

frequently asked questions

How effective are homeopathic treatments?

Homeopathy, which has been practiced worldwide for nearly 200 years, has been proven effective in numerous clinical studies. Additionally, many internationally recognized medical journals—including The Lancet, Pediatrics, British Medical Journal and Archives of Otolaryngology (an American Medical Association publication)—have documented homeopathy's healing ability.

How long will it take until I see improvement?

Symptomatic relief may be immediate; therapeutic improvement typically occurs within 24 hours to 1 week. The efficacy depends on a number of factors including the condition being treated, the age and health of the person, and compliance with dosage instructions.

How often can I take Heel/BHI homeopathics?

Homeopathic remedies are safe and can be administered as necessary. We suggest you follow the recommended dosage information found on the package or consult with your healthcare practitioner.

Can I take other medications while using Heel/BHI therapies?

Yes. There have been no known indications of drug interaction. Unless directed otherwise by a physician, all medications are fine to take with our products.



Heel Inc.
Albuquerque, NM
www.HeelUSA.com

consumer product guide



-Heel **BHI**
for homeopathy

H O M E O P A T H O M E O P A T H H



Our Most Popular

PRODUCTS

THERE ARE DOZENS OF Heel/BHI HOMEOPATHIC PRODUCTS AVAILABLE WITHOUT A PRESCRIPTION. Physicians, chiropractors, acupuncturists and other healthcare providers have long supported our wide array of innovative natural medicines. These are some of our most popular:

Detox-Kit

Detox-Kit combines three carefully formulated remedies to relieve symptoms of illness caused by an unhealthy lifestyle (substance abuse, unbalanced diet, etc.) and/or exposure to environmental toxins (pollution, pesticides, allergens, etc.). The Detox-Kit works by stimulating the body's natural processes of elimination to cleanse itself of these poisons, which can build up over time and negatively affect the immune system. Available in oral drops.

Euphorbium Sinus Relief™

Get fast, effective relief from the uncomfortable symptoms of sinusitis and rhinitis with Euphorbium Sinus Relief™. The soothing nasal spray quickly relieves runny nose, nasal congestion, dry nasal membranes, and restores free breathing. Non-habit forming. Safe and effective for the whole family. Also available in oral drops.

TRAUMEEL®

A versatile pain reliever, Traumeel® provides temporary relief of minor aches and pains associated with sports injuries, sprains, muscle aches and bruises, as well as minor arthritis pain and inflammation. For over 50 years physicians have been recommending Traumeel® as a safe alternative to anti-inflammatory drugs. Backed by over two-dozen scientific and clinical studies, Traumeel® is the number one selling homeopathic pain reliever worldwide. Available in: Ointment, Gel, Liquid, Drops and Tablets.



Continued on inside back cover...

Zeel®

Zeel is used to temporarily relieve joint pain, and works specifically to stimulate healthy cartilage growth and connective tissue function. Zeel® is particularly effective in relieving symptoms associated with degenerative arthritis such as osteoarthritis and spondylarthritis. In a recent study, Zeel® was demonstrated to be as effective as medications containing Cox 2 inhibitors - without side-effects. Available in ointment or tablets.

Viburcol® Baby Pure

Formulated especially for children up to 12 years of age, Viburcol® is a gentle blend of six all-natural ingredients that provides temporary relief for: minor infections (with or without fever), hyperactivity, intestinal colic (gas), flu, teething, and restlessness associated with sleeping difficulty. Available in oral drops and suppositories.

Pure Eye Drops

Allergies, colds, fatigue—even dry winter air—can cause eyes to burn, itch, water or turn red. Pure Eye Drops soothe dry, irritated eyes and reduce redness and eye fatigue with an effective blend of four all-natural ingredients. Safe for contact lens wearers. Available in single-dose vials to prevent contamination.

Calming tablets

Stress is a risk factor in coronary heart disease and other ailments. Calming tablets, with its all-natural blend of ingredients, help you balance the stressful times in your life by gently relieving stress as well as insomnia. Calming tablets also prevent the nervous irritability associated with PMS.

Inflammation tablets

Temporarily relieves painful inflammation associated with arthritis and rheumatism, minor injuries, fever, and acne vulgaris.

Bronchitis tablets

The Bronchitis formula naturally eases the common discomforts associated with the condition: wet and dry coughs, minor bronchial pain and irritation. Bronchitis also works effectively to treat these symptoms when aggravated by smoke or other environmental pollutants.

Sinus tablets

Sinus pain and congestion can be incapacitating. Sinus tablets offer temporary relief from most sinus conditions. These fast-acting tablets clear nasal congestion while alleviating the headaches that often accompany sinusitis.

Headache II tablets

Head throbbing? Control tension and sinus headaches as well as headaches aggravated by noise and light - with Headache II tablets.

Traumeel® Pure Ear Drops

Earaches are a painful and common problem for many children and adults. Traumeel® Pure Ear Drops provide temporary relief from ear pain, naturally alleviating minor ear inflammation, stuffiness, and swimmer's ear. Safe for babies and children, and contains no glycerin.

Diarrhea tablets

Effective in treating diarrhea and symptoms related to the condition including abdominal cramping, bloating, and gas.

Hayfever nasal spray

More than 22 million Americans suffer from hay fever, which causes watery eyes, nasal congestion, sneezing, and runny noses. Hayfever nasal spray fights these symptoms with a soothing, non-habit-forming, all-natural formula. Available in an easy-to-use measured-dose spray bottle.

Allergy tablets

One in six people suffers from seasonal allergies. The combination formula found in our Allergy tablets helps regulate the flow of irritating histamines and relieves minor allergy and hayfever symptoms safely and naturally.

Asthma tablets

Relieves minor asthma symptoms including shortness of breath, tightness in the chest, wheezing and dry cough. Warning: Do not use this product unless a diagnosis of asthma has been made by a doctor. Do not use this product if you have been hospitalized for asthma or if you are taking any prescription drug for asthma, unless directed by a physician.

FluPlus tablets

Fights the flu and all of its symptoms such as fever, aches, nausea and exhaustion. FluPlus works to minimize the duration of colds and flu while effectively stimulating the body's own immune system.

Heel/BHI Consumer Product Guide

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Heel Inc.

Heel Inc. is a homeopathic manufacturing company based in Albuquerque, New Mexico that was founded in 1978 by Dr. H-H Reckeweg, a well-known originator of homeopathic formulas. Dr. Reckeweg began to combine remedies while practicing medicine in Germany in the 1930's. He devised individualized combinations for particular patients, which he then had mass-produced for other doctors to use. This was the beginning of Heel GmbH, the world's largest manufacturer of complex homeopathic preparations, still located in Baden-Baden, Germany on the edge of the Black Forest.

When he relocated to the U.S. he named his new enterprise BHI (Biological Homeopathic Industries) and set to work creating new and improved homeopathic formulas. Now known as Heel Inc., the products of BHI and Heel are continuously produced and distributed to retailers and practitioners throughout North America.

This catalog, in three main sections, describes the non-prescription BHI preparations as well as selected Heel products, all of which are available for purchase in health food stores nationwide. In it is a *Therapeutic Index* featuring an alphabetical list of illnesses with corresponding therapy suggestions. This is followed by a *Product Information* section detailing composition and dosage recommendations of the medications and lastly an alphabetical *List of Individual Homeopathic Ingredients* showing the preparations in which they are contained.

Homeopathy

Homeopathy is a natural medical science with many advantages and makes use of diluted substances for treating a wide variety of illnesses. Dilution permits the utilization of virtually any naturally-occurring substance. In homeopathy's long history (since the late 18th Century), the safety of the therapy has been demonstrated in the fact that not a single instance of overdose has been reported.

The term 'homeopathy' was coined by its founder, Dr. Samuel Hahnemann, based on the Greek phrase "homoios," meaning similar and "pathos," meaning suffering.

Homeopathy is based on the Law of Similars. For example, the runny eyes and nose with sneezing that accompany the grating of raw onions are similar to typical symptoms of hay fever. One effective homeopathic remedy for hay fever is a dilution of Allium

cepa (red onion). Note that the symptoms need not result from the same cause; as long as the symptoms are similar the remedy can work.

Dr. Hahnemann discovered that when giving carefully selected remedies, based on the Law of Similars, there was frequently an initial aggravation of symptoms. He overcame this drawback by diluting the remedies in a specific way and to very dilute concentrations (potencies). He also found that by shaking (succussing) the dilutions, they retained effectiveness, even when highly diluted.

Homeopathic remedies work by stimulating the body's own defense system into action. Their action can be compared to inserting a key into the lock of the body's inherent defenses. Homeopathy works exceptionally well in children, whose defensive systems are generally uncorrupted and vital. Dramatic effects are often observed in treating infants and young children. In addition, homeopathic medicines permit parents to avoid giving their children conventional drugs that may have unwanted side-effects.

Homeopathic potencies

The amount a homeopathic remedy is diluted is usually designated by either X or C. The decimal scale, which Heel Inc. uses, features X, as follows. One part of tincture to 9 parts of alcohol or water = 1X. One part of that 1X dilution plus 9 parts of alcohol or water = 2X and so on.

The following analogy is useful in illustrating the methods used to dilute the ingredients found in the medications of Heel/BHI: Say you were to take 1 cup of red sand and dump it into a bowl containing 9 cups of white sand and thoroughly mix them together; you can visualize that the cup of red sand, although still present, is now diluted in the white sand to a ratio of 9:1. This represents the dilution of 1X.

Now, if you were to take 1 cup of the red and white sand you just mixed and then add it to a new bowl containing 9 cups of white sand and thoroughly mix that combination, you would then have a dilution of 2X, and so on.

Although the active ingredients contained in homeopathic remedies are diluted, they nevertheless retain their ability to stimulate the body's natural healing response.

Homeopathic provings

The therapeutic indications of a remedy are initially discovered by giving the substance to people who feel fine. They then record any and all symptoms that occur over a week-long period, for example. Symptoms that arise in different people are catalogued and considered to result from the substance. A dilution of the substance, therefore, is assigned a variety of symptoms. This method is known as a 'homeopathic proving.' Whereas conventional pharmaceutical researchers will look for 'asthma sufferers' or 'PMS sufferers' to test a new medication, homeopathy's procedure differs in that it seeks healthy individuals to test specific remedies.

Over 2,000 remedies have been proven and new provings continue to appear. In view of all the remedies, knowing which single remedy to take for a given condition is complicated. Many doctors and patients prefer combinations of remedies, where the formula and the potencies of its ingredients are pre-set.

Homotoxicology

Homotoxicology is the basis for the products of Heel/BHI. It occupies the mid-point between classical homeopathy and conventional western medicine, and makes use of conventional disease diagnoses and dosage forms while providing complex formulas composed of homeopathically diluted remedies.

Homotoxins (human toxins) include all substances that can cause illness in humans. Their appearance results in regulation disorders in the body. When confronted with homotoxins, the body's first line of defense is excretion. Many Heel/BHI preparations promote toxin elimination. The excretion may focus on increased sneezing or runny nose, or more frequent urination or heavier perspiration. By detoxifying the body, health has a much better chance of taking charge.

The names of many BHI and Heel products refer to their indications, for example, *Allergy*, *Cough* or *Euphorbium Sinus Relief™*. This makes remedy selection simple for all consumers.

The preparations of Heel/BHI consist mainly of combinations of low homeopathic potencies since, as a rule, lower potencies are most effective for acute, physical complaints. (Middle-high potency remedies are often indicated for chronic illnesses while very-high potency remedies can affect mental and emotional states and are

usually the domain of advanced practitioners.) Heel/BHI products are generally indicated to be taken several times a day and are not usually subject to neutralizing when taken with other medications.

Dosage forms

Most of the BHI products are manufactured in tablets. This is an easy-to-use dosage form which consistently delivers the right amount of medicine. The tablets should be taken sublingually (under the tongue) and allowed to dissolve in the mouth. They should not be swallowed whole. The medicine enters the bloodstream directly from the mouth without needing to go through the liver first, maximizing the medicine's effectiveness.

BHI products include:

- ointments for topical application
- nasal spray for hay fever
- hemorrhoid suppositories
- tablets

The Heel products offered in this catalog come in a variety of dosage forms. Specifically, there is:

- nasal spray for sinusitis
- individual-dose ear and eye drops
- ointments
- gels
- cough syrup/expectorant
- tablets
- liquid drops
- suppositories
- the Detox-Kit with three bottles of liquid drops

Research

The products of Heel/BHI are backed by dozens of scientific studies that have been conducted in an effort to conclusively establish the efficacy of our medications. Research published in such prestigious resources as the *Journal of the American Medical Association*, *British Medical Journal* and *Lancet* reveals the safety, tolerance and scientific advancements in the formulations offered by Heel/BHI.

The *Institute of Antihomotoxic Medicine & Ground Regulation Research* in Baden-Baden, Germany provides the necessary

platform from which Heel/BHI is able to establish product efficacy while continuing research advancements in regards to the exploration of the mechanism of action found in our medications. This combined with the selection of only the finest raw materials and our highly sophisticated methods of production allow us to provide you with the most contemporary medications available today and will ultimately lead to the successful treatment of the ailments encountered by your family.

It is through the continuous research of companies sharing the vision of Heel/BHI that the medical community will continue to be presented with evidence supporting the efficacy of homeopathic medications. It is our goal to provide all consumers with a safe, effective and affordable alternative to the side-effects commonly associated with conventional medications, while constantly working to retain our position as the world leader in combination homeopathic medicine. Please visit our web site at www.HeelUSA.com for additional information.

Heel/BHI Therapeutic Index

Abdominal spasm/colic

Main remedies:

BHI Spasm-Pain and **Detox-Kit**

Secondary remedies:

BHI Chamomilla Complex
BHI Echinacea PC

Abscess*

Main remedies:

Traumeel® and **BHI Infection**

Secondary remedy:

BHI Inflammation

Acne rosacea

Main remedies:

Traumeel® and **BHI Skin**

Secondary remedies:

BHI Feminine
BHI Masculine

Acne vulgaris

Main remedies:

Traumeel® and **BHI Inflammation**

Secondary remedies:

BHI Skin
BHI Feminine
BHI Masculine

ADHD

Main remedy:

BHI Calming

Secondary remedies:

BHI Chamomilla Complex
BHI Spasm-Pain

Allergies (respiratory, food, skin)

Main remedy:

BHI Allergy

Secondary remedies:

BHI Hayfever
BHI Inflammation
BHI Sinus
BHI Skin

Alopecia

Main remedy:

BHI Hair & Skin

Amenorrhea

Main remedy:

BHI Feminine

Secondary remedy:

BHI Menstrual

Ankylosing spondylitis

Main remedies:

Traumeel® and **Zeel®**

Aphonia

See Laryngitis.

Aphtha

Main remedies:

Traumeel® and **BHI Cold**

*As an adjunct to standard medical treatment.

Arthritis

Main remedies:
Secondary remedies:

Zeel® and **BHI Arthritis**
BHI Bone
Traumeel®

Asthma*

Main remedy:
Secondary remedies:

BHI Asthma
BHI Bronchitis
BHI Spasm-Pain

Back pain*

Main remedies:
Secondary remedies:

BHI Back and **Zeel®**
BHI Bone
BHI Neuralgia
BHI Spasm-Pain

Bed wetting

Main remedy:

BHI Uri-Control

Boils

See Furunculosis.

