



Aloe Ferox[®]

PRODUCT MANUAL



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Nutrient value of aloe

Products
(alphabetical order)



PLUS POINTS



DIRECTIONS



GOOD ADVICE

Nutrient value of aloe

Over 130 biological active compounds of the aloe have so far been reported. With so many components, aloe can be described as a pharmacy. The *Aloe ferox* leaf contains substances such as amino acids, minerals, vitamins, polysaccharides, glycoproteins, anthraquinones, enzymes, lignin, chlorophyll, saponins, sterols and other plant extracts with numerous medicinal activities:

Amino acids

Aloe ferox contains a total of 34 amino acids, including 7 of the 8 *essential* ones:

Alanine, Anserine, Arginine, Aspartic acid, Asparagine, Citrulline, Cystine, Ethanolamine, Glutamic acid, Glutamine, Glycine, Histidine, Hydroxyproline, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Phosphoserine, Proline, Serine, Threonine, Tyrosine, Ureum, Valine, 1-Methylhistidine, 3-Alanine, 4-Amino-buteric, 6 unknown.

- Proteins are made of smaller units called **amino acids**, which are the building material of the body.
- They are vital for growth and repair of the body.
- They are used to make hormones, enzymes, antibodies and neurotransmitters, and help transport substances around the body.

Chlorophyll

- May stimulate the production of red blood cells in bone marrow.
- Helps protect against cancer and certain forms of radiation.
- Acts as a purifier, antiseptic and antibiotic.
- May be a powerful wound healer.

Glycoproteins

- Anti-tumor, anti-inflammatory, phagocytic activity.
- Can stimulate the fibroblast to increase collagen and proteoglycans.

Glycosides

Saponins, Phenols, Anthraquinones: Aloin A/B (Barbaloin), Aloe-emodin, Aloinoside A/B, 5-hydroxyaloin A, Chrysophanol, Aloesin, Aloe resin A/C, Iso-aloesin A, Furoaloesone, Chrysophanic acid, Cinnamic acid, Emodin, Coumarins, Resistannols.

- Antibacterial, antiparasite, antiviral, antifungal yeast, antimicrobial.
- Anti-inflammatory, analgesic, immune-stimulating actions, laxative.
- Appear to aid absorption from the gut.
- Typically, they can absorb ultraviolet light and reduce the formation of melanin and any tendency to hyperpigmentation.

Minerals

Calcium, Magnesium, Phosphorus (phosphate), Sodium, Chloride, Potassium, Sulphur.
Trace minerals: Arsenic, Boron, Chromium, Cobalt, Copper, Iron, Manganese, Nickel, Selenium, Strontium, Tin, Vanadium, Zinc.

- All nutrients require minerals for activity. All bodily processes depend on the action of minerals.
- All minerals work together as a collective whole. A deficiency of one mineral may disrupt the entire chain of life, rendering other nutrients either useless or inefficient.
- Minerals are the catalyst that make enzyme functions possible.
- The acid-base balance (pH) of the tissue fluid is controlled by minerals.
- Trace minerals are also an essential part of hormone structures.

Saccharides

Monosaccharides: rhamnose, arabinose, xylose, mannose, galactose, glucose.

- Antibacterial, fungicidal, antiviral and antiparasitic properties.
- Enhance wound healing and decrease inflammation.
- Can accelerate the processes of cellular communication and healing.
- Inhibit tumor growth and spread.
- Necessary for the production of cytokines (chemicals) in the body that fight invaders.
- Ease inflammation in rheumatoid arthritis.
- Lower blood sugar and triglyceride levels in diabetics.

Polysaccharides: arabinogalactans, rhamnogalacturorans, glucomannoglycans, hemicelluloses.

- Lower high cholesterol levels in humans, anti-tumor activity.
- Antibacterial, antiviral, antifungal and antiparasitic effect.
- Balance immune activity:
 - Natural cell killer and macrophage activity.
 - Help suppress hyperactivity.
- Help with the reduction of blood sugar with both type I and II diabetes.
- Effective intracellular antioxidants and free radical scavengers – arteriosclerosis, heart disease, Parkinson's disease.
- Pre-probiotic effect (actively encouraging the growth and replenishment of friendly gastro-intestinal bacteria) – chronic yeast growth control.

Sterols

Siterol, cholesterol, lupeol.

- Anti-inflammatory, antiseptic, antipyretic, antineoplastic.
- Immune-modulating, blood sugar control.
- Antimicrobial activity, analgesic (a natural salicylic acid).
- Effective against allergies and allergic reactions.

Fibre

Insoluble fibre: cellulose, lignin.

- Increases stool bulk, promotes laxation.
- Decreases incidence of colon cancer.
- Improves symptoms of irritable colon.

Soluble fibre: arabinogalactan, rhamnogalacturonan, mucilage.

- Beneficial effect on attacks of hypoglycaemia and blood pressure.
- Reduces coronary heart disease risk.

Vitamines

Vitamin B₃ (niasin), Vitamin C (ascorbic acid).

- Vitamins are necessary for normal metabolism and good health.
- Vitamins serve as chemical partners for the enzymes involved in the body's metabolism, cell production, tissue repair and other vital processes.

What you need to know when using herbs

The human body was designed with all the mechanisms to heal itself. Aloe and many other herbs enhance the body's own mechanisms for healing!

Herbs OR medication?

Herbs prove themselves to be close therapeutic competitors of medication and are almost always safer, gentler and less likely to cause side effects.

Causalities and fatalities researched from literature, government reports and expert databases indicate that approximately zero (0,000%) cases are due to the use of complementary health products, whereas 5,176% are due to *properly* prescribed and used drugs. It seems that herbs may even be safer than food, because 0,24% deaths are the result of food eaten.

Herbs AND medication?

Many herbs enhance the effect of a drug when using it simultaneously, while some may counteract the effect. Consult your doctor (preferably a herbal enlightened doctor) when you want to use herbs along with prescribed drugs. It is possible that your dependence on the pharmaceutical medication may decrease. You might be able to wean yourself off the drug entirely or get by with smaller dosages. Adjustments to medication should be done under supervision of a doctor.

All medication has harmful side effects. When medication is used in conjunction with herbs, they may help to counteract the side effects.

How to use herbs

Follow the directions on the label. Start on a low dose and gradually build up to establish the correct dose for your body. Everyone's different physiologically and some people are just more sensitive than others. Some people will be able to take larger dosages than others and for some people it will take longer to note a beneficial effect. Different individuals take from it what and how much they need. Give herbs enough time to work – at least 3 months.

Symptoms of a chronic condition may temporarily worsen as part of the detoxifying process of the body. Other detoxification symptoms that may occur are diarrhoea, nausea, flatulence, stomach cramps or headaches. Symptoms are of a passing nature. Give your body time to adjust. Diarrhoea, as part of the detoxification process, is only a problem if it lasts longer than a couple of days. Drink a lot of water and lower the dosage.

Skin care

Complete skin care range for different skin types:

<p>Oily <i>FACIAL WASH REGULAR</i> <i>BALANCING TONER</i> <i>SUPER ALOE GEL</i> <i>VANISHING CREAM</i> <i>NIGHT CREAM</i></p>	<p>Normal <i>FOAMING CLEANSER</i> <i>BALANCING TONER</i> <i>SUPER ALOE GEL</i> <i>MOISTURIZER</i> <i>ENRICHED NIGHT CREAM</i></p>	<p>Dry/Mature <i>CLEANSING CREAM</i> <i>BALANCING TONER</i> <i>SUPER ALOE GEL</i> <i>MOISTURIZING DAY CREAM</i> <i>ULTRA RICH NIGHT CREAM</i> MATURE – excessively dry skin</p>
<p>Teenage <i>FACIAL WASH BITTER</i> <i>FACIAL MASK</i> <i>BALANCING TONER</i> <i>BITTER ALOE GEL</i> <i>VANISHING CREAM</i> <i>RADICAL IMAGE</i></p>	<p>Combination <i>FOAMING CLEANSER</i> <i>BALANCING TONER</i> <i>SUPER ALOE GEL</i> <i>MOISTURIZER</i> <i>MOISTURIZING DAY CREAM</i> <i>ENRICHED NIGHT CREAM</i></p>	<p>Sensitive/Allergic All the products are suitable for sensitive and/or allergic skin as it does not contain perfume.</p>

Skin care routine

The following routine should be followed daily, morning and evening:

STEP 1: Cleanse face and neck with an appropriate cleanser.

Supplementary to cleansing: The following is advised 1-3 times weekly, depending on your skin type:

- Deep cleanse by using a mask.
- Remove dead cells by using a scrub.

STEP 2: Tone face and neck after cleansing with *BALANCING TONER*. Skin pores are closed and skin is left cool and refreshed.

STEP 3: Rejuvenate your skin with *SUPER ALOE GEL*/*BITTER ALOE GEL*.

STEP 4: Moisturize and nourish your skin with an appropriate moisturizer by day and night. Women above 25 years should always use a night cream for extra protection.

Combine **STEP 3** and **STEP 4** by mixing your moisturizer and aloe gel prior to application to improve absorption.

Special skin care

EYE CREAM - for delicate eye area.

NECK CREAM - for delicate neck & upper chest area.

WRINKLE-LESS CRÈME - use instead of, or along with day or night cream.

SPOTLESS CRÈME - use instead of, or along with day or night cream for a blemish-free skin.

RADICAL IMAGE - capsules for an attractive skin.



ADAM capsules are beneficial to the general well-being of men and the wellness of the prostate.

Approximately 80% of all men above the age of 60 have an enlarged prostate gland. This gland is situated directly under the bladder and surrounds the urinary tract. Enlargement of the prostate gland limits urine flow and resulting in the bladder not emptying completely.

Reasons for an enlarged prostate gland are attributed to the aging process, hormonal imbalances or a shortage of zinc and/or fatty acids such as fish oils and plant oils. Supplement your diet with *OMEGA 3* and eat more healthy fats such as nuts, avocados and oil-rich fish.

ADAM contains plant extracts that:

- Benefit hormone-harmony.
 - Are prostate-friendly.
 - Are favourable for proper blood circulation.
 - Are beneficial for the wellness of reproductive organs.
 - May have a positive influence on emotional calmness.
-



Directions:

- For general male wellness, take 1-2 ADAM capsules daily with breakfast.
 - Use ADAM for at least 3 months.
-



The negative influence of sugar and refined food on male wellness: fatigue, listlessness, palpitations of the heart and headaches. The unpleasant symptoms of blood sugar fluctuations are caused by sugar, refined and processed foods. Change to a fibre-rich diet to encourage male vitality.



AFTER SHAVE LOTION



AFTER SHAVE LOTION refreshes and cools the face and neck area after shaving or cleansing.

Helps promote penetrability of skin to absorb nutrients and moisturizers.

Protects your skin from dehydration.

AFTER SHAVE LOTION contains no alcohol that can irritate or dry the skin.

AFTER SHAVE LOTION is an important part of the daily skin care routine for men:

- Acts as an astringent after cleansing.
 - Closes skin pores.
 - Repairs pH balance.
 - Protects skin against undesired bacteria and pollution.
 - Absorbs excessive oil.
-



Directions:

- Shave/cleanse face.
 - Gently dry.
 - Apply *AFTER SHAVE LOTION* over the entire facial and neck area.
 - Avoid the eye area.
 - Apply *MOISTURE 4 HIM* to moist skin.
 - Follow up with *SUN CARE LOTION* when planning the day outdoors.
-



Aloe Ferox *SHAVING CREAM* is ideal for sensitive or irritated skin.

Cleanse with Aloe Ferox cleansers at night. Choose from:

- *FACIAL WASH REGULAR* (oily skin)
- *FACIAL WASH BITTER* (skin nightmares)
- *FOAMING CLEANSER* (normal/combination skin)
- *CLEANSING CREAM* (dry/dehydrated skin)



ALOE COVER is a timesaving all-in-one cream that includes a cover, moisturizer and sunscreen (BB cream). Can be used as tinted moisturizer or as a normal cover applied after moisturizer.



ALOE COVER increases the attractiveness of your skin.

ALOE COVER is ideally suited for sensitive or allergic skin types.

From the following colours, choose the tone that best suits your skin:

- Bronze • Blossom • Natural
-

ALOE COVER is a foundation that:

- Evens skin tone.
 - Serves as base for make-up.
 - Protects skin against sun damage.
-



Directions:

- Apply foundation after moisturizing.
 - Gently dab a little *ALOE COVER* along the jaw line, cheekbones, the bridge of the nose and forehead.
 - Use a moist sponge to blend the colour with light strokes over the entire face to provide an even complexion.
 - After blending, make sure that there are no lines apparent on your nose, jaw, chin or forehead.
 - Proceed with make-up.
-



Choose your colour foundation in daylight, to be sure exactly how your skin blends with the different colours.

Test your foundation on your jaw line and not on your pulse, to ensure that the colour blends with the skin tone of your face and neck.

The shade that “disappears” when applied to your neck is the correct colour.

You may need 2 colours at various times during the year – especially if you are an outdoor person.



ALOEEDEO



ALOEEDEO is a roll-on deodorant that contains no aluminium and is free of any unsafe chemicals. *ALOEEDEO* provides long-lasting protection to keep you dry and odour-free throughout the day.



ALOEEDEO contains plant extracts that soothe and protect. Also contains:

- Tea tree oil to fight bacteria and inhibit irritation.
 - Essential oils with a fresh fragrance making it suitable for both male and female.
-



Directions:

- Apply *ALOEEDEO* daily after cleansing.
 - Shake before use.
-



Use an antibacterial soap for the best results.



ALOE MULTI PLUS is a unique blend of essential nutrients, vitamins, minerals, amino acids and *Aloe ferox* extract to supplement nutritional imbalances in your body and diet. This product focuses on your total well-being to support a healthier you!

An imbalance in vitamins and minerals contributes towards various illnesses. Even the slightest deficiency may lead to continuous hunger pains, irritation, restlessness, headaches and anger outbursts.

The correct balance in vitamins and minerals has the following advantages:

- Builds the immune system.
- Improves energy levels.
- Maintains shiny hair and strong nails.
- Contributes to a beautiful skin.
- According to medical studies, certain food allergies/intolerances will clear up by itself when vitamin and mineral deficiencies are adjusted.



Directions:

- Take 1 *ALOE MULTI PLUS* capsule daily.
- Use in combination with *SLIM & TRIM* and *BODY BASICS* to support you during your weight loss program.
- Use for at least 3 months.



Refined foods have been stripped of the vital nutrients that our bodies so desperately need. Thus, to ensure that our bodies receive all the essential nutrients, it is vital to consume a diet of whole food.

Eat balanced meals rich in vegetables and salads with enough meat. Eat more fish. Drink clean water.

For more information on successful weight loss, read the *EAT YOURSELF SLIM* booklet.



ALOE TEA



With *ALOE TEA* you can enjoy the wholesomeness of the complete *Aloe ferox* leaf as a refreshing cold drink or a delicious hot tea.

