



 **Whole life**
Vitality
Detox for Health

Patient Manual

A simple, practitioner-supervised detox program designed to kick-start your return to optimal health and well-being.

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Important

The Whole Life Vitality – Detox for Health program has been designed for use under the guidance of suitably qualified health care professionals, and is not suitable for everyone. Your practitioner will determine whether the program is suitable for you or needs to be modified for your personal circumstances.

Before starting this program, advise your practitioner if:

- You are pregnant or breastfeeding,
- Taking prescribed medicines,
- Have been diagnosed with a kidney disorder, diabetes, or any other health condition.
- You should also tell your medical doctor that you've decided to follow this program.

It is the responsibility of the qualified practitioner, relying on experience and knowledge of the patient, to determine dosages and the best treatment for each individual patient. Neither the publisher nor the authors assume any liability for any injury and/or damage to persons or property arising from this publication.

Welcome to Whole Life Vitality - Detox for Health program



Congratulations on choosing to look after your health by doing the Whole Life Vitality - Detox for Health program!

This professionally designed program is a simple, short-term way to gently cleanse your body of toxic build up, and set you on the path to a cleaner diet and lifestyle. The program focuses on whole fresh foods and supplements that support your body's natural detoxification processes, giving you renewed energy and vitality. Your health care practitioner has recommended this program for you as a way to kick-start your return to optimal health and well-being. Think of it as a spring clean that you can do twice a year to revitalise your body and maximise your chances of avoiding health issues in the future.

What can you expect on the Whole Life Vitality - Detox for Health program?

If you're feeling apprehensive about detoxing, there's no need to worry!

This is definitely NOT one of those extreme detox programs involving fasting, colon cleansing, or eating weird foods. It's a common sense approach that's simple to follow.

Over the three weeks of the program, you'll be eating regular meals and snacks based on delicious whole foods and fresh, natural fruit and vegetables. Our health experts have carefully designed a menu to make sure that you feel full and satisfied every step of the way. Your practitioner will provide you with a copy of the Whole Life Vitality - Detox for Health Menu Plans and Recipes or guide you to recipes that will suit the program.

Throughout the Whole Life Vitality - Detox for Health program you'll be:

- Providing your body with vital nutrients from fresh, organic foods
- Rehydrating your system with plenty of purified water
- Reducing the load on your body by avoiding sugar, processed foods, caffeine, nicotine, alcohol and non-essential drugs, and consequently freeing up your body's resources for the efficient processing of any accumulated toxins
- Enhancing the elimination of toxins and wastes via your liver and bowel through a simple diet of whole foods supported by appropriate herbal and nutritional supplements.

Some people may experience some minor physical discomfort during the first week of the program, however these symptoms tend to be mild and to pass quickly.

Your health care practitioner will be on hand to monitor your progress, answer your questions, and give you a pep talk every now and then, while also providing you with high quality nutritional and herbal supplements to support your efforts when appropriate.

Once you've completed the Whole Life Vitality - Detox for Health program, your health care practitioner may advise you to move on to the Whole Life Vitality - Eating for Health program, a comprehensive diet and lifestyle plan that's designed to aid weight loss, increase vitality and improve general health over the long-term.



Why detox?

Detoxification isn't something you only do now and then. It's something that happens in your body on an ongoing basis in order to minimise the damage from any harmful substances you encounter and eliminate them from your system. In short, detoxification is fundamental to your health and well-being.

However, with all the environmental and dietary stressors we encounter in modern life, it's possible for your natural detoxification mechanisms to become overworked or backlogged, making you feel tired, sluggish and rundown, and sometimes predisposing you to becoming sick.

The Whole Life Vitality - Detox for Health program has been specially designed to help the organs responsible for detoxification – your liver, kidneys, bowel and skin – to perform at maximum efficiency.

The program helps reduce exposure to sources of toxicity (such as processed foods, environmental pollutants, cigarettes and alcohol), and replacing them with healthy, nourishing options that actually support your body's detoxification processes rather than making them work harder.

What are toxins?

A toxin is any substance that can harm your health. Many of the toxins you're exposed to enter your body through the food, drink and medicines you consume, while others are inhaled or enter your body via contact with your skin.

