Please note that the price list below is not extensive and only reflects our most popular products. If you are looking for a specific herb or blend and it is not shown below, please contact us through the contact form on our website!

www.suikerbossienaturals.co.za

The information contained on this document is intended for educational purposes only. Neither this information nor the products are intended to diagnose, treat, prevent or cure any disease. Please consult your healthcare practitioner before use if pregnant, breastfeeding or if you have any medical conditions. Unless otherwise stated, products are not intended for use by children or individuals who are pregnant or breastfeeding.

TINCTURES

Made up in food-grade ethanol alcohol, 50ml

Product Name	Traditional Uses	Price
ABSOLUTE BALANCE (Tincture)	**Benefits:** This comprehensive herbal blend is designed to support overall vitality and promote balance across all major body systems. Drawing on traditional herbal wisdom, this formula may support immune function, circulation, digestion, detoxification, and natural energy. Ideal for daily use as part of a wellness routine aimed at maintaining total body harmony and resilience. **Ingredients:** Horsetail, Cayenne, Aloe Vera, Ginseng, Cancer Bush, Echinacea, Schisandra, Milk Thistle, Hawthorn berries, Slippery Elm, Buchu, Lobelia, Sarsaparilla, Bilberry, Devil's Claw, and Spirulina.	**R220**

ACIDITY TONIC (Tincture)	**Benefits:** This tincture is a soothing herbal blend traditionally used to support digestive comfort and help maintain the body's acid-alkaline balance. These herbs may help ease heartburn, support mucosal lining health, and promote pH balance in both the digestive and skeletal systems. Ideal for those seeking gentle, natural support for acid-related discomfort. **Ingredients:** Meadowsweet, Calamus, Angelica, Alfalfa, Burdock, Dandelion, Nettle, Yellow Dock, Liquorice, Turmeric & Ginger***	**R220**
ADRENATONE (Tincture)	**Benefits:** Adrenatone is a nourishing adaptogenic blend traditionally used to support adrenal health, balance cortisol levels, and promote resilience to physical and emotional stress. These herbs may help restore energy, improve stress response, and support overall hormonal balance. Ideal for individuals experiencing fatigue, burnout, or chronic stress as part of a natural wellness routine. **Ingredients:** Ginkgo, Liquorice root, Rhodiola, Ashwagandha, Holy Basil, Siberian Ginseng, Maca, and Schisandra.	**R220**
CIRCU-OXY (Tincture)	**Benefits:** Stroke recovery and support. Circu-Oxy is traditionally used to support healthy circulation, oxygen flow, and cardiovascular resilience. Formulated with botanicals known to support blood flow, protect blood vessels, and aid in recovery after circulatory challenges, this formula may contribute to overall vascular and brain health. Ideal as part of a wellness routine focused on heart, brain, and stroke recovery support. **Ingredients:** Ginkgo biloba, Bilberry, Ginger, Astragalus, Calamus, Cayenne pepper, Green tea, Hawthorn berries & Horsetail***	**R220**
CLEAR (Tincture)	**Benefits:** Clear tincture is traditionally used to support the respiratory system, soothe the lungs, and open the sinuses. The carefully selected herbs may help ease congestion, calm irritated airways, and promote clear, comfortable breathing. Ideal for natural support during seasonal challenges, sinus discomfort, or respiratory strain. **Ingredients:** Elecampane, Thyme, Cayenne Pepper, Marshmallow leaves, Lobelia, Echinacea, Elderflower, Bilberry, Eucalyptus, Mullein, Golden Rod, Peppermint, Olive Leaf & Coltsfoot***	**R220**

ENERGIZE (Tincture)	**Benefits:** Energize is a revitalising herbal blend traditionally used to support natural energy, stamina, and endurance. By combining adaptogens and gentle stimulants, this blend may help enhance both mental and physical performance, reduce fatigue, and promote sustained energy levels. Ideal for daily use to maintain energy levels and resilience during busy or demanding periods. **Ingredients:** Guarana, Ginseng, Astragalus, Spirulina, Green Tea, Sceletium, Schisandra & Peppermint***	**R220**
EYETONE (Tincture)	**Benefits:** Eyetone is traditionally used to support eye health, visual clarity, and ocular circulation. These botanicals are known to help maintain healthy vision, reduce eye strain, and support capillary strength in the delicate tissues of the eye. Ideal for daily use to promote long-term visual wellness. **Ingredients:** Bilberry, Ginkgo, Eyebright, Gotu Kola, Cayenne Pepper, and Marigold	**R220**
FEMTONE (Tincture)	**Benefits:** Supports the female reproductive system and hormonal balance. Nourishes the uterus, promotes fertility, and eases menstrual discomfort. It is a gentle herbal blend designed to encourage womb wellness and support the menstrual cycle**.** **Ingredients:** Nettle, Red Clover, Red Raspberry, Maca, Yarrow, and Lady's Mantle.	**R220**
GUMS & TEETH (Tincture)	**Benefits:** Soothes gum pain, fights infection, and supports oral hygiene. Combines powerful antimicrobial and anti-inflammatory herbs for relief and healing. It is a refreshing blend for strong teeth, healthy gums, and pain relief. **Ingredients:** Cloves, Tea Tree, Wormwood, Marigold, Myrrh, Mullein & Peppermint***.	**R220**
HEADSOOTH (Tincture)	**Benefits:** Eases headaches, tension, and migraines naturally. Calms the nervous system, improves circulation, and relieves pressure. It is a soothing herbal blend designed to promote head clarity and alleviate pain. **Ingredients:** Feverfew, Cayenne Pepper, Wood Betony, Skullcap, Lavender, Rosemary, Ginkgo, Peppermint essential oil.	**R220**