Sufficient fluid is of great importance for general health, since all the bodily functions require water. The body excretes approximately 1.5 litres of water daily by way of the skin and kidneys, ridding the body of damaging waste products.



Supplement your daily fluid intake with wholesome *ALOE TEA*:

- Rich in nutrients like minerals, amino acids and other plant extracts.
 - Contains no caffeine.
 - Beneficial for appetite control.
-

Directions:



- Make a concentrate by adding 1 tea bag to 1 cup of boiling water.
 - Allow brewing for at least 5 minutes.
 - Use approximately 30 ml concentrate in a cup and fill with boiling or ice-cold water.
-

Add a slice of pineapple, orange or lemon to the concentrate for a delicious flavour.

Supplement your fluid intake: make 2 litres of *ALOE TEA* and drink as a refreshing iced tea or a tasty, hot drink any time of the day.



Do not discard the remaining concentrate. Place in the fridge to use the following day.

Do not add milk or sugar. This prevents the body from absorbing precious nutrients.

Alcohol, ordinary tea and coffee are diuretics that promote fluid loss in the body and strip the body of essential minerals.



ALOE TISSUE OIL gives extra benefit to scarred, damaged, aged, stressed, extra dry and injured skin, hair and nails.

ALOE TISSUE OIL is also an ideal massage oil.

A combination of 5 oils, namely Aloe Oil, Almond Oil, Evening Primrose Oil, Wheat Germ Oil and Vitamin E oil supplies a rich amount of nutrients to the skin.

Care internally for dry skin, hair and nails with *OMEGA 3* capsules.

ALOE TISSUE OIL is beneficial for damaged, aged and very dry skin conditions:

- Promotes the repair of tissue.
 - Helps against scarring.
 - Helps restore elasticity.
 - Helps nourish and soothe skin.
 - Helps protect against dehydration and aging.
-



Directions:

- Skin: *As extra nourishment*: apply at night after moisturizing.
Care for scars and marks: massage lightly into skin 2-3 times daily.
 - Hair: *A nourishing oil treatment for dry hair or scalp*: apply to hair and scalp and massage lightly. Cover with shower cap and shampoo after 20 minutes (or leave on overnight).
 - Nails: Place a few drops of *ALOE TISSUE OIL* on a piece of cotton wool. Massage each nail gently with this cotton wool. Leave for 10 minutes and rub dry with towel. Follow up with *NAIL & CUTICLE GEL*.
-



A dry skin is the first sign of too little fat in the diet. Supplement diet with *OMEGA 3* and healthy fats found in nuts, avocados and fish rich in oil.

RADICAL IMAGE contains important nutrients and antioxidants to promote an attractive skin.



BABY BALM



BABY BALM works gently with baby's skin and consists of a combination of plant extracts known for their soothing effect on various skin problems.

BABY BALM contains plant extracts that:

- Combat bacteria, viruses and parasites.
 - Have analgesic and soothing properties.
 - Have antiseptic properties.
 - May relieve inflammation.
 - Help to moisturize, nourish and protect skin.
-



Directions:



- Apply *BABY BALM* to baby's whole body after bath time.
 - Repeat on dry areas throughout the day whenever necessary.
-

Approximately 80% of your exposure to the sun takes place before the age of 20. One severe sunburn with blisters during childhood will improve chances of contracting skin cancer as an adult. It is therefore utterly important to protect baby's sensitive skin against sun damage from the start.



Cleanse baby's skin and hair with *BABY SHAMPOO*.

Care for baby's dry skin with *BABY OIL*. *BABY OIL* can be mixed with *BABY BALM* for a dry skin. *SUPER ALOE GEL* can also be mixed with *BABY BALM*.

Care for baby internally with digestive-friendly *ALOE TEA*.

BABY BOTTOM is a rich and creamy ointment that is easily absorbed and helps to keep baby's bottom smooth and soft.



The unique formula and natural ingredients help cool the effects of nappy rash.

The gentle, natural anti-inflammatory agents of *BABY BOTTOM* heal and protect against nappy rash!

BABY BOTTOM contains plant extracts that:

- Combat bacteria, fungi, viruses and parasites.
- Have anti-inflammatory, analgesic and antiseptic properties.
- Encourage cell growth and healing.
- Are easily absorbed by the skin.
- Promote the elasticity of the skin.



Directions:

- After each nappy change, make sure baby is clean and dry.
- Apply *BABY BOTTOM* to red or irritated skin.
- Apply to baby's bottom after every nappy change.



The sensitive skin on baby's bottom and all the areas covered by a nappy are prone to skin problems. Treat these areas with special care.

Change a wet nappy as soon as possible. Clean baby's buttocks with a damp cloth and dry skin properly.

Apply *BABY BOTTOM* to continuously protect and moisturize baby's skin. *BABY BOTTOM* can also be mixed with *SUPER ALOE GEL*.



Nappy rash is often caused by baby's diet. Avoid refined and strongly flavoured foods. Reduce the intake of protein and starch and replace with non-acidic fruit and vegetable puree.

BABY OIL



The soft and soothing formula of *BABY OIL* will introduce your little one to the advantages of aloe to the skin.

Because babies' oil glands only begin to function at a later stage, it is essential to nourish the skin with *BABY OIL*.

BABY OIL contains plant extracts that:



- Nourish and soothe skin.
 - Protect against dehydration.
 - Keep baby's tender skin comfortable.
 - Have antiseptic, antibacterial and antiviral properties.
-



Directions:

- Gently massage *BABY OIL* after every bath onto baby's entire body.
 - Repeat on dry areas throughout the day whenever necessary.
-



Babies have tender skin, with little resistance to chafing and inflammation and must be treated gently. If the skin becomes very dry, do not bathe baby for a day or two, but use cotton wool soaked in *BABY OIL* to cleanse baby's skin.

CLEANSING CREAM, diluted with water, can also be used as a wash. Gently smooth *BABY OIL* onto baby's skin after cleansing.



BABY SHAMPOO is ideal for the delicate skin of babies and comprises of a combination of plant extracts that are known for their soothing effect in various complaints of the skin and scalp.

BABY SHAMPOO has a pH of 7.

BABY SHAMPOO contains plant extracts that:

- Combat bacteria, viruses and parasites.
- Soothe the skin.
- May relieve inflammation.
- Moisturize, nourish and protect skin and hair.
- Help to maintain the natural pH of the scalp.
- Benefit proper circulation which promotes healthy hair growth.



Directions:

- Wash baby's hair and body with *BABY SHAMPOO*.
- Avoid contact with eyes.
- Massage scalp softly.
- Rinse well.
- Dry the body gently and press hair dry with towel.



Cradle cap: Apply *BABYDIL* to scalp and leave to soften. Use a dry facecloth and rub gently to loosen the flaky skin. Wash baby's hair with *BABY SHAMPOO*. Massage scalp gently with *SUPER ALOE GEL*.

Cleanse baby's whole body with *BABY SHAMPOO*.

Treat baby's dry/irritated scalp with *BABYDIL*. Can also be mixed with *SUPER ALOE GEL* to improve absorption.

Treat baby's skin from the inside with nutrient-rich *ALOE TEA*. *ALOE TEA* is also friendly to the digestive system.



BALANCING TONER



BALANCING TONER refreshes and cools face and neck after cleansing. It also helps to remove remaining dirt and make-up.

BALANCING TONER has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

BALANCING TONER is an absolute necessary part of the skin care routine because it:

- Acts as an astringent after cleansing.
 - Closes the pores of the skin.
 - Restores the pH balance of the skin.
 - Protects against bacteria and contamination.
 - Absorbs excess oil.
 - Does not contain alcohol.
-



Directions:

- Cleanse face and neck.
 - Gently dry.
 - Apply *BALANCING TONER* lightly with cotton wool to face and neck.
 - Avoid eye area.
 - Follow up with *SUPER/BITTER ALDE GEL* for optimal absorption and improved skin elasticity.
 - Continue with normal skin care routine.
-



An acidic layer that consists of sweat (alkaline) and sebum (acid) protects the skin. Beauty products that are not pH balanced for the skin can disturb this delicate balance.

The pH of the skin is 4.5-5.5. Skin care products should have the same pH.



BATH OIL is ideal for those dry seasons of the year when your skin requires more moisture. *BATH OIL* absorbs easily into the skin without leaving an oily feeling.

BATH OIL has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

BATH OIL contains plant extracts that:

- Ensure quick absorption.
 - Moisturize, nourish and care for your skin.
 - Improve scabbiness of the skin (rough skin).
 - Delay the effects of aging.
-



Directions:

- Add *BATH OIL* to bath water, or smooth *BATH OIL* onto skin before bathing. Relax and soak for approximately 10 minutes before washing.
-



Water that is too hot can dry the skin and cause small veins to burst.

The skin can dehydrate if you bath too long.

Prevent a scum rim by adding *LUXURYFOAM BATH* to the bath water.

Apply a facial/hair mask while relaxing in the bath.

Apply *HAND CREAM/HAND & BODY LOTION* to moist skin directly after bathing for maximum absorption and experience skin that looks and feels soft and pampered.

Cleanse face after bathing when pores are open due to steam.



BITTER ALOE GEL



BITTER ALOE GEL is made up of aloe bitters and a combination of plant extracts that are known for their beneficial effect on various skin complaints.

Use *FACIAL WASH BITTER* for cleansing the face and *LIQUID BODY WASH BITTER* for cleansing the body in cases of skin complaints.

Use *RADICAL IMAGE* to care for the skin from the inside.

A diet rich in sugar and refined foods weakens the functioning of the immune system, preventing effective fighting of inflammation, pimples and infections, thus counteracting healthy skin.

BITTER ALOE GEL contains plant extracts that:

- Combat bacteria, viruses and parasites.
 - Have analgesic characteristics and soothe the skin.
 - Help support detoxification and also purify.
 - Absorb ultraviolet rays.
 - Help protect the skin against pigmentation.
-



Cosmetic use:

- Cleanse face and neck with *FACIAL WASH BITTER*.
- Gently dry.
- Follow up with *BALANCING TONER*.
- Apply a thin layer of *BITTER ALOE GEL* to moist face and neck.
- Avoid eye area.
- Apply *MOISTURIZER* using ring finger and smooth over moist skin.



Other uses:

- Apply 2-3 times daily to skin where needed.
-



Do the following test: Can you go for 2 weeks without sugar, chips, sweets, chocolates, ice cream, pasta, potatoes, rice and white bread?? *Passed the test?* Well done, see how your skin has improved!

Appearance of this product may vary due to the natural ingredients used.

BITTER BALM consists of a combination of plant extracts that may have a beneficial effect on persistent skin complaints accompanied by dry skin.



Care for skin from the inside with *RADICAL IMAGE* capsules. Dry skin conditions require more healthy oils and fats in the diet. Supplement your diet with *OMEGA 3* capsules and eat more nuts, avocados and fish rich in oil.

BITTER BALM contains plant extracts that:

- Combat bacteria, viruses and parasites.
- Care for inflammation.
- Have analgesic characteristics and soothe the skin.
- Support detoxification and also purify.
- Moisturize the skin.
- Help promote the absorption of active ingredients.



Directions:

- Apply a thin layer of *BITTER BALM* to the affected areas 2-3 times daily.



Sugar and refined foods are extremely harmful to the skin. They deplete the nutrient source of the body necessary for healthy skin, contribute to hormonal imbalance, suppress the immune system that fights inflammation and bacteria in pimples, lead to tightness and wrinkles, accelerate aging which makes the skin prone to pigmentation like age spots or freckles.



Appearance of this product may vary due to the natural ingredients used.

BITTER CRYSTALS BITTER POWDER



BITTER CRYSTALS/POWDER is traditionally used for the beneficial effect it has on symptoms of constipation, eczema, pain due to arthritis and high blood pressure. Constipation causes harmful toxins to build up in the body. Toxins that are not properly excreted, can be absorbed again, leading to poor health:

- Colon cancer and diverticulitis can be the result of incessant constipation.
- *Chronic constipation* may be linked to breast cancer.
- Treating *constipation* can prevent appendicitis.
- Pressure during *constipation* is responsible for hiatus hernia, varicose veins and haemorrhoids.

For your comfort **BITTER CRYSTALS/POWDER** is also available in tablets/capsules as **FABULOUS FIBRE BITTER**.

BITTER CRYSTALS/POWDER contains plant extracts that:



- Combat bacteria, viruses and parasites.
 - Have analgesic properties.
 - Support detoxification and also purify.
 - Favour an anti-inflammatory action.
 - Help to prevent constipation.
-

Directions:



- *Laxative*: Take 50-300 mg **BITTER CRYSTALS/POWDER** in a single dose at night. The smallest dose necessary to maintain regular bowel movement should be taken.
 - *Detoxification*: Take 50 mg **BITTER CRYSTALS/POWDER** daily with meals. A crystal of 50 mg is approximately the size of a match head. Larger crystals can easily be crushed into smaller crystals.
 - *Safety*: Do not use **BITTER CRYSTALS/POWDER** in cases of intestinal blockage, acute, inflamed intestinal disease (e.g. Crohn's disease, ulcerative colon inflammation), appendicitis, abdominal pain of unknown origin, pregnancy and breastfeeding.
-



It is clinically proven that the use of anthranoid laxatives (such as *Aloe ferox* bitters), even in the long term, **DO NOT CAUSE CANCER**. (ref. Journal: Gut. May. 2000. Department of Medicine. Univ of Erlangen. Germany. 46(5): p 651-655)

BODY BASICS contains a number of plant extracts that are vital to our well-being.



Homocysteine is a harmful free radical that, without these essential vitamins and minerals, builds up to toxic levels in the body. Elevated homocysteine levels have been linked to heart disease, strokes, cancer, diabetes, Alzheimer's and numerous other chronic diseases.

OMEGA 3 is also grossly deficient in people's diets. Fortunately, it can easily be supplemented with *OMEGA 3* capsules.

BODY BASICS has been proven to assist in weight loss programs.

BODY BASICS contains plant extracts like:

- A combination of vitamins and minerals assisting the body to effectively remove homocysteine.
- **Choline:** Acts as a fat solvent and is vital for the manufacturing of brain hormones and cell membranes.
- **Vitamin B2 & B12:** Help convert sugar into energy.
- **Magnesium & Vitamin B6:** Work in combination to act as a spark plug to convert sugar into energy.
- **Zinc:** Essential for proper functioning of insulin, digestion and the immune system.



Directions:

- Take 2 *BODY BASICS* capsules daily with meals.
- Use for at least 3 months.



Refined foods have been stripped of the vital nutrients that our bodies so desperately need. To ensure that our bodies receive all the essential nutrients, it is vital to consume a diet of whole food.

Eat balanced meals rich in vegetables and salads with enough meat. Eat more fish. Drink plenty of water.



BODY SCRUB



BODY SCRUB is a superb, liquid body soap with ground apricot kernels and can be used daily to gently remove dead skin cells, leaving your skin looking rosy and vibrant.

Because new skin cells form daily, scrubbing is essential to ensure a hydrated, nurtured skin.

The dead cells on the surface of the skin give the skin its dry, dull and lifeless appearance. A scrub session is a wonder cure for dull and lifeless skin.

