cepa, Euphrasia, Kali Bich, Luffa Operculata, Pulsatilla, Sabadilla

**Throatmed Relief**

Helps normal immune response in throats, helps maintain normal throat function and is beneficial for clear airways.

Oral Spray/Tablets: Hepar Sulph, Lachesis, Lycopodium, Mercurius Sol

**Detox Function****C.G.H. (Drainage)**

Supports the body's normal elimination processes.

Liquid/Tablets: Chelidonium, Gelsemium, Hydrastis

**Digestive and Urinary Function****Diarmed Relief**

Assists the body's response to bowel disturbances and helps restore normal bowel function.

Oral Spray/Tablets: Arsenicum Album, Baptisia, Colocynthis, Pyrogen

**Digest-med**

Assists the body's response to digestive disturbances and overindulgence while supporting normal healthy bowel function.

Oral Spray/Tablets: Alumina, Bryonia, Carbo Veg, Natrum Mur, Nux Vomica, Opium

**Nausmed Relief**

Supports the body's normal balance mechanisms and response to feelings of queasiness and upset stomachs.

Oral Spray/Tablets: Apomorphinum, Cocculus, Ignatia, Petroleum, Tabacum, Theridon

**Urinary-med**

Supports the body's response to bladder and urinary disturbances. Aids healthy urinary function and supports normal muscle tone.

Oral Spray/Tablets: Belladonna, Berberis Vulg, Cantharis, Equisteum, Gelsemium, Pulsatilla

**Ear Health****Earmed Relief**

Assists with normal middle ear function and supports the body's natural response to discomfort, balance and noise disturbance.

Oral Spray: Belladonna, Cocculus, Mercurius Sol, Petroleum, Pulsatilla

**Headaches and Overindulgence****Headmed Relief**

Supports the body's normal response to tension headaches.

Oral Spray/Tablets: Belladonna, Bryonia, Gelsemium, Melilotus, Natrum Carb, Spigelia

**Digest-med**

Assists the body's response to digestive disturbances and overindulgence while supporting normal healthy bowel function.

Oral Spray/Tablets: Alumina, Bryonia, Carbo Veg, Natrum Mur, Nux Vomica, Opium

**Stresmed Relief**

Supports the body's normal response to stress and its calming and settling properties help to restore calm.

Oral Spray/Tablets: Acid Phos, Avena Sativa, Humulus Lupulus, Ignatia, Nux Vomica, Zinc Valeriana

**Joints and Muscles****Cramped Relief**

Helps restore normal muscular activity and movement during the day and at night. Supports muscle relaxation.

Oral Spray/Tablets: Convallaria, Cuprum Met, Hypericum, Lathyrus Sat, Mag Phos, Rhus Tox, Sulphur, Veratrum Vir  
Gel: Tinctures of Arnica, Capsicum, Echinacea and Hypericum with homeopathic potencies of Belladonna and Hepar Sulph

**Jointmed Relief**

Assists normal joint mobility and suppleness. Supports flexibility and easy movement in the joints. Will not cause gastric upsets.

Oral Spray/Tablets: Berberis Vulg, Bryonia, Calc Phos, Rhus Tox, Ruta Grav  
Cream: Tinctures of Bryonia, Capsicum, Rhus Tox, Ruta Grav, Stellaria

**Relief Rub Massage Oil**

Aids natural mobility and suppleness and supports muscle flexibility.

Tinctures of Arnica, Capsicum, Echinacea, Hamamelis, Hypericum

**Rhus Tox plus**

Enhanced support for normal joint mobility and suppleness. Aids flexibility and easy movement in the joints.

Oral Spray: Various potencies of Rhus Tox

## General Remedies continued

### Skin



#### Allermid Relief

Assists the natural immune response to allergic reactions caused by foods, plants, clothing, chemicals and insect bites and stings. Has soothing properties.