Bones, disorders of

Main remedies:
Secondary remedies:

BHI Bone and **Zeel®**
BHI Neuralgia
BHI Spasm-Pain

Breast pain

Main remedies:

Traumeel® and
BHI Inflammation
BHI Infection

Secondary remedy:

Bronchitis

Main remedy:
Secondary remedies:

BHI Bronchitis
BHI Chest
CoughFree
BHI Sinus

Burns

Main remedy:
Secondary remedies:

BHI Calendula
Traumeel®
BHI Infection
BHI Injury

Bursitis

Main remedy:
Secondary remedy:

BHI Arthritis
Traumeel®

Catarrh (See individual indication)

Colic

Main remedy:
Secondary remedies:

BHI Spasm-Pain
Viburcol®
BHI Intestine
BHI Chamomilla Complex

Colitis

Main remedy:
Secondary remedies:

BHI Intestine
BHI Constipation
BHI Diarrhea
BHI Gastro-Cleanse
BHI Spasm-Pain

Concussion*

Main remedy:

Traumeel®

Conjunctivitis

Main remedies:
Secondary remedy:

Pure Eye Drops and **BHI Eye**
BHI Inflammation

Constipation

Main remedy:
Secondary remedies:

BHI Constipation
Detox-Kit
BHI Intestine
BHI Gastro-Cleanse
BHI Spasm-Pain

Contusions

Main remedies:

Traumeel® and **BHI Arnica**

Cough

Main remedy:
Secondary remedies:

BHI Cough
CoughFree
BHI Bronchitis
BHI Chest

Cramps (menstrual)

Main remedy:
Secondary remedy:

BHI PMS-Mulimen
BHI Spasm-Pain

Cramps (muscular)

Main remedy:
Secondary remedy:

BHI Rendimax®
BHI Spasm-Pain

Dandruff

Main remedy:

BHI Hair & Skin

Dentition (disorders of)

See Toothache.

Depression

Main remedy:
Secondary remedies:

BHI Alertness
BHI Calming
BHI Ginkgo Complex

Dermatitis/dermatosis

Main remedy:

Secondary remedies:

BHI Skin

BHI Eczema

BHI Hair & Skin

BHI Inflammation

Detoxification

Main remedy:

Detox-Kit**Diarrhea**

Main remedy:

Secondary remedy:

BHI Diarrhea

BHI Intestine

Dislocations

See Injuries.

Diverticulitis

Main remedies:

Secondary remedies:

Detox-Kit and **BHI Intestine**

BHI Constipation

BHI Spasm-Pain

Dysmenorrhea

See Menstruation, painful.

Dyspepsia

Main remedies:

Secondary remedy:

Detox-Kit and **BHI Stomach**

BHI Chelidonium Complex

Ear pain

Main remedy:

Secondary remedies:

Pure Ear Drops

BHI Chamomilla Complex

BHI Infection

BHI Inflammation

Eczema

Main remedy:

Secondary remedies:

BHI Eczema

BHI Body Pure

BHI Skin

BHI Hair and Skin

Emphysema

Main remedy:

Secondary remedies:

BHI Bronchitis

BHI Asthma

BHI Chest

Enuresis

See Bed wetting.

Environmental sensitivity

Main remedies:

Secondary remedies:

BHI Body Pure and **Detox-Kit**

BHI Spasm-Pain

BHI Stomach

Epicondylitis

Main remedy:

Traumeel®**Exhaustion**

Main remedy:

Secondary remedy:

BHI Exhaustion

BHI Rendimax®

Eye irritation

Main remedies:

Pure Eye Drops and **BHI Eye****Fatigue**

Main remedy:

Secondary remedies:

BHI Exhaustion

BHI Enzyme

BHI Rendimax

Fever

Main remedies:

Secondary remedies:

Viburcol® and **BHI Echinacea P.C.**

BHI Infection

BHI Inflammation

BHI Cold

BHI FluPlus

Fibromyalgia

Main remedies:

Secondary remedy:

Traumeel® and **BHI Arthritis**

BHI Inflammation

Fissures, anal

Main remedy:

Viburcol® (Suppository)**Flatulence**

See Dyspepsia.

Forgetfulness

Main remedy:

Secondary remedy:

BHI Alertness

BHI Ginkgo Complex

Fractures*

Main remedies:

Secondary remedy:

Traumeel® and **BHI Bone**

BHI Arnica

Fungal infection under nails

Main remedy:

Secondary remedies:

BHI Hair & Skin

BHI Bone

BHI Inflammation

Furunculosis (Boils)

Main remedy:

Secondary remedy:

BHI Inflammation

BHI Infection

Gastritis

Main remedy:

BHI Nausea**Gout**

Main remedy:

Secondary remedy:

BHI Arthritis

BHI Inflammation

Hay fever

Main remedy:
Secondary remedies:

BHI Hayfever
BHI Allergy
Euphorbium Sinus Relief™

Headache

Main remedy:
Secondary remedies:

BHI Headache
BHI Headache II
BHI Allergy
BHI Neuralgia

Heartburn

Main remedy:
Secondary remedies:

BHI Nausea
BHI Spasm-Pain
BHI Stomach
BHI Gastro-Cleanse

Hematoma

Main remedy:

Traumeel®

Hemorrhage*

Main remedy:
Secondary remedies:

BHI Bleeding
BHI Injury
Traumeel®

Hemorrhoids

Main remedies:
Secondary remedy:

BHI Hemorrhoid and **Detox-Kit**
BHI Hemorrhoid Relief

Herpes

Main remedy:
Secondary remedies:

BHI Cold
BHI Inflammation
BHI Skin

Hoarseness

See Laryngitis.

Hordeolum (styes)

Main remedies:
Secondary remedy:

Pure Eye Drops and **BHI Eye**
BHI Infection

Hormone imbalance

Main remedy:
Secondary remedies:

BHI Feminine
BHI Masculine
BHI PMS-Mulimen®

Impetigo

Main remedy:
Secondary remedy:

BHI Inflammation
BHI Infection

Impotence

Main remedy:
Secondary remedies:

BHI Masculine
BHI Enzyme
BHI Exhaustion

Infection*

Main remedy:
Secondary remedies:

BHI Infection
BHI Echinacea P.C.
BHI Inflammation

Inflammation (see also reference for location or type)

Main remedy:
Secondary remedy:

BHI Inflammation
BHI Echinacea P.C.

Influenza

Main remedy:
Secondary remedy:

BHI FluPlus
BHI Cough

Injuries (minor)

Main remedies:
Secondary remedies:

Traumeel® and **BHI Arnica**
BHI Bleeding
BHI Bone
BHI Injury
BHI Spasm-Pain

Insomnia

Main remedy:
Secondary remedy:

BHI Calming
BHI Chamomilla Complex

Intestinal spasms and colics

Main remedy:
Secondary remedies:

BHI Intestine
BHI Spasm-Pain
Detox-Kit

Irritable bowel syndrome

Main remedies:

Detox-Kit and **BHI Intestine**

Itching

Main remedy:
Secondary remedies:

BHI Allergy
BHI Hair & Skin
BHI Skin

Joint pain

Main remedy:

Zeel®

Knee pain

Main remedies:

BHI Bone and **Zeel®**

Laryngitis

Main remedy:
Secondary remedy:

BHI Throat
BHI Inflammation

Lumbago

Main remedy:

Secondary remedies:

BHI Back

BHI Neuralgia

BHI Spasm-Pain

Measles

Main remedy:

Secondary remedies:

BHI Cold

BHI FluPlus

BHI Inflammation

Memory loss or deficiency

See Forgetfulness.

Menopause

Main remedy:

Secondary remedies:

BHI Feminine

BHI PMS-Mulimen®

BHI Calming

Menorrhagia, metrorrhagia*

Main remedy:

Secondary remedies:

BHI Bleeding

BHI Feminine

BHI Menstrual

BHI PMS-Mulimen®

Menstruation, painful

Main remedy:

Secondary remedies:

BHI Spasm-Pain

BHI Feminine

BHI Menstrual

BHI Calming

Migraine

Main remedy:

Secondary remedies:

BHI Headache II

BHI Neuralgia

BHI Spasm-Pain

Mumps

Main remedy:

Secondary remedies:

BHI Cold

BHI FluPlus

BHI Infection

Nasal congestion

See Sinusitis.

Nausea

Main remedy:

Secondary remedies:

BHI Nausea

BHI Spasm-Pain

BHI Stomach

Neuralgia

Main remedy:

Secondary remedies:

BHI Neuralgia

BHI Headache

BHI Back

BHI Spasm-Pain

Osteoarthritis

Main remedies:

Zeel® and **BHI Arthritis****Osteoporosis**

Main remedy:

Detox-Kit**Pain** (see also Headache, Migraine, Neuralgia, Sciatica, etc.)

Main remedies:

Secondary remedy:

Traumeel® and **BHI Injury**

BHI Spasm-Pain

Periarthritis

Main remedies:

Zeel® and **BHI Arthritis****Perspiration, excessive**

Main remedy:

BHI Perspiration**Pharyngitis**

Main remedy:

Secondary remedies:

BHI Throat

BHI Inflammation

BHI Bronchitis

BHI FluPlus

Pneumonia*

Main remedy:

Secondary remedies:

BHI FluPlus

BHI Bronchitis

BHI Chest

BHI Cough

BHI Inflammation

Prostate, disorders of*

Main remedy:

Secondary remedies:

BHI Saw Palmetto Complex

BHI Inflammation

BHI Uri-Control

Pruritus

Main remedy:

Secondary remedies:

BHI Allergy

BHI Inflammation

BHI Skin

Psoriasis*

Main remedy:

Secondary remedies:

BHI Skin

BHI Hair & Skin

Restlessness, pediatric

Main remedy:

Viburcol®**Rheumatism**

Main remedies:

Secondary remedies:

Zeel® and **BHI Arthritis**

BHI Back

BHI Bone

BHI Inflammation

BHI Spasm-Pain

Rhinitis

See Sinusitis.

Sciatica

Main remedy:

Secondary remedies:

BHI Back

BHI Neuralgia

BHI Spasm-Pain

Seasickness

Main remedy:

Secondary remedy:

BHI Lightheaded

BHI Nausea

Shingles

See Herpes.

Shoulder-hand syndrome

Main remedy:

Traumeel®**Sinusitis**

Main remedies:

Secondary remedy:

Euphorbium Sinus Relief™ and**BHI Sinus**

BHI Inflammation

Spasm

Main remedy:

BHI Spasm-Pain**Spondylosis**

Main remedy:

Zeel®**Sprains**

Main remedies:

Secondary remedies:

Traumeel® and **BHI Arnica**

BHI Arthritis

BHI Inflammation

Stings and insect bites (see also Allergies)

Main remedy:

Secondary remedies:

BHI Skin

BHI Echinacea P.C.

BHI Inflammation

Styes

See Hordeolum.

Subluxations

Main remedy:

Traumeel®**Sunburn**

Main remedies:

Traumeel® and **BHI Calendula****Suppuration**

Main remedy:

Secondary remedy:

BHI Inflammation

BHI Infection

Swimmer's ear

Main remedy:

Pure Ear Drops**Swollen glands**

Main remedy:

Detox-Kit**Tennis elbow**

Main remedy:

Traumeel®**Tinnitus**

Main remedy:

Secondary remedy:

BHI Lightheaded

BHI Ginkgo Complex

Tonsillitis*

Main remedy:

Secondary remedies:

BHI Echinacea PC

Detox-Kit

BHI Inflammation

BHI Infection

BHI Throat

Toothache

Main remedies:

Secondary remedies:

Viburcol® and**BHI Inflammation**

BHI Neuralgia

BHI Spasm-Pain

Pure Ear Drops

BHI Infection

BHI Bone

Ulcers of the legs*

Main remedy:

Secondary remedies:

BHI Infection

BHI Inflammation

BHI Calendula

BHI Varicose

BHI Varicose Relief

Ulcers of the stomach*

Main remedy:

Secondary remedies:

BHI Nausea

BHI Spasm-Pain

BHI Stomach

Urticaria

Main remedy:

Secondary remedies:

BHI Allergy

BHI Hair & Skin

BHI Skin

Uterus, diverse affections

Main remedy:

Secondary remedies:

BHI Feminine

BHI Inflammation

BHI Menstrual

BHI Enzyme

Vaccinations, reaction to

Main remedies:

Secondary remedies:

Traumeel® and**BHI Inflammation**

BHI Cold

BHI Infection

Vaginal discharge

Main remedy:

Secondary remedies:

BHI Feminine

BHI Menstrual

BHI PMS-Mulimen

Vaginal spasm

Main remedy:

Secondary remedies:

BHI Calming

BHI Feminine

BHI Spasm-Pain

Vaginitis*

Main remedy:

Secondary remedies:

BHI Infection

BHI Inflammation

BHI Menstrual

BHI Feminine

Varicose veins

Main remedy:

Secondary remedy:

BHI Varicose

BHI Varicose Relief

Vomiting

Main remedy:

Secondary remedies:

BHI Nausea

BHI Spasm-Pain

BHI Stomach

Warts

Main remedy:

Secondary remedies:

BHI Perspiration

BHI Skin

BHI Allergy

Whooping cough

Main remedy:

Secondary remedies:

BHI Cough

CoughFree

BHI FluPlus

BHI Spasm-Pain

Wounds

See Injuries.

Wry neck

Main remedy:

Secondary remedies:

BHI Neuralgia

BHI Spasm-Pain

Traumeel®

-Heel

Heel Product Information



Throughout this section you will notice a small microscope next to the names of some products. This icon indicates that scientific research has been conducted on the product. Following the product specific information, you will find a summary of the research results.

The complete research data is on file at Heel Inc. and is available upon request.

CoughFree

Honey-lemon Cough Syrup/Expectorant

Indications:

For the temporary relief of wet and dry coughs due to colds, flu, bronchitis, environmental irritants and chest congestion.

Ingredients:

Drosera rotundifolia 4X (spasmodic cough with vomiting, hoarseness; laryngitis), **Ipecacuanha 4X** (rattling noises in air passages during respiration; shortness of breath), **Rumex crispus 4X** (tickling cough with discharge; dry cough preventing sleep, worse from cool air and at night), **Antimonium tartaricum 6X** (dry cough with vomiting; much mucus but little expectoration), **Cuprum sulphuricum 6X** (whooping and asthmatic cough with vomiting), **Spongia tosta 8X** (dry, croupy cough), 0.08 ml each per 5 ml (1 teaspoon).

How supplied:

Bottle containing 125 ml (4.23 oz).

Detox-Kit

Oral drops (Kit contains 1 50 ml bottle each of the remedies below)

Contents:

Berberis-Homaccord®

Each 100 ml contains: **Colocynthis 3X** (agonizing abdominal pain) 3 ml; **Berberis vulgaris 4X, 10X, 30X, 200X** (pain in thighs on urinating) 0.4 ml, **Veratrum album 3X, 10X, 30X, 200X** (cold sweat; cramps; nausea), **Colocynthis 10X, 30X, 200X** 0.3 ml each. Contains ethyl alcohol 35% by volume.

Nux vomica-Homaccord®

Each 100 ml contains: **Colocynthis 3X, 10X, 30X, 200X** (agonizing pain in abdomen causing patient to bend over double), **Lycopodium clavatum 3X, 10X, 30X, 200X, 1000X** (abdomen is bloated immediately after a light meal), 0.3 ml each; **Bryonia alba 3X, 6X, 10X, 15X, 30X, 200X, 1000X** (pressure in stomach after eating; nausea and faintness when rising up), **Nux vomica 3X, 10X, 15X, 30X, 200X, 1000X** (weight and pain in stomach worse after eating; stomach very sensitive to pressure), 0.2 ml each. Contains ethyl alcohol 35% by volume.

Lymphomyosot®

Each 100 ml contains: **Geranium robertianum 4X** (diarrhea; hemorrhages), **Nasturtium aquaticum 4X** (gastric disorders; stomatitis), **Ferrum iodatum 12X** (glandular enlargement; emaciation) 10 ml each; **Juglans regia 3X** (sharp occipital pain; facial acne), **Myosotis arvensis 3X** (chronic bronchitis; vomiting during cough), **Scrophularia nodosa 3X** (eczema of ear; scrofulous swelling), **Teucrium scorodonia 3X** (chronic rhinitis and bronchitis), **Veronica officinalis 3X** (chronic bronchitis; pruritus), **Equisetum hyemale 4X** (sharp burning pain in urethra while urinating), **Fumaria officinalis 4X** (hepatic disorders; eczema), **Natrum sulphuricum 4X** (asthma; symptoms worse in rainy weather), **Pinus sylvestris 4X** (stiffness; cramps in calves), **Gentiana lutea 5X** (ravenous hunger; nausea; stomach ache), **Aranea diadema 6X** (diarrhea; susceptibility to dampness and cold), **Sarsaparilla 6X** (colic with backache; cystitis), **Calcarea phosphorica 12X** (joint stiffness and pain, worse with changes of weather), **Levothyroxine 12X** 5 ml each (promotes oxidation). Contains ethyl alcohol 35% by volume.