- Scrubbing helps remove dead skin cells from the surface of the skin to expose new cells.
 - A good scrubbing session does wonders for blood circulation, which in turn removes toxins and impurities from the body.
 - A scrubbing session helps to counteract cellulite.
 - Pimples can be prevented by removing dead cells blocking pores.
-



Directions:



- Use *BODY SCRUB* in bath or shower as body soap. Apply *BODY SCRUB* over entire wet body. Use a sponge, face cloth or body brush and scrub gently.
 - Use *EXFOLIATING GLOVES* 1-2 times per week to get rid of coarse, dry skin.
-



Dry skin is merely the accumulation of dead cells on the surface of the skin. Scrubbing helps prepare the skin for better absorption.

When plagued by cellulite, scrub the affected area and follow up with *CEL-U-LITE GEL*.



CALCI-BOOST capsules care for the well-being of the bone structure. Although calcium is the main component in bone, it requires other minerals to ensure optimal bone density.

Supplement your diet with the essential bone building minerals as present in *CALCI-BOOST*.

OMEGA 3 works in combination with *CALCI-BOOST* for effective bone building.

Sugar, refined food and carbonated cold drinks are the main reasons for calcium loss from the bone structure – avoid as much as possible. Supplement your diet with *WHOLE-LEAF ALOE JUICE* and *FABULOUS FIBRE BITTER*.

CALCI-BOOST contains plant extracts essential for optimal bone building:

- **Calcium:** Main component of bone structure.
- **Magnesium:** Aids optimal calcium absorption in the bones.



Directions:

- Take 1-2 *CALCI-BOOST* capsules per day with meals.
- Use for at least 3 months.



EXERCISE!! It helps to build bone mass.

Avoid sugar, refined food and carbonated cold drinks. It lowers the pH of the blood causing the body to extract calcium from the bone structure to regulate the blood's pH. The excess extracted calcium is excreted (lost) through the urine. Suitable for pregnant women or during breastfeeding.



CEL-U-LITE GEL



CEL-U-LITE GEL contains special plant extracts that help fight that unsightly “orange peel” effect.

Cellulite consists of fat, water and toxic waste. Bad eating habits are responsible for the storage of waste and toxins in fat tissue. Methods to get rid of this waste:

- Follow a cleansing diet with more fibre as it excretes toxins from the body. Toxins build up through intake of alcohol, coffee, tea, smoking, crash diets, trans fats and medication such as pep, sleeping and diuretic pills.
- Drink plenty of water.
- Prevent constipation with *FABULOUS FIBRE BITTER*.
- Perspiration during exercise excretes toxins through the skin.
- Skin brushing using *EXFOLIATING GLOVES* is a technique used to promote drainage of the lymphatic system and removal of toxins directly through the skin. It also promotes blood circulation, skin renewal and speeds up production of connective tissue.

CEL-U-LITE GEL contains plant extracts that:



- Are favourable for cell regeneration.
- Help support connective tissue.
- Are favourable for the metabolism of fatty tissue.
- Have an unfavourable effect on swelling.
- Help maintain proper blood circulation.



Directions:

- Apply *CEL-U-LITE GEL* 2-3 times daily to affected areas, especially after bathing or showering for better absorption.



Massage 2 times daily with *EXFOLIATING GLOVES*. Brushing should be done in an upward motion towards the heart.

Care for cellulite from the inside with *CIRCULATE-IT*.



CIRCULATE-IT capsules are a composition of plant extracts that play an important role in the fight against cellulite, poor blood circulation and concentration.

Research has shown that constipation, a sluggish lymphatic system, poor blood circulation and poor kidney and liver function are common in women prone to cellulite.

Blood circulation is of the utmost importance for optimal brain function, memory and concentration. Care for the brain with essential fatty acids. Supplement with *OMEGA 3* and eat more fish, nuts and avocados.

CIRCULATE-IT contains plant extracts that:

- Benefit proper blood circulation.
 - Activate a sluggish lymphatic system.
 - Restore water balance in the body.
 - Ensure regular bowel movement.
 - Benefit the well-being of the thyroid, liver and kidneys.
 - Help recover connective tissue and elasticity.
 - Are rich in antioxidants.
-



Directions:

- Take 1 *CIRCULATE-IT* capsule twice daily.
 - Use for at least 3 months.
 - *External care for cellulite*: brush the skin daily with *EXFOLIATING GLOVES* and follow up with *CEL-U-LITE GEL*. Brushing should be done in an upwards motion towards the heart.
-



Cellulite consists of fat, water and toxic waste. Getting rid of toxic waste is the most important:

- Follow a detoxifying diet: avoid alcohol, coffee, tea, smoking, crash diets, trans fats, medication such as pep, sleeping and diuretic pills.
- Drink plenty of water.
- Prevent constipation with *FABULOUS FIBRE BITTER*.
- Perspiration during exercise excretes toxins via the skin.
- Brush affected areas to remove toxins through the skin.



Care should be taken when *CIRCULATE-IT* is used in conjunction with blood thinning medication.

Not suitable for pregnant and nursing mothers.

CLEANSING CREAM



CLEANSING CREAM is a facial cleanser ideally suited for a dry/mature skin.

CLEANSING CREAM cleanses the skin from dirt, dead cells and make-up without removing the natural oils.

CLEANSING CREAM maintains the pH balance of the skin and leaves it smooth and silky.

Although a dry skin appears fine and beautiful, this skin type ages quickly if not cared for properly. Loss of elasticity is associated with dry skin.

CLEANSING CREAM is an important part of the skin care routine for dry and mature skin:



- Cleanses the skin gently.
 - Protects skin against dehydration. Dehydration promotes the forming of wrinkles.
 - Ideal for sensitive skin.
-

Directions:

- Use *CLEANSING CREAM* and cleanse face and neck.
 - Massage with gentle, outward and circular movements for approximately 30 seconds. Massaging enhances blood circulation.
 - Gently wipe away with a soft cloth or rinse with clean, lukewarm water.
 - Gently dry.
 - Follow up with *BALANCING TONER*.
 - Apply *SUPER ALDE GEL* for optimal absorption and improved skin elasticity.
 - Continue with normal skin care routine.
-



Prevent dry skin this way:



Do not use water that is too cold or too hot.

Do not rub skin unnecessarily using harsh face cloths or scrubs.

Use cotton wool instead of tissues.

- Supplement your diet with *OMEGA 3* and healthy fats.

CLEVER-4-EVER is a nutritional supplement that may have a beneficial effect on brain blockage in circumstances of hyperactivity, brain fog, aging and Alzheimer's.



Phosphatidylserine and B vitamins are important nutrients in *CLEVER-4-EVER* that help support brain function with regard to memory, learning ability, concentration, linguistic ability and emotions.

Supplementing with minerals, B vitamins, omega 3 oils (*OMEGA 3*), flavonoids and phosphatidylserine can improve attention deficit/hyperactivity disorder symptoms. (Ref. Altern Med Rev. 2000. ADHD in children: Rationale for its integrative management. 5(5):401)

CLEVER-4-EVER contains plant extracts that are beneficial for brain and intellectual functions:

- Phosphatidylserine, the main nutrient in *CLEVER-4-EVER*, boosts brain power, as shown in a study of 149 people aged 50 or older who had “normal” age-related memory loss.
- In the study, half the participants took phosphatidylserine, while the other half took a placebo. By the end of the experiment, the people taking phosphatidylserine benefited from a 15% improvement in learning and other memory tasks. Looking at those results, one of the researchers concluded: “Phosphatidylserine may reverse approximately 12 years of decline.”



Directions:

- Take 1 *CLEVER-4-EVER* capsule daily with breakfast.
- Use for at least 3 months.



In the long run, low-fat diets are more likely to slow down the brain than to keep it going strong. Without enough good fats your brain simply won't function optimally. Eat more fish, nuts and avocados and supplement with *OMEGA 3*.

Stable blood sugar levels are important for clear thinking. Fluctuating blood sugar levels may cause brain fog and difficulty in concentration. Cut all refined foods from your diet and supplement with *WHOLE-LEAF ALOE JUICE*.

Blood circulation is essential for optimal brain function, memory and concentration. *CIRCULATE-IT* contains plant extracts that play an important role in blood circulation.



ENRICHED NIGHT CREAM



ENRICHED NIGHT CREAM is the ideal night cream for a normal and combination skin.

While sleeping, conditions are favourable for nourishing the skin and repairing daily damage caused by pollution and ultraviolet rays. One can safely try a richer moisturizer at night than during the day to nourish and restore the skin.

ENRICHED NIGHT CREAM has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

ENRICHED NIGHT CREAM is an important part of the skin care routine for normal and combination skin:



- Favourable effect on delaying symptoms of aging skin.
 - Beneficial for skin rejuvenation and elasticity.
 - Protects the skin against dehydration.
 - Helps maintain increased blood flow to the skin.
-

Directions:



- Cleanse face.
 - Gently dry.
 - Follow up with *BALANCING TONER*.
 - Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
 - Apply *ENRICHED NIGHT CREAM* using ring finger and smooth over moist skin.
-

Determine your skin type: wash your face with your usual cleanser. Leave without a moisturizer for at least 30 minutes. If your skin feels “tight” within 10 minutes, your skin is **dry**. If you dab your nose and chin after 30 minutes with a tissue and it shows surface oil, you have an **oily** skin. Alternatively, you have a **normal** or **combination** skin with oily T-panel and other drier areas. Supplement your diet with *RADICAL IMAGE* and *OMEGA 3*, which contain plenty of nutrients for an attractive skin.



EVA capsules contain a blend of plant extracts that are beneficial to the general well-being of women of all ages: the budding woman, the woman in her prime and the mature woman. Feel like a complete woman with *EVA*.



Supplement your diet with hormone-friendly *OMEGA 3* capsules.

Glucose is the main growth factor of *Candida* fungi – thus, avoid sugar and refined carbohydrates. Supplement your diet with *WHOLE-LEAF ALOE JUICE* and *FABULOUS FIBRE BITTER*.

Care for vulva complaints associated with itching, discomfort, a burning sensation and sensitivity externally with *SUPER ALOE GEL*.

EVA contains plant extracts that are beneficial for:

- The well-being of the reproductive as well as the bladder.
- Menstrual well-being.
- Hormonal harmony.
- Midlife as well as adolescent balance.
- Emotional balance.



Directions:

- Take 2 *EVA* capsules daily with meals.
- Use for at least 3 months.



The negative influence of sugar and refined foods on womanhood:

- Rob your body of essential nutrients. Shortages cause symptoms such as PMS, painful menstruation, cramps, hormonal imbalance and aging.
- Responsible for symptoms such as blood sugar fluctuations, irritations, aggression, listlessness, palpitations, trembling, insomnia, obesity and headaches.



EYE CREAM



EYE CREAM helps to keep the skin surrounding the eye supple and delays the appearance of wrinkles and fine lines.

The delicate skin surrounding the eye requires special care because the skin is thinner than the rest of the facial skin. It also retains less moisture. There are less oil glands, which contribute to potential dryness, and no fatty layer beneath the skin to absorb shock. The result is that the skin easily loses its elasticity.

EYE CREAM is an important part of the skin care routine:



- Beneficial for delaying the signs of aging.
 - Beneficial for rejuvenation and elasticity of the skin.
 - Protects skin against dehydration.
 - Helps maintain increased blood flow to the skin.
-

Directions:



- Cleanse face.
 - Gently dry.
 - Follow up with *BALANCING TONER*.
 - Avoid eye area.
 - Use *EYE GEL* for optimal absorption and improved skin elasticity.
 - Apply *EYE CREAM*.
 - Continue with normal skin care routine.
-

EYE GEL helps prevent puffiness and dark circles around the eyes.

Pat the skin around the eyes gently with your ring finger when applying *EYE CREAM* to drain excess moisture (the reason for puffiness).



Use *EYE GEL* around the eyes to care for skin complaints associated with itching and sensitivity.

Supplement your diet with *RADICAL IMAGE* and *OMEGA 3* containing important nutrients for an attractive and healthy skin.



EYE GEL is formulated to have a positive effect on skin tone and the elasticity of the delicate area around the eye.

The skin surrounding the eyes is the most vulnerable to damage by environmental factors and is often the first to show signs of aging. Facial expressions can accelerate aging of delicate skin around the eyes.

EYE GEL aids in the strengthening of the delicate tissue around the eyes and can be of help against the appearance of bags (puffiness) beneath the eyes.

EYE GEL is an important part of the skin care routine:

- Beneficial for skin rejuvenation and elasticity.
- Combination of ingredients works together to promote the natural ability of the skin to repair itself.
- More nutrients (through proper blood supply) are beneficial for delaying the signs of aging.



Directions:

- Cleanse face.
- Gently dry.
- Follow up with *BALANCING TONER*.
- Avoid eye area.
- Use *EYE GEL* for optimal absorption and improved skin elasticity.
- Follow up with *EYE CREAM*.
- Continue with normal skin care routine.



The most important prevention against wrinkles is careful treatment. Care for eye complaints such as itching, burning, redness or sensitivity by using *EYE GEL*.



EXFOLIATING GLOVES



Use *EXFOLIATING GLOVES* (rough nylon gloves) in your fight against cellulite. Cellulite forms slowly when the blood circulation and lymphatic system become sluggish, causing waste and toxic material to build up in the tissue.

Brush skin daily with *EXFOLIATING GLOVES* to encourage removal of toxic waste directly through the skin by increased blood circulation and lymphatic draining. Skin brushing also promotes cell rejuvenation.



- Daily skin brushing is a gentle, yet effective way to promote the detoxification process.
 - Best time to brush skin is just before a bath or shower.
-

Directions:



- Dry skin: Use *EXFOLIATING GLOVES* 1-2 times per week to get rid of coarse, dry skin. Start at the shoulders and move over the entire body with long, smooth strokes always directed towards the heart. Avoid face and neck. Start gently, increasing the action as the body becomes accustomed to the feeling. The whole process takes about 5 minutes.
 - Cellulite: Brush affected areas for about 2 minutes. Slight redness may appear in stagnant areas where blood circulation is improved. Follow up with *CEL-U-LITE GEL*. Supplement your daily diet with *CIRCULATE-IT*. Prevent constipation with *FABULOUS FIBRE BITTER*.
-



Get rid of toxins in the body by following a detoxifying diet, drinking plenty of water, perspiration through regular exercise and preventing constipation.

Toxins in the body build up with the use of alcohol, coffee & tea, smoking, crash diets, trans fats, fried & oily foods, medication such as pep, sleeping and diuretic pills.

FABULOUS FIBRE BITTER

FABULOUS FIBRE BITTER tablets/capsules contain dried bitter sap and dried, powdered *Aloe ferox* leaf. These fibre-rich leaves contain a vast amount of nutrients and medicinal properties that support the general well-being of the body.



Aloe ferox bitters is traditionally used for the beneficial effect it has on constipation, eczema, discomfort from arthritis and high blood pressure.

