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| Date: | 2015 |
| Our Ref: | Pr ice List |
| Your Ref: |  |

**Price List**

**SERVICES / PRODUCTS**

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| SERVICE / DESCRITION | RATES (Special rates for Children & Pensioners) |
| 1. General Counselling Sessions |  |
| Counselling sessions (1 hour)(Incl. Psychological, Spiritual, Trauma, Family, Spiritual, Career, talk therapy, hypnosis, Etc) | R600 |
| Family/Group Counselling Sessions (1 hour)(Incl. Couple, Marriage, Family, Etc) | R650 |
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| 2. QMRA (Quantum Magnetic Resonance Analysis) |  |
| QMRA Machine Analysis & Nutritional Report only (Incl. a full report) (Excludes remedies, tincture, gels, additional/extra tests, etc) | R300 |
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| 3. Holistic Wellness (HW) Sessions |  |
| Package 1: Combined Wellness Screening, Assessment & Counselling (Assessment of 37 different body systems (Includes screening, reports, analysis, counselling and suggestions)(Additional counselling sessions charged separate @ R600). | R550 |
| Package 2: 1 QMRA session + 1 Counselling Session + 1 Coaching/Personal Training/Nutritional Session (Get’s you going) | R |
| Package 3: 2 QMRA sessions (initial & follow up) + 2 Counselling sessions (initial & follow up)(Get going + follow up) | R |
| Package 4: 2 QMRA sessions (initial & follow up) + 2 Counselling sessions (initial & follow up) + 2 Coaching/Personal training/Nutritional sessions (Get going + follow up) | R |
| Nutritional Program &/or Diet Plan | R500 |
| Overall / Total Health Assessment: Incl. QMR Analysis, QRMA Consultation, Glucose, temperature, Urine analysis, PH test, Cholesterol, Blood pressure, Lung capacity, Multi panel vitamin & mineral, HIV, TB, etc | R |
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| 4. Applied Sport Training / Performance/ Exercise/ Nutrition/ Coaching |  |
| Sport Counselling (Might include: Mental blocks, self doubt, bad habits, game improvement, hypnosis, pressure & stress management) | R600 |
| Golf Coaching (Driving Range)(Dart fish swing analysis can be done)(1 hour) | R600 |
| Golf Coaching (Golf Course)(9 holes) | R600 |
| Golf Coaching (Golf Course)(18 holes) | R600 |
| Tennis Coaching (1 hour) | R600 |
| Squash Coaching (1 hour) | R600 |
| Swim Coaching (1 hour) | R600 |
| Nutritional Programs & Diet Plans | R500 |
| Fitness Assessment (Incl. Lung capacity, Glucose, PH Test, QMR Assessment, Urine analysis, Holistic Counselling elements, Etc) | R600 |
| Personal Training (PT) Sessions | R400 |
| Personal Training (PT) Sessions (Saturdays/ Sundays/ public holidays). By special arrangement. | R500 |
| PT package 1: Fitness assessment + QMR Analysis + Goal setting + 3 sessions per week (1 hour) | R300/session |
| PT package 2: Fitness assessment + QMR Analysis + Goal setting + 4 sessions per week (1 hour) | R280/session |
| PT Package 3: Fitness assessment + QMR Analysis + Goal setting + 5 sessions per week (1 hour) | R260/session |
| \* All of the above excl. Course fees, club fees, gym fees, caddy fees, golf cart fees, travel, equipment, balls, snacks, drinks, etc. Only at specific golf courses and facilities; pls call to confirm and make arrangements. |  |
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| 5. Study Methods & Ecometric tests/ Psychometric assessments/ General assessments |  |
| Study Methods / Psycho Education sessions (60 min) | R300 |
| Extensive range of Assessments and tests for: Personality, Skills & Ability, Competence, Role/Criteria Based, Achievement, Behaviour, Memory, Neuropsychology, Vocational, Occupational Interest, School, Studies, Aptitude, Subject Choice, Development, Clinical, Learning difficulties, Irlen, Infant development, Comprehensive Clinical Emotional Diagnostic Battery, career, School Readiness, Scholastic, developmental, Cognitive, Emotional, IQ, EQ, Aptitude, personality, etc (Please contact us with your requirements and we will suggest an assessment to suite your needs) | Dependent on assessment type |