What types of toxins should I be aware of?

We are exposed to a variety of chemicals every day that have been linked to causing health effects. Work with your health care practitioner for ways to help avoid exposure to some of the following common chemicals.

Persistent organic pollutants (POP's)

Persistent organic pollutants (POP's) are toxins that take a long time to break down in soil, water and air. They accumulate in the human body, where they may cause or contribute to health issues¹.

Examples of POP's include²:

- Dioxins, which are by-products of industrial processes and are consumed in the diet, especially from animal products (e.g. meat, eggs, fish and dairy foods).
- Polybrominated diphenyl ethers (PBDE's), compounds with flame-retarding properties that are added to products in order to reduce their flammability (e.g. foam in mattresses and furniture).
- Per- and poly-fluoralkyl substances (PFAS's), used in manufacturing products designed to repel dirt, oil or water (e.g. non-stick cookware, water- and stain-resistant carpet and fabrics).

Non-persistent pollutants

Other environmental pollutants may also effect health, even though they don't remain in the environment for as long as POP's.

Examples include pesticides such as:

- Glyphosate (found in weedkiller), which is the most widely used pesticide in the world, and has been linked to issues with growth and reproductive health.
- Organophosphates (fertilisers) have been linked to nervous system issues³.

Air pollution

Air pollution occurs both indoors and outdoors and may contain a range of substances, including gases like carbon monoxide from vehicle emissions, heavy metals such as lead from industrial pollution, and biological substances such as mould.

Air pollution has been associated with allergies, respiratory and cardiovascular problems, and is considered especially problematic for babies, children, older people^{4,5} and people with certain chronic respiratory conditions⁶.

Personal care products

Other chemicals commonly found in everyday products include parabens (a group of compounds used as preservatives in cosmetics), triclosan (used in toothpaste and antiseptic/antibacterial hand wash, mouthwash, soaps and cleaning products) and resorcinol (found in hair dyes and some topically applied medicines).

Plastic-associated chemicals

These are compounds found in plastic or released as by-products of plastic manufacture, compounds that plastic absorbs from the environment, and compounds that leach out of plastic⁷.

Examples of PAC's include⁸:

- Bisphenol A (BPA), BPA is found in some food and drink containers and in the plastic linings of tins and jars, where it may leach into foods and drink.
- Phthalates, which are found in plastic food wrap, vinyl and PVC products (e.g. flooring) and children's toys, as well as in air fresheners, perfumes, creams, lotions and nail polish.

Heavy metals

Exposure to toxic heavy metals such as lead and mercury may occur via old paint or plumbing, leakage from broken batteries or light bulbs, or the consumption of contaminated food (e.g. certain fish).

Aluminium may be consumed in food (including those prepared in aluminium cookware or stored in aluminium foil) and some medicines. It's also absorbed through the skin from aluminium-containing antiperspirants and deodorants, and in addition, may be inhaled when those products are used in aerosol forms⁹.

Use the checklist on page 7 to work with your practitioner in identifying sources of everyday chemicals that you can start to avoid during your detox program.

Great tips for reducing toxin exposure

There are many simple changes you can make to reduce the toxic load on your body in your day-to-day life.

Your healthcare practitioner will guide you on the most important areas for you to focus on for your own particular circumstances, but here are some ideas to get you started.

- ✓ Filter your water
- ✓ Buy organic or bio-dynamic food wherever possible, and avoid genetically modified organisms (GMOs)
- ✓ Wash all fresh produce before eating it
- ✓ Choose grass-fed meat, free range poultry, and wild-caught seafood
- ✓ Buy Australian produced food where possible (because pesticide use is less well-regulated in some other countries)
- ✓ Buy food in glass or BPA-free containers
- ✓ Use stainless steel, ceramic or cast-iron cookware rather than pots and pans made from aluminium or with non-stick coatings. Discard any cookware with non-stick coating that's scratched or peeling
- ✓ Swap plastic food storage for glass, cling film and aluminium foil for beeswax wraps, and plastic cooking implements for silicone.
- ✓ Use natural personal care products, including lotions, shampoos, conditioners, hair dye, deodorants, moisturisers, perfumes and cosmetics.
- ✓ At the salon, avoid hair and beauty procedures that use harsh chemicals, including hair dyes, hair-straightening treatments, artificial nails and nail polish
- ✓ Cover up in the sun, and where needed, choose sunscreens with physical blockers, such as zinc oxide or titanium dioxide, which sit on top of the skin, rather than being absorbed into it
- ✓ Choose from the growing number of natural household cleaning products available, or make your own vinegar-based options
- ✓ Use natural laundry powder and soaps too
- ✓ Avoid dry cleaning your clothes, and when it can't be avoided, hang them outside for at least 24 hours before bringing them into your home
- ✓ Wear natural fibres and avoid synthetic fabrics and dyes
- ✓ Use a damp cloth or steam mop to remove dust from your home on a regular basis
- ✓ Use natural fragrances based on essential oils in place of synthetic perfumes, air fresheners and candles