Also care for your skin, heart and joints with essential fatty acids. Supplement your diet with *OMEGA 3* and eat more meat and fish, nuts and avocados.

Care for painful joints externally with *MUSCLE GEL*.

(see Nutrient value of aloe, p 4-7)

FABULOUS FIBRE BITTER contains plant extracts that:

- Combat bacteria, viruses and parasites.
- Have analgesic properties.
- Have an anti-inflammatory action.
- Support detoxification and also purify.
- Maintain regular bowel movement.
- Aid digestion.



Directions:

- *Laxative*: Take 1-3 *FABULOUS FIBRE BITTER* tablets/capsules in the evening in a single dose. Use the smallest dose necessary. Excessive dosages may cause cramping and diarrhoea.
- *Detoxify*: Take ½ *FABULOUS FIBRE BITTER* tablet daily with meals.
- *Safety*: Do not use *FABULOUS FIBRE BITTER* in cases of intestinal obstruction, acute, inflamed intestinal disease (e.g. Crohn's disease, ulcerative colon inflammation), appendicitis, abdominal pain of unknown origin, pregnancy and breastfeeding.
- Drink enough water when fibre is taken to prevent constipation.



It is clinically proven that the use of anthranoid laxatives (such as *Aloe ferox* bitters), even in the long term, DO NOT CAUSE CANCER. (ref. Journal: Gut. May. 2000. Department of Medicine. Univ of Erlangen. Germany. 46(5): 651-655)



FABULOUS FIBRE REGULAR



FABULOUS FIBRE REGULAR capsules consist of bitter-free, dried, powdered *Aloe ferox* leaves.

FABULOUS FIBRE REGULAR is an ideal dietary fibre supplement with a total fibre content of 43% and in addition contains a vast amount of nutrients, essential for an energetic and invigorated body.

For the comprehensive care of your well-being also drink fibre- and nutrient-rich *WHOLE-LEAF ALDE JUICE*.



FABULOUS FIBRE REGULAR contains nutrients that are:

- An excellent source of fibre in the diet.
 - Rich in nutritional and medicinal properties.
-



Directions:

- Take 3 FABULOUS FIBRE REGULAR capsules when needed. Adjust according to need.
 - Drink adequate water when taking fibre to prevent constipation.
-

Sufficient fibre in the diet is essential for the prevention of various illnesses that can be linked to a Western lifestyle, e.g. abnormal blood sugar, insulin and cholesterol levels as well as overweight.

High fibre intake helps prevent and even treat illnesses such as coronary heart disease, diabetes mellitus, colon cancer, obesity, diverticulitis, appendicitis and hiatus hernia.



Fibre protects against breast cancer, constipation, gallstones, blood clots, piles, varicose veins, inflammation of the colon, wasting syndrome, irritable bowel, bloatedness and flatulence.

Fibre helps to remove harmful toxic- and waste material from the body, serves as a source of energy for the microbes in the colon and effectively aids excretion of estrogens.

Suitable for slimmers and babies.

Appearance of this product may have a very minute variation due to the natural ingredients used.



FACIAL MASK is a clay mask for oily and combination skin, especially formulated for deep cleansing.

This mask forms a thin layer on the skin which blocks out air. The skin starts perspiring under the mask and in this way, rids itself of impurities, which stick to the mask and are then rinsed off.

People with a combination skin should use 2 different masks: *FACIAL MASK* for oily areas and *MOISTURIZING MASK* for dry areas. Use *FACIAL MASK* 2-3 times weekly.

FACIAL MASK is an important part of the skin care routine for oily and combination skin:

- Purifies skin of all dirt and dead skin cells.
 - Skin feels refreshed.
 - Absorbs excess oil.
 - Contracts and reduces size of skin pores.
-



Directions:

- Cleanse face.
 - Gently dry.
 - Apply a thin layer of *FACIAL MASK* over face and neck.
 - Avoid lip and eye area.
 - Leave on for 5 to 10 minutes until dry.
 - Rinse with lukewarm water.
 - Follow up with *BALANCING TONER*.
 - Use *SUPER ALDE GEL* for optimal absorption and improved skin elasticity.
 - Continue with normal skin care routine.
-



Oily skin, especially during teenage years, can be an indication of a hormonal imbalance. *RADICAL IMAGE* capsules care for healthy hormonal levels.

The use of a scrub such as *REFINING SCRUB* before the application of a mask, contributes to the efficiency of the mask because all the dead skin cells on the surface have been removed.



FACIAL WASH BITTER



FACIAL WASH BITTER is a brown, liquid facial cleanser ideally suited for problem skin. While dissolving dirt and oils, removing make-up and cleansing pores, the aloe bitter sap eradicates unwanted skin conditions.

Supplement your diet with *RADICAL IMAGE* capsules for an attractive and healthy skin.



FACIAL WASH BITTER contains plant extracts that:

- Combat bacteria, viruses and parasites.
 - Support detoxification and also purify.
 - Support the immune system.
-

Directions:



- Wet face and neck with lukewarm water.
 - Massage *FACIAL WASH BITTER* gently over skin with fingertips.
 - Rinse and gently dry.
 - Follow up with *BALANCING TONER*.
 - Apply *BITTER ALOE GEL* to moist skin.
 - Apply *VANISHING CREAM* using ring finger and smooth over moist skin.
-

Drink 2 *RADICAL IMAGE* capsules daily.

Do the following test: Can you go for 2 weeks without sugar, chips, sweets, chocolates, ice cream, pasta, potatoes, rice?? *Test passed?* Congratulations, see how your skin has improved!



Sugar and refined foods are especially harmful to your skin and contribute to the following negative reactions:

- Hormonal imbalance.
- Suppress immunity that fights against inflammation and bacteria in pimples.
- Hasten aging.
- Depletes nutritional sources necessary for healthy skin.

Appearance of this product may have a very minute variation due to the natural ingredients used.

FACIAL WASH REGULAR



FACIAL WASH REGULAR is a liquid facial cleanser ideally suited for oily skin. Dirt and oils are dissolved, make-up removed and pores cleansed without removing moisture from the skin.

Normal soap can dry the skin. Using *FACIAL WASH REGULAR*, oily skin can be cleansed without drying. If unwanted skin conditions such as pimples occur, use *FACIAL WASH BITTER*.

Oily skin, especially during teenage years, may be an indication of a hormonal imbalance. *RADICAL IMAGE* capsules care for healthy hormonal levels.

FACIAL WASH REGULAR is an important part of the skin care routine for oily skin:

- Gently cleanses face.
 - Helps to retain the skin's moisture.
 - Protects the skin against dehydration.
 - Ideal for reducing oiliness.
-



Directions:

- Wet face and neck with lukewarm water.
 - Massage *FACIAL WASH REGULAR* gently over skin with fingertips.
 - Rinse and gently dry.
 - Follow up with *BALANCING TONER*.
 - Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
 - Apply *VANISHING CREAM* using ring finger and smooth over moist skin.
-



Do not treat an oily skin harshly; it can stimulate the oil glands to excrete even more oil.

Even an oily skin needs moisturizer because it helps to seal in moisture in the top skin layers to leave the skin soft and supple.

Hint: Mix your moisturizer with *SUPER ALOE GEL* before application to promote absorption and to absorb excess oils.



FOAMING CLEANSER



FOAMING CLEANSER is a liquid facial cleanser ideally suited for normal and combination skin. Dirt and oils are gently dissolved, make-up removed and pores cleansed.

Cleanse the skin gently. Rough handling and stretching the skin can encourage the forming of wrinkles.

Use cleansing action to massage skin gently. This promotes blood circulation which in turn promotes a rosy appearance.

FOAMING CLEANSER is an important part of the skin care routine for normal and combination skin:



- Locks in the moisture while cleansing gently.
 - Helps protect the skin against dehydration.
 - Beneficial for the elasticity of the skin.
-

Directions:



- Wet your face and neck with lukewarm water.
 - Massage *FOAMING CLEANSER* gently over skin with fingertips.
 - Rinse and gently dry.
 - Follow up with *BALANCING TONER*.
 - Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
 - Apply *MOISTURIZER* using ring finger and smooth over moist skin.
-



A combination skin should be cleansed with *CLEANSING CREAM* at night.

Certain circumstances may require that you change your cleanser. During drier winter months or after severe sun exposure, the skin can be cleansed with *CLEANSING CREAM* to counteract dryness.



GET-A-GRIP capsules help you feel good emotionally.

Serotonin is the chemical messenger of the brain. Herbs such as St. John's Wort and certain foods help to balance the serotonin levels of the brain, thus promoting a feeling of well-being.

One of the first effects of low blood sugar levels is on the central nervous system and eyes. Cares for the:

- Central nervous system with *WHOLE-LEAF ALDE JUICE*.
- "Feel good" levels of the brain with *OMEGA 3* and *CLEVER 4 EVER*.
- Blood sugar levels with *SLIM & TRIM*.

GET-A-GRIP contains plant extracts that:

- Favourably influence the serotonin levels in the brain.
- Favourably influence emotional calmness.
- Calm the nerves.



Directions:

- Take 2 *GET-A-GRIP* capsules daily with meals.
- Use for at least 3 months.



Eat the following to increase the serotonin levels of the brain: complex carbohydrates (unrefined foods), dairy products, meat, fish, turkey, bananas, dried dates and peanuts.

Avoid sugar, refined foods, alcohol and other stimulants that cause blood sugar fluctuations. Fear, listlessness, depression, trembling and/or weepiness are some unpleasant symptoms of blood sugar fluctuations.

Exercise has a dramatic and positive effect on people who suffer from depression. Speak to your physician before taking in conjunction with anti-depression medication.

Apply suitable sunscreen during day time as St. John's Wort causes UV sensitivity.



GLYCERINE SOAP



GLYCERINE SOAP is a clear, perfumed, light brown soap ideal for washing the entire body.

GLYCERINE SOAP forms a light lather and does not dry the skin as normal soaps do.

GLYCERINE SOAP contains rooibos extract that gives the soap its characteristic colour, and also contributes to the rejuvenation of the skin.

GLYCERINE SOAP:



- Cleanses gently.
 - Has a beneficial effect on the restoration of the skin.
 - Contains no artificial colourants.
 - Has a positive influence on sensitive skin.
-

Directions:



- Work *GLYCERINE SOAP* to a rich lather on hands or washcloth and wash entire body.
 - Follow up with *HAND & BODY LOTION* or *HAND CREAM* on a moist skin.
-

GLYCERINE SOAP is ideal for people who wash hands frequently because the skin dries out to a lesser degree than with normal soap.

Other body cleansers from the Aloe Ferox range:



- *HAIR & BODY WASH*: pH balanced to be used on hair and body.
- *LIQUID BODY WASH BITTER*: for sensitive and problem skin.
- *BODY SCRUB*: liquid body soap with ground apricot kernels.
- *SHOWER GEL*: for men and ladies, each with its own unique, irresistible fragrance.



HAIR & BODY WASH is a delightful, fragrant body cleanser and shampoo and is also an ideal hand wash.

HAIR & BODY WASH moisturizes the skin and scalp while cleansing. It maintains the pH balance of the skin which is essential for the natural protection against unwanted invaders such as bacteria.

HAIR & BODY WASH contains plant extracts that:

- Gently cleanse hair and freshen skin.
- Help skin to retain moisture.
- Prevent dehydration of the skin.
- Improve natural appearance of hair.



Care for your hair and body this way:

- *Before a bath/shower*: rub the whole body (while dry) with *EXFOLIATING GLOVES*. This stimulates blood flow and the excretion of toxins through the skin.
- Cleanse entire body with *HAIR & BODY WASH* and shampoo hair at the same time.
- Rinse hair and apply *NUTRI HAIR CONDITIONER*.
- Rinse hair.
- *After drying*: apply *CEL-U-LITE GEL* to problem areas.
- Moisturize the entire body with *HAND CREAM* or *HAND & BODY LOTION*.



Showering has an invigorating effect, while bathing has a calming effect on the body.

HAIR & BODY WASH is ideal when travelling. Prevent scum forming on facecloths and sponges.



HAND & BODY LOTION



HAND & BODY LOTION is for everyone – men, women and children. *HAND & BODY LOTION* moisturizes and soothes the entire body, leaving skin smooth and hydrated. The earlier you start to moisturize the skin, the greater the benefit.

HAND & BODY LOTION is a light cream that is quickly absorbed by the skin and is ideally suited for the warmer months of the year.

HAND & BODY LOTION has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

A good moisturizer protects the skin against loss of moisture which prevents aging of the skin.

HAND & BODY LOTION is an important part of the skin care routine:

- Quickly absorbed by the skin.
 - Does not leave an oily layer.
 - Helps maintain elasticity of the skin.
 - Protects skin against dehydration.
 - Moisturizes and softens the skin.
-



Directions:



- Apply *HAND & BODY LOTION* to entire body as needed – the best time is directly after bath or shower while skin is still damp, to improve absorption.
 - Massage *HAND & BODY LOTION* with firm strokes to improve circulation.
 - Allow *HAND & BODY LOTION* to be absorbed completely before getting dressed.
-



Water is a cause of skin dehydration. The more dissolved minerals and salts in the water, the more moisture is lost. Brackish water dries the skin even more. Prevent dehydration by frequently applying *HAND & BODY LOTION* to entire body.

RADICAL IMAGE and *OMEGA 3* contain nutrients that are important in counteracting skin damage.

HAND CREAM is a rich cream that is absorbed quickly without leaving oiliness.

HAND CREAM with its superior moisturizing effect is ideally suited for the winter months when the skin tends to be drier than during warmer months.



HAND CREAM nourishes, moisturizes and protects your skin.

HAND CREAM has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

HAND CREAM is an important part of the skin care routine:

- Quickly absorbed by the skin.
 - Leaves no oiliness.
 - Helps maintain elasticity of the skin.
 - Protects skin against dehydration.
 - Moisturizes and softens the skin.
-



Directions:

- Moisturize hands and/or dry skin with *HAND CREAM* as needed.
 - Use *HAND CREAM* to replace lost moisture and keep the skin soft and smooth.
 - Dry hands properly after washing and apply *HAND CREAM*.
-



Water is a cause of skin dehydration. The more dissolved minerals and salts in the water, the more moisture is lost. Brackish water dries the skin even more. Prevent dehydration by also applying *HAND CREAM* to entire body.

Apply *ALOE TISSUE OIL* to extremely dry skin.

RADICAL IMAGE and *OMEGA 3* contain nutrients that are important in counteracting skin damage.



HEEL BALM



Care for your feet with *HEEL BALM*.

HEEL BALM is formulated using a combination of plant extracts known for their beneficial effect on dry, rough and cracked skin.

Feet and legs have very few oil glands. A massage with a rich cream like *HEEL BALM* helps to supplement natural oils.

HEEL BALM is an important part of foot care:



- Treat chapped heels.
 - Protects skin against dehydration.
 - Nourishes and softens skin.
-

Directions:



- Massage dry feet (1 minute each) with *EXFOLIATING GLOVES* to remove dead skin and to increase blood circulation.
 - Wash feet in warm, soapy water. Do not soak too long as this dries out the skin. Dry the feet.
 - Use *HEEL BALM* and massage each foot with long strokes from the toes upwards.
 - *For extremely dry skin:* use *HEEL BALM* up to 4 times daily.
-

Treat calluses and corns gently with a pumice stone. Apply *SUPER ALOE GEL* and *HEEL BALM* directly afterwards.

