China developed a large body of traditional medicine. Much of the philosophy of traditional Chinese medicine derives from empirical observations of disease and illness by Taoist physicians and reflects the classical Chinese belief that individual human experiences express causative principles effective in the environment at all scales. These causative principles, whether material, essential, or mystical, correlate as the expression of the natural order of the universe.

The foundational text of Chinese medicine is the Huangdi neijing, (or Yellow Emperor’s Inner Canon), written 5th century to 3rd century BCE. Near the end of the 2nd century AD, during the Han dynasty, Zhang Zhongjing, wrote a Treatise on Cold Damage, which contains the earliest known reference to the Neijing Suwen. The Jin Dynasty practitioner and advocate of acupuncture and moxibustion, Huangfu Mi (215-282), also quotes the Yellow Emperor in his Jiayi jing, c. 265. During the Tang Dynasty, the Suwen was expanded and revised, and is now the best extant representation of the foundational roots of traditional Chinese medicine. Traditional Chinese Medicine that is based on the use of herbal medicine, acupuncture, massage and other forms of therapy has been practiced in China for thousands of years.

In the 18th century, during the Qing dynasty, there was a proliferation of popular books as well as more advanced encyclopedias on traditional medicine. Jesuit missionaries introduced Western science and medicine to the royal court, the Chinese physicians ignored them.

Finally in the 19th century, Western medicine was introduced at the local level by Christian medical missionaries from the London Missionary Society (Britain), the Methodist Church (Britain) and the Presbyterian Church (USA). Benjamin Hobson (1816–1873) in 1839, set up a highly successful Wai Al Clinic in Guangzhou, China. The Hong Kong College of Medicine for Chinese was founded in 1887 by the London Missionary Society, with its first graduate (in 1892) being Sun Yat-sen, who later led the Chinese Revolution (1911). The Hong Kong College of Medicine for Chinese was the forerunner of the School of Medicine of the University of Hong Kong, which started in 1911.

Due to the social custom that men and women should not be near to one another, the women of China were reluctant to be treated by male doctors. The missionaries sent women doctors such as Dr. Mary Hannah Fulton (1854–1927). Supported by the Foreign Missions Board of the Presbyterian Church (USA) she in 1902 founded the first medical college for women in China, the Hackett Medical College for Women, in Guangzhou.

Please find in this small booklet a range of Quality Products Made in the UK we could serve to you.

Yours
Christian Sekula
POINT Group Europe
**4HEAD TREATMENT STICK**

**Product Description**

For direct application to the forehead.

Non greasy, colourless STICK.

A natural headache treatment.

A specially designed treatment for headaches which is applied directly to the forehead for fast, effective headache relief without pills. A DIOMED PRODUCT.

**Indications**

A SPECIALLY DESIGNED TREATMENT FOR HEADACHES WHICH IS APPLIED DIRECTLY TO THE FOREHEAD FOR FAST, EFFECTIVE HEADACHE RELIEF WITHOUT PILLS

**Ingredients**

Active Ingredient: Levomenthol 3.6g

Contains 100% levomenthol w/w. Cutaneous stick for external application. Important, read and retain enclosed leaflet for full directions on how to use. Apply gently across the forehead taking care to avoid the eyes. For single patient use. Use as required but avoid excessive use. If symptoms persist or worsen seek medical advice. For topical use only. DO NOT PUT IN THE MOUTH OR SWALLOW. FOR EXTERNAL USE ONLY.

**Safety Warning**

Keep out of the reach and sight of children. Do not store above 25°C. Keep away from heat at all times.
Abidec Multivitamin Syrup with Omega 3
150 ml

Product Description

It comes in fruity lemon flavour. It helps maintain healthy growth and development and supports healthy brain function and concentration. For children aged 1 to 5. It contain eight essential vitamins. It contain omega 3 from fish oil, gluten, yeast and wheat free.

This lemon flavoured syrup is an ideal way to ensure intake of omega 3 fatty acids, which may play a part in maintaining healthy brain function and levels of concentration.

Abidec multivitamin syrup with omega 3 is a delicious way of delivering essential vitamins and omega 3 fatty acids to children to support healthy growth and help maintain healthy brain function.

Food supplement.

Ingredients

Purified Water, Glycerol, Fish Oil Powder, Sodium Citrate, Thickener: Xanthan Gum Vitamin C (Ascorbic Acid), Lemon Flavouring, Citric Acid, Sodium Chloride, Preservative Potassium Sorbate, Vitamin E (D Alpha Tocopheryl Acetate, Sunflower Seed Oil) Niacin, Pantothenic Acid, Vitamin B6, Vitamin A (Dl Alpha Tocopherol, Vitamin A Palmitate), Thiamin (Vitamin B1), Vitamin D (Dl Alpha Tocopherol, Vitamin D, Medium Chain Triglycerides), Directions

Dosage
Children 1 to 3 years: One 5ml spoonful a day.
Children 4 years and over: Two 5ml spoonfuls a day.

Shake well before use.
Abidec Multi Vitamin Supplement for Babies and Children Drops - 25 ml

Product Description

Seven essential vitamins to aid healthy growth. It contain natural flavour and aroma.

Why do children need vitamins?

During the first two years, children have a very high nutritional need in relation to their size. Vitamins play an important role in maintaining healthy growth. Vitamins can be used up or lost quickly, therefore it is vital that your child receives the essential vitamins daily. Abidec multivitamin drops to aid healthy growth

Abidec multivitamin drops have been specially formulated to help meet the nutritional requirements of your children. It is particularly beneficial in the prevention of vitamin deficiencies. Abidec multivitamin drops are rich in seven essential vitamins. Given daily, Abidec multivitamin drops provide the correct balance of vitamins to maintain your child’s healthy growth.

Contents: 1 x 25 ml bottle and one syringe.

Please read the enclosed leaflet for further information. Product may appear cloudy. This does not affect its nutritional properties.

Ingredients

Each 0.6ml of oral drops solution contains: Retinol (as Vitamin A Palmitate) 1333 IU, Ergocalciferol (Vitamin D2) 400 IU, Thiamine Hydrochloride (Vitamin B1) 0.4mg, Riboflavin (Vitamin B2) 0.8mg, Pyridoxine Hydrochloride (Vitamin B6) 0.8mg, Nicotinamide 8mg, Ascorbic Acid (Vitamin C) 40mg Contains Sucrose (see leaflet for further information), Contains Arachis Oil (Peanut Oil)

Directions

Dosage

Abidec Multivitamin Drops should be given orally, once each day. Place the drops directly on the back of the tongue using the syringe provided.

Children under 1 year: One 0.3ml dose taken daily. Maximum daily dose: 0.3ml

Children aged 1-12 years: One 0.6ml dose taken daily. Maximum daily dose: 0.6ml

Ensure the syringe is washed (not in a steam steriliser) then dried thoroughly. Store syringe in a clean dry place until next use. Syringe for use with this product only. After each use reseal the bottle with the original cap. Abidec Multivitamin Drops have been specially formulated for babies and children and are not recommended for adults.
Product Description

Therapeutic indications

Multi-Action ACTIFED Chesty Coughs is indicated for the symptomatic relief of upper respiratory tract disorders accompanied by productive cough, which are benefited by the combination of a histamine H1-receptor antagonist, a decongestant of the mucous membranes of the upper respiratory tract, especially the nasal mucosa and sinuses, and an expectorant.

Posology and method of administration

Adults and children aged 12 years and over Oral. 10 ml every 4-6 hours up to 4 times a day

Multi-Action ACTIFED Chesty Coughs is contraindicated in children under the age of 12 years

Multi-Action ACTIFED Chesty Coughs may be diluted 1:1 (1 in 2) or 1:3 (1 in 4) with unpreserved syrup BP. These dilutions have a shelf life of 4 weeks if stored at 25°C.

Contraindications

Multi-Action ACTIFED Chesty Coughs is contraindicated in individuals with known hypersensitivity to the product, any of its components, or acrivastine.

Multi-Action ACTIFED Chesty Coughs is contraindicated in individuals with severe hypertension or severe coronary artery disease.

Multi-Action ACTIFED Chesty Coughs is contraindicated in individuals who are taking, or have taken, monoamine oxidase inhibitors within the preceding two weeks. The concomitant use of pseudoephedrine and this type of product may occasionally cause a rise in blood pressure.

Not to be used in children under the age of 12 years. For best results vitamins should be given every day.
Alka-Seltzer

Bayer Healthcare Alka-Seltzer Original 20 Pcs

For the fast and effective relief of headache with upset stomach particularly when due to too much to eat or drink. Alka-seltzer is especially effective when taken before bed and again in the morning. Also for relief of migraine, period pains, aches and pains and discomfort associated with colds or flu. For best results vitamins should be given every day.
Suppositories 12 Pack

Suppositories are inserted directly into the anus to deliver medication straight to the pile to help shrink them, soothe itching and relieve pain and discomfort.

ANUSOL® Suppositories are designed to be easily and painlessly inserted into the bottom, and can be used with creams.

ANUSOL® Suppositories are most appropriate for internal piles.

Anusol Cream provides effective, soothing relief from internal and external piles, anal itching and fissures (fissures refer to a split or crack in your skin).

Treatment Cream 23g

Treatment Ointment 25g

Treatment Cream 43g

Soothing Relief - 12 Suppositories
Ashton & Parsons Infants’ Powders

Ashton & Parsons Infants’ Powders provide relief from teething pain and symptoms associated with teething such as sore and tender gums, flushed cheeks and dribbling in babies from 3 months.

Ashton & Parsons Infants’ Powders are a traditional herbal medicinal product, based on traditional use only.

Dosage

Children 3-6 months: Half the contents of one sachet dry on the tongue in the morning and the other half in the evening. The sachet may be divided in half by emptying half the contents onto a teaspoon and retaining the other half in the sachet.

Children over 6 months: Pour contents of 1 sachet dry on the tongue morning and night. The dose can be repeated every 1, 2 or 3 hours if needed, up to a maximum of 6 doses in 24 hours until improvement.

Ingredients

Each sachet contains powder impregnated with 0.002ml of the active ingredient tincture of matricaria (Matricaria recutita L.) flower. Also contains lactose. Extraction solvent: Ethanol H 70% v/v.

Ashton & Parsons Infants’ Powders may cause an allergic reaction or make existing conditions worse in children who suffer from allergic type conditions (e.g. asthma).

Do not use Ashton & Parsons Infants’ Powders if your child:

Is allergic to tincture of matricaria, lactose or to plants of the Asteraceae/Compositae family such as daisies, marigolds or artichokes.

Has an intolerance to some sugars, unless your doctor tells you to (this medicine contains lactose).
Astral Original Cream

Astral Original Cream is full of delicately balanced and nourishing ingredients which make it a perfect all-over moisturiser. It can be used everyday to keep your skin soft and supple, and can tackle even the driest skin on your elbows and feet. Versatile Astral can also be used as an after sun lotion and make-up remover.

As we get older, our skin needs a different kind of care, which means that the moisturiser you used in your 20s might not be right for you once you’re in your 40s and beyond. Rich, intensely moisturising Astral Original has everything mature and changing skin needs daily from a moisturiser, all over, all in one pot. A skincare formula so effective, it’s never had to change.

Astral Cream locks in the skin’s natural moisture whilst still allowing it to breathe, leaving skin fresh, hydrated and protected. Astral is the timeless and trusted choice for intense moisturisation and skin nourishment.

The rich, protective formulation of Astral cream is the same simple but very effective one it’s always been, with the same main ingredients:

- **Lanolin** is a rich natural moisturiser which binds water to itself, locking moisture in while still allowing the skin to breathe. It’s naturally hypoallergenic and easily absorbed.

- **Glycerine** attracts water into the epidermis, increasing its moisture content. It’s thought of as having a Natural Moisturising Factor for smoother-looking skin.

Together, these renowned moisturisers give mature and very dry skin the nourishment it needs and help protect it by keeping essential moisture in. You can feel it working hours after you’ve applied it.

Astral is dermatologically tested and is not tested on animals.

**Directions for Use**

Apply liberally to areas that are dry, rough or dehydrated.
Aveeno Bath Oil 250ml

Aveeno Oil, a bath & shower oil, contains colloidal oatmeal and softening oils, thoroughly cleanses, moisturises and conditions dry and sensitive skin. Aveeno Oil may be used in the bath or shower.

Directions
Apply directly to wet skin in the shower, gently massage and then rinse off thoroughly. Can also be used in the bath – pour 2 tablespoons (30ml) into a bath under running water. No need to use additional soaps or rinse. Product will disperse evenly in water, but will not foam.

Ingredients
Paraffinum Liquidum, Helianthus Annuus (Sunflower) Seed Oil, Diethylhexyl Adipate, Sorbeth-40 Hexaoleate, Avena Sativa (Oat) Kernel Flour, Silica, Cera Alba, PEG-5 Cocomonium Methosulfate, Ascorbyl Palmitate, Tocopheryl Acetate, Triclosan, Parfum

Aveeno Cream 100ml

Aveeno Cream is formulated with naturally active colloidal oatmeal to moisturise dry and sensitive skin. Regular use helps prevent dryness and irritation caused by skin dehydration. Aveeno Cream contains naturally active colloidal oatmeal has several powerful properties in helping to manage dry skin.

Directions
Apply as often as required to the affected area. Suitable for use on all areas of the body.

Ingredients
Aqua, Glycerin, Distearldimonium Chloride, Isopropyl Palmitate, Paraffinum Liquidum, Cetyl Alcohol, Dimeticone, Avena Sativa (Oat) Kernel Flour, Allantoin, Paraffin, Cera Microcrystallina, Stearyl Alcohol, Myristyl Alcohol, Isopropyl Alcohol, Sodium Chloride, Benzyl Alcohol
Aveeno Moisturising Lotion 500 ml

Aveeno Daily Moisturising Lotion combines the concentrated goodness of finely-milled naturally active Colloidal Oatmeal with rich emollients.

This unique formula is clinically proven to go beyond 24 hour moisturisation, and replenish the skin’s natural barrier function to significantly improve the skin’s condition in just two weeks.

Absorbed quickly and leaves the skin looking and feeling soft, smooth and healthy.

Ingredients
Aqua, Glycerin, Distearyldimonium Chloride, Isopropyl Palmitate, Paraffinum Liquidum, Cetyl Alcohol, Dimethicone, Avena Sativa (Oat) Kernel Flour, Paraffin, Cera Microcristallina, Stearyl Alcohol, Myristyl Alcohol, Benzyl Alcohol, Sodium Chloride.
Bazuka Treatment Gel

Bazuka Extra Strength Treatment Gel is a treatment for verrucas and warts. It is suitable for use by adults, the elderly and children aged over 2 years.

Clinically proven. No fuss, no plasters necessary

Contain salicylic acid which gently removes the infected skin tissue - eliminating the virus

The pain-free gel dries to form a water resistant, protective barrier to inhibit the spread of infection

Bazuka Extra Strength Gel and Bazuka Extra Strength Treatment Gel offer the same benefits as Bazuka Gel but in a higher strength formulation, with over twice the amount of salicylic acid.
Beconase

Beconase Hayfever Relief

Beconase Allergy Spray

Beconase, which includes a range of products contains a medicine called beclometasone dipropionate. This belongs to a group of medicines called steroids (also called corticosteroids). Steroids work by reducing inflammation.

Beconase is used to prevent and treat inflammation in the lining of the nose (rhinitis) due to seasonal allergies, such as hayfever and year round (perennial) allergies, such as animal allergies.

Beconase reduces swelling and irritation in the nose which helps to relieve the symptoms of itching, sneezing and a blocked or runny nose.

Care should be taken with where steroids are used and for how long they are used.

Ingredients

The active ingredient is Beclometasone Dipropionate (50 mcg/spray). The other ingredients are are microcrystalline cellulose, sodium carboxymethylcellulose, dextrose, polysorbate 80, purified water and the preservatives benzalkonium chloride and phenylethylalcohol.

Directions

Over 18 years: Two sprays into each nostril morning and evening. Under 18 years: Not recommended.
Beechams All in One Tablets 16 Tablets

Beechams All in One Capsules relieve the symptoms of cold and flu and the pain of sinusitis, including aches and pains, headache, blocked nose, sore throat, chills and feverishness. They also loosen stubborn mucus (phlegm) and provide relief from chesty coughs.

Beechams All in One Capsules contain three active ingredients:

- Paracetamol: a painkiller which also reduces your temperature when you have a fever.
- Guaifenesin: an expectorant which loosens phlegm and relieves chesty coughs.
- Phenylephrine hydrochloride: a decongestant which unblocks your nose and sinuses, helping you to breathe more easily.

Beechams All in One Capsules are suitable for adults and children from 12 years.

Adults and children aged 12 years and over:

- Swallow 2 capsules with water every 4 hours as needed.
- Do not take more frequently than every 4 hours.
- Do not take more than 8 capsules in 24 hours.
- Do not take more than the recommended dose.
- Do not take for more than 5 days without asking your doctor.

Active Ingredients:

Paracetamol 500mg, Guaifenesin 100mg and Phenylephrine Hydrochloride 6.1mg.

Other Ingredients:

Maize Starch, Croscarmellose Sodium, Sodium Laurilsulfate, Magnesium Stearate and Talc. The capsule shell is made of Gelatin and contains the colours Quinoline Yellow (E104), Indigo Carmine (E132), Erythrosine (E127) and Titanium Dioxide (E171).
Benefiber 155g

Benefiber® helps maintain regularity and good digestive health

Benefiber® is a clear and taste-free fiber supplement you can add to a glass of water, your morning coffee, your cooking and even baking. Better yet, Benefiber® is 100% natural. The possibilities are simply endless and clearly healthy!

Product Description

Food 100% soluble fibre Supplement.

Makes Taking Fibre Easier.

Dissolves Completely in Beverages and Soft Foods. Increasing fibre intake helps maintain digestive health.

POWDER.

38 Servings Sodium free  Sugar Free

Soluble fibre food supplement powder.

Fibre is an important part of your diet but most people only get about half of their daily recommended amount*. Benefiber can help maintain your digestive health by increasing your fibre intake as part of a healthy, varied and well balanced diet and active lifestyle. Now it’s easier than ever to add fibre to your diet. You can mix Benefiber with almost anything.

Benefiber is Taste-free, Non-thickening so it won’t alter the taste or texture of your foods or beverages. Be creative with Benefiber. Try it in your coffee, juice or yoghurt.

*The British Nutrition Foundation says that in the UK most people do not eat enough fibre (the average intake is 12 g per day). The recommended intake for adults is currently 18-24 g per day.

Ingredients

Wheat Dextrin (100%) Gluten Free less than 10 ppm
Benylin Mucus Cough & Cold All in One Relief Tablets relieve the symptoms of colds and flu, including aches and pains, headache, blocked nose, sore throat, chills and chesty coughs. They contain three active ingredients:

- **Paracetamol**: a pain reliever (analgesic) that also helps to reduce your temperature when you have a fever.
- **Guaifenesin**: an expectorant to help loosen phlegm.
- **Phenylephrine**: a decongestant to reduce swelling in the passages of the nose to help you breathe more easily.

Benylin Mucus Cough & Cold All in One Relief Tablets are suitable for adults and children over 12 years.

Wheat Dextrin (100%) Gluten Free less than 10 ppm

Adults, the elderly and children 12 years and over: Take 2 tablets every 4 hours, as required. Do not take more than 8 tablets (4 doses) in any 24 hour period.

Do not exceed the stated dose. If your symptoms persist or worsen, you must see a doctor or pharmacist.

Active Ingredients:

- Paracetamol 250mg, Guaifenesin 100mg and Phenylephrine Hydrochloride 5mg.

Other Ingredients:

- Microcrystalline Cellulose, Stearic Acid, Povidone, Hypromellose and Polyethylene Glycol.
Bepanthen

Bepanthen is a water in oil emulsion containing 5% dexpanthenol (pro-vitamin B5) and the formula has been reduced to a minimum of ingredients containing no perfumes, preservatives, colours or antiseptics. Bepanthen is so gentle, it can be used even for sensitive baby skin at every nappy change.

Bepanthen is an ointment containing pro-vitamin B5. Pro-Vitamin B5 gently aids natural skin recovery, while keeping it soft smooth and moisturised.

Bepanthen forms a long lasting, breathable transparent layer, protecting even the most delicate skin from the causes of nappy rash. Bepanthen does not contain perfumes, antiseptics or preservatives and is clinically proven to protect from the causes of nappy rash.

Ingredients

Aqua, Lanolin, Paraffinum liquidum, Petrolatum, Panthenol (Dexpanthenol), Prunus dulcis, Cera alba, Cetyl alcohol, Stearyl alcohol, Ozokerite, Glyceryl oleate, Lanolin alcohol.
Berocca is a specially tailored formula containing high dose vitamin B complex, plus other essential nutrients, which are scientifically proven to help support energy release & mental performance. The B vitamins work with your body to convert food to fuel, helping you to release your energy. The pantothenic acid contributes to your mental performance.

Tailored vitamins and minerals to set you up for a really good day Free from sugar and artificial stimulants Free from artificial preservatives Suitable for vegetarians and vegans Tropical flavour effervescent tablets Multivitamin multimineral food supplement with sweeteners Why take Berocca®? Berocca® is a tailored combination of B & C vitamins and essential minerals such as Magnesium & Zinc that helps you release your energy. Berocca® is free from caffeine, sugar and artificial stimulants so offers a healthy way to help you feel on top form.

How to Use Berocca®? Take 1 tablet per day dissolved in a glass of water to make a delicious tropical-flavoured effervescent drink. Berocca® is best taken first thing in the morning to make the most of the day ahead and can be taken every day throughout the year. Taking more than the recommended daily intake may be harmful. Berocca® should not be used to replace a well balanced diet or healthy lifestyle. Do not swallow or chew the tablets. Berocca® is suitable for: Adults and children aged 12 and over.
Bio-Quinone Q10

Bio-Quinone Q10 Gold Capsules 100mg 150 Capsules

What is coenzyme Q10? Coenzyme Q10 (also known as ubiquinone) is a vitamin like substance which plays a vital role in the body’s energy supply mechanism, acting in conjunction with enzymes (hence the name coenzyme Q10) to convert sugars and fat into energy.

Coenzyme Q10 is also important as an antioxidant within the body. Coenzyme quinones occur in several chemical forms, with coenzyme Q10 being the only form found in human tissues. The human body is able to synthesize (in the liver) a limited amount of coenzyme Q10, with the remainder being obtained from the diet. Rich sources of coenzyme Q10 include fish (mackerel, salmon, sardines) and nuts. Under normal circumstances, the body is able to maintain adequate levels of coenzyme Q10. However, coenzyme Q10 levels decrease with age, and are depleted by intense physical exercise or illness. Coenzyme Q10 levels are also depleted in patients prescribed cholesterol-lowering statin drugs.

What does coenzyme Q10 do? Coenzyme Q10 is an essential cofactor of enzymes involved in the energy production process. Coenzyme Q10 is stored in mitochondria, structures found within cells responsible for the generation of energy (in the form of a molecule called ATP). Tissues with a high-energy requirement (heart, liver, skeletal muscles) contain higher numbers of mitochondria within their cells. Coenzyme Q10 is also important within the body as a major fat-soluble antioxidant, protecting cell membranes from the damaging effects of free radicals, in a complementary manner to vitamin E. Coenzyme Q10 promotes healthy cardiovascular function, and healthy immune function (cells involved in immune response have a high energy dependence).

How much should I take? The generally recommended intake for coenzyme Q10 is 30 to 200mg/day, taken with meals, to enhance absorption.
Blistex Cold Sore Cream 2g

Blistex Cold Sore Cream is clinically proven to treat the early stages of cold sores in adults and children over 12 years of age. Containing Docosanol, Blistex Cold Sore Cream is moisturising and soothing and works differently to other treatments in the early stages of a cold sore.

Directions: At the first sign of recurrent cold sore, apply to the affected area 5 times a day, at approximately 3 hourly intervals until healed, for maximum of 10 days. Do not start treatment with cream at the stage of an already developed blister or ulcer. Do not use if sensitive to Docosanol or any other ingredient.

Blistex Daily Lip Conditioner 7g

Blistex Daily Lip Conditioner is a moisturising lip balm enriched with nurturing ingredients including olive oil, grape seed oil and aloe vera to keep your lips in tip top condition.

The gentle yet effective formula is perfect for daily use - reapply as often as you like for lovely looking lips all year round.

Blistex Relief Cream 5g

Blistex Relief Cream is a medicated cream for quick relief of occasional cold sores, cracked, chapped and sore lips, leaving your lips feeling soft again. You are more vulnerable to developing a cold sore if you are feeling stressed or rundown. Your lips are more sensitive during extreme weather conditions, so may need a little more care than normal.

Directions: For cold sores: When symptoms arise, gently apply every hour to rapidly relieve any discomfort. Lipcare: Apply Blistex Relief Cream frequently to quickly relieve sore, cracked and chapped lips.
Bonjela Complete Plus

Bonjela Complete Plus is a complete treatment for minor mouth ulcers and other small wounds of the oral cavity in adults and adolescents over 16 years of age. As well as relieving pain quickly, it forms a soft film over the wound to protect against external irritants such as food, to prevent infection and to provide optimum healing conditions to aid the healing process.

Bonjela Complete Plus comes with an easy to use spatula, to make application quick, accurate and mess-free. Each application lasts up to 4 hours and the pack contains approximately 100 applications.

For adults and adolescents over the age of 16:

Wipe off the excess liquid from one side of the spatula against the rim of the bottle neck. Apply the product directly on the wound with the other side of the spatula in order to cover the area to treat. Allow to dry for about 10 seconds before closing your mouth. A visible film will appear over the ulcer. If the ulcer is not covered entirely, renew the application. Apply Bonjela Complete Plus as often as necessary up to 4 times a day, preferably before meals, until healing (3-5 days). Never scratch off the film once formed, it will disappear by itself. So long as the film remains visible, there is no need to proceed to a new application. After use, replace the spatula into the bottle and close the bottle tightly. The composition of the gel guarantees its hygiene, so there is no need to clean the spatula after use. The product should be used within 6 months of opening.

Ingredients
Carboxylic Acids, Mineral Acid, Cellulose Derivative, Ethanol (Anhydrous), Purified Water, Orange Flavour.
Product Description

BUSCOPAN IBS RELIEF is a tablet containing hyoscine butylbromide. This medicine relieves the discomfort and pain of abdominal cramps, associated with Irritable Bowel Syndrome. It belongs to a group of medicines called antispasmodics. They work by relaxing the cramping muscles of your bowel.

How to Use:

Adults and children 12 years or over: Start by taking one tablet 3 times a day. You can increase your dose to a maximum of two tablets 4 times a day if needed. Swallow the tablet whole with water, do not crush or chew. Not recommended for children under 12 years of age. Always read the information provided on the packaging and enclosed Patient Information Leaflet before taking this medicine. DO NOT EXCEED THE STATED DOSE.

Active ingredients:

Each tablet contains Hyoscine butylbromide 10mg as the active ingredient. Also contains soluble starch, maize starch, and sucrose.
Buttercup Chesty Cough Syrup

Product Description

• Chesty cough syrup
• Soothing and effective relief from chesty coughs
• Contains natural active ingredients: Ipecacuanha

Warnings
Do not use if: you are allergic to any of the ingredients, have kidney, liver or heart problems, are pregnant or breast-feeding unless on the advice of your doctor. If you are taking other medicines, check with your doctor or pharmacist before taking this medicine. Ipecacuanha Liquid Extract may interact with anti-arrhythmic drugs. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before using this medicinal product. Contains 3.2g of sucrose per 10ml dose. This should be taken into account in patience with diabetes mellitus. This medicinal product contains sucrose, ethanol, E123, E214, E216 and E218. Further Warnings This medicinal product contains small amounts of ethanol (alcohol), less than 100mg per 10ml dose. Contains E123 - may cause allergic reactions. Contains E214, E216 and E218 - may cause allergic reactions (possibly delayed). Side Effects May cause indigestion, nausea, vomiting, diarrhoea and cardiac conduction abnormalities (Heart palpitations). Keep out of reach and sight of children.
Calgel Teething Gel

Calgel Teething Gel provides relief from the symptoms of teething pain in babies from 3 months. It contains lidocaine, a local anaesthetic, to help relieve teething pain and soothe gums, and cetylpyridium chloride, a mild antiseptic, to help prevent infection.

Babies 3 months and over: Place approximately one-third of an inch (7.5 mm) of gel onto a clean pad of cotton wool or the tip of a clean finger and gently rub onto the affected area of the gum. If necessary, repeat the dose after 20 minutes.

Do not use more than 6 times in one day.

Active Ingredients:
Lidocaine Hydrochloride 0.33% w/w and Cetylpyridinium Chloride 0.1% w/w.

Other Ingredients:
Sorbitol Solution 70% (E420), Xylitol (E967), Ethanol 96%, Glycerol, Hydroxyethyl Cellulose 5000, Macrogolglycerol Hydroxystearate (Castor Oil Polyoxyl Hydrogenated), Macrogol Lauryl Ether 9, Macrogol 300, Saccharin Sodium, Levomenthol, Pharmaceutical Liquid Flavour (containing Chamomile), Caramel (E150), Citric Acid Monohydrate, Sodium Citrate Dihydrate and Purified Water.
Califig Syrup

Califig Syrup With Fibre 55ml

Califig Syrup of Figs contains real fruit extract of figs, providing a convenient and pleasant way to help maintain regularity.

Directions

Adults 15 years and over: 15 - 30ml
Children 1-3 yrs: 2½ - 5ml, Children 3-6 yrs: 5 - 10ml,
Children 6-15 yrs: 7½ - 15ml

Shake well before use.

Do not exceed the stated dose. Although overdosage is unlikely, an excessive intake may result in diarrhoea and abdominal pain. Consult your doctor if laxatives are needed every day, if there is persistent abdominal pain, no improvement or you notice any unwanted effect.

Do not take if you are experiencing severe abdominal pain, have sudden changes in bowel habits or are anorexic.

Ingredients

Water, Sweetener: Sorbitol; Maltodextrin (25% w/v), Fig Extract (10% w/v), Colour: Ammonia Caramel; Flavours: Ginger Extract, Clover Oil, Peppermint Oil, Cassia Oil; Sodium Benzoate, Citric Monohydrate.

Califig is free from:

Lactose, Gluten, Crustacean, Fish, Peanut, Treenut, Soya, Sulphur Dioxide/Sulphite, Yeast, Sugar.
Calpol Infant Strawberry Flavoured Sugar Free Suspension 100ml

Calpol Infant Suspension helps relieve pain and fever in children aged from 3 months to 6 years, as well as babies aged 2 months who are over 4kg and were born after 37 weeks.

The delicious strawberry flavoured liquid contains paracetamol to relieve pain and/or bring down fever (high temperature) in many conditions including post-immunisation fever, teething, headache, cold and flu, toothache, earache, sore throat and other aches and pains. Calpol Infant Sugar Free Suspension is free from sugar.

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Calpol Infant Strawberry Flavoured Suspension 200ml

Calpol Infant Suspension helps relieve pain and fever in children aged from 3 months to 6 years, as well as babies aged 2 months who are over 4kg and were born after 37 weeks.

The delicious strawberry flavoured liquid contains paracetamol to relieve pain and/or bring down fever (high temperature) in many conditions including post-immunisation fever, teething, headache, cold and flu, toothache, earache, sore throat and other aches and pains.
Canesfresh Wash Mousse

Canesfresh Gentle Refreshing Mousse is a feminine wash specially developed to refresh and care for your intimate area every day. It helps to keep the microflora of the skin of your intimate area in a healthy balance by maintaining the natural pH.

• Luxuriously soft mousse with lactic acid & calming lotus extract
• Contains pro-vitamin B5 for extra moisturising
• Enriched with lipids which contribute to a healthy skin barrier
• Dermatologically tested
• Hypoallergenic, free of preservatives & colourants

Canesfresh Wash Soothing Gel

Canesfresh Soothing Wash Gel is a mild feminine wash that is specially formulated to help soothe your sensitive intimate area during times of discomfort and avoid further irritation that regular perfumed shower gels may cause.

• Contains glycine, an amino acid known for its calming properties
• Provides 12 hours comfort and fresh feeling
• Free from harsh chemicals, like soap, preservatives and colourants
• Dermatologically and gynaecologist tested

Canesfresh Feminine Wipes

Canesfresh Feminine Wipes provide gentle daily cleansing and freshness with calming lotus extract and pro-vitamin B5 for your intimate area. Feel fresh throughout the day! Perfect for use during your period, after sport activity or when on the go.

• Discreet handbag size: 10 soft wipes in a discreet pack
• Dermatologically tested and hypoallergenic
• Free from preservative and alcohol
• Flushable and biodegradable
Canesintima Intimate Moisturiser

Canesintima Intimate Moisturiser is a gel specially designed for you to moisturise and lubricate your intimate area and help to protect from further irritation. It soothes the discomfort of vaginal dryness, providing lubrication and can even help to make intimacy more enjoyable.

Its unique formulation is enriched with camellia japonica and hyaluronic acid, ingredients of natural origin, known for their moisturising properties. It also contains glycerine known to help moisturise and lubricate. Canesintima is pH-balanced, hypoallergenic and dermatologist tested.

CanesOasis Cystitis Relief

CanesOasis contains an active ingredient that reduces the acidity of your urine. This reduction of acidity level helps alleviate the stinging and pain that you experience when you urinate. CanesOasis is a two-day remedy which is quick and easy to use – for each dose you simply dissolve the powder from one sachet into a glass of water and drink. It’s available in great-tasting cranberry flavour.

CanesOasis is available at pharmacies and in larger grocery stores. Remember if you suffer from frequent or severe cystitis, visit your doctor who will help you to determine your triggers and advise you.

Canespro Fungal Nail Treatment Set

This set is used as part of a topical treatment (meaning a drug placed directly on your skin rather than something you ingest) and it is recommended for mild and moderate fungal nail infections. Canespro is a unique treatment set that is clinically proven to soften and gradually remove the infected part of the nail. Canespro ointment has to be applied daily on the infected area of the nail, which is then covered by a plaster for 24h. Then, the softened part of the nail can be gently removed with the plastic tool. This gentle removal usually takes 2 to 3 weeks, and enables you to get to the main root of the infection (as in most cases fungal nail infections occur under the nail plate, on the nail bed).
Canesten Day Cream

Some women, especially those who suffer from vaginal dryness, prefer the cream formulation to treat their infection at the site. It is inserted high into the vagina with a pre-filled applicator.