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| Massages, Body & Beauty Treatments (Pls Arrange with Anre Victor directly on 0732646993) |  |
| Holistic/Swedish Massage (Back & Neck)(Lymph Drainage)(30 Min) | R250 |
| Holistic/Swedish Massage (Full Body)(Lymph Drainage)(60 min) | R400 |
| Holistic/Swedish Massage (Full Body)(Lymph Drainage)(90 min) | R500 |
| Reflexology / Zone Therapy focussing on different area to address specific issues and  problems (60 min) | R300 |
| Sport massage (Specific muscle group(s)(Fisio related)(30 min) | R500 |
| Sport massage (Specific muscle group(s)(Fisio related)(60 min) | R600 |
| Sport massage (Specific muscle group(s)(Fisio related)(90 min) | R700 |
| Aromatherapy Stress Relieving Massage (60 min) | R400 |
| Aromatherapy Energising Massage (60 min) | R400 |
| Hot Stone Full Body Massage (60 min) | R400 |
| Foot Massage (Soak & Exfoliate)(30 min) | R200 |
| Back Cleansing (45 min) | R285 |
| Deep cleanse facial (45 min) | R390 |
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| 6. Health Tests & Assessments (Allopathic) |  |
| Fertility Tests. High sensitivity. |  |
| Pregnancy Test (U-Test). High sensitivity. | R38 |
| Pregnancy Test (Quick test). High sensitivity. | R20 |
| Malaria combo test that detects all four malaria parasites. | R55 |
| Uric acid testing | R40 |
| Urine Analysis | R20 |
| HIV/Aids test | R25 |
| TB Test | R40 |
| Oxygen Concentrator | R11,100 |
| Oximeter (Finger tip) | R2090 |
| Oximeter (Hand held) | R9150 |

**HERBAL PRODUCTS**

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| *PRODUCT* | *BOTANICAL NAME* | *DESCRIPTION* | *CAPS* | *TINCTURES* |
| African Potato | *Hypoxis spp.* | Enlarged prostate, urinary infections and testicular tumours | R 90 | R 100 |
| Alfalfa | *Medicago sativa* | Obesity and weight gain, for fatigue, liver cirrhosis, osteo- arthritis and osteoporosis; for detoxification | R 90 | R 100 |
| Anise | *Pimpinella anisum* | Colic, irritable bowel syndrome, flatulence; respiratory problems: flu, coughs, sinusitis; breast feeding problems | R 90 | R 100 |
| Astralagus | *Astralagus membranaceus* | Body tonic that can help people with emphysema, adrenal problems, shingles and some infections | R 110 | R 100 |
| Barberry | *Berberis vulgaris* | Fighting infection; effective for candidiasis; peptic ulcers; pancreatitis and pink eyes | R 100 | R 100 |
| Bearberry | *Arctostaphilos uva- ursi* | Problems affecting the bladder and kidneys like urethritis, cystitis; for mucous membrane problems like sinusitis | R 100 | R 100 |
| Bilberry | *Vaccinium myrtillus* | Tonic for blood, vein and joint problems: as well as for eye problems and diabetes | R 110 | R 100 |
| Black Cohosh | *Cimicifuga racemosa* | For balancing hormone levels; menopause, ovarian, uterine problems; low thyroid function as well as cramps and coughs | R 110 | R 100 |
| Buchu | *Agathosma betulina* | Support for bladder and kidney functions | R 110 | R 100 |
| Cancer Bush | *Sutherlandia frutescens* | For strengthening the immune system and for cancer | R 100 | R 100 |
| Cayenne | *Capsicum frutescens* | For stimulating blood circulation; for headaches as an eye tonic. For an aid in Parkinson’s and fibromyalgia | R 90 | R 100 |
| Chamomile | *Matricaria recutita* | For allergies, eczema, hives and lupus; for colic and irritable bowel syndrome; for headaches and insomnia | R 100 | R 100 |
| Dandelion | *Taraxacum officinale* | For liver problems: inflammation of the veins, skin problems like acne and eczema; for ovarian cysts, Parkinson’s, gout | R 100 | R 100 |