Apply *BITTER/SUPER ALOE GEL* to painful ingrown toenails.



Treatment for plantar warts as well as other warts: mix *BITTER ALOE GEL* with a bit of *BITTER POWDER*, apply and cover with a plaster. Repeat daily until the condition has cleared.

Diabetics must take special care of their feet as feet ulcers easily occur as a result of poor blood circulation.



JOINT SUPPORT capsules are beneficial for the general well-being of the body's joints. The body's inability to produce glucosamine is the single biggest reason why joints degenerate.

Supplement diet with the essential components as provided in *JOINT SUPPORT* for the maintenance of cartilage.

OMEGA 3 works in combination with *JOINT SUPPORT* for the prevention of inflammation. Healthy fats and oils are vital for stiff joints.

FABULOUS FIBRE BITTER will help the body rid itself of toxins. Accumulated toxins may contribute to the cause of joint stiffness.

Use in conjunction with *MUSCLE GEL* that help care for painful muscles, joints and tendons.

JOINT SUPPORT contains all the essential elements for the maintenance and repair of joints:

- **Glucosamine:** vital building block for the production of cartilage in joints and for preventing its further destruction. Improves joint lubrication and helps against pain and inflammation.
- **Devil's Claw:** fights inflammation, relieves pain as well as improves joint mobility and joint function.
- **Copper:** essential for the production of collagen, thus preventing bone deformation.
- **Manganese:** helps prevent joint damage and inflammation.



Directions:

- Take 2 *JOINT SUPPORT* capsules daily with meals.
- Use for at least 3 months.



Exercise reduces pain and joint stiffness.

Allergies: Wheat and milk products can sometimes irritate intestines thus producing a "leaky gut". This suppresses the immune system and joints are usually attacked.



LIP BALM



LIP BALM is an excellent moisturizer with sun protection.

LIP BALM is a combination of plant extracts known for their beneficial effect on symptoms of various skin complaints associated with dry, chapped, sore and damaged skin as well as blisters.

Lips have a very thin skin, no oil glands and are very sensitive.

LIP BALM is available in 3 flavours: Original, Mint and Raspberry.



LIP BALM is an important part of lip care:

- Moisturizes and nourishes.
 - Delays the forming of wrinkles.
 - Ensures healthy lips.
-

Directions:



- Apply *LIP BALM* regularly during the day.
 - *LIP BALM* is also the perfect base for lipstick.
 - When experiencing unpleasant lip complaints, apply *BITTER ALOE GEL* and follow up with *LIP BALM*. Repeat regularly until signs disappear.
-



The virus causing fever blisters is dormant in the skin until a rise in temperature, such as exposure to the sun, cause it to develop. The first signs are often an itchy feeling that changes into a blister and later forms a scab.

Unattractive wrinkles form around the lips as smoke is drawn in. Smokers will have approximately 5 times more prominent wrinkles than non-smokers.

Lips normally crack only when it is cold or when the lips are very dry. Help prevent lip complaints by moisturizing the lips with *LIP BALM* all year round.

LIQUID BODY WASH BITTER

LIQUID BODY WASH BITTER is a perfume free body cleanser, ideally suited for sensitive and other skin complaints.



LIQUID BODY WASH BITTER contains *Aloe ferox* bitters, traditionally used for its beneficial effect on skin complaints associated with eczema.

LIQUID BODY WASH BITTER helps dissolve dirt on the surface of the skin thus keeping the skin clean. It moisturizes and respects the pH balance of your skin that is necessary for the natural protection against unwanted invaders such as bacteria.

LIQUID BODY WASH BITTER contains plant extracts that:

- Combat bacteria, viruses and parasites.
 - Support detoxification and also purify.
 - Soothe the skin.
-



Directions:

- Cleanse entire body with *LIQUID BODY WASH BITTER*.
-



Apply *BITTER ALDE GEL* to various problem skin areas. Follow up with *BITTER BALM* for dry skin conditions.

Let *Aloe ferox* bitters also take care of the skin from the inside. Take 2 *RADICAL IMAGE* capsules daily.

Take 2 *OMEGA 3* capsules in cases of dry skin conditions.

A diet rich in sugar and refined foods weakens the function of the immune system in fighting inflammation, pimples and infections adequately and keeping your skin healthy.

Moisturize the body with *HAND & BODY LOTION/HAND CREAM*.

Appearance of this product may have a very minute variation due to the natural ingredients used.



LUXURY FOAM BATH



LUXURY FOAM BATH cleanses the skin while soaking and relaxing.

A sponge or face cloth removes remaining dirt.

LUXURY FOAM BATH helps prevent scum rim.



LUXURY FOAM BATH:

- Ideal for sensitive skin.
 - The moisturizing foam helps prevent dehydration.
-

Directions:



- Pour *LUXURY FOAM BATH* under running water.
 - After soaking, use face cloth/sponge or *EXFOLIATING GLOVES* and wash body with long strokes in the direction of the heart. This improves blood circulation and lymphatic drainage that excrete waste material.
-

Ideal bath temperature is 35°C.

It is advisable not to soak too long in the bath because it dries out the skin.

Avoid too hot water if you are prone to developing capillary veins.

Use the time in the bath to relax the muscles and to do deep respiratory exercises.

Also add *BATH OIL* for a dry skin.

Gently apply *HAND & BODY LOTION* or *HAND CREAM* to damp skin directly after bathing.





MATURE is a rich, nourishing moisturizer that gives extra moisture to extremely dry or mature skin.

MATURE has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

Moisturizers delay the aging process.

Although collagen gives the skin a youthful suppleness and firmness, it is still prone to damage (aging) from free radicals. Antioxidants can stop or even reverse damage and aging.

MATURE is an important part of the skin care routine for a mature skin:

- Beneficial to delay signs of aging.
 - Beneficial for cell rejuvenation and suppleness.
 - Helps protect skin against dehydration and pollution.
 - Nourishes the skin.
-



Directions:

- Cleanses face.
 - Gently dry.
 - Follow up with *BALANCING TONER*.
 - Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
 - Apply *MATURE* using ring finger and smooth over entire moist skin.
 - Use twice daily.
-



OMEGA 3 is essential for people with dry skin. Eat more good fats found in nuts, avocados and fish, which is rich in oil.

For extra nourishment: Apply *MATURE* onto skin and follow up with *ALOE TISSUE OIL*. Supplement with *RADICAL IMAGE*. It contains important nutrients essential for an attractive skin.



Dryness of the skin is mostly an accumulation of dead cells on the surface of the skin. Using *REFINING SCRUB* leaves the skin fresh & radiant.

MOISTURIZER



MOISTURIZER is ideally suited for oily, normal and combination skin.

MOISTURIZER has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

MOISTURIZER delays the aging process.

Treatment of the skin frequently causes the oil glands to function better and improves the condition of the skin.

MOISTURIZER is an important part of the skin care routine for oily, normal and combination skin:



- Advantageous to delay signs of aging.
 - Beneficial for cell rejuvenation and suppleness.
 - Helps protect against dehydration and pollution.
 - Nourishes the skin.
-

Directions:



- Cleanse face.
 - Gently dry.
 - Follow up with *BALANCING TONER*.
 - Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
 - Apply *MOISTURIZER* using ring finger and smooth over entire moist skin.
-

A person with a combination skin should apply *MOISTURIZING DAY CREAM* to drier areas.



Skin aging can start at the early age of 25 years due to a poor diet, nutrient deficiencies, poor health or too much exposure to the sun.

Supplement with *RADICAL IMAGE* and *OMEGA 3* that contain important nutrients for an attractive skin.

During dry seasons, a person with normal skin would probably need a richer moisturizer such as *MOISTURIZING DAY CREAM*.

MOISTURIZING DAY CREAM is a moisturizer ideally suited for dry, mature and dehydrated skin.



MOISTURIZING DAY CREAM has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

Moisturizers delay the aging process. No skin, no matter how neglected or old, may be left untreated. Moisture is kept in the skin by the application of cosmetic products. The fine lines that develop due to a lack of moisture can be repaired.

MOISTURIZING DAY CREAM is an important part of the skin care routine for dry, mature and dehydrated skin:

- Beneficial for the delay in signs of aging.
 - Beneficial for cell rejuvenation and suppleness.
 - Helps protect against dehydration and pollution.
 - Nourishes the skin.
-



Directions:

- Cleanse face.
 - Gently dry.
 - Follow up with *BALANCING TONER*.
 - Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
 - Apply *MOISTURIZING DAY CREAM* using ring finger and smooth over entire moist skin.
-



Causes of aging skin: poor diet, nutrient shortages, sunburn, poor health, hormonal changes, alcohol & smoking, tension, incorrect skin care products.

Supplement with *RADICAL IMAGE* and *OMEGA 3* that contain important nutrients for an attractive skin.

Dryness of the skin is mostly an accumulation of dead cells on the skin surface. Using *REFINING SCRUB* will leave the skin fresh and radiant.



MOISTURIZING MASK



MOISTURIZING MASK is an intensive, deep cleansing treatment for dry and mature skin especially after sunburn or when the skin feels tight. It has a beneficial effect on dry patches, flaking skin and even fine lines.

Hint: The use of a scrub such as **REFINING SCRUB** before application of a mask, helps the mask work more efficiently because all the dead cells on the surface of the skin have been removed.

MOISTURIZING MASK is an important part of the skin care routine for dry and mature skin:



- Deep cleanses the skin.
 - Removes dead cells during cleansing.
 - Refreshes the skin.
 - Shrinks pores.
 - Rehydrates the skin.
-

Directions:

Use **MOISTURIZING MASK** 1-3 times per week.

- Cleanse face.
 - Gently dry.
 - Apply a thin layer of **MOISTURIZING MASK** over face.
 - Avoid lip and eye areas.
 - Leave on for 5-10 minutes.
 - Rinse off with lukewarm water and gently dry.
 - Follow up with **BALANCING TONER**.
 - Use **SUPER ALDE GEL** for optimal absorption and improved skin elasticity.
 - Continue with normal skin care routine.
-



Keep skin's natural moisture balance at its best:

- A shortage of essential fatty acids leads to dry skin. **OMEGA 3** contains fatty acids for an attractive skin.
- See to it that living and work place is not dried out by wind, heaters and air conditioners.
- Avoid direct sunlight where possible.
- The internal water balance also moisturizes the skin. Drink plenty of water.



MOISTURE 4 HIM is an ideal moisturizer, with sun protection, suitable for the stronger and normally oilier skin of men.



MOISTURE 4 HIM is an important part of the skin care routine for men:

- Nourishes and moisturizes the skin.
 - Beneficial for delaying signs of aging.
 - Beneficial for cell rejuvenation and suppleness.
 - Helps protect against dehydration and pollution.
-



Directions:

- Shave/cleanse face.
 - Gently dry.
 - Follow up with *AFTER SHAVE LOTION*.
 - Apply *MOISTURE 4 HIM* using ring finger and smooth over entire moist skin.
 - Follow up with *SUN CARE LOTION* when spending the day outdoors.
-



Cleanse at night with Aloe Ferox facial cleanser. Choose from:

- *FACIAL WASH REGULAR* (oily skin)
- *FACIAL WASH BITTER* (skin nightmares)
- *FOAMING CLEANSER* (normal/combo skin)
- *CLEANSING CREAM* (dry/dehydrated skin).

RADICAL IMAGE and *OMEGA 3* capsules contain important nutrients for healthy and attractive skin.

Apply *MOISTURE 4 HIM* to nourish and moisturize the skin. Soap, water, wind and sun dehydrate the skin. Aloe Ferox *SHAVING CREAM* is ideal for sensitive or irritated skin.



MUSCLE GEL



MUSCLE GEL contains a combination of plant extracts that help care for painful muscles, joints, tendons and head discomfort. Also contains Eucalyptus and Chamomile to assist with easy breathing.

Take care of discomfort in joints and tendons from the inside with *FABULOUS FIBRE BITTER* and *JOINT SUPPORT*.

Stiff joints need healthy fats and oils. Supplement with *OMEGA 3* and eat more fish, nuts and avocados.

Care for breathing discomfort with *WINTER FIGHTER*, *WHOLE-LEAF ALDE JUICE*, *SI-NOSE DROPS/SPRAY* and *MUSCLE GEL*.

MUSCLE GEL contains plant extracts that:

- Improve blood circulation.
 - Have a beneficial effect on sore muscles and joints.
 - Help with the maintenance of the muscular system.
 - Have an anti-inflammatory action.
 - Are beneficial for the function of the nervous system.
-



Directions:

- *Muscles, joints and tendons*: Generously apply *MUSCLE GEL* to affected areas 3-4 times per day.
 - *Headache*: Apply a thick layer of *MUSCLE GEL* to temples and forehead. Keep the gel moist by steaming the face.
 - *For comfortable breathing or coughing*: Apply *MUSCLE GEL* generously to chest, throat and back when necessary.
 - *Tickling or scratchy throat*: Apply *MUSCLE GEL* generously to throat or chest when necessary.
-



Drink more water. Many cases of arthritis can be relieved or reversed by drinking at least a litre of water per day.

Appearance of this product may vary due to the natural ingredients used.





Help restore lost moisture to your nails and cuticles with *NAIL & CUTICLE GEL*. Nails can easily become dry and brittle due to exposure to elements such as water, dust, cold, heat, etc.

A massage with *NAIL & CUTICLE GEL* helps to supplement the shortage of natural oils.

Extra care for dry, broken nails: place a few drops of *ALDE TISSUE OIL* on a piece of cotton wool. Massage each nail gently with this cotton wool. Leave for 10 minutes and rub dry with towel. Follow up with *NAIL & CUTICLE GEL*. Supplement your diet with *OMEGA 3* capsules and healthy fats.

NAIL & CUTICLE GEL is an important part of nail care:

- Beneficial for cell rejuvenation.
 - Nourishes and moisturizes.
 - Prevents dehydration.
-



Directions:

- Apply *NAIL & CUTICLE GEL* to clean nails and cuticles and massage thoroughly.
 - Care for poor, slow growing nails with *NUTRI HAIR* capsules.
-



Cuticles should never be cut. Soak nails in warm water with *LUXURY FOAM BATH* and gently push back cuticles with a cuticle stick.

Use a nail clipper to remove coarse skin at the corner of the nail.

Shape the nails with an amaril file. Do not file too deeply into corners as this weakens the nails.

Advice for nail biting: apply *SI-NOSE DROPS* or bitter powder to nails.

Repeated or long immersions in water softens the nails and causes splitting or even chronic felons (fingertip abscesses). Rather use gloves in water.



NECK CREAM



NECK CREAM, a rich moisturizer, is ideally suited for the skin of the neck, which is prone to aging. Contains botanical oils that revitalise skin and provides additional moisture to the neck area.

