

Natural Herbal Products, Inc. - January 2006

Illness will not exist when each meridian system and its functions are balanced.

NHP 1 - KNOTTED GINSENG FORMULA

80 capsules per bottle

The Chinese approach to health uses this product to bring cholesterol into a healthy range by helping to dispose of fatty substances from the blood. Cholesterol levels are affected by many factors such as family tendency, food, exercise level and stress. It is important to eat right, get enough exercise and control your stress. Foods that we eat can affect our health. You are what you eat. Eating too much seafood and meat can increase the cholesterol level. Emotion and stress can also increase the cholesterol level. Because herbs deal with the underlying cause of the cholesterol imbalance, you only take them until your cholesterol level is normalized. You do not need to remain on this formula for life. As with most herbal formulas, Knotted Ginseng is not addictive and does not have side effects.

Meridian / System: heart

Recommended Use:

Adults: Take 6 capsules daily - 3 capsules in the morning on an empty stomach and 3 capsules at bedtime.

Children: Take 4 capsules daily - 2 capsules in the morning on an empty stomach and 2 capsules at bedtime.

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Restrictions / Notes:

Should not be taken by women who are pregnant, menstruating or breast-feeding.

Can be combined with:

2, 3, 4, 5, 19, 25, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use

Programs to consider: none

Consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being used. Drugs and herbal products must be taken 3 hours apart.

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NHP 2 - GINSENG ALFA FORMULA

80 capsules per bottle

According to the Chinese medicine approach, this product has the ability to normalize high and low blood pressure. Once the blood pressure is normalized and you have begun to make lifestyle changes that improve your overall sense of well being, you can stop taking the formula. The product does not have any side effects. Take the blood pressure regularly and observe the progress. In addition to using this product, dealing with anger, frustration, stress and salt intake are all key to regulating high blood pressure.

Meridian / System: heart

Recommended Use:

Adults: Take 6 capsules daily - 3 capsules between 9:00 am and 11:00 am and 3 capsules at bedtime.

Children: 4 capsules daily - 2 capsules between 9:00 am and 11:00 am and 2 capsules at bedtime.

Restrictions / Notes:

Should not be taken by women who are pregnant, menstruating or breast-feeding.

Can be combined with:

1, 4, 5, 19, 25, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider: none

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NHP 3 - GINSENG EXTRA FORMULA

80 capsules per bottle

According to Chinese medicine, the kidney meridian is the vital organ of energy. If a person has low energy or an imbalance of energy, it is often related to the kidney meridian. This product tonifies the kidney energy and gets rid of fatigue and tiredness. An imbalance of the kidney meridian may cause symptoms such as lower back pain, memory loss or impairment, bags under the eyes, anemia and lack of mental alertness. This formula is a great companion when driving for long periods of time, as it will prevent lower back pain and provide mental alertness by increasing energy and stamina, and promoting potency and improved memory. May be helpful to individuals with anemia due to low red blood cell count and lupus.

Meridians / Systems: spleen, stomach and kidneys

Recommended Use:

Adults: Take 2 capsules three times daily.

Children: Take 1 or 2 capsules daily.

Restrictions / Notes: none

Can be combined with:

1, 5, 11, 12, 17, 18, 22, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Vascular program - # 11 (3, 19)

Memory enhance program - # 14 (3, 15)

Impotency program - # 20 (13, 3)

Steps to beat cancer - # 30

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NHP 4 - VITAL 4 FORMULA

80 capsules per bottle

According to the Chinese approach to health, Vital 4 supports the kidney and the spleen meridians. It aids in the elimination of excess water from the system. When kidney energy is low, water may be dumped in the ankles, feet or other parts of the body as edema. People with edema should not consume excess salt as that will further deplete the kidney energy and will also raise the blood pressure. It aids in the reduction or elimination of varicose or spider veins. It is used to relieve headaches and tendonitis by promoting circulation and increasing stamina. Combining NHP 3 and NHP 4 may create a tonic to address such problems as lupus, fibromyalgia, chronic fatigue and MS. The product promotes circulation to the head and may erase headache and dizziness. It relieves pain in the stomach, legs and feet. It builds up energy in the waistline to relieve back pain.

Meridians / Systems: spleen, liver, stomach and kidneys

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes:

People with swollen feet, headache or menstrual cramps, take 3 capsules twice daily.

