



*Let nature  
take care of you*

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### Natural Aid Pty Ltd

ABN: 92 158 879 399

4A Nioka Court, Beaumont SA 5066

E: [info@naturalaidaustralia.com](mailto:info@naturalaidaustralia.com)

[www.naturalaidaustralia.com](http://www.naturalaidaustralia.com)

### Directors:

Jennifer Mast – B.Ed, Adv.Dip.Hom, M.S.Sc.

Mob: 0477 039 134

Victoria Rabbah – Adv.Dip.Hom, B.Hlth.Sc (Comp.Med)

Mob: 0432 171 503



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Our mission is for Natural Aid to become the preferred choice for natural, organic, safe and effective health care products, by providing innovative and educational health solutions to both Australian and International markets.



# Beginnings

**After graduating in 1999, Jennifer and Victoria shared a clinic for a year. During this time they developed a simplex First Aid kit and began educating people about homeopathy and how to use their kits.**

A year later, Jenny moved to China and Victoria shifted to Gippsland, Victoria.

During the ten years both had successful clinics treating families of all ages for both chronic and acute conditions.

Whilst Victoria was still in Australia practicing at her Natural Aid Clinic, she began formulating creams for everyday ailments, knowing there was a need for it in the Australian market. The demand, especially among young families was growing; people were seeking all natural, 'no nasties' therapeutic products.

At the same time Jenny had begun educating the Chinese about Homeopathy through her practice whilst also teaching and counselling in International Schools in China. She also began formulating creams for the young mothers with children presenting with severe skin diseases and observed the change in attitude towards theirs and their children's health; the demand for safer, all natural products was increasing.

In 2011 when Jenny came back to live in Australia both she and Victoria shared their ideas, vision and future goals and decided to join forces and form the company, Natural Aid, as Directors.



# Quality products

**Prior to launching new products to the market, Natural Aid trials the products using Focus groups comprising 40 plus people of all ages and cultures.**

Participants provide informative feedback that Natural Aid uses to adjust product formulations.

Natural Aid products are compliant with TGA regulations and can provide formal reports from a Therapeutic Goods Administration (TGA) consultant.

Preservative Efficacy Testing Certification, as well as Microbial Analysis Certification is available on request.



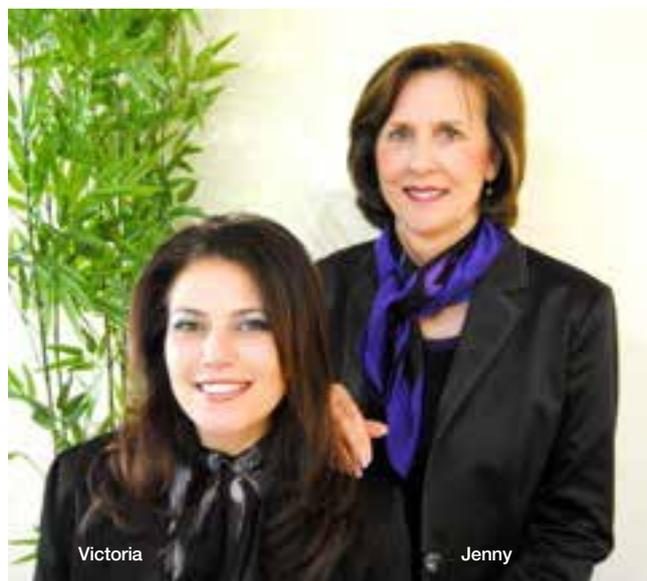
# A shared vision

**Professional members of the Australian Homeopathic Association (AHA) and registered with the Australian Register of Homeopaths (AROH), business partners Victoria Rabbah and Jennifer Mast both qualified as homeopathic practitioners in 1999, having trained together for 4 years at the Adelaide Training College of Complementary Medicine in South Australia. They have worked closely in clinic and shared many cases over the years, with clients in Adelaide, Melbourne, Sydney and China.**

Victoria is married with 3 children. She has an Advanced Diploma of Homeopathy along with a Bachelor of Health Science (Complementary Medicine).

Jennifer is married with 2 children, 2 stepchildren and lots of grandchildren. Her career has spanned a combination of education and health for the past 40 years. She has an Advanced Diploma of Homeopathy in addition to a Bachelor of Education with a Master's degree in Social Science (Counselling). She has worked in schools in Australia and International schools in China and Sweden.

It has been Victoria and Jennifer's vision over the last decade to specifically natural and organic creams for everyday common ailments that are now well known for their powerful yet gentle approach in restoring health.



# Why choose Natural Aid?

**We believe consumers deserve the highest quality health care for themselves and their family members. Natural Aid formulate and manufacture therapeutic products that allow individuals to self manage minor health problems with minimum fuss and rapid relief.**

The skin is the largest respiratory organ in the body. Therefore, whatever you put on your skin is absorbed into your blood stream and thus into your organs.

We have enough pollutants in the environment and food we ingest without adding to it by using topical creams and lotions that contain nasty chemicals.

We at Natural Aid care for your health. That's why we have produced quality hypo-allergenic creams, lotions, oils and deodorants that are free of parabens, sulphates and silicone, and infused with organic plant extracts and active ingredients that provide safe, fast and effective relief.



# Our philosophy

**We believe that education is the key to helping people to gain the knowledge, skills and attitudes to make responsible lifestyle decisions in order to lead a healthier, happier life.**

Gaining the confidence and motivation to be more aware of, and in tune with their body, can help people to reduce health risks, prevent diseases and maintain good health.

It is our passion to help others to maintain healthy bodies the way nature intended, and it is our intention to educate people through our self-help product range.



# Point of sale (POS)



## Creams

Natural Aid formulates and manufactures a hydrating, deeply moisturising organic base cream for therapeutic use with the following features:

- no parabens
- no synthetics
- no silicon
- no sulphates
- no artificial preservatives
- no artificial fragrances
- no artificial colourings

Our creams are non-greasy and designed to readily absorb; a little goes a long way and quickly penetrates through the skin to assist with the healing process.

Our cream pump bottles are easy to use, allowing the right amount to apply and the perfect size that you can carry around in your handbag, first aid boxes or school bags.

## Natural Aid Combination Oral Sprays

Natural Aid Oral Sprays are specially formulated by experienced homeopathic practitioners for acute ailments and contain homeopathic remedies in a 30 mL amber glass bottle containing distilled water-sucrose-ethanol solution and with a 5 year shelf life.

The spray top is easy to use, giving you the exact dosage with no contamination.

Our products do not contain any animal products, gluten, nuts, artificial colours, flavours or preservatives, and are not tested on animals.

Homeopathic remedies are best taken 10 minutes before or after a meal, or after brushing teeth (since toothpaste may have strong flavours such as mint).

**CAUTION: If pregnant or breastfeeding, check with a health care professional before use. If symptoms persist or worsen, consult a health care professional.**

Keep medicines from the reach of children.

Avoid strong mint flavoured sweets, products containing menthol and eucalyptus as these may reduce the effectiveness of the remedies.

Best results are obtained when used strictly according to label directions.

# Marketing

## Gift Boxes

Natural Aid has designed beautiful gift boxes for The Little Tots Range and Family Range. The Tots Range consists of 10 remedies in sucrose pillule form with a 50mL Calendula Cream and a 50mL Arnica Cream, along with an information booklet.