| Devil’s Claw | *Harpagophytum procumbens* | For different forms of inflammation; for osteoarthritis, lumbago, gout, tendonitis and carpal tunnel syndrome | R 90 | R 100 |
| Echinacea | *Echinacea spp.* | For boosting the immune system; for infections, candida, mouth ulcers, colds, flu, cancer; for fibrocytis; for parasites | R 100 | R 100 |
| Feverfew | *Tanacetum parthenicum* | For pain and aches; for headaches, inflammation, arthritis, menstrual discomforts, fever, lupus, rheumatoid arthritis | R 110 | R 100 |
| Garlic | *Allium sativum* | For high cholesterol and atherosclerosis, colds and flu; for parasites and cancer, diabetes and peptic ulcers | R 90 | R 100 |
| Ginger | *Zingiber officinale* | For allergies and asthma; for indigestion, nausea, motion sickness; for muscle cramps, cancer and parasites | R 90 | R 100 |
| Gingko | *Gingko biloba* | Alzheimer’s, Parkinson’s, memory loss; blood circulation, heart attack, stroke; for ADD, cancer, eye degeneration | R 100 | R 100 |
| Ginseng | *Eleutherococcus sentocosus* | For stress, fatigue and anxiety; blood purification, high blood pressure, heart attack; impotence, infertility; for bronchitis | R 110 | R 100 |
| Hawthorn | *Crataegus spp.* | Used as a heart tonic; for angina; arrhythmia, high blood pressure, blood purification; varicose veins, heavy periods | R 100 | R 100 |
| Horsetail | *Equisetum arvense* | Urinary problems like incontinence, bedwetting and prostate infection; for obesity, phlebitis, hair loss and oily skin | R 100 | R 100 |
| Liquirice | *Glycyrrhiza glabra* | Serious allergic reactions: asthma, hay fever; lupus, hepatitis, pancreatitis, cancer, Bell’s palsy, eczema, psoriasis | R 100 | R 100 |
| Lobelia | *Lobelia inflata* | Traditionally a lung tonic; for asthma and bronchitis; for fever | R 110 | R 100 |
| Marshmallow | *Althaea officinalis* | Digestive problems: indigestion, reflux, gastritis, peptic ulcers, diarrhoea, diverticulitis; gall & kidney stones; lungs | R 100 | R 100 |
| Meadowsweet | *Fillpendula ulmaria* | For diarrhoea and stomach complaints; for colon cleansing and for blood disorders | R 90 | R 100 |
| Milk Thistle | *Silybum marianum* | For detoxification, liver problems; cirrhosis and hepatitis; for acne, constipation, psoriasis; cancer, diabetes, arkinson’s | R 100 | R 100 |
| Motherwort | *Leonurus cardiaca* | Used as a heart tonic, for palpitations and arrhythmia; for anxiety, PMS, and painful menstruation; for hyperthyroidism | R 90 | R 100 |
| Nettle | *Urtica dioica* | For allergies, hives, anaemia, lupus; for inflammation, heavy periods, over active thyroid; for enlarged prostate, low libido | R 100 | R 100 |
| Red Clover | *Trifolium pratense* | For systemic problems - lupus, prostate cancer, fibrocystic breasts, PMS; acne, psoriasis; for irritable bowel syndrome | R 100 | R 100 |
| Sarsaparilla | *Smilax aristolo-chiaefolia* | For psoriasis, rheumatoid arthritis, leprosy, an aphrodisiac | R 110 | R 100 |
| Saw Palmetto | *Serenoa repens* | For prostate problems: enlargement, inflammation and prostate cancer; for male sex drive and infertility | R 110 | R 100 |
| Senna | *Cassia angustifolia* | Used as laxative, purgative, cathartic; for constipation and colon cleansing | R 90 | R 100 |
| Skullcap | *Scutellaria lateriflora* | Used as a glandular tonic; for underactive thyroid, insomnia, panic attacks; for sprains | R 110 | R 100 |
| St John’s Wort | *Hypericum perforatum* | For shingles, palpitations; depression and panic attacks; for fibromyalgia; breast cancer; diabetes; nausea and HIV/AIDS. | R 110 | R 100 |
| Thyme | *Thymus vulgaris* | Antiseptic for infections, hay fever, catarrh, emphysema; for sore throat, colic, fevers; for mouth wash and oily skin. | R 90 | R 100 |
| Turmeric | *Curcuma longa* | For viral infections, cancer, rheumatoid arthritis; indigestion, reflux, halitosis; Alzheimer’s, atherosclerosis, cataracts. | R 90 | R 100 |
