



### INTESTINAL CLEANSER

The Intestinal Cleanser is effective in cleansing and detoxing the intestinal system. The formula has a safe and natural laxative effect. The remedy includes:



#### SUGGESTED USE

**Adults:** Take 2 capsules at bedtime. Do not exceed 6 capsules per day.

**Children (6-12 years):** Take 1 capsule at bedtime. Do not exceed 3 capsules per day. Not recommended for children under the age of 6. Every 10 days give a break of 1-2 days before resuming treatment.

**18 Capsules**  
**Bar Code: 6001213011313**  
**NAPPI Code: 708485001**

#### NUTRITIONAL INFORMATION PER CAPSULE:

Psyllium husk (Plantago Psyllium)	200 mg
Cassia angustifolia	140 mg
Cramp Bark (Viburnum Opulus)	52.5 mg
Dandelion Root (Taraxacum officinale)	52.5 mg
Slippery Elm (Ulmus rubra)	50 mg
Tissue Salt No. 6 (Kali Phos)	25 mg
Tissue Salt No. 4 (Ferrum Phos)	25 mg



### CHOLESTEROL CONTROL

Cholesterol Control is effective in the treatment of elevated cholesterol levels. The remedy includes:

#### SUGGESTED USE

**Adults:** Take 1 capsule, twice a day. Every 14 days, give a break of 2-3 days before resuming. Do not exceed 6 capsules per day.

**Children (6-12 Years):** Take 1 capsule, once a day. Not recommended for children under the age of 6.

**60 Capsules**  
**Bar Code: 6001213011306**  
**NAPPI Code: 708487001**



#### NUTRITIONAL INFORMATION PER CAPSULE:

Barley Grass powder (Hordeum Distichon)	144 mg
Fenugreek Seed powder (Trigonella Foenum-graecum)	72 mg
Tissue Salt No. 5 (Kali Mur)	50 mg
Tissue Salt No. 12 (Silicea Quartz)	50 mg
Hawthorn Berry powder (Crataegus spp.)	50 mg
Parsley Leaf powder (Petroselinum crispum)	48 mg
Psyllium Husk (Plantago Psyllium)	35 mg
Cayenne Pepper (Capsicum frutescens)	10 mg



### PAIN

This Pain remedy assists in alleviating pain and fever associated with colds, inflamed wounds and joints, menstrual cramps, headaches and mild migraines. The remedy includes:

#### SUGGESTED USE

**Adults:**  
 For chronic pain i.e. arthritis - Take 1 capsule, twice a day.  
 For acute pain - Take 2 capsules immediately.  
 Every 14 days give a break of 2-3 days before resuming treatment. Do not exceed 6 capsules per day.

**Children (6-12 Years):**  
 For acute pain - Take 1 capsule immediately. Not recommended for children under the age of 6.

**NOTE:** Can interact with anti-coagulatory medication i.e Warfarin.

**18 Capsules**  
**Bar Code: 6001213011337**  
**NAPPI Code: 708489001**



#### NUTRITIONAL INFORMATION PER CAPSULE:

White Willow Bark (Salix alba)	140 mg
Catnip (Nepeta cataria)	87.5 mg
Feverfew (Tanacetum parthenium)	52.5 mg
Tissue Salt No. 4 (Ferrum Phos)	50 mg
Tissue Salt No. 6 (Kali Phos)	50 mg
Tissue Salt No. 8 (Mag Phos)	50 mg
Boneset (Eupatorium perfoliatum)	35 mg
Vervain (Verbena officinalis)	35 mg

The Margaret Roberts products contain no Yeast, Gluten, Preservative, Starch and Lactose. They are suitable for diabetics when used in conjunction with an energy controlled balanced diet. Due to the herbal content, the products are not recommended during pregnancy. Products contain gelatine. **Cautionary on ALL the Margaret Roberts Products** If you are on any medication, or experience an adverse reaction to the product, consult your medical practitioner. Report any adverse reaction to the distributor. Not suitable for pregnant or lactating woman.