Oral Spray/Tablets: Apis, Euphorbium, Histamine, Ledum, Luffa Operculata  
Gel: Tinctures of Apis, Ledum, Urtica Urens

#### Calendula

Supports healing of wounds. Stimulates the skin's natural healing processes. Soothes.  
Cream/Gel/Lotion/Oil/Ointment: Tincture of Calendula. Also see Calendula *plus* Cream

#### C-Blain

Supports normal response to winter circulation problems.  
Oral Spray/Tablets: Agaricus Musc, Calc Carb, Petroleum, Pulsatilla, Rhus Tox  
Cream: Tinctures of Calendula, Tamus

#### Colsor

Helps support the body's immune response and defences for the lips and face. Supports the body's natural healing and recovery processes.  
Oral Spray/Tablets: Bovista, Croton Tig, Graphites, Rhus Tox  
Cream: Tinctures of Hydrastis, Plantago, Rhus Tox, Stellaria



#### Medi-Skin

Supports the skin's natural balance and its response to irritants and hormonal influences. Aids the skin's natural defences to fungal imbalance.  
Oral Spray/Tablets: Antim Crud, Bovista, Echinacea, Graphites, Mezereum, Rhus Tox, Rumex Crisp, Sulph Iod, Urtica Urens  
Gel: Tinctures of Apis, Calendula, Hypericum, Paeonia, Rhus Tox

#### Wartoff

Assists the body's normal immune response and maintains the skin's defences against warts.  
Oral Spray/Tablets: Acid Nitricum, Antim Crud, Causticum, Dulcamara, Thuja  
Paint: Tinctures of Sempervivum, Thuja

### Sleep

#### Insomed Relief

Has beneficial calming and settling properties to help promote natural sleep patterns.  
Oral Spray/Tablets: Chamomilla, Humulus Lupulus, Ignatia, Kali Brom, Nux Vomica, Zinc Valeriana



#### Snormed Relief

Helps clear nasal and throat passages and promotes natural breathing.  
Oral Spray/Tablets: Cistus Can, Echinacea, Hydrastis, Iodum, Kali Bich, Kali Iod, Mercurius Viv, Sabadilla, Sticta

### Smoking

#### Quit Smoke

A non-drug, nicotine-free programme that is not habit forming.



#### Quit Smoke Withdrawal

Supports the body through the process of giving up smoking.  
Oral Spray: Daphne Indica, Nux Vomica

#### Quit Smoke Craving

Helps the body cope with tobacco cravings and is a useful substitute for cigarettes.  
Tablets: Camphor

### Sports

#### Arnica *plus*

Assists rapid response to bruising, fatigue, injury, shock and trauma and aids natural muscle recovery after strenuous exercise or exertion.  
Oral Spray: Various potencies of Arnica  
Cream: Tinctures of Arnica, Hamamelis

#### Arnica Extra Strength Gel

A higher strength gel to assist normal muscle recovery after strenuous exercise or injury.  
Tincture of Arnica

#### Relief Rub Massage Oil

Promotes joint and muscular mobility. Assists the body's normal response to muscle strain and stiffness. Beneficial before and after exercise.  
Tinctures of Arnica, Capsicum, Echinacea, Hamamelis, Hypericum

**MANY NATURO PHARM BRAND REMEDIES ARE AVAILABLE  
IN ECONOMICAL MULTI-PACKS.**

**Sports Action Anti-Cramp**

Assists the body's natural response to cramps caused by exercise or sporting activity. Helps restore normal muscle function and movement.

Oral Spray/Tablets: Arnica, Cuprum Met, Hypericum, Mag Phos

Gel: Tinctures of Arnica, Capsicum, Chamomilla, Echinacea and Virburnum  
Opulus with homeopathic potencies of Belladonna and Hepar Sulph

**Sports Action Recovery**

Supports the body's natural response to the build up of lactic acid in the muscles and assists normal muscle and joint recovery after exercise.

Oral Spray/Tablets: Arnica, Sarcolactic Acid, Zinc Metallicum

**Sports Action Recovery Cream**

Helps promote rapid natural recovery from the strains of sporting activity.

Tinctures of Arnica, Bryonia, Capsicum, Rhus Tox, Ruta Grav, Stellaria, Symphytum

**Sports Action Warm Up Gel**

Promotes normal muscle function during and after exercise.

Tinctures of Arnica, Bellis Perennis, Capsicum, Echinacea, Hypericum

**Stress and Fatigue****Stresmed Relief**

Supports the body's normal response to stress and its calming and settling properties help to restore calm.

Oral Spray/Tablets: Acid Phos, Avena Sativa, Humulus Lupulus, Ignatia, Nux Vomica, Zinc Valeriana

**Panicmed Relief**

Assists the body's normal reaction to panic and is calming and settling for the mind.

