

# PRODUCT LIST 2025

079 865 7557 (WhatsApp)  
012 111 9002 (Office)  
(8:00-16:30 Mon-Fri)  
info@nacareherbals.org



NaCare (Pty) Ltd

Wholesale Price (10 +)

Retail Price

50ml – R70  
100 ml – R125

50ml – R 100  
100ml - R190

MONTHLY MULTI-VITAMIN PACK USED IN  
ADDITION WITH ALL HERBAL TINCTURES

R110.00

R130.00



## COMBINATION HERBAL TINCTURES

### BRAIN AND NERVOUS SYSTEM

		50ML	100ML
Adaptogens	Combination of adaptogenic herbs in case of high cortisol levels* <i>* Recommended to use in conjunction with Valerian.</i>		
ADD Care	Traditional herbal support in case of attention deficiency and hyperactivity		
Phytocannabinoids	Anti-inflammatory, antioxidant, immune system modulator and nerve; heart, migraine and anti-anxiety tonic		
Excellenceo	Support for emotional well-being		
Flexi Care	Support for autoimmune diseases, such as rheumatoid arthritis or steo-arthritis.  <i>*Recommended to use in conjunction with the Arthritis gel.</i>		
Happy Mind	Tonic used for better brain functioning, enhanced memory and concentration.		
Insomnia Care	Support in case of sleeping difficulty		

### RESPIRATORY SYSTEM

		50ML	100ML
Sinus Support	Support in case of sinus problems caused by infection and allergy		
Stop Smoking	Support as an aid to stop smoking		

### DIGESTIVE SYSTEM

		50ML	100ML
Digestiveo	Tonic for enhancement of the digestive processes.		
Uri Tonic	Traditional herbal tonic for kidney and bladder function.		
Swedish bitters	A blend of 19 different herbs, helps to promote digestive juices such as stomach acid, bile and enzymes to breakdown food and assist in the absorption of nutrients. Said to improve detoxification, healthy skin, relieve joint pain and promote healthy mood.		

**HORMONAL IMBALANCE**

		50ML	100ML
PCOS	Wellness support for Polycystic Ovary Syndrome (hormonal imbalances, excess androgen levels and cysts in the ovaries).		
Menopause Care	Support in case of menopause and hot flashes		
Intimateo	Wellness support for vaginitis ( inflammation of the vagina that may cause discharge, pain, and itching).		

**COMBOS****ONLY AVAILABLE IN 100ML****Price R250.00****100ML**

Casanovia and L-arginine combo	Wellness support for erectile dysfunction in men* *Only sold as a combo with L-Arginine (60) vegecapsules.	
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**DETOX AND BOOST YOUR BODY****ONLY AVAILABLE IN 50ML**

**Choose your combo number based on your needs, or as discussed with your wellness practitioner**

**Price R180.00 / combo**

Combo nr.	Detoxing herbal mixtures	Booster herbal mixtures	50ML
1	Lymphatic system	Lymphatic booster	
2	Kidney detox	Kidney booster	
3	Cleanseo (detoxes and supports the effectiveness of the liver)	Liver and bile tonic/ booster	
4	Gut detox	Gut booster	
5	Lung detox	Lung booster	
6	Parasiteo (parasite detox)	CNS modulator	
7	Chelateo (heavy metal detox)	Immune modulator	
8	Blood cleanser	Blood modulator	

## SINGLE HERBAL TINCTURES

COMMON NAME	BOTANICAL NAME	DESCRIPTION	50ML	100ML
Alfalfa	Medicago sativa	Promotes normal blood clotting. Aids in healing of anaemia, arthritis, ulcers, disorders of bones and joints. Lowers cholesterol, balances blood sugar and hormones, and promotes pituitary function.		
Astragalus	Astragalus membranaceus	Immune builder and modulator, for colds, recurrent infection, and general debility.		
Bilberry	Vaccinium myrtillus	Strengthens capillaries, protecting the eye from haemorrhaging (diabetic retinopathy); and treating other vascular disorders like varicose veins* and haemorrhoids. Reduces the risk of atherosclerosis. For hypoglycaemia, night blindness, and cataracts. *Recommended to use in conjunction with the Varicose veins gel.		
Black Cohosh	Cimicifuga racemosa	Constipation, premenstrual symptoms, menopausal symptoms.		
Black walnut	Juglans nigra	Wellness remedy for excessive sweating* *Use in conjunction with the Foot Fresh Gel in the case of feet sweating.		
Bladderwrack	Fucus vesiculosus	Creates a barrier between a sensitive stomach lining & irritants like stomach acids.		
Burdock	Arctium lappa	Wellness support for gout		
Cancer Bush	Sutherlandia frutescens	Stimulates the immune system. Although it has an anti-cancer effect, it should be seen as a tonic enhancing the quality of life rather than a cancer cure.		
Chamomile	Matricaria recutita	Wellness support for the nervous system; anti-bacterial; antihistamine; anti-inflammatory; anti-oxidant; anti-spasmodic.		
Cleavers	Galium aparine	Wellness support in case of a bladder infection.		
Dandelion	Taraxacum officinale	Congestion of the liver and gall bladder; diuretic; muscular rheumatism and congestive jaundice.		