MediHerb[®]'s Toxin Exposure Checklist

Making a few small changes can help you avoid some of the common toxins you may not be aware of in your home. Complete the checklist below and review with your health care practitioner at your next appointment.

In the kitchen

- Non-organic foods
- Foods imported from overseas (especially developing countries)
- Non-filtered tap water
- Non-stick and aluminium cookware
- Plastic wrap (cling wrap) and aluminium foil
- Plastic food storage containers or microwave containers
- Plastic drink bottles
- Plastic utensils (especially those exposed to heat)

Under the sink

- Kitchen or laundry cleaning products containing chemical ingredients, including:
 - Antibacterial agents (e.g. triclosan and triclocarban)
 - Perfumes or fragrances (e.g. phthalates)
- Insecticides and insect baits
- Floor polish and wax

In the bathroom

- Soaps shampoos, conditioners, deodorants, body lotions, moisturisers and cosmetics containing:
 - Phthalates (may be labelled as 'perfume' or 'fragrance')
 - Parabens (e.g. butylparaben, propylparaben, isobutylparaben, isopropylparaben)
 - Triclosan or triclocarban
 - Sodium lauryl sulfate or sodium laureth sulfate
 - UV filters (e.g. octyl methoxycinnamate or ethylhexyl methoxy cinnamate)
 - Aluminium
- Nail polish and nail polish remover
- Perfumes
- Insect repellent (e.g. DEET)

In the bedroom

- New clothes and linen (always wash before use)
- Clothes made from synthetic fibres (e.g. nylon, rayon and plasticised fabrics)
- Bed linen made from synthetic fibres
- Items that have been dry cleaned
- Waterproof clothes (e.g. raincoats)
- Memory foam pillows
- Pillow top mattress, new mattress

Elsewhere in the home

- New furniture or soft furnishings (e.g. curtains, carpets)
- Fabrics treated with water- or stain-repellent chemicals
- Furniture or flooring made from soft vinyl or PVC (especially if new)
- Air fresheners, room scents or scented candles
- Mould
- Poor ventilation
- Dust
- Tobacco smoke (including second-hand)

In the garage or shed

- Pesticides (e.g. weedkiller, snail pellets, rodent killer)
- Fertilisers (including manure)
- Paint, varnish, stains
- Solvents (e.g. turpentine, paint thinner, degreasers)
- Lubricants (e.g. motor oil)
- Petrol, kerosene and other fuels
- Glue

Outside the home

- Chemical exposure at work or in your neighbourhood (e.g. industry or petrol stations nearby)
- Air pollution (e.g. exhaust fumes, industrial pollution)
- Beauty treatments (e.g. artificial nails, hair dyes and chemical hair-straightening treatments)



Lifestyle guidelines to support detoxification

Support your detox

In addition to the Whole Life Vitality - Detox for Health diet and the supplements recommended by your practitioner, there are many things you can do to aid your detoxification process.

- Exercise gently 30 minutes each day to aid digestion and elimination.
- Relax or meditate for 30 minutes each day.
- Assist in removing wastes and excess fluid from cells and tissues with lymphatic drainage massage. Aim for 1 massage a week.
- Promote sweating and enhance detoxification with a weekly sauna visit. (Not recommended in cases of high blood pressure).
- Encourage elimination of toxins through the skin with a weekly Epsom salts bath. (Not recommended in cases of high blood pressure or eczema).
- Drink a glass of water containing the fresh juice of a half or whole lemon every morning on rising. Drink at least two litres of water during the day and an extra 500 mL for each hour that you exercise.
- Drink one glass of vegetable juice per day.
- Eat 3 healthy meals a day, along with healthy snacks (See shopping list on Page 9 for examples of healthy ingredients).