The efficacy, tolerance and mode of use of the preparation Lymphomyosot® drops was investigated. A total of 264 physicians contributed data from 3512 patients whose central indications included

lymphedema, inflammatory processes and swollen lymph glands. In addition, Lymphomyosot® exerts a channeling effect on mesenchymal cells, which is useful in detoxifying the body.

Zenner S, Metelmann H. Therapeutic Use of Lymphomyosot: Results of a Multicentre Use Observation Study of 3512 Patients. *Bio Ther.* 1990.

Indications:

For relief of symptoms of illness caused by an unhealthy lifestyle (substance abuse or unbalanced diet) and/or exposure to environmental toxins (pollution, pesticides or allergens). Promotes detoxification.

Dosage:

Adults and children above 11 years: Pour thirty drops of each bottle into a bottle of water and consume in one day. Due to alcohol content (Ethyl alcohol 35% by volume), a physician should be consulted before using in children under 12 years of age.

How supplied:

Three bottles of oral drops, each 50 ml.

Euphorbium Sinus Relief™

Nasal spray

Ingredients:

Each 100 ml contains: **Pulsatilla 2X** (thick, bland nasal discharges), **Luffa operculata 2X** (allergic rhinitis; hay fever; sinusitis), **Euphorbium officinarum 4X** (violent coryza with burning and cough), **Mercurius iodatus ruber 8X** (stiffness of muscles of throat and neck), **Mucosa nasalis suis 8X** (sinusitis), **Argentum nitricum 10X** (pharyngitis; laryngitis; hoarseness), **Hepar sulphuris calcareum 10X** (frequent nasal congestion; hay fever), **Sinusitisinum 13X** (acute and chronic suppuration of sinuses), 1.0 ml each. Benzalkonium chloride 0.01%.

Indications:

For the temporary relief of nasal congestion, runny nose, rhinitis, sinusitis, dry nasal membranes, cold and flu symptoms.

Side effects: None known.

Interactions with other medication: None known.

Dosage:

Spray once or twice into each nostril 3-5 times daily; for children under 6 years, spray once 3-4 times daily. The product is safe for use in infants.

How supplied:

Spray bottle containing 20 ml.

An in vitro study examined the effect of Euphorbium Sinus Relief™ against pathogens causing various viral infections including influenza A, respiratory syncytial virus (RSV) and herpes simplex virus type 1 (HSV-1). HSV infections play a major role in superinfections in common colds. The results of the study showed that in-vitro, this product has antiviral effects against RSV and HSV-1 as well as a minimal effect against influenza A virus.

Metelmann H, Glatthaar-Saalmuller B. Antiviral Action of a Homeopathic Medication. *Bio Ther.* 2000.

Pure Ear Drops (Traumeel® formula)

Ingredients:

Each 0.45 ml vial contains: **Arnica montana, radix 2X** (ear pain as if bruised), **Belladonna 2X** (otitis media; humming noises), **Calendula officinalis 2X** (deafness, worse in damp conditions), **Chamomilla 3X** (earache with soreness; ringing in ears), **Millefolium 3X** (head seems full of blood; piercing pain), **Hepar sulphuris calcareum 6X** (discharge from ears; hardness of hearing), **Symphytum officinale 6X** (pain in occiput, top and forehead) 0.99 µl each, **Aconitum napellus 2X** (earache; very sensitive to noises) 0.954 µl, **Bellis perennis 2X** (headache from occiput to top of head; bruised soreness), **Mercurius solubilis 6X** (yellow discharge from ears; otalgia) 0.495 µl each, **Hypericum perforatum 2X** (pain in ears); 0.297 µl, **Echinacea angustifolia 2X** (headache with flushing of face), **Echinacea purpurea 2X** (inflammations) 0.247 µl each, **Hamamelis virginiana 1X** (bruised soreness in ears; bloody discharge) 0.099 µl.

Indications:

For the temporary relief of ear pain, minor ear inflammation, stuffiness in ears and swimmers' ear.

Contraindications: Hypersensitivity to Traumeel® or any of its ingredients.

Dosage:

Adults and children above 6 years: Up to 3 times daily, pour the contents of one vial directly into the affected ear. *Infants and children to 6 years:* 1/2 the adult dosage.

How supplied:

Pack containing 10 vials of 0.45 ml each. Also available in 12-packs of 10 vials.

Pure Eye Drops

Monodose vials

Ingredients:

Each 0.45 ml vial contains: **Cochlearia officinalis 5X** (sore, inflamed eyes; blurred vision; discharge from eyes), **Echinacea angustifolia 5X** (stimulation of the immune system; inflammation; infection; tired eyes), **Euphrasia officinalis 5X** (spasmodic photophobia; cutting pains and pressure in the eyes), **Pilocarpus 5X** (eye strain; blurred vision; eye spasms while reading), **110.7 mg each in an isotonic saline solution.**

Indications:

For the temporary relief of minor eye redness, itching, burning and dryness.

Side effects: None known.

Interactions with other medications: None known.

Dosage:

Adults and children above 6 years: Instill 1 to 2 drops in the affected eye(s) up to 3 times daily. Do not touch tip of container to any surface. Do not reuse. Once opened, discard. *Infants and Children up to 6 years:* Consult a physician before using. Safe for use with contact lenses.

Warnings: If you experience eye pain, changes in vision, continued redness or irritation of the eye, or if the condition worsens or persists for more than 72 hours, discontinue use and consult a doctor. If solution changes color or becomes cloudy, do not use.

How supplied:

Pack containing 10 vials of 0.45 ml each. Also available in 12-packs of 10 vials

In a controlled study, 769 patients with conjunctivitis were treated either with Oculoheel® (Pure Eye Drops) or tetryzoline. Improvement was noted in both groups and it was revealed that the difference between the treatments was negligible. Thus Pure Eye Drops were shown not to be inferior to tetryzoline with regard to specific symptoms of conjunctivitis. Tolerability was excellent in both groups.

Kustermann R, Weiser M, Klein P. Homeopathic Treatment of Conjunctivitis as Good as Conventional Therapy with Tetryzoline. *Biol Med.* 2001.

Traumeel®

Tablets
Oral drops
Gel
Ointment

Ingredients:

Tablets: Each 300 mg tablet contains: **Belladonna 4X** (shooting pain along limbs; cold extremities; stiff neck), 75 mg; **Arnica montana, radix 3X** (after traumatic injuries; sore, lame, bruised feeling; muscular tonic), 40 mg; **Aconitum napellus 3X** (numbness and tingling of extremities; arms feel lame and bruised; inflammatory rheumatism), 30 mg; **Chamomilla 3X** (promotes healing of slowly healing wounds; lumbago; otitis media), **Symphytum officinale 8X** (injuries to sinews and tendons; specific for healing of fractures), 24 mg each; **Calendula officinalis 2X** (remarkable healing agent when used locally; promotes granulation; analgesic), **Hamamelis virginiana 2X** (bruised soreness; varicose veins; hemorrhoids with soreness), **Millefolium 3X** (hemorrhages; piercing headaches), **Hepar sulphuris calcareum 8X** (tendency to suppuration; hypersensitivity to cold and draughts of air), **Mercurius solubilis 8X**, (suppurations; reduces edemas; abscesses), 15 mg each; **Hypericum perforatum 3X** (nerve injuries; pressure over sacrum; puncture wounds), 8 mg; **Bellis perennis 2X** (bruised feeling in pelvic region; boils; muscular soreness), **Echinacea angustifolia 2X** (anti-inflammatory action), **Echinacea purpurea 2X** (anti-inflammatory, anti-infection), 6 mg each in a lactose base.

Oral drops: Each 100 ml contains: **Arnica montana, radix 3X**, 10 ml; **Aconitum napellus 3X**, **Chamomilla 3X**, **Belladonna 4X**, **Symphytum officinale 8X**, 5 ml each; **Bellis perennis 2X**, **Calendula officinalis 2X**, **Echinacea angustifolia 2X**, **Echinacea purpurea 2X**, **Hamamelis virginiana 2X**, **Hypericum perforatum 3X**, **Millefolium 3X**, **Hepar sulphuris calcareum 8X**, **Mercurius solubilis 8X**, 2 ml each. Contains 35% ethyl alcohol by volume.

Gel: Each 100 g contains: **Calendula officinalis 1X**, **Hamamelis virginiana 1X**, **Arnica montana, radix 3X**, 1.50 g each; **Aconitum napellus 3X**, **Belladonna 3X**, 1.00 g each; **Bellis perennis 1X**, **Chamomilla 1X**, **Echinacea angustifolia 1X**, **Echinacea purpurea 1X**, 0.50 g each; **Millefolium 1X**, 0.30 g; **Hepar sulphuris calcareum 8X**, 0.25 g; **Mercurius solubilis 8X**, 0.12 g; **Symphytum officinale 4X**, 0.10 g; **Hypericum perforatum 6X**, 0.09 g; Inactive ingredients: Purified water, ethanol, carbopol 980 and sodium hydroxide.

Ointment: Each 100 g contains: **Calendula officinalis 1X**, **Hamamelis virginiana 1X**, **Arnica montana, radix 3X**, 1.50 g each; **Aconitum napellus 3X**, **Belladonna 3X**, 1.00 g each; **Bellis perennis 1X**, **Chamomilla 1X**, **Echinacea angustifolia 1X**, **Echinacea purpurea 1X**, 0.50 g each; **Millefolium 1X**, 0.30 g; **Hepar sulphuris calcareum 8X**, 0.25 g; **Mercurius solubilis 8X**, 0.12 g; **Symphytum officinale 4X**, 0.10 g; **Hypericum**

perforatum 6X, 0.09 g. Inactive ingredients: Purified water, paraffin, white petrolatum, ethanol and cetylstearyl alcohol.

Indications:

For the temporary relief of muscular pain, arthritic pain, inflammation, sports injuries and bruising.

Ointment/Gel: In rare cases, hypersensitivity to one or more ingredients may result in allergic skin reactions.

Side effects: In rare cases patients with hypersensitivity to botanicals of the Compositae family may experience an allergic reaction after oral or topical administration of Traumeel®, including anaphylactic reaction.

Warning: Do not apply Traumeel® ointment or gel over large surfaces of the body.

Dosage:

Tablets: *Adults and children above 6 years:* 1 tablet sublingually or dissolved completely in mouth 3 times daily or as directed by a physician. *Infants and children to 6 years:* 1/2 the adult dosage.

Oral drops: *Adults and children above 11 years:* 10 to 30 drops orally 3 times daily. Due to alcohol content (ethyl alcohol 35% by volume), a physician should be consulted before using in children under 12 years of age.

Ointment/Gel: *Adults, children and infants:* Apply generously to affected areas 2 to 3 times daily. Traumeel® should be rubbed gently into the skin and may be applied using mild compression bandaging and/or occlusive bandaging. Sufficient gel or ointment should be applied to cover the affected area, but should not be applied over large areas, over broken skin, burns or directly into open wounds. For external use only.

How supplied:

Tablets: Bottle containing 100 tablets.

Drops: Dropper bottle containing 50 ml.

Gel: Tube containing 50 grams or squeeze bottle containing 250 grams of gel. Also available in 12-packs of 50 gram tubes of gel.

Ointment: Tube containing 50 or 100 grams of ointment. Also available in 12-packs of 50 gram and 100 gram tubes.

In a placebo-controlled double blind study of 73 patients with acute ankle sprains, the effectiveness of Traumeel® ointment was compared to that of a placebo ointment. Treatment was administered seven times in a two-week period and all patients received electrotherapy. Improvement in joint mobility was noted in both groups. The Traumeel® group recovered more rapidly than the placebo group in reduction of swelling and pain upon movement, as well as in joint mobility.

Zell G, Connert WD, Mau J, Feuerstake G. Treatment of Acute Sprains of the Ankle: A Controlled Double-Blind Trial to Test the Effectiveness of a Homeopathic Ointment. *Bio Ther.* 1989.

Viburcol®

Suppositories

Monodose vials

Ingredients:

Suppositories: Each suppository contains: **Calcarea carbonica 8X** (fever with sweat; night sweats; glandular swelling) 4.4 mg; **Pulsatilla 2X** (chilliness even in warm room; dry cough; measles) 2.2 mg; **Chamomilla 1X** (whining restlessness; child wants to be carried), **Belladonna 2X** (redness, throbbing and burning; constricted throat), **Plantago major 3X** (earache; toothache; nocturnal enuresis), **Dulcamara 4X** (dry burning heat all over; worse in cold, wet weather), 1.1 mg each.

Monodose vials: Each vial of 1 ml contains: **Calcarea carbonica 8X** 0.075 ml; **Pulsatilla 6X** 0.05 ml; **Chamomilla 4X**, **Plantago major 4X**, **Dulcamara 6X** 0.025 ml each; **Belladonna 6X** 0.011 ml in an isotonic saline solution.

Indications:

For infants and children in conditions of restlessness with or without fever; symptomatic treatment of common infections.

Side effects: None known.

Interactions with other medication: None known.

Dosage:

Suppositories: Unless otherwise prescribed, in acute disorders insert 1 suppository into the rectum once every hour until alleviation of symptoms; after alleviation, 1 suppository 2 to 3 times daily. For infants (from the first day of life) up to 6 months of age, a maximum of 1 suppository twice daily.

Monodose vials: *Children below 1 year of age:* Orally administer 1 vial, up to a maximum of 4 vials per day, or as directed by a health care professional. *Children 1 to 6 years of age:* Orally administer 1 vial, up to a maximum of 6 vials per day, or as directed by a health care professional. *Children 6 to 12 years of age:* Orally administer 2 vials, up to a maximum of 8 vials per day, or as directed by a health care professional. *Adults and children over 12 years of age:* Orally administer 1 vial 3 times daily, up to a maximum of 12 vials per day, or as directed by a health care professional.

Warning: If symptoms persist or worsen, a health care professional should be consulted. If pregnant or breastfeeding, consult a health care professional before use.

How supplied:

Suppositories: Pack containing 12 suppositories of 1.1 g.

Monodose vials: Pack containing 10 monodose vials of 1 ml.

Viburcol® was compared to acetaminophen in the symptomatic treatment of acute feverish infections in children. A total of 767 children were treated either with Viburcol® or acetaminophen. Both groups experienced equivalent and clinically significant improvement in body temperature, feeling of general well-being, severity of the acute infection and of clinical symptoms. This study confirms that the therapeutic potential of Viburcol® is comparable to that of acetaminophen.

Muller-Krampe B, Gottwald R, Weiser M. Symptomatic Treatment of Acute Feverish Infections with a Modern Homeopathic Medication. *Biol Med.* 2002.

Zeel®

Tablets

Ointment

Ingredients:

Tablets: Each 300 mg tablet contains: **Silicea 6X** (calf cramps; sciatica; weakness of ligaments) 3 mg; **Arnica montana, radix 1X** (soreness of back and limbs; rheumatism) 0.6 mg; **Rhus toxicodendron 1X** (rheumatic pain in tendons and ligaments, better with motion) 0.54 mg; **Sulphur 6X** (rheumatic shoulder pain; rheumatic gout; stiffness of knees and ankles) 0.54 mg; **Sanguinaria canadensis 3X** (neuralgic, rheumatic pain of joints and muscles) 0.45 mg; **Cartilago suis 4X** (arthritis; coxitis) 0.3 mg; **Embryo totalis suis 4X** (revitalization) 0.3 mg; **Funiculus umbilicalis suis 4X** (support of connective tissue) 0.3 mg; **Placenta suis 4X** (circulatory disturbances) 0.3 mg; **Dulcamara 2X** (paralyzed limbs; rheumatism after skin eruptions) 0.15 mg;

Symphytum officinale 8X (soreness of periostium; neuralgia of knee), 0.15 mg; **Coenzyme A 6X** (coenzyme for transacetylation), 0.03 mg; **α -Lipoicum acidum 6X** (coenzyme in decomposition of pyruvic acid) 0.03 mg; **Nadidum 6X** (stimulation of end oxidation in respiratory chain), 0.03 mg; **Natrum oxalaceticum 6X** (sensitivity to dampness and wind) 0.03 mg; in a lactose base.

