

At Herza International, Inc. we are committed to providing you with our finest quality products to help you achieve a happy, healthy lifestyle & improve your nutritional needs.



Ancient Remedies..... All  
Natural Herbal Supplements

# OPTIMUM SINGLE HERBS

## **ALOE VERA**

Aloe's value lies in its ability to regenerate damaged tissues, which it does with dramatic swiftness. A resinous extract from the dried leaves has been administered internally, as a strong laxative, purgative, tonic and jaundice remedy.

## **ARTICHOKE.**

Antioxidant properties. Helps to increment bile flow. Improves digestion. Also good to level high cholesterol.

## **BAYBERRY**

Used as a tonic and stimulant to support the body's defense against a range of ailments such as coughs, colds, flu, fevers, headache and sore throat. Also considered as a remedy for diarrhea, bloody stools, and excessive menstrual bleeding.

## **BEE POLLEN**

A highly nutritive, tonic substance rightly known as a super food completely balanced for vitamins, minerals, proteins, carbohydrates, fats and all essential amino acids. As part of a full spectrum building and rejuvenating formula, particularly for the extra nutritional and energy needs of athletes and those recuperating from illness, for general healthy blood building, for control and neutralization of pollen and seasonal allergy symptoms, an effective part of a wound healing combination.

## **BLACK COHOSH**

The specie *Cimicifuga racemosa* is used to treat women's health issues, helps hormonal balance, PMS symptoms such as depression and headaches. Helps induce and regulates menstruation, relieving cramps. Ease child-birth since it is said to stimulate uterus.

## **BLACK WALNUT**

Natural treatment for parasites. Useful against fungal and parasitic infections, it expels various kinds of worms and bacteria. Helps relieve constipation and serves as a gentle laxative. Shows anti-tumor activity. Balance sugar levels and burn up excessive toxins and fatty materials.

## **BOLDO**

Excellent general tonic for the body, nourishes the blood. It has been used to treat liver, gallbladder and bowel dysfunctions. It helps promote fat digestion by stimulating the secretion of bile. Also it has been used for gout, hepatitis, rheumatism, syphilis and worms. Antiseptic and diuretic, good for urinary infections and uric acid elimination.

## **CASCARA SAGRADA**

Also known as Sacred Bark and Californian Buckthorn, it is a remedy for mild and chronic constipation. It detoxifies and cleans the body. It is a liver tonic, and increases the secretions of the stomach, liver and pancreas.

## **CHLOROPHYLL**

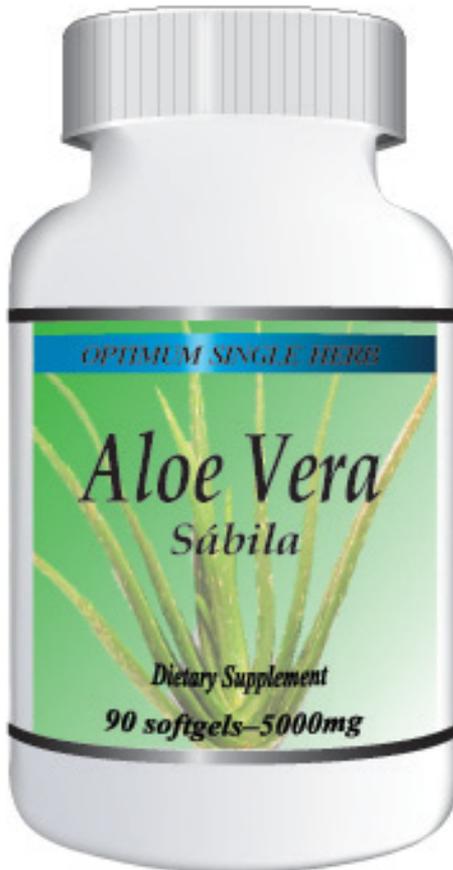
Derived exclusively from alfalfa. Recommended as an internal body freshener, cleansing the digestive tract and deodorizing bodily wastes, and is effective in reducing odor from a colostomy or ileostomy, as well as reducing fecal odor due to incontinence.

## **CHROMIUM PICOLINATE**

An essential trace mineral required by humans for health. Involved in metabolism of carbohydrates, fats and proteins. With workout, it can help convert fat into muscle mass, helps the body to use stored fat for energy while maintaining lean muscle and decreasing body fat. Makes the body more sensitive to insulin. Improve insulin activity in diabetes, helps regulate blood sugar levels. Decrease bad cholesterol (LDL) while increasing the good one (HDL).