Supplements to support your detox

Your practitioner has prescribed the herbal and/or nutritional supplements below to aid your detox and improve your overall health and well-being. It's important that you take them as they've advised while you're on the Whole Life Vitality - Detox for Health program. Once you've finished the program, your practitioner will talk to you about gradually reducing the dosage and eventually stopping some or all of them.

Always follow your practitioner's instructions, and don't substitute one brand for another without checking with your practitioner first. (You should also consult your practitioner if your use of prescription medicines changes whilst on this program).

Your prescribed supplements

Supplement	Dosage	Reason for taking

Whole Life Vitality Detox for Health Shopping List

Allowable Foods

Week One

Below are examples of ingredients for healthy eating during the detoxification process. Your practitioner will guide you on the right choices for your individual circumstances.

Vegetables

Choose organic, seasonal vegetables where possible. Include cruciferous vegetables, such as cabbage and broccoli, and leafy greens. Eat as many different coloured vegetables as possible in to increase phytonutrients in your diet.

Fruit

Eat 3 serves of seasonal fruit per day (or as recommended by your health practitioner). Each serving should be equivalent to $\frac{3}{4}$ cup, or one small piece (e.g. an apple).

Other Allowable Foods

- Brown rice
- Organic yoghurt (no flavouring or sweeteners)
- Organic/Biodynamic Tofu (see note on Soy)
- Raw nuts: almonds, cashews (unsalted), nut butters (not peanut butter)
- Nut milk/Rice milk (no added sugar)
- Apple cider vinegar
- Organic Tamari (wheat free soy sauce) (see note on Soy)
- Rice crackers
- Organic/Biodynamic Tempeh (see note on Soy)
- Tahini (sesame seed paste)
- Olive oil
- Worcestershire sauce (low salt) – a few drops
- Legumes e.g. Lentils & Chickpeas

Drinks

Drink at least 8-10 glasses of water per day, preferably filtered. Soda or mineral water can be substituted for up to two glasses of pure water per day. Other options include green tea, herbal teas, and dandelion root 'coffee', which aids liver function and the digestion of fats (consume black or with nut/rice milk). Fresh vegetable broth made with green vegetables, onions, garlic and herbs is also a good source of fluid.

Week Two

Continue to eat all the foods listed for Week 1 and add:

- Seafood and Fish, including Atlantic salmon, sardines and all varieties of white fish, but excluding large fish such as tuna, swordfish and shark, which may contain high levels of mercury. Smoked fish should also be avoided.
- Chicken and eggs – preferably organic and/or free range

Week Three

In Week 3, continue to eat all the foods listed for Weeks 1 and 2. In addition, you can now include lamb and veal.

Foods and Drinks to Avoid

- ✗ Any foods not listed above
- ✗ Coffee, tea and other sources of caffeine
- ✗ Dairy products (except natural yoghurt)
- ✗ All products containing wheat and/or yeast (including bread)
- ✗ Sugar, including cakes, biscuits, lollies, ice cream, soft drinks
- ✗ Salt
- ✗ Margarine
- ✗ Fried food
- ✗ Processed foods with additives and preservatives
- ✗ Non-essential drugs including over the counter painkillers and cough syrups
- ✗ Alcohol
- ✗ Cigarettes



A Note on Canned foods

Look for canned food with BPA free lining where possible or limit canned foods to only once or twice per week



A Note on Soy foods

Conventionally grown soy-based foods such as tofu and tempeh may be a dietary source of a heavy metal called cadmium. Discuss with your health practitioner whether soy-based products are right for you and look for organic or biodynamic options where possible.

After your detox: maintenance tips

What to do after the Whole Life Vitality - Detox for Health program!

Now that you're feeling revitalised and your body's elimination systems have been fine-tuned, here are some tips to help you maintain your health and retain the benefits you've obtained.