Ointment: Each 100 g contains: **Silicea 6X**, 1.000 g; **Symphytum officinale 8X**, 0.750 g; **Arnica montana, radix 2X**, 0.30 g; **Rhus toxicodendron 2X**, 0.270 g; **Sulphur 6X**, 0.270 g; **Sanguinaria canadensis 2X**, 0.225 g; **Dulcamara 2X**, 0.075 g; **Coenzyme A 6X**, **α -Lipoicum acidum 6X**, **Nadidum 6X**, **Natrum oxalaceticum 6X**, 0.010 g each; **Cartilago suis 2X**, **Embryo totalis suis 2X**, **Funiculus umbilicalis suis 2X**, **Placenta suis 2X**, 0.001 g each.

Indications:

For the temporary relief of symptoms of osteoarthritis including mild to moderate pain, articular stiffness and inflammation.

Side effects:

Ointment: In rare cases, hypersensitivity reactions to the preservative contained in the ointment may arise.

Interactions with other medication: None known.

Dosage:

Tablets: *Adults and children above 6 years:* 1 tablet sublingually or dissolved completely in mouth 3 times daily or as directed by a physician. *Infants and children to 6 years:* 1/2 the adult dosage.

Ointment: In general, apply in the morning and evening to the affected areas, rubbing in gently. If appropriate, also apply an ointment dressing.

How supplied:

Tablets: Bottle containing 100 tablets.

Ointment: Tube containing 50 g of ointment.

In an open, prospective, multicenter, reference-controlled cohort study involving 592 patients, Zeel[®] was as effective as the COX 2 inhibitors celecoxib and rofecoxib and was significantly better tolerated. Therefore, this homeopathic combination medication offers a real alternative to allopathic drugs Celebrex[®] and Vioxx[®] in treating mild to moderate osteoarthritis of the knee. Due to its lower cost and the fact that it virtually eliminates the need for secondary medication to control adverse effects, Zeel[®] should also reduce the cost of long-term arthritis management.

Birnesser H, Klein P, Weiser M. Treating Osteoarthritis of the Knee: A Modern Homeopathic Medication Works as well as COX 2 Inhibitors. *Der Allgemeinarzt*. Vol 25(4) p261-4. 2003.

-Heel BHI
for homeopathy

**BHI Product
Information**

BHI Alertness

Tablets

Indications:

For the temporary relief of mental fatigue, stress-related irritability and mental symptoms of excessive alcohol or nicotine consumption.

Ingredients:

Phosphoricum acidum 4X, 10X (confusion; difficult comprehension, weak memory, slow to answer), **Anacardium orientale 6X** (anxiety; weakness of memory; mind goes blank during exams), **Arsenicum iodatum 6X** (profound prostration; emaciation; promotes appetite), **Kali phosphoricum 6X** (weakness after mental work), **Staphysagria 6X** (disinclined to mental work; weakness of memory), **Lycopodium clavatum 8X** (confused thoughts; confusion about everyday things; disinclination to talk; depression of spirits), **Calcarea phosphorica 10X** (forgetfulness; difficulty in performing intellectual operations; headache of young girls), **Ignatia amara 10X** (pressing headache in right half of forehead; pain as if a nail were driven through side of head; mistakes in writing and talking), **Silicea 10X** (startled from least noise; weakness and sense of great debility; mind confused), **Selenium metallicum 12X** (mental labor fatigues; difficult comprehension; vertigo as if intoxicated; strong desire to sleep), **Nux vomica 30X** (irritable; angry; critical; anxious; confused; intolerant of light and noise; sleepiness during the day), 25 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Allergy

Tablets

Oral vials

Indications:

For the temporary relief of sneezing and coughing, runny nose, watery eyes, skin rashes and hives.

Ingredients:

Arnica montana, radix 6X (itching, burning skin; eruption of small pimples; spasmodic cough; neurodermatitis), **Ignatia amara 6X** (itching nettle rash; dry, spasmodic cough), **Lycopodium clavatum 6X** (nasal congestion; violent itching; fissured eruptions; tickling cough), **Thuja occidentalis 6X** (chronic nasal catarrh with thick, green mucus; warts; asthma; eczema), **Lappa major 8X** (pimples; acne; boils and styes), **Arsenicum album 8X** (urticaria; dry, rough scaly skin; eczema), **Formicum acidum 8X** (hoarseness with dry sore throat; asthma), **Histaminum 8X, 12X, 30X, 200X (8X, 12X, 30X in oral vials)** (swelling; heat and redness; eczema; nasal congestion; itchy rashes), **Ledum palustre 8X** (facial acne; itching of feet and ankles; tickling in larynx, spasmodic cough), **Antimonium crudum 10X** (chronic blepharitis; urticaria; warts; eczema), **Graphites 10X** (eczema of eyelids; pimples and acne; eruptions with sticky exudation), **Pix liquida 10X** (cracked skin itches intolerably; eczema on backs of hands; scaly eruptions), **Tellurium metallicum 10X** (eczema behind ears; itching of eyelids and scalp; coryza), **Selenium metallicum 12X** (itching of ankles and between fingers; acne; hoarseness), **Sulphur 12X** (pruritus; dry, scaly, unhealthy skin; burning skin worse from washing or scratching; copious nasal mucus), **Sulphuricum acidum 30X** (runny nose, with obstruction of one nostril; loss of smell and taste; eyes red; itching over whole body), 15.79 mg each/300 mg tablet or 5.5 ml each/100 ml oral vials.

How supplied:

Tablets: Bottle containing 100 tablets.

Oral vials: Pack containing 10 vials of 2.2 ml.

BHI Arnica

Ointment

Indications:

For the treatment of minor injuries, wounds and bruises.

Active ingredient:

Arnica montana, radix 3X.

BHI Arnica Ointment contains homeopathically prepared arnica root. Arnica montana, or leopard's bane, is a medicinal plant which is especially effective in the treatment of the following: Minor traumatic injuries, abrasions, bruising, insect bites and stings.

How supplied:

Tube containing 1.6 oz. (50 g).

BHI Arnica PC

Tablets

Indications:

For the temporary relief of muscular injury, mental stress or shock and general exhaustion.

Ingredients: Arnica montana, radix 6X, 12X, 30X, 200X, 75 mg each.

How supplied:

Bottle containing 100 tablets.

BHI Arthritis

Tablets

Indications:

For the temporary relief of swollen and painful joints, muscle stiffness and rheumatic symptoms.

Ingredients:

Bryonia alba 4X, 8X, 12X, 30X (joints red, stiff, swollen; pain from slightest motion, then better upon continued motion), **Rhus toxicodendron 4X, 8X, 12X, 30X** (painful swelling of joints; rheumatic pain over all extremities, better with motion; neck stiffness; paralytic heaviness of legs and feet; great debility and soreness, especially when at rest; pain in joints of upper limbs, worse in cold, wet weather), **Colocynthis 5X** (rheumatic tearing; stiffness of neck muscles when moving head; painful cramps in all muscles), **Arnica montana, radix 6X** (paralytic pain in all joints during motion; weary, bruised feeling; worse towards evening; heaviness in all limbs), **Colchicum autumnale 6X** (articular rheumatism, worse from motion; gouty diathesis; inflammation of big toe; rheumatic pain in joints of fingers), **Dulcamara 6X** (rheumatic affections caused by exposure to damp, cold air; exostosis), **Ledum palustre 6X** (feels chills, but pain relieved by cold; rheumatism begins in feet, then goes up the body; cracking of joints; trembling of hands on grasping or moving them), **Ranunculus bulbosus 6X** (intercostal rheumatism; pain in ribs; spasmodic pain in arms; arthritic pain in muscles), **Berberis vulgaris 8X** (arthritic and rheumatic affections associated with urinary complaints; paralytic pain in right shoulder; gouty constipation), **Causticum 8X** (dull pain in hands and arms; painful stiffness of neck; arthritic pain in all parts of limbs), **Rhododendron chrysanthum 8X** (rheumatic pain in all limbs, worse before a storm; pain worsens while at rest), **Lycopodium clavatum 10X** (stiffness of neck; drawing pain in all limbs), **Sulphur 10X** (rheumatic gout; great debility and trembling; symptoms worse from rest, better during motion), **Ferrum phosphoricum 12X** (articular rheumatism with fever,

shooting pain, worse from motion), 15 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Asthma

Tablets

Indications:

For the temporary relief of shortness of breath, tightness in the chest, wheezing and dry cough.

Ingredients:

Arsenicum album 12X (feeling of suffocation on lying down; restlessness and thirst, wheezing, worse at night; burning in chest; exhaustion), **Carbo vegetabilis 12X** (roughness in larynx; desire for fresh air; burning in chest; breath cold), **Sulphur 12X** (voice rough and hoarse; dyspnea; aphonia; weakness of chest when talking; chronic eczema; profuse itching), 100 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

Warning: Do not use this product unless a diagnosis of asthma has been made by a doctor. Do not use this product if patient has been hospitalized for asthma or if patient is taking any prescription drug for asthma, unless directed by a doctor.

BHI Back

Tablets

Indications:

For the temporary relief of lower back pain, leg and hip pain and neuralgia.

Ingredients:

Colocynthis 5X (tearing pain aggravated by anger and indignation; improved through warmth and hard pressure), **Gnaphalium polycephalum 5X** (pain and numbness of back, hips, and limbs), **Ammonium muriaticum 6X** (pain worse sitting, better lying down), **Gelsemium sempervirens 6X** (muscle stiffness), **Rhus toxicodendron 8X** (tearing pain in tendons, ligaments and fasciae with stiffness; soreness of condyles), **Arsenicum album 10X** (spasms, heaviness and cramps in calves; peripheral neuritis and burning pain during the night; rheumatic affections), **Chamomilla 10X** (rheumatic pain which drives patient out of bed at night), 42.86 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Bleeding

Tablets

Indications: For the temporary relief of minor nosebleeds, bleeding of the gums, excessive menstruation and bleeding from minor injuries.

Ingredients:

Thlaspi bursa pastoris 4X (frequent, copious menses; passive nasal hemorrhage), **Aceticum acidum 6X** (general bleeding; hemorrhages after labor), **Crocus sativus 6X** (bleeding between menses; dark, stringy, clotted nose-bleed), **Ipecacuanha 6X** (early, profuse menses with nausea), **Arnica mon-**

tana, radix 8X (bleeding after fits of coughing, bruising), **Erigeron canadensis 8X** (general bleeding, profuse, bright red blood), **Hamamelis virginiana 8X** (bleeding hemorrhoids, profuse nosebleed), **Millefolium 8X** (general bleeding, nosebleed), **Bovista 12X** (excessive menstruation, menses worse at night), **Phosphorus 12X** (bleeding from minor injuries, chronic nasal catarrh with small hemorrhages), **Crotalus horridus 15X** (hemorrhagic diathesis, general bleeding), 27.27 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Body Pure

Tablets

Indications:

For the temporary relief of symptoms caused by environmental pollution, nausea, headache, fatigue, eczema, minor skin rashes.

Ingredients:

α-Lipoicum acidum 3X, 6X, 8X (forgetfulness, restless sleep, itching of the skin), **Avena sativa 3X** (nervous exhaustion, insomnia), **Ricinus communis 3X** (abdominal pain, desire to sleep, chills), **Solidago virgaurea 4X** (urinary symptoms and cloudy urine), **Viola tricolor 4X** (intolerable itching, eruptions over face and head worse at night), **Berberis vulgaris 6X** (mental and physical fatigue, sleepiness during the day, disturbed sleep), **Caffeinum 6X** (restlessness, anxiety), **Juglans regia 6X** (mental and physical fatigue, skin eruptions), **Rhamnus purshiana 6X** (constipation), **Urtica urens 6X** (burning in the throat, itching of fingers and hands), **Cholesterinum 10X** (liver dysfunction), **Influenzinum 12X** (tendency to catch cold and as a prophylactic for influenza), **Petroleum 12X** (itching in the eyes and lids, skin unhealthy), **Tabacum 12X** (difficulty concentrating, headache from fatigue, itching of the skin), **X-ray 12X** (dry skin, nausea and vomiting), **Nux vomica 30X** (complaints secondary to medication, alcohol, tobacco, coffee, emotional upset), 16.67 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Bone

Tablets

Indications:

For the temporary relief of aches and pains in bones and teeth, rheumatic pain and slowly healing fractures.

Ingredients:

Asafoetida 6X (swelling and caries of tibia and bones of feet; painful throbbing in tip of big toe), **Kalmia latifolia 8X** (neuralgic pain from neck to finger; pressure in left arm; rheumatic pain in limbs, rheumatic endocarditis; changeable rheumatic pain all over body), **Aurum metallicum 12X** (pain in bones at night; bones very sensitive to touch; knee pain), **Hekla lava 12X** (exostosis pain), **Mercurius praecipitatus ruber 12X** (periosteum alterations; drawing pain in tibia), **Natrum sulphuricum 12X** (pain worse in wet weather; bruised pain in small of back), **Aranea diadema 15X** (deterioration in cold weather; simple periostitis; toothache), **Lycopodium clavatum 30X** (stiffness of joints; finger joints inflamed and swollen; chronic gout), 37.5 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Bronchitis

Tablets

Indications:

For the temporary relief of wet and dry coughs, minor bronchial pain and irritation and smoke-induced cough.

Ingredients:

Lobelia inflata 4X (bronchial asthma; pressure in chest made better by rapid walking; dyspnea), **Hyoscyamus niger 5X** (dry, spasmodic cough at night, worse on lying down; much mucus), **Sticta pulmonaria 5X** (severe dry, racking cough; mucous membranes dry), **Antimonium tartaricum 5X** (dry cough with mucus secretion, excited by eating), **Belladonna 6X** (voice husky; dry cough; violent cough in sleep; barking cough), **Bryonia alba 6X** (cough when entering a warm room; dry coughs as if from stomach; intense stitches in chest), **Hepatica triloba 6X** (pharyngitis; bronchitis; phlegm is sticky), **Ipecacuanha 6X** (cough causing inclination to vomit, without nausea), **Kreosotum 6X** (secretions with bad odor; itching; smoker's cough), **Pertussinum 30X** (all types of coughs, especially spasmodic coughs), 30 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Calendula

Ointment

Indications:

For the temporary relief of minor burns, scrapes or chapped and irritated skin.

Active ingredient:

Calendula officinalis 1X.

The medicinal plant, *Calendula officinalis* (marigold), is effective when used for the following: All wounds with poor tendency to heal, burns, sunburn and frost-bite.

How supplied:

Tube containing 1.6 oz (50 g).

BHI Calming

Tablets

Indications:

For the temporary relief of insomnia, restlessness, anxiety and symptoms of PMS.

Ingredients: **Chamomilla 2X** (disposition to cry and be angry; irritability; restlessness; sleeplessness; complaints during teething), **Humulus lupulus 2X** (headache with dizziness; twitching muscles; sensation of insects crawling under the skin), **Passiflora incarnata 2X** (insomnia; restless and wakeful from worry and overwork), **Valeriana officinalis 2X** (oversensitive; irritable; swearing mad; changeable disposition; sleeplessness), **Veratrum album 4X** (persistent mania with desire to tear clothes; sadness), **Ignatia amara 8X** (changeable disposition; laughter and sadness with tears; full of suppressed grief; convulsive twitching), **Coffea cruda 10X** (sleeplessness from great excitement; pain seems unbearable; fainting from sudden emotion; acute hearing), **Moschus 10X** (nervous trembling; speech confused; easily panicked), **Sulphur 12X** (melancholy, inclined to weep; great anxiety and apprehension in evening; sleepy during day; wakeful at night), **Nux vomica 30X** (bad effects from coffee, tobacco and liquor; very sleepy in evening then sleepless at night; awakens at 3 am;

arises in morning unrefreshed with dull headache), 30 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Chamomilla Complex

Tablets

Indications:

For the temporary relief of earaches, toothaches, teething, restlessness and irritability.