# Margaret Roberts



## HERB & TISSUE SALT REMEDIES

fithealth

Margaret Roberts, a world authority on the beneficial use of herbs and tissue salts, has drawn on centuries of healing tradition to carefully select the ingredients of these remedies that include tissue salts.



### MOOD LIFTER

This remedy contains carefully selected herbs & tissue salts which are useful in the treatment of nervous conditions, mild depression and lowered vitality. The remedy includes:

#### NUTRITIONAL INFORMATION PER CAPSULE:

Lemon Balm (Melissa officinalis)	333.4 mg
Oats powder (Avena sativa)	33.4 mg
Gotu Kola (Centella asiatica)	16.7 mg
Tissue Salt No. 2 (Calc Phos)	10.0 mg
Tissue Salt No. 4 (Ferrum Phos)	10.0 mg
Tissue Salt No. 6 (Kali Phos)	10.0 mg
Tissue Salt No. 9 (Nat Mur)	10.0 mg
Tissue Salt No. 11 (Nat Sulph)	10.0 mg



#### SUGGESTED USE

**Adults:** Take 2 caps in the morning and 1 capsule at bedtime (after meals). Do not exceed 6 caps per day.

**Children (6-12 Years):** Take 1 capsule in the morning (after meals). Do not exceed 2 capsules per day. Not recommended for children under the age of 6. Every 14 days give a break of 2-3 days before resuming treatment.

**60 Capsules**  
**Bar Code: 6001213011344**  
**NAPPI Code: 7008492001**



### COPE & CALM

Cope & Calm promotes general relaxation, soothes anxiety and assists in alleviating insomnia. The inclusion of the tissue salts no.'s 3, 6 & 12 further assist in the treatment of nervous conditions. The remedy includes:

#### NUTRITIONAL INFORMATION PER CAPSULE:

Valerian root powder (Valeriana officinalis)	167 mg
Lemon Balm (Melissa officinalis)	167 mg
Chamomile (Matricaria recutita Raeusch)	167 mg
Tissue Salt No. 3 (Calc Sulph)	10 mg
Tissue Salt No. 6 (Kali Phos)	10 mg
Tissue Salt No. 12 (Silicea)	10 mg

#### SUGGESTED USE

**Adults:** Take 3 capsules in the morning and 3 at bedtime (after meals). Do not exceed 9 capsules per day.

**Children (6-12 Years):** Take 2 capsules in the morning and 1 capsule at bedtime (after meals). Do not exceed 4 capsules per day. Not recommended for children under the age of 6. Every 14 days give a break of 2-3 days before resuming treatment.

**90 Capsules**  
**Bar Code: 6001213011269**  
**NAPPI Code: 708484001**



### EASY SLEEP

The combination promotes rest, relaxation and tranquil sleep. The remedy includes:

#### NUTRITIONAL INFORMATION PER CAPSULE:

Valerian root powder (Valeriana officinalis)	250 mg
Chamomile (Matricaria recutita)	250 mg
Hops powder (Humulus lupulus)	25 mg
Tissue Salt No. 2 (Calc Phos)	7.5 mg
Tissue Salt No. 4 (Ferrum Phos)	7.5 mg
Tissue Salt No. 6 (Kali Phos)	7.5 mg
Tissue Salt No. 8 (Mag Phos)	7.5 mg
Tissue Salt No. 9 (Nat Mur)	7.5 mg
Tissue Salt No. 10 (Nat Phos)	7.5 mg



#### SUGGESTED USE

**Adults:** Take 4 capsules at bedtime (after meals). Do not exceed 6 capsules per day.

**Children (6-12 Years):** Take 2 capsules at bedtime (after meals). Do not exceed 2 capsules per day. Not recommended for children under the age of 6. Every 14 days give a break of 2-3 days before resuming treatment.