Can be combined with:

1, 2, 5, 10, 11, 12, 14 - Must be taken two hours apart.

15, 17, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Lupus and fibromyalgia program - # 13 (3, 4)

Hangover relief program - # 19 (40, 4)

Digestive program - # 26 (9, 4)

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NHP 5 - GOLDEN SILK FORMULA (tea) 150 grams powder per bottle

According to the Chinese approach to health, this product relieves indigestion, heartburn and constipation. Excellent for those who feel bloated after meals. The product is also known to help with slimming. If taken for a long period of time, it may strengthen the heart of those who experience heart flutters at times (palpitations).

Meridians / Systems: small intestine, spleen and stomach

Recommended Use:

Adults: Add one teaspoon to 1 cup of boiling water. Drink 2 to 3 cups per day. Add sweetener if desired. Drink when lukewarm.

Restrictions / Notes: none

Can be combined with:

1, 2, 3, 4, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider: none

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NHP 6 - D-TOX FORMULA

80 capsules per bottle

According to the Chinese approach to health, this product cleanses the blood and improves the immune system. It is the body's way of getting a tune up. Foods that we eat every day are full of chemicals such as antibiotics, steroids, preservatives and artificial coloring. These can be toxic to the body. If not cleaned up, these toxins are then trapped in your body. The immune system then becomes weaker and you become more susceptible to colds, flu or other forms of disease including cancer. Excellent for those whose immune system is low or who require a whole systems cleanse.

Meridians / Systems: lungs, large intestine, spleen, stomach and urinary bladder.

Recommended Use:

Adults: Take 2 capsules twice daily for 10 days in a row. Repeat the 10-day consumption once a month if needed.

Restrictions / Notes:

Not be taken by women during pregnancy, breast-feeding or menstrual period.

Can be combined with:

5, 17, 20, 25, 27, 29, 36, 38, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Quit smoking program - # 2 (6, 7)

Parasite cleansing program - # 3 (6, 33)

Lung cleansing and tonify program - # 4 (6, 18)

Alcohol and drug program - # 8 (6, 28)

Acne reduction program - # 9 (6, 14B)

Kidney and gallstone program - # 12 (6, 34)

Detoxification program - # 17 (6, 38)

Eczema, psoriasis and shingle program - # 23 (6, 14A)

Steps to beat cancer program - #30

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NHP 7 - QUIT-SMOKE FORMULA 80 capsules per bottle
(available only with Quit Smoke Support Program)

According to the Chinese approach to health, the product is known to kick habits such as smoking, to relieve coughing, congestion and chest pain associated with smoking and to clear the mind from stress and confusion. Excellent for those who smoke.

Meridian / System: lungs

Recommended Use:

Adults: Take 3 capsules 3 times daily.

Restrictions / Notes: none

Can be combined with:

5, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Quit smoking program - # 2 (6, 7)

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NHP 8 - WEATHER BEATER FORMULA

80 capsules per bottle

According to the Chinese approach to health, this product is known to help control migrating pain affected by weather changes and other causes. It can help to unblock the energy flow and increase the circulation resulting in reduction or elimination of pain and improved mobility. Some issues that may be addressed include tendonitis, gout, swollen joints, arthritis and rheumatism.

Meridians / Systems: pericardium, heart, spleen, liver, stomach and kidneys

Recommended Use:

Adults: Take 1 or 2 capsules twice daily.

Restrictions / Notes:

Abstain from cold food and drinks during this session.

Can be combined with:

5, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Arthritis and joint pain program - # 21 (8, 23)

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NHP 9 - DODDER EXTRA FORMULA

80 capsules per bottle

According to the Chinese approach to health, this product improves digestion and relieves colic discomfort. The digestive system is one of the most important systems in the human body. Without good digestion, assimilation in the body will be impaired and there will be hunger in tissues resulting in symptoms such as diarrhea, colitis, food poisoning and nausea. It assists with bladder issues such as urgency, frequency or leaking bladder.

Meridians / Systems: large intestine, small intestine and stomach

Recommended Use:

Adults: Take 2 capsules 3 times daily before meals.

Children (7 years or less): Take 1 capsule daily with supper.

Restrictions / Notes:

For best results, take capsules with a cup of lukewarm water sweetened with honey.