The Family Range consists of 12 combination remedies in pillule form and the 4 First Aid Creams along with a small First Aid kit and an information booklet.



## Little Tots Range



The Little Tots Natural Wellness Essentials Range consists of 10 homeopathic combination oral sprays designed for the most common ailments experienced by infants and children.

Being a low risk and gentle form of traditional medication for babies and children, homeopathic medicine has the added benefit of being capable of addressing both physical ailments and emotional states. Establishing a healthy, happy childhood can make you parent experience considerably more relaxed and rewarding. Medicines are prepared in oral spray form for faster and accurate dispensing, lessening the possibility of contamination.

By treating a child early in life, homeopathic medicines can prevent minor medical problems from becoming more complex medical issues later in life.



## Travel Kits

Our travel kits are presented in small black vinyl pouches with elastic sleeves to hold the medicine bottles, each containing 100 sucrose pillules. There are two sizes; the smaller fits ten bottles and the larger fits 20 bottles. Both come with a small travel kit information booklet.

The travel kits are very versatile as they can easily fit into handbags, sports bags, cars and caravans.

As well as having a standard travel kit, the customers also have the opportunity to tailor make their own kit. They may choose from the brochure the ten or twenty remedies that best suit their family's needs.



## Counter display boxes

Natural Aid provides attractive Counter Display boxes with colourful product advertising headers for store shelves.

## Promoting the brand

### International Market

Natural Aid currently has distributors in Australia, Hong Kong, Macau Singapore and New Zealand.

PROUDLY MADE IN



Natural Aid eagerly display the "Proudly made in South Australia" and "Australian Made" brands on all its products

# ALL NEW TRAVEL PACKS

Natural Aid lets you travel with confidence

## First Aid Travel Pack

Contains 5 x 15mL organic creams, including:

- *Calendula All Purpose Cream*
- *Bites & Stings Cream*
- *Burns & Scalds Cream*
- *Bumps & Bruises Cream*
- *Sports Injury Cream*

## Bali Travel Pack

Contains:

- 3 x 15mL organic creams
  - *Calendula All Purpose Cream* for skin irritations, rashes, dry skin, cuts, scrapes and wounds
  - *Bites & Stings Cream*
  - *Bumps & Bruises Cream*
- 2 x 15mL oral sprays for Bali Belly
  - *Digestion* oral spray and
  - *Tummy Bug* oral spray



# Camping, caravanning, trekking, cruising or flying... we have you covered!

## Infant Travel Pack

Contains:

- 1 x 15mL organic *Calendula Cream* for dry skin, nappy or heat rash, cuts, scrapes and wounds
- 4 x 15mL Tots Oral Sprays including:
  - *Airplane Ears* to lessen the pain caused by change in air pressure on descending
  - *Sniffles* to prevent the onset of a cold
  - *Calming* to settle and reduce anxiety in a different environment and
  - *Motion Sickness* for car, airplane or seasickness



## Getaway Travel Pack

Contains:

- 5 x 15mL Oral Sprays, including:
  - *Digestion* for bloating and discomfort from eating & sitting for long periods
  - *Tummy Bug* in case of diarrhoea and/or vomiting
  - *Throat Soothing* for a sore, painful, dry or scratchy throat
  - *Flu Prevent* for the first signs of the onset of a flu virus and
  - *Jetlag* to relieve symptoms of fatigue, insomnia, dehydration, nausea and dizziness.



# Social media

## Website



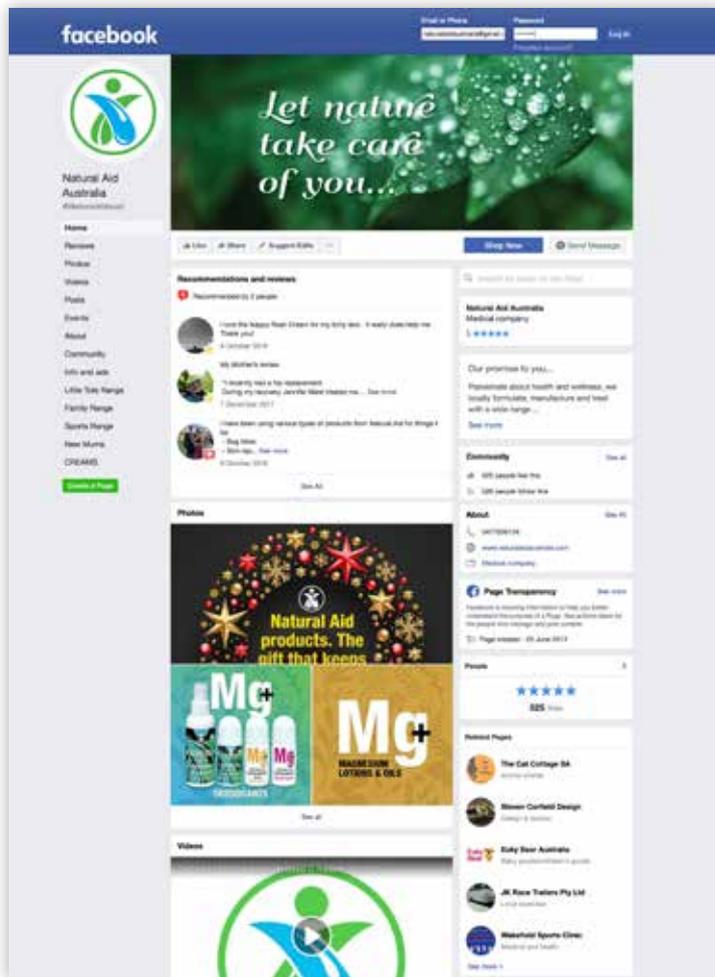
Natural Aid's Website is designed for our customers to have the opportunity to shop on-line locally and abroad. It is also set up to provide the necessary information to support our stockists/retailers.

The website features the following:

- In depth product information
- On line web shop
- Information about the company and its founders
- Stockists in different areas
- Frequently asked questions
- Understanding homeopathy

[www.naturalaidaustralia.com](http://www.naturalaidaustralia.com)

## Facebook and Instagram



Facebook provides further social media opportunities for our customers to communicate with us more readily and freely, providing:

- Before and after shots
- Information about everyday ailments that we can assist with
- Networking with other like companies



# Product information

## Organic Base Cream

**Our base cream ingredients are all raw materials that are ecologically responsible, child-friendly ingredients so that our creams are all hypo-allergenic and suitable for the most sensitive, delicate skin.**

### Ingredients:

Aqua (purified water)

Benzyl Alcohol

Certified Organic Aloe Barbadensis Leaf Juice

Cocoglycerides

Coco-Caprylate / Caprate

Coffee Arabica Fruit Extract

Dehydroacetic Acid (DHA)

Emulsifying Wax

Hydrolised Jojoba Esters

Lactic Acid

Prunus Persica (Peach) Fruit Extract

Stearic Acid

Tocopherol (Vitamin E)

Certified Organic Mauritia Flexuosa (Buriti) Fruit Extract

Certified Organic Cocoa (Theobroma Cacao) Butter

Certified Organic Calendula Officinalis Plant Extract



## PRODUCT INFORMATION

# Bumps and Bruises Cream with Arnica 60mL

**Arnica Montana, a relative of the common daisy is better known as Leopard's Bane due to its wild beauty and elegance, and independent spirit (it bounces back when trodden on and can withstand harsh conditions). The plant has bright yellow flowers with bright green leaves.**

The fresh or dried flower heads have been used effectively for medicinal purposes since the 1500's in treating trauma to soft tissue, swelling, bruising, sore muscles and other conditions caused by over exertion or injury. For generations, Swiss mountain guides chewed arnica leaves to prevent fatigue induced by climbing.