| Valerian | *Valeriana officinalis* | For restlessness, anxiety, attention deficiency, PMS; for adrenal disorders, overactive thyroid; help to quit smoking. | R 100 | R 100 |
| Wild Yam | *Dioscorea villosa* | For women’s problems like painful menstruation, infertility and low sex drive; for cholesterol, diverticulitis; kidney stress. | R 100 | R 100 |
| Wormwood | *Artimisia afra* | For deworming and parasites; can stimulate the appetite, the liver and gall bladder. | R 90 | R 100 |
| Skin Gel |  | Fights viruses and bacteria; stimulates cell growth; heals burn wounds; strengthens immunity; analgesic; antiseptic; use as sunscreen (low level), insect bites and rash. | R 120 | |
| Muscle Gel |  | Penetrates deeply; protects and warm muscles; heal muscles; relieves stiffness; prevents cramps and muscle spasms; relieves pain, bruising and spraining. | R 120 | |
| Herbs for Body Systems |  | Wall chart and booklet “40 Herbs” | R 449 | |

**NATURAL CARE HERBAL GELS (R100/tube/flask)**

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| *PRODUCT* | *DESCRIPTION* | *CONTRA INDICATIONS* |
| ANTI-AGING SKIN GEL | Moistens and softens skin; Improves texture and firmness; improves younger appearance; restores dull, lustre lacking tired skin. Fights free radicals that cause aging; is effective against skin allergies; inhibits the growth of skin tumours *Bevog en versag vel, verbeter veltekstuur en maak ferm, bewaar jonger voorkoms, behandel dowwe glanslose tam vel. Beveg vrye radikale wat veroudering veroorsaak; is effektief teen allergiese veltoestande; inhibeer die groei van vel tumours* | Not for pregnant or breastfeeding women; not for epileptics *Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsielyers nie* |
| AFTER SHAVE GEL | Prevents and removes wrinkles; relieves pain; antiseptic; sunscreen (low factor); stops bleeding; calms irritation and inflammation of skin after shaving *Voorkom en verwyder plooie, verlig pyn, antisepties; lae faktor sonskerm, stop bloeding; kalmeer irritasie en inflammasie na skeer* | Not for pregnant or breastfeeding women; not for epileptics *Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsielyers nie* |
| ARTHRITIS GEL | Relieves pain; improves mobility; detox; improves blood circulation; anti-rheumatic; anti-inflammatory; calming *Verlig pyn, verwarm gewrigte en bevorder beweeglikheid; help met ontgiftiging; verbeter bloedsomloop; anti-rumaties; verminder inflamasie. Kalmerend en strelend* | Not for pregnant or breastfeeding women; not for epileptics and people with high blood pressure *Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsielyers en persone met hoë bloeddruk nie* |
| RESPIRATORY GEL | Anti-inflammatory; loosens phlegm, relieves pain; soothes air passages; detoxifies, calms and warms; inhibits excessive cough; has healing effect on mucuous membranes *Anti-inflammatories; maak slym los; verlig pyn; streel lugweë; ontgif; kalmeer; verwarm; voorkom oormatige hoes en werk genesend op die slymvliese* | Not for pregnant or breastfeeding women; no direct sunlight for 2 hours after application *Nie vir verwagtende vroue en dié wat borsvoed nie; geen direkte blootstelling aan die son vir 2 ure na aanwending nie* |
| CELLULITE GEL | Break down fats; balances hormones; improves thyroid functions; decreases appetite; diuretic; makes skin soft and elastic; detoxify; aids drainage of lymph. Use after bath or shower, daily for first month, then 3 times a week *Breek vet af; balanseer hormone; verbeter skildklier se werking; verminder eetlus; dryf water af; maak vel sag en elasties. Ontgif en help met limf dreinering. Wend aan na bed of stort; daagliks vir eerste maand, daarna 3 maal per week* | Not for pregnant or breastfeeding women; not for epileptics. Drink 8 glasses of water t o avoid headache *Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsielyers nie. Drink 8 glase water om hoofpyn te voorkom* |