A lower-dose of medication is delivered over 3 days to cure the infection. Use this cream treatment daily for 3 consecutive days.

Canesten Internal Cream

If you would prefer not to use a pessary but want to treat the infection at the source, this may be a good option for you. Treat your thrush effectively with a single-dose of internal cream, supplied conveniently in a pre-filled applicator.

Contains Clotrimazole.

Canesten Bifonazole

Canesten Bifonazole Once Daily 1% Cream is a fast-acting treatment for athlete's foot. With a powerful antifungal agent, bifonazole, this cream can be applied every day to help fight the fungal infection associated with athlete's foot. Best used at night, this cream should help clear symptoms within three weeks. Most Canesten products contain clotrimazole, an effective antifungal which helps treat fungal conditions such as yeast infections and thrush. Clotrimazole helps to prevent fungal bacteria from growing on the affected area. Unlike antibiotics, clotrimazole products are usually applied directly to the skin to inhibit fungal growth directly. In this formula, bifonazole works in a similar way. Free from preservative and alcohol. Flushable and biodegradable.
Canesten Cream Combi

This is a good option if you are looking for a treatment that works directly at the source of your thrush infection but you don't feel comfortable using a pessary. The single-dose internal cream comes in a pre-filled and easy to use applicator. The pack also comes with double strength thrush cream® to treat your uncomfortable external symptoms. This option may be preferred by those suffering from vaginal dryness. 95% of women would use it again. Suitable for use on an ongoing basis; Free from parabens, soap and fragrances; Water-based, non-sticky formulation; Compatible with condoms.

Canesten Hydrocortisone Cream

This triple action treatment is an anti-fungal and an anti-bacterial cream, plus it has anti-inflammatory properties to treat your athlete's foot. It is the only you can buy that is formulated with a combination of clotrimazole and hydrocortisone.

It works at the root of the problem by eradicating the fungi causing your athlete's foot, while also providing rapid relief from inflammation symptoms. Canesten Hydrocortisone is to be used for a maximum of 7 days. If your athlete's foot persists or worsens you should seek treatment advice from your doctor.

Canesten Oral Capsule

This is a convenient option that will treat your thrush with only one dose. All you need to do is swallow it whole with a glass of water. Your male partner can also use this treatment if he is suffering from thrush.
Canesten Oral & Cream Duo

Canesten Oral & Cream Duo is a complete and convenient treatment for vaginal or penile thrush, containing a single dose treatment to clear the infection and a cream to provide fast, effective relief from the external symptoms.

The products contain antifungal agents to fight the cause of infections such as thrush:

- Canesten Oral Capsule: contains fluconazole 150mg.
- Canesten Thrush Cream: contains clotrimazole 2%.

Canesten 500mg Pessary

Canesten 500mg Pessary is a single application treatment for vaginal thrush. It contains the active ingredient clotrimazole, an antifungal agent that fights the cause of infections such as thrush, and is inserted into the vagina for treatment directly at the site of the infection.

Canesten Combi Pessary & Cream

Canesten Combi Pessary & Cream is a complete treatment for vaginal thrush that treats both the internal cause of thrush and the external symptoms. The active ingredient in both the pessary and the cream is clotrimazole, an antifungal agent that fights the cause of vaginal thrush. The pessary treats thrush at the site of the infection, while the cream soothes the external itching.

Women who suffer from recurrent attacks of thrush can also apply the cream to their male partner’s penis, even if he has no symptoms of thrush, to reduce the frequency of attacks.
Canesten 500mg Soft Gel Pessary

Canesten 500mg Soft Gel Pessary is a single application treatment for vaginal thrush. It contains the active ingredient clotrimazole, an antifungal agent that fights the cause of infections such as thrush, and is inserted into the vagina for treatment directly at the site of the infection.

Canesten Soft Gel Pessary Combi

Canesten Soft Gel Pessary Combi is a complete treatment for vaginal thrush that treats both the internal cause and external symptoms. Suitable for women aged 16-60, it contains the active ingredient clotrimazole, an antifungal agent that fights the cause of infections such as vaginal thrush.

Women who suffer from recurrent attacks of thrush can also apply the cream to their male partner’s penis, even if he has no symptoms of thrush, to reduce the frequency of attacks.

Canesten Thrush Cream 20g

Canesten Thrush Cream provides fast, effective relief from the external itching caused by vaginal thrush. If you suffer from recurrent attacks of thrush, you can also apply the cream to your partner’s penis to prevent re-infection, even if they have no symptoms of thrush.

Canesten Thrush Cream contains clotrimazole, an antifungal agent to relieve irritation, and should always be used in conjunction with a thrush treatment that treats the internal cause of the infection, such as a fluconazole capsule, a pessary or an internal cream.
Care Glycerin Suppositories 4g Adult 12s  
Care Witch Hazel 200ml

Glycerin Suppositories contain glycerin and gelatin and are used to treat constipation. Constipation can be caused by a poor diet, not drinking enough water and not going to the toilet as soon as you feel you need to. Pregnancy, a lack of exercise or movement (such as being ill in bed) and some medicines, including some pain killers, can also cause constipation. Glycerin acts as a lubricant and a mild irritant and stimulates the muscles of the intestine, causing it to contract. The contractions help to move the stools along and makes passing them out of the body much easier.

Ingredients: Glycerol and Gelatin

Adults and elderly: If the suppository is too soft, it may be chilled in the refrigerator or under cold running water before unwrapping. Remove the wrapping and moisten the suppository with water. Lie on your left side (if you are right handed) and draw your knees up towards your chest, with the right leg drawn up more than the left. Using your index finger or middle finger, whichever you find easier, gently push the suppository into the rectum, pointed end first. The suppository should be inserted as far as possible, pushing the end of the suppository sideways to ensure contact with the wall of the bowel. Lower your legs to a comfortable position to help you to hold the suppository in place. Retain the suppository in place for at least 15 to 20 minutes if possible. If you feel the suppository must come out immediately, it has not been inserted high enough. You may feel an immediate urge to go to the toilet. Try to ignore this as the suppository will not work for at least 15 minutes. Not suitable for children and infants.

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Care Witch Hazel is a topical solution that may be used as a gentle astringent and skin cleanser or as a remedy for a variety of conditions, including the relief of discomfort from bruises and sprains; an aid in healing minor skin irritation including cuts, razor nicks and acne, and its anti-inflammatory properties can reduce swelling in hemorrhoids, spots and eczema.

Ingredients: Active ingredient: Hamamelis Water (100% v/v)

Adults, the elderly and children: Apply the solution to the affected skin with lint or cotton wool. Apply undiluted to the affected area and bandage if necessary. Keep the bandage moist with Witch Hazel.
Clarityn Rapide Allergy Tablets 10s

Clarityn Rapide Allergy Tablets relieve the symptoms associated with allergic rhinitis (for example, hay fever), such as sneezing, runny or itchy nose, and burning or itchy eyes, in one daily dose. They also help relieve the symptoms of urticaria which is often known as hives or nettle rash.

Clarityn Allergy 10mg/7s

Clarityn Allergy 10mg Tablets relieve the symptoms associated with hayfever and other allergies, such as sneezing, runny or itchy nose, and burning or itchy eyes, in one daily dose. They also help relieve the symptoms of urticaria which is often known as hives or nettle rash.

Clarityn Allergy 10mg/14s

Clarityn Allergy 10mg Tablets relieve the symptoms associated with hayfever and other allergies, such as sneezing, runny or itchy nose, and burning or itchy eyes, in one daily dose. They also help relieve the symptoms of urticaria which is often known as hives or nettle rash.

Clarityn Allergy 10mg/30s

Clarityn Allergy 10mg Tablets relieve the symptoms associated with hayfever and other allergies, such as sneezing, runny or itchy nose, and burning or itchy eyes, in one daily dose. They also help relieve the symptoms of urticaria which is often known as hives or nettle rash.

Clarityn Allergy 10mg/60s

Clarityn Allergy 10mg Tablets relieve the symptoms associated with hayfever and other allergies, such as sneezing, runny or itchy nose, and burning or itchy eyes, in one daily dose. They also help relieve the symptoms of urticaria which is often known as hives or nettle rash.

Clarityn Allergy 10mg/7s

Clarityn Allergy 10mg Tablets relieve the symptoms associated with hayfever and other allergies, such as sneezing, runny or itchy nose, and burning or itchy eyes, in one daily dose. They also help relieve the symptoms of urticaria which is often known as hives or nettle rash.

Clarityn Allergy 10mg/30s

Clarityn Allergy 10mg Tablets relieve the symptoms associated with hayfever and other allergies, such as sneezing, runny or itchy nose, and burning or itchy eyes, in one daily dose. They also help relieve the symptoms of urticaria which is often known as hives or nettle rash.

Clarityn Allergy 10mg/60s

Clarityn Allergy 10mg Tablets relieve the symptoms associated with hayfever and other allergies, such as sneezing, runny or itchy nose, and burning or itchy eyes, in one daily dose. They also help relieve the symptoms of urticaria which is often known as hives or nettle rash.

Clarityn Rapide Allergy Tablets 10s

Clarityn Rapide Allergy Tablets relieve the symptoms associated with allergic rhinitis (for example, hay fever), such as sneezing, runny or itchy nose, and burning or itchy eyes and may also be used to help relieve symptoms of urticaria (itching and redness), which is often known as hives or nettle rash. Clarityn Rapide Allergy Tablets contains loratadine, which is an antihistamine that reduces allergic symptoms by preventing the effects of a substance called histamine, which is produced in the body. Clarityn Rapide Allergy Tablets melt in the mouth, making them easy to take.
Colofac IBS

Colofac IBS Tablets treat the symptoms of Irritable Bowel Syndrome (IBS), a very common condition which causes spasm and pain in the gut or intestine. They contain mebeverine hydrochloride, an antispasmodic medicine which works by relaxing the smooth muscle in the gut to relieve spasms and pain.

Try to take the tablets 20 minutes before a meal - some people find their symptoms to be strongest after they have eaten. Swallow the tablets whole with water. Do not chew the tablets.

Adults and the elderly: Take 1 tablet 3 times a day. The number of tablets you take can be lowered if your symptoms improve. Do not take more than 3 tablets per day. Children and adolescents younger than 18 years: Do not give.

Active Ingredient:

Mebeverine Hydrochloride 135mg.

Other Ingredients: Lactose, Starch (potato), Povidone, Talc, Magnesium Stearate, Sucrose, Gelatin, Acacia and Camauba
Clarityn Rapide Allergy Tablets relieve the symptoms associated with allergic rhinitis (for example, hay fever), such as sneezing, runny or itchy nose, and burning or itchy eyes and may also be used to help relieve symptoms of urticaria (itching and redness), which is often known as hives or nettle rash. Clarityn Rapide Allergy Tablets contains loratadine, which is a antihistamine that reduces allergic symptoms by preventing the effects of a substance called histamine, which is produced in the body. Clarityn Rapide Allergy Tablets melt in the mouth, making them easy to take.

Adults, and children over 15 years: Swallow one capsule whole with a drink of water, three times a day. If the symptoms are severe, the dose may be increased to two capsules taken three times a day. Children under 15 years: Not recommended.

Do not take immediately after food. The capsules should be taken until symptoms are resolved, normally within one to two weeks. Treatment can be continued for longer periods of between two to three months, when symptoms are more persistent. If you experience new symptoms or worsening of existing symptoms, consult your doctor.
Covonia

Covonia Original is for the relief of symptoms of dry coughs from colds and bronchitis. Covonia Original Bronchial Balsam contains Dextromethorphan which reduces the desire to cough and Menthol which relieves irritation, reduces congestion and helps you breathe more easily.

Ingredients
Active ingredients: Dextromethorphan (7.5mg/5ml) and Menthol (2.5mg/5ml).

Other ingredients: Ethanol, Glycerol (E422), Capsicum Tincture (Capsicum Oleoresin), Peppermint Oil, Anise Oil, Citric Acid (E330), Macrogol Cetostearyl Ether, Caramel (E150), Diethyl Ether, Cineole, Chloroform, Sucrose and Purified Water.

Directions
Adults, the elderly, and children over 12 years: Take 2 x 5ml spoonfuls every 4 hours if required. Children 6-12 years: Take 1 x 5ml spoonful every 4 hours if required.
Cystopurin Granules Sachets 6s

Cystopurin Granules with natural cranberry juice extract provide effective relief from the symptoms of cystitis. The active ingredient is potassium citrate, which makes your urine less acidic, thus reducing the discomfort caused by acidic urine.

Adults and the elderly: Take the contents of one sachet dissolved in a small glass of cold water (200ml), three times daily for two days. All six sachets must be taken to complete the course of treatment. Children over 6 years: Use only after advice from your doctor, and follow his/her directions carefully.

Active Ingredient: Potassium Citrate 3g.

Other Ingredients: Mannitol (E421), Citric Acid (E330), Aspartame (E951), Cranberry Flavour (flavour contains natural cranberry extracts with Maltodextrin, Silicon Dioxide (E551), Carmine (E120) and Triacetin (E1518)).
Daktacort Hydrocortisone Cream 15g

Daktacort Hydrocortisone Cream can be used to treat athlete's foot and inflamed sweat rash in adults and children aged 10 years and over.

Adults and children aged 10 years and over:

Put a small amount of the cream on the affected area and surrounding skin twice daily. Rub it in gently until the cream has disappeared. Unless the infected skin is on your hands, wash your hands carefully after applying the cream to avoid spreading the infection to other parts of the body or to other people. Similarly, clothing which comes into contact with the infected areas, such as socks, should be washed and changed frequently. As may skin infections are conditions are contagious, you should keep a towel and flannel for your own use and not share it so that you do not infect anyone else.

Do not use more than the stated dose. Do not use for more than 7 days. If symptoms persist talk to your doctor.

Active Ingredients (per 1g):
Miconazole nitrate 20mg and Hydrocortisone acetate equivalent to Hydrocortisone 10mg.

Other Ingredients:
Macrogol 6-32 stearate, glycol stearate, oleoyl macrogolglycerides, liquid paraffin, butylhydroxyanisole, benzoic acid, disodium edetate, sodium hydroxide and purified water.
Daktarin Aktiv Cream 15g

Daktarin Aktiv Cream is an effective treatment for athlete's foot that is suitable for adults and children of all ages. The active ingredient in Daktarin Aktiv Cream is miconazole nitrate which works by destroying both the fungus that causes the infection and some of the associated bacteria which may also be present. It also has moisturising properties to help soothe cracked, red skin caused by athlete's foot.

Daktarin Aktiv Spray Powder 100g

Daktarin Aktiv Spray Powder is an effective treatment for athlete's foot containing the active ingredient miconazole nitrate which works by destroying both the fungus that causes the infection and some of the associated bacteria which may also be present. It can also be used regularly to protect against reinfection and can be sprayed in shoes and socks as well as directly onto the feet.

Daktarin Sugar Free 2% Oral Gel 15g

Daktarin Sugar Free 2% Oral Gel treats and prevents fungal and bacterial infections of the mouth and throat in adults and children from 4 months. It contains miconazole which works by destroying the fungus and associated bacteria which may be present.
Deep Relief Gel 100g

Deep Relief contains ibuprofen and levomenthol. It is a clear gel that can be massaged directly onto the area of discomfort. The levomenthol provides an immediate soothing effect, whilst the ibuprofen helps bring about pain relief and reduce inflammation.

Deep Relief can be used for the relief of rheumatic pain, muscular aches and pains, swellings such as strains, sprains, backache and sport injuries and non-serious arthritic pain.

Ingredients

Active ingredients: Ibuprofen (5% w/w) and Levomenthol (3% w/w). Other ingredients: Propylene glycol, carbomer, diisopropanolamine, ethanol and water.

Directions

Adults over 12 years and elderly: Apply the gel over the affected area and massage gently until absorbed up to a maximum of 3 times a day. Not to be repeated more frequently than every four hours. Under 12 years: Not recommended.
Dentinox Cradle Cap Treatment Shampoo 125ml

Dentinox Cradle Cap Treatment Shampoo is an effective treatment for cradle cap in infants from birth onwards. It works by helping to lift the scaly patches to leave the scalp clear, and once the cradle cap has been treated it can be used regularly to help maintain clean, healthy hair and scalp.

Use two shampoo applications of between 2-3 ml. Repeat at each bath-time until the scalp is clear. Then use as necessary:

Wet the baby’s head with warm water. Squeeze a little Dentinox Cradle Cap Treatment Shampoo onto your palm and massage gently but firmly over the entire scalp. Do not be afraid of touching the soft area of the scalp (fontanelle). Avoid excess massaging and hot water. Rinse off and repeat application.

Dentinox Teething Gel 15g

Dentinox Teething Gel relieves teething pain and soothes the gums of babies from birth onwards. It contains lidocaine, a local anaesthetic to numb pain, and the antiseptic cetlypyridinium to help prevent infection.

Place a small quantity of Dentinox Teething Gel on a pad of cotton wool or a clean fingertip and rub gently on the baby’s gum. Repeat after 20 minutes if necessary. Use when necessary during the teething period.

Active Ingredients: Lidocaine Hydrochloride 0.33% w/w and Cetylpyridinium Chloride 0.1% w/w.

Other Ingredients: Purified Water, Sorbitol Solution 70% (non-crystallising), Xylitol, Ethanol 96%, Glycerol, Hydroxyethylcellulose, Polyoxyl 40 Hydrogenated Castor Oils, and Pharmaceutical Liquid Flavour.
Dermacool 1% Menthol in Aqueous Cream
500g

Cooling, Calming and Soothing.

The sun, medical treatments and certain prescribed drugs can take their toll on your skin and cause discomfort. Rich in soothing menthol, Dermacool gently soothes the skin without drying, for instant cooling relief.

- Relieving itchy skin conditions
- Size: 500 g
- Soothes urticaria, a reaction to insect bites which results in irritation, swelling and or itching

Apply a thin layer and massage thoroughly into affected areas of the skin as often as necessary.

Ingredients

Aqua (water), Petrolatum, Cetearyl Alcohol, Parrafinum Liquidum, Menthol, Ceteareth-20, Phenoxyethanol.
Dioralyte Blackcurrant 6 sachets

Dioralyte is used for fast and effective replacement of lost water and body salts. Dioralyte is used for the replacement of essential body water and salts in the treatment of acute diarrhoea in infants, children and adults. Correction of fluid and electrolyte loss in infants aged 3 months upwards, children and adults. Early use is important to avoid dehydration, particularly in the young and elderly.

Directions
Dissolve contents of one Dioralyte sachet in 200ml (approx. 7 fl oz) of drinking water. Use fresh drinking water for adults and children. For infants, and where drinking water is unavailable, the water should be freshly boiled then cooled. The solution should be made up immediately before use. If refrigerated the solution may be stored for up to 24 hours, otherwise any solution remaining one hour after reconstitution should be discarded. Dioralyte should only be reconstituted with water and to the volume stated. A lesser or greater dilution may result in electrolyte imbalance.

Dosage:
Follow dosage instructions unless prescribed otherwise by your doctor.
Adults (including elderly): One or two sachets after every loose motion (each sachet dissolved in 200mls of water).
Children: One sachet after every loose motion.
Infants up to the age of 2: One to one and a half times the normal 24 hour feed volume using Dioralyte solution prepared as directed above. If the illness is not improving within 24-48 hours consult your doctor. When vomiting is present with the diarrhoea, it is recommended that small amounts be taken frequently.

Ingredients
Each sachet contains Sodium Chloride 0.47g, Potassium Chloride 0.30g, Glucose 3.56g, Disodium Hydrogen Citrate 0.53g, also contains Silicon Dioxide, Saccharin Sodium, Blackcurrant Flavour
Disprol Soluble Paracetamol Tablets 16s

Disprol Soluble Paracetamol Tablets are used to treat nerve pain, headaches, migraine, teething pain, toothache, sore throats and aches and pains in children aged 3 months to 12 years. They also provide relief from fever and the symptoms of cold and flu.

- 3 months to under 1 year: Half to one tablet every 4 hours (maximum four tablets in 24 hours).
- 1 year to under 6 years: One to two tablets every 4 hours (maximum eight tablets in 24 hours).
- 6 years to 12 years: Two to four tablets every 4 hours (maximum sixteen tablets in 24 hours).

The required dose should be dissolved in half a tumbler of water. Leave at least 4 hours between doses. Do not continue use for more than 3 consecutive days without consulting a doctor.

Active Ingredient:
Paracetamol 120 mg.

Other Ingredients:
Sodium Bicarbonate, Citric Acid, Maltodextrin, Sodium Carbonate, Sodium Saccharin, Lime Flavour and Magnesium Stearate.
DO-DO ChestEze tablet contains ingredients which open up the airways and relieve bronchial coughs, congestion and wheezing, ease breathing and also clear the chest of mucus (chesty catarrh) in colds and similar illnesses. The tablets are suitable for use both during the day and at night.

One tablet. Children over 12 years- one tablet. Not more than 3 tablets daily with an interval of at least 4 hours between tablets.

The active ingredients are Ephedrine Hydrochloride, Theophylline, Caffeine. The other ingredients are Lactose, Starch, Alginic Acid, Magnesium Stearate, Stearic Acid, Yalc, Iron Oxides, Aluminium Oxide, Purified Water.

Do not take more than one tablet within 4 hours or more than 4 tablets within 24 hours. Not recommended for children under the age of 12 years. Do not exceed the stated dose. Do not take with other cough and cold medicines. Asthmatics should consult their doctor before using this product.
Dr E’s Iron + C 80g

An easily absorbed and well tolerated iron and vitamin C formula, with the pleasant taste of natural blood orange, that helps support normal blood formation and the normal function of the immune system, as well as the body’s energy-yielding metabolism.

Each effervescent tablet contains:

Iron (in the form of Iron(II)gluconate): contributes to the normal energy-yielding metabolism, the formation of red blood cells and haemoglobin; normal oxygen transport, as well as the normal function of the immune system. Iron also helps reduce tiredness and fatigue.

Vitamin C: Helps promote Iron absorption and contributes to the normal function of the immune system and the energy-yielding metabolism of the body, as well as contributing towards the reduction of tiredness and fatigue.

Folic Acid: Helps maintain the normal function of the immune system and contributes towards the normal growth of the maternal placenta during pregnancy. Folic acid also plays an essential role in the normal synthesis of nucleic acids and red blood cells.

Vitamin B12: Helps reduce tiredness and fatigue and contributes to the normal energy-yielding metabolism, normal blood formation and the normal function of the immune system.

Inulin: a non-absorbable form of fibrous polysaccharides that stimulates the growth of beneficial intestinal bacteria, which is vital in the synthesis of vitamins in the gastrointestinal tract.

IRON+C is a sugar-free food supplement in the form of effervescent tablets, suitable for pregnant and nursing women, people with high blood pressure, as well as athletes, vegetarians and vegans.

Available in a 4 gram effervescent tablet, in a 20 tablets tube.
Dr E’s Natuflu 40g

A natural, herbal formula with the natural taste of honey that helps reduce the symptoms of the cold winter months.

Each effervescent tablet contains:

Bee honey: A natural sweetener with antiseptic and antimicrobial functions.

Chamomile: One of the oldest herbs in traditional European medicine with antiseptic, perspiration-inducing and soothing effects.

Tilia (Tilia Cordata): Has a perspiration-inducing, antiseptic, anti-inflammatory and expectorating effects.

Lemon juice: Has anti-inflammatory properties that make it effective in the localized soothing of the throat.

Lemon grass: Also known as "fever grass", this shrub promotes sweating and enhances the immunity.

Vitamin C: A natural anti-oxidant that contributes to the normal function of the immune system and the reduction of tiredness and fatigue.

Natuflu is a natural food supplement, also suitable for pregnant and nursing women, people with high blood pressure and children over 6 years.

Available in the form of effervescent tablets in a tube of 10 tablets.
Dr E’s Natumax 40g

A natural innovative food supplement in effervescent tablet form, that helps to maintain male sexual potency and increase fertility through the reduction of tiredness and fatigue and increase of endurance.

Each tablet contains the following:

Pineapple: The source of flavour for the formula, this fruit powder was chosen for its high bromelain content, which helps in treating erectile dysfunction.

Royal Jelly: Regarded a general health tonic due to its high content of beneficial vitamins and minerals, this honey bee secretion contributes to the regulation of hormonal activity as well as the reduction of tiredness and fatigue.

Asparagus extract: Rich in vitamins and minerals that boost general bodily health, help in treating infertility and impotence and promote semen production.

Ginger: Has warming and stimulating properties that help increase blood circulation in the body, hence help maintaining and promoting natural erections.

Ginseng: Induces the release of nitric oxide, a compound that acts as a natural mediator to increase endurance, as well as mental and physical performance.

Parsley: A vitamin-rich herb that contributes to the cleansing of blood vessels, hence, helps enhance blood circulation and sexual functions.

Cardamom: Rich in zinc, manganese and niacin a combination that helps enhance the libido and improve sexual stamina by boosting the body’s energy levels.

Basil: Also known in Italy as “bacila Nikola” (Italian for “kiss me, Nikolas”) is a known aphrodisiac that also helps treat stress and depression, factors that can lead to sexual impotence.

Rucola (Eruca sativa): A stimulant known for its effect in the treatment of nerve weakness, emotional and physical exhaustion, lack of sexual desire and debility, as well as for boosting the genito-urinary tract.

Vitamin E: Contributes to the protection of cells from oxidative stress.

Zinc: Contributes to normal fertility and reproduction, the upkeep of normal testosterone levels in the blood, contributes to the normal protein production in the body and acts as an anti-oxidant.

Manganese: Contributes to normal energy-yielding metabolism and the protection of cells from oxidative stress.

NATUMAX effervescent tablets are recommended for daily use, and not just when required. They provide the body with the necessary elements to help it overcome impotence and infertility whether caused by physical or mental factors.
Dr E’s Natuobesit 40g

A natural herbal formula that helps in losing weight and lowering fats and cholesterol, with a fizzy taste of natural lemon and it is sugar free.

Every effervescent tablet contains the following:

Fennel seed: is a natural appetite suppressant.

Garcinia cambogia: helps in suppressing appetite, and inhibiting synthesis and absorption of fat and cholesterol, as it contains natural hydroxyl citric acid which suppresses the production of fats.

Green tea: a natural fat burner that helps in lowering blood cholesterol and boosting metabolism.

Vitamin C: necessary for creating the compound carnitine which helps turn fat into energy.

Natuobesit is a herbal food supplement in the form of an effervescent tablet, also suitable for people with high blood pressure.

Natuobesit is available in a 4 gram effervescent tablet, in a 10 tablets tube.
Dr E’s NatuVe 84g

An easily absorbed and well tolerated iron and vitamin C formula, with the pleasant taste of a natural mandarin flavoured vegan formula with vitamins and minerals designed specifically to help complement a vegan diet and to maintain general body health and function.

Each effervescent tablet contains:

Vitamin B6: contributes to normal function of the nervous system, immune system and to the normal red blood cells formation and the regulation of hormonal activity.

Vitamin B1: contributes to normal function of the heart.

Vitamin A: contributes to normal Iron metabolism in the body, contributes also to maintain normal mucous membrane, skin and vision.

Vitamin E: acts as an anti-oxidant protecting the cells from oxidative stress.

Vitamin D: contributes to the absorption/utilization of Calcium and Phosphorus, the maintenance of normal bones and teeth. It also contributes to the maintenance of normal function of muscles as well as the immune system.

Calcium: contributes to normal blood clotting and the normal function of digestive enzymes. It is needed by the body for the maintenance of normal bones and teeth.

Magnesium: contributes to normal energy-yielding metabolism decreasing tiredness and fatigue. Contributes to normal muscle function and protein synthesis.

Zinc: contributes to normal carbohydrates and fatty acids metabolism. Helps in maintenance of normal testosterone and normal fertility and reproduction. Contributes to the maintenance of normal hair, nails and skin.

NatuVe in combination with Iron+C By Dr. E help complement a vegan diet by providing the body with vitamins and minerals, essential for the maintenance of a healthy body function.
Drapolene Cream 100g/350g

Drapolene Cream is a soothing, antiseptic cream that prevents and treats nappy rash in babies. It can also be used by adults with incontinence to help soothe skin that is sore or likely to become sore because of urine on their skin (urinary dermatitis).

Additionally, Drapolene Cream can provide relief from minor burns, mild sunburn and sore skin caused by the effects of weather.

- The affected area should be washed and dried thoroughly.
- Apply Drapolene Cream as required, paying particular attention to folds in the skin.
- For nappy rash, use Drapolene Cream at each nappy change, having first cleaned and dried the nappy area.
- For urinary dermatitis, regular use is advised.
- For minor burns, sunburn and weather effects, apply as required.

Active Ingredients:
Benzalkonium Chloride 0.01% w/w and Cetrimide 0.2 % w/w.

Other Ingredients:
White Soft Paraffin, Lanolin, Cetyl Alcohol, Polawax, Chlorocresol, Amaranth (E123), Purified Water.
Dulcolax Tablets bring gentle and effective relief from constipation, working predictably and reliably overnight. Dulcolax Tablets have a special coating that helps to ensure the medicine works only where needed, gently stimulating the bowel and returning the body to its natural rhythm. For oral administration.

Dosage: Adults and children over 10 years: Take one or two Dulcolax Tablets at night, or as directed by your doctor. If you have not taken Dulcolax before, start with one tablet and increase to two if necessary. Swallow tablets whole, with water. Children under 10 years: consult your doctor.

Ingredients: Bisacodyl 5mg (active ingredient). Also contains, lactose, maize starch, sucrose, glycerol, magnesium stearate, talc, acacia, white beeswax, shellac, carnauba wax, titanium dioxide (E171), yellow iron oxide (E172), methacrylic acid-methyl methacrylate copolymer, dibutyl phthalate, macrogol 6000.

Caution: If laxatives are needed for more than five days in a row, or if you have persistent abdominal pain, consult your doctor. Do not take if you have an intestinal obstruction, an inflammatory gastrointestinal disorder, or severe dehydration, or if you are pregnant, planning a pregnancy, or breast-feeding, otherwise any solution remaining one hour after reconstitution should be discarded. Dioralyte should only be reconstituted with water and to the volume stated. A lesser or greater dilution may result in electrolyte imbalance.

Dosage:
Follow dosage instructions unless prescribed otherwise by your doctor.
Adults (including elderly): One or two sachets after every loose motion (each sachet dissolved in 200mls of water). Children: One sachet after every loose motion. Infants up to the age of 2: One to one and a half times the normal 24 hour feed volume using Dioralyte solution prepared as directed above. If the illness is not improving within 24-48 hours consult your doctor. When vomiting is present with the diarrhoea, it is recommended that small amounts be taken frequently.
E45 Itch Relief Cream 100g

E45 Itch Relief Cream 100g

Rapid relief from the itch of eczema. Treats and soothes problem, dry skin conditions.

E45 Itch Relief Cream treats and soothes the itching caused by eczema, dermatitis, pruritus and other dry skin conditions. The anti-itch ingredient, lauromacrogols, rapidly relieves the itching caused by these problem, dry skin conditions.

Specially formulated with urea, a moisturiser found naturally within the skin, E45 Itch Relief Cream is non-greasy, moisturising and quickly absorbed to soothe your skin leaving it feeling calm and comfortable.

E45 Itch Relief Cream can be used by the elderly, adults and children.

• Dermatologically Tested
• Allergy Screened
• Perfume Free

Directions:
Apply to the affected area twice a day. For external use only.

Ingredients:
Urea 5.0%w/w, LaDimethicone, Phenyl Dimeticone, Liquid Paraffin, Cetyl Palmitate, Stearic Palmitic Acid, Octyldodecanol, Polysorbate, Carbomer, Glycerol, Benzyl Alcohol, Trometamol, Purified Water.
Eucerin Extra Dry Skin Intensive 10% w/w Urea Treatment Lotion 250ml

- Intensive moisturising for the treatment of dry, itchy, flaky skin conditions
- For skin conditions including: atopic eczema, ichthyosis, hyperkeratosis, xeroderma
- Fragrance-free
- Twice daily application
- Dermatological skincare
- Rinse well and gently dry
- Do not try to remove the cradle cap by picking at it.

Ingredients: Contains Urea 10% w/w Also contains Benzyl Alcohol, PEG-45/Dodecyl Glycol Copolymer, Methoxy PEG-22/Dodecyl Glycol Copolymer, Sorbitan Isostearate, PEG-2 Hydrogenated Castor Oil, Ozokerite, Hydrogenated Castor Oil, PEG-7 Hydrogenated Castor Oil, Light Liquid Paraffin, Isopropyl Palmitate, Medium-Chain Triglycerides, Octyldodecanol, Glycerol, Sodium Lactate Solution, Lactic Acid, Magnesium Sulphate, Dimethicone and Purified Water

Eucerin Dry Skin Intensive 10% w/w Urea Treatment Cream 100ml

Protect and treat your dry, itchy and flaky skin with the Eucerin Dry Skin Intensive 10% Urea Treatment Cream, a versatile cream for targeted use all over the body.

Created to intensively moisturise skin suffering from conditions including atopic eczema, ichthyosis, hyperkeratosis and xeroderma, this concentrated treatment cream forms a fine protective layer over the affected area to keep moisture in and prevent further irritation.

The Intensive Urea Treatment Cream has a high concentration of the body’s natural moisturisers, urea and lactate, ensures that skin is made soft and supple, and is better protected against moisture loss.

Apply sparingly twice daily to the affected areas of the skin and rub in. Avoid contact with the eyes and other sensitive areas

Fragrance-free.
Eurax Cream 30g/100g

Eurax Cream is effective against pruritis (itching) of various causes such as nettle rash (hives), insect bites and stings, sunburn, allergies, miliaria (prickly heat), senile, genital and anal pruritis, as well as head, body or pubic lice.

Eurax Cream is effective against pruritis (itching) of various causes such as nettle rash (hives), insect bites and stings, sunburn, allergies, miliaria (prickly heat), senile, genital and anal pruritis, as well as infestation with head, body or pubic lice. Its anti-pruritic activity is complemented by an antiseptic effect which prevents secondary infection. It is also used to treat pruritis after scabies.

Ingredients
The active ingredient is Crotamiton (10% w/w). The other ingredients are Methyl hydroxybenzoate, Phenylethyl alcohol, Glycerol, Triethanolamine, Sodium lauryl sulphate, Ethylene glycol monostearate, Stearyl alcohol, Strong ammonia solution 25%, Stearic acid, Hard paraffin, White beeswax, Perfume Givaudan No 45 and Purified water.