Oral Spray/Tablets: Aconite, Argent Nit, Arsenicum Album, Cimicifuga Racemosa

**Restore-med**

Assists the body's natural ability to cope with emotional and physical trauma, distress, exhaustion, fatigue and grief.

Oral Spray/Tablets: Acid Phos, Arnica, Hypericum, Ignatia, Zinc Valeriana

**Womens-med**

Helps support the body's natural response to emotional and physical states during menstrual and ovulation cycles.

Oral Spray/Tablets: Calc Carb, Calc Phos, Chamomilla, Cimicifuga Racemosa, Lachesis, Pulsatilla, Sepia

**Travel****Jet Lag Relief**

Assists natural recovery from the effects of long distance air travel and supports normal sleep patterns.

Oral Spray/Tablets: Aconite, Arnica, Bellis Perennis, Chamomilla, Coffea Crud

**Travelmed Relief**

Helps the body's normal response to feelings of queasiness as a result of travel by land or sea.

Oral Spray/Tablets: Apomorphinum, Cocculus, Ignatia, Petroleum, Tabacum

**Diarmed Relief**

Assists the body's response to bowel disturbances and helps restore normal bowel function.

Oral Spray/Tablets: Arsenicum Album, Baptisia, Colocynthis, Pyrogen

**Digest-med**

Assists the body's response to digestive disturbances and overindulgence while supporting normal healthy bowel function.

Oral Spray/Tablets: Alumina, Bryonia, Carbo Veg, Natrum Mur, Nux Vomica, Opium

**Panicmed Relief**

Assists the body's normal reaction to panic and is calming and settling for the mind.

Oral Spray/Tablets: Aconite, Argent Nit, Arsenicum Album, Cimicifuga Racemosa

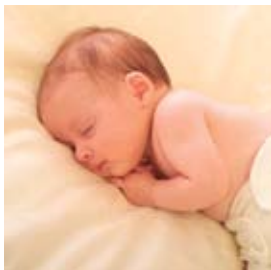
**Veins****Veinmed Relief**

Supports swollen, tender and itchy veins generally in the legs.

Oral Spray/Tablets: Aesculus, Carduus Marianus, Hamamelis, Scilla Mar  
Cream: Tinctures of Aesculus, Chamomilla and Hamamelis

## Baby Remedies

The Naturo Pharm Baby remedies cover just those conditions that commonly occur in the first two years of life. They contain combinations of a number of individual remedies and have been carefully formulated to ensure maximum efficiency. All other problems can be treated using remedies from the Naturo Pharm General Complex range and, equally, the Baby remedies may be used by all members of the family.



### Calm-med

Assists normal infant response to distress and has beneficial calming and settling properties.

Oral Spray: Aconite, Chamomilla, Cimicifuga Racemosa, Hypericum



### Colimed Relief

Assists normal digestive function and aids stomach comfort in babies.

Oral Spray: Bryonia, Carbo Veg, Colocynthis, Mag Phos

### Earmed Relief

Supports ear health and assists with middle ear function, balance, discomfort and noise disturbance.

Oral Spray: Belladonna, Cocculus, Mercurius Sol, Petroleum, Pulsatilla



### Fevamed Relief

Supports the body's response to temperature imbalances.

Oral Spray: Aconite, Arsenicum Album, Belladonna, Echinacea

### Teethmed Relief

Provides support for infants during the teething process.

Oral Spray: Belladonna, Chamomilla, Mag Carb

### Nappymed Relief Ointment

For use at each nappy change to promote healthy skin on the nappy area.

Tinctures of Calendula, Chamomilla

### Medi-Skin Gel

Aids the skin's natural defences to fungal imbalances on the nappy area and supports the skin's response to irritants.

Tinctures of Apis, Calendula, Hypericum, Paeonia, Rhus Tox

### ABC

A traditional remedy that assists normal immune response to temperature imbalances and chills in infants.

Liquid: Aconite, Belladonna, Chamomilla



MANY NATURO PHARM BRAND REMEDIES ARE AVAILABLE IN ECONOMICAL MULTI-PACKS.

