



149 Barrington Street,
Christchurch – New Zealand.
Phone: (03) 332 1786
Fax: (03) 332 1486
E-Mail: products@nzherbal.com

MUSCLE & JOINT

Muscle & Joint is a remedy specifically designed to aid in the relief of muscle and joint discomfort. It produces steroid-like anti-inflammatory properties, but does so using natural ingredients.

This remedy can be used in the treatment of arthritis, rheumatism, muscle aches, repetitive strain injury, carpal tunnel, and other inflammatory tissue problems.

New Zealand Herbals Muscle & Joint formula is made from completely organic and pesticide-free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Devils Claw:** Extensive experiments have shown that devils claw has healing properties for arthritis, rheumatism, diabetes, arteriosclerosis, liver, kidney, and bladder conditions. It cleanses toxic impurities from deep within the muscle and tissue walls.
- **White Willow:** The original source of salicin, the forerunner of aspirin, white willow is a natural pain killer and an excellent nerve sedative. When combined with other herbs, it is mild on the stomach. Historically it has been used for pain relief for many conditions, including rheumatism, headaches, fever, arthritis, gout, and angina. White willow bark is converted to salicylic acid through oxidation within the body. It has many co-factors that may enhance its pain-killing, anti-fever, disinfectant, and antiseptic properties.
- **Yucca Root:** Yucca was traditionally used by the American Indians of the south-west for skin disorders, eruptions, inflammations, ulcerations, and as a poultice on breaks and strains. Yucca has a high content of steroid-like saponins, which are the precursors to cortisone. Its precise anti-inflammatory action is unknown, but it may be caused by the herb providing material to the adrenal glands which in turn produce their own cortisone.
- **Black Cohosh:** A very useful tonic for the central nervous system. The herb has one of the finest anti-spasmodics, anti-rheumatics and anti-inflammatory agents in the world. It contains effective amounts of calcium, potassium, magnesium, iron, and other minerals and vitamins.
- **Liquorice Root:** Liquorice is a natural anti-inflammatory which aids in the relief of muscle spasms and inflammation. It has a healing effect on all the body's mucous surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucous membranes. It also aids the removal of excess toxins found within the bowels. It also benefits as a distributor of other herbs found within this remedy.

You may wish to consider the following complementary New Zealand Herbal remedies to aid in your recovery:

- **Mineral Max:** This remedy provides you with all the essential minerals that your body requires for healing.
- **Blood Purifying Tonic:** This amazing tonic has the ability to cleanse your blood of toxic wastes, an important remedy for any herbal treatment.
- You may also consider the use of **Thyrogene** if you suffer from a thyroid condition and you may wish to use **Regular Bowel** if your bowel movements are irregular.

PRECAUTIONS: The naturally high sodium content of the formula needs to be balanced with our Mineral Max formula and a high potassium diet. Monitoring of blood pressure during the use of the formula is advised for susceptible individuals. You may wish to avoid using this remedy if you are sensitive to salicylate or suffer from hypertension or oedema.

Typical Dose: Two to three capsules, two to three times daily.