### What it does

In addition to its well-known use as a topical pain relief agent, Arnica preparations have shown wound healing, antiseptic and anti-inflammatory properties.

Arnica in cream form or taken orally is beneficial in reducing soft tissue swelling and bruising following surgery, dental work, sport's injuries and knocks or falls.

Arnica cream is beneficial for tired aching legs after exertion. Arnica can also help to promote relaxation of the body after childbirth.

### How to use it

Adults and children 2 years of age and upward: apply topically to affected area as soon as possible after injury Repeat 3-4 times a day or as needed. Avoid contact with eyes and open wounds.

### When to use it

- Bumps
- Bruising
- Sprains, strains
- Swelling and Inflammation
- Muscle aches, soreness and stiffness.

### When not to use it

DO NOT USE on broken skin, like leg ulcers.

DO NOT USE if taking blood-thinning medication.

Stop using if you have any skin reaction like redness or irritation, or if your symptoms worsen or do not improve within 2 weeks.

### Storage

Keep out of direct sun. Store at room temperature between 20C to 25C (68F to 77F).

### Active ingredients

Arnica 30C, Ruta 6C

*\* Preservative Efficacy Testing Certification*

*\* Microbial Analysis Certification*

### Features

- No Silicone
- No Sulphate
- No Parabens
- No artificial preservative
- No artificial fragrance
- No artificial colouring
- Organic base cream
- Hypo-allergenic
- Non-greasy



## PRODUCT INFORMATION

### All Purpose Calendula Cream 60mL

**Calendula Officinalis (pot marigold) is one of nature's oldest wound healing herbs known. The flower petals of the Calendula plant are used for medicinal purposes and have since at least the 12th Century.**

Calendula has high amounts of flavonoids, plant-based antioxidants that protect cells from being damaged by free radicals. Calendula appears to fight inflammation, viruses, and bacteria.

Source: Calendula | University of Maryland Medical Center: <http://umm.edu/health/medical/altmed/herb/calendula#ixzz37ie43UqJ>

#### What it does

Calendula contains antimicrobial and skin repairing compounds.

It helps wounds heal faster by increasing blood flow and oxygen to the affected area, helping the body to grow new tissue.

Calendula helps prevent dermatitis or skin inflammation in breast cancer patients undergoing radiotherapy.

Source: Calendula | University of Maryland Medical Center <http://umm.edu/health/medical/altmed/herb/calendula#ixzz37igSXZ3y>

#### How to use it

Apply topically to clean affected area up to three times daily or as needed. Shake bottle before use.

#### Storage

Keep out of direct sun. Store at room temperature between 20C to 25C (68F to 77F).

#### Active ingredients

Calendula 6C

\* *Preservative Efficacy Testing Certification*

\* *Microbial Analysis Certification*

#### When to use it

Calendula has soothing and healing qualities for

- Skin irritations
- Skin rashes
- Dry skin
- Cuts and abrasions
- Scrapes
- Inflamed skin after radiotherapy
- Wounds after operations
- Scars
- Stretch Marks.

#### Features

- Organic base cream
- No Silicone
- No Sulphate
- No Parabens
- No artificial preservative
- No artificial fragrance
- No artificial colouring
- Hypo-allergenic
- Non-greasy

\* Recommended cream by 3 hospitals in South Australia for patients undergoing Radiotherapy treatment.



## PRODUCT INFORMATION

### Burns and Scalds Cream 60mL

The active ingredients in Natural Aid's Burns and Scalds Cream is *Urtica Urens*, better known as the small stinging nettle, *Cantharis*, prepared from an insect, the Spanish fly, a brilliant-green beetle and *Calendula*, a wonderful soothing and healing remedy.

#### What it does

A natural first aid application providing relief for minor burns and scalds that:

- Relieves Pain
- Soothes itching
- Cools and calms the affected area
- Promotes rapid healing.

#### How to use it

All burns should be thoroughly cooled with tepid running water as the first line of treatment. Then apply topically to affected area as soon as possible after burn or scald. Repeat 3-4 times a day or as needed. Avoid contact with eyes.

#### When to use it

- Minor burns and scalds, especially where blistering and inflammation occur.
- Sunburn
- Use for soothing stinging and itching of affected area.

#### When not to use it

DO NOT USE for 3rd degree burns or severe burns; seek immediate medical assistance..

#### Storage

Keep out of direct sun. Store at room temperature between 20C to 25C (68F to 77F).

#### Active ingredients

*Urtica* 6C, *Cantharis* 6C, *Calendula* 6C.

\* *Preservative Efficacy Testing Certification*

\* *Microbial Analysis Certification*

#### Features

- No Silicone
- No Sulphate
- No Parabens
- No artificial preservative
- No artificial fragrance
- No artificial colouring
- Organic base cream
- Hypo-allergenic
- Non-greasy



## PRODUCT INFORMATION

### Bites and Stings Cream 60mL

One of the main active ingredients in Natural Aid's Bites and Stings Cream is *Apis Mellifica*, made from honey bees, so it works on the basis of like cures like; that is, a bee sting causes stinging, burning and swelling, but when given the remedy made from bees back to a person suffering those symptoms, it takes away the stinging, burning and swelling.

#### What it does

Natural Aid Bites and Stings Cream provides rapid relief from insect bites and hastens recovery.

It is used to assist:

- itching, stinging, burning of the area
- bites and stings where elevated with a rash or spot
- bites and stings that begin with a spot then develop into a rash.

#### How to use it

Apply topically to affected area as soon as possible after sting or bite. Repeat 3-4 times a day or as needed. Avoid contact with eyes. Shake bottle before use.

#### When to use it

- Bee Stings: scrape out the stinger as quickly as possible before applying the cream.
- Wasp stings
- Insect bites from mosquitoes, flies, fleas, bedbugs.
- Prickly heat rash
- Hives.

#### When not to use it

With more severe symptoms like swelling of the face, lips, tongue, throat, upper airway or breathing problems, seek urgent immediate medical attention.

Should a skin infection develop following a bite, stop using the cream and seek medical assistance.

#### Storage

Keep out of direct sun. Store at room temperature between 20C to 25C (68F to 77F).

#### Active ingredients

*Apis* 30C, *Ledum* 30C, *Arnica* 30C.

\* *Preservative Efficacy Testing Certification*

\* *Microbial Analysis Certification*

#### Features

- No Silicone
- No Sulphate
- No Parabens
- No artificial preservative
- No artificial fragrance
- No artificial colouring
- Organic base cream
- Hypo-allergenic
- Non-greasy



## Chickweed Skin Repair 60mL

Chickweed Skin Repair assists in managing unhealthy skin associated with conditions like eczema and psoriasis. It contains chickweed herbal extract, aloe vera inner leaf juice fresh, certified organic calendula herbal extract, certified organic chamomile infused oil, zinc oxide and Vit E oil: all known for their skin soothing qualities.