INFECTONE (Tincture)	**Benefits:** Fights infections, supports immune defence, and helps eliminate parasites and harmful microbes. Combines potent antibacterial, antiviral, antifungal, and antiparasitic herbs. It is a powerful cleansing blend for full-spectrum protection and recovery. **Ingredients:** Echinacea, Yarrow, Wormwood, Cloves, Black Walnut, Thyme, Myrrh, Cayenne Pepper, Marigold, St. John's Wort, Aloe Vera, Olive Leaf, Neem, Cancer Bush & Pau de Arco***	**R220**
KIDNEYTONE (Tincture)	**Benefits:** Supports the health of the kidneys, bladder, and entire urinary system. Promotes gentle detoxification, reduces inflammation, and helps flush out toxins and excess fluids. It is a soothing herbal blend for urinary comfort, infection resistance, and healthy fluid balance. **Ingredients:** Buchu, Parsley, Dandelion leaves, Marshmallow leaves, Bearberry, Nettle, Yarrow, Borage, Hydrangea, Golden Rod, Golden Seal.	**R220**
LIBITONE (Tincture)	**Benefits:** Naturally enhances libido, boosts sexual desire, and supports reproductive health in both men and women. Improves blood flow, energy, and stamina while helping to balance hormones and increase fertility. It is a potent blend of traditional aphrodisiac and performance herbs for passion and vitality. **Ingredients:** Horny Goat Weed, Catuaba Bark, Muira Puama, Tribulus, Maca, Tribilus & Cayenne***.	**R220**
MEMORY BOOST (Tincture)	**Benefits:** The herbs in this tincture are traditionally used to support cognitive function, concentration, and mental clarity. The combination of adaptogens and brain-supportive herbs may assist with focus, alertness, and maintaining a healthy memory, especially during times of mental fatigue or stress. Formulated to promote general brain wellness as part of a balanced lifestyle, in line with natural health traditions. **Ingredients:** Schisandra, Rosemary, Peppermint, Ginseng, Wood Betony, Gotu Kola, Holy Basil, Bacopa, Gingko & Lemon Balm.	**R220**
MENOTONE (Tincture)	**Benefits:** The herbs in this blend are traditionally used to support women during menopause and	**R220**

	the transition leading up to it. This formula may help maintain hormonal balance, promote emotional well-being, and support comfort during common menopausal symptoms such as hot flashes, mood fluctuations, and restlessness. **Ingredients:** Black Cohosh, Dong Quai, Red Clover, Raspberry, Fennel, Sage, Parsley, Ginger, Kelp, Marshmallow, Aniseed, Gotu Kola, Lemon balm, Vervain, Passion Flower, Spearmint, Wild Yam, Sarsaparilla, Hops, Chaste berry, Motherwort & Peppermint.	
MUSCUSOOTH (Tincture)	**Benefits:** This is a calming herbal blend traditionally used to support muscle comfort and ease occasional leg restlessness. The selected herbs may help relax tense muscles, soothe cramps, and promote overall relaxation, especially at night. Ideal for supporting the wellness of the muscular and nervous systems as part of a balanced lifestyle. **Ingredients:** Alfalfa, Ginkgo, Valerian, Cramp bark, Ginger, Hops, Celery Seed, Rosemary, Yarrow, Nettle, Passion flower & Wild Yam.	**R220**
Oh So Slim (Tincture)	**Benefits:** Oh So Slim is traditionally used to support healthy weight management. It may help reduce appetite, increase feelings of fullness, and support the body's ability to burn fat, especially around the abdominal area. This blend also provides gentle energy and nutritional support, making it easier to maintain balanced eating habits and stay on track with slimming goals. Ideal for use in conjunction with a healthy diet and an active lifestyle. **Ingredients:** Garcinia, Hoodia, Guarana & Spirulina	**R220**
PMS (Tincture)	**Benefits:** This balancing herbal formula is traditionally used to support women during the premenstrual phase. The selected herbs may help alleviate common PMS symptoms, including mood swings, cramps, bloating, and fatigue, while supporting hormonal balance and emotional well-being. Ideal for promoting comfort and balance throughout the menstrual cycle. **Ingredients:** Motherwort, Chaste Berry, Don Quai, Fennel, Bearberry, Sarsaparilla, Wild Yam, Cramp Bark, Skullcap, Rosemary & Borage.***	**R220**
PROSTONE (Tincture)	**Benefits:** Prostone is a supportive herbal blend	**R220**

	traditionally used to promote prostate health and assist with urinary comfort in men. The selected herbs may help reduce inflammation, support urinary flow, and maintain hormonal balance. Ideal for addressing common prostate-related concerns and supporting long-term male reproductive wellness. **Ingredients:** Cleavers, Echinacea, Horsetail, Buchu, Hydrangea, Saw Palmetto, Red Clover, Yarrow, Parsley, African Potato & Nettle.	
QUIT SMOKING (Tincture)	**Benefits:** Quit Smoking is a supportive herbal formula traditionally used to assist in reducing nicotine dependence and easing the transition away from smoking. The blend helps calm the nervous system, reduces cravings, and supports lung and respiratory health. Ideal for those looking for natural assistance in breaking the smoking habit while restoring balance to the body. **Ingredients:** Calamus, Lobelia, Kelp, Alfalfa, Dandelion, Nettle, Parsley, Horsetail, Cayenne, Oats, Sceletium & Skullcap.	**R220**
SINUTONE (Tincture)	**Benefits:** Sinutone is traditionally used to relieve sinus congestion, support the upper respiratory tract, and assist with seasonal allergies. The selected herbs may help reduce inflammation, clear mucus, and strengthen immune defences. Ideal for natural support against sinusitis, hay fever, and related respiratory conditions. **Ingredients:** Mullein, Marshmallow leaves, Ginger, Eyebright, Echinacea, Cayenne Pepper, Elder flower, Astragalus, Stinging Nettle & Peppermint	**R220**
SWEATLESS (Tincture)	**Benefits:** Sweat Less is traditionally used to help reduce excessive sweating and support the body's ability to regulate perspiration. The selected herbs may help calm the nervous system, balance hormones, and tone the sweat glands. Ideal for those seeking gentle, natural support for managing unwanted sweating and promoting confidence and comfort. **Ingredients:** Sage, Chamomile, Witch hazel, Schisandra, St. John's wort & Valerian***.	**R220**
TESTONE (Tincture)	**Benefits:** The herbs in this blend traditionally used to support healthy testosterone levels and enhance male vitality. The selected herbs may	**R220**