The neck lacks oil glands and signs of aging can become visible very soon – long before signs of aging appear on the face.

NECK CREAM has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

NECK CREAM is an important part of the skin care routine for all skin types and ages:



- Delays signs of aging.
 - Beneficial for skin rejuvenation and elasticity.
 - Helps protect skin against dehydration.
 - Helps maintain increased blood flow to the skin.
-

Directions:



- Cleanse face and neck.
 - Gently dry.
 - Follow up with *BALANCING TONER*.
 - Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
 - Apply *NECK CREAM* to neck area and upper chest area and massage with upward motions.
 - Continue with normal skin care routine.
-



NECK CREAM cares for the suppleness and firmness of the chest area. Also helps prevent aging and the sagging of your womanly assets. Always apply *NECK CREAM* in an upward motion.

Supplement your diet with *RADICAL IMAGE* and *OMEGA 3*, which contain important nutrients for attractive skin.

NIGHT CREAM is the ideal night cream for oily skin.

NIGHT CREAM has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.



Sleep favours the nourishing of your skin and also repairs daily damage caused by pollution and ultraviolet rays. Try using a richer night moisturizer than the day moisturizer to nourish and repair the skin.

NIGHT CREAM is an important part of the skin care routine for an oily skin:

- Delays the signs of aging.
 - Beneficial effect on cell rejuvenation and elasticity.
 - Helps to protect the skin against dehydration.
 - Helps to maintain increased blood flow to the skin.
-



Directions:

- Cleanse face.
 - Gently dry.
 - Follow up with *BALANCING TONER*.
 - Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
 - Apply *NIGHT CREAM* using ring finger and smooth over entire moist skin.
-



Start using a night cream at about 25 years of age, not only when skin is oily. Oil production declines after approximately 25 years of age.

Oily skin, especially during teenage years, can indicate a hormonal imbalance.

RADICAL IMAGE capsules care for hormonal levels and also contain important nutrients for an attractive skin.



NUTRI HAIR



NUTRI HAIR capsules help maintain healthy hair and nail growth.

The presence of the male hormone, testosterone, is the main cause (approximately 95%) of hair loss in men and women.

DHT, a testosterone connection, causes the hair follicle to shrink and die and is also responsible for unwanted hair growth in other areas of the body. *NUTRI HAIR* helps prevent the forming of DHT.

NUTRI HAIR contains plant extracts that are beneficial for:

- The well-being of the hair follicle. Hair loss occurs when the follicle shrinks and dies.
 - Healthy cell growth and protein synthesis. Insufficient protein in the diet can cause hair loss.
 - The treatment of psychological and physical stress.
 - The well-being of the thyroid. Hair loss is often the result of thyroid problems.
 - Maintaining healthy hair colour.
 - Supplying nutrients for healthy hair growth.
-



Directions:

- Take 2-4 *NUTRI HAIR* capsules daily with meals. Do not exceed a maximum of 4 capsules per day.
 - Use for at least 3 months.
 - *Hint*: *SHAMPOO BITTER*, *NUTRI HAIR CONDITIONER* and *SUPER ALDE GEL* care for hair externally.
-



Because hair is primarily built up of protein, quality protein in your diet is of the utmost importance for healthy hair. A shortage of protein in your diet causes growing hair to go into a dormant phase. The result is hair loss.

NUTRI HAIR CONDITIONER helps maintain healthy hair growth, energises listless hair growth and pacifies hair loss. It is the ideal moisturizer for dry hair.



A conditioner should be used after every shampoo, thus preventing further loss of moisture by closing the hair cuticles and leaving hair shiny and healthy.

NUTRI HAIR CONDITIONER has a pH of 4, which restores the scalp's pH, protects against environmental influences, creates an unfavourable environment for bacteria and counteracts static electricity.

Suitable for healthy, damaged and dry hair.

NUTRI HAIR CONDITIONER is an important part of the hair care routine for all hair types:

- Helps promote skin and hair penetration to absorb nutrients and moisturizers.
- Nurtures scalp and hair, especially when prone to hair loss.
- Helps slow down excessive hair loss.
- Helps promote proper absorption of nutrients through the hair shaft.
- Advantageous for proper blood circulation, which is necessary for healthy hair growth.
- Helps protect the elasticity of the hair.
- Helps maintain the natural pH of the scalp.



Directions:

- *Listless hair growth*: Shampoo hair with *SHAMPOO BITTER*.
Dry/normal hair: Shampoo hair with *REVITALIZING SHAMPOO*.
- Rinse well.
- Work *NUTRI HAIR CONDITIONER* through hair and gently massage scalp for 2-3 minutes.
- Rinse thoroughly with warm water.
- *Listless hair growth*: Gently massage scalp with *SUPER ALOE GEL*. Do not rinse. Comb through hair and style.



Hint: *NUTRI HAIR* capsules are a hair growth-friendly supplement.



OMEGA 3



OMEGA 3 capsules help promote the supplementation of essential unsaturated omega-3 fats in the diet.

Taking the right kind of fat is crucial for optimal health. Essential fatty acids are vital for life, to stay healthy and to delay the effects of aging.

A low-fat diet can lead to a shortage of fat-soluble vitamins A, D, E, K and B₁₂ as well as various minerals.

OMEGA 3 is beneficial for the well-being of:

- Heart and arteries.
 - Immune system.
 - Skin.
 - Fat burning.
 - Hormones.
 - Joints.
 - Eyes.
 - Brain function.
-



Directions:

- Take 2 OMEGA 3 capsules daily with meals, or as needed.
 - Use for at least 3 months.
-



Hydrogenated polyunsaturated fats (called trans fats) are harmful. They are found mainly in margarine and sunflower oil. Trans fats, together with sugar and refined foods, are the main cause for heart diseases, inflammatory illnesses, autoimmune diseases, cancer and other chronic degenerative diseases of the 20th century. Use butter and cold-pressed oils such as olive oil.

Signs of too little fat in your diet:

- Dry skin.
- Deep folds that stretch from the nose to the mouth.
- Stiff joints.
- Moodiness.
- Intestinal cramps, bloatedness, loose bowel.





OUTLOOK capsules help promote the wellness of the eyes and quality of vision. *OUTLOOK* consists of a combination of plant extracts and antioxidants, which are known for their beneficial effect on various eye complaints.

Antioxidants play an important role in protecting the body and eyes against signs of aging and damage.

Care for the sensitive area around the eyes with *EYE GEL*. Follow up with *EYE CREAM*.

OUTLOOK contains plant extracts that have the following benefits:

- Care for eye problems like dry and inflamed eyes.
 - Proper blood circulation to the eyes.
 - Antioxidant activities protect against UV radiation.
 - Improves night vision.
 - Stabilising effect on blood sugar levels.
-



Directions:

- Take 1 *OUTLOOK* capsule daily with meals.
 - Use for at least 3 months.
-



Aging is the cause of most eye complaints.

Other risk factors: Unhealthy diet, smoking, alcohol, prolonged exposure to sunlight, increased serum levels and inflammation.

Reduced risk of developing cataracts.

Taking unrefined carbohydrates and sugar give rise to unstable blood sugar levels, which in the long run damage eyes and hasten the aging process.

Eat a diet rich in antioxidants, fresh, unrefined foods and drink enough water.

Protect your eyes against bright light or harmful UV rays with the antioxidants in *OUTLOOK* and wear sun glasses which block all UVB.



PEARLY JASMIN HAND WASH



PEARLY JASMIN HAND WASH is a pleasantly fragranced liquid soap which gently removes surface impurities without irritating the skin.

PEARLY JASMIN HAND WASH helps to retain more of the skin's natural moisture, leaving the hands soft and moisturized.

PEARLY JASMIN HAND WASH:



- Cleanses gently.
 - Beneficial effect on the restoration of the skin.
 - Contains no artificial colourants.
 - Suitable for a sensitive skin.
-

Directions:



- Wet hands first.
 - Apply *PEARLY JASMIN HAND WASH* and work into a rich lather.
 - Rinse hands and towel dry.
 - Follow up with *HAND & BODY LOTION* or *HAND CREAM*.
-

PEARLY JASMIN HAND WASH is ideal for people who wash hands frequently as the skin dehydrates to a lesser degree than with normal soap.

For further protection use:



- *HAIR & BODY WASH*: pH balanced to be used on hair and body.
- *LIQUID BODY WASH BITTER*: for sensitive and problem skin.
- *BODY SCRUB*: liquid body soap with ground apricot kernels.
- *SHOWER GEL*: for men and ladies, each with its unique, irresistible fragrance.



RADICAL IMAGE is beneficial for a healthy, attractive skin.

Take care of your skin externally by following a daily beauty routine:

- Teenage skin - *BITTER ALOE GEL*.
- Uneven skin tone - *SPOTLESS CRÈME*.
- Mature skin - *SUPER ALOE GEL*, *WRINKLE-LESS CRÈME* and *OMEGA 3*.

Enemies of the skin: sun exposure, cigarette smoke (inhaled or second hand), environmental pollution, low fat diets, sugar and refined foods, trans fats, shortages of vitamin A, C & E and folic acid, too much alcohol, stress, harsh soaps, too little sleep.

RADICAL IMAGE contains plant extracts that have the following benefits:

- Promote a healthy, spotless and youthful skin.
- Ensure hormonal harmony.
- Boost the immune system.
- Have antioxidant activities.
- Delay signs of aging.
- Have detoxifying effects.



Directions:

- Take 2 *RADICAL IMAGE* capsules daily with meals.
- Use for at least 3 months.
- *Safety*: Do not use *RADICAL IMAGE* in cases of intestinal obstruction, acute, inflamed intestinal disease (e.g. Crohn's disease, ulcerative colon inflammation), appendicitis, abdominal pain of unknown origin, pregnancy and breastfeeding, because it contains *Aloe ferox* bitters.



Sugar and refined foods are especially harmful to your skin. They contribute to hormonal imbalance, suppress immunity that fights inflammation and bacteria in pimples, contribute to wrinkles and tightness of the skin, hasten aging, make the skin prone to discolouration (e.g. age spots) and deplete the nutrient sources of the body, which are necessary for healthy skin.

Consult your doctor if you are receiving hormone treatment.



REFINING SCRUB



Use *REFINING SCRUB* with ground apricot kernels to improve skin appearance. It helps to remove dead cells on the skin surface, allowing new skin cells to become visible. Also promotes cell rejuvenation and softens wrinkles and rough skin.

Skin scrubbing is not only for deep cleansing, but also for skin problems such as blocked pores, oiliness, sallow complexion and acne scars. Scrubbing a skin prone to pimples, helps to keep pores open and prevent a pimple outbreak. May soften fine lines, small wrinkles and minor pigmentation spots.

The inclusion of the apricot-based emollient can help counteract any drying effects associated with exfoliating your skin, thus ensuring a healthier and softer skin surface.

REFINING SCRUB is an important part of the skin care routine for all skin types:



- Beneficial for cell rejuvenation.
 - Helps remove dead skin cells.
 - Leaves skin looking radiant and healthy.
 - Open blocked pores.
 - Soften fine lines and light pigmentation spots.
-

Directions:

- Cleanse face.
- Apply *REFINING SCRUB* to forehead, nose, chin and cheeks.
- Wet fingertips and gently scrub in small, circular movements.
- Avoid eye, neck and lip area.
- Rinse with lukewarm water.
- Follow up with *BALANCING TONER*.
- Continue with normal skin care routine.



- *Dry skin*: twice weekly.
- *Normal and combination skin*: once a week.
- *Oily skin*: once every 10 days.
- *Sensitive skin or severe acne*: avoid scrubbing.
- *Blackheads*: twice weekly.

Best time: evenings.



In case of sensitive and couperose skin on cheeks, handle very gently.

REJUVENATING ESSENCE contains active ingredients which have been clinically proven to stimulate collagen synthesis.



By restoring the collagen structure, the formation of fine lines and wrinkles is delayed, thus maintaining and restoring a youthful appearance.

Suitable for all skin types.

Care for the skin from the inside by supplementing with *OMEGA 3* capsules. Eat food rich in natural oils, eg. fish, nuts and avocados.

REJUVENATING ESSENCE is an important part of the skin care routine for all skin types:

- Improves the natural appearance of the skin.
- Promotes the decrease of wrinkles.
- Tightens collagen fibres.
- Restores the elasticity of the skin.
- Diminishes fine lines and visible signs of aging.
- Improves skin texture.
- Works ideally in conjunction with *SUPER ALOE GEL*.



Directions:

- Cleanse face and neck.
- Gently dry.
- Follow up with *BALANCING TONER*.
- Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
- Apply *REJUVENATING ESSENCE* using ring finger and smooth over entire moist skin.
- Follow up with a suitable moisturizer/night cream.



Wrinkles are the result of the skin losing its elasticity and collagen being damaged. Therefore, nourish skin with a night cream containing essential nutrients to assist the skin's rejuvenating process.



RESIST-A-BUG



RESIST-A-BUG is an effective product specially formulated to keep unwelcome insects such as flies, horseflies and midges away from animals.

RESIST-A-BUG is composed of natural ingredients and has a pleasant scent.



- *RESIST-A-BUG* is antibacterial, antifungal, antiviral and adverse to parasites.
 - *RESIST-A-BUG* conditions the hair thereby displaying the natural softness and sheen of the coat.
 - Can be used on dogs, horses and other domestic animals of all ages.
 - Effective against mosquitoes, fleas, bees, etc.
 - Safe for human use.
-

Directions:



- Keep *RESIST-A-BUG* away from animals' eyes.
 - Spray evenly over the whole body. Allow spray to be absorbed by hair and skin. *RESIST-A-BUG* may discolour light coloured fur.
 - Can be liberally applied onto hooves.
-

Treat external skin problems with *BITTER ALOE GEL*.

Treat eye problems with *SUPER ALOE GEL*.

WHOLE-LEAF ALOE JUICE can be used internally for unwell pets.



Aloe bitters can be added to animal licks and feeds for control of ticks and parasites in livestock and game.

Appearance of this product may have a very minute variation due to the natural ingredients used.

REVITALIZING SHAMPOO



REVITALIZING SHAMPOO is specially formulated with a pH of 6 to help retain the acidity of the scalp while gently opening the pores to cleanse the hair. This prevents the removal of the natural oils from the scalp and does not dry out the hair.

REVITALIZING SHAMPOO is suitable for everyday use on all hair types.

Use *NUTRI HAIR CONDITIONER* after shampooing the hair to restore the natural pH of the scalp, close the hair cuticles and leave hair healthy and shiny.

REVITALIZING SHAMPOO is an important part of the hair care routine for all hair types:

- Improves the natural appearance of the hair.
- Increases penetrability of hair and scalp to absorb nutrients and moisturizers more effectively.
- Ideal for restoring dry, damaged and chemically treated hair.
- Helps protect elasticity.
- Natural cleanser.



Directions:

- Brush hair to remove dirt, tangles and dead cells.
- Wash hair with *REVITALIZING SHAMPOO* and massage scalp gently. Harsh rubbing stretches hair.
- Rinse well.
- Apply *NUTRI HAIR CONDITIONER*. Comb through hair without stretching and massage scalp for 2 minutes.
- Rinse well with warm water and gently dry.
- Apply *SUPER ALDE GEL* to moist hair and style.