Reintroduce foods slowly

After you've been on the Whole Life Vitality - Detox for Health program, it's best to reintroduce the foods you've been excluding from your diet in a gradual way.

Add one food back into your diet at a time. As you do, pay attention to the way your body responds to each food. If all is well, then proceed to add another food back into your diet.

However, if eating a reintroduced food leads to symptoms such as bloating or nausea, consider continuing to exclude it from your diet after discussing the issues with your practitioner.



Tip

When adding dairy products and wheat back into your diet, choose organic or biodynamic options where possible. Wheat products should be wholegrain or wholemeal.

Eating for health

If you're feeling great on the Whole Life Vitality - Detox for Health program and would like to make eating healthily a long-term focus in your life, talk to your practitioner about the Whole Life Vitality - Eating for Health program.

It's an easy-to-follow diet and lifestyle program designed for long-term use – so it's just as healthy as the Detox for Health program, but not as restrictive. It will help you develop lifelong habits that promote health, well-being, energy and vitality, and when appropriate, will also help you lose weight.

Maintain your glow

To maintain the results of your detox, continue to include the basic guidelines listed on page 8 in your daily routine.

In addition, these tips will help you maintain your newfound health:

- Continue to include regular servings of garlic, onion, broccoli, cabbage and cauliflower in your diet to support your body's detoxification processes
- Remember to eat fruit and vegetables of many different colours to ensure you're consuming a full spectrum of important nutrients
- Commit to a regular exercise program. It will improve the circulation of your blood and lymph, promoting efficient cell nutrition and waste removal. It will also help you cope with stress, enhance your sense of well-being and keep in good shape
- Continue to enjoy alcohol sparingly, if at all, drinking a glass of water for every serving of alcohol you consume.



Diet Diary - Week 1

Record all your food and drink consumption, and your daily exercise in the table below.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
On rising							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Exercise							
Comments							

Healthy Living Recommendations



Eat More Vegetables



Exercise for 30 Minutes per day



Drink 8 Glasses of Water per day



Relax/Meditate for 30 Minutes per day

Add the following healthy living recommendations to your routine this week:

At Home

- Replace 2 x chemical cleaning products in your home
- Replace 2 x personal care products with a natural alternative this week e.g. shampoo and conditioner
- Dry skin brush every morning before showering for ___ days this week
- Soak in an Epsom salts bath one day this week

Diet

- Drink a glass of water on rising, with the juice of half a lemon
- Drink 2-3 L water daily, plus 500 mL for each hour of exercise
- Drink 1 vegetable juice per day
- Increase your vegetables, aim for 2 ½ cups per day
- Eat three meals per day, plus healthy snacks as required
- Eat slowly and only until satisfied
- Increase fermented foods e.g. Kefir or Kimchi to ___ serves this week
- Increase spices in your diet such as turmeric, rosemary and ginger
- Eat your evening meal earlier ___ day/s this week
- Reduce processed and take-away dinners to ___ day/s this week
- Prepare meals at home ___ day/s this week
- Substitute ___ unhealthy snacks for healthy snacks this week
- Limit alcohol to ___ standard drinks this week

Sleep

- No blue screen devices after 7 pm
- Remove televisions and computers from the bedroom
- Do 10 minutes of muscle relaxation exercises before bed ___ days this week
- Drink a cup of chamomile tea before bed ___ days this week

At Work

- Get up from your desk and walk around every 2 hours at work
- Spend lunch breaks outdoors ___ days this week
- Pack a healthy lunch from home ___ days this week
- Reduce caffeine intake during the day to ___ cups

Exercise/Relaxation

- Walk or do yoga or tai chi for ___ day/s this week
- Relax and/or meditate ___ day/s this week
- Enjoy a massage once this week
- Enjoy a lymphatic drainage massage to support detoxification this week
- Spend time out in nature ___ day/s this week
- Visit friends or family ___ day/s this week
- Other Recommendations

Diet Diary - Week 2

Record all your food and drink consumption, and your daily exercise in the table below.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
On rising							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Exercise							
Comments							