Directions
Adults, elderly and children over 3 years:
Pruritus: apply to the affected area 2-3 times daily.
Scabies: After a warm bath, dry thoroughly and rub well into entire body surface (excluding face and scalp), once daily for 3-5 days.

Under 3 years: not recommended except on medical advice.
**Eye Q**

Eye Q provides a naturally sourced unique high EPA Omega-3 formulation, which is great for all the kids (and adults for that matter) whose brains tell them they don’t like oily fish. Eye Q provides the body with the essential Omega-3 and Omega-6 fatty acids which are not produced naturally in the human body. These fatty acids provided by Eye Q are essential for almost every part of the body, including the brain.

Eye Q may help to maintain brain and eye development and coordination. The value of fish oils is thought by many to assist in a child’s development. Eye Q are easily absorbed by the body and do not contain ingredients such as aspartame, artificial colours, hydrogenated fats, casein or gluten.

**Ingredients capsules**
Hi-EPA fish oil, capsule shell (gelatin, glycerol), evening primrose oil, natural vitamin E (D alpha tocopherol from IP-soya).

**Ingredients Chews**
Hi-EPA fish oil, evening primrose oils, strawberry flavour, natural vitamin E (as D-Alpha tocopherol, derived from IP-Soya) Capsule shell (glycerol, gelatine, purified water, xylitol, strawberry flavour, powdered cellulose, colour: carmine).

**Directions**
Take 6 capsules a day for the first 12 weeks and 2 capsules a day thereafter.
Feminax Express 16s

Feminax Express offers fast, effective relief from period pain and menstrual cramps. It contains ibuprofen lysine, the lysine salt of ibuprofen which absorbs into your bloodstream twice as fast standard ibuprofen tablets to provide much needed relief from the unique pain a period brings.

Ibuprofen is a non-steroidal anti-inflammatory drugs (NSAID), which works to reduce pain, fever and swelling, so can also be used to relieve rheumatic and muscular pain, backache, neuralgia (nerve pain), headache, migraine, dental pain, fever and the symptoms of colds and flu.

Active Ingredient:
Ibuprofen 200mg (as Ibuprofen Lysine).

Other Ingredients: Crospovidone, Copovidone, Microcrystalline Cellulose, Magnesium Stearate, Opadry II White (contains Polyvinyl Alcohol, Titanium Dioxide E171, Macrogol and Talc).

Feminax Ultra 9s

Feminax Ultra provides long lasting relief from period pain and menstrual cramps in women aged between 15 and 50 years. It contains the active ingredient naproxen, a Non-Steroidal Anti-inflammatory Drug (NSAID) to target the cause of period pain - the prostaglandins.

Feminax Ultra was the first maximum strength naproxen pain reliever available in the UK without prescription and provides relief for up to 8 hours, so you can get those nights of uninterrupted sleep that previously seemed out of reach.

Feminax Ultra are gastro-resistant tablets so are less likely to irritate your stomach.

Active Ingredient:
Naproxen 250mg.

Other Ingredients: Lactose, Maize Starch, Polyvidone, Sodium Starch Glycolate and Magnesium Stearate. The coating contains Colloidal Silicon Dioxide, Polyvinyl Acetate Phthalate, Polyethylene Glycol, Stearic Acid, Hydroxypropyl Methylcellulose, Sodium Alginate, Sodium Bicarbonate, Purified Talc, Triethyl Citrate, Titanium Dioxide (E171) and Black Printing Ink.
Freederm

Freederm is clinically proven for the treatment of mild to moderate inflamed acne spots and pimples.

Freederm is an anti-inflammatory spot treatment. It contains an anti-inflammatory active ingredient - nicotinamide - which has been clinically proven to help get rid of inflamed red spots. Freederm Gel is a cooling translucent, fragrance-free topical gel containing nicotinamide - a proven anti-inflammatory treatment for mild to moderate inflamed acne spots and pimples in all age groups. These are the ones that are reddish-coloured, usually tender, and sometimes have pus in them.

Freederm works in a different way to other spot treatments available, because Freederm Gel actually targets the process that causes the spots in the first place. Thanks to its special hydro-gel formulation, you’ll find that Freederm Gel is less drying than some spot or acne treatments. Clinically active vitamin B complex.

Ingredients
Active ingredient: Nicotinamide 4% w/w.
Other ingredients: Aluminium Magnesium Silicate, Hypromellose, Citric Acid, Polyoxethylene Laurel Ether, Ethanol and purified water.

Always read enclosed patient leaflet for full list of ingredients and directions for use.

Directions
Use Freederm Gel twice daily. Cleanse the affected area and surrounding skin thoroughly with soap and warm water. Gently dry and apply a thin film of Freederm Gel to cover this area.
Germolene Antiseptic Cream 55g

Germolene Antiseptic Cream for cuts, grazes, insect bites, minor wounds, burns and scalds, and spots.

Dosage
Adults and children: apply to the affected area of the skin 2 or 3 times a day.

Ingredients
Active ingredients (w/w): Phenol 1.2% and Chlorhexidine Digluconate 0.25% Also contains: Cetostearyl Alcohol Light Liquid Paraffin Polyoxyethylene Stearyl Ethers Colours (E124 and E110) Dimeticone Methyl Salicylate and Water

DIRECTIONS FOR USE: Thoroughly clean the affected area of skin, apply the cream and rub in gently. In the case of cuts or particularly tender areas apply on a piece of white lint or gauze. For external use only. Replace cap firmly after use

Germolene New Skin

Germolene New Skin provides a waterproof and germproof barrier to protect minor skin damage such as cuts, grazes and blisters, so allowing natural healing to take place. Rapidly forms a tough, almost invisible barrier which makes unsightly plasters unnecessary.

Ingredients
Ethyl Acetate, Alcohol Denat, Nitrocellulose, Ricinus Communis, Isopropyl Alcohol, Amyl Acetate, Isobutyl Alcohol, Camphor, Parfum (includes Benzyl Alcohol, Citronellol)
Germoloids

Germoloids Suppositories relieve the symptoms of pain, swelling and irritation associated with internal haemorrhoids and anal itching (pruritus ani). They also acts as a lubricant to ease the passing of stools to reduce straining which can make the piles or haemorrhoids worse. Germoloids Suppositories contain:

Zinc Oxide: This has astringent properties (causes contraction when applied to the skin), which help to shrink swelling. It also helps to soothe and protect the area around the anus from damage and has mild antiseptic properties.

Lidocaine: A local anaesthetic which helps to soothe swelling, pain and irritation and relieve itching.

Active Ingredients: Zinc Oxide 283.5mg and Lidocaine Hydrochloride 13.2mg.
Other Ingredients: Fat Suppository Base, Methyl Salicylate and Glyceryl Tristearate.
Haliborange Kids Multivitamin Fruit Softies 30s/Calcium & Iron 30s

Delicious tasting strawberry fruit shapes providing children with the vitamins which are important for healthy growth and development.

Children love to take Haliborange Multivitamin Fruit Softies. The strawberry fruit shapes taste delicious and help provide children with the vitamins which are important for healthy growth and development.

A balanced multivitamin to promote general good health.

- Vitamin A: Helps maintain healthy eyes.
- B Vitamins: Contribute to the release of energy from food.
- Vitamin C: Helps support the immune system.
- Vitamin D: Helps the body’s absorption of calcium, promoting strong bones and teeth.
- Vitamin E: Provides antioxidant protection of body tissues to promote general good health.

Dosage: Adults and children over three years of age: Take one Multivitamin Softie/Tablet a day.

Ingredients
Glucose Syrup, Sugar, Water, Gelatin, Sweetener: Sorbitol; Vitamin C, Acidity Regulator: Citric Acid; Pectin, Niacinamide, Vitamin E, Calcium Pantothenate, Flavour: Strawberry (0.25%); Vitamin B12 Prep. (Maltodextrin, Vitamin B12), Gellan Gum, Colour: Carmine Prep. (Carmines, Potassium Hydroxide, Citric Acid), Vitamin B6, Glazing Agents: Triglycerides of Fatty Acids, Carnauba Wax; Vitamin A Prep. (Vitamin A Palmitate, DL-alpha-Tocopherol), Vitamin D Prep. (Sunflower Oil, Vitamin D).

Average Values Per 1 Fruit Softie
Vitamin A: 400µg RE, Vitamin D: 2.5 µg, Vitamin E: 6mg -TE, Vitamin C: 60mg, Niacin: 8mg NE Vitamin B6: 1.4mg, Vitamin B12: 2.5µg, Pantothenic Acid: 6mg, Energy, Protein, Carbohydrate & Fat negligible

Free From
Gluten, Wheat, Lactose, Yeast, Soya, Tree Nut, Peanut, Artificial Colours, Artificial Sweetener, Artificial Flavour, Artificial Presentatives.
Hedex Extra Tablets 16s

Hedex Extra Tablets provide extra relief from headaches including migraines. They can also relieve backache, rheumatic and muscle pain, toothache, sore throat, period pain, and relieve the fever, aches and pains of colds and flu.

Hedex Extra Tablets contain two active ingredients:

Paracetamol: a painkiller that also reduces your temperature when you have a fever.
Caffeine: furthers help the effectiveness of paracetamol.

Directions

Adults and children aged 12 years and over:

• Swallow 2 tablets every 4 hours as needed.
• Do not take more frequently than every 4 hours.
• Do not take more than 8 tablets in 24 hours.
• Do not take more than the recommended dose.
• Avoid too much caffeine in drinks like coffee and tea. High caffeine intake can cause difficulty sleeping, shaking and an uncomfortable feeling in the chest.

Active Ingredients:

Paracetamol 500mg and Caffeine 65mg.

Other Ingredients:

Starch pregelatinised, maize starch, polyvinyl pyrrolidone, potassium sorbate (E202), purified talc, stearic acid, croscarmellose sodium, hypromellose, triacetin, propylene glycol, shellac, brilliant blue FCF (E133), sodium lactate and dimethylpolysiloxane (SAG770).
Hedrin Lotion 150ml

Hedrin Lotion is used to eradicate headlice infestations.

It does not use pesticides or have a nasty smell. Hedrin Lotion can also be used on multiple occasions with no risk of the headlice developing a resistance to the active ingredients.

Hedrin Lotion is suitable for those 6 months old to adult. Hedrin Lotion works by covering headlice and effectively drowning them.

Ingredients: Active substance: Dimeticone (4% w/w); Other ingredient: Cyclomethicone 5.

Directions
Adults and children over 6 months: Cover dry hair from base to the tip with Hedrin Lotion to ensure that no part of the scalp is left uncovered. Spread the liquid evenly through the hair from roots to tips. Allow hair to dry naturally. Hedrin Lotion needs to be be left on the hair for a minimum of 8 hours or overnight. Wash out the lotion with normal shampoo, rinsing thoroughly with water. Treatment should be repeated after seven days.

Hedrin Spray 120ml

Hedrin Spray is used to eradicate headlice infestations and does not have the nasty smell that some other headlice treatments have. Headlice will not develop a resistance against Hedrin Spray, as it does not use pesticides. The spray works by covering the head louse and effectively drowning it.

Hedrin Spray is suitable for everyone from 6 months old to adult.

Ingredients: Active substance: Dimeticone (4% w/w); Other ingredient: Cyclomethicone 5.

Directions
Adults and children over 6 months: Apply to dry hair. Ensure that no part of the scalp is left uncovered and that hair is covered evenly from root to tip with the spray. Hair should be left to dry naturally. Hedrin Spray must be left on the hair for a minimum of 8 hours or overnight. The spray should be washed out with normal shampoo and then rinsed thoroughly with water. The treatment should be repeated after seven days.

Children under 6 months: Only to be treated under medical supervision.
Ibuleve Gel 30 mg

Ibuleve Gel is an anti-inflammatory pain killing gel applied to and absorbed through the skin.

Ibuleve is used for the treatment of backache, rheumatic and muscular pain, sprains and strains. Ibuleve Gel reduces swelling and inflammation and also provides pain relief in common arthritic conditions.

Ibuleve contains ibuprofen and is recommended for use for adults, the elderly and children over the age of 12 years.

Ingredients: A colourless, fragrance-free gel, containing the active ingredient Ibuprofen (5.0% w/w) and also contains industrial methylated spirits, carbomers, propylene glycol, diethylamine and purified water.

Adults: Apply a thin layer of gel over the affected area up to 3 times daily.
Children: Not to be used under 12 years.

Ibuleve Gel 50 mg

Ibuleve Gel is an anti-inflammatory pain killing gel applied to and absorbed through the skin.

Ibuleve is used for the treatment of backache, rheumatic and muscular pain, sprains and strains. Ibuleve Gel reduces swelling and inflammation and also provides pain relief in common arthritic conditions.

Ibuleve contains ibuprofen and is recommended for use for adults, the elderly and children over the age of 12 years.

Ingredients: A colourless, fragrance-free gel, containing the active ingredient Ibuprofen (5.0% w/w) and also contains industrial methylated spirits, carbomers, propylene glycol, diethylamine and purified water.

Adults: Apply a thin layer of gel over the affected area up to 3 times daily.
Children: Not to be used under 12 years.
Ibuleve Maximum Strength Gel 30g

Ibuleve Maximum Strength Gel contains ibuprofen 10% w/w which is double the strength of traditional Ibuleve Gel, and is used for the relief of backache, rheumatic and muscular pain, sprains and strains.

Ibuleve Max Strength Gel is used for reducing swelling and inflammation. Ibuleve Maximum Strength Gel is also used for pain relief in common arthritic conditions. Ibuleve Maximum Strength Gel is quickly and easily absorbed and has a cooling, colourless, fragrance-free, non-greasy formulation.

Ingredients
Active ingredient: Ibuprofen (10% w/w)

Directions
Adults: Apply 2 to 5cm of gel (50 to 125mg ibuprofen) over affected area up to 3 times daily.
Warning: Children Not to be used.

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Ibuleve Maximum Strength Gel 50g

Ibuleve Maximum Strength Gel contains ibuprofen 10% w/w which is double the strength of traditional Ibuleve Gel, and is used for the relief of backache, rheumatic and muscular pain, sprains and strains.

Ibuleve Max Strength Gel is used for reducing swelling and inflammation. Ibuleve Maximum Strength Gel is also used for pain relief in common arthritic conditions. Ibuleve Maximum Strength Gel is quickly and easily absorbed and has a cooling, colourless, fragrance-free, non-greasy formulation.

Ingredients
Active ingredient: Ibuprofen (10% w/w)

Directions
Adults: Apply 2 to 5cm of gel (50 to 125mg ibuprofen) over affected area up to 3 times daily.
Warning: Children Not to be used.
Iglü

Iglü is a treatment for fast, effective relief from the pain of common mouth ulcers, sore gums and denture rubbing. Suitable for adults and children over 7 years, it works in three ways

• It forms a gel coating to protect the sensitive and delicate area of the mouth lining as it heals
• It contains lidocaine hydrochloride, a local anaesthetic to stop the pain
• It contains aminoacridine hydrochloride, an antiseptic to prevent infection.

Active Ingredients:
Lidocaine Hydrochloride 0.66% w/w and Aminoacridine Hydrochloride (0.05% w/w).

Other Ingredients:
Carbomer, Hydroxypropylcellulose, White Soft Paraffin, Liquid Paraffin and Peppermint Oil.

For adults, the elderly and children over 7 years of age:

Wash your hands before and after use. Use a clean tissue to gently remove excess moisture/saliva from the ulcer area. Squeeze a small quantity of Iglü Gel onto a clean, dry finger tip or cotton bud, and then apply it directly to the ulcer using a single, gentle wiping action (avoid dabbing). At first, the product may seem quite pasty and sticky, but after contact with saliva, the product will form a flexible and adhesive gel coating over and around the ulcer area. The aim is to keep the ulcer area protected with a coating of gel. As a guide, each application should normally last for an hour or more, although, on occasions, eating or drinking may make it necessary to re-apply the gel. In some cases, Iglü Gel may remain in place for several hours, as it has strong adhesive properties. Do not apply excessive amounts of the gel, and avoid applying gel to the back of the tongue and throat area. If you are treating sores caused by rubbing from false teeth/dentures etc, avoid using Iglü Gel at the same time (e.g. use the gel at night or when not wearing dentures).
Imodium Instants 6s/12s/18s

Imodium Instant Melts can stop diarrhoea in less than 1 hour!

Imodium Instant Melts are used to treat acute (short-lived) attacks of diarrhoea. They melt on your tongue with no need for water, so are especially suitable if you have trouble swallowing tablets or need to be out and about. With a pleasant mint flavour, they may be suitable if you are also experiencing nausea with diarrhoea.

- Melt on the tongue in seconds
- No water needed
- Also suitable for IBS-related diarrhoea (Following diagnosis by your doctor)
- 6 Tablets
- Suitable for adults and children over 12 years of age.

Directions

2 tablets to begin with. Then, if required, 1 tablet after each episode of diarrhoea. Do not take more than 8 tablets in any 24 hour period.

Active Ingredients:
Loperamide Hydrochloride: 2mg
Imodium Plus Comfort Tablets provide soothing relief from sudden short-lived (acute) attacks of diarrhoea and calm additional abdominal discomfort such as cramps, wind and bloating. Suitable for adults and children aged 12 years and over, they contain two active ingredients:

- Loperamide hydrochloride: Helps reduce diarrhoea by slowing down an overactive bowel and helping the body to absorb water and salts from the bowel.
- Simeticone: An anti-foaming agent that breaks up trapped wind in the bowel that causes cramps and bloating.

Directions

Swallow the correct number of tablets whole with a drink of water.

- Adults over 18 years old: Swallow two tablets initially, followed by one tablet after each loose bowel movement.
- Children and young adults (12 to 18 years): Swallow one tablet initially, followed by one tablet after each loose bowel movement.
- Children under 12 years: Not recommended.

Do not take more than 4 tablets in any 24 hour period. Do not take for more than 48 hours. If symptoms persist for more than 48 hours talk to your doctor.

Active Ingredients:
Loperamide Hydrochloride 2mg and Simeticone (equivalent to 125mg dimeticone).

Other Ingredients:
Calcium Hydrogen Phosphate Anhydrous, Microcrystalline Cellulose, Acesulfame K, Artificial Vanilla Flavour (includes Propylene Glycol, Maltodextrin and Benzyl Alcohol), Sodium Starch Glycolate (type A) and Stearic Acid.
Kwells Tablets 12s

Kwells Tablets effectively prevent and control travel sickness in adults and children aged 10 and over. They melt in the mouth for rapid absorption into the bloodstream, so can be taken as little as 20-30 minutes before a journey, or at the onset of sickness.

Kwells Tablets contain the active ingredient hyoscine hydrobromide, which temporarily reduces the effect of movement on the balance organs of the inner ear and the nerves responsible for nausea.

Adults: Take one tablet every 6 hours, as required. Do not take this medicine more than 3 times in 24 hours.

Children over 10 years: Give your child half or one tablet every 6 hours, as required. Do not give your child this medicine more than 3 times in 24 hours.

The tablets can be sucked, chewed or swallowed and can be taken up to 30 minutes before travelling to prevent travel sickness or at the onset of nausea.

Active Ingredient:
Hyoscine Hydrobromide 300µg.

Other Ingredients:
Mannitol (E421), Potato Starch, Gelatine Powder, Aluminium Stearate, Saccharin Sodium (E954) and Ferric Oxide (E172).
Lamisil - Prescription Strength. Fungal infections of the skin are common, and can cause real discomfort. Lamisil AT has been developed to treat the fungal infections provided you follow the instructions in this leaflet carefully. Terbinafine Hydrochloride is an antifungal, and works by killing the fungi causing your skin problem. Lamisil is used to treat the skin problems caused by fungi in athlete's foot (tinea pedis) and dhobie itch, e.g. jock itch (tinea cruris). Athlete's foot appears only on the feet where it often appears in between the toes. It can also appear on the instep, soles, or other areas of the feet. The most common type of athlete's foot causes cracking or scaling of the skin, but you may also have mild swelling, blisters, or weeping ulcers.

Do not stop using the cream before the recommended time as this may allow the infection to return. Lamisil AT should start to improve your skin condition in a few days, although full skin healing after the infection has cleared will take longer, up to 4 weeks, because of damage caused during infection.

Contains Terbinafine Hydrochloride 1% w/w The cream also contains Sodium Hydroxide, Benzyl Alcohol, Sorbitan Stearate, Cetyl Palmitate, Cetyl Alcohol Stearyl Alcohol, Polysorbate 60, Isopropyl Myristate, Purified Water

Directions
Cleanse and dry the affected area thoroughly before application. Apply the cream to the affected skin and the surrounding area in a thin layer and rub in lightly. Athlete’s foot: Apply once a day for one week. Dhobie itch: Apply once a day for one week. 1 week between the toes. Not recommended for children under 16 years of age. Avoid contact with the eyes. If symptoms persist, consult your doctor or pharmacist. Read the enclosed leaflet carefully before use. For external use only.
Logiderm Apricot kernel Oil Skin Care

A series specifically for dry, irritated and itchy skin. The high content of 98% pure apricot kernel oil makes it maintenance-intensive and revitalizing effect.

It is rich in oil and linoleic acids and unsaturated fatty acids. The gentle recovery, the valuable active ingredients such as tocopherol, Vit. B15 and B17 and Vit. E remain intact and act as free radical scavengers. The cell regeneration is stimulated, encouraged the skin metabolism and soothes and streamlined the tissue.

Free from PEG,
Free from artificial colors,
Free from mineral oils AND
Free from preservatives

Logiderm Apricot kernel Oil Skin Care Balm

A series specifically for dry, irritated and itchy skin. The high content of 98% pure apricot kernel oil makes it maintenance-intensive and revitalizing effect.

Logiderm Apricot Kernel Oil Skin Care Balm is a natural product and contains numerous substances from the apricot kernel and based on a time-tested and continually years refined recipe.

Logiderm is particularly suitable for

• Allergy and people with sensitive skin
• In general, all users who react negatively to chemicals
• Infants and children

Free from PEG,
Free from artificial colors,
Free from mineral oils AND
Free from preservatives
Logiderm Apricot Kernel Care Shower Gel

A series specifically for dry, irritated and itchy skin. The high content of 98% pure apricot kernel oil makes it maintenance-intensive and revitalizing effect.

Logiderm Apricot Kernel Care Shower Gel protects the skin's surface, leaving a pleasant feeling on the skin and is suitable for daily care.

Free from PEG,
Free from artificial colors,
Free from mineral oils AND
Free from preservatives

Logiderm Apricot Kernel Travel Set

A series specifically for dry, irritated and itchy skin. The high content of 98% pure apricot kernel oil makes it maintenance-intensive and revitalizing effect.

Free from PEG,
Free from artificial colors,
Free from mineral oils AND
Free from preservatives

The Travel set includes

1 x Apricot Kernel Oil Skin Care 200 ml
1 x Apricot Kernel Oil Skin Care Balm ml
1 x Apricot Kernel Care Shower Gel 200 ml
Lyclear Creme Rinse Twin Pack 2x59ml

Lyclear Creme Rinse gets rid of headlice and their eggs in just 10 minutes. The active ingredient permethrin belongs to a group of medicines called pyrethroids which kill insects such as head lice.

Lyclear Creme Rinse is suitable for adults and children over 6 months of age, including asthmatics. Each pack contains a fine tooth comb to remove the lice and eggs after treatment.

Active Ingredient:
Permethrin 1% w/w.

Other Ingredients:
Isopropanol 20% w/w, Stearalkonium Chloride, Cetyl Alcohol, Ceteth-10 (Polyoxyl 10 Cetyl Ether), Hydroxyethylcellulose, Hydrolysed Animal Protein, Methyl Parahydroxybenzoate (E218), Balsam Fir Canada, Propyl Parahydroxybenzoate (E216), Fragrance 06.070, Propylene Glycol, Sunset Yellow (E110), Anhydrous Citric Acid and Purified Water.

Lyclear Sensitive 150ml

Lyclear Sensitive is 100% effective at killing lice and eggs in just one application, yet is gentle to hair and skin. Suitable for adults and children from 6 months, the double action formula suffocates and dehydrates lice and eggs, and penetrates into the heart of the eggs to stop them developing.

• Leaves the hair soft and easy to comb.
• Non-greasy and washes out easily.
• No perfume, essential oils or alcohol.
• Dermatologically tested.
• No pesticides

Ingredients
Oxyphthirine (Caprylic Triglyceride, Dimethicone, Diisopropyl Adipate), Tocopheryl Acetate, Xanthan Gum, Glycerine, Propylene Glycol, Demineralised Water
Lyclear Shampoo 200ml

With Lyclear Shampoo, getting rid of head lice and eggs is as easy as washing hair. Clinically proven to kill 100% of head lice when used as directed, Lyclear Shampoo works in just 10 minutes to suffocate and dehydrate head lice and eggs, and even washes hair at the same time.

Lyclear Shampoo is suitable for adults and children from 2 years, and includes a comb to remove the dead lice and eggs after treatment.

Ingredients
Mineral Oil, Foaming Agents, Perfume.

Lyclear Spray 100ml

Lyclear Spray is a clinically tested and proven head lice treatment, working in just 15 minutes to remove 100% of head lice and eggs in adults and children from 2 years. The double action formula suffocates and dehydrates for maximum effect, and as it contains no pesticides, resistance to the treatment is not a problem.

Lyclear Spray is odourless and sprays on with no mess or fuss for quick and easy application and is effective in just one treatment.

Lyclear Spray comes in a 100ml bottle which contains up to 4 applications, depending on the length of the hair, and each pack contains a comb to remove the dead lice and eggs after treatment.

Ingredients
Mineral Oil and Dimethicone.
Metatone Original Flavour Tonic 300ml

Metatone Tonic helps restore health and vitality after illness, such as colds and flu, and when you are feeling tired and run down.

Metatone Tonic provides a combination of Vitamin B1 and four essential minerals in a liquid formula.

Ingredients: Active ingredients: Vitamin B1 (thiamine hydrochloride) (0.5mg/5ml), Calcium Glycerophosphate (45.6mg/5ml), Manganese Glycerophosphate (0.697mg/5ml), Potassium Glycerophosphate (45.6mg/5ml) and Sodium Glycerophosphate (22.8mg/5ml). Other ingredients: Sucrose, Phosphoric Acid, Glucose Syrup, Sodium Citrate, Ethanol, Amaranth (E123), Caramel T12, Mixed Oils (composed of Bitter orange oil, Orange oil, Nutmeg oil, Clove oil, Cassia oil, Anethole, Caraway oil.) and Water.

Adults and elderly: 5-10ml preferably diluted, 2-3 times daily before meals.
Children over 6 years: 5ml preferably diluted, 2-3 times daily before meals.

Not recommended under 6 years.

Metatone Original Flavour Tonic 500ml

Metatone Tonic helps restore Health & Vitality after illness such as colds and flus, and when you are feeling tired and run down.

Metatone Tonic provides a combination of Vitamin B1 and four essential minerals in a liquid formula.

Ingredients: Active ingredients: Vitamin B1 (thiamine hydrochloride) (0.5mg/5ml), Calcium Glycerophosphate (45.6mg/5ml), Manganese Glycerophosphate (0.697mg/5ml), Potassium Glycerophosphate (45.6mg/5ml) and Sodium Glycerophosphate (22.8mg/5ml). Other ingredients: Sucrose, Phosphoric Acid, Glucose Syrup, Sodium Citrate, Ethanol, Amaranth (E123), Caramel T12, Mixed Oils (composed of Bitter orange oil, Orange oil, Nutmeg oil, Clove oil, Cassia oil, Anethole, Caraway oil.) and Water.

Adults and elderly: 5-10ml preferably diluted, 2-3 times daily before meals.
Children over 6 years: 5ml preferably diluted, 2-3 times daily before meals.

Not recommended under 6 years.
Milk of Magnesia Liquid
Milk of Magnesia Liquid can be used as an antacid or a laxative.

Milk of Magnesia Liquid is an alkaline suspension, meaning that it will cause neutralization when it encounters anything acidic. This is why it makes an excellent antacid, as it neutralizes excess stomach acid (hydrochloric acid (HCL) when swallowed. Left untreated, excess stomach acid will cause heartburn, indigestion and stomach ulcers. Milk of Magnesia Liquid used as an antacid works when the hydroxide ions combine with the hydrogen ions in HCL to reduce the excess activity in the stomach.

When used as a laxative, Milk of Magnesia Liquid helps to flush the intestines by stimulating intestinal motility. The magnesium ions pull water from the surrounding body tissues via osmosis. The extra water in the intestines softens and increases the amount of feces, which in turn stimulates the nerves in the intestines. The ions also release the hormone cholecystokinin, causing an increase of water and electrolytes in the intestine and causing intestinal motility.

Ingredients
The active ingredient is Magnesium Hydroxide (415mg/5ml). The other ingredients are Sodium Hydrogen Carbonate, Oil of Peppermint, Glycerol, Sodium Saccharin and Purified Water.

Directions: Use a 5 ml spoon or the dosing cup provided. Doses may be taken with milk or water if desired. Do not exceed the stated dose.

As an antacid:
Adults: 5-10 ml (one or two 5 ml spoonfuls or fill the dosing cup to the first or second line). Repeat as necessary to a maximum of 60 ml in 24 hours.
Children aged 3-12 years: 5 ml (one spoonful or first line in dosing cup). Repeat as necessary to a maximum of 30 ml in 24 hours.

As a laxative:
Adults: 30-45 ml at bedtime. Repeat nightly, reducing dose each night until constipation is relieved.
Children aged over 3 years: 5-10 ml at bedtime.
Children aged under 3 years: to be given only on the advice of a doctor.
Elderly: As adult dose.
Natrasleep Tablets 50s

Natrasleep Tablets combine the herbal ingredients Hops and Valerian, which help you relax and induce sleep. It is a traditional herbal medicinal product, based on traditional use only.

Natrasleep Tablets are suitable for adults and the elderly and are vegetarian and vegan friendly.

Directions
Adults and the elderly: Take one to three tablets half an hour before bedtime.

As treatment effects may not be apparent immediately, the tablets should be taken 2-4 weeks continuously. If symptoms worsen or persist after 4 weeks of using the product, a doctor or qualified healthcare practitioner should be consulted.

Active Ingredients:
62.5mg of extract (as dry extract) from Valerian root (Valeriana officinalis L.) (4:1) Extraction solvent: Ethanol 60% v/v 33.4mg of extract (as dry extract) from Hops strobile (Humulus lupulus L.) (4-8:1) Extraction solvent: Methanol 40% v/v

Extract Excipients:
Glucose Syrup (dried), Maltodextrin, Colloidal Anhydrous Silica
Tablet Core: Calcium Phosphate Dibasic, Croscarmellose Sodium, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide

Coating:
Hypromellose, Talc, Green Dispersion (contains: Hypromellose, Copper Chlorophyllin (E141), Vegetable Carbon Black (E153) and Titanium Dioxide (E171)).
Nelsons Teetha Teething Granules (24 Sachets)

Nelsons Teetha is a homeopathic medicine to relieve the symptoms of teething in babies from 1 month.

Each dose of Nelsons Teetha is conveniently pre-packaged into a single sachet, making it easy to give to your baby anywhere, anytime. Simply empty one sachet of pleasant-tasting Nelsons Teetha into your baby’s mouth, where it dissolves to help bring gentle teething pain relief, thus soothing and calming your baby.

The active ingredient in Nelsons Teetha is Chamomilla 6c. Chamomilla is a herb traditionally used to help relieve the symptoms of teething and is often described by homeopaths as the first-choice remedy for teething, with remarkable results!

Simply empty the content of one sachet into your baby’s mouth every two hours. The maximum dose of Teetha is six sachets during any 24 hours period.

Active Ingredient: Chamomilla 6c. Other Ingredients: Lactose, Xylitol and Starch

Nelsons Teetha Teething Gel 15g

Nelsons Teetha Teething Gel provides symptomatic relief from teething pain and the symptoms associated with teething, which are sore and tender gums, flushed cheeks and dribbling. It is a homeopathic medicine containing:

- Chamomilla: used in homeopathy to help relieve teething pain.
- Belladonna: used in homeopathy to help relieve flushed cheeks and dribbling.
- Aconite: Traditionally used in homeopathy to help with sore and tender gums.

For babies aged 3 months and over only: With a clean finger apply a pea sized amount of the gel to the sore area on the baby’s gums and teeth.Use every 4 hours for up to 6 times per day.

If the symptoms worsen or do not show improvement after 7 days, consult your doctor or qualified healthcare practitioner.

Active Ingredients (per 1g): Chamomilla 12c, Belladonna 12c, Aconite 12c
Other Ingredients: Water, Glycerol, Xanthan Gum, Xylitol (E967), Hypromellose and Ethanol.
Nicorette

NICORETTE® understand that every smoker is different and that each person wants to cut down or quit in a way that is right for them.

For over 30 years, we have been supporting smokers who want to quit or cut down the amount of cigarettes they smoke, and we have developed a range of products to help different smokers to reach their personal stop-smoking goals. Importantly you can rest assured that each and every NICORETTE® product is manufactured to high quality standards using controlled ingredients, and has to undergo a thorough approval process before it is sold.

All products easy to use and are available from your local pharmacy, supermarket or can be purchased online.

From a 20 a day smoker to 50 marathons in 56 days
Nicorette 15mg Inhalator Cartridges 4s

Nicorette 15mg Inhalator is a clinically proven nicotine replacement aid that mimics the act of smoking, making it ideal for those who want to stop smoking but think they will miss the physical habit hand-to-mouth action of a real cigarette.

Nicorette 15mg Inhalator can be used to stop smoking completely, or to help you reduce the number of cigarettes you smoke, perhaps with a view to quit. It can also be used in situations where you cannot or do not want to smoke, such as in public places or in the presence of children.

Nicorette 15mg Inhalator Cartridges 20s

Nicorette 15mg Inhalator is a clinically proven nicotine replacement aid that mimics the act of smoking, making it ideal for those who want to stop smoking but think they will miss the physical habit hand-to-mouth action of a real cigarette.

Nicorette 15mg Inhalator can be used to stop smoking completely, or to help you reduce the number of cigarettes you smoke, perhaps with a view to quit. It can also be used in situations where you cannot or do not want to smoke, such as in public places or in the presence of children.

Nicorette 15mg Inhalator Cartridges 36s

Nicorette 15mg Inhalator is a clinically proven nicotine replacement aid that mimics the act of smoking, making it ideal for those who want to stop smoking but think they will miss the physical habit hand-to-mouth action of a real cigarette.