Can be combined with:

5, 16, 20, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Constipation relief program - # 18 (21, 9)

Bed wetting program - # 22 (9, 11)

Digestive program - # 26 (9, 4)

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NHP 10 - MONTHLY EASE FORMULA

80 capsules per bottle

According to the Chinese approach to health, this product is known to be useful for women experiencing PMS, menstrual cramps, menopause, irregular periods and hot flashes. It is believed to work by balancing hormones. Many issues of the liver or gall bladder meridian may be addressed with this formula and on occasion men may benefit from it.

Meridians / Systems: spleen and stomach

Recommended Use:

Adults: Take 1 capsule daily for normal upkeep. Take 2 or 3 capsules daily when experiencing difficulties.

Restrictions / Notes: none

Can be combined with:

4, 5, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

PMS and menopause program - # 24 (10, 3)

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NHP 11 - F & H WARMER FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to build energy to the extremities and to help with urination. This product strengthens and tonifies the kidney, thereby enhancing the circulation to the hands and feet by balancing the kidney energy. It is excellent for those who have cold hands and feet or poor circulation.

Meridians / Systems: kidneys and urinary bladder

Recommended Use:

Adults: Take 2 to 4 capsules daily.

Restrictions / Notes: none

Can be combined with:

3, 4, 5, 21, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Bed-wetting program - # 22 (9, 11)

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NHP 12 - STRENGTHENER FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to strengthen the immune system and rebalance the kidney. May be helpful for individuals experiencing fatigue, bags under their eyes and kidney problems.

Meridians / Systems: spleen, stomach and kidneys

Recommended Use:

Adults: Take 2 to 4 capsules daily with lukewarm water sweetened with honey.

Restrictions / Notes: none

Can be combined with:

3, 4, 5, 21, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider: none

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NHP 13 - RADIX GINSENG FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to improve vigor and vitality, especially of the elderly. It works with the kidney energy and is a major formula for the heart energy as well. When dealing with heart issues, NHP 13 for the physical heart in combination with NHP 28 for the emotional aspect reduces stress and provides energy and stamina. Used in combination with NHP 3, it helps individuals wishing to improve their impotency.

Meridians / Systems: pericardium, heart, spleen and kidneys

Recommended Use:

Adults: Take 1 or 2 capsules daily.

Restrictions / Notes: none

Can be combined with:

5, 23, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Better sex life program - # 20 (13, 3)

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NHP 14 - PARSLEY EXTRA (A & B) FORMULA 80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to help with appetite, proper digestion and assimilation. This product aids in clearing the liver of toxins that manifest as skin outbreaks. Formula A is specifically designed to reduce eczema, rashes and hives and may help with diaper rash, psoriasis, shingles, boils and eczema. Formula B is designed to reduce acne in teens or adults. Diet changes such as avoiding fried foods and spicy foods are very beneficial by putting less strain on the liver. A good intake of water, lots of fresh air and exercise will also aid the liver.

Meridians / Systems: lungs, spleen, liver, stomach and gall bladder

Recommended Use:

Adults: Take 2 capsules daily when skin problems arise.

Children: Take 1 capsule daily (for children 5-14).

Restrictions / Notes: none

Can be combined with:

4 - taken 2 hours apart

5, 24, 25, 26, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Acne reduction program - # 9 (6, 14B)

Eczema, psoriasis and shingles program - # 23 (6, 14A)

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NHP 15 - GOLDEN ROD FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to restore poor memory, increase stamina and fade ringing in the ears. These symptoms may be the result of an imbalance in the kidney energy. This product helps to rebalance the kidney energy.

Meridians / Systems: spleen, stomach and kidneys

Recommended Use:

Adults: Take 2 to 3 capsules daily. Take for 30 days as one course. Continue as necessary.

Restrictions / Notes: none

Can be combined with:

4, 5, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Memory enhance program - # 14 (3, 15)

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NHP 16 - SLEEP EASY FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to help with sleeping problems, a result of heart energy issues. Sleeping is very important for health and well-being. Without proper sleep our bodies become very fragile, creating problems such as stress, blood pressure issues, headaches etc. Humans spend almost half of their lifetime sleeping. We need a good sleep every night. This product may help you sleep soundly. It is non-addictive and you cannot overdose on it.

Meridians / Systems: heart and liver

Recommended Use:

Adults: Take 2 or 3 capsules at bedtime.

Restrictions / Notes:

Avoid foods and beverages containing caffeine.