Ingredients:

Chamomilla 4X (pressing earache; also for children's diseases where restlessness is common), **Plantago major 4X** (neuralgic earache, toothaches), **Pulsatilla 4X** (stuffy ears, external ear swollen and red), **Aconitum napellus 5X** (external ear hot, red, painful and swollen; earache; great sensitivity to noise), **Capsicum annuum 6X** (painful swelling behind the ears; sleeplessness), **Kali chloricum 6X** (eustachian tube catarrh), **Ferrum phosphoricum 10X** (first stage of otitis), **Hepar sulphuris calcareum 10X** (mastoiditis, hardness of hearing, throbbing of ears), 37.5 mg each/300 mg tablet.

Warning: Consult a physician if symptoms persist or are accompanied by fever, discharge from ear or dizziness.

How supplied:

Bottle containing 100 tablets.

BHI Chelidonium Complex

Tablets

Indications:

For the temporary relief of flatulence, bloating, indigestion and abdominal discomfort.

Ingredients:

Belladonna 8X (spasmodic hiccough; pain in epigastrium; painfully distended abdomen), **Chelidonium majus 8X** (gastralgia; tongue coated yellow showing imprint of teeth; stools yellow or clay-colored; urine dark yellow; pain in right shoulder blade), **Cinchona officinalis 8X** (gas blocked in stomach; neuralgia and dizziness upon rising from bed), **Veratrum album 8X** (colic, as if intestines were twisted in a knot; violent hunger; excessive thirst), **Calcarea carbonica 10X** (abdomen swollen, distended with hardness), **Cholesterinum 10X** (obstinate hepatic engorgements), **Lycopodium clavatum 10X** (distension of abdomen from flatulence; colic), 42.86 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Chest

Tablets

Indications:

For the temporary relief of respiratory discomfort due to coughs, chest muscle soreness and rib pain.

Ingredients:

Bryonia alba 4X (stitches in sternum on coughing; cannot bear to take a deep breath), **Ranunculus bulbosus 4X** (intercostal rheumatism, chest feels sore and bruised; short, oppressed breathing; stitches in chest; worse from motion

and contact), **Asclepias tuberosa 6X** (chest pain relieved by bending forward), **Kali carbonicum 6X** (cutting pain in chest in evening; stitches in chest on inspiration; weakness of chest), **Natrum sulphuricum 6X** (asthma and dyspnea in damp weather; pressure on chest as of a heavy load; worse from motion and pressure), **Sticta pulmonaria 6X** (dry cough, worse evening and night; incessant, racking cough), **Arsenicum iodatum 8X** (chronic bronchitis; dry cough without expectoration), **Dulcamara 8X** (cough; worse in cold, wet weather), **Colocynthis 10X** (oppression of chest; pain in right deltoid and from hip to knee; cough at night), **Sulphur 30X** (violent cough with pain in sternum; weakness of chest when talking; stitches in chest extending to back or to left scapula), 30 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Cold

Tablets

Indications:

For the temporary relief of chills and fever, body aches, runny nose and nasal congestion.

Ingredients:

Pulsatilla 6X (inflammation of eyes and eyelids; violent pain in ears; nasal congestion in evening; tickling and scraping in larynx; difficult breathing; tenacious mucus in throat), **Sulphur 8X** (roughness, dryness of throat; violent fluent coryza with sneezing; itching and burning in nostrils; tearing pain in head; burning sensation in eyelids; ringing in ears; laryngeal and bronchial catarrh), 150 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Constipation

Tablets

Indications:

For the temporary relief of bowel irregularity, bloating and abdominal cramping.

Ingredients:

Dioscorea villosa 4X (constipation; stomach pain when eating causing patient to discontinue eating), **Nux vomica 8X** (incomplete stool; alternating constipation and diarrhea after laxative use; constipation with hemorrhoids), **Natrum muriaticum 200X** (constipation alternating with diarrhea, often accompanied with intestinal weakness), 100 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Cough

Tablets

Indications:

For the temporary relief of coughs due to colds and flu, smoke-induced cough, wet and dry cough.

Ingredients:

Illicium anisatum 4X (pain in region of third rib; cough with pus-like phlegm),

Ipecacuanha 4X (rattling noises in air passages during respiration; shortness of breath), **Stachys betonica 4X** (further expectoration; catarrhs; abdominal pain), **Hepatica triloba 5X** (irritation of throat with production of sputum), **Lobelia inflata 5X** (spasmodic cough with vomiting), **Arsenicum iodatum 6X** (dry, irritating cough), **Belladonna 6X** (short, dry cough from tickling in larynx), **Naphthalinum 6X** (spasmodic cough with asthma and soreness in chest), **Natrum sulphuricum 6X** (asthmatic cough, worse in wet weather), **Quebracho 6X** (smoke induced cough; increases oxygen in blood), **Antimonium tartaricum 6X** (dry cough with vomitus), **Blatta orientalis 8X** (cough with bronchitis; asthma with much pus-like mucus; stout and corpulent patients mainly affected), **Bryonia alba 8X** (hard, dry cough with rawness and pain), 21.43 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Diarrhea

Tablets

Indications:

For the temporary relief of abdominal cramps, gas and colic.

Ingredients:

Aloe socotrina 4X (involuntary excretion, inflamed and sore anus), **Tormentilla 4X** (colitis; acute gastroenteritis), **Veratrum album 5X** (painful, copious, watery diarrhea, followed by exhaustion), **Arsenicum album 6X** (heavy, watery excretion of intestines; exhaustion; severe weakness), **Colocynthis 6X** (painful gastro-intestinal colic and cramps), **Cuprum aceticum 6X** (cramps in the intestines and legs), **Mercurius corrosivus 6X** (slimy secretions of the intestines), **Podophyllum peltatum 6X** (morning, painless diarrhea, alternating with constipation), **Ferrum phosphoricum 10X** (watery, bloody stools), **Carbo vegetabilis 12X** (diarrhea; slow digestion; involuntary, putrid smelling stool; abdominal cramps and gas), 30 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Echinacea P.C.

Tablets

Indications:

For the temporary relief of fever and inflammation; symptoms of minor infections.

Ingredients:

Echinacea angustifolia 6X, 12X, 30X, 200X (immune stimulation; fever; inflammation; infection), **Echinacea purpurea 6X, 12X, 30X, 200X** (anti-inflammatory defensive stimulation; infection; exhaustion), 37.5 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Eczema

Tablets

Indications:

For the temporary relief of symptoms of acute and chronic eczema including dry, rough, scaly skin, itching and burning.

Ingredients:

Berberis vulgaris 6X (itchy, scratchy, inflamed skin), **Rhus toxicodendron 8X** (pustular inflammation), **Arsenicum album 10X** (eczema, rough, dry, scaly skin; symptoms alternate with asthma), **Graphites 10X** (moist, crusty oozing skin; thickening of skin; eczema of the eyelids), **Hydrofluoric acidum 10X** (ulcerations improved by cold), **Kreosotum 10X** (eczema on eyelids, face joints, back of hands; itching worse towards evening), **Petroleum 10X** (eczema in and behind ears; hard, rough, thick skin; itching worse at night), **Sepia 10X** (thick crusts on joints; itching not relieved by scratching), **Lycopodium clavatum 12X** (eczema associated with urinary, gastric, hepatic disorders), **Sulphur 12X** (dry, scaly, unhealthy skin; burning when scratched; itching worse with warmth), 30 mg each/ 300 mg tablet.

How supplied: Bottle containing 100 tablets.

BHI Enzyme

Tablets

Indications:

For the temporary relief of malaise and exhaustion, stress and fatigue and nutritional insufficiency.

Ingredients:

Nicotine acid amide 4X, **Vitamin B1** (Pyridoxinum hydrochloricum) **4X**, **Vitamin B2** (Riboflavinum) **4X**, **Vitamin B6** (Thiaminum hydrochloricum) **4X**, **Vitamin C** (Ascorbicum acidum) **4X**, **Vitamin B12** (Cyanocobalaminum) **6X** (these vitamins assist enzymes which are essential to the body's metabolism, help regulate the body's oxidation state, and reduce the effects of free-radicals), **Cysteinum 6X** (important detoxification factor for sulfide enzymes), **Magnesia phosphorica 6X**, **Natrum oxalaceticum 6X**, **α -Lipoicum acidum 8X**, **Cerium oxalicum 8X**, **Cis-aconitate 8X**, **Citricum acidum 8X**, **Coenzyme A 8X**, **Fumaricum acidum 8X**, **α -Ketoglutaricum acidum 8X**, **Malonicum acidum 8X**, **Natrum pyruvicum 8X**, **Succinicum acidum 8X** (these ingredients are components of the Krebs cycle which facilitate metabolic functions, energy utilization and biosynthesis), **Pulsatilla 8X** (pain in legs and thighs, with restlessness; sleeplessness), **Baryta oxalsuccinicum 10X**, **ATP (Adenosine-triphosphate) 10X**, **Manganum gluconicum 10X**, **Nadidum 10X**, **Hepar sulphuris calcareum 10X** (these ingredients facilitate metabolic functions, energy utilization and biosynthesis), **Sulphur 30X** (promotes detoxification in chronic cases), 11.54 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Exhaustion

Tablets

Indications:

For the temporary relief of fatigue, overexertion, stress and insomnia.

Ingredients:

Cinchona officinalis 4X (exhaustion following loss of blood or nursing; great

debility; body sore all over; excessive sensitivity of all nerves; intolerable pain in small of back), **Cocculus indicus 5X** (weakness of cervical muscles, unable to support head; light-headedness), **Aletris farinosa 6X** (exhaustion with dull, heavy feeling in head; debility, especially in females, from illness or defective nutrition), **Citricum acidum 6X** (factor of citric acid cycle; improves oxygen utilization), **Kali phosphoricum 6X** (nervous weakness; depressive mood), **Phosphorus 6X** (general weakness with trembling of limbs; emotional irritability; light-headedness), **Picricum acidum 6X** (great weakness with tendency to lay down; indifference; general prostration; both mental and physical), **Muriaticum acidum 8X** (debility following low fevers; slides down in bed; excessive prostration), **Sepia 12X** (exhaustion and faintness in morning; great apathy; listlessness and aversion to all work), 33.33 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Eye

Tablets

Indications:

For the temporary relief of red and swollen eyes, ocular irritation and ocular fatigue.

Ingredients:

Euphrasia officinalis 6X (acute or subacute conjunctivitis; photophobia), **Kalmia latifolia 8X** (scleritis; pain increased by moving the eyes), **Rhus toxicodendron 8X** (eyes and lids inflamed, swollen, red; edematous, pustular inflammations), **Staphysagria 8X** (affections of the eyelids; styes; chalazae; arthritic ophthalmia; burning of eyes, sunken with dark rings), **Aethiops mercurialis-mineralis 10X** (ocular swelling; ophthalmia), **Apis mellifica 12X** (eyelids swollen, red; photophobia), **Graphites 12X** (scrofulous ophthalmia; burning, itching, styes), **Belladonna 30X** (pupils dilated; eyes feel swollen and protruding; conjunctiva red and dry), 37.5 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Feminine

Tablets

Indications:

For the temporary relief of symptoms of PMS, irregular menses and symptoms of menopause.

Ingredients:

Pulsatilla 4X (amenorrhoea; pain in back), **Sanguinaria canadensis 4X** (profuse menses; breast soreness), **Lilium tigrinum 5X** (early, scanty, dark menses; sensation of heavy weight in uterine region as though all organs could escape through the vagina), **Apis mellifica 6X** (abdominal swelling and tenderness associated with menstruation), **Cocculus indicus 6X** (menses dark, profuse; dysmenorrhoea; early clotted menses with spasmodic colic), **Palladium metallicum 10X** (metrorrhagia; right-sided pain and backache), **Sepia 10X** (dryness of vulva and vagina especially after menses), **Sulphur 10X** (external genital itching; vagina burns), **Lachesis mutus 12X** (climacteric troubles; hot flashes; metrorrhagia; pain aggravated by pressure of clothes; menses irregular), **Oophorinum 12X** (hormonal balance), 30 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI FluPlus

Tablets

Indications:

For the temporary relief of symptoms of flu and colds, chills, fever, nausea, body aches and fatigue.

Ingredients:

Zincum gluconicum 3X, **Zincum metallicum 3X** (nonspecific defense mechanism support; weakness and exhaustion with light-headedness; hoarseness; dryness in throat), **Aconitum napellus 4X** (fever; chilliness towards evening; profuse, hot sweat; skin shining, hot, swollen; great anxiety and restlessness), **Bryonia alba 4X** (intermittent fever; great weakness and exhaustion; excessive thirst; headache from first opening eyes in morning; all symptoms worse from motion), **Eupatorium perfoliatum 4X** (catarrhal and bilious fevers; headache; influenza with much sneezing; fever with little or no perspiration; aching in every bone), **Ipecacuanha 6X** (persistent nausea and vomiting; profuse accumulation of saliva; body rigid; diarrhea), **Pulsatilla 6X** (burning and itching in eyes; frequent sneezing; loss of smell and taste; thirstlessness; morning nausea), **Mercurius corrosivus 8X** (antiviral effects against suppuration and inflammation of mucous membranes), **Phosphorus 8X** (bronchitis; chilliness with shivering, without thirst; dry cough), **Sulphur 8X** (light-headedness; pressive headache, especially in morning; heat and burning in face; weariness), **Influenzinum 12X** (simile effect against flu infection), **Lachesis mutus 12X** (weakness of whole body in morning upon rising; cough worse after sleep; chilliness in back; pain in ears; sore throat), **Anas barbariae, hepatis et cordis extractum 200 CK** (early onset of flu symptoms including fever, chills, body aches), 23.08 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Gastro-Cleanse

Tablets

Indications:

For the temporary relief of dyspepsia, abdominal bloating and indigestion.

Ingredients:

Cinchona officinalis 4X (slow digestion; intolerance to milk; belching of food; flatulent colic), **Leptandra virginica 6X** (yellow coated tongue; dyspepsia; pain in the abdomen, stomach and liver), **Cynara scolymus 8X** (hepatic detoxification; diuretic), **Fel tauri 8X** (white coated tongue; eructations; gurgling in the stomach and epigastric region), **Galium aparine 8X** (diuretic, painful urination, promotes regressive vicariation in chronic diseases), **Lycopodium clavatum 8X** (sour regurgitation of food; nausea with bitter taste in the mouth; heartburn; vomiting), **Phosphorus 10X** (nausea; fullness in stomach), **Sulphur 10X** (heartburn; pyrosis; sensation of coldness or heat in the stomach region with much sensitivity), **Niccolum metallicum 12X** (bitter taste in the mouth with sour eructation; nausea; burning in the stomach), 33.33 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Ginkgo Complex

Tablets

Indications:

For the temporary relief of mental fatigue, forgetfulness and inability to concentrate.

Ingredients:

Ginkgo biloba 2X (light-headedness; memory loss), **Baryta carbonica 8X** (memory loss; mental weakness; confusion; forgetfulness; mental exhaustion), 15 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Hair & Skin

Tablets

Indications:

For the temporary relief of hair loss, dandruff, acne vulgaris, dry hair, split ends, brittle nails and cuticles.