Nicorette 15mg Inhalator can be used to stop smoking completely, or to help you reduce the number of cigarettes you smoke, perhaps with a view to quit. It can also be used in situations where you cannot or do not want to smoke, such as in public places or in the presence of children.
Nicorette Invisi 25mg Patch (Step 1) - 7 Days

Nicorette Invisi 25mg Patch (Step 1)

Nicorette Invisipatch is a discreet, easy-to-use, once-a-day solution to help you deal with the cravings and withdrawal symptoms associated with quitting smoking.

It is most suitable for you if you are a regular smoker who smokes throughout the day.

Nicorette Invisi 15mg Patch (Step 2) - 7 Days

Nicorette Invisi 15mg Patch (Step 2)

Nicorette Invisipatch is a discreet, easy-to-use, once-a-day solution to help you deal with the cravings and withdrawal symptoms associated with quitting smoking.

It is most suitable for you if you are a regular smoker who smokes throughout the day.

Nicorette Invisi 10mg Patch (Step 3) - 7 Days

Nicorette Invisi 10mg Patch (Step 3)

Nicorette Invisipatch is a discreet, easy-to-use, once-a-day solution to help you deal with the cravings and withdrawal symptoms associated with quitting smoking.

It is most suitable for you if you are a regular smoker who smokes throughout the day.
Nicorette 2mg Original Microtab Sublingual Tablets 100s

Nicorette 2mg Original Microtab Sublingual Tablets relieve withdrawal symptoms and reduce the nicotine cravings you may get when you are trying to stop smoking. If you do crave a cigarette, this indicates that you were dependent on nicotine. Nicorette 2mg Original Microtab Sublingual Tablets release nicotine into your body to stop this craving, giving you nicotine without the toxins in cigarette smoke such as tar, lead, cyanide and ammonia that cause smoking related diseases.

Nicorette 2mg Original Microtab Sublingual Tablets can be used to help you stop smoking immediately, or to cut down the number of cigarettes you smoke gradually.

Nicorette 2mg Original Microtab Sublingual Tablets are dissolved under the tongue rather than chewed or swallowed, making it a very discreet form of Nicotine Replacement Therapy (NRT). You can take one or two tablets every hour and up to 40 tablets a day depending on your smoking habits, providing you with a flexible solution to meet your needs.

Nicorette Nasal Spray 10ml

Nicorette Nasal Spray provides fast, powerful relief from nicotine cravings, making it ideal for heavier smokers who think they may experience strong nicotine withdrawal symptoms when they stop smoking. By applying the spray directly into the nostril, the nicotine is released speedily into your system providing faster relief than other Nicotine Replacement Therapy (NRT) products to help you stay smoke free.

Nicorette Nasal Spray provides the nicotine your body craves but without the more harmful toxins in cigarette smoke such as tar, lead, cyanide and ammonia.

To help quit smoking you should also try to use a behavioural support programme to increase your chances of success.
Nicorette QuickMist 1mg Freshmint Mouthspray 150 Sprays

Nicorette QuickMist 1mg Freshmint Mouthspray starts to work in just 60 seconds to give you fast relief from nicotine cravings and is clinically proven to be 150% more effective at helping smokers quit than willpower alone.

Nicorette QuickMist 1mg Freshmint Mouthspray is a form of Nicotine Replacement Therapy (NRT) that can help you stop smoking or to cut down on the number of cigarettes you smoke. It can also be used in situations where you are unable, or unwilling to smoke, such as in public places or around children. It relieves and/or prevents the unpleasant nicotine withdrawal symptoms and reduces cravings, providing you with nicotine without the toxins in cigarette smoke such as tar, lead, cyanide and ammonia that cause smoking related diseases. NRT may also benefit smokers who want to quit by helping to control weight gain that may be experienced when trying to stop smoking.

Nicorette QuickMist 1mg Freshmint Mouthspray is a slim, stylish dispenser approximately the size of a small mobile phone, fitting easily into pockets and handbags so you can relieve your cravings whenever and wherever they hit.

When making a quit attempt a behavioural support programme will increase your chances of success.

Active Ingredient: Nicotine 1mg/spray.

Other Ingredients: Propylene glycol, anhydrous ethanol, trometamol, poloxamer 407, glycerol, sodium hydrogen carbonate, levomenthol, mint flavour, cooling flavour, sucralose, acesulfame potassium, hydrochloric acid, purified water.
Nicotinell

Stop smoking one cigarette at a time

Even if you’re not ready to stop, cutting down can still help you feel healthier and save money. Avoiding the places where you usually smoke, taking up a new hobby or keeping a diary that tracks how much money you’ve saved can help make quitting easier. Breaking your usual smoking routines will also help. For example, if you usually have a cigarette first thing in the morning, go out for a quick walk instead.

Why cutting down with Nicotinell® could work for you

- Get used to not smoking gradually
- Cut down at your own pace
- Help make withdrawal symptoms less intense
- You can double your chances of quitting versus willpower alone

Great things can happen when you sacrifice a cigarette
Nicotinell 2mg Medicated Chewing Gum 96s

Nicotinell 2mg Medicated Chewing Gum can be used to help you stop smoking completely or to cut down the amount of cigarettes you smoke. They can also be used to satisfy cravings in situations where you are unable or unwilling to smoke, such as in confined spaces or in the presence of children. If you are trying to quit using nicotine patches and are experiencing breakthrough cravings then Nicotinell 2mg Medicated Chewing Gum can help here too.

Nicotinell 2mg Medicated Chewing Gum is a form of Nicotine Replacement Therapy (NRT) that works by slowly releasing nicotine through the lining of the mouth to satisfy your craving for nicotine without the other harmful substances found in tobacco smoke such as tar and carbon monoxide.

Nicotinell 2mg Medicated Chewing Gum is for those who smoke less than 20 cigarettes per day and smokers of more than 20 cigarettes per day who are reducing their smoking prior to a quit attempt, once they have successfully reduced the number of cigarettes smoked per day. Smokers of more than 30 cigarettes a day should use Nicotinell 4mg Medicated Chewing Gum and those who smoke between 20 and 30 cigarettes per day can use either according to preference.

To help quit smoking you should also try to use a behavioural support programme to increase your chances of success. Talk to your doctor, nurse, pharmacist or a trained counsellor about this.

Nicotinell 2mg Medicated Chewing Gum is sugar free. Alternative flavours available are fruit, icemint and liquorice.

Active Ingredient: Nicotine 2mg in a resin complex (as 1 mg nicotine polacrilin).

Other Ingredients: Gum base, calcium carbonate (E170), sorbitol (E420), sodium carbonate anhydrous, sodium hydrogen carbonate (E500), glycerol (E422), levomenthol, butylhydroxytoluene (E321), saccharin, saccharin sodium (E954), acesulfame potassium (E950), xylitol (E967), mannitol (E421), gelatin, titanium dioxide (E171), carnauba wax (E903), talc (E553b), water, peppermint oil and eucalyptus oil.
Nicotinell 4mg Medicated Chewing Gum 96s

Nicotinell 4mg Medicated Chewing Gum can be used to help you stop smoking completely or to cut down the amount of cigarettes you smoke. They can also be used to satisfy cravings in situations where you are unable or unwilling to smoke, such as in confined spaces or in the presence of children. If you are trying to quit using nicotine patches and are experiencing breakthrough cravings then Nicotinell 4mg Medicated Chewing Gum can help here too.

Nicotinell 4mg Medicated Chewing Gum is a form of Nicotine Replacement Therapy (NRT) that works by slowly releasing nicotine through the lining of the mouth to satisfy your craving for nicotine without the other harmful substances found in tobacco smoke such as tar and carbon monoxide.

Nicotinell 4mg Medicated Chewing Gum is for those who smoke more than 30 cigarettes a day. If you smoke less than 20 cigarettes per day then use Nicotinell Mint 2mg Medicated Chewing Gum. Those who smoke between 20 and 30 cigarettes per day can use either according to preference. To help quit smoking you should also try to use a behavioural support programme to increase your chances of success. Talk to your doctor, nurse, pharmacist or a trained counsellor about this.

Nicotinell 4mg Medicated Chewing Gum is sugar free. Alternative flavours available are fruit, ice mint and liquorice.

Active Ingredient: Nicotine 4mg in a resin complex (as 20mg nicotine polacrillin).

Other Ingredients: Gum base, calcium carbonate (E170), sorbitol (E420), sodium carbonate anhydrous, sodium hydrogen carbonate (E500), glycerol (E422), levomenthol, butylhydroxytoluene (E321), saccharin, saccharin sodium (E954), acesulfame potassium (E950), xylitol (E967), mannitol (E421), gelatin, titanium dioxide (E171), carnauba wax (E903), talc (E553b), water.
Nicotinell Patches Step 1 - Step 3

- Nicotinell TTS30 21mg Patches (Step 1)
- Nicotinell TTS20 14mg Patches (Step 2)
- Nicotinell TTS10 07mg Patches (Step 3)

24 Hour Craving Control

Nicotinell Patch is an aid to combat the withdrawal symptoms caused by giving up smoking. The patch is designed to supply your body with decreasing amounts of nicotine as you go from Step 1, to Step 2, to Step 3, helping you become smoke free. Nicotinell patch contains nicotine. Stop smoking aid. Always read the label. Requires willpower.

Which patch do I need?

- If you smoke more than 20 cigarettes per day, use Step 1 Nicotinell TTS 30 (21mg/24hour) patches.
- If you smoke less than 20 cigarettes per day or you have completed Step 1, use Nicotinell TTS 20 (14mg/24 hour) patches.
- If you have completed Step 2, use Step 3 Nicotinell TTS 10 (7mg/24 hour) patches.
- Do not start the patch programme at Step 3.

Directions

- For adults and adolescents over 12 years of age.
- Read the instructions that are in the pack.
- Apply one patch every 24 hours to a clean, dry hairless area of skin. After 24 hours, use a new patch.
- You must not smoke whilst using these patches.
- The patches are designed to be used continuously for 3 months but not beyond. If you still need help controlling your cravings at the end of the 12 week treatment period speak to a doctor, nurse or pharmacist for further advice.
Nicotinell Support Icemint 2mg/4mg Medicated Chewing Gum 96s

Nicotinell Support Icemint Medicated Chewing Gum helps you to manage your weight while you are quitting smoking so you don’t swap one bad habit for another. It also contains a number of ingredients which help remove dental staining to help improve the whiteness of your teeth.

Nicotinell Support Icemint Medicated Chewing Gum is a form of Nicotine Replacement Therapy (NRT) that works by slowly releasing nicotine through the lining of the mouth to satisfy your craving for nicotine without the other harmful substances found in tobacco smoke such as tar and carbon monoxide.

Nicotinell Support Icemint Medicated Chewing Gum can be used to help you stop smoking completely or to cut down the amount of cigarettes you smoke. It can also be used to satisfy cravings in situations where you are unable or unwilling to smoke, such as in confined spaces or in the presence of children. If you are trying to quit using nicotine patches and are experiencing breakthrough cravings then Nicotinell Support Icemint Medicated Chewing Gum can help here too.

Nicotinell Support Icemint Medicated Chewing Gum is for those who smoke less than 20 cigarettes per day and smokers of more than 20 cigarettes per day who are reducing their smoking prior to a quit attempt, once they have successfully reduced the number of cigarettes smoked per day. Smokers of more than 30 cigarettes a day should use Nicotinell Support Icemint 4mg Medicated Chewing Gum and those who smoke between 20 and 30 cigarettes per day can use either according to preference.

To help quit smoking you should also try to use a behavioural support programme to increase your chances of success. Talk to your doctor, nurse, pharmacist or a trained counsellor about this.

Active Ingredient: Nicotine 2mg in a resin complex (as 10mg nicotine polacrilin).
Other Ingredients: Gum base (containing butylhydroxytoluene (E321)), calcium carbonate (E170), sorbitol (E420), sodium carbonate anhydrous, sodium hydrogen carbonate (E500), polacrilin, glycerol (E422), purified water, levomenthol, sucralose (E955), acesulfame potassium (E950), xylitol (E967), mannitol (E421), gelatin, titanium dioxide (E171), carnauba wax (E903), talc (E553b), natural mint flavouring and mint millicaps.
Nytol One-A-Night Tablets 20s

Nytol One-A-Night Tablets are a clinically proven night time sleep aid, to relieve temporary sleeplessness and lull you into your regular sleep pattern. They contain diphenhydramine hydrochloride, an antihistamine that blocks the normal actions of histamine - the chemical that stimulates arousal-promoting areas of the brain. This helps to reduce alertness and promote that first drowsy stage of sleep, making it easier to drift off naturally into restful deeper sleep.

Nytol One-A-Night Tablets have been shown to help those suffering from sleep problems caused by jet lag, stress and personal problems such as bereavement to fall asleep faster, have a longer, deeper sleep and to wake up feeling rested in the morning.

Nytol One-A-Night Tablets are suitable for adults and children over 16 years of age.

Active Ingredient: Diphenhydramine Hydrochloride 50mg
Other Ingredients: Anhydrous Lactose, Microcrystalline Cellulose, Maize Starch, Stearic Acid and Silicon Dioxide.

Nytol Anti-Snoring Throat Spray 50ml

Nytol Anti-Snoring Throat Spray is scientifically proven to help combat the source of snoring - the throat. All you need is 3 quick squirts before bed to reduce the volume of snoring throughout the night.

Nytol Anti-Snoring Throat Spray uses phosphatidylcholine which coats your throat muscles and prevents them moving and vibrating and keeps the key areas of your throat lubricated throughout the night, allowing you and your partner to get a good night’s sleep. The foam formulation ensures that it stays where it’s needed in your throat for long-lasting relief.

Ingredients:

Carrageenan, Phosphatidylcholine (lecithin), Glycerin, Sodium Methylparaben, Sodium Propylparaben, Sucralose, Rosa Canina Extract (rose hip), Sodium Phosphate, Disodium Phosphate, Mint Mandarin Flavor, Aqua, Propellant gas: 1,1,1,2 - Tetrafluoroethane.
Nytol Herbal Tablets 30s

Nytol Herbal Tablets contain a blend of herbs specifically selected for their sleep inducing properties, to help you drift off to sleep. They are ideal for adults suffering from sleeplessness and you’d prefer to try a herbal remedy rather than medicinal tablets.

Nytol Herbal Tablets contains three key ingredients that collectively offer a gentle nudge into the land of nod:

- Hops: These have a sedative effect and induce sleep.
- Valerian: This not only has sleep-inducing, sedative properties, but also helps to calm too.
- Passion Flower: This also works to soothe and induce sleep.

Nytol Original 25mg Tablets 20s

Nytol Original 25mg Tablets are clinically proven to relieve temporary sleeplessness and lull you into your regular sleep pattern. They contain diphenhydramine hydrochloride, an antihistamine that blocks the normal actions of histamine - the chemical that stimulates arousal-promoting areas of the brain. This helps to reduce alertness and promote that first drowsy stage of sleep, making it easier to drift off naturally into restful deeper sleep.

Nytol Original 25mg Tablets have been shown to help those suffering from sleep problems caused by jet lag, stress and personal problems such as bereavement to fall asleep faster, have a longer, deeper sleep and to wake up feeling rested in the morning. Nytol Original 25mg Tablets are suitable for adults and children over 16 years of age.

Active Ingredient: Diphenhydramine Hydrochloride 25mg
Other Ingredients: Anhydrous Lactose, Microcrystalline Cellulose, Maize Starch, Stearic Acid and Silicon Dioxide.
Odor-Eaters Trainer Tamers

Odor-Eaters Trainer Tamers insoles have a maximum strength deodorising formula specifically for trainers. No matter how hard you wear your work shoes, this tough insole will stand up to the punishment and keep working non-stop. One Pair, cut to size, will fit any size shoe. Odor-Eaters Trainer Tamers insoles even destroy odour at night when you're not wearing them. Only Odor-Eaters Trainer Tamers give unique triple odour protection, clinically proven as best for all work shoes and boots. Odor-Eaters Trainer Tamers contain:

1. Activated Charcoal, the world's most powerful odour destroyer.
2. Instafresh, which instantly neutralises the cause of foot odour, sweat acid.
3. A powerful antibacterial agent which kills odour-causing bacteria.

Odor-Eaters Trainer Tamers insoles have a special comfort grip foam which won't slip, slide or bunch up.

Odor-Eaters Ultra Comfort

Odor-Eaters Ultra Comfort have a thin flat design which “cushions without crowding”. Odor-Eaters Ultra Comfort have a triple odour protection system consisting of:

1. Activated Charcoal, the world’s most powerful odour destroyer.
2. Instafresh, which instantly neutralises the cause of foot odour, sweat acid.
3. A powerful antibacterial agent which kills odour-causing bacteria.

Odor-Eaters Ultra Comfort insoles have a special comfort grip foam which won’t slip, slide or bunch up.
Optrex Rehydrating Eye Drops for Dry Eyes 10ml

Optrex Rehydrating Eye Drops for Dry Eyes instantly rehydrate and lubricate dry, tired or irritated eyes and are specially formulated to help your eyes tackle contact lenses wear, computer usage, driving, air conditioning/central heating and polluted atmospheres. The specially selected ingredients replenish your tears, lubricating your eyes, so that you can feel an immediate difference.

Optrex Rehydrating Eye Drops for Dry Eyes are made with purified water and are safe for use with contact lenses - you can even apply the drops with your lenses in.

Directions

Adults and children aged 12 years and over: Tilt your head backwards and gently squeeze 1-2 drops into each eye, when required or as directed by your doctor or eye practitioner. Blink a few times to ensure the whole eye is covered.

Ingredients

Aqua, Sodium Chloride, PEG 8000, Boric Acid, Sodium Hyaluronate, Potassium Chloride, Sodium Chlorite, Calcium Chloride, Magnesium Chloride, Hydrogen Peroxide.

Cautions

- Do not use if you are allergic to any of the ingredients.
- Do not use with any other eye drop unless directed by your doctor or eye practitioner.
- Do not use during pregnancy or breastfeeding.
- Do not swallow the solution.
- Avoid placing the top of the dropper in contact with the eyelid, eye or any other surface.
- If symptoms persist, consult your doctor or eye practitioner.
Otex Ear Drops - 8ml

Otex Ear Drops help to remove hardened ear wax, reducing the need for syringing. Otex Ear Drops work by softening the ear wax and breaking it down into smaller pieces that can fall more easily from the ear.

Ingredients

Active ingredient: Urea Hydrogen Peroxide (5.0 % w/w).
Other ingredients: 8-Hydroxyquinoline; Glycerol

Otex Express Ear Drops - 10ml

Otex Express Ear Drops special dual action formulation softens and breaks down hard ear wax into small pieces so that they can leave the ear more easily.

Ingredients

Active ingredient: Urea hydrogen peroxide (5% w/w).
Other ingredients: 8-hydroxyquinoline and glycerol.

Otex Express Combi Pack

Otex Express Combi Pack softens hardened ear wax and gently liberates oxygen to help it disperse and leave the ear. A bulb syringe is also included to gently cleanse the ear after treatment.

Ingredients

Urea Hydrogen Peroxide, 8-Hydroxyquinoline, Glycerol. Bulb syringe made from medical grade PVC.
Otrivine Natural with Eucalyptus Nasal Spray 20ml

Otrivine Natural with Eucalyptus Nasal Spray is provides fast, effective relief from nasal congestion due to colds and rhinosinusitis in adults and children over 6 years of age. The natural hypertonic sea water solution with eucalyptus essential oil and extract of wild mint also has a purifying action to clear the nasal passages and helps to remove bacteria and viruses.

Otrivine Natural with Eucalyptus Nasal Spray is free from preservatives.

Directions
Adults and children over 6 years: One spray in each nostril up to 6 times daily.
Children under 6 years: Do not use.

Ingredients
Sea water (hypertonic at 2.2% sea salt concentration), essential oil of Eucalyptus globulus, extract of Mentha arvensis.

Otrivine Adult Nasal Drops 10ml

For the symptomatic relief of nasal congestion, perennial and allergic rhinitis (including hayfever) and sinusitis.

Otrivine Adult Nasal Drops are a clear colourless solution.

Otrivine Adult Nasal Drops are an effective decongestant, which act gently to clear a blocked nose within minutes and relieve excessive nasal secretions for up to ten hours. Useful for colds, hayfever and sinusitis. Suitable for adults and children over 12.

Otrivine Adult Nasal Drops work in minutes and the effects last up to 10 hours.

Ingredients
Xylometazoline Hydrochloride 0.1% w/v
Otrivine Adult Nasal Spray 10ml

Otrivine Adult Nasal Spray is used for the treatment of nasal congestion, perennial and allergic rhinitis including hayfever, sinusitis and colds.

Otrivine Adult Nasal Spray is a clear, colourless solution.

Otrivine Adult Nasal Spray is an effective decongestant, which acts gently to clear a blocked nose within minutes and relieves excessive nasal secretions for up to ten hours.

Otrivine Adult Nasal Spray works in minutes, lasts for up to 10 hours.

Ingredients
Xylometazoline Hydrochloride 0.1% w/v

Otrivine Sinusitis Nasal Spray 10ml

Otrivine Sinusitis Nasal Spray is used for the symptomatic relief of nasal congestion, perennial and allergic rhinitis including hayfever and sinusitis.

Otrivine Sinusitis Nasal Spray is a clear, colourless solution.

Otrivine Sinusitis Nasal Spray works in minutes and lasts up to 10 hours.

Ingredients
Active ingredient: 0.1% w/v Xylometazoline Hydrochloride
Otrivine Congestion Relief 0.1% Nasal Spray 10ml

Otrivine Congestion Relief 0.1% Nasal Spray provides relief from nasal congestion due to colds, sinusitis and inflammation due to hayfever and other allergies. The active ingredient is xylometazoline hydrochloride which helps to open up and clear the nasal passages by reducing the excessive nasal secretions and returning the swollen blood vessels to their normal size.

Active Ingredient: Xylometazoline hydrochloride 0.1% w/v.

Other Ingredients: Sodium dihydrogen phosphate dihydrate, disodium phosphate dodecahydrate, sodium chloride, disodium edetate, levomenthol, cineole, sorbitol, polyoxyhydrogenated castor oil (macrogol glycerol hydroxystearate) and purified water.

Otrivine Allergy Relief 0.1% Nasal Spray 10ml

Otrivine Allergy Relief 0.1% Nasal Spray relieves the symptoms of nasal congestion due to colds, sinusitis and allergies, including hayfever. It delivers a measured dose that works within minutes and provides relief for up to 10 hours.

Directions
Adults, elderly and children over 12 years: One application in each nostril 1 to 3 times daily. Children under 12 years: Not suitable.

Do not exceed the stated dose. Do not use continuously for more than seven consecutive days. If symptoms persist, consult your doctor.

Ingredients
Active Ingredient: Xylometazoline Hydrochloride 0.1% w/v
Other Ingredients: Benzalkonium Chloride, Disodium Phosphate Dodecahydrate (Sodium Phosphate), Disodium Edetate, Sodium Dihydrogen Phosphate Dihydrate (Sodium Acid Phosphate), Sodium Chloride, Sorbitol, Hypromellose, Purified Water.
Otrivine Adult Metered Dose Spray 10ml

For the symptomatic relief of nasal congestion, perennial and allergic rhinitis (including hay fever), sinusitis.

Otrivine is a nasal spray, which is a clear, colourless solution

Directions
Adults and elderly: One application in each nostril 1 to 3 times daily. Not suitable for children under 12 years.

Ingredients
Active ingredient: 0.1% w/v Xylometazoline Hydrochloride

Otrivine Children’s Nasal Drops 10ml

Otrivine Children’s Nasal Drops are an effective decongestant, which act gently to clear a blocked nose within minutes and relieve excessive nasal secretions for up to 10 hours.

Otrivine Children’s Nasal Drops work in minutes and last for up to 10 hours.

Ingredients
Active ingredient: Xylometazoline Hydrochloride: 0.05% w/v.

Also contains: Sodium chloride, sodium phosphate, sodium acid phosphate, disodium edetate, benzalkonium chloride, sorbitol, hypromellose and water.
Pantoloc Control 20mg Gastro-resistant Tablets 14s

Just one Pantoloc Control 20mg Gastro-resistant Tablet provides short-term treatment for reflux symptoms such as heartburn and acid indigestion in adults for up to 24 hours. They contain the active ingredient pantoprazole, a proton pump inhibitor that works at the source of the problem to reduce the amount of acid in your stomach, providing relief day and night.

You may experience relief from your acid reflux and heartburn symptoms after just one day of treatment with Pantoloc Control 20mg Gastro-resistant Tablets, but it is not meant to bring immediate relief and it may be necessary to take the tablets for 2-3 consecutive days to relieve the symptoms. You may take Pantoloc Control 20mg Gastro-resistant Tablets with antacids (e.g. magaldrate, alginic acid, sodium bicarbonate, aluminium hydroxide, magnesium carbonate, or combinations thereof) if needed to control your symptoms.

Directions for Adults over 18 years:
• Take one tablet a day.
• Take the tablet before a meal at the same time every day.
• You should swallow the tablet whole with some water. Do not chew or break the tablet.
• Do not exceed this recommended dose of 20mg pantoprazole daily.

You should take this medicine for at least 2-3 consecutive days. Stop taking Pantoloc Control 20mg Gastro-resistant Tablets when you are completely symptom-free. You may experience relief from your acid reflux and heartburn symptoms after just one day of treatment, but this medicine is not meant to bring immediate relief.

If you have no symptom-relief after taking this medicine for 2 weeks continuously, consult your doctor. Do not take Pantoloc Control 20mg Gastro-resistant Tablets for more than 4 weeks without consulting your doctor.

Active Ingredient: Pantoprazole 20mg (as sodiumsesquihydrate).
Other Ingredients: Core: sodium carbonate (anhydrous), mannitol, crospovidone, povidone K90, calcium stearate. Coating: hypromellose, povidone, titanium dioxide (E171), yellow iron oxide (E172), propylene glycol, methacrylic acid-ethyl acrylate copolymer, sodium lauril sulfate, polysorbate 80, triethylcitrate. Printing ink: shellac, red, black and yellow iron oxide (E172), soya lecithin, titanium dioxide (E171) and antifoam DC 1510.
Paracodal Capsules 32s

Paracodal Capsules are effective pain relievers as they contain two active ingredients: paracetamol, which is used to relieve mild to moderate pain and fever; and codeine, a slightly stronger painkiller known as an opioid. Codeine is one of the strongest painkillers available without prescription however should only be used when paracetamol, ibuprofen and aspirin fail to work alone. You may benefit from use or Paracodal Capsules if you suffer from mild to moderate forms of the following:

- Headaches
- Cold and flu symptoms including raised temperature and sore throats
- Muscular and rheumatic pain
- Back pain
- Neuralgia
- Period pain
- Dental pain

- Codeine is one of the strongest painkillers available without prescription.
- You may benefit from use or Paracodal Capsules if you suffer from mild to moderate forms.
- Paracodal Capsules are effective pain relievers as they contain two active ingredients.
- Paracodal Capsules are a combination of codeine, one of the strongest painkillers available without prescription, and paracetamol, which relieves pain and reduces fever.

Each Paracodal Capsule contains:

Paracetamol 500mg and Codeine 8mg. Inactive ingredients are pregelatinised maize starch, colloidal silicon dioxide, magnesium stearate, titanium dioxide, gelatin, shellac, soya lecithin, antifoam DC1510, iron oxide.
Persona Contraception Monitor

- Works in harmony with your body
- Most suitable for women in stable relationships who intend to have children at some time in the future
- An easy to use, natural and non-invasive method of contraception
- 94% reliable when used according to instructions and as the only method of contraception
- Comes as a complete starter pack, containing a PERSONA Monitor and 1 months supply of Test Sticks

PERSONA works by monitoring the hormones that directly control your cycle. The levels of these natural chemical ‘messages’ rise and fall as they regulate the various stages of your cycle. This makes it possible to identify the days around ovulation when you are at significant risk of becoming pregnant.

The Test Sticks collect hormones from your first urine of the day and process them into information that can be read by the Monitor. The Monitor then reads, stores and uses this information to let you know whether you are at risk of becoming pregnant (‘Red’ Day) or free to make love without a contraceptive* (‘Green’ Day). The egg usually only survives for up to a day, however it is possible for sperm to survive for several days inside your body around the time of ovulation. PERSONA takes into account both egg and sperm survival times.

Personal Contraception Monitor refills kit - 8 test sticks

Box Contains

- 8 x Test sticks
- 1 x Instructions
Piriton Syrup 150ml

Piriton Syrup contains chlorphenamine maleate, an antihistamine that helps relieve the symptoms of hayfever and other allergies as well as itchy skin rashes, including chickenpox. They can treat the itchiness, redness, swelling, tenderness and irritation caused by:

- Hayfever and other allergies, e.g. pet, house dust mite and mould spore allergies.
- Skin allergies and dermatitis.
- Insect bites and stings.
- Nettle rash and hives.
- Prickly heat and heat rash.
- Allergic reactions to food, food additives or medicines.

Piriton Syrup is ideal for children as it is easier to take than tablets and can be used in children from 1 year of age.

Direction

- Age 1-2 years: One 2.5ml spoonful twice daily. Maximum two 2.5ml spoonfuls (5ml) in 24 hours.
- Age 2-6 years: One 2.5ml spoonful every 4-6 hours. Maximum six 2.5ml spoonfuls (15ml) in 24 hours.
- Age 6-12 years: One 5ml spoonful every 4-6 hours. Maximum six 5ml spoonfuls (30ml) in 24 hours.
- Adults and children over 12 years: Two 5ml spoonful every 4-6 hours. Maximum twelve 5ml spoonfuls (60ml) in 24 hours.

Active Ingredient:
Chlorphenamine Maleate 2mg/5ml

Other Ingredients:
Sucrose, Glycerol, Ethanol, Tingle Flavour, Peppermint Oil, Water and, as preservative, a mixture of Methyl, Ethyl and Propyl Hydroxybenzoates (E218, E214 and E216).
Prevalin Nasal Spray 20ml

Prevalin Nasal Spray provides relief and protection from the symptoms of hayfever and other common allergies. It is also clinically proven to provide relief from sneezing, runny noses, blocked noses, and itchy, watery eyes.

Use Prevalin as soon you feel your body reacting to pollen, before the allergic reaction has fully developed.

Shake vigorously for at least eight times before use. Spray one to two sprays into each nostril, two to three times a day (4 to 6 hours of protection).

Ingredients
Bentonite, Xanthan Gum, Glycerol Stearate, Potassium Phosphate, Dipotassium Phosphate, Glycerin, Sesamum Indicum (Sesame) Seed Oil, Aqua, Flavour.

Prevalin Allergy for Kids Nasal Spray 20ml

Designed specifically for children aged 6 to 12 years, Prevalin Allergy for Kids Nasal Spray provides immediate relief and protection from symptoms of hayfever and other common allergies.

The non-drowsy, antihistamine and steroid free formula is clinically proven to relieve: Sneezing, Runny nose, Blocked nose, Itchy/water eyes

Prevalin Allergy for Kids Nasal Spray contains a 2 month supply.

Use Prevalin Allergy for Kids Nasal Spray as soon as you notice your child reacting or showing symptoms, before the allergic reaction has fully developed. Shake vigorously for at least 8 times before use. Use 1 to 2 sprays in each nostril, 2 to 3 times a day (giving 4 to 6 hours of protection).

Ingredients
Bentonite, Xanthan Gum, Glycerol Stearate, Potassium Phosphate, Dipotassium Phosphate, Glycerin, Sesamum Indicum (Sesame) Seed Oil, Aqua, Flavour.
Pro Plus Tablets 36s

ProPlus can help combat tiredness and fatigue and is the caffeine equivalent of having a cup of strong coffee.

Tiredness affects everybody from time to time and the most common cause of tiredness is lack of sleep. ProPlus could temporarily support the body to beating tiredness and assist at times such as revising for exams.

Fatigue is harder to define and although those with busy lifestyles can suffer from fatigue once in a while, if you feel tired all the time you may be suffering from chronic fatigue and should consult your doctor.

ProPlus gives you a fast acting caffeine boost that relieves fatigue and tiredness and helps you feel more awake.

Busy professionals, students and basically all those that sometimes feel they need to burn the candle at both ends will sometimes experience the signs of fatigue and tiredness and appreciate the effects of ProPlus.

So whether you need an afternoon boost to get you through a lecture, meeting or even a heavy evening ahead ProPlus Tablets can give you the caffeine boost you need to keep you going.

Whenever you need to temporarily relieve tiredness, ProPlus provides the body with a shot of caffeine that will help you to feel more awake. Which in turn will enable you to concentrate and be more alert.

It’s been proven that if you’ve been awake for more than 18 hours your response levels can become 50% slower as fatigue and tiredness set in. This can make a huge difference to your performance.

Two tablets of ProPlus contain 100mg of caffeine - that’s equivalent to a strong cup of coffee and will help you to maintain mental alertness and help you to feel less tired, although it’s important to remember that sleep is the best and most natural solution to keep tiredness at bay.

Caffeine is a central nervous system stimulant, and is often used to help restore mental alertness when drowsiness occurs. It is important to note, that ProPlus cannot replace sleep, and should be used only occasionally as an alertness aid.
Radian B Spray Pump Action 100ml

The Radian B Pump Action Spray is CFC-free and can be used at any angle - including upside down - for application on those hard to reach places. The spray application also means that it is ideal for use on areas that are too painful to massage.

Ingredients

Active Ingredients: Menthol 1.4% w/v, Camphor 0.6% w/v, Aspirin 1.2%w/v (Equivalent to ammonium salicylate 1.0%w/v), Methyl Salicylate 0.6%w/v (Equivalent to salicylic acid (as Methyl and Ethyl Esters) 0.54%w/v).

Other Ingredients: Industrial Methyated Spirit 95, Glycerol, Citronella oil, Ammonia ‘880’, Water (purified).

Radian

© Point Group Germany 2015
Radian B Muscle Lotion 125ml

Radian B Muscle Lotion is ideal for use on larger painful areas, and can also be used to treat conditions such as lumbago (back pain), sprained ligaments, strains, tennis elbow and golf shoulder, fibrositis and sciatica.

Ingredients

Active ingredients: Menthol (1.4%), Camphor (0.6%), Ammonium salicylate (1.0%), Salicylic acid (as methyl and ethyl esters) (0.54%).

Other ingredients:

Industrial Methylated Spirit, Water, Glycerol, Citronella Oil and Ammonia.