Can be combined with:

5, 9, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider: none

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NHP 17 - N.T. EXTRA (A and B) FORMULA

80 capsules per bottle

According to the Chinese approach to health, this product is known to assist with weight loss and with retaining normal weight. Weight issues are related to body image and self-esteem. This product balances and tonifies the organs through the elimination of toxins. This results in the elimination of food cravings and excessive hunger. Excellent for those who want to stay trim. Believed to improve energy and stamina. Formula A helps with malfunctions of organs and gives energy. It is a good starter while losing pounds. Formula B is used for increasing basic metabolic rate to help to burn off fat.

Meridians / Systems: spleen, stomach and kidneys

Recommended Use:

Adults: Take 2 capsules twice daily 1 hour after meals.

Restrictions / Notes:

Must be taken as a program. Improvement will increase by balancing eating habits: 1) increase fresh vegetables and fruits, 2) eat less fatty foods and 3) drink more water.

Can be combined with:

3, 4, 5, 6, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Weight loss program - # 29 (17A, 17B)

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NHP 18 - PLANTAIN EXTRA FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to relieve breathing related problems such as coughing, shortness of breath and lots of mucus production. Oxygen is extremely vital for the body. Without oxygen people die. Lungs are responsible for providing oxygen to feed the body. This formula tonifies the lungs. It may be of great benefit to people who have quit smoking. May be useful for lung problems such as asthma and bronchitis.

Meridians / Systems: lungs and kidneys

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes:

Stay away from cold foods and drinks that just come out of the refrigerator.

Can be combined with:

3, 5, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Lung cleansing and tonify program - # 4 (6, 18)

Allergy and asthma program - # 5 (22, 18)

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NHP 19 - H & S EXTRA FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to deliver the utmost energy to your heart and to help improve the vascular system. Your heart is the main pumping station and blood vessels are the pipelines of the body. A strong and healthy heart is required for good health. This product helps with problems leading to heart disease, palpitations and stroke. It may also be helpful with irregular heartbeat, arterial blockages, high blood pressure and bypass surgery. If stress is an issue in your life, this product should be combined with NHP 28.

Meridians / Systems: pericardium and heart

Recommended Use:

Adults: Take 1 or 2 capsules daily. For maintenance, take 1 capsule daily.

Restrictions / Notes: Refrain from alcohol.

Can be combined with:

1, 2, 5, 25, 26, 27, 28, 29, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Vascular program - # 11 (3, 19)

Steps to beat cancer program - # 30

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NHP 20 - GENTIAN EXTRA FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to regulate normal sugar levels. May be helpful for individuals with diabetes and hypoglycemia. In today's high paced world, eating right has become an area of concern. Much of today's diet results in spikes in blood sugar levels. The irregular eating habits of many have resulted in increased numbers of hypoglycemic and hyperglycemic conditions. The conditions become cyclic with people's eating habits becoming more and more chaotic. Once blood sugar levels stabilize, people are able to better follow a healthy eating plan. Small frequent balanced meals result in less cravings and are an important aspect of healthy living.

Meridians / Systems: spleen, liver and stomach

Recommended Use:

Adults: Take 1 capsule after each meal.

Restrictions / Notes: none

Can be combined with:

5 and 6 - take at separate times of day - 1 in am and 1 in pm

9, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider: none

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NHP 21 - ALOE EXTRA FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to relieve constipation and irregularity. Irregular and infrequent elimination of the bowel increases the amount of toxins circulating in the body. Food material that is not digested properly, due to a lack of digestive enzymes, putrefies producing toxins. These toxins are then absorbed into the general circulation of the body and end up overloading the liver and kidney responsible for their removal. The liver and kidney cannot remove them all. Those toxins accumulate in the body tissues and are thought to be responsible for degeneration and diseases. Taken as needed, this product works gently and effectively. An increase in the amount of fiber and water in the diet also enhances regularity.

Meridians / Systems: large intestine and small intestine

Recommended Use:

Adults: Take 1 to 3 capsules per day.

Restrictions / Notes: none

Can be combined with:

5, 11, 12, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Constipation relief program - # 18 (21, 9)

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NHP 22 - BREATHE EZE FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to relieve congestion and environmental discomfort. Breathing normally with ease is a vital aspect of good health. When the lungs are working efficiently, all oxygen needs are met and the mind is alert. When lung congestion occurs, all areas of the body can suffer. This product may be helpful for individuals with sinus conditions and allergies due to snow mold, pollen and other airborne pathogens.