Healthy Living Recommendations



Eat More Vegetables



Exercise for 30 Minutes per day



Drink 8 Glasses of Water per day



Relax/Meditate for 30 Minutes per day

Add the following healthy living recommendations to your routine this week:

At Home

- Replace 2 x chemical cleaning products in your home
- Replace 2 x personal care products with a natural alternative this week e.g. shampoo and conditioner
- Dry skin brush every morning before showering for ___ days this week
- Soak in an Epsom salts bath one day this week

Diet

- Drink a glass of water on rising, with the juice of half a lemon
- Drink 2-3 L water daily, plus 500 mL for each hour of exercise
- Drink 1 vegetable juice per day
- Increase your vegetables, aim for 2 ½ cups per day
- Eat three meals per day, plus healthy snacks as required
- Eat slowly and only until satisfied
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- Increase spices in your diet such as turmeric, rosemary and ginger
- Eat your evening meal earlier ___ day/s this week
- Reduce processed and take-away dinners to ___ day/s this week
- Prepare meals at home ___ day/s this week
- Substitute ___ unhealthy snacks for healthy snacks this week
- Limit alcohol to ___ standard drinks this week

Sleep

- No blue screen devices after 7 pm
- Remove televisions and computers from the bedroom
- Do 10 minutes of muscle relaxation exercises before bed ___ days this week
- Drink a cup of chamomile tea before bed ___ days this week

At Work

- Get up from your desk and walk around every 2 hours at work
- Spend lunch breaks outdoors ___ days this week
- Pack a healthy lunch from home ___ days this week
- Reduce caffeine intake during the day to ___ cups

Exercise/Relaxation

- Walk or do yoga or tai chi for ___ day/s this week
- Relax and/or meditate ___ day/s this week
- Enjoy a massage once this week
- Enjoy a lymphatic drainage massage to support detoxification this week
- Spend time out in nature ___ day/s this week
- Visit friends or family ___ day/s this week
- Other Recommendations

Diet Diary - Week 3

Record all your food and drink consumption, and your daily exercise in the table below.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
On rising							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Exercise							
Comments							

Healthy Living Recommendations



Eat More Vegetables



Exercise for 30 Minutes per day



Drink 8 Glasses of Water per day



Relax/Meditate for 30 Minutes per day

Add the following healthy living recommendations to your routine this week:

At Home

- Replace 2 x chemical cleaning products in your home
- Replace 2 x personal care products with a natural alternative this week e.g. shampoo and conditioner
- Dry skin brush every morning before showering for ___ days this week
- Soak in an Epsom salts bath one day this week

Diet

- Drink a glass of water on rising, with the juice of half a lemon
- Drink 2-3 L water daily, plus 500 mL for each hour of exercise
- Drink 1 vegetable juice per day
- Increase your vegetables, aim for 2 ½ cups per day
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- Reduce processed and take-away dinners to ___ day/s this week
- Prepare meals at home ___ day/s this week
- Substitute ___ unhealthy snacks for healthy snacks this week
- Limit alcohol to ___ standard drinks this week

Sleep

- No blue screen devices after 7 pm
- Remove televisions and computers from the bedroom
- Do 10 minutes of muscle relaxation exercises before bed ___ days this week
- Drink a cup of chamomile tea before bed ___ days this week

At Work

- Get up from your desk and walk around every 2 hours at work
- Spend lunch breaks outdoors ___ days this week
- Pack a healthy lunch from home ___ days this week
- Reduce caffeine intake during the day to ___ cups

Exercise/Relaxation

- Walk or do yoga or tai chi for ___ day/s this week
- Relax and/or meditate ___ day/s this week
- Enjoy a massage once this week
- Enjoy a lymphatic drainage massage to support detoxification this week
- Spend time out in nature ___ day/s this week
- Visit friends or family ___ day/s this week
- Other Recommendations

Notes

MEDI HERB®

Customer Care & Technical Support: 1300 654 336

Email: enquiries@integria.com

Product Orders: www.myintegria.com

mediherb.com.au

Integria Healthcare (Australia) Pty Ltd
PO Box 4854, Eight Mile Plains QLD 4113 AUSTRALIA



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PO Box 19796, Woolston Christchurch NEW ZEALAND

Toll Free Phone: 0800 553 556