Radian B Muscle Lotion 250ml

Radian B Muscle Lotion is ideal for use on larger painful areas, and can also be used to treat conditions such as lumbago (back pain), sprained ligaments, strains, tennis elbow and golf shoulder, fibrositis and sciatica.

Ingredients

Active ingredients: Menthol (1.4%), Camphor (0.6%), Ammonium salicylate (1.0%), Salicylic acid (as methyl and ethyl esters) (0.54%).

Other ingredients:

Industrial Methylated Spirit, Water, Glycerol, Citronella Oil and Ammonia.
Radian B Muscle Rub 40g

Radian B Muscle Rub is used to relieve the symptoms of aches and pains, such as muscle stiffness, bruising, sprains and fibrositis.

The act of massaging the rub into the painful area also helps relieve symptoms, and acts as multi-action painkiller, as Radian B Muscle Rub contains painkilling ingredients.

Active ingredients:

Menthol (2.54%), Camphor (1.43%), Methyl Salicylate (0.42%) and Oleoresin capsicum (0.005%).

Other ingredients:


Radian B Muscle Rub 100g

Radian B Muscle Rub is used to relieve the symptoms of aches and pains, such as muscle stiffness, bruising, sprains and fibrositis.

The act of massaging the rub into the painful area also helps relieve symptoms, and acts as multi-action painkiller, as Radian B Muscle Rub contains painkilling ingredients.

Active ingredients:

Menthol (2.54%), Camphor (1.43%), Methyl Salicylate (0.42%) and Oleoresin capsicum (0.005%).

Other ingredients:

Redoxon Immune Support Effervescent Tablets are an advanced high strength formula that brings together all the essentials vitamins and minerals your body needs everyday to maintain your immune system, such as Vitamin C, Zinc and Selenium.

Vitamins (C, A, D, E, B6, B12 and Folic Acid) & minerals (Zinc, Iron, Copper and Selenium) helps your immune system function, your body’s natural protector. Vitamin A, Vitamin C and Zinc helps maintain your skin the body’s first line of defence. Vitamin C, Vitamin E, Zinc, Copper and Selenium are effective antioxidants. Adults: dissolve 1 tablet per day in a glass of water to make a refreshing orange drink. Children: 6-12 years old: half a tablet per day.

Redoxon Double Action is a combination of high strength Vitamin C and Zinc to help support your immune system.

Both essential nutrients in the Double Action formula complement each other to support your body’s immune defence.

- Vitamin C & Zinc help your immune system function.
- Zinc helps maintain your skin - the body’s first line of defence.

Adults: Dissolve 1 Redoxon Double Action tablet per day in a glass of water to make a delicious and refreshing orange drink. Children 6-12 years old: Half a tablet per day.

Redoxon Immune Support Effervescent Tablets are an advanced high strength formula that brings together all the essentials vitamins and minerals your body needs everyday to maintain your immune system, such as Vitamin C, Zinc and Selenium.
Redoxon Immune Support Effervescent Tablets are an advanced high strength formula that brings together all the essentials vitamins and minerals your body needs every day to maintain your immune system, such as Vitamin C, Zinc and Selenium.

Vitamins (C, A, D, E, B6, B12 and Folic Acid) & minerals (Zinc, Iron, Copper and Selenium) helps your immune system function, your body's natural protector. Vitamin A, Vitamin C and Zinc helps maintain your skin the body's first line of defence. Vitamin C, Vitamin E, Zinc, Copper and Selenium are effective antioxidants. Adults: dissolve 1 tablet per day in a glass of water to make a refreshing orange drink. Children: 6-12 years old: half a tablet per day.

Acid, Ascorbic acid, Acidity regulators, Bulking agent, Vitamin E compound Flavourings (Tangerine and Orange flavours), Sweeteners, Colours E101, E160a, Beet red juice, Zinc citrate, Hypromellose, Vitamin A compound (Retinyl palmipate, Gelatin, Sucrose, Glycerol, Antioxidant: DL-alpha tocopherol), Ferrous lactate, Vitamin B12 compound, Pyridoxine hydrochloride, Cupric gluconate, Vitamin D compound, Anti-foaming agent, Pteroylmonoglutamic acid, Sodium selenate. Contains a source of phenylalanine.

Redoxon All Day Defence Capsules Vitamin C + Zinc 1000mg 40 Capsules

Redoxon Double Action is a combination of high strength Vitamin C and Zinc to help support your immune system. Both essential nutrients in the Double Action formula complement each other to support your body's immune defence.

- Vitamin C & Zinc help your immune system function.
- Zinc helps maintain your skin - the body's first line of defence.

Adults: Dissolve 1 Redoxon Double Action tablet per day in a glass of water to make a delicious and refreshing orange drink. Children 6-12 years old: Half a tablet per day.

Ingredients
Vitamin C, Citric acid, Sodium hydrogen carbonate, Bulking agent (Isomalt), Flavour enhancers (Malic acid, Sodium chloride), Colour (Beta-carotene), Orange flavour, Sodium carbonate, Sweeteners (Aspartame, Acesulfame K), Zinc citrate, Tangerine flavour.
Regaine For Women Regular Strength Scalp Solution
1 Month’s Supply

Regaine For Women Regular Strength Scalp Solution treats common hereditary hair loss in women aged 18-65 years, by preventing further hair loss and encouraging hair re-growth. It contains minoxidil which is thought to work by aiding the blood flow to the hair follicles on your scalp.

It works best in women who have general hair thinning of the scalp and those who are younger or have been losing hair for a short period of time.

You are unlikely to benefit from Regaine For Women Regular Strength Scalp Solution if you have been balding/thinning for many years or have a large area of hair loss.

Hereditary hair loss is recognisable because: Of the pattern of hair loss; It starts gradually and progresses; You have a family history of hair loss; Not other symptoms are present with your hair loss.

Regaine for Men Extra Strength Scalp Foam
1 Month’s Supply

Regaine for Men Extra Strength Scalp Foam is a treatment for hereditary hair loss that contains minoxidil, the only over-the-counter ingredient clinically proven to prevent further hair loss and regrow hair, with results that may be noticeable in as little as 8 weeks.

Regaine for Men Extra Strength Scalp Foam works by increasing the blood supply to the hair follicles, which helps to strengthen existing hair and stimulate secondary hair growth. It is an easy to use foam that goes on easily and dries quickly, so the twice daily application fits easily into your daily grooming routine. Furthermore, the foam is unscented so no one will suspect that you’re using it.

Regaine for Men Extra Strength Scalp Foam is proven to be effective, with 9 out of 10 men in clinical testing saying that they kept or regrew hair after using it twice daily as directed for 4 months.

Regaine for Men Extra Strength Scalp Foam - 1 Month’s Supply contain 1 x 73ml can of foam.
Regaine for Men Extra Strength Scalp Foam - 3 Month’s Supply

Regaine for Men Extra Strength Scalp Foam is a treatment for hereditary hair loss that contains minoxidil, the only over-the-counter ingredient clinically proven to prevent further hair loss and regrow hair, with results that may be noticeable in as little as 8 weeks.

Regaine for Men Extra Strength Scalp Foam works by increasing the blood supply to the hair follicles, which helps to strengthen existing hair and stimulate secondary hair growth. It is an easy to use foam that goes on easily and dries quickly, so the twice daily application fits easily into your daily grooming routine. Furthermore, the foam is unscented so no one will suspect that you’re using it.

Regaine for Men Extra Strength Scalp Foam is proven to be effective, with 9 out of 10 men in clinical testing saying that they kept or regrew hair after using it twice daily as directed for 4 months.

Regaine for Men Extra Strength Scalp Foam - 3 Month’s Supply is a money-saving pack

Regaine For Men Extra Strength 60ml

REGAINE Extra Strength Solution is clinically proven to regrow hair in men with hereditary hair loss and reverse its progression. It also contains a 5% concentration of the active ingredient minoxidil.

• In clinical trials, 3 out of 5 men regrew hair
• Results may become noticeable in just 8 weeks
• Apply directly to your scalp—twice a day, every day

REGAINE Extra Strength Solution is licensed for hereditary hair loss in men aged 18 to 65.
Rennie Deflatine Tablets 36s

Rennie Deflatine gently relieves the bloated feeling caused by trapped wind. Trapped wind is a common condition that causes pain or discomfort, usually as a result of pressure in your stomach or abdomen which makes you feel bloated and wanting to pass wind.

Ingredients

The active ingredients are Calcium Carbonate (680 mg), Simethicone (25 mg), Heavy Magnesium Carbonate (80 mg). The other ingredients are Sorbitol (E420), Magnesium Stearate, Potato Starch, Pregelatinised Maize Starch, Talc, Mint Flavour, Lemon Flavour.

Directions

Adults: 1 or 2 tablets sucked or chewed as required. Maximum 16 tablets in 24 hours. Children: not to be given
Rennie Peppermint Tablets 24s

Rennie Peppermint Tablets quickly and effectively relieve indigestion, heartburn, acid indigestion, dyspepsia, hyperacidity, nervous indigestion, flatulence, upset stomach, indigestion during pregnancy and biliousness. They contain an antacid which works by neutralising excess stomach acid.

Adults and children over 12 years:
• 2 tablets to be sucked or chewed as required, preferably 1 hour after meals and before bedtime.
• For heartburn an extra 2 tablets may be taken between these times.
• Do not take more than 10 tablets a day.

If symptoms persist after 14 days consult your doctor or pharmacist. Prolonged use should be avoided.

Active Ingredients: Calcium Carbonate 680mg and Heavy Magnesium Carbonate 80mg.
Other Ingredients: Sucrose, Glucose (250mg), Peppermint Flavour (Mint Essential Oil, Maltodextrin, Silicon Dioxide, Arabic Gum), Talc, Povidone, Saccharin Sodium and Magnesium Stearate.

Rennie

Rennie Peppermint Tablets quickly and effectively relieve indigestion, heartburn, acid indigestion, dyspepsia, hyperacidity, nervous indigestion, flatulence, upset stomach, indigestion during pregnancy and biliousness. They contain an antacid which works by neutralising excess stomach acid.

Adults and children over 12 years:
• 2 tablets to be sucked or chewed as required, preferably 1 hour after meals and before bedtime.
• For heartburn an extra 2 tablets may be taken between these times.
• Do not take more than 10 tablets a day.

If symptoms persist after 14 days consult your doctor or pharmacist. Prolonged use should be avoided.

Active Ingredients: Calcium Carbonate 680mg and Heavy Magnesium Carbonate 80mg.
Other Ingredients: Sucrose, Glucose (250mg), Peppermint Flavour (Mint Essential Oil, Maltodextrin, Silicon Dioxide, Arabic Gum), Talc, Povidone, Saccharin Sodium and Magnesium Stearate.
Rennie Spearmint Tablets 24s

Rennie Spearmint Tablets quickly and effectively relieve indigestion, heartburn, acid indigestion, dyspepsia, hyperacidity, nervous indigestion, flatulence, upset stomach, indigestion during pregnancy and biliousness. They contain an antacid which works by neutralising excess stomach acid.

Rennie Spearmint Tablets quickly and effectively relieve indigestion, heartburn, acid indigestion, dyspepsia, hyperacidity, nervous indigestion, flatulence, upset stomach, indigestion during pregnancy and biliousness. They contain an antacid which works by neutralising excess stomach acid.

Active Ingredients:
Calcium Carbonate 680mg and Heavy Magnesium Carbonate 80mg.

Other Ingredients:
Sucrose, Glucose (250mg), Spearmint Flavour, Talc, Povidone, Saccharin Sodium and Magnesium Stearate.

Rennie Spearmint Tablets 72s

Rennie Spearmint Tablets quickly and effectively relieve indigestion, heartburn, acid indigestion, dyspepsia, hyperacidity, nervous indigestion, flatulence, upset stomach, indigestion during pregnancy and biliousness. They contain an antacid which works by neutralising excess stomach acid.

Rennie Spearmint Tablets quickly and effectively relieve indigestion, heartburn, acid indigestion, dyspepsia, hyperacidity, nervous indigestion, flatulence, upset stomach, indigestion during pregnancy and biliousness. They contain an antacid which works by neutralising excess stomach acid.

Active Ingredients:
Calcium Carbonate 680mg and Heavy Magnesium Carbonate 80mg.

Other Ingredients:
Sucrose, Glucose (250mg), Spearmint Flavour, Talc, Povidone, Saccharin Sodium and Magnesium Stearate.
**Riviera Arnica cream with Elastin**

Arnica cream with Elastin: The good qualities of well-known medicinal herbs applied since primeval times have been used to produce this marvellous cream. These substances have been used to make a mild cream. Arnica used for bruises, contusions, sprains, pulled ligaments and swellings has a healing soothing effect, good for dull injuries. Arnica together with Elastin may be used as a successful cosmetic cream. Holzhacker Arnica cream can be used to calm dry and irritated skin, after a bath or sauna, as well as for skin strained by sun or solarium.

**PACKING**
Laminate tube 75ml

**APPLICATIONS**
after dull injuries or to calm the skin after sunburn.

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**Riviera Stag tallow cream with Marigold and Rose of Sharon Tallow**

Stag tallow cream with Marigold and Rose of Sharon Tallow was already used by ancient cultures for the production of soaps and skin ointments, gentle to the skin. Our high quality stag tallow, forms the well-tried basis for protective skin care. It keeps stressed skin smooth and supple for a long period of time. The substances of Rose of Sharon and Marigold soothe the skin and provide extra anti-inflammatory protection. Wheat germ oil is particularly effective against dry, tired and poorly circulated skin. The ideal cream for hiking, jogging and other continual pressure. It also prevents chapped and rough skin, protects against blisters, chafing and bruises.

**PACKING**
Laminate tube 75ml

**APPLICATIONS**
protects the skin against the demands of every day life and sport
Riviera Marmot oil cream with Marigold and Menthol

Marmot oil cream with Marigold and Menthol Marmot oil cream has been appreciated by the inhabitants of alpine regions as a liniment for strained muscles and joints for generations. It has been used as a treatment for Rheumatic pains for a long time. Marmot oil with Marigold, Menthol and Elastin is a well-known combination for the treatment of joints and muscles. A mild ointment basis with Elastin provides smoothness and suppleness and enhances skin care. Holzhacker Marmot oil cream is very effective for strained muscles and joints.

PACKING
Laminate tube 75ml

APPLICATIONS
for overworked muscles and joints

Riviera Marigold cream with Camomile

Marigold cream with Camomile In this superb cream we have combined the best properties of the most known medicinal herbs used since primeval times. Marigold extract has a soothing cleansing effect and reduces swelling. Camomile is famous for its healing components. These natural substances have been combined to produce a mild, basic ointment, used to assist the healing of minor irritations, and reddening of the skin. It helps to keep surplus scar tissue soft and supple and is a good skin care cream for daily use as well as scar care.

PACKING
Laminate tube 75ml

APPLICATIONS
for skin irritations and skin aggravations.
Holzhacker
Ja, der hilft wirklich!

Eine starke Familie zum Einreiben:

JETZT mitmachen und ein Wocherende in der Holzhackerstube in Schwäming GEWINNEN!
Hier am Gewinnspiel teilnehmen >>

RIVIERA
BIOPHARMA
Riviera Holzhacker Franzbranntwein

Household products manufactured according to ancient recipes for gargling and rubbing. Most suitable for muscle strain, tension, tiredness and weariness.

PACKING
bottle 250ml, 500ml, 1000ml

APPLICATIONS
to rub on from muscle strain, tiredness and tension.

Riviera Holzhacker Latschenkiefer-Franzbranntwein

Holzhacker Latschenkiefer-Franzbranntwein Household remedy manufactured according to ancient recipes for gargling and rubbing. Holzhacker mountain pine alcoholic liniment is also refined with mountain pine spirit and Rosemary oil. It’s most suitable for muscle strain, tension, tiredness and nervousness.

PACKING
bottle 250ml, 500ml, 1000ml

APPLICATIONS
to rub on from muscle strain, tiredness and tension.
Riviera Franzbranntweingel

Alcoholic liniment jelly with Menthol and Arnica. Holzhacker alcoholic liniment, produced according to ancient handed-down recipes contains Camphor, Menthol, extracts from the Arnica plant. Spruce Pine essence as well as pure alcohol and real stored wine distillation. This special jelly made from genuine. Holzhacker alcoholic liniment is pleasantly cooling when you are tired or nervous and stimulates circulation, loosens muscles after strain as well as easing sprains and torn ligaments. Holzhacker Alcoholic liniment jelly is highly appropriate for the massage of strained muscles.

PACKING
tube 75ml, tin 500ml 1000ml

APPLICATIONS
to loosen overworked muscles and muscle strain.

Original Schwedenbitter Riviera

Original Sweden Bitter made from selected herbs, following an old recipe, is a product of quality, god for increasing general wellbeing. The bitters taken from the wormwood herb (Vermouth), and the Gentian root, not only produce the typical taste, but are also appetite stimulants as well as refreshing and agreeable after fatty meals or the feeling of satiety. A variety of other herbs complete the unique taste. Original Sweden bitters contain no laxatives and no added sugar.

PACKING
glass-bottle 50ml 250ml 500ml 1000ml

APPLICATIONS
to increase appetite, for satiety and flatulence as well as for cramp pains in the stomach and bowel.

“Our whole family swears by the small bottle with the big effect.

... unequalled for stomach and bowel...

... my wife and I always take it with us on every journey.”

Ewald R., pensioner and India fan
Riviera Aloe Vera Cream

Aloe Vera cream with Elastin: The skin care and moisturising effect of Aloe Vera has been known for 6000 years. Kleopatra and Nofretete used the juice of the desert lilly for body care. The plant, rich in active substances, also has anti-inflammatory and anti-bacterial properties, and qualities which strengthen the immunity of the skin. Holzhacker Aloe Vera cream is for dry and irritated skin and beauty care.

PACKING
tube 50ml, tube 75ml, pot 125ml, tin 1000ml

APPLICATIONS
for the care of dry and irritated skin.

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Riviera Breathe Free Bath

Bath lotion for easy breathing with valuable Eucalyptus and Rosemary oils: wet and cold weather often lead to colds, with symptoms like tension and tiredness. Holzhacker free breathing bath liquid with the Effects of ethereal plant oils unfolds its full strength in a temperate bath. The intensive scented Eucalyptus oil frees the respiratory tract, and the fresh fragrance of Rosemary oil, has a positive effect on the circulation. This harmonious symbiosis revitalises body and spirit, and increases well-being in a natural way.

PACKING
plastik-flask 250ml, can 5000ml

APPLICATIONS
to free the respiratory tracts and relief when feeling unwell.
Riviera Activating Bath

Holzhaeker Revitalising bath liquid with the effects of its valuable Ethereal plant oils unfolds its full strength in a temperate bath. The combination of energising and circulation stimulating Rosemary oil and the refreshing aroma of Bergamot, make this marvellous bath liquid a source of energy and give vitality and joy of life.

PACKING
plastik-flask 250ml, can 5000ml

APPLICATIONS
to stimulate and activate after mental and physical exhaustion.

Riviera Relaxation Bath

Daily stress, a flood of stimuli and emotional strain, bring the body out of balance. Holzhaeker relaxation bath with the effects of valuable ethereal plant oils unfolds its full strength in a temperate bath. The combination of the sweet, flowery aroma of the harmonising Geranium oil, and the fresh, fruity fragrance of the mood uplifting Petitgrain oil help you to regain your equilibrium and tank new strength.

PACKING
plastik-flask 250ml, can 5000ml

APPLICATIONS
for the relaxation of body and mind after hectic and stress.
Riviera Breathe Free Balm

Respiratory free balm with Peppermint and Menthol: Our specially developed balm for cold symptoms of the respiratory tract, relieves, warms and soothes, through its balanced mixture of ethereal oils from Peppermint, Rosemary, Menthol and Camphor. To be applied frequently to chest and back, day and night. Not to be used for infants, avoid contact near the eyes. Should any skin irritation occur, stop use immediately. Revitalising bath liquid with valuable Bergamot and Rosemary oils. The challenges of everyday life frequently lead to symptoms of exhaustion with lack of energy and enthusiasm.

PACKING
tube 75ml, tin 1000ml

APPLICATIONS
good for breathing difficulties.

Riviera Baby Wound Protection Ointment

Holzhacker wound ointment is a vitamin rich ointment and contains natural substances. This ointment with its combination of reliable and usefully blended ingredients such as Cod liver oil, Zinc oxide and Hamamelis, protects skin from daily wear and tear. It encourages skin irritations to abate and protects especially sensitive skin.

PACKING
tin 35ml, tin 1000ml

APPLICATIONS
vitamin rich protection for particularly sensitive skin.
**Riviera Propolis Juice**

Propolis is a purely natural product. Bees produce Propolis to disinfect and seal their hive. Propolis juice is an old well-tried household remedy to be taken daily. To be kept out of the reach of children. The daily recommended dose should not be exceeded. Nutrition supplements are no substitute for a balanced diet.

**PACKING**
glass-bottle 250ml

**APPLICATIONS**
to increase appetite, for satiety and flatulence as well as for cramp pains in the stomach and bowel

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**Plantain Syrup Riviera**

Riviera Ribwort cough syrup is for the treatment of colds and breathing difficulties. The mild, soothing expectorant increases relief in minor to medium catarrh of the respiratory tract. Not suitable for Diabetics. To be kept out of the reach of children.

**PACKING**
glass-bottle 250ml, can 5000ml

**APPLICATIONS**
for coughing, to soothe irritation, to support mucus excretion and ease coughing
Sanatogen Complete A to Z 60s

A complete formulation with 25 essential vitamins and minerals, including antioxidants, specially designed to help maintain long-term health and wellbeing.

A busy lifestyle can often lead to you skipping meals and grabbing snacks on the run, leaving you short of some essential vitamins and minerals. There’s also the risk that foods can lose vital nutrients during storage, preparation and cooking.

Many nutrients such as C and B Vitamins, can’t be stored by your body so you need a regular supply to help keep you healthy. Sanatogen A-Z Complete is a complete formulation which can help you maintain the required intake of vitamins and minerals.

By taking Sanatogen A-Z Complete daily you can be reassured that you’re getting all the essential vitamins and minerals your body needs to help support long-term health.

- No artificial flavours or preservatives
- No gluten, yeast or lactulose
- Suitable for vegetarians

Recommended Intake

- Take one tablet a day with water.
- Not recommended for children under 12.
- Taking more than the recommended daily intake may be harmful.
- Do not take if you are pregnant or likely to become pregnant, except on the advice of a doctor or antenatal clinic.
- Sanatogen A-Z Complete should not replace a well-balanced diet or healthy lifestyle.
Savlon Antiseptic Cream 30/60/100g

Soothing Savlon Antiseptic Cream helps prevent infection and aids natural healing in cuts and grazes; insect bites and stings; sore or chapped skin; blisters, burns and spots and even minor sunburn.

Ingredients

Active ingredients: Cetrimide (0.5% w/w) and chlorhexidine gluconate (0.1% w/w).

Other ingredients:

Cetostearyl alcohol, liquid paraffin, methylhydroxybenzoate, propylhydroxybenzoate, perfume & purified water.

Directions

Apply over the affected area as required.
Savlon Spray Plaster 40ml
Savlon Spray Plaster is a unique alternative to traditional plasters, which are painful to remove. Savlon Spray Plaster lasts for a few days and gradually disappears, eliminating the removal stage but leaving you free to reapply if necessary.

Savlon Spray Plaster is the only spray plaster in the market that is antiseptic upon application, reducing the risk of infection. The non drip formula makes it easy and effective to apply, and is waterproof and transparent.


Savlon First Aid Wash 100ml
Savlon First Aid Wash is a pump-action spray that allows you to cleanse cuts, grazes, stings and burns without touching or aggravating the wound. As it doesn't sting, it's ideal for young children as well as adults! Savlon First Aid Wash contains cetrimide, which helps to protect against infection by cleaning and killing bacteria.

Cutaneous spray. Protects against infection. Treats cuts, grazes and insect bites. Relieves minor burns and scalds.

Savlon Dry Antiseptic Spray 50ml
Savlon Dry Antiseptic Spray is a convenient spray for no-touch first aid treatment on the go.

Ideal for your sports bag, rucksack or gardening kit, it means you don’t have to worry about getting an infection if there’s nowhere to wash your hands; one spray forms an instant, protective layer that helps to prevent infection and aids natural healing allowing you to get on with things, instead of licking your wounds, cuts and grazes on the sidelines.
Scholl Shock Absorbing Insoles Comfort Plus

Scholl Shock Absorbing Insoles are made from a highly durable gel to provide feet with the excellent cushioning. Combined with an absorptive and antibacterial top cloth, they keep feet comfortable all day. Thanks to their unisex, cut-to-size design they fit almost all types of shoes and stay firmly in place. Scholl Shock Absorbing Insoles are designed for everyday use.

Contains

1 pair of unisex full length Cut to Size insoles.

Directions

Separate the two insoles and cut to size according to the cutter guides printed on the back of the insoles with sharp scissors. For optimum comfort, do not cut the insoles too small. Insert into shoes with cloth side up. To clean, simply wipe with a warm soapy cloth (do not soak).
Seabond Lowers Denture Fixative Seals 15s

Seabond Lowers Denture Fixative Seals feature a triple action formula that provides all-day hold and comfort while protecting gums and helping to seal out food particles.

Approved by the British Dental Health Foundation, Seabond Lowers Denture Fixative Seals are made with a special adhesive derived from Kelp which is activated and strengthened by moisture in the mouth. Unlike pastes which weaken over time, they maintain their hold for a secure fix you can rely on. The other advantage over pastes is that there is no mess when applying and removing the seals and there is no danger of the adhesive oozing out.

Seabond Lowers Denture Fixative Seals feature a wafer thin fleece which cushions and forms a soft seal against the gums ensuring comfort throughout the day.

Seabond Lowers Denture Fixative Seals are flavour free and zinc free.

Seabond Uppers Denture Fixative Seals 15s

Seabond Uppers Denture Fixative Seals feature a triple action formula that provides all-day hold and comfort while protecting gums and helping to seal out food particles.

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Seabond Uppers Denture Fixative Seals feature a wafer thin fleece which cushions and forms a soft seal against the gums ensuring comfort throughout the day.

Seabond Uppers Denture Fixative Seals are flavour free and zinc free.
**Senokot Dual Relief Tablets 20s**

Senokot Dual Relief is used for symptomatic relief of occasional constipation and feelings of bloatedness. Senokot Dual Relief contains Senna leaves, aloes and cascara bark to stimulate peristalsis to relieve constipation, fennel seed which relieve feelings of bloatedness and intestinal cramping, and dandelion root to stimulates bile production.

**Ingredients**
The active ingredients are Senna Leaves Tinnevelly (100mg), Aloes (cape) (45mg), Cascara Bark (30mg), Dandelion Root (30mg) and Fennel Seed (15mg). The other ingredients are Dicalcium Phosphate, Sucrose, Talc, Magnesium Stearate and Sodium Starch Glycollate.

**Senokot Maximum Strength 24s**

Senokot is a laxative made with natural senna treated especially to yield a constant amount of active ingredients in each dose, to give predictable relief from occasional or non-persistent constipation. Senokot Maximum Strength Tablets contains double the strength of Senokot Tablets, and has a predictable action that works in 8-12 hours.

**Ingredients**
Standardised senna, calcium phosphate, maize starch, lactose and magnesium stearate.
Senokot Syrup 150ml

Senokot contains Senna, a natural plant extract which works by stimulating the muscles in the bowel in a similar way to figs and prunes. Helping to bring gentle, predictable relief, Senokot works with your body, leaving you feeling much fresher and brighter again. Senokot Syrup provides effective relief from constipation. It is suitable for children from the age of 2 in a smaller dose. The dose can also be easily managed. Senokot Syrup is a fruit flavoured syrup that is sugar free.

Ingredients

The active ingredient is Calcium Sennosides (7.5 mg/5ml). The other ingredients are a fruit flavoured base with methyl (E218) and propyl (E216) para-hydroxybenzoates, potassium sorbate (E202), maltitol syrup (E965), xanthan gum, antifoam emulsion, prune flavour, citric acid and water. This medicinal product contains small amounts of ethanol (alcohol), less than 100mg per dose. Sugar free

Directions

Adults and children over 12: Take two to four 5ml spoonfuls at night.
Children over 6: Take one to two 5ml spoonfuls in the morning.
Children 2-6: Take half to one 5ml spoonful in the morning.
New users should start with the lowest dose and increase if necessary by one half of initial dose each day. Once regularity has been regained, dosage should be reduced and can usually be stopped.

Senokot usually acts within 8-12 hours. Dose can be repeated on a daily basis until bowel action is restored, but if there is no bowel movement within three days of use, consult your doctor.
Senokot Tablets 20/60/100

Soothing Savlon Antiseptic Cream helps prevent infection and aids natural Senokot Tablets

Senokot is a reliably effective laxative made with natural senna treated especially to yield a constant amount of active ingredient in each dose, to give predictable constipation relief.

Ingredients

Each tablet contains standardised senna equivalent to 7.5mg total sennosides in a base containing calcium phosphate, maize starch, lactose and magnesium stearate.

Directions

Adults and children over 12: Take 2 tablets at night. (Do not take more than 2 tablets in any 24hr period)

Children 6 and over: consult your doctor.

Not recommended for children under 6.

Senokot usually acts within 8-12 hours. Dose can be repeated on a daily basis until bowel action is restored, but if there is no bowel movement within three days of use, consult your doctor.
Seven Seas Cod Liver Oil Plus Multivit. One A Day 30s

Seven Seas One-A-Day Pure Cod Liver Oil with Omega-3 Fish Oil and Vitamins A, D and E Plus Multivitamins provides 120mg of Omega-3 in a convenient one a day capsule.

- Helps release energy.
- Helps maintain strong bones and teeth.
- Helps maintain healthy hair, skin and nails.
- Helps keep joints supple and flexible.

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Seven Seas Essentials Vitamin B + Folic Acid 30s

A balanced combination of all the B vitamins which work together to help maintain healthy nervous and digestive systems as well as healthy hair and skin. Particularly useful for people with busy and demanding lifestyles and women planning a pregnancy for maintaining adequate levels of these necessary nutrients which our bodies cannot store.

Directions
One capsule a day with a cold drink.

• Do not exceed the recommended daily intake.
• Food supplements are intended to supplement the diet and should not be regarded as a substitute for a varied diet and a healthy lifestyle.
• Women who are pregnant or planning a pregnancy should consult their doctor before taking vitamin and mineral supplements.

Ingredients

Free From
Milk and Diary, Lactose, Wheat, Gluten, Crustacean, Egg, Fish, Peanut, Treenut, Soybean, Celery, Mustard, Seasmine Seed, Lupin, Mollusc, Sulphur Dioxide/Sulphite, Sugar, Artificial Sweeteners, Artificial Colours, Artificial Flavours, Artificial Preservatives.
Seven Seas Pure Cod Liver Oil Extra High Strength Liquid 150ml

Omega-3 Fish Oil enriched with Pure Cod Liver Oil and Vitamins D+E. High strength help to maintain mobility of joints. Good health naturally.

Seven Seas Omega-3 Fish Oil enriched with Pure Cod Liver Oil and Vitamin D+E provides 2800 mg of Omega-3, enriched to provide about 80% more Omega-3 than standard cod liver oil:

- Supports a healthy heart.
- Helps maintain normal brain function.
- Helps maintain normal vision.
- Vitamin E helps protect against free radical and oxidative damage.
- Vitamin D supports a healthy immune system and helps maintain healthy bones, muscles and teeth.

Cod Liver Oil is a rich source of the valuable long-chain Omega-3 fatty acids EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) that have generated hundreds of studies worldwide since their discovery and are essential for good health. Only Seven Seas produces pure Cod Liver Oil by the unique Seven Seas Pureblend™ process with Triomega® Fish Oils, a concentrated form of Omega-3.
Seven Seas Pure Cod Liver Oil High Strength Capsules 120s

Seven Seas Pure Cod Liver Oil High Strength Capsules with Omega-3 Fish Oil and Vitamins D+E capsules provides 200mg of Omega-3, higher than the level found in standard cod liver oil capsules and helps to maintain:

- Supple and flexible joints
- Healthy skin, hair and nails
- Good health and vitality
- Rich in Omega-3 nutrients

Seven Seas Pure Cod Liver Oil High Strength Liquid 150ml

Seven Seas Pure Cod Liver Oil High Strength Liquid helps maintain supple and flexible joints. Cod Liver Oil is a rich source of the valuable long-chain Omega-3 fatty acids EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) that have generated hundreds of studies worldwide since their discovery and are essential for good health.

Seven Seas Pure Cod Liver Oil High Strength Liquid 300ml

Seven Seas Pure Cod Liver Oil High Strength Liquid helps maintain supple and flexible joints. Cod Liver Oil is a rich source of the valuable long-chain Omega-3 fatty acids EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) that have generated hundreds of studies worldwide since their discovery and are essential for good health.

Only Seven Seas produces pure Cod Liver Oil by the unique Seven Seas Pureblend™ process with Triomega® Fish Oils, a concentrated form of Omega-3. fast, effective relief.
Seven Seas Multivitamin Syrup 300ml

Seven Seas Multivitamin Syrup is a food supplement containing a balanced range of vitamins A to E to help reduce tiredness and fatigue. Made with real orange juice, this delicious orange flavoured liquid is a tasty way to get your daily requirement of essential vitamins to support your immune system and energy metabolism.

- Vitamin A: Supports healthy eyes.
- B Vitamins: Support energy metabolism and the reduction of tiredness and fatigue.
- Vitamin C: Helps support the immune system.
- Vitamin D: Supports normal growth and development of bones.

Directions
Adults and children aged 4 years and over: One 5ml teaspoon daily.
Children 1 to 4 years: Half a teaspoon (2.5ml) daily.

If you are pregnant or planning a pregnancy, consult their doctor before taking vitamin or mineral supplements.

Ingredients
Sucrose, Water, Liquid Glucose, Dextrose Monohydrate, Acacia Gum, Cod Liver Oil 1.5%, Orange Juice Concentrate (contains Sulphites) 1.3%, Acidity Regulator: Citric Acid; Vitamin C, Flavour: Orange; Niacinamide, Sodium Benzoate, Vitamin A Prep. (Vitamin A, Sunflower Oil), Vitamin E, Vitamin B2, Vitamin D Prep. (Fractionated Vegetable Oil, Vitamin D), Butylated Hydroxytoluene.