### What it does

Chickweed Skin Repair helps to alleviate dry, red, itching skin and repair damaged skin.

### How to use it

Wash hands before use. Apply to affected areas 3 times daily or as needed to manage itching and dryness.

Paraben-free,  
Sulphate-free,  
Propylene glycol-free,  
DEA-free and  
Artificial colour-free



## Chickweed Topical Gel 60mL

Chickweed Topical Gel has been formulated to cool and calm inflamed and irritated skin from conditions like eczema and psoriasis. It contains certified organic aloe vera gel, certified organic calendula herbal extract, chickweed herbal extract, aloe vera inner leaf juice fresh and melaleuca alferniifolia: all known for their skin calming qualities.

### What it does

Chickweed Topical Gel soothes and cools itchy, dry, red, inflamed skin. Provides symptomatic relief of itchy skin conditions like eczema and psoriasis. Also useful in treating fungal infections like tinea.

### How to use it

Wash hands before use. Apply to affected areas 3 times daily or as needed to manage itching and dryness.

Paraben-free,  
Sulphate-free, Silicone-free,  
Ethoxylate-free,  
Propylene glycol-free,  
DEA-free and  
Artificial colour-free



## PRODUCT INFORMATION

# Comfi-Derm Cream 60mL

**Use for incontinence associated dermatitis arising from moisture containing irritating substances such as alkaline urine and / or fecal bacteria that weakens the skin, making it more susceptible to friction & erosion.**

### What is it?

Comfi-Derm Cream is a delicately fragranced organic formulation infused with Calendula flower extract and homeopathic tinctures to give fast, gentle and soothing relief to tender skin whilst also nourishing the skin.

The fruity fragranced cream is hypo-allergenic, with no silicon, sulphate or parabens, all natural preservatives, no artificial colouring or artificial fragrance, is non-greasy and readily absorbed.

### What it does

Use Natural Aid Comfi-Derm to control stinging, soreness, redness and inflammation of incontinence rash. Reduces shiny redness, inflammation and burning pain.

Reduces shiny redness, inflammation and burning pain, as Calendula, one of the oldest known healing herbs in the world, is an anti-inflammatory, anti-bacterial herb and a curative to keep skin clear, soft and supple.

### How to use it

Gently apply the lotion onto delicate skin at each change. Shake bottle before use.

### When to use it

Use as needed to control stinging, soreness, redness and inflammation of incontinence rash.

### Storage

Keep out of direct sun. Store at room temperature between 20C to 25C (68F to 77F).

### Active ingredients

Calendula 30C, Sulphur 30C

\* Preservative Efficacy Testing Certification

\* Microbial Analysis Certification

### Features

- No Silicone
- No Sulphate
- No Parabens
- No artificial preservative
- No artificial fragrance
- No artificial colouring
- Organic base cream
- Hypo-allergenic
- Non-greasy



## PRODUCT INFORMATION

# Muscle/Joint Pain Relief Cream 60mL

Natural Aid Muscle/Joint Pain Relief Cream is a delicately fragranced organic formulation infused with homeopathic tinctures to assist in giving soothing relief to painful joints and muscles.

### What is it?

When applied topically, helps to manage muscle soreness, joint stiffness, pain and inflammation as well as bruising and swelling from soft tissue trauma.

### When to use it

Use as needed to control pain, soreness, redness and inflammation of joints and muscles.

### How to use it

Gently apply the lotion onto affected areas up to 3 times daily. Shake bottle before use.

### Storage

Keep out of direct sun. Store at room temperature between 20C to 25C (68F to 77F).

### Active ingredients

Arnica 30C, Ruta 6C, Rhus Tox 30C, Hamamelis 30C, Cimicifuga 30C, Colchicum 30C, Kalmia 6C and Bryonia 30C

\* Preservative Efficacy Testing Certification

\* Microbial Analysis Certification



### Features

- No Silicone
- No Sulphate
- No Parabens
- No artificial preservative
- No artificial fragrance
- No artificial colouring
- Organic base cream
- Hypo-allergenic
- Non greasy

## PRODUCT INFORMATION

# Magnesium+ Concentrated Oil 125mL

## Citrus fragrance

**Magnesium is an essential mineral for hundreds of biochemical reactions constantly occurring inside our cells. Studies reveal that 60-80% of the human population are magnesium deficient due to our soil and water supplies being depleted of trace minerals. Transdermal magnesium is an efficient way to replenish our bodies.**

Magnesium is needed for the proper absorption of calcium in the body and 'Magnesium deficiency can lead to calcium and potassium deficiency' according to the Office of Dietary Supplements. This may have a detrimental effect on the neuro-muscular, cardiac and nervous system.

Magnesium Chloride, when it is applied through the skin (transdermal), bypasses the gastrointestinal tract and is absorbed into the bloodstream where it rapidly restores cellular magnesium levels.

This is a fast and effective way to restore depleted levels of magnesium in the system.

### What it does

Assists with:

- Replenishing cellular magnesium levels
- Restless sleep
- Muscle fatigue
- Muscle cramps and pain
- Dry & irritated skin
- Injury recovery
- Anxiety and stress.

### How to use it

3 sprays onto tummy or soles of feet before bedtime to get the benefits of restful sleep.

The soles of the feet have more pores to absorb the magnesium than any other part of the body.

Spray onto any sore or painful areas up to 3 times daily.

### Active ingredients

**Magnesium Oil:** Aqua (Purified water), Magnesium Chloride (harvested from the Dead Sea in the Middle East), Citrus sinensis (Orange) Oil, Leptospermum petersonii (Lemon Tea Tree) Oil, Citrus aurantium var amara (Pettitgrain) oil, Tocopherol.

*\*Ten sprays contain approx. 350mg of elemental magnesium*

Also  
available in  
Rose Bud  
fragrance  
or fragrance  
free



## PRODUCT INFORMATION

# Magnesium+ Body Lotion 125mL

*Infused with pure Magnesium Oil  
Citrus fragrance*

Indulge your senses & relax with this deep moisturizing Magnesium Cream. Allow the uplifting Citrus fragrance to energise, whilst the hard-working cream infused with 18% magnesium oil is rapidly absorbed to replenish depleted magnesium levels and relax your body. In addition to essential oil extracts, the beautiful cream also contains Rosehip Oil, Avocado Oil, Shea Butter and White Tea Essence to help stimulate the body's natural regenerative process, and improve skin elasticity.

### How to use it

Use liberally, massaging into skin daily to assist with:

- Replenishing cellular magnesium levels
- Relieving muscle aches, pains & cramps
- Boosting energy levels
- Improving quality of sleep
- Promoting healthy skin tissue
- Relaxing the nervous system & relieving stress
- Supporting healthy immune function

### What it does

- Replenishing cellular magnesium levels
- Relieving muscle aches, pains & cramps
- Boosting energy levels
- Improving quality of sleep
- Promoting healthy skin tissue
- Relaxing the nervous system & relieving stress
- Supporting healthy immune function.

### Indications

Safe for use during pregnancy. Check with health care professional if any concerns.