Dry hair: Frequently apply oil treatments using *ALDE TISSUE OIL*/coconut oil. Supplement diet with *OMEGA 3* capsules.

NUTRI HAIR capsules promote healthy hair growth.



SHAM-PET



SHAM-PET is the ideal shampoo for pets and is beneficial for a healthy skin and fur. It consists of aloe bitters and a combination of plant extracts that are known for their beneficial effect on various skin complaints.



- SHAM-PET is antibacterial, antifungal, antiviral and adverse to parasites.
-

Directions:



- Apply SHAM-PET to damp fur and massage gently.
 - Rinse off thoroughly.
 - Avoid contact with eyes.
 - SHAM-PET may discolour light coloured fur.
-

Supplement your pet's daily diet with BITTER CRYSTALS/FABULOUS FIBRE BITTER. This helps to control pests and plagues that harass your pet internally as well as externally. It also helps to prevent numerous other unwanted health complaints.

Aloe bitters can be added to animal licks and feeds for control of ticks and parasites in livestock and game.

Aloe bitters is added to the drinking water of pigeons, chickens and ostriches for parasite control.



Aloe bitters is used successfully for tick bite fever in animals.

Use WHOLE-LEAF ALOE JUICE for unwell pets.

VAL-U-LIFE is a valuable supplement for animals with wasting syndrome illnesses such as cancer.

Care for external skin complaints with BITTER ALOE GEL.

Take care of eye complaints with SUPER ALOE GEL.

Appearance of this product may have a very minute variation due to the natural ingredients used.

SHAMPOO ANTI-DANDRUFF

SHAMPOO ANTI-DANDRUFF is ideal for a flaky scalp. With a pH of 6 *SHAMPOO ANTI-DANDRUFF* helps to retain the acidity of the scalp while gently opening the pores for cleansing.



Use *NUTRI HAIR CONDITIONER* after shampooing the hair to restore the natural pH of the scalp, close the hair cuticles and leave hair healthy and shiny.

SHAMPOO ANTI-DANDRUFF is an important part of hair care, especially in cases of dandruff:

- Helps promote penetrability of skin and hair to absorb nutrients and moisturizers.
- Natural cleanser.
- Helps protect elasticity.
- Combats bacteria, fungi, viruses and parasites.



Directions:

- Brush hair to remove dirt, tangles and dead cells.
- Wash hair with *SHAMPOO ANTI-DANDRUFF*. Gently massage scalp. Repeat if necessary.
- Rinse hair thoroughly.
- Apply *NUTRI HAIR CONDITIONER* Comb through hair without stretching. (Avoid contact with scalp in case of oily hair.)
- Rinse well with warm water and gently dry.
- Gently massage *SUPER ALOE GEL* to scalp to absorb excess oil. Do not rinse.
- Style hair with *SUPER ALOE GEL*.



NUTRI HAIR capsules are good for healthy hair growth.

SHAMPOO ANTI-DANDRUFF controls dandruff by avoiding oiliness of the scalp.

SHAMPOO ANTI-DANDRUFF helps to reduce dry scalp flakes.

Poor diet, slow metabolism, stress and hormonal disturbances can cause dandruff.



SHAMPOO BITTER



SHAMPOO BITTER is ideal for oily hair and also has a beneficial effect on listless hair growth and various scalp nightmares.

SHAMPOO BITTER has a pH of 6, helps to retain the acidity of the scalp while gently opening the hair scales for cleansing.

SHAMPOO BITTER is an important part of the hair care routine for oily hair and scalp problems:



- Helps promote penetrability of skin and hair to absorb nutrients and moisturizers.
 - Natural cleanser.
 - Helps protect elasticity.
 - Combats bacteria, fungi, viruses and parasites.
-

Directions:



- Brush hair to remove dirt, tangles and dead cells.
 - Wash hair with *SHAMPOO BITTER*. Repeat if necessary. Gently massage scalp.
 - Rinse hair thoroughly.
 - Apply *NUTRI HAIR CONDITIONER* and comb through hair without stretching hair.
 - Rinse well with warm water and gently dry.
 - *Scalp nightmares*: gently massage *SUPER ALOE GEL* onto scalp. Do not rinse. Comb through and style.
 - *Oily hair*: gently massage *SUPER ALOE GEL* onto scalp to help absorb excess oil. Do not rinse. Comb through and style.
-

Use *NUTRI HAIR CONDITIONER* after shampooing, restoring the natural pH of the scalp, closing the hair cuticles and leaving hair healthy and shiny.



NUTRI HAIR capsules are good for healthy hair growth.

Oily hair and skin, especially in teenage years, can indicate a hormonal imbalance. Supplement with *RADICAL IMAGE* capsules.

Appearance of this product may have a very minute variation due to the natural ingredients used.

SHAVING CREAM contains an active ingredient that causes the hair to stand up, thus enabling you to shave close to the skin. The volume of the beard hair increases, making the hair softer and easier to shave off, thus causing less damage to the skin during the shaving process.



SHAVING CREAM is an important part of the skin care routine for men:

- Protects skin against damage and desiccation.
 - Has analgesic characteristics.
 - Has a soothing effect on symptoms of various shaving related problems.
-



Directions:

- Wet skin with warm water and apply *SHAVING CREAM* to shaving area. It can also be worked into a lather with a shaving brush, if preferred. Leave for 2-4 minutes to soften beard.
 - Shave in the direction of hair growth for least irritation, although a smoother shave is achieved by shaving against the direction of hair growth.
 - Rinse with lukewarm water.
 - Gently dry.
 - Follow up with *AFTER SHAVE LOTION*.
 - Moisturize skin with *MOISTURE 4 HIM*.
 - Follow up with *SUN CARE LOTION* when spending a day outdoors.
-



Soften hard beard by covering the whole beard area with a warm, wet facecloth for a few minutes. The moist warmth will soften the beard and skin and reduce shaving rash.



SHOWER GEL



Shower or bath, using refreshing *SHOWER GEL*. *SHOWER GEL* for **ladies** is specially fragranced with an irresistible jasmine aroma, while the mint fragrance makes the **men** feel refreshed.

Suitable for all skin types including delicate, dry and eczema-prone skin. Moisturize you while you wash, leaving your skin smooth and soft.

SHOWER GEL respects the pH balance of the skin that is essential for natural protection against unwanted invaders such as bacteria and germs.

SHOWER GEL:



- Cleanses gently.
 - Helps skin to retain moisture.
 - Prevents dehydration of the skin.
 - Removes sweat and odour while leaving the body fragranced.
-

Directions:



- Before bath/shower: skin brush the body (while dry) using *EXFOLIATING GLOVES*. This stimulates blood circulation and the excretion of waste material through the skin.
 - Cleanse entire body with *SHOWER GEL*.
 - After drying: apply *CEL-U-LITE GEL* where necessary.
 - Moisturize entire body with *HAND CREAM* or *HAND & BODY LOTION*.
-



Start with a warm shower, but finally switch to cold water. It promotes blood circulation and will leave you feeling invigorated when finished.



Care for nasal discomfort with *SI-NOSE DROPS/SPRAY* and *WINTER FIGHTER*. Also apply a thick layer of *MUSCLE GEL* to sinus locations. *Aloe ferox* bitters is traditionally used to care for sinusitis.

Extra care for a bothersome drip: apply a thick layer of *MUSCLE GEL* to the throat and chest.

SI-NOSE DROPS/SPRAY contains plant extracts that:

- Combat bacteria, viruses and parasites.
- Have a natural antihistamine action.
- Relieve pain.
- Help to support detoxification and also purify.
- Have an anti-inflammatory action.



Directions:

- Shake well before use.
- Place 1-2 *SI-NOSE DROPS* in each nostril twice daily.
- Administer 1-2 sprays of *SI-NOSE SPRAY* in each nostril twice daily.
- Do not use continuously for more than one week.



Allergies, especially dairy products, are often the cause of sinusitis.

The use of sugar lowers the allergy threshold by prompting the body cells to react to allergens.

Dairy tends to increase the secretion and thickness of mucus. When mucus, produced in the sinuses, cannot drain properly, the sinuses become a breeding place for bacteria.

Repeated use of antibiotics makes one prone to yeast infections (*Candida albicans*). Yeast and antibiotics suppress the immune system and, in this way, contribute to sinusitis.

Drink lots of water. It helps the sinuses drain easier and the mucus membrane is better protected against infection.

Appearance of this product may vary due to the natural ingredients used.



SLIM & TRIM



SLIM & TRIM capsules contain special plant extracts that complement each other to assist with weight control and weight loss.

SLIM & TRIM contains plant extracts that are scientifically proven to:

- Promote weight loss.
- Suppress appetite.
- Stabilise blood sugar levels.
- Improve energy levels.



This combination of plant extracts reduces appetite and stabilises blood sugar levels whilst increasing fat burning:

- **Irvingia Gabonensis (African Bush Mango):** promotes weight loss.
 - **Gymnema Sylvestre:** helps stabilise blood sugar levels and reduces cravings for sugar and junk food.
 - **Camellia Sinensis (Green Tea):** suppresses appetite and improves energy levels.
 - **Chromium:** necessary for better insulin functioning to control blood sugar levels and assist the body with fat burning.
-

Directions:



- Take 1 *SLIM & TRIM* capsule before breakfast and lunch.
 - Do not exceed a maximum of 4 capsules per day.
 - Use for at least 3 months.
-

To ensure maximum weight loss, it is essential to change your lifestyle.

Eat balanced meals rich in vegetables and salads with enough meat. Eat more fish and healthy fats.

Drink enough water.



Exercise is essential to burn the energy we consume and increase muscle mass, which leads to more energy being utilised.

Recommendation: Use *SLIM & TRIM* in conjunction with *BODYBASICS* to replace mineral deficiencies and for fat burning. Vitamin and mineral deficiencies often lead to cravings that can be prevented by using *ALOE MULTI PLUS*. Refer to the Aloe Ferox dietary booklet *EAT YOURSELF SLIM* for more information.

SPOTLESS CRÈME is an ideal moisturizer for discolouration of the skin caused by excessive hyperpigmentation. Regular application of *SPOTLESS CRÈME* on darker and lighter patches results in an even complexion.



The results may be observed after 2-4 weeks of uninterrupted application twice daily. In the case of an oily skin, it may take longer. *SPOTLESS CRÈME* is suitable for all skin types.

SPOTLESS CRÈME is an important part of the skin care routine for all skin types:

- Works against melanin formation.
- Encourages cell renewal and reduces dark melanin forming in the skin because it stimulates cell rejuvenation.
- De-activates free radicals.
- Beneficial for collagen synthesis.
- Contains no chemical bleaches.



Directions:

- Cleanse skin.
- Gently dry.
- Follow up with *BALANCING TONER*.
- Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
- Apply *SPOTLESS CRÈME* twice daily to face and neck.
- If affected area isn't on face or neck, apply *SPOTLESS CRÈME* immediately after cleansing.
- By day: Mix *SPOTLESS CRÈME* and *SUN CARE LOTION* before application. This mixture provides essential sun protection.
- At night: Mix *SPOTLESS CRÈME* and *SUPER ALOE GEL* before application. It promotes absorption.
- Use for at least 6-8 weeks for a noticeable difference.



RADICAL IMAGE capsules contain important nutrients and antioxidants that help prevent skin discolouration and age-related skin damage.

Apply suitable sunscreen during day time as pigmentation treatment causes UV sensitivity.



SUN CARE LOTION



SUN CARE LOTION is a rich, creamy sunscreen with a sun protection factor of 50. *SUN CARE LOTION* is suitable for daily use and may be used with make-up.

Sunburn is the visible proof of damage to the skin and the greatest cause of skin aging. Regularly apply *SUPER ALOE GEL* to sunburnt skin.

SUN CARE LOTION is an important part of the skin care routine for all skin types:



- Offers high protection against UVA and UVB.
 - Helps prevent sun damage.
 - Moisturizes skin.
 - Prevents dehydration of the skin.
 - Prevents and reduces formation of melanin in the skin.
-

Directions:



- Mix *SUN CARE LOTION* with *SUPER ALOE GEL* before application for an even appearance and improved absorption.
 - Apply daily to exposed skin.
 - Avoid eye area.
-

Apply *SUN CARE LOTION* 15 minutes before exposure to sun on exposed skin.

Do not rub *SUN CARE LOTION* in too much as it can reduce its effectiveness by 25%.

Repeat application of *SUN CARE LOTION* after swimming, towelling or activities that lead to sweating.



Avoid sun during peak times, even with sunscreen protection.

Stay out of the sun during the heat of the day, between 11h00 and 15h00, when the sun does the most damage.

Sun exposure (before skin damaging sunburn occurs) is essential to maintain well-being, as it is required by the body to manufacture vitamin D.

Regularly apply *SUPER ALOE GEL* to sunburnt skin as it helps revitalise burnt tissue.

SUNKIDZ 50+ (INDICATOR LOTION)

SUNKIDZ 50+ (INDICATOR LOTION) is a rich, creamy sunscreen with a sun protection factor of 50+.



SUNKIDZ 50+ (INDICATOR LOTION) is specially designed for young children with a SPF-enhancement of whitening in the UV filter. The parent can therefore determine if the child is completely protected after application and also to what extent the child maintains protection after swimming and other outdoor activities.

Unprotected exposure to the sun can do irreparable damage to the skin and is the biggest cause of skin cancer. Make *SUNKIDZ 50+ (INDICATOR LOTION)* part of your daily routine.

-
- Aloe Ferox's sun protecting products comply with the international requirements in the manufacturing of high UVA and UVB protection.
 - Babies younger than a year should not be exposed to direct sunlight.
 - The SPF in your sunscreen is only effective when applied generously. When the application is not sufficient it can minimise the efficiency up to $\frac{1}{3}$ of the SPF.
 - Do not dress directly after application of *SUNKIDZ 50+ (INDICATOR LOTION)*. Let the sunscreen first absorb into the skin.
 - With SPF 50 you can stay up to 4 hours longer in the sun before reapplication.



Directions:

-
- Apply *SUNKIDZ 50+ (INDICATOR LOTION)* 15 minutes before exposure to sun on exposed skin.
 - Repeat application of *SUNKIDZ 50+ (INDICATOR LOTION)* after swimming, towelling and after activities that lead to sweating.



Stay out of the sun during the heat of the day, between 11h00 and 15h00, when the sun does the most damage.

Sun exposure (before skin damaging sunburn occurs) is essential to maintain well-being, as it is required by the body to manufacture vitamin D.

Regularly apply *SUPER ALDE GEL* to sunburnt skin as it helps revitalise burnt tissue.



SUPER ALOE GEL



SUPER ALOE GEL is a combination of plant extracts that are known for their beneficial effect on various skin conditions. Suitable for all skin types as well as a healthy skin.