Seven Seas Multivitamin Liquid is free from milk and dairy, lactose, wheat, gluten, gelatin, crustacean, egg, peanut, tree nut, soybean, celery, mustard, sesame seed, lupin, mollusc, yeast, artificial sweeteners and artificial colours.
Seven Seas Pure Cod Liver Oil Orange Syrup 150ml

Seven Seas Pure Cod Liver Oil Orange Syrup with Vitamins C, D & E

Cod Liver Oil is a rich source of the valuable long chain Omega - fatty acids EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) that have generated hundreds of studies worldwide since their discovery and are essential for good health. Only Seven Seas produces pure Cod Liver Oil by the unique Seven Seas Pureblend process, with Triomega Fish Oils, a concentrated form of Omega-3.

- With a hint of lemon for a tastier experience.
- Helps to maintain supple and flexible joints.
- Helps to maintain a healthy immune system.

Seven Seas Pure Cod Liver Oil Orange Syrup 300ml

Seven Seas Pure Cod Liver Oil Orange Syrup with Vitamins C, D & E

Cod Liver Oil is a rich source of the valuable long chain Omega - fatty acids EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) that have generated hundreds of studies worldwide since their discovery and are essential for good health. Only Seven Seas produces pure Cod Liver Oil by the unique Seven Seas Pureblend process, with Triomega Fish Oils, a concentrated form of Omega-3.

- With a hint of lemon for a tastier experience.
- Helps to maintain supple and flexible joints.
- Helps to maintain a healthy immune system.
Seven Seas Pregnancy Multivitamin 28s

Seven Seas Pregnancy is a complete pregnancy multivitamin containing 21 expertly blended vitamins and minerals including Folic Acid, Vitamin D, Iron and Ginger.

Specially formulated with dual nutrition to support both you and your baby, Seven Seas Pregnancy works in harmony with your body.

Seven Seas Pregnancy contains 400 µg of Folic Acid, as recommended by the UK government. Folic acid is essential for the baby’s development as it is need to promote the healthy formation of the baby’s neural tube.

Seven Seas Pregnancy also contains Ginger, a traditional herb popular amongst pregnant women to help with morning sickness.

For You Contributes to and supports:
• Healthy Immune system (Vitamin C)
• Energy Levels (Thiamin)
• Normal blood pressure (Potassium)
• Regulation of hormonal activity (Vitamin B6)
• Mental performance (Pantothenic acid)

For your Pregnancy Contributes to and supports:
• Healthy neural tube development (Folic Acid)
• Blood formation (Folate)
• Strong maternal bones (Vitamin D)
• Normal DNA formation (Zinc)
• Iron levels (Iron)
• Normal Cell division and specialisation (Iron)
• Healthy Placenta and umbilical cord
• Normal maternal tissue growth (Folate)
Seven Seas Pulse Omega-3 Pure Fish Oils 60s

For everyday health maintenance.

Pulse Omega-3 Pure Fish Oils are a natural rich source of Long Chain (LC) Omega-3 fatty acids. Pulse Omega-3 Pure Fish Oil capsules contain a blend of two important ingredients called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are concentrated from selected natural fish oils high in LC Omega-3 nutrients.

LC Omega-3 nutrients are beneficial in the maintenance of our everyday good health. The LC Omega-3 nutrients EPA & DHA help keep joints flexible.

The LC Omega-3 nutrient DHA is a structural part of the brain and may play a part in supporting a healthy brain function. Medical research continues to suggest that the LC Omega-3 nutrient EPA is particularly important in maintaining heart health.

The Inuit and Japanese have a diet rich in fish oils, which are virtually absent from the typical Western diet. Research has concluded that eating 3g weekly, or 0.45g daily, of LC Omega-3 polyunsaturated fatty acids, as part of a healthy lifestyle helps maintain heart health. Taking two Pulse Omega-3 Pure Fish Oil capsules daily, provides over half the recommended daily intake.

The Government advises that at least two servings of fish, one of which should be oily, containing approximately 3g of LC Omega-3 polyunsaturated fatty acids is consumed each week. Unless you eat fish regularly, it may be wise to boost your levels of LC Omega-3 fish oil nutrients by taking 2 Pulse capsules daily.

Pulse Omega-3 Pure Fish Oils also contain vitamin E, a natural antioxidant and protector of cells. Pulse Omega-3 Pure Fish Oils are a natural rich source of LC Omega-3 nutrients and provide an easy and convenient way to ensure a regular daily intake in a convenient taste free non-gelatin capsule.
Simple Facial Cleansing Wipes 25s

Simple Facial Cleansing Wipes

For quick, effective results use Simple Cleansing Facial Wipes. They refresh and tone your skin removing all make-up even waterproof mascara.

Benefits

• 100% alcohol free, so are non drying
• Leaves skin soft and supple
• 100% oil free so no greasy residue
• pH balanced so works in harmony with your skin
Snufflebabe Vapour Rub 24g

Snufflebabe Vapour Rub helps to gently clear delicate blocked noses, so your little one can get a better night’s sleep. The mild but effective decongestant formula contains soothing, natural eucalyptus and thyme oil along with menthol to help them breathe easier. Your child’s natural body heat caused these aromatic oils to vaporise and be inhaled for much needed relief.

Snufflebabe Vapour Rub is suitable for babies as young as three months.

Lightly rub a small amount of Snufflebabe Vapour Rub onto upper chest and throat. Alternatively, it may be placed in a tissue or handkerchief in the clothing. To eliminate the possibility of very young children transferring the product into their eye, the handkerchief may be tied to the cot just out of reach.

Leave bed clothes loose, so that beneficial vapours emitted may be inhaled during the night. If symptoms persist consult your doctor.

Active Ingredients:

Eucalyptus Oil 2% ww, Menthol 1.5% ww, Thyme Oil 0.5% ww.

Other Ingredients:

White Soft Paraffin.
Solpadeine Plus Capsules 32s

Solpadeine Plus Capsules provide short-term relief from moderate pain such as migraine, headache, dental pain, period pain, strains & sprains, backache, rheumatic pain and sciatica in adults and children over 12 years of age.

Solpadeine Plus Capsules contain three active ingredients:

- **Codeine**: this belongs to a group of medicines called opioid analgesics which act to relieve pain.
- **Paracetamol**: a painkiller that also helps lower a high temperature and acts as a mild anti-inflammatory to reduce swelling.
- **Caffeine**: a mild stimulant that causes wakefulness and increased mental activity. It can also help the effectiveness of paracetamol.

Solpadeine Plus Capsules contain codeine and should only be used for pain that is not relieved by other painkillers such as paracetamol or ibuprofen alone. They should be taken for a maximum of 3 days.

Solpadeine Headache Soluble Tablets 16s

Solpadeine Headache Soluble Tablets provide effective relief from headaches and migraines, as well as backache, rheumatic pain, toothache, sore throat, period pain and the fever, aches and pains of colds and flu.

Solpadeine Headache Soluble Tablets contain two active ingredients:

- **Paracetamol**: a painkiller that also reduces your temperature when you have a fever.
- **Caffeine**: acts to further help the effectiveness of paracetamol.

**Directions**

- Take 2 tablets dissolved in a tumbler of water, every 4 hours as needed.
- Do not take more frequently than every 4 hours.
- Do not take more than 8 tablets in 24 hours.
- Do not take more than the recommended dose.
- Avoid too much caffeine in drinks like coffee and tea. High caffeine intake can cause difficulty sleeping, shaking and an uncomfortable feeling in the chest.
Solpadeine Max Soluble Tablets 16s

Solpadeine Max Soluble Tablets provide short-term relief from moderate pain in adults and children over 12 years, including migraine, dental pain, strains & sprains, backache, arthritic & rheumatic pain and sciatica.

Solpadeine Max Soluble Tablets contain three active ingredients:

• Codeine: this belongs to a group of medicines called opioid analgesics which act to relieve pain.
• Paracetamol: a painkiller that also helps lower a high temperature and acts as a mild anti-inflammatory to reduce swelling.
• Caffeine: a mild stimulant that causes wakefulness and increased mental activity. It can also help the effectiveness of paracetamol.

Solpadeine Max Soluble Tablets contain codeine and should only be used for pain that is not relieved by other painkillers such as paracetamol or ibuprofen alone. They should be taken for a maximum of 3 days.

Solpadeine Max Soluble Tablets 32s

Solpadeine Max Soluble Tablets provide short-term relief from moderate pain in adults and children over 12 years, including migraine, dental pain, strains & sprains, backache, arthritic & rheumatic pain and sciatica.

Solpadeine Max Soluble Tablets contain three active ingredients:

• Codeine: this belongs to a group of medicines called opioid analgesics which act to relieve pain.
• Paracetamol: a painkiller that also helps lower a high temperature and acts as a mild anti-inflammatory to reduce swelling.
• Caffeine: a mild stimulant that causes wakefulness and increased mental activity. It can also help the effectiveness of paracetamol.

Solpadeine Max Soluble Tablets contain codeine and should only be used for pain that is not relieved by other painkillers such as paracetamol or ibuprofen alone. They should be taken for a maximum of 3 days.
Solpadeine Max Tablets 20s

Solpadeine Max Tablets provide short-term relief from moderate pain such as migraine, headache, dental pain, period pain, strains & sprains, backache, arthritic & rheumatic pain and sciatica. Suitable for adults and children over 12 years of age, they contain two painkillers: codeine and paracetamol.

Solpadeine Max Tablets contain codeine and should only be used for pain that is not relieved by other painkillers such as paracetamol or ibuprofen alone. They should be taken for a maximum of 3 days.

Solpadeine Max Tablets 30s

Solpadeine Max Tablets provide short-term relief from moderate pain such as migraine, headache, dental pain, period pain, strains & sprains, backache, arthritic & rheumatic pain and sciatica. Suitable for adults and children over 12 years of age, they contain two painkillers: codeine and paracetamol.

Solpadeine Max Tablets contain codeine and should only be used for pain that is not relieved by other painkillers such as paracetamol or ibuprofen alone. They should be taken for a maximum of 3 days.
Solpadeine Plus Soluble Tablets 32s

Solpadeine Plus Soluble Tablets provide short-term relief from moderate pain such as migraine, headache, dental pain, period pain, strains & sprains, backache, rheumatic pain and sciatica in adults and children over 12 years of age.

Solpadeine Plus Soluble Tablets contain three active ingredients:

- Codeine: this belongs to a group of medicines called opioid analgesics which act to relieve pain.
- Paracetamol: a painkiller that also helps lower a high temperature and acts as a mild anti-inflammatory to reduce swelling.
- Caffeine: a mild stimulant that causes wakefulness and increased mental activity. It can also help the effectiveness of paracetamol.

Solpadeine Plus Soluble Tablets contain codeine and should only be used for pain that is not relieved by other painkillers such as paracetamol or ibuprofen alone. They should be taken for a maximum of 3 days.

Solpadeine Plus Tablets 32s

Solpadeine Plus Tablets provide short-term relief from moderate pain such as migraine, headache, dental pain, period pain, strains & sprains, backache, rheumatic pain and sciatica in adults and children over 12 years of age.

Solpadeine Plus Tablets contain three active ingredients:

- Codeine: this belongs to a group of medicines called opioid analgesics which act to relieve pain.
- Paracetamol: a painkiller that also helps lower a high temperature and acts as a mild anti-inflammatory to reduce swelling.
- Caffeine: a mild stimulant that causes wakefulness and increased mental activity. It can also help the effectiveness of paracetamol.

Solpadeine Plus Tablets contain codeine and should only be used for pain that is not relieved by other painkillers such as paracetamol or ibuprofen alone. They should be taken for a maximum of 3 days.
Solpadeine Migraine Ibuprofen & Codeine Tablets provide effective relief from migraines in adults and children aged 12 years and over. They can also be used for other headaches, period pain, dental pain, muscle and joint pain, backache, fibrositis, tennis elbow, sports injuries (e.g. sprains, strains) and the pain of non-serious arthritis.

Solpadeine Migraine Ibuprofen & Codeine Tablets contain two active ingredients that work on your body in different ways to relieve pain and ease stiffness:

- **Ibuprofen**: a non-steroidal anti-inflammatory drug (NSAID) which relieves pain and reduce inflammation.
- **Codeine**: an opioid analgesics which act to relieve pain.

Solpadeine Migraine Ibuprofen & Codeine Tablets contain codeine and should only be used for pain that is not relieved by other painkillers such as paracetamol or ibuprofen alone. They should be taken for a maximum of 3 days.

This product is intended for short term use only. You should take the lowest effective dose for the shortest time necessary to relieve your symptoms.

**Adults and children aged 12 years and over:**

- Swallow 1 or 2 tablets with water, every 4 to 6 hours as needed.
- Leave at least 4 hours between doses.
- Do not take more than 6 tablets in 24 hours.
- Do not take more than the recommended dose.

This medicine should not be taken for more than 3 days. If the pain does not improve after 3 days, talk to your doctor for advice.

**Active Ingredients:**
Ibuprofen 200mg and Codeine Phosphate Hemihydrate 12.8mg.

**Other Ingredients:**
Microcrystalline cellulose, hydrogenated vegetable oil, sodium starch glycollate, colloidal silicon dioxide, lactose, hypromellose, polyethylene glycol.
Spatone 100% Natural Iron Supplement - 28 Sachets

Spatone is a 100% natural liquid iron supplement that has been proven to be a highly absorbable source of iron, avoiding constipation and stomach upsets and helping to prevent iron deficiency - even during pregnancy!

100% natural., Highly absorbable, gentle on the stomach, Suitable during pregnancy, 1-a-day.

Spatone is a naturally occurring iron-rich mineral water which is collected and packed straight from the source in the heart of Snowdonia, North Wales. Nothing is added to the water, meaning that with Spatone you don’t have to worry about other ingredients causing adverse reactions or complications.

It is not actually how much iron we consume that matters but the amount of iron that our body is able to absorb. Spatone has been scientifically shown to have a bioavailability of iron (the amount of iron available to be absorbed) of 40%, much higher than the iron absorption from food sources (5-20%) or conventional iron supplements (3-10%).

As the iron in Spatone is easily absorbed, you only need to take a small quantity to get your entire recommended daily allowance (RDA) of absorbed iron, which means that Spatone does not result in the common side effects often associated with conventional iron supplements such as constipation, stomach irritation or headaches.

Directions

One sachet of Spatone provides you with your RDA of absorbed iron - ideal to maintain healthy iron levels. During pregnancy you can safely take up to two sachets a day - Spatone is scientifically shown to help prevent iron deficiency during pregnancy.

Spatone is ideally taken diluted in orange juice in the morning on an empty stomach or in between meals. If you can’t tolerate orange juice try apple, mango, pineapple, or tomato juice as these are all rich in Vitamin C, which is well recognised to improve the body’s ability to absorb iron. Alternatively, it can be taken neat or diluted in water.

It is advisable to leave a 30 - 45min gap between the consumption of iron supplements and the consumption of drinks such as e.g. tea, coffee or red wine and food.
Stugeron 15mg Tablets control travel sickness in adults and children aged 5 years and over. They can also be used to treat balance problems, such as Ménières disease, to treat symptoms of dizziness or lightheadedness, ringing in the ears, nausea and vomiting.

The active ingredient in Stugeron 15mg Tablets is cinnarizine, an antihistamine that works by blocking the histamine receptors in the vomiting centre in the brain to relieve the symptoms of balance and movement problems.

Suck, chew or swallow the Stugeron 15mg Tablets whole with water, after a meal.

For Travel Sickness

- Children aged 5-12 years: Take one tablet, 2 hours before travelling then ½ a tablet every 8 hours during the journey.
- Adults and children over 12 years: Take two tablets 2 hours before travelling then 1 tablet every 8 hours during the journey.

For Balance Problems

- Children aged 5-12 years: Take one tablet, 3 times a day.
- Adults and children over 12 years: Take two tablets, 3 times a day.

Active Ingredient:
Cinnarizine 15mg.

Other Ingredients:
Lactose Monohydrate, Maize Starch, Sucrose, Talc, Magnesium Stearate and Polyvidone.
Sudocrem Care & Protect 30g

Sudocrem Care & Protect is a triple action formula that protects your baby's skin from the causes of nappy rash. Creates a protective barrier provides a protective barrier that seals in the skin's natural moisture to keep the skin soft, smooth and supple, whilst protecting even the most delicate skin against external irritants and rubbing that can cause nappy rash. Conditions skin: Contains Vitamin E and Pro Vitamin B5 to help protect the skin and keep it soft, healthy and moisturised, so that your baby's skin is in the best possible condition to fight off the threat of nappy rash. Acts as a barrier to protect delicate skin from the bad stuff, like the chemicals in urine and poo, and from chafing and rubbing.

Formulated specially for baby's delicate skin, Sudocrem Care & Protect is gentle and effective enough to use every day, at each nappy change. The light ointment simply glides on, with no dragging or pulling of your baby's delicate skin.

Sudocrem Care & Protect comes in a soft plastic tube with rounded safety corners and a flip-top lid for quick, easy and mess-free access with just one hand, making it the perfect portable nappy rash ointment.

Sudocrem Skin Care Cream 30g

Sudocrem Skin Care Cream is in a white Sudocrem tube, not pot. It is aimed at helping to maintain healthy skin as part of your daily skin care routine.

Sudocrem Skin Care Cream is fast becoming a skin care must-have with a growing celebrity following. The handy 30g tube makes it perfect for your handbag and when travelling (the size is hand luggage compliant). It is the perfect size to slip into desk drawer, gym bag or car glove box. Your new Sudocrem tube will quickly become your 'go anywhere, use anytime skin care essential.'

Sudocrem Skin Care Cream is a versatile cream that is gentle and soothing and can be used as often as you need. It is ideal for problem-skin including spot prone skin or the problem patches common on elbows and knees. It can even be applied to your skin after being out in the sun.

Directions
Apply a THIN layer as required. Sudocrem Skin Care Cream is gentle and can be used as often as you need.
Sudocrem Antiseptic Healing Cream
60g/125g/250g/400g

Sudocrem Antiseptic Healing Cream is a versatile cream that treats nappy rash, cuts, grazes, minor burns, bed sores, chilblains, acne, eczema and sunburn, making it indispensable for parents to have around. Suitable for the whole family, the gentle formula won’t sting on application. It can reduce the risk of infection and contains a mild local anaesthetic to soothe pain. It also helps a wound to heal and forms a protective barrier over the vulnerable area.

The Sudocrem Antiseptic Healing Cream formula has remained the same since 1931. The key ingredient are:

- Zinc oxide: reduces the loss of tissue fluid.
- Benzyl benzoate and benzyl cinnamate: ingredients of Peru Balsam (an aromatic resin extracted from the plant Myroxylon balsamum pereirae, known for its healing properties).
- Anhydrous hypoallergenic lanolin: an emollient which soothes and softens skin.
- Benzyl alcohol: this has local anaesthetic and antiseptic properties that help to reduce discomfort.

Directions Nappy rash

Ensure your baby’s bottom is clean and dry.
- With clean and dry hands, place a small amount of Sudocrem on the tip of your finger. Remember, a little goes a long way.
- Gently massage the cream into the skin using light, circular movements. Try to avoid rubbing, especially if the skin looks sore.
- Try to create a thin, translucent film on the skin. If white cream is still visible then you may have used too much (don’t worry, your baby will be fine, just remember to use a little less next time).
- Repeat these steps until the rash has cleared. Then apply Sudocrem Care & Protect at every change to help prevent nappy rash.

Other uses

- Ensuring your hands are clean and dry, place a small amount of Sudocrem Antiseptic Healing Cream on the tip of your finger.
- Gently massage the cream into the affected area using light, circular movements.
- Try to create a thin, translucent film on the skin. If the white cream is still visible then you may have used too much (this is ok, just remember to use a little less next time).
TCP Antiseptic Liquid 50ml/100ml/200ml

TCP Antiseptic Liquid provides symptomatic relief of sore throats including those associated with colds and flu. It can also be used for common mouth ulcers, cuts, grazes, bites and stings, boils, spots and pimples.

Ingredients

Active ingredients:
Phenol (0.175% w/v) and halogenated phenols (0.68% w/v).

Other ingredients:
Glycerol, concentrated phosphoric acid, quinoline yellow (E104) and purified water.

Directions

For Sore Throats: Gargle twice daily diluted 1:5 in water.
Mouth Ulcer: Apply undiluted 3 times a day.
Spots: Apply undiluted 4 hourly.
Cuts: Apply diluted 1:1 with water.
ThermaCare Therapeutic Heat Wrap S-XL (1 size fits all) 2s

Targeted Heat Therapy

ThermaCare Single-use Wraps (2x supplied) can be applied to sore muscles and joint areas of your neck, shoulder, upper back, wrist, and elbow.

The wraps provide temporary relief from minor muscular aches and joint pains associated with overexertion, strains, and sprains, as well as minor pain associated with arthritis.

ThermaCare allows you to move freely while delivering therapeutic heat to relax tight muscles and are thin enough to wear discreetly under clothing. As a result of this, ThermaCare can be worn on the move, during chores, when relaxing, or overnight.

How It Works

Heat-generating ingredients (iron, charcoal, table salt, and water) warm up when exposed to oxygen in the air, providing natural heat.

The ThermaCare Wrap begins to warm immediately upon opening, reaching its therapeutic temperature within approximately 30 minutes. The low-level, consistent heat provides up to 8 hours of relief when worn over an 8-hour period.

ThermaCare Can be used up to eight hours a day, seven days in a row.
Tixylix Blackcurrant Flavour Syrup 100ml

Tixylix Blackcurrant Flavour Syrup is a soothing cough suppressant which relieves the symptoms of dry, tickly coughs in children aged 3 months to 5 years. It is a sugar free, colour free liquid that comes with a measuring spoon for convenient and accurate dosing.

Direction
3 to 12 months: One 5ml spoonful.
1 to 5 years: Two 5ml spoonfuls.

The dose may be given 3 to 4 times daily. Allow 3 to 4 hours between doses. Always use the measuring spoon provided.

Active Ingredient: Glycerol 0.75ml per 5ml dose.

Other Ingredients: Liquid Maltitol (Lycasin), Hydroxyethylcellulose, Sodium Benzoate (E211), Citric Acid Monohydrate, Sodium Citrate, Natural Flavours (Vanilla, Blackcurrant), Purified Water.
Tixylix Honey, Lemon & Glycerol Oral Solution 100ml

Tixylix Honey, Lemon & Glycerol Oral Solution soothes and relieves the symptoms of coughs and sore throats in children aged 1 year and over. A measuring spoon is supplied with each pack to make it easy to give the correct dose.

Directions

1 to 5 years: One 2.5ml spoonful.
5 to 12 years: One 5ml spoonful.
Over 12 years: Two 5ml spoonfuls.

Doses may be given by mouth up to 3 or 4 times a day, if needed. A measuring spoon is provided with the medicine to make it easy for you to give the correct dose.

Active Ingredients: Each 5ml contains Glycerol 0.75ml, Honey 1.11g (0.4g as Glucose) and Liquid Sugar (Sucrose) 2.2ml.
Other Ingredients: Purified Water, Citric Acid, Benzoic Acid (E210), Lemon Oil, Distilled Lime Oil, Terpeneless Lemon Oil.

Tixylix Baby Syrup 100ml

Tixylix Baby Syrup is a soothing cough suppressant which relieves the symptoms of dry, tickly coughs in children aged 3 months to 5 years. It is a sugar free, colour free liquid that comes with a measuring spoon for convenient and accurate dosing.

Directions

3 to 12 months: One 5ml spoonful.
1 to 5 years: Two 5ml spoonfuls.

The dose may be given 3 to 4 times daily. Allow 3 to 4 hours between doses. Always use the measuring spoon provided.

Active Ingredient: Glycerol 0.75ml per 5ml dose.
Other Ingredients: Liquid Maltitol (Lycasin), Hydroxyethylcellulose, Sodium Benzoate (E210), Lemon Oil, Distilled Lime Oil, Terpeneless Lemon Oil.
Tixylix Toddler Syrup 100ml

Tixylix Toddler Syrup is a soothing cough suppressant which relieves the symptoms of dry, tickly coughs in children aged 3 months to 5 years. It is a sugar free, colour free liquid that comes with a measuring spoon for convenient and accurate dosing.

Directions

3 to 12 months: One 5ml spoonful.
1 to 5 years: Two 5ml spoonfuls.

The dose may be given 3 to 4 times daily. Allow 3 to 4 hours between doses. Always use the measuring spoon provided.

Active Ingredient: Glycerol 0.75ml per 5ml dose.

Other Ingredients: Liquid Maltitol (Lycasin), Hydroxyethylcellulose, Sodium Benzoate (E211), Citric Acid Monohydrate, Sodium Citrate, Natural Flavours (Vanilla, Blackcurrant), Purified Water.

Tixylix Chesty Cough 100ml

Tixylix Chesty Cough relieves chesty coughs with hoarseness and sore throat in children aged 6 to 10 years. It also helps to loosen mucus (catarrh) to make breathing easier.

Directions

6 to 10 years: 5ml to 10ml (one to two spoonfuls).

The dose may be given every 4 hours, as required. Do not exceed 6 doses in 24 hours. Always use the measuring spoon included. Do not give for more than 5 days without seeking medical advice.

Active Ingredients: Guaifenesin 50mg per 5ml.

Other Ingredients: Sodium Benzoate (E211), Sodium Saccharin, Glycerol, Sorbitol Solution (70%) (non-crystalline), Citric Acid Monohydrate or Anhydrous Citric Acid, Blackcurrant Flavour, Vanilla flavour, Acesulfame Potassium, Hydroxyethylcellulose, Purified Water.
Vagisil Odour Shield Intimate Wash gently cleans your intimate area and help prevents odour from happening. Gentle enough for everyday use, even on sensitive skin, it helps to control intimate odour from perspiration and discharge.

Vagisil Odour Shield Intimate Wash:

- Uses exclusive Odour Control Technology.
- Is enriched with skin-soothing Aloe, Calendula and Chamomile.
- Contains natural antibacterial Tea Tree Oil.
- Is hypoallergenic and gentle enough for sensitive skin.
- Is free from colour or added parabens.
- Is clinically and gynaecologist tested.

Ingredients

Aqua, Sodium Laureth Sulfate, Cocamidopropyl Betaine, Glycerin, Melaleuca Alternifolia Leaf Oil, Lauryl Glucoside, Aloe Oleate, Benzethonium Chloride, Chamomilla Recutita Flower Extract, Tocopheryl Acetate, Polyquaternium-10, Phenoxyethanol, Parfum, Lactic Acid, Methylisothiazolinone, Propylene Glycol, Sodium Chloride, Citric Acid.
Vagisil pH Balance Intimate Wash 250ml

Vagisil pH Balance Intimate Wash helps to support a natural, healthy pH balance, which is an essential step in maintaining good intimate health. Vaginal balance can be disrupted by your period, menopause, having sex and the use of some daily cleansers.

Vagisil pH Balance Intimate Wash:
• Is the only product to use LactoPrebiotic.
• Is enriched with skin-soothing Aloe, Calendula and Chamomile.
• Is hypoallergenic and gentle enough for sensitive skin.
• Is free from colour or added parabens.
• Is clinically and gynaecologist tested.

Ingredients
Aqua, Sodium Laureth Sulfate, Cocamidopropyl Betaine, Glycerin, Lactitol, Coco-Glucoside, Glyceryl Oleate, Lauryl Glucoside, Aloe Barbadensis Extract, Calendula Officinalis, Flower Extract, Chamomile Recutita Flower Extract, Tocopheryl Acetate, Benzethonium Chloride, Polysquaternium-10, Parfum, Phenoxyethanol, Methylisothiazolinone, Lactic Acid, Propylene Glycol, Sodium Chloride, Citric Acid.

Vagisil Medicated Creme 30g

Vagisil Medicated Creme instantly cools, soothes and relieves external feminine itching due to thrush, perspiration, deodorants or detergents. The fast-acting anaesthetic formula stops itching, cools burning and soothes irritation and forms a protective film over irritated tissue, helping to reduce the chance of further irritation.

Vagisil Medicated Creme is lightly scented, non-staining and greaseless.

Active Ingredient: Lidocaine Ph. Eur 2% w/w.

Other Ingredients: Stearic Acid, Glycerol Monostearate, Glycerol, Triethanolomine, Zinc Oxide, Sulfonated Castor Oil, Isopropyl alcohol, Chlorothymol, Perfume, Docusate Sodium, Diethylene Glycolmonoethyl Ether and Water.
Vagisil Moisture Shield Intimate Powder 100g

Vagisil Moisture Shield Intimate Powder is a 100% talc free formula that absorbs moisture and helps to prevent odour. The clinically tested formula also helps to soothe sensitive skin and prevent irritation.

Directions

Use daily after shower or bath on external vaginal area. Sprinkle on panties, liners or other parts of the body as desired.

Ingredients

Zea Mays (Corn) Starch, Sodium Bicarbonate, Magnesium Stearate, Silica, Methylparaben, Parfum (Fragrance), Paraffinum Liquidum (Mineral Oil), Polyoxymethylene Urea, Amyl Cinnamal, Isoeugenol, Benzyl Salicylate, Coumarin, 2-(4-tert-Butylbenzyl), Propionaldehyde, Linalool.

Vagisil Odour Shield Spray 125ml

Did you know that you have more sweat glands in your intimate area than under your arms? At one time or another, almost every woman deals with intimate odour. Intimate odour from perspiration and discharge can be controlled. Vagisil Odour Shield Intimate Spray has exclusive Odour Control Technology and doesn't cover up odour, it eliminates it.

Use it daily to prevent odour from happening and enjoy long-lasting freshness. It is handy and safe to use and will effectively rid your most intimate area of any embarrassing or unpleasant odour. Gynaecologist tested. Gentle for daily use. Long-lasting freshness. No colour, alcohol, talc or added parabens. Light and Clean Scent.

Vagisil Odour Shield Spray 125ml
Vitabiotics Cardioace Capsules 30s/Plus 60s

Helping to maintain a healthy heart & circulation, Cardioace is a comprehensive supplement that includes omega-3 fish oils, garlic, antioxidants and more to help maintain healthy blood pressure and cholesterol levels, and safeguard nutrients vital to the heart.

• Comprehensive multivitamin formula with L-carnitine, Co-Q10 folic acid, B6,
• B2 flaxseed oil, vitamin D3, garlic
• With thiamin which contributes to normal heart function
• Garlic contributes to normal circulation
• UK's no 1 comprehensive heart health brand
• Britain's leading supplements for specific life stages
• The Queen's Awards for Enterprise 2008
• No artificial colours

• No preservatives, starch, salt or yeast
• Gluten free
• Cardioace is not tested on animals
• Suitable for vegetarians

Ingredients
Bulking Agents: Maltodextrin & Microcrystalline Cellulose, Vitamin C (Ascorbic Acid), Magnesium Oxide, Flax Seed Oil Powder, Vitamin E (D Alpha Tocopheryl Acid Succinate)*, Tablet Coating (Hydroxypropylmethylcellulose, Hydroxypropyl Cellulose, natural source Colours: Titanium Dioxide, Iron Oxides), Vitamin B12 (Cyanocobalamin [Carriers: Trisodium Citrate, Citric Acid, Maltodextrin]), Anti-Caking Agents: Silicon Dioxide, Stearic Acid & Magnesium Stearate, L-Carnitine Tartrate, Zinc Sulphate, Natural Mixed Carotenoids (Betacarotene, Gamma-Carotene, Citroxanthin, Beta-Zeacarotene, Modified Starch, Corn Starch, Glucose Syrup, Antioxidants: DL-Alpha Tocopherol, Sodium Ascorbate), Garlic Powder, Niacin (as Nicotinamide), Thiamin (Vitamin B1 Mononitrate), Ferrous Fumarate, Crosslinked Cellulose Gum, Vitamin D3 (Cholecalciferol [carriers: Acacia, Sucrose, Corn Starch, Medium Chain Triglycerides, Anti-Oxidant: DL-Alpha Tocopherol]), Vitamin B6 (as Pyridoxine HCl), Manganese Sulphate, Co-Enzyme Q10, Copper Sulphate, Riboflavin, Chromium Trichloride, Folic Acid (as Pteroylmonoglutamic Acid), Sodium Selenate, Potassium Iodide, *From Soya

Directions
One tablet per day with your main meal. Swallow with water or a cold drink. Not to be chewed. Do not exceed the recommended intake. Only to be taken on a full stomach. A regular intake is recommended.
Vitabiotics Diabetone Plus - Pack of 56 Tablets

- Diabetone® Plus Omega-3 provides a multivitamin specially formulated to be ideal for people with diabetes along with Omega-3
- Includes 22 specialist nutrients to help safeguard daily nutritional requirements
- Includes chromium which contributes to the maintenance of normal blood glucose levels
- The specialist formula also provides zinc which contributes to normal macronutrient metabolism.
- It is not a treatment for diabetes or metabolic control, but intended to help maintain overall health and well being.

Diabetone® Plus Omega-3 includes 22 specialist nutrients to help safeguard daily nutritional requirements, with particular emphasis on those nutrients of special relevance to diabetics. These nutrients include chromium which contributes to the maintenance of normal blood glucose levels, vitamin B6 which contributes to normal glycogen metabolism, plus thiamin (vit. B1) which contributes to normal functioning of the nervous system. Diabetone® Plus includes a Super Potency Omega-3 capsule. The Omega-3 fish oil provides over 60% Omega-3. The high purity capsules have been purity and quality guaranteed as each batch is rigorously tested and certified to EC and WHO standards and the fish oil has been sourced from sustainable fisheries.

Ingredients

Tablet: L-Carnitine 50 mg; Vitamin A (2333 IU) 700 µg; Vitamin D (as D3 600 IU) 15 µg; Vitamin E (Natural Source) 20 mg -TE ; Vitamin C 120 mg; Thiamin (Vitamin B1) 30 mg; Riboflavin (Vitamin B2) 5 mg; Niacin (Vitamin B3) 45 mg NE; Vitamin B6 10 mg; Folic Acid 400 µg; Vitamin B12 9 µg; Biotin 200 µg; Pantothenic Acid 10 mg; Magnesium 100 mg; Iron 8 mg; Zinc 15 mg; Copper 1000 µg; Manganese 2 mg; Selenium 100 µg; Chromium 160 µg; Iodine 100 µg

Capsule: Omega-3 Fish Oil 541 mg Providing: EPA 165 mg; DHA 116 mg; Vitamin E 5.5 mg -TE 46

One nutrient tablet per day plus one omega-3 capsule per day. Swallow each tablet and capsule with water or a cold drink and take with a main meal. Not to be chewed. Do not exceed recommended intake. To be taken on a full stomach.