## Women's Remedies

The Naturo Pharm Women's remedies provide support for women during pregnancy, assistance during childbirth and breastfeeding, and support for the menstrual and ovulation cycles from puberty to menopause. They contain combinations of a number of individual remedies and have been carefully formulated to ensure maximum efficiency.

### Women

#### Menomed

Promotes normal hormone balance and assists the body's natural ability to cope with menopause.

Oral Spray/Tablets: Amyl Nitrate, Lachesis, Sanguinaria, Sepia



#### Thrushmed Relief

Support the body's natural defences to fungal imbalances.

Oral Spray/Tablets: Aspergillus, Candida Alb, Chlamydia, Echinacea, Zinc Metallicum  
Gel: Tinctures of Calendula and Hypericum with homeopathic potencies of Ranunculus and Staphysagria

#### Womens-med

Helps support natural response to emotional and physical states during menstrual and ovulation cycles.

Oral Spray/Tablets: Calc Carb, Calc Phos, Chamomilla, Cimicifuga Racemosa, Lachesis, Pulsatilla, Sepia

### Maternity

#### Morningmed Relief

Aids the body's response to feelings of sickness during the early months of pregnancy.

Oral Spray/Tablets: Amygdalis Persica, Colchicum, Ipecac, Symphoricarpus, Tabacum

#### Pre-Birth

Supports normal muscle tone and promotes normal and natural child birth.

Oral Spray/Tablets: Arnica, Caulophyllum, Cimicifuga Racemosa, Gelsemium, Pulsatilla

#### Birth-Aid

Supports natural childbirth and normal recovery from the physical stress of birthing.

Oral Spray/Tablets: Arnica, Bellis Perennis, Hamamelis, Hypericum



#### Milk-Flow

Helps promote normal breast milk production and supports natural breast function.

Oral Spray/Tablets: Asafoetida, Calc Carb, Phytolacca, Pulsatilla

#### Milk-Stop

Supports the body during weaning.

Oral Spray/Tablets: Belladonna, Lac Caninum, Urtica Urens

#### Nipplemed Relief Cream

Promotes healthy nipples during breastfeeding and promotes natural healing of the skin.

Tinctures of Aloe Vera, Calendula, Hypericum and extract of Rose Oil

#### Hypercal Gel

Assists the body's normal defences for the skin and helps promote natural healing response after injury, cuts and grazes. Has a useful soothing effect.

Tinctures of Calendula, Hypericum



A Maternity Triple Pack is available containing Pre-Birth and Birth-Aid oral sprays and a 30g Hypercal Gel.

## Classical Remedies

Naturo Pharm specialises in the manufacture of individual homoeopathic remedies and has one of the largest remedy banks in Australasia containing many thousands of remedies. These are manufactured according to the principles laid down by Dr Samuel Hahnemann. All Naturo Pharm remedies are hand succussed and are available in the standard potencies. The most well known individual remedies are listed below. Other individual remedies are available on request. Ask your local stockist for further details.

Common individual remedies and their traditional uses as summarised from recognised homoeopathic Materia Medica...

### Aconite

Has beneficial calming and settling properties and assists the body's response to immune imbalance.

### Apis

Supports the immune system after insect bites and helps normal water balance.



### Arnica

Assists the body's natural response to shock, injury, fatigue and bruising and aids normal muscle recovery after strenuous exercise or exertion. Aids normal defence mechanisms in times of trauma and after surgery. Also helps the body's natural ability to cope with long distance air travel and helps restore normal sleep patterns.

### Belladonna

Assists the body's normal reaction to temperature imbalance.

### Calendula

Supports healthy skin and assists with natural skin recovery.

### Chamomilla

Supports infants during the teething process and is beneficial for normal digestion.

### Gelsemium

Supports normal muscle tone, natural balance and tension headaches.

### Hepar Sulph

Stimulates the body's natural immune response and supports healthy glandular function.

### Hypericum

Helps the body's natural reaction to nerve injury especially of the fingers, toes and nails. It also aids normal recovery after surgery or trauma.

### Hydrastis

Supports normal liver function.

### Ignatia

Assists with natural response to grief, sadness, emotional upsets, worry and changeable moods.

### Kali Bichromicum

Helps normal breathing and clear nasal passages. Assists the body's natural ability to cope with a blocked nose and the drainage of mucus from the sinus cavities.