	help improve energy, stamina, libido, muscle strength, and hormonal balance. Ideal for those seeking natural support for reproductive health, physical performance, and overall male wellness. **Ingredients:** Rhodiola, Ashwagandha, Horny Goat Weed, Catuaba Bark, Maca, Muira Puama, Tribulus, Cayenne, Siberian Ginseng, Tongkat Ali & Stinging Nettle	
HORMOPRO (Tincture)	**Benefits:** Supports hormone balance and relief from hormone-related imbalance. Eases hot flushes, mood swings, and fatigue. It is a restorative herbal blend designed to promote vitality, balance, and overall well-being, particularly for women**.** **Ingredients:** Ashwagandha, Maca, Sage, Red Clover, Tribulus, Black Cohosh, and Chasteberry.	**R220**
PROPOLIS (Tincture)	**Benefits:** Bee Propolis is a natural supplement that supports the immune system. Traditionally, propolis has been valued for its potent antibacterial, antiviral, antifungal, and anti-inflammatory properties. It helps strengthen the body's defences against infections, soothes sore throats, supports respiratory health, and promotes healing. Rich in flavonoids and antioxidants, bee propolis protects cells from oxidative stress and contributes to overall wellness. These capsules are excellent for daily immune maintenance and protecting against seasonal changes. **Ingredients:** Bee propolis ***AVOID IF YOU ARE ALLERGIC TO BEES OR OTHER BEE PRODUCTS***	**R220**
BLACK SEED CUMIN (Tincture)	**Benefits:** Nigella sativa (Black Seed Cumin) is traditionally used to support immune health, digestion, and respiratory function. It helps reduce inflammation, balance blood sugar and cholesterol levels, and promote healthy skin. Rich in thymoquinone, a powerful antioxidant, it supports detoxification and overall vitality. **Ingredients:** Black Seed Cumin	**R220**
HIBISCUS (Tincture)	**Benefits:** Hibiscus sabdariffa (Hibiscus Flowers) are traditionally used to support heart health, lower blood pressure, and improve circulation. Rich in antioxidants, particularly anthocyanins	**R220**

	and vitamin C, hibiscus helps reduce inflammation, supports liver function, and promotes healthy cholesterol levels. Also used as a refreshing digestive tonic and mild diuretic to aid detoxification. **Ingredients:** Hibiscus Flowers	
LEMON BALM (Tincture)	**Benefits:** Melissa officinalis (Lemon balm) is traditionally used to calm the nervous system, reduce anxiety, and promote restful sleep. It helps relieve stress, nervous tension, and mild depression. Additionally, lemon balm supports digestion, soothes bloating and cramps, and may enhance focus and cognitive function. Its gentle antiviral properties also make it beneficial for supporting immune health and improving skin conditions. **Ingredients:** Lemon Balm	**R220**
MULLEIN FLOWERS (Tincture)	**Benefits:** Verbascum thapsus (Mullein Flowers) are traditionally used to support respiratory health by soothing dry, irritated lungs and easing coughs. They act as a gentle expectorant, helping to loosen and expel mucus. Mullein flowers also have anti-inflammatory and antimicrobial properties, making them useful in ear oil preparations and for relieving sore throats, bronchitis, and chest congestion. **Ingredients:** Mullein	**R220**

HERBAL CAPSULES

100% herbal blends in non-GMO gel caps (no artificial fillers)

All sold in bottles of 60 capsules, unless otherwise stated

Product Name	Traditional Uses	Price
BONE & JOINT (Capsules)	**Benefits:** The herbs in this blend are traditionally used to relieve inflammation, ease joint and muscle pain, and support mobility. It may help with conditions such as osteoarthritis, rheumatoid arthritis, and neck and lower back pain, as well as general muscle and joint discomfort. This formula also provides antioxidant benefits and supports a healthy immune response. With its traditional use, Bone & Jointpro connects you to a long history of effective herbal remedies. **Ingredients:** Devil's Claw, Cat's Claw & Turmeric	**R220**

BLOOD CLEANSER (Capsules)	**Benefits:** The herbs in this blend are traditionally used to purify the blood and support the organs involved in detoxification, such as the liver, kidneys, lymphatic system, and skin. This blend aids in eliminating toxins, reducing inflammation, and improving circulation, which can lead to clearer skin, enhanced vitality, and overall systemic balance. It is ideal for those looking for deep internal cleansing and long-term wellness support. **Ingredients:** Tulsi, Burdock Root, Dandelion Root & Leaves, Red Clover, Nettle, Green Tea Extract, Turmeric, Cayenne Pepper, Bilberry***	**R220**
CARDIOPRO (Capsules)	**Benefits**: The Cardiopro blend is a comprehensive formula designed to support heart health. It is traditionally used to enhance cardiovascular function, improve circulation, and promote balanced blood pressure. This blend combines heart-toning herbs and antioxidants that may strengthen the heart muscle, improve blood flow, and reduce oxidative stress. It is ideal for individuals seeking natural support for overall heart wellness, vascular health, and long-term cardiovascular vitality. **Ingredients**: Hawthorn Berries, Ginkgo, Motherwort***	**R220**
CELL SYNC (Capsules)	**Benefits:** Cell Sync is made up of a potent blend of herbs and nutraceuticals traditionally used to protect healthy cells and support the body's natural immune functions. The carefully selected ingredients may help enhance cellular defence, reduce oxidative stress, and promote the body's ability to identify and eliminate abnormal or unhealthy cells. This product is ideal for anyone looking for natural support to strengthen their immunity and maintain cellular integrity. **Ingredients:** Liquorice Root, Chlorella, Cordyceps, Reishi, Lion's Mane, Tulsi, Neem, Frankincense, Myrrh, Stinging Nettle, NAC, Quercetin, Bromelain & Coenzyme Q10***	**R220**
DIGESTOPRO (Capsules)	**Benefits**: Digestopro is commonly used to support and restore digestive function. It may help with various digestive issues, including acid reflux, GERD, IBS, constipation, diarrhoea, ulcers, gastritis, colitis, and spastic colon. The calming and protective properties of the herbs in Digestopro help reduce inflammation, ease discomfort, and enhance the overall strength and	**R220**

	resilience of the digestive system. It is ideal for daily digestive support and gut comfort. **Ingredients:** Slippery Elm, Marshmallow Root & Aniseed	
ETP - ENVIRONMENTAL TOXIN PROTECTION (Capsules)	**Benefits:** ETP is a comprehensive detox formula that combines an amino acid, mineral binders, and chlorophyll-rich herbs. These ingredients have been traditionally used to support the safe removal of heavy metals and environmental toxins from the body. This blend works by binding to toxins stored in tissues and cells, aiding in their release and elimination. Additionally, the ingredients support liver detoxification, enhance kidney resilience to oxidative stress, and help protect immune function. ETP may also assist the body in binding and clearing **spike proteins**, making it a powerful tool for systemic cleansing and enhancing immune resilience. **Ingredients**: NAC, Chlorella, Cilantro, Spirulina, Tulsi, Fulvic Acid, Zeolite & Milk Thistle	**R250**
HORMOPRO (Capsules)	**Benefits**: Hormopro Caps is a hormone-balancing formula specifically designed for menopausal and mature women. It is traditionally used to alleviate common symptoms associated with menopause, such as hot flashes, night sweats, mood swings, vaginal dryness, and sleep disturbances. This blend supports a smoother transition through menopause and promotes emotional stability, heart health, and overall vitality. Rich in phytoestrogens and calming nutrients, Hormopro provides natural support for hormonal wellness and enhances quality of life during menopause and beyond. **Ingredients**: Maca, Chasteberry, Black cohosh, Don quai, Red clover, Marshmallow root & Magnesium	**R220**
INTESTOPRO (Capsules)	**Benefits**: Inrestopro Capsules are a potent internal cleansing formula designed to detoxify the digestive tract and promote healthy digestion. The ingredients work synergistically to trap and bind toxins, gases, and harmful substances in the gut, preventing their absorption and aiding in elimination. This formula may help alleviate symptoms such as bloating, cramps, parasites, constipation, diarrhoea, acid reflux, leaky gut, and irritable bowel syndrome (IBS). Additionally, it supports kidney detoxification and may help reduce unpleasant body odour by eliminating internal waste. It is an	**R220**