Ingredients:

Galium aparine 6X (chronic skin disorders), **Ignatia amara 6X** (hair loss; itching relieved by scratching), **Lycopodium clavatum 6X** (itching 'liver spots;' chronic urticaria), **Thuja occidentalis 6X** (epithelioma; ulcers in anogenital region; dry skin with brown spots; hair loss and split ends of hair; nails brittle or soft; wart-shaped excrescences, especially on hands and genitals), **Urtica urens 6X** (urticaria; hives; furthers growth of hair; formication), **Phosphoricum acidum 8X** (hair loss especially due to anxiety; formication of whole body), **Arsenicum album 10X** (itching, burning skin; dry, rough, scaly skin, aggravated by cold and scratching; urticaria), **Natrum muriaticum 12X** (fever blisters; cracked corners of mouth; hives, rash or eczema; dandruff and seborrhea; dermatitis), **Selenium metallicum 12X** (debility and loss of hair after exhausting disease; hair loss from brows, beard, genitals; alopecia; seborrhea), 33.33 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Hayfever

Nasal spray

Indications:

For the temporary relief of itchy and watery eyes, sneezing and runny nose and nasal congestion.

Ingredients:

Galphimia glauca 4X, 12X, 30X (specific for allergies; asthma; vaso-motor rhinitis; neurodermitis; hayfever; 10 ml each/100 ml), **Luffa operculata 4X, 12X, 30X** (rhinitis; sinusitis; mucosal inflammation 10 ml each/100 ml), **Histaminum 12X, 30X, 200X** (allergic illnesses; rhinitis; bronchial asthma 5 ml each/100 ml), **Sulphur 12X, 30X, 200X** (reddened lips, ears and eyelids; nasal congestion indoors; burning eyes 5 ml each/100 ml).

How supplied:

Spray bottle containing 20 ml.

BHI Headache

Tablets

Indications:

For the temporary relief of headache due to stress, eye strain, nervousness or tension headache.

Ingredients:

Cimicifuga racemosa 4X (severe pain in head and eyes; throbbing headache after over-study or worry; pressing-outward pain), **Gelsemium sempervirens 4X** (dull, heavy headache spreading from back of head), **Rhus toxicodendron 4X** (headache pain in forehead that spreads to back of head), 100 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Headache II

Tablets

Indications:

For the temporary relief of throbbing headache pain, sinus headache pain and headache pain aggravated by noise and light.

Ingredients:

Cinchona officinalis 4X (headache better when lying down), **Condurango 4X** (constitutional pain), **Pulsatilla 4X** (wandering stitches and pain about head, extending to face and teeth), **Aceticum acidum 6X** (nervous headache), **Arsenicum album 6X** (headaches improved by cold; other symptoms are worsened by cold), **Asafoetida 6X** (darting pain and caries in bones; periosteal painful, enlarged, swollen with ulcers; caries of the nasal bones), **Lycopodium clavatum 6X** (headache with light-headedness), **Natrum sulphuricum 6X** (occipital pain; drilling in right temple), **Phosphoricum acidum 6X** (head heavy and confused, worsened by shaking or noise; crushing headache; periosteal pains), **Secale cornutum 6X** (headache; insomnia with restlessness; anxious dreams; pale face with congestive pain; conditions are improved by cold (contrary to Arsenicum album); excessive thirst; twitching abdomen muscles), **Ara-nea diadema 8X** (periodicity of all symptoms; coldness and great susceptibility to dampness), **Kalmia latifolia 8X** (rapidly changing pain; rheumatic pain; neuralgias), **Strychninum nitricum 8X** (hyperirritability and restlessness with bursting headache and heat in eyes), **Calcarea phosphorica 10X** (headache, worse in the region of sutures and from change of weather), **Carbo vegetabilis 10X** (headaches from any overindulgence; hair feels sore; head feels heavy and constricted), **Curare 10X** (lancinating pain all over head; head drawn backward; sensation of brain feeling full of fluid), **Mercurius praecipitatus ruber 10X** (sensitivity of periosteum, tendency to periosteum swelling with pain), **Silicea 10X** (pain beginning at occiput, spreading over head and settling over eyes, especially left side, improved by warm compresses), **Uranium nitricum 12X** (important trace element), **Bryonia alba 30X** (bursting and splitting headache as if everything would be pressed out; worse with motion), 15 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Hemorrhoid

Tablets

Suppositories

Indications:

For the temporary relief of rectal itching, rectal burning and hemorrhoidal swelling.

Ingredients:

Aesculus hippocastanum 4X (feeling in rectum as if it were filled with small sticks; soreness, burning, itching, fullness in rectum and anus), **Aloe socotrina 4X** (heat, soreness and heaviness in rectum and anus), **Collinsonia canadensis 4X** (constipation; stools light-colored and lumpy, with straining, followed by dull pain in the anus and hypogastrium; diarrhea; violent tenesmus and sharp cutting), **Nux vomica 5X** (hemorrhoids, sticking, beating, oppressive pain in rectum and anus), **Leptandra virginica 6X** (fetid, profuse, black stool running out in a stream, first hard, black and lumpy, then mushy), **Muriaticum acidum 6X** (anal prolapse while urinating; hemorrhoids protruding, like a bunch of grapes, swollen and blue), **Paeonia officinalis 6X** (itching in anus; burning after stool), **Sulphur 10X** (burning and pressure in rectum during stool), 37.5 mg each/300 mg tablet or 138 mg each/1.1 mg suppository.

How supplied:

Tablets: Bottle containing 100 tablets.

Suppositories: Pack containing 10 suppositories.

Warning: In case of bleeding, a physician should be consulted.

BHI Hemorrhoid Relief

Ointment

Indications:

For the temporary relief of hemorrhoidal discomfort and rectal soreness.

Active ingredient: Paeonia officinalis 1X.

The medicinal plant, Paeonia officinalis (peony) is effectively applied in homeopathy for the treatment of the following: Hemorrhoids and other rectal disorders, e.g., anal fissures, itching, burning, ulcers and rhagades.

How supplied: Tube containing 1.6 oz. (50 g).

Warning: In case of bleeding, a physician should be consulted.

BHI Infection

Tablets

Indications:

For the temporary relief of redness and swelling due to infection, cuts, abrasions and minor burns.

Ingredients:

Echinacea angustifolia 3X (minor infections; exhaustion), **Echinacea purpurea 3X** (anti-suppurative factor; septic conditions), **Mercurius solubilis 8X** (glandular swelling with or without suppuration; involuntary trembling of voluntary muscles; cold swelling; slowly suppurating abscesses; dropsical conditions with emaciation), **Hepar sulphuris calcareum 10X** (promotes suppuration; extreme sensitivity to touch; sharp splinter-like pain), 75 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Inflammation

Tablets

Indications:

For the temporary relief of arthritis, rheumatism, minor injuries, fever and acne vulgaris.

Ingredients:

Echinacea purpurea 2X (inflammation; crushing injuries), **Belladonna 4X** (violent, intense inflammation; congestive headaches; inflammation of eyes; throbbing pain), **Bryonia alba 5X** (serous inflammation; promotes exudation), **Arnica montana, radix 6X** (inflammation from injuries, bruises and contusions), **Dulcamara 6X** (catarrhal and rheumatic inflammation; symptoms aggravated by cold, damp weather), **Phytolacca decandra 6X** (inflammation; chronic rheumatism), **Pulsatilla 6X** (catarrhal affections with thick, yellow-green discharge; acute coryza), **Rhus toxicodendron 6X** (inflammation of skin, mucous membranes, joints and muscles), **Thuja occidentalis 6X** (constitutional sensitivity against cold, wet weather), **Argentum nitricum 8X** (inflammation and ulceration of mucous membranes), **Arsenicum album 10X** (great exhaustion; gastroenteric conditions; tendency to gangrenous inflammation), **Hepar sulphuris calcareum 10X** (promotes suppurations; croupous inflammation, especially of respiratory tract), **Mercurius solubilis 10X** (slowly suppurating abscesses; rheumatic catarrhal inflammation; ear conditions), **Lachesis mutus 12X** (weakness of whole body in morning upon rising; must wear clothes loosely), **Pyrogenium 12X** (fever; coldness and chilliness), **Staphylococcinum 12X** (minor infection) **Streptococcinum 12X** (minor infection), **Influenzinum 15X** (flu symptoms), 16.66 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Injury

Tablets

Indications:

For the temporary relief of bruising, sprains, inflammation, symptoms of infection and minor bleeding.

Ingredients:

Aconitum napellus 4X (sharp pain; inflammation; acute fever), **Arnica montana, radix 4X** (lesions and injuries; bleeding), **Calendula officinalis 4X** (great crushing pain with red contused wounds; suppurations), **Chamomilla 4X** (hypersensitivity to pain; lesions of the skin), **Echinacea angustifolia 4X** (against inflammation), **Echinacea purpurea 4X** (aching in limbs; exhaustion), **Hamamelis virginiana 4X** (painful bruising; very sore muscles and joints), **Hypericum perforatum 4X** (tearing pain everywhere as if luxated), **Symphytum officinale 5X** (fractures; burning pain in limbs), **Aristolochia clematitis 6X** (lancinating and prickling pain; pain in Achilles' tendon), **Belladonna 6X** (against localized inflammation, hematomas), **Bellis perennis 6X** (sensation of crushing of the muscles; stiffness in the muscles, bruises, sprains), **Millefolium 6X** (minor bleeding), **Rhus toxicodendron 6X** (against inflammation and rheumatism), **Hepar sulphuris calcareum 10X** (antisuppuration effect), **Veratrum album 10X** (calf cramps; sciatica), **Carbo vegetabilis 12X** (limbs feel paralyzed, go to sleep), **Mercurius solubilis 12X** (against suppuration; abscesses, inflammation; antiviral effect), **Arsenicum album 15X** (great exhaustion after slightest exertion), **Sulphur 30X** (reactivation of defense systems; fevers; illness), 15 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Intestine

Tablets

Indications:

For the temporary relief of abdominal cramping, diarrhea, constipation and abdominal discomfort due to excessive consumption of alcohol or nicotine.

Ingredients:

Bryonia alba 5X (inflammation; constipation, stool hard and black), **Colocynthis 5X** (spasms and cramps especially following emotional irritation), **Lycopodium clavatum 5X** (tendency to flatulence), **Nux vomica 5X** (gastrointestinal disease; spasms, dyspepsia, heartburn; worse in the morning and after consumption of alcohol, nicotine and stimulants), **Mercurius corrosivus 6X** (mucosal inflammation and diarrhea), **Sulphur 10X** (abdomen highly sensitive to pressure; hemorrhoids), 50 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Lightheaded

Tablets

Indications:

For the temporary relief of motion sickness, car and sea sickness and lightheadedness due to postural changes.

Ingredients:

Conium maculatum 5X (light-headedness when laying down and turning over in bed, when turning head or eyes; light-headedness with headache), **Cocculus indicus 6X** (light-headedness with inclination to vomit; nausea; headache), **Phosphorus 6X** (light-headedness especially on rising or on changing position quickly; weakness with trembling limbs), **Petroleum 8X** (light-headedness in stooping or rising; pressure and heaviness in occiput), **Ambra grisea 12X** (light-headedness with feeling of weakness in stomach; tearing headache), 60 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Masculine

Tablets

Indications:

For the temporary relief of symptoms of jock itch, male acne and lack of stamina.

Ingredients:

Agnus castus 4X (penis small, flaccid), **Cinchona officinalis 4X** (weakness after frequent emissions and orchitis; after blood loss), **Lycopodium clavatum 4X** (penis small, cold, relaxed; itching on scrotum; prostatic affections), **Petroselinum sativum 4X** (genital burning, tingling, itching; priapism with curvature of penis), **Picric acidum 6X** (terrible nocturnal erections, restless sleep; great desire with emissions at night; nearly constant priapism), **Orchitimum 8X** (specific stimulating effect on masculine hormones), **Sepia 10X** (condyloma of penis), 42.86 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Menstrual

Tablets

Indications:

For temporary relief of difficult menses, amenorrhea and external genital itching.

Ingredients:

Aceticum acidum 4X (excessive menstrual bleeding; breasts painfully enlarged, distended with milk), **Pulsatilla 4X** (amenorrhea; late menses, scanty, thick, dark, clotted, intermittent), **Caulophyllum thalictroides 6X** (painful menses; irritation), **Hydrastis canadensis 6X** (ropy, thick, yellow discharge; sexual excitement; hypertrophy of mucous membranes), **Lilium tigrinum 6X** (menses early; vaginal itching; sharp pain), **Kreosotum 8X** (discharge yellow, acrid, worse between periods), **Asterias rubens 10X** (excitement of sexual instinct with nervous agitation), **Mercurius iodatus flavus 10X** (yellow leukorrhea), **Thuja occidentalis 12X** (burning and itching of genitalia; menses too early, too short; left sided ovarian pains with violent complaints during the menses; tiredness and sensitive breasts), 33.33 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Nausea

Tablets

Indications:

For the temporary relief of queasiness, vomiting, dyspepsia and flatulence.

Ingredients:

Anacardium orientale 6X (hunger pains improved by eating; dyspepsia; intermittency of symptoms, irresistible urge to swear and curse; painful vesicles with fetid odor in the mouth, burning as from pepper), **Ipecacuanha 6X** (persistent nausea and vomiting; spasmodic affections; cough with the sensation that the stomach will turn), **Argentum nitricum 8X** (stitching pain on left side of stomach with ulceration; great desire for sweets; gastroenteritis; errors in perception; impatience), **Robinia pseudoacacia 10X** (acid stomach symptoms; intense acrid eructations), **Carbo vegetabilis 12X** (nausea in morning), **Iodium 12X** (always hungry and thirsty), **Sepia 30X** (nausea at sight and smell of food), 42.86 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Neuralgia

Tablets

Indications:

For the temporary relief of illness-related headaches, neuralgia and radiating pain from the lower back.

Ingredients:

Spigelia anthelmia 8X (semilateral headache involving left eye), **Gelsemium sempervirens 10X** (light-headedness spreading from back side of the head), **Kali bichromicum 10X** (neuralgia and headache preceded by blurred vision, light-headedness), **Thuja occidentalis 10X** (tearing pain, as if pierced by a nail), **Silicea 12X** (headache begins at back side of the head, spreads over head, settles over eyes; desire to warmly wrap the head; neuralgia), **Stannum metallicum 12X** (neuralgic headache in temples of forehead, pain worse with motion, gradually increasing and decreasing as if constricted by a band), **Ther-**

idion 12X (nervous hyperesthesia; light-headedness), **Belladonna 30X** (palpitation, pain, fullness, especially in forehead), 37.5 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Pancreas

Tablets

Indications:

For symptoms associated with hepato-biliary and pancreatic disorders: dyspepsia, diarrhea, nausea, vomiting and constipation.

Ingredients:

Leptandra virginica 6X (tongue coated yellow; profuse, black, fetid, typhoid stools; bilious headache; constipation; bitter taste), **Momordica balsamina 6X** (colic pain due to flatus), **Ceanothus americanus 8X** (left side of abdomen enormous and enlarged), **Podophyllum peltatum 8X** (bilious conditions in general; pain; gallstones, colic with jaundice), **Carbo vegetabilis 10X** (flatulence in stomach and bowels; belching; dyspepsia; indulgence in rich foods), **Lycopodium clavatum 10X** (accumulation of excessive flatulence in abdomen; symptoms aggravated from 4 to 8 pm), **Mercurius iodatus flavus 10X** (tongue yellow at base showing imprint of teeth), **Pancreatinum 10X** (reversal effect in pancreatic affections), **Lachesis mutus 12X** (abdomen painful, sensitive; aggravation from pressure of clothes; dyspepsia; gastralgia), 33.33 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Perspiration

Tablets

Indications:

For the temporary relief of excessive perspiration, offensive foot sweat and night sweats.