Meridians / Systems: lungs and kidneys

Recommended Use:

Adults: Take 2 to 4 capsules daily.

Restrictions / Notes: none

Can be combined with:

3, 5, 25, 26, 27, 28, 29, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Allergy and asthma program - # 5 (22, 18)

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NHP 23 - ELDERBERRY EXTRA FORMULA

80 capsules per bottle

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.

Meridians / Systems: spleen, liver and kidneys

Recommended Use:

Adults: Take 1 to 3 capsules twice daily.

Restrictions / Notes:

Abstain from cold drinks and ice water during courses.

Should not be taken if pregnant, breast-feeding or during menstrual period.

Can be combined with:

5, 13, 25, 26, 27, 28, 29, 30, 35, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Arthritis and joint pain program - # 21 (8, 23)

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NHP 24 - CNIDIUM EXTRA FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to improve blood circulation to the head. May be helpful for individuals with a variety of types of headaches, for example migraines or ones resulting from stress, injuries, improper food, toxins or by not drinking enough water.

Meridians / Systems: heart

Recommended Use:

Adults: Take 1 to 2 capsules 3 times daily.

Restrictions / Notes: none

Can be combined with:

5, 14, 25, 26, 27, 28, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider: none

Consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being used. Drugs and herbal products must be taken 3 hours apart.

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Natural Herbal Products, Inc. - January 2006

Illness will not exist when each meridian system and its functions are balanced.

NHP 25 - FO-TI EXTRA (A AND B) FORMULA 80 capsules per bottle

According to the Chinese approach to health, the kidney is the organ responsible for healthy hair and strong bones. When there is an issue of hair loss or thin hair, balance to the kidney energy must be restored. Loss of hair color is also related to a decrease in kidney energy. Boosting the kidney energy results in the return of natural hair color. The ingredients in Formula A are known to promote hair fitness and grow more hair. Formula B is designed to bring hair back to original hair color. This product also increases the healing of fractures if NHP 25A and NHP 35 are used together. It may be useful for osteoporosis.

Meridians / Systems: lungs, large intestine, stomach and kidneys

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes: none

Can be combined with:

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16,
17, 18, 19, 20, 22, 23, 24, 26, 27, 28, 29, 30, 36, 43
Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Hair growth and color program - # 6 (25A, 25B)

Bone healing program - #7 (25A, 35)

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Natural Herbal Products, Inc. - January 2006

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NHP 26 - GLANDER EXTRA FORMULA

80 capsules per bottle

According to the Chinese approach to health, the endocrine system or glandular system supports and regulates all systems of the body's organs. This product supports and tonifies the thyroid, thymus, pituitary, pineal and adrenal glands. It also is known to strengthen the prostate and pancreas.

Meridians / Systems: lungs, spleen, stomach and kidneys

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes: none

Can be combined with:

3, 4, 5, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20,
21, 22, 23, 24, 25, 27, 28, 29, 30, 35, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider: none

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Natural Herbal Products, Inc. - January 2006

Illness will not exist when each meridian system and its functions are balanced.

NHP 27 - CHILLER EXTRA FORMULA

80 capsules per bottle

According to the Chinese approach to health, when the lung energy is low the immune system is stressed and flu and cold viruses are able to proliferate. Stress lowers the energy. Weather changes can stress the lungs. People with more stress (especially grief) and low immune systems are more susceptible to flu and colds. This combination can eliminate the problem especially if taken right away when the cold or flu starts. The ingredients, by balancing lung energy, clear sinuses, reduce headache and congestion and breakdown mucous and phlegm. May be helpful for individuals with cold and flu symptoms.

Meridians / Systems: lungs, triple warmer and stomach

Recommended Use:

Adults: Take 3 capsules 3 times daily.

Restrictions / Notes: none

Can be combined with:

3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 15, 16, 17, 18, 19, 20,
21, 22, 23, 24, 25, 26, 28, 29, 30, 35, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Flu and cold program - # 10 (27, 31)

Consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being used. Drugs and herbal products must be taken 3 hours apart.

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Natural Herbal Products, Inc. - January 2006

Illness will not exist when each meridian system and its functions are balanced.