	ideal choice for deep gut cleansing and restoring digestive comfort. **Ingredients:** Activated charcoal, bentonite clay, flaxseed, slippery elm bark, fennel seeds, peppermint***.	
LACTOPRO (Capsules)	**Benefits**: Lactopro is a nourishing herbal formula traditionally used to support breastfeeding mothers by enhancing natural milk production. The selected herbs act as galactagogues, promoting healthy breast milk flow and supply while offering essential nutrients for postpartum recovery, digestion, and energy. This formula is ideal for mothers seeking gentle, natural support during lactation. **Ingredients:** Nettle, Milk Thistle, Ginger, Fenugreek, Fennel, Moringa & Alfalfa	**R220**
LAXAPRO (Capsules)	**Benefits**: Laxapro is a gentle herbal formula traditionally used to relieve constipation and support regular bowel movements. This mild laxative blend stimulates peristalsis in the large intestine, improving intestinal tone and mobility. It also promotes gut cleansing by helping to eliminate waste, reduce inflammation, and eliminate parasites. Laxapro is ideal for short-term use to restore digestive regularity and comfort. **Ingredients:** Senna, Aloe, & Buckthorn	**R220**
LIVERPRO (Capsules)	**Benefits:** Liverpro capsules contain a comprehensive herbal formula designed to support liver health. Traditionally used to promote liver detoxification, it helps protect liver cells and supports overall liver and gallbladder function. This blend may enhance bile flow, reduce inflammation, and improve the liver's ability to process toxins. With added antioxidants and nutrients that protect the liver, it is ideal for those seeking natural support for liver-related issues, digestive balance, and metabolic wellness. **Ingredients:** Milk Thistle, Dandelion & Turmeric***	**R220**
NEURO Q10 (Capsules)	**Benefits:** Neuro Q10 is a comprehensive brain-support formula traditionally used to help prevent and manage Alzheimer’s disease and dementia. This nutrient-rich blend may protect neuron cells, improve cerebral circulation, and enhance the delivery of oxygen and nutrients to	**R245**

	the brain. It supports memory, cognitive performance, and mental clarity while addressing neuroinflammation and age-related cognitive decline. This formula is ideal for promoting long-term brain health and maintaining mental sharpness. **Ingredients**: Coenzyme 10, Ginko, Melissa, Ginseng, Salvia, Centella, Rosemary, Ginger, Turmeric, Ashwagandha, Rhodiola, Billberries, Schisandra, Guarana & Guggelsterone***	
PHYTO JOINT (Capsules)	**Benefits:** Phyto Joint is a comprehensive anti-inflammatory formula traditionally used to support the health of bones, muscles, and joints. It may help reduce pain, stiffness, and swelling associated with conditions like osteoarthritis, rheumatoid arthritis, and general joint discomfort. This powerful blend aims to improve physical function, promote joint flexibility, and enhance immune defences by boosting the activity of infection-fighting white blood cells. Rich in antioxidants and nutrients that support joint health, Phyto Joint is ideal for maintaining mobility, comfort, and long-term musculoskeletal wellness. **Ingredients:** Devil's Claw, Cat's Claw, Turmeric, Bromelain, Frankincense, White Willow Bark, Glucosamine, MSM & Cayenne Pepper***	**R220**
RESPOPRO (Capsules)	**Benefits**: Respopro is a powerful respiratory support formula that is traditionally used to alleviate a variety of lung and throat conditions, such as dry and irritating coughs, colds, flu, bronchitis, pneumonia, asthma, croup, tonsillitis, and allergies. This blend helps to open the lungs, reduce chest tightness, and relax the airways, promoting clearer breathing by thinning mucus and making coughs more productive. Additionally, it soothes irritated mucous membranes, calms spasms in the respiratory tract, and offers antimicrobial, antiviral, and anti-inflammatory support to the immune system. Respopro is ideal for relieving both physical and stress-related respiratory symptoms while promoting overall respiratory wellness. **Ingredients:** Horehound, Mullein & Lobelia***	**R220**
SKINPRO (Capsules)	**Benefits**: Skinpro Caps are a formula designed to nourish the skin and traditionally support clear, healthy, and radiant skin from within. This blend may help alleviate skin conditions such as acne, eczema, psoriasis, and dermatitis by regulating sebum production, reducing	**R220**

	inflammation, and promoting the growth of new skin cells. It also helps maintain skin firmness and hydration by supporting natural collagen and elastin production, while aiding in liver detoxification and blood purification. With antibacterial, antifungal, and antioxidant properties, Skinpro Caps may help combat free radical damage and support a strong immune response for long-term skin wellness. **Ingredients**: Marigold, Neem, Stinging Nettle***	
TURMERIC BLEND (Capsules)	**Benefits**: Turmeric Blend is a potent combination of warming spices traditionally used to support digestion, metabolism, circulation, and immune function. Rich in antioxidants and anti-inflammatory compounds, this combination may help reduce inflammation, regulate blood sugar, enhance nutrient absorption, and promote overall vitality. A powerful daily tonic for natural health support and internal balance. **Ingredients**: Turmeric, Cinnamon, Ginger, Cayenne Pepper***	**R220**
BROMELAIN (Capsules)	**Benefits:** Bromelain is a natural enzyme extracted from pineapple stems, known for its anti-inflammatory, digestive, and recovery-supporting properties. It helps break down proteins to support healthy digestion, reduces inflammation and swelling, and may ease joint discomfort and muscle soreness. Bromelain also supports sinus health, immune modulation, and post-exercise recovery. This concentrated extract offers high bioavailability for effective systemic and digestive support. **Ingredients:** Bromelain	**R240**
BROMEPAIN (Capsules)	**Benefits:** A synergistic blend of two powerful plant enzymes — Bromelain (from pineapple) and Papain (from papaya). It is formulated to support digestion, balance inflammation, and promote recovery. This combination helps break down proteins for improved nutrient absorption, reduces bloating, and soothes the digestive tract. It also helps alleviate joint discomfort, swelling, and tissue repair after physical exertion. Ideal for digestive health, immune modulation, and natural inflammation support. **Ingredients:** Bromelain & Papain	**R280**
CAFFEINE HERB-ENRICHED (Capsules)	**Benefits:** A revitalising blend designed to boost energy, focus, and stamina without the crash.	**R220**