## **CORAL CALCIUM**

Alkalizing mineral power house, that has been show to help balance the ph level of the body, creating an environment where the body can heal itself. Coral contains trace amounts of every mineral needed by the body and is known for their synergism. When the minerals are supplied in an absorbable form, health can improve.



## **DONG QUAI.**

All-purpose women's tonic herb. For female gynecological complaints such as menstrual regulations, menopausal symptoms and hormone balance. A blood purifying and warming tonic. Anti-spasmodic and circulation stimulant.

## **EVENING PRIMROSE**

This herb helps in the processes including dilatation of blood vessels, metabolizing cholesterol and other critical biochemical functions. It may be used to help treat a variety of ailments as skin conditions, respiratory problems, arthritis, high blood pressure, inflammatory conditions, obesity (loss weight). Also used as a pain killer and asthma treatment, symptoms of PMS such as irritability, headaches and bloating.

## **EYEBRIGHT**

This herb is an eye medicine, preserving eyesight. Its stems, leaves and flowers, have long been used as a tonic for irritated or infected eyes. This herb may be applied to eyes that are red, tearing from hay fever, itching, colds and other allergies. Herbalists recommend it to alleviate the symptoms of conjunctivitis and to maintain good vision.

## **FENUGREEK**

It is used to soothe stomach irritations and improve appetite. Flushes out mucus, impurities, toxins and bile from the intestinal tract, liver and kidneys. The seeds are rich in dietary fiber. It is said to help lower cholesterol and blood sugar levels in diabetes.

## **FEVERFEW**

An anti-inflammatory herb. Useful as a remedy and preventive for migraines; it helps to relieve arthritic inflammation, also used for painful or sluggish menstruation.

## **FO-TI**

It is said to tranquilize the spirit and nourish the blood. Improves physical and mental health. Treat colic, enteritis, gout and hemorrhoids. It is used to lower cholesterol.

## **GARLIC OIL**

Universal antibiotic, anti-fungal, effective for internal and external infections. It enhances the immune system and strengthens the body over-all against allergens and pollutants. Excellent disease preventive, as an enema for detoxification and to expel worms, improves digestion and helps in intestinal ailments like diarrhea. It helps to equalize blood pressure and reduce blood fats, artery-clogging cholesterol and the tendency of blood platelets to clump together and form clots that could potentially cause heart attacks.

## **GINKGO BILOBA**

A longevity herb, with great success in overcoming many unpleasant symptoms of aging, such as memory loss, lack of awareness, depression and ringing in the ears. As a specific in antiaging, stress and to improve circulatory and nervous system function.

## **GOTU-KOLA**

Improves memory and enhances concentration. Because it can relax and restore the nervous system it is used for anxiety. Also used to treat skin problems.

## **GRAPE SEED**

It is highest known as a powerful antioxidant. It helps improve circulation and reduce tendency toward varicose veins. Enhances immune resistance and capillary strength

and vascular function which help the heart and decreases PMS, varicose veins, leg swelling, bruising, and retinopathy.

### **HEROMEGA**

OMEGA-3. High concentration of EPA and DHA recognized for the ability to lower cholesterol and low incidence of cardiovascular disease, to improve circulation, enhance memory and improve brain function.

### **KAVA KAVA**

A well known potential anti-anxiety and natural antidepressant. This plant contains chemicals which affect spinal rather than cerebral responses, resulting in relaxation and euphoria while retaining mental alertness. Kava extracts have a positive effect in reducing states of anxiety, general restlessness and tension.

### **KELP**

An excellent source of assimilable iodine and chromium. Natural antibiotic. It contains many nutrients absorbed from the sea. Beneficial for health problems unique to the 20th century radiations exposure, heavy metal toxicity and heart disease. It has been shown to support healthy thyroid function so it helps to control obesity and arteriosclerosis.

### **LECHUGA**

Commonly used as mild sedative or hypnotic for insomnia and relaxation. It is also used for bronchitis, coughing, nervousness and pain relief associated with women's ailments.