NHP 28 - ANTI-STRESS FORMULA

80 capsules per bottle

According to the Chinese approach to health, while stress itself is not a disease, it triggers many disease processes. The ingredients are known to help stress and anxiety by balancing the heart energy. May be helpful for children who are hyper and for individuals experiencing insomnia, dizziness, stress or mood swings. It quickly calms and reduces stress. It can be taken at any time with no side effects.

Meridians / Systems: lungs, heart, spleen, stomach, liver and kidneys

Recommended Use:

Adults: Take 2 capsules twice daily.

Children: Take 1 capsule twice daily.

Restrictions / Notes: none

Can be combined with:

1, 2, 4, 5, 7, 8, 9, 10, 11, 12, 13, 15, 16, 17, 18, 19,

20, 21, 22, 23, 24, 25, 26, 27, 29, 30, 35, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Alcohol and drug program - # 8 (6, 28)

Stress and depression program - # 15 (3, 28)

Steps to beat cancer program - # 30

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Natural Herbal Products, Inc. - January 2006

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NHP 29 - FLORA FRUCTUS FORMULA (tea) 80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to regulate blood levels and reduce fatty substances from the blood. May help to strengthen the heart muscle. May help to lower cholesterol levels and blood pressure. If used on a regular basis, helps to improve the vascular system.

Meridians / Systems: heart, liver and kidneys

Recommended Use:

Adults: Add 1 teaspoon to 1 cup of boiling water. Take when lukewarm. Drink 2 to 3 cups daily. Add sweetener if desired.

Restrictions / Notes: none

Can be combined with:

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19,
20, 21, 22, 23, 24, 25, 26, 27, 28, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider: none

Consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being used. Drugs and herbal products must be taken 3 hours apart.

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Natural Herbal Products, Inc. - January 2006

Illness will not exist when each meridian system and its functions are balanced.

NHP 30 - VERTA HERB FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to rejuvenate cells and tissues of the vertebrae and clear away blockage of blood. May be helpful for spinal problems.

Meridians / Systems: pericardium, heart, spleen and liver

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes: none

Can be combined with:

1, 2, 3, 4, 5, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18,
20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 35, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider: none

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Natural Herbal Products, Inc. - January 2006

Illness will not exist when each meridian system and its functions are balanced.

NHP 31 - THERMALIZER FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to help improve the lungs. May be helpful to relieve cold and flu symptoms accompanied with fever, cough, runny nose, bronchitis and minor sore throat.

Meridians / Systems: lungs

Recommended Use:

Adults: Take 3 capsules 3 times daily.

Restrictions / Notes: none

Can be combined with:

36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Flu and cold program - # 10 (27, 31)

Consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being used. Drugs and herbal products must be taken 3 hours apart.

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Natural Herbal Products, Inc. - January 2006

Illness will not exist when each meridian system and its functions are balanced.

NHP 32 - THE REGAINER FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to clear blockage and rejuvenate cells and tissues to help regain normal speaking and movement after stroke. Ideally, it should be started immediately after the event but it has been known to have beneficial effects even two to three years later.

Meridians / Systems: pericardium, heart, spleen and liver

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes: none

Can be combined with:

36, 43

Programs to consider:

Stroke recovery program - # 28 (32, 19)

Consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being used. Drugs and herbal products must be taken 3 hours apart.

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Natural Herbal Products, Inc. - January 2006

Illness will not exist when each meridian system and its functions are balanced.

NHP 33 - PARA-CLENZER FORMULA

80 capsules per bottle

According to the Chinese approach to health, parasite waste is toxic to our bodies and gives rise to many conditions and symptoms. The ingredients help the body to get rid of parasites and parasite eggs and to eliminate toxins and to tonify and heal affected areas.

Meridians / Systems: large intestine, small intestine, liver, stomach and kidneys

Recommended Use:

Adults: Take 3 capsules 3 times daily.

Restrictions / Notes: none

Can be combined with:

36, 43

Programs to consider:

Parasite cleansing program - # 3 (6, 33)

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Natural Herbal Products, Inc. - January 2006

Illness will not exist when each meridian system and its functions are balanced.

NHP 34 - KGB STONE ELIMINATOR FORMULA 80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to help to dissolve stones and gravel in the kidneys and gallbladder into minute passable particles and discharge them. May help individuals with urination problems.