	This formula combines natural caffeine for mental alertness with adaptogenic herbs, Ashwagandha, Rhodiola, and Maca to support stress resilience, sustained energy, and hormonal balance. Together, they enhance physical and mental performance, reduce fatigue, and promote mood stability. Ideal for busy lifestyles, workouts, and sustained cognitive support. **Ingredients:** Caffeine, Ashwagandha, Rhodiola, and Maca.	
CHROMIUM HERB-ENRICHED (Capsules)	**Benefits:** A metabolic support formula combining Chromium with synergistic herbs — Cinnamon, Turmeric, and Ginger — to help regulate blood sugar levels, support insulin sensitivity, and promote healthy metabolism. This blend also supports digestion, reduces inflammation, and aids in weight management and maintaining energy balance. Ideal for those seeking natural support for glucose control and metabolic wellness. **Ingredients:** Chromium, Cinnamon, Turmeric, Ginger	**R220**
CARBON ACTIVATED CHARCOAL (Capsules)	**Benefits:** Activated charcoal is a natural detoxifier known for its ability to bind to toxins, gas, and impurities in the digestive tract. It supports digestive comfort by relieving bloating, gas, and mild indigestion, and may assist in general detoxification. Commonly used for digestive cleansing and occasional toxin exposure, it helps promote gut health and internal balance. Ideal for short-term detox and digestive relief. **Ingredients:** Pure Activated Charcoal	**R180**
COLLAGEN PEPTIPLUS (Capsules)	**Benefits:** Collagen Peptiplus is a high-quality hydrolysed collagen peptide designed to support healthy skin, joints, hair, nails, and connective tissue. Easily absorbed by the body, it helps improve skin elasticity and hydration, reduces the appearance of fine lines, and promotes joint flexibility and recovery. Regular use supports structural integrity, tissue repair, and healthy ageing from within. Ideal for daily beauty, joint, and wellness support. **Ingredients:** Pure Collagen Peptiplus Hydrolysate	**R220**
GLUCOSAMINE (Capsules)	**Benefits:** Glucocamine is a joint-support	**R220**

	supplement that promotes cartilage health, joint mobility, and flexibility. It helps maintain the structural integrity of joints, supports natural joint repair, and reduces stiffness and discomfort associated with ageing or physical activity. Ideal for individuals with joint wear, active lifestyles, or those seeking long-term joint maintenance and comfort. **Ingredients:** Glucosamine	
MAGNESIUM HERB-ENRICHED (Capsules)	**Benefits:** A superior magnesium supplement combining magnesium citrate, known for its high bioavailability, with mineral-rich herbs: Nettle, Sage, and Oat Straw. This blend supports muscle and nerve function, promotes relaxation, and aids sleep. Nettle and Oat Straw provide calcium, silica, and trace minerals essential for bone strength and connective tissue health, while Sage contributes antioxidants and supports cognitive wellness. Ideal for those seeking gentle digestion, stress relief, and enhanced overall mineral balance in a plant-enriched formula. **Ingredients:** Magnesium citrate, Nettle, Sage, and Oat Straw.	**R220**
QUERCETIN SYNERGETIC COMPLEX (Capsules)	**Benefits:** A comprehensive antioxidant and immune-support formula combining Quercetin with powerful synergists: Bromelain, NAC, Vitamin C, Yarrow, Sarsaparilla, and Nettle. This blend supports balanced inflammation, respiratory health, and histamine regulation. Quercetin and Vitamin C provide potent antioxidant protection, while Bromelain enhances absorption and immune modulation. NAC supports detox and lung function, and the added herbs promote circulation, skin health, and overall vitality. Ideal for seasonal wellness, immune balance, and daily cellular protection. **Ingredients:** Quercetin, Bromelian, NAC, Vitamin C, Yarrow, Sarsaparilla, & Nettle	**R270**
VITAMIN C (Capsules)	**Benefits:** Vitamin C is a powerful antioxidant that supports immune function, collagen production, and overall cellular protection. It helps strengthen the body's natural defences, supports skin, joints, and blood vessels, and aids in iron absorption. Regular use may reduce fatigue, support wound healing, and promote radiant skin. Ideal for daily immune support and general wellness.	**R220**
CORDYCEPS EXTRACT 10:1	Cordyceps militaris is an adaptogenic medicinal	**R245**

(Capsules)	mushroom known for its ability to enhance energy, stamina, and physical performance. It supports oxygen utilisation, respiratory function, and endurance, making it ideal for fatigue, recovery, and athletic support. Cordyceps also help regulate immune activity, improve libido, and support adrenal health. Its antioxidant and anti-inflammatory properties contribute to healthy ageing, metabolic function, and overall vitality. This product contains a concentrated 10:1 extract for increased strength and bioavailability.	
LION'S MANE EXTRACT 10:1 (Capsules)	Hericium erinaceus is a medicinal mushroom valued for its ability to support cognitive health, memory, focus, and mental clarity. It stimulates nerve growth factor (NGF) to promote brain cell repair and nervous system regeneration. Lion's Mane also acts as a digestive tonic, supporting gut lining repair and microbiome balance, while offering gentle immunomodulatory effects that help strengthen and regulate the immune system. Its antioxidant and anti-inflammatory actions contribute to overall vitality and healthy ageing. This product contains a concentrated 10:1 extract for enhanced potency and effectiveness.	**R245**
AFRICAN POTATO (Capsules)	**Benefits:** Hypoxis hemerocallidea (African Potato) is a well-known South African herb traditionally used to support immune function, reduce inflammation, and promote prostate and urinary health. It may help alleviate symptoms related to benign prostate enlargement and support the body's natural response to chronic conditions. Additionally, it is used to encourage skin healing and enhance overall vitality.	**R220**
ASHWAGANDHA (Capsules)	Withania somnifera (Ashwagandha) is a well-known adaptogenic herb that has been traditionally used to support the body's response to stress, promote restful sleep, and enhance mental clarity. It may help balance hormones, boost energy levels, and support the health of the immune and nervous systems. Often used to promote resilience, vitality, and overall well-being.	**R220**
BLACK WALNUT (Capsules)	Juglans nigra (Black Walnut) is traditionally used for their strong antiparasitic, antifungal, and antimicrobial properties. Commonly used to help expel intestinal worms and candida, support digestive health, and cleanse the gut. Also known to aid in blood purification, skin conditions, and overall detoxification.	**R220**