As with other supplements, seek professional advice before use if you are under medical supervision, pregnant, breast-feeding or suffer from food allergies. Contains fish oil sourced from fish. Do not use if you are allergic to soya, fish or fish products. Diabetone® should not be taken on an empty stomach (see panel on back of box). Food supplements must not replace a varied and balanced diet and a healthy lifestyle. The product contains iron, which if taken in excess by very young children may be harmful.
Vitabiotics Dietrim 60 Soft Gel Capsules

Product Description
To help maintain an optimum balance of body fat to lean muscle.

CLA (Conjugated Linoleic Acid), Chromium, Cinnamon Bark, Papaya Extract and Co-Q10. Helps maintain a healthy metabolism. Ideal during any exercise programme.

Body fat and healthy metabolism.
Dietrim provides advanced dietary support, specially formulated to help you maintain a healthy balance of body fat to lean muscle. Dietrim supports an efficient metabolism which can help you stay in shape.

Body fat and lean muscle.
With high concentration CLA (Conjugated Linoleic Acid), a fatty acid derived from naturally sourced linoleic acid found in the Safflower plant. Research indicates that CLA, in conjunction with exercise and a healthy diet, may help reduce body fat whilst maintaining lean body mass.

Working out?
Antioxidants vitamin C and vitamin E, to help protect against the extra free radicals generated during exercise, plus iron for blood formation.

Optimum metabolism.
With Co-Enzyme Q10 and B complex vitamins for the release of energy from protein, carbohydrate and fat.

Contains Tonalin.
Tonalin CLA is an exclusively licensed product of the Cognis Group. CLA is naturally derived from the safflower plant and may play a role in fat metabolism.

Diettrim includes Papain which aids the digestion of food and may be helpful for those on a high protein diet. Advanced vitamin and mineral capsules with CLA, Papaya Extract, Cinnamon Bark, Chromium and Co-Q10. Developed with Prof. A. H. Beckett OBE, PhD, DSc. Professor Emeritus, University of London.

Ingredients
Conjugated Linoleic Acid® (as Triglycerides) Pharmaceutical Grade Gelatin Glycerine Glazing Agent: Beeswax Yellow Colloidal Silicon Dioxide Magnesium Oxide Vitamin C (Ascorbic Acid) Soya Bean Oil Papain Pantothenic Acid (as Calcium salt) Lecithin® Thiamin
Vitabiotics Feroglobin B12 Slow Release Capsules/Liquid

Vitabiotics Feroglobin B12 is a gentle, slow release iron supplement that delivers an ideal amount of iron to the body throughout the day, while remaining gentle on the stomach. Along with the slow release iron, Feroglobin B12 also contains other nutrients for the normal production of red blood cells such as zinc, copper, folic acid & vitamins B6 & B12 to help maintain energy levels, health and vitality.

The formation of haemoglobin for red blood cells requires an adequate supply of iron and other co-factors in the diet. Haemoglobin carries oxygen to the brain, heart, muscles and to tissues throughout the body where it is used for energy release from food. An adequate supply of iron and other nutrients is therefore essential to help ‘feed’ tissues, an important factor in maintaining energy levels as well as physical and normal cognitive functions and overall health.

Iron for general health

Besides its role in oxygen transport and utilisation, iron is also essential for many enzymes. It is important for normal growth in children, and the maintenance of the immune system and energy production from food.

Who may need an iron supplement?

• Growing Children
• Menstruating Women
• During Pregnancy
• Athletes

One capsule per day with your main meal. Swallow with a glass of water or a cold drink. Do not chew and only take on a full stomach. Feroglobin-B12 can be continued for as long as required. There is no maximum length of time over which it can be used and a minimum three-month course is recommended.

Ingredients
Sustained Release Pellet (Sucrose, Magnesium Silicate, Potato Starch, Hydroxypropyl Methyl Cellulose, Shellac), Ferrous Fumarate, Pharmaceutical Grade Gelatin (Capsule Shell), Zinc Sulphate, Vitamin B6 (as HCl), Copper Sulphate, Vitamin B12 (Cyanocobalamin) [Carriers: Dicalcium Phosphate], Folacin (Folic Acid).

Feroglobin B12 Capsules contain no artificial colours, preservatives, salt or yeast and are free from gluten, sugar and starch. They have not been tested on animals.
Vitabiotics hairfollic Wellman Tricologic 60s

Vitabiotics Wellman Tricologic

Tricologic - the science behind a great looking head of hair.

Helping to maintain healthy hair growth and hair follicles. The changes which occur as we age, as well as an inadequate diet, stress, hair styling and lifestyle, can all have an impact on hair growth and the condition of our hair.

Recognising the concerns many men have about hair growth and hair condition, Wellman Tricologic has been developed by leading scientists. Each specialist formula tablet provides 30 bio-active ingredients including essential vitamins, minerals and nutrients designed to nourish hair by maintaining healthy hair follicle metabolism. Tricologic includes the exclusive Keratone Amino-lignan complex to help maintain existing hair growth.

Nutrition and Your Hair
The hair follicle is a highly active “factory”. It has demanding metabolic requirements for oxygen, energy and specific nutrients which facilitate protein synthesis for hair growth and the production of scalp oils. This requirement for essential nutrients must be met to maintain healthy hair growth and the condition of the hair and scalp. Hair follicle metabolism is also influenced by the male body’s hormone balance including testosterone. Specific nutrients can influence this balance and thereby influence hair follicle metabolism.

The Specialist Nutrients in Tricologic
Tricologic contains Keratone, an exclusive proprietary amino-lignan complex consisting of amino acids essential in protein/keratin synthesis, powerful antioxidants and plant derived lignans which can help to maintain existing hair growth in men of all ages.

Tricologic also provides other important nutrients involved in maintaining healthy hair growth and its condition including antioxidant vitamins C & E, betacarotene, iron, pantothenic acid, para-amino benzoic acid (PABA), selenium and vitamin B complex.

As Tricologic is an orally administered supplement its benefits are delivered via the bloodstream directly to the hair root and dermal layers of the scalp where they are needed most.

The level of each individual nutrient in Tricologic has been carefully considered to maximise its benefits.
Vitabiotics hairfollic Wellwoman Tricologic 60s

Vitabiotics Wellwoman Tricologic is specifically formulated to help women maintain healthy hair growth & condition.

The changes which occur as we age, as well as an inadequate diet, hair styling and lifestyle, can all impact hair condition, strength and growth. Healthy hair growth is related to many factors as we get older including Age, Genetic factors and Inadequate nutrition.

How does Wellwoman Tricologic Work?
Wellwoman Tricologic has been scientifically formulated to provide a complete spectrum of 26 nutrients, including biomarine collagen, L-Cystine and special plant derived nutrients, which play a role in scalp health and hair follicle metabolism. The bio-active nutrients of Wellwoman Tricologic® are delivered via the blood stream directly to the hair roots for maximum benefit to help counteract the effects of aging on the hair.

Nutrition and Your Hair
Having a healthy head of hair and a healthy scalp begins with the proper nutritional building blocks. The hair follicle is a highly active factory and metabolic requirements for oxygen, energy and protein synthesis must be met to maintain healthy hair. A reduction of nutrients in the diet or a reduction of blood supply to the scalp can threaten the delivery of adequate oxygen, glucose and essential nutrients which can have a negative impact on the body’s ability to assimilate nutrients required to maintain normal follicle metabolism and hair growth. Supplementation can therefore play an important role in safeguarding an individual’s nutritional intake.

Specialist nutrients in Tricologic to help nourish Hair Follicles and help protect against age related hair changes.
Wellwoman contains Volumin, an exclusive proprietary combination of biomarine extracts, colloidal silica and natural antioxidants specifically designed to nourish hair follicles, helping to keep hair looking thick and healthy.
Vitabiotics Immunace Capsules

Vitabiotics Immunace Capsules provides a comprehensive range of vitamins and minerals, taking the place of a regular multivitamin / mineral supplement. These include nutrients for all-round wellbeing, as well as vitamin B complex for the maintenance of the central nervous system, which helps to maintain immune response.

Immunace provides a comprehensive formula for the immune system, with effective levels of antioxidants. Vitamin C and E circulate in the body to help protect against the damage caused by free radicals. Other nutrients such as betacarotene protect DNA and cells from within. Immunace helps safeguard nutrients required for the short term - to help maintain your immune resistance. It also helps replace the vitamin C lost during colds and the long term - to increase the body’s level of protective substances for long term cell protection.

One tablet per day with your main meal. Swallow with a glass of water or a cold drink. Not to be chewed. Do not exceed the recommended intake. Vitabiotics Immunace Capsules should only be taken on a full stomach.

Vitabiotics Immunace Extra Protection Tab 30s

Vitabiotics Immunace Extra Protection Tablets contain an advanced formula of 28 nutrients to help maintain a healthy immune system.

Vitabiotics Immunace Extra Protection Tablets provide all the benefits of the Vitabiotics Immunace Original Tablets plus additional nutrients such as natural lycopene, L-carnitine, resveratrol, astaxanthin, alpha lipoic acid and a higher level of vitamin D for added support, ensuring that you do not need to take an additional multivitamin.

Vitabiotics Immunace Extra Protection Tablets are free from gluten, lactose, preservatives, artificial colours, salt and yeast. They have not been tested on animals and are suitable for vegetarians.

Take one tablet per day with your main meal. Swallow with water or a cold drink. Do not chew. Do not exceed the recommended intake. Only take on a full stomach. Continue for as long as required.
**Vitabiotics Jointace Capsules 30s**

The body has over 140 different joints and whether you are involved in sport, fitness, or wish to look after your joints and bones in later life, they deserve the best care possible.

Research now shows that certain nutrients play an important role in keeping your joints in good shape.

Jointace provides proven nutrients for joint health and all our products are produced to pharmaceutical quality and standards.

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**Vitabiotics Jointace Max 84s**

Vitabiotics Jointace Max is the ultimate product in the Jointace range, for those who want the strongest and most comprehensive support possible.

Jointcare Max is a triple pack, containing collagen tablets, glucosamine & chondroitin tablets and super strength omega-3 capsules for complete joint health support.

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**Vitabiotics Jointace Gel 75ml**

Vitabiotics Jointace Gel is an advanced massage gel to support healthy joints and muscles, combining the known benefits of glucosamine and chondroitin with menthol and six aroma-therapeutic essential oils, including ginger, orange, eucalyptus and clove bud oils to help relax tired muscles. It is designed to help support sports people as well as to help maintain general joint health.

The unique gel formula is based on the latest scientific research and contains a special grade of lecithin to help the gel absorb into the skin for fast, effective relief.
Vitabiotics Jointace Collagen 30s

Vitabiotics Jointace Collagen tablets contain a comprehensive formula specifically designed for those who wish to maintain joint health with particular focus on cartilage health through the added benefits of collagen.

The combination of collagen, glucosamine and chondroitin is designed to help maintain cartilage and joint health, and gives unbeatable value by providing more than just glucosamine sulphate alone.

Jointace Glucosamine & Chondroitin 30s

Jointace Chondroitin & Glucosamine Tablets are an advanced supplement for healthy joints and muscles, combining the special joint maintaining ingredients of many popular products in a single tablet.

Jointace Chondroitin & Glucosamine Tablets provide a truly comprehensive solution for joint health, combining high strength glucosamine, chondroitin, ginger extract and vitamin C.

Vitabiotics Jointace Sports 30s

Jointace Sport provides key ingredients for both serious and recreational sports people who want to maintain their joint health. It has been formulated using scientific research from the latest international trials and is produced to the high GMP standards of quality control.

Jointace Sport is used and endorsed by top-flight sportsmen and women including: athletes, professional footballers, an Olympic record breaking swimmer, international cricketer and squash players.
Vitabiotics Liverel 60s

Product Description

Liverel® is a sensibly balanced, moderate level multivitamin, mineral and botanical formulation, intended as an ideal nutritional safeguard. Liverel® combines the benefits of Grapefruit and Artichoke Extract, Choline and L-Carnitine. Choline is included in the formula as it contributes to the maintenance of normal liver function and it includes minerals selenium and zinc and vitamins c and D3 which contribute to the normal function of the immune system. Liverel® has been developed with the help of leading scientists and nutritionists. The Liverel® formulation is based on the very latest international findings on the role of nutrients in liver health, as well as numerous studies. A general multivitamin is not necessary in addition to Liverel®.

Indications

Do not chew. Do not exceed the stated dose. If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you. Like all medicines, this product can have side effects.

Ingredients

L-Carnitine Tartrate 100mg, Choline Bitartrate 100mg, Inositol 100mg, N-Acetyl Cysteine 100mg, L-Ornithine 100mg, Artichoke Extract 100mg, Grapefruit extract 100mg, L-Lysine 50mg, L-Glutathione 30mg, Co-Enzyme Q10 5mg, Vitamin D (as D3 800IU) 20 mcg, Vitamin E 30 mcg -TE, Vitamin C 150mg, Thiamin Vitamin B1 10mg, Riboflavin Vitamin B2 6mg, Niacin Vitamin B3 18mg NE, Vitamin B6 10mg, Folacin (Folic Acid ) 400mcg, Vitamin B12 30 mcg, Pantothenic Acid 20 mg, Iron 6mg, Zinc 15mg, Manganese 4mg, Copper 1000mcg, Selenium 150 mcg, Natural Mixed Carotenoids 2mg.

Directions

Take two tablets per day with your main meal. Swallow with a full glass of water or a cold drink. Not to be chewed.

Safety Warning

Liverel is not a treatment for Liver disease.
Vitabiotics Menopace Night 30s

Vitabiotics Menopace Night is a specially formulated food supplement for women during and after the menopause that are looking for additional support at night to help maintain quality of natural sleep.

- A comprehensive formula intended to be used in place of Menopace Original, Plus or Calcium, not as an addition.
- Can be continued after the menopause for as long as required.
- No artificial colours.
- No preservatives.
- No gluten, gelatin, salt or yeast.
- No drugs or HRT.
- Not tested on animals and suitable for vegetarians.

Directions
Take one tablet per day after your evening meal. Swallow with a glass of water or a cold drink. Not to be chewed. Menopace Night should not be taken on an empty stomach.

Vitabiotics Menopace Plus 56s

Vitabiotics Menopace Plus is specially formulated for women who want extra support during the menopause. Menopace Plus is a dual pack containing the original Menopace tablets, plus a unique active botanical tablet containing soya isoflavone extract, sage extract, green tea extract and flax lignans.

- Can be continued after the menopause for as long as required.
- No artificial colours.
- No preservatives.
- No gluten or gelatin.
- No drugs, hormones HRT.
- No fat.
- Not tested on animals and suitable for vegetarians.

Directions
Take one original tablet and one active botanical tablet per day with or immediately after any main meal. Swallow with a glass of water or a cold drink. Menopace Plus should not be taken on an empty stomach.
Vitabiotics Menopace Tablets 30s

Women are increasingly looking to maintain health naturally during the menopause. Vitabiotics Menopace Tablets are an effective formulation of 21 nutrients, which can be taken alongside or independently of HRT. In independent consumer tests up to 85% of women found it helpful in maintaining all round good health.

Vitabiotics Menopace Tablets provide vitamin B complex, which is involved in the maintenance of the nervous system and brain function and may help contribute to a normal sense of well-being. It also contains moderate dietary levels (20mg) of Soy Isoflavone extract, to provide Daidzin, Glycetine and Genisein. Isoflavones are naturally occurring plant compounds that studies have shown may be useful for women during this time.

It is thought that lower oestrogen levels may influence heart and cardiovascular health in older women. Vitabiotics Menopace Tablets include antioxidants like selenium and vitamin E, to help prevent the unwanted oxidation of fat and cholesterol and help balance cholesterol levels in the blood. Optimal levels of vitamins B6, B12 and folic acid also help maintain healthy lower levels of a blood amino acid called homocysteine that is independently linked

Vitabiotics Menopace Calcium 60s

Vitabiotics Menopace with Calcium is specially formulated to provide advanced support for women during the menopause who are looking to help maintain healthy, strong bones too.

As we age our bone density can decrease due to the natural reduction in our oestrogen levels, so it is especially important to make sure we are getting enough calcium in our diets to help maintain strong and healthy bones into later life.

In addition to the original Menopace multinutrients, Menopace Calcium provides 700mg calcium, plus magnesium, zinc and vitamin D3, which are important to help facilitate bone mineralization and the uptake of calcium. Based on the latest research, Menopace Calcium provides higher levels of ‘the sunshine vitamin’ D3 which is now known to play an essential role in many other areas of health, including the immune system.

Directions
Take two tablets per day with or immediately after any main meal. Swallow with a glass of water or a cold drink. Menopace Calcium should not be taken on an empty stomach. Do not exceed the recommended tablet intake.
Vitabiotics Neurozan 30s

Vitabiotics Neurozan Plus provides advanced nutritional support, with specific nutrients to help contribute to the maintenance of normal brain & cognitive function.

Neurozan Plus is a dual pack containing the latest research based micronutrients for brain health and a high purity super potency 60% Omega-3 DHA capsule. As Neurozan is so comprehensive in nature, there is no need to take an additional multivitamin.

Neurozan Plus can help support:

• Mental performance: Iron, zinc and iodine contribute to normal cognitive function plus pantothenic acid which contributes to normal mental performance.
• Nervous system: Vitamin B6, niacin (vit. B3) and vitamin C contribute to the normal functioning of the nervous system.
• Psychological functions: Vitamins B12, B6, thiamin (vit. B1) folic acid, vitamin C and magnesium contribute to normal psychological function.
• General health & vitality: Vitamin C, iron and copper contribute to normal energy release while selenium and zinc contribute to normal function of the immune system.

Neurozan Plus also contains the specialist nutrients:

• L-Arginine
• Phosphatidylserine
• 5-HTP
• Ginkgo Biloba
• Co-Q10

Neurozan Plus contains an ideal 25µg (1000IU) of Vitamin D3 in the preferred, more active cholecalciferol form, as synthesised by the skin. In addition, Neurozan Plus comes with an Omega-3 capsule providing over 60% omega-3 fatty acids including Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA). A daily intake of 250mg DHA contributes to the maintenance of normal brain function.

Gluten free, No artificial colours, No salt or yeast, No preservatives, Not tested on animals.

Directions: One tablet (purple blister) per day, plus one capsule (pink blister) per day. Swallow each with a glass of water or a cold drink and take with a main meal. Not to be chewed. Do not exceed recommended intake. To be taken on a full stomach.
Vitabiotics Osteocare Fizz 20s

Osteocare Fizz contains an advanced formula providing key nutrients for bone health, including calcium, magnesium, and Vitamin D3, plus co-factors to help maintain bone renewal. Osteocare Fizz is a convenient alternative to tablets and is suitable for men and women of all ages.

- No gluten, No salt or yeast
- No preservatives
- Not tested on animals
- Easily absorbed formula
- Suitable for vegetarians - Osteocare is the only calcium supplement in the UK with the full RDA of calcium to be officially approved by the Vegetarian Society.

Nutrition Information
Average Per Tablet Calcium 400mg, Magnesium 50mg, Zinc 5mg, Copper 500µg, Manganese 0.75mg, Selenium 25µg, Vitamin C 60mg, Vitamin D (as D3 100IU) 2.5µg

Vitabiotics Osteocare Tablets 30s

The original Vitabiotics Osteocare Tablets formula has been developed by leading doctors and pharmacists. The well-balanced formula provides a rich source of calcium with co-factors to help maintain strong bones and teeth, as well as the health of the heart, muscles, and nerves. The formula includes the full-recommended daily allowances of calcium and magnesium, which play a vital role in bone development, along with vitamin D3 and zinc.

Vitabiotics Osteocare Tablets contain the preferred D3 form of Vitamin D. Vitamin D3, also known as cholecalciferol, is the form of vitamin D that is produced by the action of sunlight (UVB ultraviolet radiation) on a cholesterol-like molecule present in the skin. D3 is the preferred form of vitamin D because it is the specific form made in the human body and therefore more effective than D2 which is found in some supplements.

Vitabiotics Osteocare Tablets also contain zinc to help in the constant regeneration of bone and to help maintain healthy muscles and nerves. Ensuring an adequate intake of calcium is vital for men and women of all ages, as evidence suggests that healthy practices early in life, including the adequate consumption of calcium and trace elements, contribute to greater bone strength and optimal bone mineralisation.
Vitabiotics Osteocare Liquid 200ml

Vitabiotics Osteocare Liquid provides a rich source of calcium in a smooth, great tasting liquid, for efficient absorption into the body. This is carefully combined with co-factors including magnesium and vitamin D3 which is essential for effective calcium utilisation.

Just two teaspoonfuls provides as much calcium as one glass (250ml) of full fat milk, but unlike milk it is 100% fat free. Osteocare Liquid contains no dairy products. It is ideal for those using soya milk, which is low in calcium and magnesium unless fortified.

Osteocare Liquid is ideal for children and infants over 1 year, who require plenty of calcium for growth. Calcium is also vital for men and women over 50 and during pregnancy and breast feeding.

Ingredients: Purified Water, Sucrose, Stabiliser; Sorbitol Calcium Carbonate, Magnesium Hydroxide, Suspending Agents: Bentonite and Carboxy Methyl Cellulose Sodium, Zinc Gluconate, Natural Flavourings; Mint Oil and Orange Oil, Preservative: Potassium Sorbate, Emulsifier: Polysorbate 80, Riboflavin, Vitamin D (Cholecalciferol). May contain traces of gluten.

Vitabiotics Osteocare Plus Dual Pack

Vitabiotics Osteocare Plus combines the original Osteocare tablet formula with soy isoflavones and Omega-3 capsules in a convenient 2-in-1 dual pack, to provide advanced support for healthy bones. Osteocare Plus is the most comprehensive bone health formula available, designed to give even greater, premium level support.

Osteocare Plus contains the additional benefit of other nutrients which scientists have recognised may play an important role in maintaining bone health:

- Soy is a rich source of isoflavones which have been linked to the maintenance of bone health.
- Omega-3 fatty acids from fish help maintain healthy joints and bones.
- Vitamin C to contribute to healthy collagen and bone formation.
- Additional vitamin D3 for increased bone health support, based on the latest optimum intake recommendations for Vitamin D.
Vitabiotics Osteocare Tablets 90s

The original Vitabiotics Osteocare Tablets formula has been developed by leading doctors and pharmacists. The well-balanced formula provides a rich source of calcium with co-factors to help maintain strong bones and teeth, as well as the health of the heart, muscles, and nerves. The formula includes the full-recommended daily allowances of calcium and magnesium, which play a vital role in bone development, along with vitamin D3 and zinc.

Vitamin D contributes to normal bone growth and development by helping the bones absorb calcium. It is also responsible for bone mineralization and producing the hormones which maintain healthy levels of calcium and phosphorus levels in the bones and bloodstream.

Vitabiotics Osteocare Tablets contain the preferred D3 form of Vitamin D. Vitamin D3, also known as cholecalciferol, is the form of vitamin D that is produced by the action of sunlight (UVB ultraviolet radiation) on a cholesterol-like molecule present in the skin. D3 is the preferred form of vitamin D because it is the specific form made in the human body and therefore more effective than D2 which is found in some supplements.

Vitabiotics Osteocare Glucosamine 60s

Osteocare® Glucosamine provides the original comprehensive Osteocare bone health formula, with the additional benefit of glucosamine, chondroitin and ginger extract in a convenient all in one formula to help maintain of normal bones. Osteocare Joint provides a unique formula which combines the best known ingredients for bones and joints and has been designed for maximum convenience so there is no need for separate supplements. Calcium, along with magnesium, zinc and vitamin D3, contribute to the maintenance of normal bones and teeth. Glucosamine Sulphate is present in the preferred potassium form with trace minerals for nutritional support and Chondroitin Sulphate is a high quality LMW (low molecular weight) form of chondroitin.

Ingredients

Calcium 800 mg; Magnesium 150 mg; Zinc 15 mg; and Vitamin D3 (600 IU) 15 mcg; Selenium 50 mcg; Copper 1mg; Manganese 0.5 mg; Glucosamine Sulphate 750mg; Chondroitin sulphate 300 mg; and Ginger extract 75mg.
Vitabiotics Perfectil Tablets 30s

Vitabiotics Perfectil nourishes and protects from the inside and provides essential micronutrients to support the building blocks of your skin, hair and nails, as well as maintaining their health and appearance.

By simply taking one Vitabiotics Perfectil Tablet after your main meal you’ll be providing your skin, hair and nails with a comprehensive spectrum of the essential bio-active nutrients they need. As well as benefiting these areas, Vitabiotics Perfectil Tablets also safeguard your diet by doubling up as a complete multivitamin for all round health.

Vitabiotics Perfectil is a triple active formula for skin, hair and nails. Certain nutrients are vital to help maintain healthy looking skin, hair and nails in both women and men. The Perfectil effect is of greater importance than even the most expensive creams and conditioners because they are delivered via the bloodstream, at the very deepest level. Perfectil is designed to complement your daily skin and hair routine with a range of over 20 micronutrients specially formulated for utilisation by nails, hair follicles and the skin’s lower dermal layer. By understanding how specific vitamins and minerals work together, Perfectil’s synergistic formula works to maximise their combined effect.

Vitabiotics Perfectil Platinum Tablets 60s

Vitabiotics Perfectil Platinum’s unique TimeDefy formula contains an advanced combination of micro-nutrients to help contribute to the health and appearance of your skin, helping you to maintain a radiant skin complexion.

Unlike creams and moisturisers, Perfectil Platinum provides optimum nutritional support and delivers its benefits via the bloodstream, at the deepest and most effective level.

Perfectil Platinum is a complete multivitamin formula providing a cross-section of vitamins and minerals, thus eliminating the need for separate supplements and making it convenient and cost effective!

Gelatin free, Gluten free, No artificial colours, No preservatives, No salt or yeast, Not tested on animals.

Perfectil Platinum’s unique “cell renewal” formula combines nutrients that contribute to both cell protection and collagen formation.
Vitabiotics Perfectil Plus Nails 60s

Vitabiotics Perfectil Plus Nails is specially formulated for those that want to maintain healthy nails as well as great support for skin, hair and general health.

Perfectil Plus Nails provides key nutrients including botanical Horsetail extract, a natural source of silica, Methyl Sulphonyl Methane (MSM), calcium, zinc and amino acids to nourish from deep within the nail matrix.

Perfectil Plus Nails contains over 25 micronutrients specially chosen for their combined effect - to support skin, hair and nail health. It also doubles up as a complete multivitamin for all round health, so there is no need to take an additional multivitamin.

Gelatin free, Gluten free, No artificial colours, No preservatives, No salt or yeast, Not tested on animals.

Vitabiotics

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Perfectil Platinum’s unique “cell renewal” formula combines nutrients that contribute to both cell protection and collagen formation.
Vitabiotics Perfectil Max Maximum Support Skin, Hair and Nails 84s

Vitabiotics Perfectil Max is a comprehensive formula so may be used as your daily multivitamin. This product may be used for as long as required and a regular intake is recommended. Perfectil Max is designed for those who are seeking maximum nutritional care from Perfectil, with specific nutrients for skin, hair and nails. The comprehensive all-in-one dual pack combines an advanced Perfectil Plus tablet with a specialist Nutri-dermal capsule. It is the most comprehensive formula available in the Perfectil range. Each tablet contains a range of micronutrients, including: Selenium which contributes to the maintenance of normal nails, Niacin (vit. B3) plus minerals zinc and iodine contribute to the maintenance of normal skin, Vitamin C contributes to normal collagen formation, as found in Perfectil Plus Nails. Each Nutri-dermal capsule provides: extra biotin, which contributes to the maintenance of normal skin, essential Omega-3 fatty acids from fish oil and Omega-6 fatty acids from Starflower and Blackcurrant Seed Oil, compare to Perfectil Original tablets. Dual pack providing vitamin, mineral, amino acid and botanical extract tablets plus Biotin, Fish Oil, Starflower and Blackcurrant Seed Oil capsules. Additives: yeast - free from, artificial colours - free from, artificial preservatives.

Vitabiotics Perfectil Pro-Tan Tablets 60s

Perfectil plus protan supplement for skin, hair and nails, comes perfectil protan. perfectil Protan provides all of the benefits of the original Perfectil formula, plus specially selected micronutrients to nourish from the inside, including L-Tyrosine, Lycopene, Grape Seed Extract and Carrot Extract.

Skin pigmentation (melanin) serves as a light filter for the protection of tissues against ultraviolet light damage. Perfectil Protan provides 1000mcg of copper which contributes to normal skin pigmentation. Perfectil Protan does not provide a UV protection factor. All round support for skin, hair and nails.

The specific vitamins and minerals within Perfectil Protan help support the building blocks of your skin’s lower dermal layer, hair follicles and nails for normal health and appearance. Vitamin C which contributes to normal collagen formation for the normal function of skin. Vitamin B2, biotin and iodine which contribute to the maintenance of normal skin. Selenium and zinc contribute to the maintenance of normal nail and hair health. Copper contributes to the maintenance of normal connective tissues.
Vitabiotics Perfectil Plus Dual Pack 56s

Perfectil Plus combines the original Perfectil tablet formula with a specialist Nutri-dermal™ capsule, providing even greater support for your skin in a convenient 2-in-1 dual pack. This unique nutrient combination contained in Perfectil Plus nourishes and protects from the inside and provides essential micronutrients to support the building blocks of your skin, hair and nails, so maintaining their health and appearance.

- Each original tablet contains a range of over 20 micronutrients specially formulated for utilisation by the skin’s lower dermal layer, hair follicles and nails.
- Standardised grape seed extract may help to maintain a healthy complexion.
- Antioxidants such as vitamins C and E and natural plant carotenoids are important antioxidants which can help protect the skin.
- Minerals which are vital factors for the maintenance of hair, nails and skin condition.

Each Nutri-dermal™ capsule provides additional nutrients which play a particularly important role in skin health. Essential Omega-3 fatty acids from fish oil and Omega-6 fatty acids from Starflower and Blackcurrant seed oil. The antioxidant carotenoids lutein and lycopene help to protect against free radical damage from sunlight and pollution.
Vitabiotics Pregnacare Breastfeeding Tablets 84s

Vitabiotics Pregnacare Breastfeeding is an all-in-one pack, uniquely formulated with key specific ingredients for the postnatal period, including extra calcium and essential fatty acids. Maternal breastfeeding is strongly recommended for the newborn baby as it provides essential nutrients and antibodies for long term health. Certain nutrients can play an important role during lactation and production of milk for your baby.

The formula provides the ideal follow-on product for mums after childbirth, as part of the complete Pregnacare range, from conception to breastfeeding.

Pregnacare Breastfeeding is a carefully balanced comprehensive formulation of micronutrients to help safeguard healthy milk production in women including specific supporting nutrients e.g. calcium, and vitamins D3 and K.

Pregnacare Breast-feeding can also be taken as a general postnatal supplement for 6-9 months following childbirth, to replace depleted nutrients and assist the body following pregnancy, even if you are not breast-feeding.

Vitabiotics Pregnacare Plus Omega-3

Pregnacare Plus combines the original Pregnacare tablet formula, the leading supplement in pregnancy care, with high quality Omega-3 (DHA 300mg) capsules in a convenient 2-in-one pack. Pregnacare Plus has been carefully developed to help safeguard dietary requirements, from pre-conception, during pregnancy and through to the end of breast-feeding. You can start taking Pregnacare Plus at any point of pregnancy.

Each tablet provides a wide range of essential vitamins and minerals including the exact recommended level of 400 ug folic acid and 10 ug vitamin D. Includes folic acid, vitamin B12 and zinc to support neural tube development - Moderate iron as well as B vitamins for blood formation - For both mum and baby at this nutritionally demanding time.

Each capsule provides 300 mg of DHA, the level recommended by international experts. DHA plays an essential role in the healthy development of the brain, nervous system and eyes in the foetus and newborn infant - Pregnacare Plus is also ideal during breast-feeding. Sourced from the purest pharmaceutical grade fish oil.

Free from artificial colours, preservatives, salt, yeast, gluten and lactose.
Vitabiotics Pregnacare Original 30s

Pregnacare Original provides a range of nutrients for overall support, all at sensible, carefully balanced levels. Some pregnancy multivitamins lack all the important basic minerals such as essential zinc and iron, however with Pregnacare you can be sure of the minerals you need to safeguard the diet, all at sensible, moderate levels. Unlike many prenatal iron supplements, Pregnacare Original has been specifically formulated with an ideal, moderate level of iron - high levels of iron are not recommended unless there is a particular requirement as identified by your healthcare professional.

Pregnacare has been formulated by experts and is often recommended by health professionals including midwives to help safeguard a mother’s diet. It provides a comprehensive spectrum of essential nutrients at carefully chosen safe levels, developed on the basis of international research both recently and over the past 20 years. It has always contained the recommended level of 400mcg folic acid.

No artificial colours, No preservatives, Gluten free, No Lactose, No salt or yeast, Not tested on animals, Suitable for vegetarians.

Vitabiotics Pregnacare Original 90s

Pregnacare Original provides a range of nutrients for overall support, all at sensible, carefully balanced levels. Some pregnancy multivitamins lack all the important basic minerals such as essential zinc and iron, however with Pregnacare you can be sure of the minerals you need to safeguard the diet, all at sensible, moderate levels. Unlike many prenatal iron supplements, Pregnacare Original has been specifically formulated with an ideal, moderate level of iron - high levels of iron are not recommended unless there is a particular requirement as identified by your healthcare professional.

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No artificial colours, No preservatives, Gluten free, No Lactose, No salt or yeast, Not tested on animals, Suitable for vegetarians.
**Vitabiotics Pregnacare Conception 30s**

Pregnacare Conception formula has been developed on the basis of worldwide studies showing that certain nutrients can play an important role in helping to build nutritional stores ready for pregnancy and support good reproductive health.

Pregnacare Conception provides a carefully balanced comprehensive formulation of micronutrients for the maintenance of reproductive health in women, including the specific nutrients. The formula also includes vitamin B12 and folic acid at 400mcg, the exact recommended level to help safeguard the early stages of foetal development.

The formula includes key nutritional elements:
- Folic Acid – Pregnacare Conception provides 400mcg folic acid, the exact level recommended by the UK Department of Health for all women who are trying to conceive. As well as the healthy development of the foetal neural tube, folic acid may also play a role in conception, and is required in the first days and weeks of life, before you are even aware that you are pregnant. Minerals with natural vitamin E – Important co-factors in enzymes, to help protect genetic material from free radical damage. Vitamin B12 – Part of the B complex group of vitamins.

