


NHP 23 - ELDERBERRY EXTRA FORMULA
bottle

80 capsules per

<p>According to the Chinese approach to health, the ingredients are known to relieve swelling of the extremities and improve lower circulation. May be helpful for individuals with gout and weak knees. Lower leg problems are a challenge for some people. Difficulty can arise when attempting stairs or walking on concrete and walking distances. This product strengthens the legs and knees to keep a person mobile and pain free. Gout is a condition that results from the build up of uric acid in the joints. The product reduces the uric acid build up, which in turn eliminates the pain. Eliminating red meat and increasing the amount of vegetables and water is important in correcting the problem.</p>	<p style="text-align: center;">麥冬</p> 
<p>Meridians / Systems: spleen, liver and kidneys</p> <p>Recommended Use: <i>Adults:</i> Take 1 to 3 capsules twice daily.</p> <p>Restrictions / Notes: Abstain from cold drinks and ice water during courses. Should not be taken if pregnant, breast-feeding or during menstrual period.</p>	<p>Can be combined with: 5, 13, 25, 26, 27, 28, 29, 30, 35, 36, 43 Select ONE ONLY to combine with for effective use.</p> <p>Programs to consider: Arthritis and joint pain program - # 21 (8, 23)</p>