BUCHU (Capsules)	Agathosma betulina (Buchu) is a traditional South African herb that supports urinary tract health. It helps relieve bladder infections, cystitis, and inflammation of the urinary system. Known for its antiseptic, diuretic, and anti-inflammatory properties, Buchu also supports kidney health and helps flush out toxins and excess fluids.	**R220**
CALENDULA (Capsules)	Calendula officinalis (Calendula) is traditionally used to promote skin healing, reduce inflammation, and soothe rashes, wounds, burns, and eczema. Its natural antimicrobial and antifungal properties help protect the skin and support tissue repair. Internally, it supports digestion, liver function, and lymphatic drainage, aiding the body's natural detox processes.	**R220**
CANCER BUSH (Capsules)	Sutherlandia frutescens (Cancer Bush) is a traditional South African adaptogen that supports immune function, reduces inflammation, and helps the body cope with stress. It may assist in managing chronic fatigue, anxiety, and recovery from illness. Also used to support blood sugar balance, digestion, and general vitality.	**R220**
CHAMOMILE (Capsules)	Matricaria chamomilla (Chamomile) is traditionally used to calm the nervous system, reduce anxiety, and promote restful sleep. It helps soothe digestive discomfort, including bloating, cramps, and indigestion. With gentle anti-inflammatory and antispasmodic properties, chamomile also supports relief from menstrual pain, skin irritation, and mild infections. Suitable for children and adults alike.	**R220**
CHASTE TREE BERRIES (Capsules)	Vitex agnus-castus (Chasteberry) is traditionally used to support hormonal balance in women, particularly for menstrual irregularities, PMS, and menopausal symptoms. It helps regulate the menstrual cycle, ease breast tenderness, and support fertility. Chasteberry works on the pituitary gland to naturally balance estrogen and progesterone levels.	**R220**
DANDELION ROOT & LEAF COMBO (Capsules)	Taraxacum officinale (Dandelion Root & Leaf) work together to support full-body detoxification. The root promotes liver health, bile production, and blood purification, while the leaf acts as a natural diuretic, supporting kidney function and reducing water retention. This combination aids digestion, skin health, and the elimination of toxins, while providing essential nutrients like	**R220**

	potassium and antioxidants for overall vitality.	
DEVIL'S CLAW (Capsules)	Harpagophytum procumbens (Devil's Claw) is traditionally used to relieve joint, back, and muscle pain, particularly in conditions such as arthritis and rheumatism. It possesses potent anti-inflammatory and analgesic properties, which help improve mobility and reduce stiffness. Also supports liver and digestive health and may help regulate appetite and promote detoxification.	**R220**
ECHINACEA (Capsules)	Echinacea purpurea (Echinacea Leaves) is traditionally used to support immune function and help the body fight off infections, particularly colds, flu, and respiratory issues. They have mild anti-inflammatory, antiviral, and lymphatic-cleansing properties, helping to reduce swelling and promote faster recovery.	**R220**
GINKO (Capsules)	Ginkgo biloba (Ginkgo) is traditionally used to support brain health, improve memory, and enhance mental clarity and concentration. It promotes circulation, especially to the brain and extremities, and may help with symptoms of cognitive decline and poor blood flow. Also rich in antioxidants, ginkgo supports nerve health, combats oxidative stress, and may help reduce anxiety.	**R220**
GINSENG KOREAN (Capsules)	Panax ginseng (Korean Ginseng) is a powerful adaptogen traditionally used to boost energy, enhance physical performance, and improve mental focus. It supports the body's response to stress, strengthens the immune system, and promotes stamina and endurance. Also known to support hormonal balance, circulation, and overall vitality.	**R220**
SOURSOP (GRAVIOLA) (Capsules)	Annona muricata (Graviola / Soursop) is traditionally used to support immune function, reduce inflammation, and promote relaxation. It has antioxidant and antimicrobial properties, and is often used to support digestive health, relieve pain, and help manage infections. Also known for its calming effects and potential support in cellular health.	**R278**
GREEN TEA 95% EXTRACT (Capsules)	Camellia sinensis (Green Tea Extract 95%) is a highly concentrated source of antioxidants, particularly catechins like EGCG. Traditionally used to support metabolism, fat oxidation, and energy levels, it also promotes cardiovascular	**R220**

	health, blood sugar balance, and immune function. Rich in polyphenols, it helps reduce inflammation, protect cells from oxidative stress, and support healthy aging.	
SEA MOSS (IRISH MOSS) (Capsules)	Chondrus crispus (Irish Moss / Sea Moss) is traditionally used to support respiratory and digestive health, soothe mucous membranes, and promote detoxification. Rich in iodine, minerals, and mucilage, it supports thyroid function, boosts immunity, and promotes healthy skin, joints, and gut lining. Also known to aid in nutrient absorption, energy production, and overall vitality.	**R220**
MORINGA (Capsules)	Moringa oleifera (Moringa) is a nutrient-dense superfood traditionally used to boost energy, immunity, and overall wellness. Rich in vitamins, minerals, antioxidants, and amino acids, it supports detoxification, reduces inflammation, and balances blood sugar and cholesterol levels. Moringa also promotes healthy skin, digestion, and mental clarity, making it a powerful all-round tonic for vitality and resilience.	**R220**
OAT STRAW (Capsules)	Avena sativa (Oat Straw) is traditionally used to nourish the nervous system, reduce stress and anxiety, and promote emotional resilience. Rich in minerals like calcium and magnesium, it supports healthy bones, heart function, and hormonal balance. Oat straw is also used to boost energy, improve mental clarity, and support the health of skin, hair, and nails. Gentle and restorative, it's often included in long-term tonic blends.	**R220**
WHITE WILLOW BARK (Capsules)	Salix alba (White Willow Bark) is a traditional herbal remedy known for its natural salicylate content, the plant-based precursor to aspirin. It has been used for centuries to help relieve pain, reduce inflammation, and lower fever. White Willow Bark supports joint and muscle comfort, especially during periods of overexertion or chronic tension. Its mild astringent and cooling properties also aid circulation and detoxification, making it a popular herb for overall musculoskeletal support.	**R220**
WORMWOOD TRIO (Capsules)	**Benefits:** Artemisia afra, Artemisia absinthium, and Artemisia annua (Wormwood Trio) are a potent herbal blend traditionally used to support immune function, promote digestive health, and assist in natural detoxification. Rich in bitter	**R220**