Seek medical advice for any health matters.

### Active ingredients

Aqua (distilled water), Prunus Amygdalus Dulcis (Sweet Almond) Oil, Persea Gratissima (Avocado) Oil, Stearic Acid, Emulsifying Wax NF, Butyrospermum Parkii (Shea Butter), Tocopherol, Lactic Acid, Rosa Canina Fruit Oil (Rosehip Oil), Camellia Senensis (White Tea Infused Oil), Magnesium Oil, Citrus sinensis (Orange) Oil, Myroxylon pereirae (Peru Balsam) Oil, Leptospermum petersonii (Lemon Tea Tree) Oil, Citrus aurantium var amara (Pettitgrain) oil, Geogard.

\*No parabens, sulphates or silicone.

\*Suitable for all skin types and all ages.

\*Cruelty free.

Also  
available in  
Rose Bud  
fragrance



## PRODUCT INFORMATION

# Magnesium+ Aches & Pains Gel Roll On 60mL

**How many times during the day either at work or doing housework, gardening or exercising do we feel tightness or soreness in different areas of our body?**

Natural Aid's Mg Gel Roll On is designed to be readily available anytime of the day to simply roll away aches and pains & stop headaches in their tracks!

The concentrated Magnesium Oil will replenish cellular Magnesium levels, boost energy levels & assist with stress, digestion & sleep.

Keep it handy in your handbag or backpack. Take it with you to work or to the gym.

### How to use it

Simply roll on and roll away pain associated with:

- Shoulder tension
- Neck pain
- Back pain
- Headache
- Tired, tight, sore muscles.

### Indications

- Roll on sore, tight areas 3-4 times daily or as needed.
- Odourless & non-oily
- No artificial colouring

*\* Suitable for use on children.*

### Active ingredients

Magnesium concentrated Oil, Xanthum Gum



## PRODUCT INFORMATION

# Magnesium+ Deodorant Roll On for Guys & Girls 60mL

*Aluminium free – your healthy alternative!*

### Contains

- No parabens
- No Silicone
- No dyes
- No animal testing
- Hypo-allergenic/non-irritant
- Ethyl alcohol free

### Active ingredients

Aqua (distilled water), Hamamelis virginiana (witch hazel), Magnesium Oil, Caprylic/capric triglyceride, Sodium PCA (pyroglutamate), Xanthum Gum, Cyclo-Dimethicone, Aloe Vera Plant Extract, Glycerine, Dehydroacetic acid (DHA) and Benzyl alcohol.

Also  
available in  
*Citrus fragrance*  
or fragrance  
free



## PRODUCT INFORMATION

# Delicate Touch Therapeutic Hand Cream 60mL

Delicate Touch therapeutic hand cream contains almond, avocado and vitamin E oils in addition to calendula extract and homeopathic calendula, all known for their nourishing and rejuvenating qualities.

### What it does

Delicate Touch Hand Cream:

- nourishes and restores dryness
- rapidly relieves flaky, peeling skin and dermatitis
- relieves sore and chapped hands.

### How to use it

Apply as needed. Shake bottle before use.

### Storage

Keep out of direct sun. Store at room temperature between 20C to 25C (68F to 77F).

### Active ingredients

Calendula 6C.

\* *Preservative Efficacy Testing Certification*

\* *Microbial Analysis Certification*

### Features

- No Silicone
- No Sulphate
- No Parabens
- No artificial preservative
- No artificial fragrance
- No artificial colouring
- Organic base cream
- Hypo-allergenic
- Non-greasy



## PRODUCT INFORMATION

# Just for Guys Face and Body Lotion 125mL

### *Infused with nourishing Calendula*

With its fresh fragrance, Natural Aid Just for Guys intensive moisturising cream infused with Organic Calendula plant extract, Avocado, Sweet Almond and Vitamin E oils, is tailored for men to hydrate, repair and restore skin to a healthy state.

#### What it does

Just for Guys Face and Body Lotion:

- hydration for face, hands and body
- soothes after shave cuts, chafing and razor burn
- soothes inner thigh chafing
- soothes dry, cracked hands and callouses
- Relieves dermatitis.

#### How to use it

Apply as needed. Shake bottle before use.

#### Storage

Store below 25C in original sealed container.

#### Features

- No Silicone
- No Sulphate
- No Parabens
- No artificial preservative
- No artificial fragrance
- No artificial colouring
- Organic base cream
- Hypo-allergenic
- Non greasy



## PRODUCT INFORMATION

# Just for Guys Magnesium Roll-on Deodorant 60mL

*Fragrance free for sensitive skin*

**Natural Aid has formulated a non-greasy 'fragrance free' deodorant for guys with sensitive skin.**

We are all aware of the dangers of using deodorants containing aluminium; not just women, guys too!

That's why we have formulated a Magnesium infused deodorant that also has many health benefits.

Low magnesium levels in the body are known to contribute to body odour, and since many of us are deficient in Magnesium, this is a good solution.

Our formula also includes Witch Hazel because it's completely natural and free of environmental pollutants and irritating ingredients.

### **Active ingredients**

Distilled water, Witch Hazel, Triglyceride (caprylic/capric triglyceride), Xanthum Gum, Cyclo-Dimethicone, Aloe Vera Concentrate, Sodium PCA (pyroglutamate), Magnesium Oil, Dehydroacetic acid (DHA) and Benzyl Alcohol.

### **Features**

- **Contains 20% Magnesium Oil**
- **Aluminium free / paraben free**
- **Ethyl alcohol free / colourant free**
- **Hypo-allergenic / non-irritant**
- **Stain free / neutralises body odour**



## PRODUCT INFORMATION

# Just for Guys Magnesium Spray-on Deodorant 125mL

## *Aluminium free – Citrus fragrance*

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We are all aware of the dangers of using deodorants containing aluminium; not just women, guys too!

That's why we have formulated a Magnesium infused deodorant that also has many health benefits.

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### **Features**

- **Contains 20% Magnesium Oil**
- **Paraben free/ colourant free**
- **Ethyl alcohol free / stain free**
- **Hypo-allergenic / non-irritant**
- **Neutralises body odour**



## PRODUCT INFORMATION

### 'Triple Action' Acne Clear

*Say goodbye to acne with these 3 simple steps!*

The natural way to a vibrant, fresh and flawless complexion!

Our products contain only the highest quality Palm Oil Free (POF) creams and are free of SLES (sodium laureth sulphate), Parabens, PEGs (polyethylene glycols), and Grapefruit Seed Extract.

For best results, we recommend our 3 step procedure:

- 1 **Cleanse**
- 2 **Tone**
- 3 **Moisturise**

#### Ingredient information

**Aloe vera extract:** Known for its clearing and cleansing abilities, Aloe Vera helps to nourish and rejuvenate the skin, hydrate and 'clear heat' to drain away any inflammation.

**Organic calendula plant extract:** Derived from pot Marigold, this powerful anti-oxidant protects cells from free radical damage. Its anti-inflammatory properties via powerful flavonoids is key in dealing with skin inflammation.

**Organic chamomile herbal extract:** Promotes smooth, healthy skin; relieves irritations with its anti-inflammatory and anti-bacterial properties. Chamomile's flavonoids and essential oils penetrate deeply to preserve the youthful appearance of the skin.