Meridians / Systems: gallbladder and kidneys

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes: none

Can be combined with:

36, 43

Programs to consider:

Kidney and gallstone program - # 12 (6, 34)

Consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being used. Drugs and herbal products must be taken 3 hours apart.

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Natural Herbal Products, Inc. - January 2006

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NHP 35 - SMOOTH FLOWING FORMULA

80 capsules per bottle

According to the Chinese approach to health, any physical injury affects a related organ system. Physical injuries create trauma in the body. This product addresses the organ system and it deals with localized pain and other related symptoms. The ingredients help to disperse clotted blood and help better circulation especially for internal injuries, sport injuries, blockages and relieve pain and spasm. Useful as a staple in a first aid kit.

Meridians / Systems: pericardium, triple warmer, heart, spleen, liver and kidneys

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes: none

Can be combined with:

23, 26, 27, 28, 30, 36, 43

Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Bone healing program - # 7 (25A, 35)

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Natural Herbal Products, Inc. - January 2006

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NHP 36 - GREEN TEA FORMULA

80 capsules per bottle

According to the Chinese approach to health, the green tea polyphenols are known as natural antioxidants that eliminate free radicals and boost the immune system. If you are a non-tea drinker, capsulated green tea gives you a convenient concentrated dose of antioxidant.

Meridians / Systems: spleen, liver and kidneys

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes: none

Can be combined with:

All products.

Programs to consider: none

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Natural Herbal Products, Inc. - January 2006

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NHP 37 - PROSTATER SELECT FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients help with prostate problems such as swelling, pain, frequent urination and weak bladder. Taken with NHP 36, it has a powerful impact on prostate issues.

Occasionally, this formulation is needed by women. It is a herbal remedy that is not gender specific. It is about balancing energy.

Meridians / Systems: kidneys and urinary bladder

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes: none

Can be combined with:

36, 43

Programs to consider: none

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Natural Herbal Products, Inc. - January 2006

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NHP 38 - IMMUNE-ENHANCER FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients help to boost the immune system. A strong immune system is the best defense against illness and disease. The ingredients are known to help with the following: antibacteria, antiviral, lung infection, liver infection, gallbladder infection, kidney infection, urinary bladder infection, testicles infection, prostate infection, vagina infection, ear infection, lower leg infection, appendicitis, nervous breakdown, sciatic nerve pain, headache and itchy skin.

If you are dealing with chronic infections you may need to do a general detox with NHP 6 and then continue with NHP 38 to boost the immune system.

Meridians / Systems: lungs, liver, gallbladder, kidneys and urinary bladder

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes: none

Can be combined with:

36, 43

Programs to consider:

Vision enhance program - # 16 (38, 39)

Detoxification program- # 17 (6, 38)

Immune enhance program - # 25 (38, 3)

Steps to beat cancer program - #30

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Natural Herbal Products, Inc. - January 2006

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NHP 39 - VISION ENHANCER FORMULA

80 capsules per bottle

According to the Chinese approach to health, vision is controlled by the liver. When vision is blurred or foggy it is a good indicator that you need to attend to the liver. The ingredients help to develop better vision by relieving cataract, glaucoma, dry eye, baggy eye and itchy eye. This formula may also benefit the kidney, heart and lung.

Meridians / Systems: lungs, heart, spleen, liver and kidneys

Recommended Use:

Adults: Take 1 to 2 capsules twice daily.

Restrictions / Notes: none

Can be combined with:

36, 43

Programs to consider:

Vision enhance program - # 16 (38, 39)

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Natural Herbal Products, Inc. - January 2006

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NHP 40 - HANGOVER HELPER FORMULA

80 capsules per bottle

According to the Chinese approach to health, the ingredients are known to help for a hangover after happy hour. This product may avoid the pain, nausea, headache, foggy head and fatigue associated with a hangover.

Meridians / Systems: liver, gallbladder, kidneys and urinary bladder

Recommended Use:

Adults: Take 3 capsules before happy time drinking and take 3 capsules after drinking. Take 3 capsules when you wake up the next day.

Restrictions / Notes: none

Can be combined with:

36, 43

Programs to consider:

Hangover relief program - # 19 (40, 4)

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Natural Herbal Products, Inc. - January 2006

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NHP 41 - SINUS RELIEVER FORMULA

80 capsules per bottle

According to the Chinese approach to health, sinus problems originate with a disturbance in the lung energy and arise from chronic irritation that is related to food, environment, viruses and bacteria. This in turn challenges the immune system. The product should clear your sinuses and eliminate the presenting symptoms of running or plugged nose and watery eyes.