### **LECITHIN**

It helps to prevent arteriosclerosis, protect against cardiovascular disease, increase brain function. Also helps the digestion of fats and enables cholesterol and their lipids to be dispensed in water and removed from the body.

### **LICORICE**

Potential treatment of chronic fatigue. It is antispasmodic, anti-bacterial and anti-inflammatory. It helps destroy viruses and to stimulate and clean the lymphatic system. It has hormone-building effects. It helps to improve blood sugar regulations. It is a treatment for gastric ulcers. Diabetics should avoid it which is very sweet.

### **MACA**

Known also as "Peruvian Ginseng", is more than an aphrodisiac, it is reputed to increase strength, sexual energy, stamina, libido and sexual function, attacking erectile dysfunction.

### **MILK THISTLE**

This plant has the ability to protect liver cells from toxic substances and to promote their regeneration. It has demonstrated significant value in the treatment of hepatitis, cirrhosis and inflammatory liver diseases.

### **NETTLE**

Used in Europe as a blood purifier, blood builder, diuretic, astringent, rheumatism, poor circulation enlarged spleen, internal bleeding, diarrhea, dysentery. Its effect involves the action of white blood cells, aiding coagulation and formation of hemoglobin in red blood corpuscles. Possible uses against kidney and urinary systems ailments. Alleviates arthritis.

## **PAPAYA**

This green fruit is important for its latex, which contains “papain” an enzyme capable of digesting protein so it is used as a digestive aid.

## **PSYLLIUM HUSK**

A soothing, lubricating, mucilaginous herb with drawing and cleansing laxative properties, either alone or in combination with other fiber herbs works as a colon broom for chronic constipation; effective for inflammatory diverticulitis; a balancer for digestive and colon bacteria. Lubricant for ulcerous mucosal lining tissue.

## **ROYAL JELLY**

Powerful stimulant of neural impulses, enhances the ability to think clearly. Helps in Alzheimer disease, arthritis and ulcers. Has a super effective influence on glandular and hormonal imbalances. It has a rejuvenating effect on sight and memory loss and aid in the fight against heart disease, fatigue, insomnia, ulcers and digestive disorders.

## **SAW PALMETTO**

It is a berry of the palm family used by herbalists and physicians to treat prostate related conditions. It acts toning and strengthening the male reproductive system specifically cases of enlarged prostate glands. It will be of the value in all infections of the gastro-urinary tract.

## **SHARK CARTILAGE**

Sharks rarely get cancers and other diseases found in other mammals, scientists attribute this to the fact that high levels of natural immune factors are found within the shark's body. Regular supplementation assures that the body receives all the natural factor it requires for optimal functioning, to enhance the defense systems of the body, has an oxygenating effect, is an anti-oxidant, detoxification factor, food supplementation, and anti-inflammatory agent.

## **SIBERIAN GINSENG**

Male and female tonic, anti-stress agent stimulant. In women alleviate hot flashes and some of the more unpleasant signs of menopause. Natural aphrodisiac. Strengthens gonads, regulates low blood pressure, increases energy, supports all bodily functions cardiovascular, blood sugar, chronic tiredness, countering jet-lag.

## **SKULLCAP**

It relaxes states of nervous tension while renewing and revivifying the central nervous system. It has a specific use in the treatment of seizure and hysterical states as well as epilepsy. It can be used to ease premenstrual tension.

## **ST. JOHN'S WORT**

Popular herb for treating mild to moderate depression. Helps in anxiety, insomnia due to restlessness, neuralgia, tired and aching muscles, irritability, and migraine headaches.

## **UÑA DE GATO**

Cat's Claw. Remarkably powerful immune system booster and effective against many kinds of maladies including genital herpes. It has anti-tumor, anti-inflammatory, and anti-oxidant properties. It has proven useful in treating arthritis, bursitis, allergies, and numerous bowel and intestinal disorders. Anecdotal evidence indicates effectiveness in relieving side effects of chemotherapy.

## **UVA URSI**

Also known as bearberry. This herb is generally categorized as a treatment for the urinary and glandular systems. It is a famous herbal cure for cystitis and kidney stones. It has anti-inflammatory and antiseptic properties.

## **VALERIANA**

Recognized worldwide for its relaxing effect on the body, and the central nervous system, promote feelings of calm, decrease levels of anxiety and stress and enhance sleep.