| CIRCULATION GEL | Improves blood circulation; soothing and calming; improves elasticity of arteries and veins. Apply twice or three times per day as needed *Bevorder bloedsomloop, strelend en kalmerend, verbeter elastisiteit van bloedvate. Wend twee tot drie maal per dag aan soos nodig* | Not for pregnant women; not for people with acute kidney problems *Nie vir verwagtende vroue nie; nie vir persone met akute nier- probleme nie* |
| ECZEMA GEL | Improves healing; cools and softens skin; strengthens immunity; stimulates and improves cell growth; relieves itching and redness. Apply three times per day *Bevorder genesing; verkoel, versag vel; versterk immuniteit; stimuleer en bevorder nuwe selgroei. Verlig jeuk en rooiheid. Wend drie maal per dag aan* | Not to be used during first trimester of pregnancy *Moet nie in die eerste driemaande van swangerskap gebruik word nie* |
| EYE AND FACE GEL | Improves blood circulation; removes discolouration; rejuvenates skin; prevents wrinkles; moisturises and softens skin; relieves skin irritations; relieves allergic conditions. Only for external use: apply to skin around eyes but never in the eye *Verbeter bloedsirkulasie; verwyder vlekke; verjong vel; voorkom plooie; bevog; versag vel; verlig vel irritasie; help met pofferigheid en rooiheid. Verlig allergiese toestande. Slegs vir uitwendige gebruik: wend op vel rondom oog aan maar nooit in die oë nie.* | Not for pregnant or breastfeeding women; not for epileptics *Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsielyers nie* |
| SKIN GEL | Fights viruses and bacteria; stimulates cell growth; strengthens immunity; heals burn wounds; analgesic; antiseptic; use as sunscreen (low level), insect bites and rash *Beveg virusse en bakterieë; stimuleer selgroei; versterk immuniteit; verminder koors; genees brandwonde; pynstiller; antisepties. Gebruik vir matige sonbrand, insekbyte en uitslag* | Avoid contact with the eyes. Not for pregnant or breastfeeding women; not for epileptics. *Vermy kontak met die oë. Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsie- lyers nie* |
| FIRST AID GEL | Anti-viral and anti-bacterial; reduces pain and calms. Treat everyday problems like cuts, sores, boils, small burns; for vaginal thrush *Sterk anti-viraal en anti-bakteries; verlig pyn en kalmeer. Behandel alledaagse probleme soos snye, sere, pitsere; kleiner brandwonde; vir vaginale sproei* | Avoid contact with the eyes. Not for pregnant or breastfeeding women; not for epileptics. *Vermy kontak met die oë. Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsie- lyers nie* |
| FRESH FEET GEL | Fights fungi; freshens tired hot feet; reduces sweat; for diabetic’s feet; calming; improves sleep; improves blood circulation; reduces swelling. Apply after washing feet up to 4 times per day *Beveg swamme; verfris moeë warm voete; verminder sweet; diabeet se vriend; kalmerend; bevorder slap; bevorder bloedsomloop en verminder swelling. Wend aan na voete gewas is tot soveel as 4 maal per dag* | Not for pregnant or breastfeeding women; not for epileptics. *Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsie-lyers nie* |
| RELAXING GEL | Can help balance the central nervous system; for insomnia; relieves chronic anxiety, stress and depressive feelings; can bring calmness in emotional situations like shock and histerics *Kan die sentrale senuweestelsel help balanseer; vir slaaploosheid; verlig kroniese angstigheid, stress en depressiewe gevoelns; ka kalmte bring in emosionele stuasies soos skok en histerie* | Not for pregnant women *Nie vir verwagtende vroue nie* |