**Vitabiotics Pregnacare Max Dual Pack 56+28**

Pregnacare®Max offers the ultimate formula in the range for mums-to-be who want the maximum nutritional support from Pregnacare. This advanced formula helps to safeguard daily intake of important nutrients during pregnancy. The dual pack provides 400mcg folic acid the exact level recommended by the UK Department of Health, incorporating the special, readily bioavailable form L- Methylfolate. It includes other essential vitamins and minerals, including 10mcg vitamin D and 500mg Calcium. The pack also contains a 300mg Omega-3 DHA capsule for normal foetal brain & eye development.

Pregnacare Max tablets have been carefully formulated by experts to safeguard nutritional requirements during all of pregnancy.

It is important to follow the directions and take the recommended TWO Pregnacare Max tablets per day, to ensure that you obtain the recommended level of 400 mcg folate (folic acid).

Provides a daily intake of 10mcg Vitamin D as recommended by the UK Department of Health for all pregnant and breast-feeding women.
Vitabiotics Pregnacare Cream 100ml

Vitabiotics Pregnacare Cream is a gentle massage cream, specially formulated to care for stretching skin during pregnancy.

Stretch marks can appear anywhere on the body where the skin has been stretched. They occur when the lower layer of the skin containing collagen and elastin, which give our skin its elasticity, becomes damaged by a rapid weight loss or weight gain, such as in pregnancy. The purple appearance of the stretch mark on the skin is caused by the small blood vessels beneath the surface, which become more visible with stretching.

Pregnacare Cream's unique formula contains vitamins C and E and botanical extracts such as natural extract of Calendula and Evening Primrose Oil, which together gently protect, nourish and moisturise stretching skin.

Pregnacare Cream is safe and effective during the months of pregnancy and may be continued to be applied after giving birth, to help the contracting skin to stay supple.

Vitabiotics Pregnacare New Mum 56s

Vitabiotics Pregnacare New Mum is specially formulated to support the nutritional requirements of new mothers in the months following childbirth. The comprehensive formula helps to reduce tiredness and fatigue as well as supporting skin and hair health, which often change significantly after pregnancy and childbirth.

Pregnacare New Mum can be used whether or not you are breastfeeding, however if you are breastfeeding then you should consider taking Pregnacare Breast-Feeding which has been specially developed for the breastfeeding period.

Pregnacare New Mum is free from gluten, lactose, artificial colours, preservatives, salt and yeast and has not been tested on animals.
Vitabiotics Ultra Vitamin D Tablets 96s

Vitabiotics Ultra Vitamin D provides your daily recommended dose of Vitamin D in one convenient tablet, and is ideal for people who are unable to get enough of this vital vitamin though diet and/or sun exposure alone.

Vitamin D is important for many areas of health, including:

• Normal bone health and teeth.
• Normal absorption and utilisation of calcium and phosphorus.
• Normal muscle function.
• Normal blood calcium levels.
• Normal function of the immune system
• Normal cell division.

Vitabiotics Ultra Vitamin D provides optimum levels of the preferred form of vitamin D3 (cholecalciferol). D3 is the preferred form of vitamin D because it is the specific form made in the human body and therefore more effective than D2 which is found in some supplements.

Vitabiotic Ultra Vitamin D may be used for as long as required. A regular intake is recommended to safeguard the intake

Vitabiotic Ultra Vitamin D is:

• Free from artificial colours and preservatives.
• Free from sugar, salt and yeast.
• Gluten free.
• Not tested on animals.
• Suitable for vegetarians.

Take one tablet per day with your main meal. Swallow with water or a cold drink. Do not chew.

Active Ingredient: Vitamin D3 25.00µg

4 x Vitabiotics Ultra Krill Oil 500mg 30 Capsules

Vitabiotics Ultra™ Krill Oil offers a superior source of omega-3 with many important additional benefits, designed to meet the highest standards of quality, purity and effectiveness. Ultra™ Krill Oil provides 500mg of pure Krill Oil, a special source of omega-3 with a high concentration of marine phospholipids which means it is better utilised in the body than standard omega-3 found in fish oil. Ultra™ Krill Oil provides essential fatty acids for the normal function of the heart, brain and vision all within an easier to swallow smaller capsule with no unpleasant fishy odour, taste or aftertaste.

Indications

Generally Ultra™ Krill Oil can be taken alongside medications. However, for specific advice on taking Ultra™ Krill Oil with medicines, we recommend that you contact your doctor or pharmacist first.

Ingredients

Omega-3 220 mg; Providing EPA 120 mg; DHA 55 mg; Astaxanthin 80mcg; Omega-9 80mcg

Directions

ONE OR TWO CAPSULES PER DAY with your main meal. Swallow with water or a cold drink. Not to be chewed. Do not exceed the recommended intake.

Safety Warning

Always read the product directions before use. Do not exceed the recommended intake. As with other food supplements, seek professional advice before using if you are pregnant, breastfeeding, under medical supervision or suffer from food allergies and consult your doctor or pharmacist if you have an underlying medical condition or if on medication. Vitamin supplements are not intended to treat or prevent any disease. Food supplements must not replace a varied and balanced diet and a healthy life style. Do not take if you are allergic to shellfish or shellfish products.
Vitabiotics Visionace Tabs 30s

Vitabiotics - Visionace (30 Tablets) A unique supplement which contributes to the maintenance of healthy eyes and normal vision. Recommended by leading UK optometrists and eye care specialists, Visionace is a unique research based supplement. Each tablet contains antioxidant nutrients like natural carotenoids; vitamin C and bioflavonoids. Vitamins A, B2 and Zinc in Visionace contribute to the maintenance of normal vision. Tested in research trials Visionace has been formulated using the latest scientific research into nutrition and eye health.

It is the only UK supplement for eyes to have been tested in published double-blind trials and has also been the subject of a complete PhD thesis. During a placebo controlled, cross over study by the Department of Vision Science at Glasgow Caledonian University, Visionace was found to maintain normal and conjunctival health. This means that as well as providing antioxidants for the long-term protection of the lens and retina. Visionace is unique as it may help the maintenance of good eye health in the short term too.

Vitabiotics Visionace Plus Omega-3 56s

Vitabiotics Visionace Plus contains the original Visionace formula with an additional omega-3 and lutein capsule to help maintain healthy eyes and good vision.

Visionace Plus contains balanced levels of vitamins and minerals including selenium, zinc, bilberry extract, natural carotenoids, omega-3 fatty acids and Lutemax lutein esters which work together to help maintain normal vision.

Visionace Plus contains antioxidant vitamins C & E plus minerals zinc and selenium which help protect retinal cells from oxidative stress, helping prevent cellular damage from the effects of UV rays in sunlight. Vitabiotics Visionace also contains lutein esters from marigold, which is easily absorbed by the body. Lutein is the dominant pigment in the retina.
Vitabiotics Wellkid Smart Chewable Tablets 30s

Healthy growth is vital during the first 12 years of a child’s life. Rapid development of bones, muscles, blood and the brain mean that children have a high nutrient requirement in relation to their body size.

Meeting those requirements can be a challenge and sometimes it is difficult to ensure kids are getting all the nutrients they need every day.

Vitabiotics Wellkid Smart Chewable Tablets have been produced with children’s needs in mind. Each great tasting chewable tablet provides a comprehensive range of 21 essential nutrients including Omega-3, vitamins A, C, D, E and the minerals magnesium, iron and zinc to help safeguard your child’s nutritional intake.

Directions
• One tablet to be chewed daily, preferably with a main meal.
• These tablets are not designed to be swallowed whole.
• Do not exceed the recommended intake.
• Do not give to children under the age of 4.

Vitabiotics WellKid Soft Jelly 30s

Vitabiotics WellKid Soft Jelly are delicious wildberry flavoured, chewable multivitamin pastilles that have been carefully formulated to support the nutritional needs of children aged 4 to 12 years.

Based on the very latest scientific research, WellKid Soft Jelly provides all eight B-complex vitamins, vitamin C, vitamin E, flaxseed oil and Swiss Alpine malt, all carefully optimised to the specific needs of growing children.

If you are particularly concerned about the normal bone health of your children, you can give Vitabiotics Osteocare alongside WellKid for extra support.

• No added sugar, designed to be kinder to teeth.
• No synthetic colours.
• No preservatives or lactose.
• No gluten, salt or yeast.
• Not been tested on animals.
• Produced to high GMP (Good Manufacturing Practice) standards of quality control.
Vitabiotics WellKid Soft Burst 60 caps

Each delicious chewy WellKid Softburst capsule contains Omega-3, plus the full RDA of vitamin D3 which is needed for normal growth and development of bones in children as well as natural source vitamin E. This pharmaceutical grade Omega-3 provides EPA & DHA from high purity fish oil.

WellKid Omega-3 undergoes a special purification process, to ensure the highest purity oil. Each batch is rigorously tested, certified and fully compliant with stringent EC and WHO rules on environmental pollutants.

Vitabiotics WellKid Omega-3 Fish Oil only comes from sustainable fisheries in highly regulated, clean sea environments.

Directions

Children (4-12 years): chew one to two capsules daily. Preferably take with a main meal. Not designed to be swallowed whole.

Vitabiotics WellKid Baby & Infant Liquid 150ml

Vitabiotics WellKid Baby & Infant Liquid is specially formulated for the needs of babies and infants from 3 months to 5 years. The comprehensive formula contains 14 essential vitamins and minerals at carefully balanced levels, including vitamins A, C and D, as recommended for babies over 6 months and iron to support normal cognitive development.

This great tasting multivitamin liquid provides an ideal nutritional safeguard during your child’s early years, when they have a high nutrient requirement in relation to body size to support their rapid physical growth and development of bones, muscles, blood and the brain.

Directions

- Babies from 3 to 6 months: 2.5 ml (½ teaspoon) daily.
- Infants 7 months to 5 years: 5 ml (1 teaspoon) daily.

Do not give more than the recommended amount. Give after feeding.
Vitabiotics Wellman 50+ Tablets 30s

Wellman 50+ is a comprehensive nutritional formula developed to help maintain health in men aged 50 and above.

The tablets are ideal for those with an active lifestyle and unlike a general multivitamin, the nutrients and their levels have been carefully chosen to meet the needs of men in their 50’s, 60’s and beyond.

The formula includes specialist bio-active nutrients to help maintain health and vitality with specific support for brain, eyes & heart.

Features

• Support an active lifestyle
• Maintenance of healthy brain function
• Healthy vision and eye function
• Cardiovascular health
• Immune System

Vitabiotics Wellman 70+ Tablets 30s

Vitabiotics Wellman 70+ Tablets are an advanced vitamin and mineral supplement containing 30 vitamins, trace elements and specialist nutrients specifically formulated to help safeguard the nutritional needs of men aged 70 and over.

• General Wellbeing
• Immune Health
• Male Health
• Normal Vision
• Cognitive Function
• Heart and Circulation

Vitabiotics Wellman 70+ Tablets are free from gluten, artificial colours, preservatives, salt and yeast. They have not been tested on animals and are suitable for vegetarians.
Vitabiotics Optimuscle Ultra Rehydration and Recovery Powder 1500g

Wellman Optimuscle Recovery helps support muscle recovery after exercise. It has been formulated for those following intensive workout regimes to ensure optimal levels of nutrients important to the restoration of energy, rehydration and muscle recovery after intense exercise.

Serving Size:
Add 50g powder (1 serving- approx. 1 heaped scoop) to 300-350 ml of cold water and shake well. Take one serving following your workout

Suggested Adult Intake:
Add 50g powder (1 serving- approx. 1 heaped scoop) to 300-350 ml of cold water and shake well. Take one serving following your workout. Average 30 servings per tub. Makes a delicious, excellent tasting cookies & vanilla flavoured shake.
Vitabiotics Wellman Plus Omega 3-6-9 56s

Vitabiotics Wellman Plus Omega 3-6-9 is designed for men who lead hectic lives yet still need to maintain general health and vitality. The handy dual pack contains the original Wellman tablet plus an omega 3-6-9 capsule for added nutritional support.

The original Wellman micronutrient tablet provides 29 bioactive nutrients specifically formulated to contribute to normal energy levels in men. It includes vitamins A, C, D, B6 and B12 with folic acid and copper which help to maintain the immune system, as well as zinc which can contribute to the maintenance of normal testosterone levels in the blood. Men lose an estimated 5mg of zinc every time they ejaculate, so a good intake of zinc is essential for reproductive health.

The omega capsules contain omega-3 from pharmaceutical grade fish oil, omega-6 from blackcurrant seed oil and pumpkin seed oil and omega-9 from olive oil. The omega-3 oils are rich in EPA and DHA - essential fatty acids that cannot be made by the body and must be obtained through the diet.

Take one tablet plus one capsule per day with or immediately after your main meal. Swallow with water or a cold drink.

Vitabiotics Wellman Prostace 60s

Supporting all round male health.

Vitabiotics Wellman Prostace is an advanced, comprehensive formulation to help support all round male health and vitality, with specific nutrients including zinc to contribute to normal reproductive health. The multi-nutrient formula contains Prostene, a proprietary complex of Bitasitosterol, Pumpkin Seed Extract, Soya Extract, Alpha Lipoic Acid, Saw Palmetto and Lycopene.

Wellman Prostace contains vitamins C, D, B6 and B12 which contribute to the normal function of the immune system; a healthy immune system is important for good health. Wellman Prostace also includes Alpha Lipoic Acid, Green Tea, Citrus Bioflavonoids, and Natural Mixed Carotenoids.

Wellman Prostace contains vitamins, B6 and thiamine (vit. B1), copper and iron which contribute to normal energy release. Vitamin B6, B12 and folate are also included as they contribute to the normal formation of red blood cells plus iron which contributes to the normal formation of haemoglobin, which helps to transport oxygen around the body to organs such as the prostate.
Vitabiotics Pregnacare Conception for Couples 60s

- For couples trying for a baby
- A comprehensive formulation of vitamins and micronutrients including L-Carnitine and L-Arginine for him
- Containing zinc which is an important mineral for the male reproductive system
- A carefully balanced formula including 400mcg folic acid for women

Vitabiotics Pregnacare His & Her Conception is ideal for couples who are trying for a baby and in need of some nutritional care to enhance chances of conception.

Directions

Women - One tablet per day (pink blister); Men - One tablet per day (blue blister)
Safety Warning

Do not exceed the recommended intake.

Vitabiotics Wellman Skin Technology 60s

Wellman Skin Technology is a specialist supplement developed to help men stay looking their very best.

This advanced skin formula is a major development in male nutrition, with a unique combination of specialist bio-active nutrients. These are delivered via the bloodstream, at the very deepest level, for the dermal layer of the skin, hair follicles and nail beds.

It also includes plant extracts such as standardised Grape Seed Extract and Lycopene to provide antioxidant protection and help maintain a healthy complexion. It’s no wonder dermatologists are increasingly looking to the role of nutrition in helping keep skin looking at its best.

Skin protection

Skin changes are related to many factors including the environment, pollution, our genetic makeup and nutritional intake. The most significant cause of premature skin ageing is sunlight (UV radiation) and the high levels of damaging free radicals this generates.
Vitabiotics Wellman Sport 30s

The all-round comprehensive multivitamin tablet for men involved in sport and fitness.

Wellman Sport is an advanced, specialist supplement developed specifically for men training to excel in sports and fitness.

The comprehensive formula helps to maintain optimum levels of nutrition and contains ingredients essential to support performance during sport and training. The formula is not a weight or muscle gain ‘protein’ type product which often do not provide a balanced source of the daily vitamins and minerals needed; rather it provides all round, balanced multivitamin support that can be taken every day.

One tablet per day with your main meal. Not to be chewed. Swallow with a glass of water or a cold drink. Do not exceed recommended intake.

Wellman Sport can be continued for as long as required.

Vitabiotics Wellman Advanced Vitamin & Mineral Supplement 30s

A comprehensive formulation of over 28 essential bio-elements, Wellman has been specially developed to help maintain general health and vitality in men of all ages.

Built for men who want to help achieve optimum sports potential, safeguard reproductive health, or help maintain health in an otherwise hectic and demanding lifestyle, Wellman represents a simple, no-fuss solution.

The advanced one-a-day tablets formula provides the nutrients a man may need to help maintain energy release, make the critical difference in reactions, speed and mental alertness, or to help maintain reproductive health. Directions

One tablet per day with your main meal. Swallow with water or a cold drink. Not to be chewed. Do not exceed the recommended intake. To be taken on a full stomach.

Wellman can be continued for as long as required. A general multivitamin and mineral supplement is not necessary in addition to Wellman.
WellTeen has been specifically formulated to provide a comprehensive range of micronutrients, vitamins and minerals, to help support the daily nutritional requirements of young adults, and is also ideal for teenagers aged 13-19 years.

All round health & energy release
B-complex vitamins are important to help maintain energy release, while iron may help support cognitive performance. Vitamins A, C, E and minerals zinc and selenium play a number of roles in the body and help to maintain all round health and vitality.

Immune system support
A range of nutrients including vitamin C, zinc, selenium help maintain a healthy immune system.
Recent research has also shown that optimum levels of vitamin D may be higher than previously thought and WellTeen provides effective levels of the preferred D3 form.

Concentration & brain function
Iron and zinc are two of the most abundant minerals in the brain and may play a role in helping to maintain healthy brain function.

How to use Wellteen:
One tablet per day with your main meal.
Swallow with a glass of water or a cold drink. Not to be chewed. Not to be taken on an empty stomach.

Ingredients
Maltodextrin & Microcrystalline Cellulose, Magnesium Oxide, Vitamin C (Ascorbic Acid), Cranberry Extract, L-Carnitine Tartrate, Zinc Sulphate, Green Tea Extract, Ferrous Fumarate, Crosslinked Cellulose Gum, Niacin (as Nicotinamide), Anti-Caking Agents: Stearic Acid & Magnesium Stearate, Silicon Dioxide, Vitamin B6 (Pyridoxine HCl), Thiamin (Vitamin B1 Mononitrate), Vitamin E (D Alpha Tocopheryl Acid Succinate),† Vitamin D3 (Cholecalciferol, Acacia, Sucrose, Corn Starch, Medium Chain Triglycerides, Anti-Oxidant: DL-Alpha Tocopherol), Natural Mixed Carotenoids (Betacarotene, Gamma-Carotene, Citroxanthin, Beta-Zeacarotene, Modified Starch, Antioxidants: DL-Alpha Tocopherol, Sodium Ascorbate, Corn Starch, Glucose Syrup), Pantothenic Acid (as Calcium Salt), Vitamin A (as Acetate [Carriers: Gum Acacia, Sucrose, Starch, Tricalcium Phosphate, Antioxidant: DL-Alpha Tocopherol]), Manganese Sulphate, Riboflavin, Copper Sulphate, Co-Enzyme Q10, Folic Acid (as Pteroylmonoglutamic Acid), Sodium Selenate, Chromium Trichloride, Potassium Iodide, Biotin, Vitamin B12 (Cyanocobalamin),†From Soya.
Vitabiotics Wellwoman 50+ Tablets 30s

Vitabiotics Wellwoman 50+ has been specifically designed to help safeguard the nutritional needs of women aged 50 and above and forms part of the Wellwoman range, the UK’s number 1 women’s supplement brand. A balanced palette of 27 vitamins, minerals and plant derived nutrients has been specifically formulated for post menopausal women.

The Wellwoman 50+ formula has been developed to include specialist bio-active nutrients including antioxidants, vitamin D3 and lutein to support key areas of health important to women over 50, including heart, brain and eye health. The formula also contains essential nutrients needed to maintain an active lifestyle and all-round health.

- Active lifestyle
- Heart and circulation
- Brain
- Eyes and vision

Vitabiotics Wellwoman 70+ Tablets 30s

Vitabiotics Wellwoman 70+ Tablets are an advanced vitamin and mineral supplement containing 26 vitamins, trace elements and specialist nutrients specifically formulated to help safeguard the nutritional needs of women aged 70 and over.

The comprehensive formula supports the following areas:

- General Wellbeing
- Immune Health
- Brain and Nervous System
- Heart and Blood Formation

Vitabiotics Wellwoman 70+ Tablets are free from gluten, lactose, preservatives, salt and yeast. They have not been tested on animals.
Vitabiotics Wellwoman Original Capsules 30s

Vitabiotics Wellwoman Original Capsules are a blend of vitamins and minerals at levels scientifically determined to be optimal for busy, modern women. It is unlike any other general multivitamin and mineral supplement in that it carefully balances micronutrient levels with rich sources of GLA to optimise potential benefit for women in a broad range of health areas.

With a wide range of nutrients and trace elements to support the areas of health, which are of most interest to women, Vitabiotics Wellwoman Original Capsules provide natural support for a healthy lifestyle and vibrant looks. The scientifically advanced formula helps to maintain healthy skin, energy levels and a strong immune system, and provides Evening Primrose and Starflower Oils for support throughout the monthly cycle.

Directions
One capsule per day with your main meal. Swallow with a full glass of water or a cold drink. Swallow without chewing. Do not exceed recommended intake.

Vitabiotics Wellwoman Plus Omega 3,6,9 - 56s

The advanced Wellwoman Plus Omega-3,6,9 formula contains all the benefits of Wellwoman original comprehensive nutritional supplement with the added benefits of Omega- 3,6,9. The Omega oils come from Fish oil, Starflower oil, Evening Primrose Oil, EP grade Olive oil and Vitamin E, selected for optimum strength and purity in a handy dual pack.

This premium Wellwoman formula is designed for women who lead hectic lifestyles; juggling work, family and social commitments. It includes nutrients to help support healthy blood formation and energy release and helps to maintain healthy skin, immune system and hormone balance. Supporting general health and vitality so that you can look and feel great and perform at your very best too!

- No artificial colours, No gluten
- No preservatives
- No salt or yeast
- Not tested on animals
- A general multivitamin and mineral supplement or additional Omega-3,6 or 9 supplement is not necessary in addition to Wellwoman Plus

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Voltarol 12 Hour Emulgel P 2.32% Gel 30g

Voltarol 12 Hour Emulgel P 2.32% Gel targets pain and inflammation at the source, providing concentrated, long lasting pain relief from inflammation, rheumatic pain, joint and muscular sprains, strains and bruises. The non-greasy, non-staining cream-like gel both cools and soothes and as it is applied to the skin.

Used twice daily, Voltarol 12 Hour Emulgel P 2.32% Gel forms a reservoir of the active ingredient diclofenac on the skin, allowing the active ingredient to penetrate the skin throughout the day for pain relief that lasts.

Voltarol 12 Hour Emulgel P 2.32% Gel 50g

Voltarol 12 Hour Emulgel P 2.32% Gel targets pain and inflammation at the source, providing concentrated, long lasting pain relief from inflammation, rheumatic pain, joint and muscular sprains, strains and bruises. The non-greasy, non-staining cream-like gel both cools and soothes and as it is applied to the skin.

Used twice daily, Voltarol 12 Hour Emulgel P 2.32% Gel forms a reservoir of the active ingredient diclofenac on the skin, allowing the active ingredient to penetrate the skin throughout the day for pain relief that lasts.

Voltarol 12 Hour Emulgel P 2.32% Gel 100g

Voltarol 12 Hour Emulgel P 2.32% Gel targets pain and inflammation at the source, providing concentrated, long lasting pain relief from inflammation, rheumatic pain, joint and muscular sprains, strains and bruises. The non-greasy, non-staining cream-like gel both cools and soothes and as it is applied to the skin.

Used twice daily, Voltarol 12 Hour Emulgel P 2.32% Gel forms a reservoir of the active ingredient diclofenac on the skin, allowing the active ingredient to penetrate the skin throughout the day for pain relief that lasts.
Voltarol Emulgel P 30g

Voltarol Emulgel P (Diclofenac diethylammonium) penetrates pain and provides relief from inflammation.

Voltarol Emulgel P is used to help treat rheumatic aches, joint and muscular sprains, strains and bruises.

Voltarol Emulgel P penetrates the skin to bring direct relief from pain and inflammation to the affected area. Its soothing, cooling formula is non-greasy and non-staining.

Voltarol Emulgel P 50g

Voltarol Emulgel P (Diclofenac diethylammonium) penetrates pain and provides relief from inflammation.

Voltarol Emulgel P is used to help treat rheumatic aches, joint and muscular sprains, strains and bruises.

Voltarol Emulgel P penetrates the skin to bring direct relief from pain and inflammation to the affected area. Its soothing, cooling formula is non-greasy and non-staining.

Voltarol Emulgel P 100g

Voltarol Emulgel P (Diclofenac diethylammonium) penetrates pain and provides relief from inflammation.

Voltarol Emulgel P is used to help treat rheumatic aches, joint and muscular sprains, strains and bruises.

Voltarol Emulgel P penetrates the skin to bring direct relief from pain and inflammation to the affected area. Its soothing, cooling formula is non-greasy and non-staining.
Voltarol Heat Patches (2s/4s)

Voltarol Thermal Patch effectively and naturally provides pain relief and deep muscle relaxation for muscle pain, back, neck and shoulder pain. The Voltarol Thermal Patch is applied directly to the skin, on the site of your muscular pain. You feel the heat and relief instantly. The patch provides 10 hours of penetrating heat that works to unwind tight, aching muscles and increases circulation to help soothe pain away. Thin, discrete and designed to work on your body where it hurts, the patch helps you to get active again soon and takes your mind away from pain.

Ingredients

The ingredients are Iron Powder, Activated Charcoal, Water, Acrylic Polymer and Sodium Salts

Directions

Make sure your skin is clean dry and non-greasy. Remove the patch from the packaging and apply directly onto the affected area. Leave on for up to 10 hours. If needed, apply a patch to the same area 24 hours later. The patch can be used with other medicines except those that are applied directly to the skin and on injection sites.
Voltarol Pain-eze Emulgel 30g/50g/100g

Voltarol Pain-eze Emulgel contains the active ingredient diclofenac diethylammonium, which is a type of medicine called a non-steroidal anti-inflammatory drug (NSAID). NSAIDs are used to relieve pain and inflammation.

Diclofenac works by blocking the action of a substance in the body called cyclo-oxygenase (COX). Cyclo-oxygenase is involved in the production of various chemicals in the body, some of which are known as prostaglandins. Prostaglandins are produced by the body in response to injury and certain diseases and conditions, and cause pain, swelling and inflammation. Diclofenac blocks the production of these prostaglandins and is therefore effective at reducing inflammation and pain.

When diclofenac is applied to the skin (topical application) it is absorbed through the skin into the underlying tissues, where it reduces pain and inflammation in the local area.

Voltarol Pain-eze Emulgel can be bought without a prescription to relieve local pain and inflammation caused by a variety of muscle, joint, tendon and ligament injuries, such as sprains, strains and bruises. It can also be used for rheumatism.

The gel should be rubbed gently into the skin over the affected area. The diclofenac will be absorbed into the underlying tissues, where it will relieve pain and inflammation.

Voltarol Pain-eze Emulgel is used to treat pain and inflammation due to injury to tendons, ligaments, muscle and joints, e.g. sprains, strains and bruises and soft tissue rheumatism.

Ingredients
Active ingredient: Diclofenac diethylammonium (1.16g/100g).
Other ingredients: Diethylamine, carbomers, cetomacrogol, cocoyl caprylocaprate, isopropyl alcohol, liquid paraffin, perfume creme 45, propylene glycol and purified water.

Directions
• Adults and children aged 12 years and over:
  • Voltarol Pain-eze Emulgel should be rubbed gently into the skin.
  • Depending on the size of the affected site to be treated 2-4g (a circular shaped mass approximately 2.0-2.5cm in diameter) should be applied 3-4 times a day.
  • After application, the hands should be washed unless they are the site being treated.
  • A period of at least 4 hours should be left between applications.
  • The dose should not be applied more than 4 times in a 24 hour period.
Wartner Wart and Verruca Remover 50ml

Wartner Wart and Verruca Remover has been developed to offer the most effective and easy to use self-treatment available. Typically only one treatment is needed.

Wartner freezes the wart or verruca to the core in the same way as a GP would.

1. Freezes the wart or verruca to the core
2. A blister forms under the wart of verruca until it falls off
3. Healthy skin appears after the treatment

Due to a new application technique, the Wartner Wart & Verruca Remover is even more effective. By optimisation of the freezing temperature and contact time of product on the wart/verruca, Wartner is able to deliver the required therapeutic temperature and efficacy.

Easy to use, four step application:

If the wart or verruca, or part of it, should remain two weeks after treatment, you may safely treat it a second or a third time.

1. Push the foam applicator on to the applicator holder
2. Push the applicator holder into the aerosol can for three seconds
3. Wait for 20 seconds after saturation of the foam to further reduce temperature
4. Hold the white tip of the foam applicator on to:
   Warts for 20 seconds
   Verrucas for 40 seconds

For verrucas, a file is included for optimal preparation prior to the treatment: see leaflet for additional instructions.
Wernets Super Denture Fixative Powder 50g

Poligrip Super Wernets is a denture adhesive powder that has been recommended by dentists for over 25 years and known as Super Wernets.

Giving you an all day hold and seals out food particles. It combines two denture adhesive ingredients- one for holding the dentures, the other to help cushion the dentures more securely and comfortably.

Directions

• Clean dentures thoroughly, preferably by brushing with Dentu-Crème, rinse well.
• While dentures are still moist, tip dispenser at a slight angle and sprinkle powder lightly and evenly onto the plate.
• Insert denture into mouth and press firmly into place for several seconds, wait for several minutes before eating or drinking. Dentures can be easily removed when required.
• To remove any remaining fixative from the denture, wipe off with a cloth and then brush with warm water.

Wernets Ultra Denture Fixative Powder 40g

Poligrip Ultra Wernets denture fixative powder gives a stronger, longer lasting hold providing you with confidence and control. This superior formula also helps prevent irritating food particles from getting under your plate.

Directions

• Clean dentures thoroughly, preferably by brushing with Dentu-Crème, rinse well.
• While dentures are still moist, tip dispenser at a slight angle and sprinkle powder lightly and evenly onto the plate.
• Insert denture into mouth and press firmly into place for several seconds, wait for several minutes before eating or drinking. Dentures can be easily removed when required.
• To remove any remaining fixative from the denture, wipe off with a cloth and then brush with warm water.
XLS-Medical Fat Binder 30s/60s/120s

XLS-Medical Fat Binder can help you lose up to three times more weight than through diet and exercise alone, and can also help you maintain a weight you’re happy with. Made from natural ingredients, you’ll see visible results in just 12 weeks.

XLS-Medical Fat Binder contains Litramine™ which is made from naturally derived cactus leaves, so it’s gentle on your system. XLS-Medical binds up to 27% of dietary fats in your stomach to create a large fat-fibre complex which is too large to be absorbed in the small intestine, so is instead eventually excreted from the body. XLS-Medical also contains vitamins A, D and E to help compensate for any vitamins lost during the fat binding process and to optimise the availability of fat-soluble vitamins for absorption by the body.

XLS-Medical also helps to manage appetite and cravings by helping you feel fuller for longer.

XLS-Medical is a natural weight loss remedy from an organic plant source that doesn’t interfere with your body’s natural workings, so is gentle on your system and naturally well tolerated. It is also certified as a Medical Device Class IIa, which means it’s been tested for both safety and efficacy.

Whilst taking XLS-Medical Fat Binder is an important step to managing your weight, it is best viewed as part of an overall weight management plan. Effective weight management requires long-term commitment and a healthy lifestyle.

Directions
Take the tablets with liquid immediately after a meal. To lose weight: take 2 tablets after each main meal. Take 3 tablets if taking a very high fat meal. You can safely continue using XLS-Medical after you have reached your target weight, for example after having consumed a particularly calorie rich meal, in order to prevent weight gain.

Ingredients
Active ingredient: Litramine, a patented fibre complex of organic plant source (prickly pear).
Other Ingredients: Microcrystalline Cellulose, Calcium Hydrogen Phosphate Dihydrate, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate, Chlorophyllin, Vitamin A-Acetate (Retinol), Vitamin D3 (Cholecalciferol), Vitamin E-acetate (Alpha-Tocopherol).
Zantac 75 Relief Tablets provide relief from heartburn and indigestion for up to 12 hours. They contain the active ingredient ranitidine, an H2-blocker that works at the source of the problem to prevent your stomach from producing too much acid.

Directions

Adults and children aged 16 years and over:

- Swallow 1 tablet with a drink of water as soon as you have symptoms.
- If symptoms persist for more than one hour, take another tablet.
- Do not take more than 2 tablets in 24 hours.
- Do not use for more than 6 days.
- Do not buy a second packet without talking to your doctor or pharmacist.
- Do not take more than the recommended dose.

Active Ingredient:

Ranitidine Hydrochloride 84mg (equivalent to Ranitidine 75mg).

Other Ingredients:

Microcrystalline Cellulose, Magnesium Stearate, Hypromellose (E464), Titanium Dioxide (E171), Red Iron Oxide (E172) and Triacetin.
Zirtek Allergy 1mg/ml Oral Solution 150ml

Zirtek Allergy 1mg/ml Oral Solution treats hayfever, year round allergies such as dust or pet allergies and urtiaria in adults and children aged 2 years and over. It contains the active ingredient cetirizine dihydrochloride, an antihistamine that blocks the effects of histamine to relieve the unpleasant symptoms and discomfort associated with these conditions, such as sneezing, irritated, runny and blocked up nose, itchy, red and watering eyes and skin rashes.

Zirtek Allergy 1mg/ml Oral Solution is banana flavoured and is sugar free, so won't damage your child's growing teeth.
Zirtek Allergy Tablets 21s

Zirtek Allergy Tablets relieve the symptoms of hayfever and year round allergies such as dust or pet allergies and urticaria. They contain the antihistamine cetirizine hydrochloride, which blocks the histamine response involved in allergic reactions to relieve the unpleasant symptoms and discomfort associated with these conditions, such as sneezing, irritated, runny and blocked up nose, itchy, red and watering eyes and skin rashes.

Zirtek Allergy Tablets 30s

Zirtek Allergy Tablets relieve the symptoms of hayfever and year round allergies such as dust or pet allergies and urticaria. They contain the antihistamine cetirizine hydrochloride, which blocks the histamine response involved in allergic reactions to relieve the unpleasant symptoms and discomfort associated with these conditions, such as sneezing, irritated, runny and blocked up nose, itchy, red and watering eyes and skin rashes.