**Bellis perennis plant extract:** Facilitates quick healing of blemishes that are sore and sensitive to touch, where there is venous congestion due to squeezing and bruising of the skin.

**Witchhazel (Hammamelis Virginiana) organic plant extract:** A natural astringent, Witch hazel helps control acne by reducing inflammation and decreasing oil and redness. It can lessen bacteria growth on the skin while speeding up the healing of scars, scabs and infection and reducing the look of pores. With oily skin, it helps balance the skin's pH levels, as well as moisturising without leaving skin feeling greasy.

**Licorice root extract:** Promotes skin elasticity, fights inflammation and has the ability to promote healthy, even toned skin.

**Lemon scented tea tree oil:** Considered to be an anti-bacterial, anti-fungal, anti-viral, and antiseptic that inhibits a broad spectrum of bacteria and fungi and cleanses and protects skin irritations.

**Green tea extract:** Naturally rich in anti-oxidants, Green Tea has a cell-protecting function from the damaging effect of free radicals. It is a good anti-inflammatory agent, reducing inflammation in the skin. It benefits the skin by stimulating microcirculation to positively influence the tone and health of the skin.

**Tocopherol (Vitamin E):** Protects the skin from environmental pollution. Apart from the antioxidant properties, it helps to moisturise the skin and helps with tissue repair.

### Zit-Go Deep Cleanser 60mL

Specifically formulated with anti-bacterial Tea Tree oil and soothing anti-inflammatory Chamomile to gently unclog skin follicles, remove dead skin cells, makeup and excess oil from the skin whilst preserving natural oils.

#### Directions

Morning and evening, dampen skin on face and neck, apply cream and massage gently for 1-2 minutes. Rinse with warm water.

Apply *Toning Mist* and *Balancing Face Cream*.

#### Active ingredients

Purified Aqua, Prunus Armeniaca (Apricot) Kernel oil, Glycerin, Behenyl Alcohol, Glyceryl Stearate Citrate, Decyl Glucoside, Glycerol Monolaurate, Xanthan Gum, Phenoxyethanol, Ethylhexylglycerin Melaleuca Alternifolia (Tea Tree oil), Organic Chamomile Herbal Extract, Citrus sinensis (sweet orange) oil, Citrus aurantium (Petitgrain) oil, Tocopherol



## Zit-Go Toning Mist 60mL

A powerful trio, plant derived natural astringent, Witch Hazel, along with anti-bacterial Tea Tree oil and rejuvenating Aloe Vera balances the skin's oil production without drying it out, removes excess oil and bacteria and tightens pores. A refreshing conclusion to your cleansing ritual.

### Directions

Spray a little onto a cotton pad and pat on face daily.

### Active ingredients

Aqua (water), Hamamelis Virginiana (witch hazel) leaf extract, Calendula officinalis Flower Extract, Bellis Perennis (Daisy) Flower Extract, Leptospermum Petersonii (Lemon Scented Tea Tree) oil, Aloe Vera plant extract, Citrus Sinensis (sweet orange) oil, Citrus Aurantium (Petitgrain) oil, Tocopherol.



## Zit-Go Balancing Face Cream 60mL

A formidable totally natural light cream, Palm oil Free to prevent clogging pores, and infused with a blend of herbal extracts and oils to hydrate and restore the skin's natural moisture balance after cleansing and toning.

### Directions

Gently massage into skin of face and neck morning and night.

### Active ingredients

Ingredients: Purified aqua, Simmondsia chinensis (Jojoba) oil, Glycerin (Soy & Maze oil), Behenyl Alcohol (Rapeseed oil), Glyceryl Stearate Citrate (Rapeseed oil), Glycerol Monolaurate (Coconut & Corn Oil), polyquaternium-10 (Cellosize), Phenoxyethanol (Nature identical synthetic), Ethylhexylglycerin, Hamamelis Virginiana (Witchhazel) plant extract, Certified Organic Calendula Plant extract, Licorice Root extract, Green Tea extract, Burdock Root extract, Citrus sinensis (Orange) oil, Leptospermum petersonii (Lemon Tea Tree) oil, Citrus aurantium var amara (Pettitgrain) oil, Tocopherol.



## PRODUCT INFORMATION

# Shoo Mist Outdoor Protection Topical Spray 125mL

Specially formulated with a blend of natural essential oils to repel annoying insects so you can enjoy the outdoors.

### What it does

Highly effective against:

- flies
- sandflies
- Mosquitos.

### Warning

**CAUTION:** For external use only. Not to be applied to infants under 12 months of age. Avoid eyes and lips. If irritation occurs, wash affected area and discontinue use. Seek medical attention if irritation persists.

### Active ingredients

Aqua (purified water), Essential oils of Lemon, Mint, Geranium Rose, Citronella, Ethanol, Hydrogenated Castor Oil.

**DEET  
FREE**





## PRODUCT INFORMATION

### Baby Moisturising Cream 125mL

**Live your life without synthetic chemicals and artificial ingredients! You'll love the heavenly, delicate hint of rosebuds fragrance.**

#### What you need to know

The skin is the largest respiratory organ in the body. Therefore, whatever you put on your baby's skin is absorbed into their blood stream and thus into the organs of the body.

Your baby's skin can be up to five times thinner than an adult's skin – that's why we only use a meticulously crafted nourishing and hydrating Organic cream to ensure your baby's health is not compromised in any way.

#### How to use it

Pump a little cream into palm of hands, rub together, then lightly massage onto baby's skin.

#### When to use it

To relax baby, use after bath or before bedtime.

#### Active ingredients

Baby Moisturising Lotion is lovingly crafted from nature's finest organic ingredients, including certified organic Shea butter to nourish and moisturise baby's skin, and infused with Magnesium, Calendula and Chamomile Infused Oils to soothe, relax and replenish baby's delicate skin and restore any dry areas.

#### Features

- Hypo-allergenic, so good for the most sensitive skin
- Non-greasy, readily absorbed
- No Silcone, no sulphates, no parabens
- No artificial preservative
- No artificial fragrance
- No artificial colouring



## PRODUCT INFORMATION

# Calendula Nappy Rash Cream 60mL

**Protect your family – live your life without synthetic chemicals and artificial ingredients!**

Your baby's skin can be up to five times thinner than an adult's skin, so more vulnerable to the potentially harmful effects of nasty chemicals.

That's why we only use meticulously crafted nourishing, hydrating and soothing Organic cream with Calendula made from nature's finest organic ingredients to support baby's delicate skin.

### How to use it

Massage cream gently on baby's bottom after each nappy change until symptoms subside.

For better results use Calendula Nappy Rash Cream on regular basis after each nappy change.

### When to use it

Apply on baby's bottom when it appears to be red, with a raised rash, or blistered.

### Active ingredients

**Calendula:** Made from the Marigold flower the herb provides a nourishing, hydrating and skin healing associated with redness.

**Sulphur:** Is the active ingredient which is a trituration of "Flowers of Sulphur". Has been used for centuries for ailments associated with rashes, skin irritation and heat and redness of skin.