Echinacea	Echinacea spp.	Wellness remedy for infections; immune - system stimulant.		
Elderberry	Sambucus nigra	Wellness support in case of colds, influenza, hay fever, and sinus* *Recommended to use in conjunction with the Sinus gel.		
Feverfew	Tanacetum-parthenium	Wellness support for migraines, headaches, and dizziness.		
Garlic	Allium sativum	Wellness antibiotic remedy; lowers high blood pressure and blood fat levels.		
Ginger	Zingiber officinale	Wellness support for dyspepsia, nausea, travel sickness, stomach pain.		
Ginkgo	Ginkgo biloba	Wellness support to improve memory; for circulation, stimulates cerebral circulation.		
Ginseng siberian	Eleutherococcus senticosus	Helps fight herpes viral infections; and type 2 diabetes, improves brain health; and improves athletic performance.		
Gotu kola	Centella asiatica	Revitalises nerves and brain cells.		
Hawthorn	Crataegus spp.	Wellness support for strengthening the heart muscle; heart tonic. Good for lowering high blood pressure.		
Liquorice	Glycyrrhiza glabra	Wellness anti-inflammatory that affects the endocrine system and liver; may reduce acid reflux/ heartburn.		
Moringa	Moringa oleifera	Wellness remedy for overall nutrition and energy* *Recommended to use in conjunction with the Monthly Vitamin Pack.		
Milk Thistle	Silybum marianum	Wellness remedy for toxic liver damage; chronic liver inflammation and cirrhosis.		
Mullein	Verbascum thapsus	Wellness remedy for the respiratory system, bronchitis, and inflammation in the lungs.		

Myrrh	Commiphora myrrha	Mouth support, gum health and bleeding, gum pain and swelling.		
Olive leaves	Olea europaea L.	Reduces the impact of flu and colds on the body; antiviral; antioxidant to neutralise free radicals that are harmful to the cells in the body.		
Passion Flower	Passiflora incarnata	Wellness support in cases of stress; to calm and pacify.		
Pau d'Arco	Tabebuia-impetiginosa	Wellness support for bacteria breakdown.		
Raspberry	Rubus idaeus	Relax the uterus, stimulate uterus muscles that can help with easier menstrual flow and cramps.		
Saw palmetto	Serenoa repens	Wellness remedy for urination problems associated with enlarged prostate		
Skullcap	Scutellaria lateriflora	Wellness remedy to balance the brain and hormone secretions.		
Slippery elm	Ulmus rubra	Wellness remedy for gastritis, duodenal ulcer, enteritis and colitis.		
Valerian	Valeriana officinalis	Wellness remedy for restlessness, insomnia, and minor nervous conditions* *Recommended to use in conjunction with the Adaptogens mixture.		
Yarrow	Achillea millefolium	Wellness remedy for diarrhea; flatulence (gas buildup), and stomach cramps.		
Wormwood (African)	Artemisia afra	Wellness remedy for deworming and parasites.		

## RUBBING GELS

**Wholesale Price (10+)**

100g-R110.00

**Retail Price**

100g-R130.00

**TO BE USED AS A SUPPLEMENTRY IN ADDITION WITH HERBAL TINCTURES**

GEL	DESCRIPTION	100g
Eczema	Promotes healing, cooling, softens skin, strengthens immunity, stimulates and promotes new cell growth. Relieves itching and redness.	
Foot	Fights fungi, refreshes tired, hot feet, reduces sweat, diabetic's friend, calming, promotes sleep and blood circulation. Reduces swelling.	
Sinus	Opens up sinuses, expectorant, disinfects, cools, relieves sinus headache, anti-viral, anti-bacterial and anti-septic.	
Sport Muscle	Deep penetrating, protects, warms and heals muscles. Relieves stiffness, prevents cramps and muscle spasms, relieves pain, bruising and spraining.	
Varicose Veins	Relieves pain, improves blood circulation, has fading effect on varicose veins. Helps prevent fluid retention and swelling.	
Arthritis	Relieves pain, warms joints and promotes mobility, aids detoxification, improves blood circulation, anti-rheumatic, reduces inflammation. Calming and soothing.	
Circulation	Promotes and improves blood circulation. Improves elasticity of blood vessels. Soothing and calming.	
Lymph	Assists with fat breakdown, hormonal imbalance and thyroid function. Reduces appetite, diuretic. Softens skin and assists with firming. Detoxifies, assists with lymph drainage.	

**R80.00**

**125g**

Comfrey Cream	Aids healing of Boils, Wounds, Infections, and Rashes	
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## VITAMIN PACKS

**WHOLESALE (10+): R110/ RETAIL: R130.00**

One month's supply of multi-vitamins containing Vitamin B complex, Vitamin C (Ascorbic acid), Multi-vitamin, Cal-D-Mag and Folic acid\*

\*Recommended to use in conjunction with the Moringa tincture.

## ADDITIONAL AIDS FOR PRIVATE PRACTICES

**Herbs for well-being book?** **R385.00**

Book written by Prof MD Herholdt.

**Wellness tree poster (A1)** **R390.00**

Infographic explaining the wellness continuum.

## DISCLAIMER:

Please be advised that certain ingredients may have potential contra-indications. It is recommended that you use these products under the supervision of your wellness practitioner.

Orders will only be dispatched once full payment has been received. Additionally, courier services will incur an extra fee, as indicated on the quote.

As all herbal tinctures are custom-made upon order, please allow a minimum of **seven** working days for delivery, following payment confirmation.

## ORDERS:

Please email your order to Limari Herholdt at:  
[info@nacareherbals.org](mailto:info@nacareherbals.org)

## BANKING DETAILS:

NaCare (Pty) Ltd  
Bank: FNB Cheque account  
Account Number: 63076426551  
Branch Code: 261550