A skin care routine without *SUPER ALOE GEL* is incomplete. *SUPER ALOE GEL* improves absorption of nutrients and has a beneficial effect on the repairing action and elasticity of the skin.

Important antioxidants in *SUPER ALOE GEL* help to slow signs of aging.



- *Aloe ferox* contains at least 130 medicinal agents with various actions: anti-inflammatory, analgesic, calming, antiseptic, germicidal, antiviral, antitumour, anticancer, detoxifying, stimulating cell renewal and wound healing, destroying parasites.
 - *SUPER ALOE GEL* helps to improve penetration so that nutrients and moisturizers can be absorbed more easily.
 - *SUPER ALOE GEL* improves elasticity and has a repairing effect on the skin.
-

Cosmetic use:

- Cleanse face and neck.
- Gently dry.
- Follow up with *BALANCING TONER*.
- Apply a thin layer of *SUPER ALOE GEL* twice daily to damp neck, face and eye area.
- Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
- Moisturize damp skin.
- Use twice daily.



Other uses:

- Apply 2-3 times per day to skin where necessary, eg. sunburn, burns, bites, allergic reactions, etc.
-



Care for the skin from within with *RADICAL IMAGE*.

Treat vulva problems associated with itching, burning, sensitivity and discomfort with *SUPER ALOE GEL*.

Regularly apply *SUPER ALOE GEL* to sunburnt skin as it helps revitalise burnt tissue.

SWEET FEET is a lotion that refreshes tired, aching feet and freshens sweaty feet.



Wearing uncomfortable shoes can cause distorted and deformed toes, bunions and ingrown toenails. Burning feet and knobby big toes can also develop.

High heels can lead to foot problems like bunions, corns and malformed toes in later life. The height of the heel should never exceed 2 cm.

SWEET FEET contains plant extracts that:

- Promote an analgesic effect.
- Have a cooling effect on the skin.
- Are advantageous for proper blood circulation.
- Help reduce excessive sweating.



Directions:

- Mix *SWEET FEET* with *MUSCLE GEL* and massage tired feet with long, upward strokes. Massage every toe, move the hand firmly upwards over the bridge of the feet.
- Apply *SWEET FEET* to clean feet before putting on shoes.
- Massage toes daily with *SWEET FEET* mixed with *MUSCLE GEL* to help prevent and treat chilblains.



Wash feet regularly and dry thoroughly.

Change socks and shoes regularly.

Wear comfortable shoes that fit well.

Leather shoes are preferable as they are porous and feet will sweat less.

Expose feet to air as often as possible.

A foot massage improves blood circulation and is relaxing.

Appearance of this product may have a very minute variation due to the natural ingredients used.



ULTRA RICH NIGHT CREAM



ULTRA RICH NIGHT CREAM is an ideal night cream for dry, mature and dehydrated skin.

ULTRA RICH NIGHT CREAM has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

Whilst sleeping, conditions are ideal for nourishing the skin and treating damage caused by pollution and ultraviolet rays. Always try to use a richer moisturizer at night to nourish and treat skin.

ULTRA RICH NIGHT CREAM is an important part of the skin care routine for dry, mature and dehydrated skin:



- Delays signs of aging.
 - Advantageous for skin renewal and elasticity.
 - Helps prevent dehydration of the skin.
 - Helps encourage blood circulation in the skin.
-

Directions:



- Cleanse face.
 - Gently dry.
 - Follow up with *BALANCING TONER*.
 - Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
 - Apply *ULTRA RICH NIGHT CREAM* using ring finger and smooth over entire moist skin.
-

A dry skin is the first sign of too little fat in the diet. Supplement your diet with *OMEGA 3* and healthy fats found in nuts, avocados and fish rich in oil.



RADICAL IMAGE contains important nutrients for an attractive skin.

The sun is the single most important reason for skin aging. Use a good sunscreen everyday.

Cigarette smoke speeds up the aging process because it deprives the skin of oxygen and thereby slows down the regeneration of skin.



VAL-U-LIFE capsules contain a mixture of plant extracts that help support the functioning of the immune system and improve the quality of life of people with wasting syndrome diseases like cancer, tuberculosis and anorexia.

A powerful immune system is capable of searching for and destroying invaders such as cancer cells, viruses, bacteria and fungi before they can continue to multiply.

For the optimum functioning of any supplement, a healthy diet should be followed. Without this, a supplement cannot function to its full potential.

VAL-U-LIFE contains plant extracts that are beneficial for:

- Boosting the immune system.
 - Preventing damage caused by free radicals.
 - Assisting in detoxing.
-



Directions:

- Take 2 *VAL-U-LIFE* capsules daily.
 - Use for at least 3 months.
-



Cancer cells live on glucose, especially from refined sugar and carbohydrates. Refined foods weaken the immune system.

It is important to rid the body of toxins that build up (especially those in fatty tissue). These toxins lead to cell mutation and promote fatigue and chronic exhaustion.

Smoking and alcohol rob the body of nutrients needed for optimum health and produce free radicals that attack and damage cells in the body.



VANISHING CREAM



VANISHING CREAM is a moisturizer suitable for oily and teenage skin types.

VANISHING CREAM has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

VANISHING CREAM absorbs excessive oil while hydrating the skin. It also delays the aging process.

VANISHING CREAM is an important part of the skin care routine for oily and teenage skin types:



- Absorbs oiliness.
 - Narrows skin pores.
 - Gives the skin a matt appearance.
 - Advantageous to delay signs of aging.
 - Beneficial for cell rejuvenation and suppleness.
-

Directions:



- Cleanse face.
 - Gently dry.
 - Follow up with *BALANCING TONER*.
 - Apply *BITTER/SUPERALOE GEL* to moist skin.
 - Apply *VANISHING CREAM* using ring finger and smooth over entire moist skin.
-



For a matt appearance: take equal amounts of cover and *VANISHING CREAM* in the palm of the hand and mix well.

Apply the mixture as you would apply a cover.

The skin now has a matt appearance thus eliminating the need for a facial powder. Continue with normal make-up routine.



VITAMIN C+ is a buffered vitamin C which does not cause heartburn. It also contains bioflavonoids to assist the body with its absorption.

VITAMIN C+ is a potent, water-soluble antioxidant that neutralises harmful free radicals, which are detrimental to our health.

Free radicals damage the body and promote inflammation that has been associated with heart disease, strokes, cancer, diabetes, Alzheimer's and numerous other chronic diseases.

OMEGA 3 together with vitamin C help to prevent inflammation.

Besides neutralising free radicals, vitamin C is also required for:

- Collagen manufacturing, which is essential to maintain a youthful skin, healthy arteries as well as strong cartilage, tendons, ligaments and bones.
- Adrenal glands to produce stress hormones, which allow the body to cope with stress.
- Help with the conversion of fat stored in the body cells, to energy.
- The liver to detoxify heavy metals.



Directions:

- Take 2 *VITAMIN C+* capsules daily for maintaining general health.
- Take 2 *VITAMIN C+* capsules twice daily for health conditions.
- Use for at least 3 months.



Refined and processed foods have been stripped of the vital nutrients that our bodies need. Thus, to ensure that our bodies receive all the essential nutrients, it is vital to consume a diet of whole food.

Eat balanced meals rich in vegetables and salads with enough meat. Eat more fish and healthy fats.

Drink plenty of water.



WHOLE-LEAF ALOE JUICE



WHOLE-LEAF ALOE JUICE helps maintain general well-being and optimal vigour.

The combined action of the more than 130 medicinal agents in *Aloe ferox* is responsible for its powerful effect. The positive effect differs from individual to individual. Every person's body takes what it needs.

WHOLE-LEAF ALOE JUICE improves the action of other plant extracts as well as chemical medicines used simultaneously.

To preserve as much of the medicinal agents in *WHOLE-LEAF ALOE JUICE*, all the watery juice, fibre and green skin are retained in the manufacturing process. The total bitter-free leaf is minced, blended and jellified, using a cold processing procedure.

WHOLE-LEAF ALOE JUICE is also suitable for diabetics, slimmers, pregnant women and nursing mothers.

WHOLE-LEAF ALOE JUICE only contains the fibre-rich *Aloe ferox* leaf that:



- Boosts the immune system.
- Is digestion-friendly.
- Stabilises blood sugar levels.
- Assists with appetite control due to the rich fibre content.

Directions:

- Take 25-75 ml before meals or as needed.
- Begin with a small dosage (± 25 ml) and increase the dose according to your requirements. *WHOLE-LEAF ALOE JUICE* is a safe, herbal drink and there is no restriction on the daily intake.
- Keep a careful watch on your condition if you are taking medication, as you may have to adjust medication (under supervision of your physician) especially in cases of high blood pressure and high blood sugar. These conditions will improve when using *WHOLE-LEAF ALOE JUICE*.



Nutritional elements: Minerals (mg/kg): Calcium 294, Boron 1, Chromium 4, Iron 18, Manganese 1, Sodium 167, Nickel 1, Strontium 2, Vanadium 1, Zinc 2, Potassium 2101. Protein 0.14 g/100 g (17 amino acids). Carbohydrate 0.8 g/100 g. Fat 0.02 g/100 g. Energy 16k J/100 g

Appearance of this product may vary due to the natural ingredients used.

WHOLE-LEAF ALOE GEL

WHOLE-LEAF ALOE GEL consists of a combination of aloe and various plant extracts and oils that are known for their beneficial effect on various skin conditions.



To retain as many of the medicinal agents of the *Aloe ferox* as possible, the entire, bitter-free leaf is used. No sap, fibre or green peel is lost during the cold processing method. Because the nutrients and medicinal agents are manufactured in the peel, this part of the *Aloe ferox* leaf contains a higher concentration of these agents than any other part of the leaf, which means that *WHOLE-LEAF ALOE GEL* contains the full spectrum of the medicinal qualities of the *Aloe ferox*.

Aloe ferox contains at least 130 medicinal agents with various actions that support the body's functions: anti-inflammatory, analgesic, calming, antiseptic, germicidal, antiviral, antitumour, anticancer, detoxifying, destroying parasites, stimulating cell renewal and wound healing, reduces swelling.

Various oils in *WHOLE-LEAF ALOE GEL* help nourish and moisturize the skin.

This high concentration of *WHOLE-LEAF ALOE GEL*:

- Leaves a layer on the skin that supports the skin's natural protective processes.
 - Improves skin rejuvenation for damaged and injured skin.
 - Is beneficial for various skin complaints.
-



Directions:

- Apply 2-3 times daily where necessary, eg. in case of dry skin as a result of sun damage. Mix with *HEEL BALM* for better results.
 - For external use only.
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For stubborn dry skin complaints, eg. eczema, *WHOLE-LEAF ALOE GEL* with *X-BALM* can be used. For psoriasis *WHOLE-LEAF ALOE GEL* can be used with *BITTER BALM*.

Use together with *ALOE TISSUE OIL* to improve the elasticity of dry and damaged skin.

Just as a skin care routine without *SUPER ALOE GEL* is incomplete, *WHOLE-LEAF ALOE GEL* is irreplaceable in the treatment of damaged skin.

Appearance of this product may vary due to the natural ingredients used.



WINTER FIGHTER



Fight all the unpleasant winter symptoms with *WINTER FIGHTER* capsules.

WINTER FIGHTER is a must in your medicine cabinet! It must be on hand when those first winter symptoms strike. Echinacea used in *WINTER FIGHTER* is widely used to fight infections especially colds and flu. Take 2 capsules as soon as the first symptoms are detected. If taken immediately *WINTER FIGHTER* will clear up these symptoms within a day.

Take *VITAMIN C+* and *WHOLE-LEAF ALDE JUICE* with your *WINTER FIGHTER*. This combination is deadly against winter symptoms.

WINTER FIGHTER contains plant extracts which are beneficial for:



- The immune system.
 - Preventing winter symptoms.
 - Minimising the severity and length of colds and flu.
 - Destroying enemies of the nasal passages.
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Directions:

- Take 2 *WINTER FIGHTER* capsules 3 times daily.
 - Do not use continuously for longer than 8 weeks.
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Colds and flu are viral infections, therefore, antibiotics that kill bacteria have no effect. They may only have an effect on secondary infections like ear or tonsil infection, laryngitis, fever, mouth and throat infection.



Strengthen your immune system so that your body can fight back.

Your immune system needs proteins and the necessary nutrients to function effectively.

Sugar and refined food weaken your immunity.

Antibiotics break down your immune system.

Soothe a scratchy throat with *MUSCLE GEL*.

Care for bothersome sinus complaints with *SI-NOSE DROPS*.

WRINKLE-LESS CRÈME

WRINKLE-LESS CRÈME is a rich moisturizer, containing special plant extracts that play a specific role in the battle against wrinkles. Ideal for all skin types.



WRINKLE-LESS CRÈME has a light rose oil fragrance and is ideally suited for sensitive or allergic skin types.

WRINKLE-LESS CRÈME is an important part of the skin care routine for all skin types:

- Nourishes and moisturizes skin.
 - Advantageous for skin rejuvenation.
 - Restores elasticity of skin.
 - Protects the skin against dehydration.
 - Delays formation of wrinkles.
 - Strengthen the collagen layer.
 - Helps to tone the skin.
 - Assists with tissue repair and maintenance.
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Directions:

- Cleanse face.
 - Gently dry.
 - Follow up with *BALANCING TONER*.
 - Use *SUPER ALOE GEL* for optimal absorption and improved skin elasticity.
 - Apply *WRINKLE-LESS CRÈME* using ring finger and smooth over entire moist skin.
 - In cases of dry skin apply *WRINKLE-LESS CRÈME* after moisturizer.
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RADICAL IMAGE contains important nutrients and antioxidants that help fight the signs of aging and for a beautiful and healthy skin.

OMEGA 3 helps fight against dry skin. Also supplement your diet with healthy fats found in nuts, avacodos and fish rich in oil.



X-BALM



X-BALM consists of a combination of plant extracts that may have a beneficial effect on persistent skin complaints accompanied by dry skin.

Care for the skin from the inside with *RADICAL IMAGE* capsules. Dry skin conditions require more fat in the diet. Supplement your diet with *OMEGA 3* capsules and eat more nuts, avocados and fish rich in oil.

X-BALM contains plant extracts that:

- Combat bacteria, viruses and parasites.
 - Care for inflammation.
 - Have analgesic characteristics and soothe the skin.
 - Help detoxify and also purify.
 - Moisturize the skin.
 - Promote the absorption of active ingredients.
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Directions:



- Apply a thin layer of X-BALM to the affected areas 3 times daily or as needed.
 - For dry skin complaints, eg. eczema, use X-BALM with *WHOLE-LEAF ALOE GEL*.
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Sugar and refined foods are extremely harmful to your skin. They deplete the nutrient source of the body necessary for healthy skin, contribute to hormonal imbalance, suppress the immune system that fights inflammation and bacteria in pimples, lead to tightness of the skin, wrinkles, accelerate aging and making the skin prone to pigmentation.



Do the following test: Can you go for 2 weeks without sugar, chips, sweets, chocolates, ice cream, pasta, potatoes, rice?? *Test passed?* Congratulations, see how your skin has improved!