Suitable  
for newborns  
to 5 years

### Features

- Hypo-allergenic, so good for the most sensitive skin
- Non greasy, readily absorbed, fast acting
- No silicone, no parabens, no sulphates
- No artificial preservative



## PRODUCT INFORMATION

### Baby Refresher Cologne 60mL

A unique fragrance with a soft fresh aroma that lingers for hours. An all-natural cologne with certified organic ingredients.

#### How to use it

Spray lightly onto baby's skin or clothing for a fresh lingering aroma.

#### When to use it

Can be used anytime; after bath, nappy change, or as a pillow and sheet spray.

#### Active ingredients

An aroma mixed of subtle ingredients.

*Calendula Oil:* Hydrates and nourishes the skin

*Chamomile Oil:* Soothes the senses and calms them down, thus triggering the sleep hormones.

*Jojoba Oil:* Jojoba naturally contains a balance of vitamins A, D and E which are known as skin healing vitamins.

*Rose water:* Calms and hydrates delicate skin and diminishes redness.

#### Features

- No synthetic ingredients
- No parabens
- No Sulphate
- No artificial colouring
- Non- greasy
- No alcohol





## PRODUCT INFORMATION

# Injury Recovery Cream 60mL

**Specially formulated ingredients well known to promote fast relief of painful symptoms from falls, knocks, bruises, sprains, strains, torn tendons, muscular aches and pains and stiffness as a result of sports injuries or daily activities.**

### What it does

The powerful homeopathic active ingredients penetrate the skin to provide fast relief of painful symptoms associated with soft tissue injuries, joint and muscle pain and stiffness, ligament and tendon injuries.

### How to use it

Apply 3-4 times daily by gently massaging into affected area. Apply as soon as possible after injuring self. Wash hands before and after using cream and avoid rubbing eyes whilst applying cream.

### When not to use it

- DO NOT use on open wounds
- DO NOT use products containing menthol whilst using Sports Injury as it may affect action of active ingredients.

### Storage

Keep out of direct sun. Store at room temperature between 20C to 25C (68F to 77F).

### Active ingredients

Arnica 30C, Ruta 6C, Bellis Perennis 6C, Rhus Tox 30C, Hamamelis 30C, Symphytum 6C.

*\* Preservative Efficacy Testing Certification*

*\* Microbial Analysis Certification*

### Features

- No Sulphate
- No Silicon
- No Parabens
- No artificial preservative
- No artificial fragrance
- No artificial colouring
- Organic base cream
- Hypo-allergenic
- Non-greasy





# Natural Aid Little Tots Natural Wellness Essentials

**Keep your precious angel happy and healthy the natural way!**

**Homeopathy is a 210 year old, low risk, extremely gentle form of traditional medicine for babies and children.**

It has the added benefit of being capable of addressing both physical ailments and emotional states.

Establishing a happy, healthy early childhood can make your parenting experience considerably more relaxed and rewarding.

Medicines are prepared in oral spray form for safer, faster and accurate dispensing, to lessen the possibility of contamination.



## ORAL SPRAYS (Suitable for infants and children)

### Tots Calming Relief

Useful when baby is overtired, overexcited, unsettled, restless, fussy, nightmares with restless sleep or sleepless.

Assists baby to relax and sleep longer and more deeply. **Contains:** Nux Vomica 6C, Passiflora 6X, Chamomilla 6C, Aconite 6C.

### Tots Colic Relief

Use for relief of sore or windy tummies or trapped gas and for restless and unsettled babies possibly as a result of mild colic or reflux.

Symptoms may include constant crying with reddening face, drawing legs up to tummy, abdominal distension with passing of wind, screaming, wriggling and stiffening with pain, diarrhea, vomiting or constipation.

**Contains:** Colocynthis 30C, Mag Phos 6C, Chamomilla 30C, Nux Vom 6C

### Tots Vacc Support

Natural Aid Vacc Support may help to provide support to the immune system before and after each vaccination. **Contains:** Aconite 30C, Arnica 30C, Apis 30C, Hypericum 30C, Ledum 30C, Thuja 30C.



### Tots Teething Relief

Use for relief of irritable, whining, unsettled or unhappy baby due to teething issues.

Symptoms may include drooling, causing skin around mouth to be sore and red, diarrhea from swallowing more saliva, biting to relieve painful gums, refusing to eat or eating very little, gums red and swollen, baby irritable and fussy, mild fever, rubbing cheeks or pulling ears, sleepless and wakens crying. **Contains:** Aconite 6C, Belladonna 30C, Chamomilla 30C, Calcarea Phosphorica 6X, Silica 6C, Mercurius Sol 6C.

### Tots Earache Relief

Use for relief of unsettled, irritable babies due to earache pain and general unwellness.

Symptoms may include redness and swelling of outer ear and ear canal tenderness, pain in ear with child holding or rubbing ear, fever, occasional discharge from ear, diarrhea, poor feeding and irritability. **Contains:** Aconite 6C, Belladonna 30C, Ferrum Phos 6C, Pulsatilla 30C, Hepar Sulph 6C, Chamomilla 30C.

### Tots Tummy Bug

Use for relief of diarrhea & vomiting with abdominal pain, sweating, chills, fever and cramps. ***If your child appears dehydrated and no doctor is available, take to the emergency room.***

**Contains:** Arsenicum 6C, Nux Vomica 30C, Podophyllum 30C, Ipecac 30C, Mercurius Sol 30C.

### Tots Sniffles Relief

Use for temporary relief of early and common symptoms of a cold.

Symptoms may include runny nose, stuffy nose, sneezing, nasal congestion, mild fever, ear pain, tiredness, sore throat and cough. **Contains:** Aconite 30C, Arsenicum 6C, Allium Cepa 30C, Sambucus Nigra 6C, Nux Vomica 6C, Bryonia 6C, Pulsatilla 6C.

### Tots Dry Cough Relief

Use for relief of dry hacking coughs and croup caused by irritation of the airways or viral infection.

Symptoms may include persistent dry cough, worse at night, dry painful coughing in fits, and croup-like cough with hoarseness.

**Contains:** Drosera 30C, Spongia 30C, Bryonia 30C, Hyoscamus 6C, Bromium 6C.

### Tots Chesty Cough Relief

Use for relief of chesty or loose coughs, exhausting coughing fits.

Symptoms may include rattling in chest, inability to cough up mucus, constant coughing through the night, crying and sleeplessness.

**Contains:** Antimonium Tart 30C, Hepar Sulph 30C, Ipecac 30C, Oleum Jecoris Aselli 30C, Pulsatilla 30C, Hyoscamus 6C.

### Tots Constipation Relief

Use for temporary relief of constipation and tummy pain.

Symptoms may include large, dry, hard or crumbly stools, difficulty in passing stool, raw, red anus, incomplete bowel movements after straining, gurgling, rumbling and wind that passes upwards and downwards, irritable and fussy. **Contains:** Lycopodium 30C, Nux Vomica 30C, Bryonia 6C.



# Natural Aid Natural Wellness Family Essentials

**Our concern is your wellbeing!**

**Now you can treat many common ailments with our homeopathic combination medicines suitable for all family members.**

## **Anxiety & Stress Relief**

Use for relief of fear or anxiety before performances, tests, exams, speeches, interviews or other important events like giving birth.

Symptoms may include tummy butterflies, headache, nausea, heart palpitations, nervousness. **Contains:** Aconite 30C, Gelsemium 30C, Kali Phos 6C, Argentum Nit 30C.