Meridians / Systems: lungs, large intestine, kidneys and urinary bladder

Recommended Use:

Adults: Take 2 capsules twice daily.

Restrictions / Notes: none

Can be combined with:

36, 43

Programs to consider:

Sinus enhance program - # 27 (22, 41)

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Natural Herbal Products, Inc. - January 2006

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NHP 42 - NATURAL HERBAL DETOX FORMULA 10 solution bags
(body bath & foot bath)

According to the Chinese approach to health, the ingredients are known to help with detoxification. The skin is the largest organ of the body and a major vehicle of detoxification. It can be used in a regular bath, foot soak or as a body wrap.

Ingredients and Recommended Uses

Alfalfa: Alkalizes and detoxifies the body. Acts as a diuretic, eases inflammation, lowers cholesterol, balances hormones and promotes pituitary gland function. Also contains an anti-fungal agent. Good for anemia, bleeding related disorders, bone and joint disorders, colon and digestive system, skin disorders and ulcers.

Aloe Vera: Helps solution break down fat and stimulates cell regeneration. Also has astringent, emollient, anti-fungal, antibacterial and anti-viral properties.

Clover: Appetite suppressant, blood purifier and relaxant.

Dandelion: Cleanses blood stream and liver. Increases production of bile. Used as a diuretic. Reduces serum cholesterol and uric acid. Improves functioning of kidneys, pancreas, spleen and stomach.

Golden Seal: Acts as an anti-inflammatory and anti-bacterial (antibiotic). Cleanses the body. Increases the effectiveness of insulin and strengthens the immune system. Promotes functioning capacity of the colon, liver, pancreas, spleen, lymphatic and respiratory systems. Improves digestion.

Hawthorne: Dilates the coronary blood vessels, lowers cholesterol and restores heart muscle. Increases intracellular vitamin C levels.

Plantain: Soothing to the lungs and urinary tract. Has an antibiotic effect.

Sage: Stimulates the central nervous system and digestive tract and has an estrogenic effect on the body. Good for hot flashes and other estrogen deficiencies.

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Natural Herbal Products, Inc. - January 2006

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Bath Tub Usage of Natural Herbal Detox Formula

Use 1 cup of the natural herbal detox solution with half to three quarters of tub full of warm water. Submerge your body in the tub for 20 minutes. The natural herbal solution will detox your body through your skin. The skin is the largest organ in our body. By soaking in the bathtub, the herbal solution will draw out toxins from the body and nutrients from the herbal solution will feed the body.

Footbath Usage of Natural Herbal Detox Formula

Add ½ to 1 cup of the natural herbal detox solution to your footbath. Ensure that there is enough water in the footbath to completely cover your feet and ankles. Allow your feet to soak for 20 minutes. The natural herbal solution will detox your body through the reflex points in your feet.

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Natural Herbal Products, Inc. - January 2006

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NHP 43 - FULL LIFE ELECTRONS FORMULA 90 capsules per bottle

According to the Chinese approach to health, this product is the highest known anti-oxidant that eliminates toxins from the body and allows it to heal. The ingredients are known to help as anti-aging, antiviral, anti-fungal, anti-cancer, anti-tumor and anti-inflammatory aids and as a benefit to the muscular skeletal, immune, cardiovascular, gastrointestinal and respiratory systems. The product is known to lower cholesterol and blood pressure, improve visual acuity, protect liver function, address issues of impotence and provide great energy and alertness. It has natural anti-carcinogenic and anti-tumor properties.

Meridians / Systems: lungs, large intestine, pericardium, triple warmer (temperature control of body), heart, small intestine, spleen, stomach, liver, gallbladder, kidneys, urinary bladder

Recommended Use:

Can be taken long term like taking vitamins, minerals or supplements.

Adults: Take 3 capsules daily.

Kids (age 6 to 12): Take 1 capsule per day.

Restrictions / Notes:

Morning only.

Can be combined with:

All products.

Programs to consider:

Steps to beat cancer program - # 30

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Natural Herbal Products, Inc. - January 2006

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WHILE TAKING HERBS, IT IS RECOMMENDED THAT YOU:

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days

Then take 1 capsule twice daily for four days

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

If discomfort occurs, herbs may be taken with food.

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