	compounds and aromatic oils, this trio helps cleanse the body of parasites, assists against Malaria, reduces inflammation, and eases respiratory and gastrointestinal discomfort. It also supports liver function, boosts the body's natural defences, and promotes overall vitality and resilience. **Ingredients:** Artemisia afra, Artemisia absinthium, and Artemisia annua	
ZEN BALANCE (Capsules)	**Benefits**: Stress Relief: Valerian, Sceletium, and Lemon Balm are known for their calming and relaxing properties, which can help reduce feelings of stress and promote a sense of tranquility; Anxiety Reduction: These herbs have anxiolytic effects that may help alleviate symptoms of anxiety, such as worry, nervousness, and restlessness; Cognitive Support: The combination of these herbs may help improve cognitive function by enhancing focus, concentration, and mental clarity, making them beneficial for addressing symptoms of brain fog; Mood Enhancement: Sceletium and Lemon Balm are known for their mood-boosting properties, which can help improve overall emotional well-being and resilience to stress; Sleep Quality: Valerian and Lemon Balm have sedative effects that may promote relaxation and improve sleep quality, which can be beneficial for individuals experiencing sleep disturbances due to stress or anxiety **Ingredients:** Valerian, Sceletium & Lemon Balm	**R220**
DIGESTIVE ENZYMES (Willow) (50 Capsules)	**Benefits:** Insufficient digestive enzymes, acid reflux, poor appetite, poor assimilation, athlete's foot, autism, bad breath (halitosis), bloatedness, multiple sclerosis, psoriasis, dermatitis/eczema, digestive disorder, enzymes deficiency, lupus, fibromyalgia, flatulence, leaky gut syndrome, rosacea, irritable bowel syndrome (IBS), overindulgence, ADD, ADHD, vitiligo, indigestion and Hashimoto's disease. **Ingredients:** Amylase, Artichoke Extract, Betaine HCL, Bifidobacter Bifidus, Bromelain, Lactobacillus Acidophilus, Lipase, Papain, Protease.	**R208**
B-COMPLEX 50MG (Willow) (Capsules)	**Benefits:** Nerve depletion, brain depletion, energy depletion, homocysteine, rosacea, premenstrual tension syndrome (PMS), seasonal affective disorder (SAD), sinusitis, chronic fatigue syndrome (CFS), digestive disorder, bloodshot eyes, excitability, fatigue and panic attacks.	**R235**

	Ingredients: Each capsule contains a 418.71mg proprietary blend of: Biotin, Choline DL-Bitartrate, Folate (L-5MTHF), Fulvic Acid, Inositol, Para Aminobenzoic Acid, Vitamin B1 (Thiamine HCL), Vitamin B2 (Riboflavin), Vitamin B3 (Nicotinamide), Vitamin B5 (Calcium DL-Pantothenate), Vitamin B6 (Pyridoxine HCL), Vitamin B12 (Methylcobalamin).	
POTASSIUM ASPARTATE (Willow) (50 Capsules)	As a Potassium supplement **Ingredients:** Potassium Aspartate	**R203**
ZINC (Willow) (Capsules)	**Benefits:** Liver disease, wounds, increases immunity, muscle growth and repair, anti-ageing, diabetes, diarrhoea and infertility. **Ingredients:** Copper AAC 20mg providing Elemental Copper 2mg, Fulvic Acid 10mg, Zinc Gluconate 142.86mg, providing Elemental Zinc 20mg.	**R132**
VITAMIN D3 1000IU (Willow) (Capsules)	**Benefits:** Promotes calcium and phosphorus absorption from the intestines. Increases calcium uptake by the bone. Prevents certain cancers. Necessary for proper thyroid function and to prevent and alleviate osteoporosis, fibromyalgia, spongy gums, weakened immune system, lupus, mineral assimilation, multiple sclerosis, rheumatoid arthritis and fractures. **Ingredients:** Vitamin D3 1000IU	**R118**
VITAMIN K2 (100MCG MENAQUINONE 7) (Willow) (Capsules)	As a Vitamin K2 supplement **Ingredients**: Vitamin K2 MK7 (Elemental) 100mcg	**R240**
EVENING PRIMROSE OIL 1000mg (Willow) (90 Softgel Capsules)	**Benefits:** Hormonal imbalance and inflammation. **Ingredients:** Evening Primrose Oil 1000mg, providing Gamma Linoleic Acid 90mg	**R286**

SYRUPS (200ml)

Made up with a base of blackstrap molasses and vegetable glycerine

Product Name	Traditional Uses	Price
NUTRI-BOOST (Syrup)	**Benefits:** Natural multivitamin & mineral tonic for kids and adults NutriHerb Syrup is a nutrient-rich herbal formula that provides a concentrated source of natural vitamins, minerals, and trace elements to	**R230**

	support daily health and vitality. Suitable for both children and adults, it promotes energy, immune strength, bone development, and overall wellness. Fulvic acid enhances nutrient absorption and cellular detox, making this syrup an excellent choice for daily nourishment. Naturally sweetened with molasses and glycerine, it offers a wholesome, plant-based alternative to synthetic supplements. **Ingredients**: Fulvic acid, Nettle, Horsetail, Moringa, Alfalfa, Spirulina, Oatstraw, distilled water, vegetable glycerine, blackstrap molasses, vitamin C, citric acid & traces of food-grade ethanol alcohol.	
PARACLEAR (Syrup)	**Benefits:** Parasite cleanse & gut support for kids and adults. ParaClear Syrup is a targeted herbal formula designed to help expel intestinal worms and support a healthy digestive system in both children and adults. This gentle yet effective blend helps cleanse the gut, soothe the digestive tract, and promote regular bowel movements. It works to create an internal environment that is unfavourable to parasites and worms, while also providing natural vitamins and minerals to support immune strength and overall wellness. Sweetened with molasses and glycerine, it's ideal for seasonal cleansing or as part of a natural gut health protocol. **Ingredients:** Wormwood, clove, fennel, marshmallow root, pumpkin seed, black walnut, distilled water, vegetable glycerine, blackstrap molasses, vitamin C, citric acid & traces of food-grade ethanol alcohol.	**R230**
PROBIOTICS **Made up in 50ml bottles**		
Product Name	**Traditional Uses**	**Price**
SYNBIOTIC BLUE PROBIOTIC (Liquid)	**Benefits:** Synbiotic Blue is a natural probiotic formula combining nutrient-dense algae with fermented rice water to support gut health and immune function. Rich in live beneficial microbes, enzymes, and minerals, it helps restore and maintain a healthy gut microbiome, improve digestion, and enhance the body's natural defences. Ideal for daily use to promote digestive balance, detoxification, and overall vitality **Ingredients**: Spirulina, Kelp, Chlorella, Fermented Rice Water, Blackstrap Molasses.	**R150**