## Coughs and Colds Relief

Use for sneezing, sore throat, runny nose, blocked nose, watery eyes, congestion, chills, coughs.

**Contains:** Arsenicum 6C, Hepar Sulph 30C, Allium Cepa 30C, Drosera 30C, Bryonia 30C, Aconite 30C, Kali Muriaticum 30C.

## Constipation Relief

Use for the relief of constipation and colicky tummy pain.

Symptoms may include large, dry, hard or crumbly stools, difficulty in passing stool, raw, red anus, incomplete bowel movements after straining, gurgling, rumbling and gas. **Contains:** Lycopodium 30C, Nux Vomica 30C, Bryonia 30C.

## Dental Support

For both before and after dental work to ease the anxiety before a visit, reduce the tendency toward bruising and tissue damage during dental procedures and to relieve pain and discomfort after dental work. **Contains:** Arnica 30C, Calendula 30C, Chamomilla 30C, Hypericum 30C.

## Digestion Relief

Use for relief of bloating, flatulence and burping from rich or fatty foods. **Contains:** Nux Vomica 30C, Lycopodium 6C, Bryonia 6C, Nat Sulph 6X, Nat Phos 6X.

## Flu Relief

Use for relief of flu symptoms like sudden onset, aching pain, heaviness, fatigue, bone pain, chills, fever, sore throat, weakness, runny or blocked nose. **Contains:** Anas Barb 30C, Baptisia 30C, Ferrum Phos 30C, Eupatorium Per 30C, Gelsemium 6C.

## Grief & Sorrow Relief

Natural Aid Grief and Sorrow Relief may assist in alleviating the symptoms of grief and emotional trauma such as constant weeping, sadness, sighing, fear, anxiety, sleeplessness, irritability, exhaustion, isolation, anger. **Contains:** Ignatia 30C, Natrium Muraticum 30C, Phosphoric Acid 30C, Pulsatilla 30C, Staphysagria 30C, Aconite 30C.

## Hangover Relief

Natural Aid Hangover Relief may alleviate symptoms associated with hangover such as nausea, headache, vomiting, sensitivity to light and noise and heaviness of body. **Contains:** Nux Vomica 6C & 30C, Bryonia 6C, Lycopodium 6C.

## Hayfever Relief

Use for relief of constant sneezing, copious watery nasal discharge and irritated eyes. **Contains:** Euphrasia 30C, Allium Cepa 30C, Sabadilla 30C, Arsenicum 6C.

## Insomnia Relief

Use for relief of sleeplessness or restlessness **Contains:** Arnica 30C, Bryonia 30C, Nux Vomica 6C, Kali Phos 6X, Coffea 30C.

## Jetlag Relief

Natural Aid JetLag Relief may assist in alleviating symptoms of jetlag such as fatigue, grogginess, insomnia, disorientation, aching muscles, nausea.

**Contains:** Arnica 30C, Coccolus 30C, Bellis Perennis 30C, Gelsemium 6C.

## Sinus Relief

Use for relief of pain in the head and facial bones with nausea and hawking of stringy mucus.

**Contains:** Kali Bic 30C, Pulsatilla 30C, Hydrastis 30C, Antimonium Crud 6C.

## Sports Injuries Relief

Use for relief of sprains, strains, bruises and knocks. **Contains:** Arnica 30C, Ruta 30C, Rhus Tox 30C, Bellis Perennis 30C, Hamamelis 30C.

## Throat Soothing Relief

Use for relief of sore, dry or stinging throat associated with a cold or flu virus. **Contains:** Apis 30C, Belladonna 30C, Argentum Nit 30C, Hepar Sulph 30C, Nitric Acid 30C, Sabadilla 30C.



## Travel Sickness Relief

Use for prevention of car or air-sickness and anxiety before flying.

Symptoms may include nausea, vomiting, yawning, cold sweat, headache, fatigue, drowsiness

**Contains:** Cocculus 30C, Nux Vomica 30C, Borax 30C, Argentum Nit 30C.

## Tummy Bug Relief

Use for relief of diarrhea & vomiting, with pain, sweating, fever, headache, cramps.

**Contains:** Arsenicum 6C, Nux Vomica 30C, Podophyllum 30C, Ipecac 30C, Mercurius Sol 30C.

# Female Range

**Let your body take care of you.  
You deserve it!**

## **PMT Relief**

May assist in the relief of irritability, tension and emotional outbursts associated with pre-menstruation. **Contains:** Pulsatilla 30C, Cimicifuga 30C, Sepia 6C, Nux vom 6C, Chamomilla 6C.

## **Bladder Support**

May help to relieve sensation of burning while urinating and eliminate urge for frequent urination. Supports the muscles of the bladder to strengthen bladder. **Contains:** equal amounts of Apis mel 30C, Cantharis 30C, Sarsaparilla 6C, Equisetum 30C.

## **Period Pain Relief**

May assist in relief of abdominal pain and cramps associated with period. **Contains:** Mag Phos 30C, Chamomilla 30C, Pulsatilla 6C.



# The New Mums Range

**Specifically formulated for common post-natal ailments. Your precious angel is here, but now mum needs some TLC to recover.**

## **Birth Recovery Support**

Use for relief of discomfort and pain following natural birth with perineal tears and/or stitches, soreness and bruising. **Contains:** Arnica 30C, Bellis Perennis 30C, Hypericum 30C.

## **Mastitis Relief**

Use for relief of pain associated with inflammation of the breast tissue often caused by blocked milk ducts or bacterial infection. **Contains:** Belladonna 30C, Phytolacca 30C, Hepar Sulph 30C.



### C-Section Relief

Use for relief of pain after C-Section and repair of soft tissue and incision. **Contains:** Calendula 30C, Staphysagria 30C, Bellis Perennis 30C, Hypericum 30C.

### Post Natal Balance

Use for relief of hormonal imbalance after childbirth. **Contains:** Pulsatilla 30C, Lycopodium 30C, Ignatia 30C, Sepia 6C.

### New Mums Calendula Soothing Cream

Gently assists in soothing pain, bruising and soreness after childbirth. **Contains:** Calendula 30C, Hypericum 30C.

## New Mums Soothing Calendula Cream 60mL

New Mums Calendula Soothing Cream is an organic based cream formulated to gently assist in soothing pain, incisions, perineal bruising and soreness after childbirth.

### What it does

Calendula contains anti-microbial and skin repairing compounds. It helps wounds heal faster by increasing blood flow and oxygen to affected areas, helping the body to grow new healthy tissue.

Hypericum assists in reducing nerve pain associated with incisions.

### How to use it

Shake bottle before use. Apply topically to clean affected area 3 times daily.

### Storage

Keep out of direct sun. Store at room temperature, between 20 -25 degrees C (68F to 77F).

### Active ingredients

Calendula 30C, Hypericum 6C.

### Features

- No Silicone, Sulphate or Parabens
- No artificial preservatives
- No artificial colouring
- No artificial fragrance
- Organic base cream
- Hypo-allergenic
- Non-greasy
- Fruity fragrance



NATURE'S MEDICINE

[www.naturalaidaustralia.com](http://www.naturalaidaustralia.com)

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