| PSORIASIS GEL | Relieves itching; can help prevent outbreak. Curative; moistens, cools and softens skin; relieves pain. Apply twice a day *Verlig jeuk; kan help om uitbraak te voorkom. Genesend; bevog, verkoel en versag vel; verlig pyn. Wend 2 maal per dag aan* | Not to be used during first trimester of pregnancy *Moet nie in die eerste drie maande van swangerskap gebruik word nie* |
| SHINGLES GEL | Relieves pain; anti-viral and antibacterial; strengthens immune system. Apply once or twice a day *Verlig pyn; anti-virus; anti-bakteries; versterk immuunstelsel. Wend een tot 2 maal per dag aan* | Not to be used during first 5 months of pregnancy *Moet nie in die eerste vyf maande van swangerskap gebruik wordnie* |
| SINUS GEL | Opens sinuses; expels mucous; disinfects, cools; relieves symptoms of hay fever, common colds, headache; anti-viral and anti-bacterial. Apply twice a day on facial areas; breathe in the aroma from the hands *Maak sinusse oop; bring slym uit; ontsmet; verkoel; verlig simptome van hooikoors, verkoues, hoofpyn; anti-virus; anti- bakteries; anti-septies. Wend twee maal per dagop gesigs areas aan* | Only for external use. Avoid contact with the eyes. Not for pregnant or breastfeeding women; not for epileptics. *Slegs vir uitwendige gebruik. Vermy kontak met die oë. Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsielyers nie* |
| MUSCLE GEL | Penetrates deeply; protects and warm muscles; heal muscles; relieves stiffness; prevents cramps and muscle spasms; relieves pain, bruising and spraining *Penetreer diep; beskerm;, verwarm, genees spiere; verlig styfheid; voorkom krampe en spierspasma; verlig pyn. Verlig kneusing en verstuiting* | Not for pregnant or breast-feeding women; not for epileptics. Never apply to broken skin  *Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsielyers nie. Moet nooit op stukkende vel aanwend nie* |
| STRETCH MARK GEL | Prevents stretch marks; fades stretch marks; firms skin; moisturises skin; renews cells; heals and repair lesions; calming effect. Message hips, bum, stomach and breasts daily after bath or shower before bedtime *Voorkom rekmerke; verbleek rekmerke; maak vel ferm en elasties; bevog, vernuwe selle; genees en herstel letsels; kalmerende effek. Massere daagliks heupe, sitvlak, maag, en borste na bad of stort voor slaaptyd* | Not to be used during first trimester of pregnancy. Not for epileptics. *Moet nie in die eerste drie maande van swangerskap gebruik word nie. Nie vir epilepsielyers nie* |
| HAIR GEL | Firm styling; improves hair growth and denseness; strengthens hair and gives lustre. Easy to use *Ferm stilering; bevorder haargroei en digtheid; maak hare sterker; laat hare glansend; maklik om aan te wend* |  |
| VARICOSE GEL | Relieves pain; purge dead blood; improves blood circulation; fades varicose veins; help to avert retention of fluid and swelling. Apply twice a day above and on affected areas but do not message varicose veins. For long term use *Verlig pyn; dryf dooie bloed af; verbeter bloedsirkulasie; verbleek spatare. Help voorkom vog retensie en swelsel. Wend twee maal per dag bokant en op aangetasde plekke aand sonder om spatare te masseer. Langermyn nodig* | Not for pregnant or breastfeeding women; not for epileptics. *Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsielyers nie* |
| ACNE GEL | Excellent to prevent and heal acne; heals skin rash; herpes; good for insect bites; anti-viral and anti-bacterial; anti- inflammatory *Uitstekend vir aknee; genees veluitslag; goed vir insekbyte; kalmeer; anti-virus; anti-bakteries. Help voorkom koorsblare en aknee-aktiwiteit* | Only for external use. Avoid contact with the eyes. Not for pregnant or breastfeeding women; not for epileptics. Do not apply to genitals *Slegs vir uitwendige gebruik. Vermy kontak met die oë. Nie vir verwagtende vroue en dié wat borsvoed nie; nie vir epilepsielyers nie. Moenie op geslagdele aanwens nie* |