**60 Capsules**  
**Bar Code: 6001213011276**  
**NAPPI Code: 708491001**



### SINUS & HAYFEVER

This remedy can assist in the treatment of sinus congestion, runny nose, sneezing, itching of the nose, post nasal drip, allergic rhinitis, seasonal and perennial hay fever. The remedy includes:

#### NUTRITIONAL INFORMATION PER CAPSULE:

Tissue Salt No. 9 (Nat Mur)	140 mg
Violet Leaf powder (Viola odorata)	100 mg
Tissue Salt No. 7 (Kali Sulph)	74 mg
Mullein leaves (Verbascum Thapsus)	70 mg
Lemon Bioflavonoids	50 mg
Pantothenic acid	6 mg



#### SUGGESTED USE

**Adults:** Take 1 capsule, 3 times per day. Do not exceed 6 capsules per day.

**Children (6-12):** Take 1 capsule, twice a day. Do not exceed 4 caps per day. Not recommended for children under the age of 6.

Treatment can be stopped once symptoms are relieved. Resume treatment when symptoms re-appear. When used continuously, give a break of 2-3 days every 14 days, before resuming treatment.

**30 Capsules Bar Code: 6001213011320 NAPPI Code: 708490001**



### MENOPAUSE

The unique combination may assist in alleviating the symptoms associated with menopause e.g. hot flushes, irritability, nervousness and insomnia. The remedy is also effective in alleviating the symptoms of pre-menstrual tension. The remedy includes:

#### NUTRITIONAL INFORMATION PER CAPSULE:

Oatstraw (Avena sativa)	144 mg
Liquorice Root (Glycyrrhiza spp.)	79.2 mg
Raspberry leaf (Rubus idaeus)	54 mg
Tissue Salt No. 4 (Ferrum Phos)	50 mg
Sage (Salvia officinalis)	32.4 mg
Fenugreek Seed (Trigonella foenum-graecum)	25.2 mg
Chamomile (Chamomilla recutita)	25.2 mg
Tissue Salt No. 7 (Kali Sulph)	25 mg

Tissue Salt No. 8 (Mag Phos)	25 mg
Tissue Salt No. 12 (Silicea Quartz)	25 mg
Tissue Salt No. 6 (Kali Phos)	25 mg

#### SUGGESTED USE:

**Adults:** Take 2 capsules per day. Do not exceed 6 capsules per day. Every 14 days, give a break of 3-5 days before resuming treatment.

**NOTE:** Can interact with Digoxin.

**30 Capsules**  
**Bar Code: 6001213011245**  
**NAPPI Code: 708483001**  
**60 Capsules**  
**Bar Code: 6001213011252**  
**NAPPI Code: 708483002**



### NATURAL ANTIBIOTIC

Natural Antibiotic is designed to build depleted immune systems and fight infections. The herbs are natural in their antibiotic content and the tissue salts encourage the release of toxins from the body. The remedy includes:

#### NUTRITIONAL INFORMATION PER CAPSULE:

Garlic (Allium Sativum)	140 mg
Chickweed (Stellaria Media)	105 mg
Tissue Salt No. 4 (Ferrum Phos)	50 mg
Tissue Salt No. 5 (Kali Mur)	50 mg
Mullein leaves (Verbascum thapsus)	35 mg
Burdock (Articum Lappa)	35 mg
Wormwood (Artemisia Absinthium)	35 mg



#### SUGGESTED USE

**Adults:** Take 1 capsule, twice a day for 6 days. Do not exceed 4 capsules per day.

**Children:** Take 1 capsule in the morning for 6 days. Do not exceed 2 capsules per day.

Not recommended for children under the age of 6. When used continuously, give a break of 2-3 days, every 14 days, before resuming treatment.

**12 Capsules**  
**Bar Code: 6001213011283**  
**NAPPI Code: 708486001**  
**36 Capsules**  
**Bar Code: 6001213011290**  
**NAPPI Code: 708486002**