Ingredients:

Salvia officinalis 4X (soft, relaxed skin with cold extremities; perspiration), **Sambucus nigra 4X** (fever accompanied by hot flashes; profuse perspiration), **Pilocarpus 5X** (against hyperhidrosis; hot flashes), **Cedron 6X** (neuralgia with transpiration), **Nitricum acidum 6X** (flushes of heat, perspiration on hands; profuse, offensive night sweat; morning perspiration), **Petroleum 6X** (armpit transpiration; profuse, fetid perspiration on feet), **Sanguinaria canadensis 6X** (flushed transpiration; glow of warmth over body), **Thuja occidentalis 6X** (transpiration of covered parts of body; perspiration on feet; profuse night sweat staining the clothes yellow), **Salicylicum acidum 8X** (hot, burning skin; severe transpiration), **Sulphuricum acidum 8X** (profuse perspiration with great debility; flushes of heat), **Calcarea carbonica 10X** (cold feet with transpiration; sweating of palms), **Sepia 10X** (offensive foot sweat causing soreness between toes; profuse perspiration from slightest motion), 25 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI PMS-Mulimen®

Tablets

Indications:

For the temporary relief of menstrual symptoms, cramps and headache pain, irritability, fatigue, swelling and bloating.

Ingredients:

Agnus castus 3X (general exhaustion and weakness; depressive mood), **Hypericum perforatum 3X** (delay in menstruation with cramps), **Urtica urens 3X** (excessive swelling of breasts), **Ambra grisea 4X** (menorrhagia after physical exertion or excitement; tendency to intermenstrual flow), **Cimicifuga racemosa 4X** (complaints associated with the menstrual cycle, pregnancy, and menopause), **Gelsemium sempervirens 4X** (headache; fatigue; chill alternating with heat), **Kali carbonicum 4X** (anxiety; insomnia; backache worse 2-4 am), **Calcarea carbonica 8X** (bloating; mood swings), **Sepia 8X** (menstrual irregularities; amenorrhea or scanty and delayed periods with premenstrual complaints), 33.33 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Recuperation

Tablets

Indications:

For the temporary relief of physical or mental fatigue following injury, illness, or immobility and muscular weakness.

Ingredients:

Causticum 8X (muscular weakness with trembling upon movement), **Gelsemium sempervirens 8X** (impaired speech, inability to concentrate), **Plumbum metallicum 30X** (violent pain in limbs, especially muscular parts of thighs; trembling of hands), 100 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Rendimax®

Tablets

Indications:

For the temporary relief of symptoms of physical exertion, muscle soreness and cramping and burning from lactic acid buildup.

Ingredients:

Ilex aquifolium 2X (stitches in the side), **Oleander 5X** (weakness of lower limbs; diminishing energy; trembling legs), **Arnica montana, radix 7X** (consequences of overexertion; sore, bruised feeling; muscles ache; pain in back and limbs; joints feel as if sprained; overall exhaustion), **Orchitinum 10X** (states of exhaustion; raises level of vitality), **Sarcosolacticum acidum 11X** (sore, tired feeling in the neck, shoulders and back; cramping and stiffness in thighs and calves; weakness in arms; extreme muscular debility and prostration), 0.99 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

The base of BHI Rendimax is a combination of lactose and dextrose, flavored with citric acid. Normal dosage of BHI Rendimax is up to 5 tablets before, during or after physical exertion. BHI Rendimax tablets may be taken as often as every 15 minutes.

BHI Rhus tox P.C.

Tablets

Indications:

For temporary relief of pain due to rheumatism, inflammatory conditions and chronic skin conditions

Ingredients:

Rhus toxicodendron 6X, 12X, 30X, 200X, 75 mg each.

How supplied:

Bottle containing 100 tablets.

BHI Saw Palmetto complex

Tablets

Indications:

For the temporary relief of difficult urination, urinary urgency, frequent urination and burning during urination.

Ingredients:

Petroselinum sativum 4X (irresistible desire to urinate, with intense itching), **Populus tremuloides 4X** (dyspepsia and bladder catarrh among the elderly), **Sabal serrulata 4X** (irritability of genitourinary organs; difficult urination), **Chimaphila umbellata 5X** (scanty urine), **Kreosotum 6X** (enuresis in first part of night), **Succinicum acidum 8X** (detoxification), **Hepar sulphuris calcareum 10X** (weakness of bladder; urine flow intermittent), **Conium maculatum 30X** (interrupted discharge; glandular swelling), 37.5 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Sinus

Tablets

Indications:

For the temporary relief of sinusitis, rhinitis, nasal congestion, sinus pressure and headache, sneezing and runny nose.

Ingredients:

Pulsatilla 4X (coryza; yellow mucus; nasal congestion; nasal passageways blocked), **Euphorbium officinarum 6X** (violent pressure in the head and sinuses; erysipelas; nasal pruritus with mucus secretion), **Hydrastis canadensis 6X** (continuous and thick secretion from posterior nares of throat), **Kali bichromicum 6X** (hacking cough; profuse yellow expectoration; fauces red, rough and inflamed; discharge from mouth and throat; coryza with obstruction of nose), **Thuja occidentalis 6X** (chronic, thick, green mucous catarrh), **Kali iodatum 8X** (watery or green offensive irritating nasal discharge; pain in frontal sinus; stuffiness and dryness of nose; sneezing), **Phosphorus 8X** (inflammation of nasal bones), **Mercurius sulphuratus ruber 10X** (sensation of pressure in the nose particularly at the root or base and extending into the bones on each side; stringy mucus passes through the posterior nares into the throat), **Influenzinum 10X** (promotes antihomotoxic reversal effect against respiratory diseases and sinusitis), 33.33 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Skin

Tablets

Indications:

For the temporary relief of eczema, blisters, cold sores, rashes and hives.

Ingredients:

Berberis vulgaris 6X (flushed face with red, burning patches or pimples; itching blisters; eczema of anus and hands; brown pigmentation after eczema), **Rhus toxicodendron 8X** (red rash over body), **Arsenicum album 10X** (scaly eruption; dry rough skin, worse after scratching and in cold; desquamation over whole body; carbuncles), **Graphites 10X** (eczema on inside of elbow; itching worse from warmth), **Hydrofluoric acidum 10X** (ulcerations, improved by cold; alopecia; brittleness of nails), **Kreosotum 10X** (pustules; ecchymosis; eczemas at dorsal surfaces of fingers), **Petroleum 10X** (chilblains; dry, rough skin; itching and burning at night; chronic, moist eczema), **Sepia 10X** (eczema not relieved by scratching; urticaria better in warm room), **Lycopodium clavatum 12X** (acute and chronic eczema; moist suppurating eruptions; chronic urticaria), **Sulphur 12X** (eczema; itching; burning after scratching; vesicular and herpetic eruptions; fornication over entire body), 30 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Spasm-Pain

Tablets

Indications:

For the temporary relief of leg cramps, abdominal cramps and menstrual cramps.

Ingredients:

Aconitum napellus 4X (acute illness with excitation, fever, pain, inflammation), **Bryonia alba 4X** (inflammation with sharp pain, especially when patient moves; abdominal pain and inflammation), **Colocynthis 4X** (knife-like sharp pain), **Atropinum sulphuricum 6X** (sticking pain in back of skull and over eyes, worse with motion; neuralgic pains in and about eyes; hyperesthesia of some nerves), **Cuprum sulphuricum 6X** (all organ and muscle spasms; menstrual cramps; drawing, tearing pain in extremities and limbs), 60 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Stomach

Tablets

Indications:

For the temporary relief of indigestion, dyspepsia, nausea, heartburn and stomach discomfort due to coffee, alcohol and nicotine.

Ingredients:

Nux vomica 4X (after consumption of too much alcohol, nicotine, eating too much; regulates all functions of the stomach, intestine, and liver; spastic tendencies in the intestines), **Pulsatilla 4X** (sensation of a knot in stomach after eating fatty foods (i.e., pork); flatulence; dyspepsia), **Argentum nitricum 6X** (stomach distress, improved by eructation), **Arsenicum album 6X** (burning pain in the stomach after eating spoiled or too cold foods (ice cream, etc.); peri-

odic symptoms), **Natrum phosphoricum 6X** (heartburn, works by neutralizing gastric acid), **Antimonium crudum 10X** (chalky white tongue, irritated by summer heat; acetoneic vomiting), **Carbo vegetabilis 10X** (dyspepsia; flatulence, burning in the stomach; collapse tendencies), 42.86 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Stramonium Complex

Tablets

Indications:

For the temporary relief of fatigue and weakness of the extremities, headache and inability to concentrate.

Ingredients:

Kali phosphoricum 6X (promotes mental alertness), **Rauwolfia serpentina 6X** (antihypertonic factor), **Arnica montana, radix 8X** (inability to concentrate), **Plumbum metallicum 8X** (muscular fatigue), **Aurum iodatum 10X** (promotes hypertonia), **Lycopodium clavatum 10X** (weak memory; accelerated pulse), **Stramonium 10X** (headache), **Baryta iodata 12X** (acts on lymphatic system), **Conium maculatum 12X** (weakness of body; trembling; palpitation; light-headedness when turning in bed), **Sulphur 12X** (pressure in forehead; ringing in ears), 30 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Throat

Tablets

Indications:

For the temporary relief of minor sore throat, laryngitis, hoarseness and minor throat irritation.

Ingredients:

Arum triphyllum 4X (voice hoarse from overuse in talking or singing; swelling of submaxillary glands, especially left side; expectoration of mucus; laryngitis), **Paris quadrifolia 5X** (periodical painless hoarseness; voice feeble; sore throat), **Argentum nitricum 6X** (thick, tenacious mucus in throat; rawness and soreness in throat; chronic laryngitis), **Causticum 6X** (mucus collects in throat; inability to speak loudly; scratching in throat), **Hyoscyamus niger 6X** (constriction of throat; inability to swallow, especially liquids; dry cough at night), **Arnica montana, radix 8X** (dry cough from tickling in lowest part of trachea; bloody expectoration), **Verbascum thapsus 8X** (hoarseness when reading aloud; hollow cough in evening and at night), **Carbo vegetabilis 10X** (hawking of mucus; rawness and burning in throat; great roughness in larynx), **Phosphorus 10X** (hoarseness, can only whisper; frequent cough; worse towards evening), **Calcarea carbonica 30X** (painless hoarseness in morning; pain in throat extending to ears; raw pain in chest when coughing), 30 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

Warning: Severe or persistent sore throat accompanied by high fever, headache, nausea and vomiting may be serious. Consult physician promptly. Do not use more than 2 days or administer to children under 3 years or age unless directed by physician.

BHI Uri-Cleanse

Tablets

Indications:

For the temporary relief of minor urinary discomfort, pain and burning upon urination and a feeling of urinary urgency.

Ingredients:

Solidago virgaurea 4X (pain in region of kidneys; dysuria; sensitivity to pressure), **Ammi visnaga 6X** (pain), **Berberis vulgaris 6X** (urine with sediment), **Citricum acidum 6X** (detoxification and elimination), **Pareira brava 6X** (renal colic pain down thighs; painful urination; constant urging creating straining during effort to urinate; dribbling after urination), **Cantharis 8X** (intolerable urge to urinate), **Hepar sulphuris calcareum 8X** (urine flow intermittent), **Nitricum acidum 8X** (intolerably strong smell, like horse urine), **Mercurius solubilis 10X** (urine dark red), **Arsenicum album 30X** (urine scanty and cloudy), 30 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Uri-Control

Tablets

Indications:

For the temporary relief of minor pain during urination, bed-wetting, urinary urgency and urinary incontinence.

Ingredients:

Belladonna 4X (scanty urination), **Apis mellifica 6X** (weak urination; soreness when urinating), **Argentum nitricum 6X** (cystitis; inflammation of urethra), **Cantharis 6X** (urine tenesmus), **Equisetum hyemale 6X** (constant desire to urinate), **Pulsatilla 6X** (burning in urethral opening during and after urination; enuresis with coughing; spasmodic pain in bladder; urine passes only in drops), **Sarsaparilla 6X** (frequent desire to urinate; irritation of urinary system with tenesmus), **Causticum 8X** (weakness of bladder; urine loss when laughing, coughing or sneezing), **Petroselinum sativum 8X** (severe urine pressure; burning in navicular fossa when urinating), **Terebinthina 8X** (burning in bladder and urethra when urinating), 30 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Varicose

Tablets

Indications:

For the temporary relief of symptoms of varicose and spider veins, tired and swollen legs and leg and ankle soreness.

Ingredients:

Hamamelis virginiana 4X (varicose veins), **Pulsatilla 4X** (knees swollen; cramps in legs in evening), **Aesculus hippocastanum 6X** (venous congestion), **Carduus marianus 6X** (varicose veins), **Lycopodium clavatum 6X** (one leg is warm, the other cold; cramps in the calves at night; weakness after every exertion), **Picricum acidum 6X** (great heaviness of legs and hips, especially left side; feelings of indifference), **Secale cornutum 6X** (numbness and coldness of toes; fuzzy feeling in limbs; limbs cold, pale and wrinkled), **Carbo vegetabilis 10X** (stiffness of legs), **Mercurius praecipitatus ruber 10X** (weariness in all limbs), **Apis mellifica 12X** (edematous swelling of extremities), 30 mg each/300 mg tablet.

How supplied:

Bottle containing 100 tablets.

BHI Varicose Relief

Ointment

Indications:

For the temporary relief of the symptoms of varicose veins and spider veins.

Active ingredient:

Hamamelis virginiana 1X.

How supplied:

Tubes containing 1.6 oz. (50 g).

The beneficial therapeutic action of the medicinal plant *Hamamelis virginiana* (witch hazel) is particularly effective for the treatment of varicose veins, bluish chilblains and minor skin injuries.

With the exception of *Rendimax*[®], the base of all Heel/BHI tablets is pharmaceutical grade lactose. *Rendimax*[®] has a base of lactose and dextrose.

APPENDIX A:

Heel/BHI preparations containing exclusively botanical and/or mineral ingredients:

Alertness	Hemorrhoid tablets
Allergy tablets	Hemorrhoid suppositories
Allergy oral vials	Infection
Arnica ointment	Injury
Arnica P.C.	Intestine
Arthritis	Hemorrhoid Relief ointment
Asthma	Recuperation
Back	Rhus tox P.C.
Calendula ointment	Saw-Palmetto Complex
Chamomilla Complex	Spasm-Pain
Chest	Stomach
Cold	Stramonium Complex
Constipation	Throat
Diarrhea	Varicose Relief ointment
Echinacea P.C.	
Enzyme	Also: Traumeel [®]
Ginkgo	Traumeel [®] Pure Ear Drops
Hair & Skin	Pure Eye Drops
Headache	Viburcol [®]

APPENDIX B:

Heel/BHI preparations containing exclusively botanical/mineral ingredients plus a human-derived nosode or enzyme:

Bronchitis
Chelidonium complex
Hayfever nasal spray
Sinus

APPENDIX C:

According to the Homeopathic Pharmacopoeia of the United States:

1X = 1/10
2X = 1/100
3X = 1/1000

List of Individual Ingredients Contained in Heel/BHI Preparations

- Aceticum acidum** in Bleeding, Headache II, Menstrual.
Agnus castus in Masculine, PMS-Mulimen®.
Aletris farinosa in Exhaustion.
Aloe socotrina in Diarrhea, Hemorrhoid.
Ambra grisea in Lightheaded, PMS-Mulimen®.
Ammi visnaga in Uri-Cleanse.
Ammonium muriaticum in Back.
Anacardium orientale in Alertness, Nausea.
Anas barbariae, hepatis et cordis extractum in FluPlus.
Antimonium crudum in Allergy, Stomach.
Antimonium tartaricum in Bronchitis, Cough, CoughFree.
Apis mellifica in Eye, Feminine, Uri-Control, Varicose.
Aranea diadema in Bone, Detox-Kit, Headache II.
Argentum nitricum in Euphorbium Sinus Relief™, Inflammation, Nausea, Stomach, Throat, Uri-Control.
Aristolochia clematitis in Injury.
Arnica montana, radix in Allergy, Arnica Ointment, Arnica P.C., Arthritis, Bleeding, Inflammation, Injury, Rendimax®, Pure Ear Drops, Stramonium Complex, Throat, Traumeel®, Zeel®.
Arsenicum album in Allergy, Asthma, Back, Diarrhea, Eczema, Hair & Skin, Headache II, Injury, Inflammation, Skin, Stomach, Uri-Cleanse.
Arsenicum iodatum in Alertness, Chest, Cough.
Arum triphyllum in Throat.
Asafoetida in Bone, Headache II.
Asclepias tuberosa in Chest.
Asterias rubens in Menstrual.
Atropinum sulphuricum in Spasm-Pain.
ATP (Adenosine-triphosphate) in Enzyme.
Aurum iodatum in Stramonium Complex.
Aurum metallicum in Bone.
Avena sativa in Body Pure.
- Baryta carbonica** in Ginkgo Complex.
Baryta iodata in Stramonium Complex.
Baryta oxalsuccinicum in Enzyme.
Belladonna in Bronchitis, Chelidonium Complex, Cough, Eye, Inflammation, Injury, Neuralgia, Pure Ear Drops, Traumeel®, Uri-Control, Viburcol®.
Bellis perennis in Injury, Pure Ear Drops, Traumeel®.
Berberis vulgaris in Arthritis, Body Pure, Detox-Kit, Eczema, Skin, Uri-Cleanse.