## **YOHIMBE**

One of the most popular aphrodisiac herbs. Effective in the treatment of male impotence and sexual dysfunction. Do not recommend daily or prolonged use of it alone because of the side effects (like nausea, palpitations, tension and irritability). Do not use if you suffer from high blood pressure, heart or liver disease.

## **YUCCA**

Help to alleviate arthritis inflammation and pain symptoms. Natural cortisone.

# **OPTIMUM HERBAL COMPLEX**

## **ALFALFA-GARLIC**

Alfalfa is a highly nutritive herb, rich in carotene, vitamins, chlorophyll and a full spectrum of minerals. Support for arthritis. Stimulate the body to remove inorganic mineral deposits from the blood. As a blood clotting agent in counteracting internal bleeding from ulcers and as an estrogen precursor for menopause in reducing blood sugar levels, in lowering cholesterol and to prevent tooth decay.

## **ARTHRITIS BLEND**

Special blend of herbs with anti-inflammatory effects. Support for joints, improve the reduction of pain and swelling and the allowance of partial joint movement.

## **CHOLESTEROL ACTIVITY**

Best formula with ingredients to help balance cholesterol levels.

## **COLONWISE**

Cleansing formula, and effective body detoxifier. Provide with a safe and natural way support to the body cleansing functions. Its natural blend of ingredients gently cleanse the colon, purify the blood, detoxify the liver, improve digestion, helps in skin problems, irritability, fatigue, excessive weight gain and lack of mental clarity.

## **DIET ULTRA MASTER**

Herbal formula with excellent ingredients that maintain the metabolism and support weight loss.

## **ENDOCRINE GLANDS**

Mixed of herbs that support all glands in the human body.

## **ENHANCE EYESIGHT**

Blend of herbs helpful for pink eye, conjunctivitis and eye strain, decreases most eye

diseases, improve eyesight. It has anti-inflammatory and astringent properties, helps cleaning mucus from the eyes, tightens the mucous membranes of the eye, counters mucus, improves eye health to prevent infections. It has vitamins A, C, B complex, D and E.

### **FEMALE HORMONE BALANCE**

This formula contains herbs that are highly known for supporting the women's gynecological issues. It helps menstrual and menopause complaints.

### **FEMALE REPRODUCTIVE COMPLEX**

Combination of herbs that helps nurture organs for the female reproductive system.

### **GOLDENSEAL-ECHINACEA**

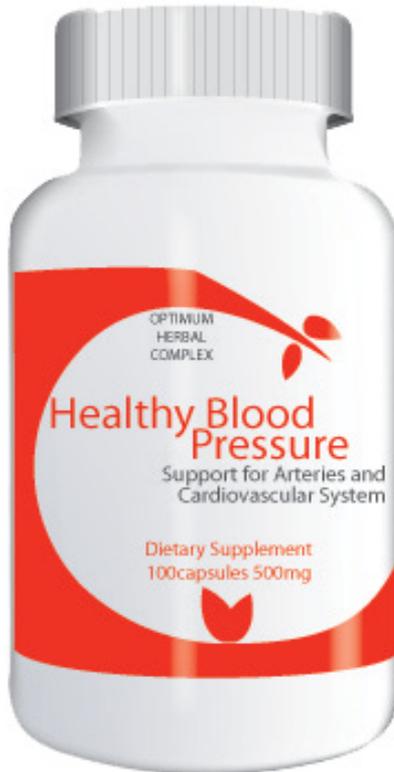
This two herbs have acquired a considerable reputation as a natural antibiotic, for digestive disorders and as a tonic for gastric ulcers. For the prevention and treatment of colds & flu. Also used for its soothing action on inflamed mucous membranes.

### **HEALTHY & NATURAL STRESS-OUT**

Supplement blend of herbs such as valerian, lettuce, kava kava, that promote relaxation, favored by pressured and overworked people.

### **HEALTHY BLOOD PRESURE**

Mixed of herbs that help to control the blood pressure.



### **HEALTHY GASTRO COMPLEX**

Combination of herbs that helps for all the problems related to the stomach and digestion.

### **HEALTHY KIDNEY & BLADDER**

This product is a blend of herbs that works as a nutritional support for the urinary tract.

### **HEALTHY LIVER & INTESTINAL SYSTEM FORMULA**

Mixed of herbs that help the liver and the intestinal system to be detoxified and rebuilt.