### Ledum

Aids the body's normal response to bites and stings, and supports joint mobility.

### Lycopodium

Beneficial for clear airways.

### Mercurius Viv

Supports the body's normal immune response to glandular disturbances and problems in the nose, throat and mouth.

### Natrum Muriaticum

Helps the natural reaction to tension headaches and supports healthy skin. Has calming properties and is also useful to assist the body's reaction to grief, fright and anger.

### Nux Vomica

Supports the normal digestive process and the body's response to tension headaches, stomach upsets and irritability.

### Phosphorus

Supports normal blood clotting and helps clear mucous membranes.

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### **Pulsatilla**

Promotes healthy ear function and aids natural digestion. Beneficial for normal periods and menstrual cycles.

### **Rhus Tox**

Helps natural joint mobility and skin function. Also aids immune response and the body's defences.

### **Ruta Grav**

Helps normal joint mobility and suppleness and supports recovery from strains especially in the wrist.

### **Silica**

Beneficial for sweaty feet and assists normal immune response and the skin's defences.

### **Sulphur**

Helps the body respond to skin problems particularly where the skin is irritated.

### **Thuja**

Promotes healthy skin and assists immune response to maintain the skin's defences against warts.

### **Zinc Valeriana**

Has beneficial calming properties and helps the body's response to trauma.

## **Classical *plus* Remedies**

Naturo Pharm Classical *plus* remedies are manufactured using a mixture of potencies (6c, 12c, 15c, 30c), called a potency chord, producing a faster acting and more effective remedy.

### **Aconite *plus***

Enhanced calming and settling properties. Improved natural response to immune imbalance.



### **Arnica *plus***

Assists the body's rapid response to shock, injury, fatigue and bruising. Boosts normal recovery after strenuous exercise or exertion, surgery and in times of trauma.



### **Belladonna *plus***

Increased support for normal response to temperature imbalance.

### **Chamomilla *plus***

Enhanced support for the teething process and increased support for normal digestion.

### **Hypericum *plus***

Assists the body's rapid response to nerve injury especially crush injuries to fingers and toes. Boosts normal recovery after surgery and trauma.

### **Ignatia *plus***

Enhanced support for grief, sadness, emotional upsets, worry and changeable moods.

### **Nux Vomica *plus***

Increased support for digestive process and natural recovery from tension headaches and stomach upsets.

### **Pulsatilla *plus***

Promotes healthy ear function and normal digestion. Enhanced aid for natural hormone balance and normal menstrual cycles.

### **Rhus Tox *plus***

Enhanced support for normal joint mobility and suppleness. Helps natural skin function and assists rapid immune response and maintains the skin's defences.

### **Sulphur *plus***

Increased immune system response to skin problems especially where the skin is irritated.

### **Arnica *plus* Cream**

Higher strength cream to assist the body's response to injuries and bruising. Helps normal muscle recovery after strenuous exercise or exertion.

Tinctures of Arnica, Hamamelis

### **Calendula *plus* Cream**

Higher strength cream that is beneficial for healthy skin, assists the body's normal healing response to irritation and supports healing of wounds and injuries.

Tinctures of Aloe Vera, Calendula

**NATURO PHARM BRAND PRODUCTS SIMPLIFY THE SELECTION OF REMEDIES WHEN SELF-PRESCRIBING.**

## Your Naturo Pharm stockist is:

More detailed information about the traditional uses of individual remedies can be found in recognised homoeopathic Materia Medica or Compendia.

The information in this Remedy Guide is for health education purposes only and is not intended as a therapeutic claim re diagnosis, prevention or treatment of medical disorders. Diagnosis of medical disorders and conditions should be made by a qualified healthcare professional.

All Naturo Pharm products are low risk and can be taken with other forms of medication.

General instructions for use are shown on each Naturo Pharm remedy. Always read the label and use only as directed. If symptoms persist see your healthcare professional.



Naturo Pharm Limited  
P.O. Box 952 Rotorua, New Zealand  
Telephone 07 347 1688  
Facsimile 07 346 0980  
Email [info@naturo.co.nz](mailto:info@naturo.co.nz)  
[www.naturopharm.co.nz](http://www.naturopharm.co.nz)

Non-Drug Family Healthcare

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TAPS Approval No: PP2095



*Feeling better, naturally*