Blatta orientalis in Cough.
Bovista in Bleeding.
Bryonia alba in Arthritis, Bronchitis, Chest, Cough, Detox-Kit, FluPlus, Headache II, Inflammation, Intestine, Spasm-Pain.
Caffeinum in Body Pure.
Calcarea carbonica in Chelidonium Complex, Perspiration, PMS-Mulimen®, Throat, Viburcol®.
Calcarea phosphorica in Alertness, Detox-Kit, Headache II.
Calendula officinalis in Calendula Ointment, Injury, Pure Ear Drops, Traumeel®.
Cantharis in Uri-Cleanse, Uri-Control.
Capsicum annuum in Chamomilla Complex.
Carbo vegetabilis in Asthma, Diarrhea, Headache II, Injury, Nausea, Pancreas, Stomach, Throat, Varicose.
Carduus marianus in Varicose.
Cartilago suis in Zeel®.
Caulophyllum thalictroides in Menstrual.
Causticum in Arthritis, Recuperation, Throat, Uri-Control.
Ceanothus americanus in Pancreas.
Cedron in Perspiration.
Cerium oxalicum in Enzyme.
Chamomilla in Back, Calming, Chamomilla Complex, Injury, Pure Ear Drops, Traumeel®, Viburcol®.
Chelidonium majus in Chelidonium Complex.
Chimaphila umbellata in Saw-Palmetto Complex.
Cholesterinum in Body Pure, Chelidonium Complex.
Cimicifuga racemosa in Headache, PMS-Mulimen®.
Cinchona officinalis in Chelidonium Complex, Exhaustion, Gastro-Cleanse, Headache II, Masculine.
Cis-aconitate in Enzyme.
Citricum acidum in Enzyme, Exhaustion, Uri-Cleanse.
Coenzyme A in Enzyme.
Cocculus indicus in Exhaustion, Feminine, Lightheaded.
Cochlearia officinalis in Pure Eye Drops.
Coenzyme A in Zeel®.
Coffea cruda in Calming.
Colchicum autumnale in Arthritis.
Collinsonia canadensis in Hemorrhoid.
Colocyntis in Arthritis, Back, Chest, Detox-Kit, Diarrhea, Intestine, Spasm-Pain.
Condurango in Headache II.
Conium maculatum in Lightheaded, Saw-Palmetto Complex, Stramonium Complex.
Crocus sativus in Bleeding.

Crotalus horridus in Bleeding.
Cuprum aceticum in Diarrhea.
Cuprum sulphuricum in CoughFree, Spasm-Pain.
Curare in Headache II.
Cynara scolymus in Gastro-Cleanse.
Cysteinum in Enzyme.
Dioscorea villosa in Constipation.
Drosera rotundifolia in CoughFree.
Dulcamara in Arthritis, Chest, Inflammation, Viburcol®.
Echinacea angustifolia in Echinacea P.C., Infection, Injury, Pure Ear Drops, Pure Eye Drops, Traumeel®.
Echinacea purpurea in Echinacea P.C., Inflammation, Infection, Injury, Pure Ear Drops, Traumeel®.
Embryo totalis suis in Zeel®.
Equisetum hyemale in Detox-Kit, Uri-Control.
Erigeron canadensis in Bleeding.
Eupatorium perfoliatum in FluPlus.
Euphorbium officinarum in Euphorbium Sinus Relief, Sinus.
Euphrasia officinalis in Eye, Pure Eye Drops.
Fel tauri in Gastro-Cleanse.
Ferrum iodatum in Detox-Kit.
Ferrum phosphoricum in Arthritis, Chamomilla Complex, Diarrhea.
Formicum acidum in Allergy.
Fumaria officinalis in Detox-Kit.
Fumaricum acidum in Enzyme.
Funiculus umbilicalis suis in Zeel®.
Galium aparine in Gastro-Cleanse, Hair & Skin.
Galphimia glauca in Hayfever.
Gelsemium sempervirens in Back, Headache, Neuralgia, PMS-Mulimen®, Recuperation.
Gentiana lutea in Detox-Kit.
Geranium robertianum in Detox-Kit.
Ginkgo biloba in Ginkgo.
Gnaphalium polycephalum in Back.
Graphites in Allergy, Eczema, Eye, Skin.
Hamamelis virginiana in Bleeding, Injury, Pure Ear Drops, Traumeel®, Varicose, Varicose Relief Ointment.
Hekla lava in Bone.
Hepar sulphuris calcareum in Chamomilla Complex, Enzyme, Euphorbium Sinus Relief™, Infection, Inflammation, Injury, Pure Ear Drops, Saw-Palmetto Complex, Traumeel®, Uri-Cleanse.

Hepatica triloba in Cough, Bronchitis.
Histaminum in Allergy, Hayfever.
Humulus lupulus in Calming.
Hydrastis canadensis in Menstrual, Sinus.
Hydrofluoric acidum in Eczema, Skin.
Hyoscyamus niger in Bronchitis, Throat.
Hypericum perforatum in Injury, PMS-Mulimen®, Pure Ear Drops, Traumeel®.

Ignatia amara in Alertness, Allergy, Calming, Hair & Skin.
Ilex aquifolium in Rendimax®.
Illicium anisatum in Cough.
Influenzinum in Body Pure, Euphorbium Sinus Relief™, FluPlus, Inflammation, Sinus.
Iodium in Nausea.
Ipecacuanha in Cough, CoughFree, Bleeding, Bronchitis, FluPlus, Nausea.

Juglans regia in Body Pure, Detox-Kit.

Kali bichromicum in Neuralgia, Sinus.
Kali carbonicum in Chest, PMS-Mulimen®.
Kali chloricum in Chamomilla Complex.
Kali iodatum in Sinus.
Kali phosphoricum in Alertness, Exhaustion, Stramonium Complex.
Kalmia latifolia in Bone, Eye, Headache II.
α-Ketoglutaricum acidum in Enzyme.
Kreosotum in Bronchitis, Eczema, Menstrual, Saw-Palmetto Complex, Skin.

Lachesis mutus in Feminine, FluPlus, Inflammation, Pancreas.
Lappa major in Allergy.
Ledum palustre in Allergy, Arthritis.
Leptandra virginica in Gastro-Cleanse, Hemorrhoid, Pancreas.
Lilium tigrinum in Feminine, Menstrual.
α-Lipoicum acidum in Body Pure, Enzyme, Zeel®.
Lobelia inflata in Bronchitis, Cough.
Luffa operculata in Euphorbium Sinus Relief™, Hayfever.
Lycopodium clavatum in Alertness, Allergy, Arthritis, Bone, Chelidonium Complex, Detox-Kit, Eczema, Gastro-Cleanse, Hair & Skin, Headache II, Intestine, Masculine, Pancreas, Skin, Stramonium Complex, Varicose.

Magnesia phosphorica in Enzyme.
Malonicum acidum in Enzyme.

Manganum gluconicum in Enzyme.
Mercurius corrosivus in Diarrhea, FluPlus, Intestine.
Mercurius iodatus flavus in Menstrual, Pancreas.
Mercurius praecipitatus ruber in Bone, Euphorbium Sinus Relief™, Headache II, Varicose.
Mercurius solubilis in Infection, Inflammation, Injury, Pure Ear Drops, Traumeel®, Uri-Cleanse.
Mercurius sulphuratus ruber in Sinus.
Millefolium in Bleeding, Injury, Pure Ear Drops, Traumeel®.
Momordica balsamina in Pancreas.
Moschus in Calming.
Mucosa nasalis suis in Euphorbium Sinus Relief™.
Muriaticum acidum in Exhaustion, Hemorrhoid.
Myosotis arvensis in Detox-Kit.

Nadidum in Enzyme, Zeel®.
Naphthalinum in Cough.
Nasturtium aquaticum in Detox-Kit.
Natrum muriaticum in Constipation, Hair & Skin.
Natrum oxalaceticum in Enzyme, Zeel®.
Natrum phosphoricum in Stomach.
Natrum pyruvicum in Enzyme.
Natrum sulphuricum in Bone, Chest, Cough, Detox-Kit, Headache II.
Niccolum metallicum in Gastro-Cleanse.
Nicotine acid amide in Enzyme.
Nitricum acidum in Perspiration, Uri-Cleanse.
Nux vomica in Alertness, Body Pure, Calming, Constipation, Detox-Kit, Hemorrhoid, Intestine, Stomach.

Oleander in Rendimax®.
Oophorinum in Feminine.
Orchitinum in Masculine, Rendimax®.

Paeonia officinalis in Hemorrhoid, Hemorrhoid Relief.
Palladium metallicum in Feminine.
Pancreatinum in Pancreas.
Pareira brava in Uri-Cleanse.
Paris quadrifolia in Throat.
Passiflora incarnata in Calming.
Pertussinum in Bronchitis.
Petroleum in Body Pure, Eczema, Lightheaded, Perspiration, Skin.
Petroselinum sativum in Masculine, Saw-Palmetto Complex, Uri-Control.
Phosphoricum acidum in Alertness, Hair & Skin, Headache II.

Phosphorus in Bleeding, Exhaustion, *FluPlus*, Gastro-Cleanse, Lightheaded, Sinus, Throat.

Phytolacca decandra in Inflammation.

Picricum acidum in Exhaustion, Masculine, Varicose.

Pilocarpus in Perspiration, Pure Eye Drops.

Pinus sylvestris in Detox-Kit.

Pix liquida in Allergy.

Placenta suis in Zeel®.

Plantago major in Chamomilla Complex, Viburcol®.

Plumbum metallicum in Recuperation, Stramonium Complex.

Podophyllum peltatum in Diarrhea, Pancreas.

Populus tremuloides in Saw-Palmetto Complex.

Pulsatilla in Chamomilla Complex, Cold, Enzyme, Euphorbium Sinus Relief™, Feminine, *FluPlus*, Headache II, Inflammation, Menstrual, Sinus, Stomach, Uri-Control, Varicose, Viburcol®.

Pyrogenium in Inflammation.

Quebracho in Cough.

Ranunculus bulbosus in Arthritis, Chest.

Rauwolfia serpentina in Stramonium Complex.

Rhamnus purshiana in Body Pure.

Rhododendron chrysanthum in Arthritis.

Rhus toxicodendron in Arthritis, Back, Eczema, Eye, Headache, Inflammation, Injury, Rhus tox P.C., Skin, Zeel®.

Ricinus communis in Body Pure.

Robinia pseudoacacia in Nausea.

Rumex crispus in CoughFree.

Sabal serrulata in Saw-Palmetto Complex.

Salicylicum acidum in Perspiration.

Salvia officinalis in Perspiration.

Sambucus nigra in Perspiration.

Sanguinaria canadensis in Feminine, Perspiration, Zeel®.

Sarcolacticum acidum in Rendimax®.

Sarsaparilla in Detox-Kit, Uri-Control.

Scrofularia nodosa in Detox-Kit.

Secale cornutum in Headache II, Varicose.

Selenium metallicum in Alertness, Allergy, Hair & Skin.

Sepia in Eczema, Exhaustion, Feminine, Masculine, Nausea, Perspiration, PMS-Mulimen®, Skin.

Silicea in Alertness, Headache II, Neuralgia, Zeel®.

Sinusitisinum in Euphorbium Sinus Relief™.

Solidago virgaurea in Body Pure, Uri-Cleanse.

Spigelia anthelmia in Neuralgia.

Spongia tosta in CoughFree.

Stachys betonica in Cough.

Stannum metallicum in Neuralgia.

Staphylococcinum in Inflammation.

Staphysagria in Alertness, Eye.

Sticta pulmonaria in Bronchitis, Chest.

Stramonium in Stramonium Complex.

Streptococcinum in Inflammation.

Strychninum nitricum in Headache II.

Succinicum acidum in Enzyme, Saw-Palmetto Complex.

Sulphur in Allergy, Asthma, Arthritis, Calming, Chest, Cold, Eczema, Enzyme, Feminine, *FluPlus*, Gastro-Cleanse, Hayfever, Hemorrhoid, Intestine, Injury, Skin, Stramonium Complex, Zeel®.

Sulphuricum acidum in Allergy, Perspiration.

Symphytum officinale in Injury, Pure Ear Drops, Traumeel®, Zeel®.

Tabacum in Body Pure.

Tellurium metallicum in Allergy.

Terebinthina in Uri-Control.

Teucrium scorodonia in Detox-Kit.

Theridion in Neuralgia.

Thlaspi bursa pastoris in Bleeding.

Thuja occidentalis in Allergy, Hair & Skin, Inflammation, Menstrual, Neuralgia, Perspiration, Sinus.

Thyroidinum in Detox-Kit.

Tormentilla in Diarrhea.

Uranium nitricum in Headache II.

Urtica urens in Body Pure, Hair & Skin, PMS-Mulimen®.

Valeriana officinalis in Calming.

Veratrum album in Calming, Chelidonium Complex, Detox-Kit, Diarrhea, Injury

Verbascum thapsus in Throat.

Veronica officinalis in Detox-Kit.

Viola tricolor in Body Pure.

Vitamin B1 in Enzyme.

Vitamin B2 in Enzyme.

Vitamin B6 in Enzyme.

Vitamin B12 in Enzyme.

Vitamin C in Enzyme.

X-ray in Body Pure.

Zincum gluconicum in *FluPlus*.

Zincum metallicum in *FluPlus*.

SHIPPING AND ORDERING INFORMATION FOR RETAIL STORES ONLY

Heel Inc. offers various methods of shipment. For exact charges please consult an Inside Sales Representative at **1-800-621-7644**.

Minimum order amount to qualify for FREE shipping:

\$85.00 - UPS Ground

\$300.00 - 2nd Day Air

Fees:

A handling charge of \$7.50 is applied to all orders under \$85.00 in value. The charge for C.O.D. service is \$6.00.

Please Note: Any item that is temporarily out of stock will be back ordered and shipped without additional freight charges as soon as it is available, unless otherwise specified.

Product Return Procedure

Please contact Heel Inc. at 1-800-621-7644 for pre-authorization prior to returning any product. Heel Inc. will then be able to accept your returns with the following restocking fees:

Products returned within 1 month of purchase No Re-stock Fee

Products returned within 6 months of purchase 50% Re-stock Fee

Products returned after 6 months of purchase . . . Returns not accepted

These returns will be credited on your Heel Inc. account. **Refund checks will not be issued for product returns.** In the event of overstock items, shipping will be at the customer's expense and the above restocking charges will apply. **Products returned without pre-authorization will not be accepted.**

Unfortunately, Heel Inc. cannot accept partial or opened products, or products with pricing stickers or any other markings on the original package, unless specifically requested by the Quality Control Manager. All products must be in their original, unopened container.

In the event of customer returns, each return must be itemized on the appropriate form and returned via fax to Heel Inc. at 1-800-217-6934. Please contact our returns department at 1-800-621-7644 to request a copy of our consumer returns form.

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