### **HEALTHY NAILS & HAIR**

Powerful herbal complex that improves the health of the hair and nail growth. 100% natural fine herbs that helps to strengthen, thicken and restore damaged hair and nails. Prevents hair loss of losing mineral and nutrients caused by constant stress irritation and pollution in modern day life.

### **HEALTHY OSTEO JOINT**

Natural formula for support joint comfort, flexibility and mobility. Contains nutrients that help maintain healthy joints, cartilage and connective tissue.

### **HEALTHY PANCREAS**

Formula of herbs that feed and nurture the pancreas, the liver and the kidneys. It also helps to keep glucose levels down.

### **HEALTHY SKIN FORMULA**

One of the best Optimum Herbal Complex. It produces amazing results against acne and other skin problems.

### **MEMORY ENHANCEMENT**

Blend of herbs that revitalizes the brain functions. Help improve mental sharpness, alertness and clarity. Improve blood flow to the brain. Oxygen and nutrient supply.

### **NOPAL-GARLIC**

It has beneficial nutrients to the glandular system, strengthens the liver and pancreas, making proper blood sugar balance. Healthy food for diabetics, it slows the digestion of carbohydrates thereby slowing the insulin production. Also helps to lower the blood sugar and it is low in sodium and calories combination with garlic, enhance immune systems and help to support the digestive system.

### **PAPAYA-GARLIC**

This green fruit is important for its latex, which contains "papain" an enzyme capable of digesting protein so it is used as a digestive aid. In combination with garlic, which is highly nutritive and a natural antibiotic, both work as a very good food supplement.

### **PARSLEY-GARLIC**

Natural antispasmodic, great for digestion. It relieves gas and is diuretic. Good for coughs and asthma. It is used as urinary, tonic and carminative.

### **PLENTY MATURE-F**

Female formula. Formula with natural ingredients that help to delay the aging process and promoting a healthier life.

### **PLENTY MATURE-M**

Male formula. Formula with natural ingredients that help to delay the aging process and promoting a healthier life.

### **PROSTATE ACTIVE**

Formula that can help correct prostate enlargement.

### **RENAL/BILIAR-C**

Herbal blend that result in a potent diuretic for infections of the urinary tract. Helps to destroy and eliminate gall and kidney stones. Provides support for normal Ph levels, with strong antiviral and antibacterial properties. Usefull in bladder inflammation.

### **STIMULATE-F**

Herbal sexual booster. Enhance a woman's lackluster libido and sexual experience.

### **STIMULATE-M**

Powerful herbal complex for men to stimulate a better sex life. Improve intimate life. Enhance the male libido.

### **STRONG HEART FORMULA**

Herbal formula that strengthen the heart and cardiovascular system. Help the function of blood vessels, arteries and veins

### **ULTRA POWER**

Infinity energy. Help to enhance stamina and strengthen resistance to stress. Cleanser of toxins in the blood, gives vitality and vigor. Boots mental and physical performance. Combat weakness and exhaustion.

### **VESSEL DRAINAGE**

Support for the lymphatic system, helps in fight against microbial infections, inflammations on glands like in the throat and ears.

### **VIRIL-U**

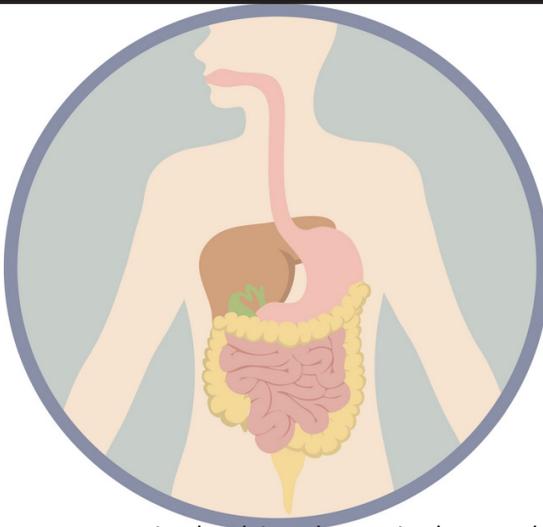
Best ingredients all together in one formula for men.

### **WELLBREATH**

Support for the whole respiratory system, their ingredients are helpful for asthma, broncho-pulmonary congestions and pneumonia.



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