TOPICAL PRODUCTS **Balms; Oils & Creams**		
Product Name	**Traditional Uses**	**Price**
YARROW CREAM (100g)	**Benefits:** Promotes wound healing, reduces inflammation, and helps stop minor bleeding. Traditionally used for cuts, scrapes, bruises, and skin infections. A soothing, antiseptic cream ideal for sensitive, inflamed, or injured skin that requires gentle care and repair. **Ingredients**: Yarrow (Achillea millefolium), coconut oil, and aqua-cream base.	**R130**
UNDERARM BALM - NATURAL DEODORANT (50g)	**Benefits:** Our underarm balm naturally neutralises odour, absorbs moisture, and keeps underarms fresh without harsh chemicals. Soothes sensitive skin, reduces irritation, and leaves a soft floral scent. It is a gentle yet effective deodorant balm that promotes daily freshness and Confidence. **Ingredients**: Coconut oil, sodium bicarbonate, beeswax, rose essential oil, jasmine essential oil and Geranium essential oil.	**R160**
COMFREY BALM (50g)	**Benefits:** Supports the healing of bruises, sprains, and minor wounds by promoting skin and tissue regeneration. Helps reduce inflammation, soothe joint and muscle discomfort, and speed up recovery. It is a deeply restorative balm ideal for injuries, aches, and overworked areas. **Ingredients**: Comfrey leaves (Symphytum officinale), Coconut oil and Beeswax.	**R155**
EAR DROPS (20ml)	**Benefits:** Helps relieve earache, soothe inflammation, and support the body's natural defence against infection. Combines calming and antimicrobial herbs to ease pain, reduce swelling, and promote healing. It is a gentle, nourishing oil blend designed for sensitive ears and to support natural ear health . **Ingredients:** Mullein, Calendula, St. John's wort & Echinacea in grapeseed oil. Essential oils of Tea tree & Lavender. Olive oil, sweet almond oil and castor oil.	**R150**

RESPO RUB & STEAM OIL (50ml)	**Benefits:** Use as a chest rub or steam inhalation. Clears congestion, soothes coughs, and supports easier breathing during colds and flu. Combines powerful essential oils to relieve sinus pressure, fight respiratory infections, and help expel parasites. Can be used as a chest rub or steam for natural respiratory relief and immune support. **Ingredients:** essential oils of Peppermint, Rosemary, Eucalyptus, Camphor & Tea tree in MCT oil.	**R150**
ACTIVATED CARBON & CLAY TOOTHPASTE (70g)	**Benefits**: Naturally cleanses, whitens, and freshens the mouth without harsh chemicals. Gently removes plaque and stains, supports gum health, and helps neutralise bad breath. It is a mineral-rich, detoxifying formula for a cleaner, brighter smile. **Do not over-use** **Ingredients**: Vegetable Glycerine, Baking soda, African green clay, activated carbon, Peppermint essential oil, & Clove essential oil.	**R85**
CASTOR OIL (100ml)	**Benefits:** Castor oil, derived from Ricinus communis seeds, may offer numerous benefits: 1. Skin Moisturizer: Hydrates and helps treat dryness and irritations; 2. Hair Growth: Nourishes the scalp, promotes hair growth, and improves texture; 3. Anti-Inflammatory: Alleviates arthritis and muscle soreness; 4. Antimicrobial: Protects against bacteria and fungi; 5. Acne Support: Reduces breakouts and minimizes scars; 6. Menstrual Relief: Provides comfort from menstrual cramps;. 7. Lip Care: Soothes and hydrates chapped lips. Experience the versatile benefits of castor oil for skin, hair, and overall wellness! **HOW TO USE OUR CASTOR OIL** Our high-quality castor oil comes in a convenient amber bottle with an easy-to-use pump lid for effortless dispensing. Here's how to make the most of it: 1. For Skin Care: Pump a small amount of castor oil into your palms and gently massage it into the desired area of your skin. Use daily to hydrate and nourish, especially on dry or irritated spots. 2. For Hair Growth: Apply 1-2 pumps directly to your scalp or hair. Massage in with your fingertips to stimulate circulation. Leave it on for at least 30 minutes or overnight, then wash it out with your regular shampoo.	**R105**

	3. For Menstrual Cramps: Moisten a small cloth with a few pumps of castor oil and apply it to your abdomen, covering with a warm cloth for added comfort. 4. Lip Care: Pump a small amount onto your finger and apply it to your lips for hydration and protection against dryness.	
ARNICA MASSAGE OIL (Willow)(100ml)	**Benefits:** Swelling, bruises, inflammation, arthritis and rheumatism. **Ingredients:** Arnica Montana (Sunflower seed infused) **For external use only**	**R293**

RUSTIC SOAP

Crafted using the traditional hot process method, our soaps have a rustic, artisanal look and are made with care from natural and botanical ingredients. Each bar is superfatted with an extra 5% botanical oils, providing added nourishment and moisture for the skin. Free from harsh chemicals, our soaps are gentle, effective, and suitable for everyday use on all skin types.

Product Name	Traditional Uses	Price
BEER SOAP (150g)	**Benefits**: Cleanses gently while nourishing and revitalising the skin. Enriched with plant oils, beer, and essential oils to support hydration, soothe irritation, and promote a healthy, radiant complexion. Leaves skin soft, refreshed, and naturally balanced—suitable for all skin types. **Ingredients:** Coconut oil, Sunflower oil, Castor oil, Beer, Lye, with essential oils of Sandalwood, Rose, Lavender, & Peppermint.	**R85**
CHARCOAL & CLAY SOAP (150g)	**Benefits**: Detoxifies, purifies, and balances oily or problem-prone skin. Activated charcoal and bentonite clay draw out impurities, unclog pores, and reduce breakouts. Leaves skin feeling clean, clear, and refreshed—ideal for acne-prone, combination, or congested skin types. **Ingredients**: Coconut oil, Sunflower oil, Castor oil, Bentonite clay, activated carbon, Distilled water, Lye, Rose essential oil and Lavender essential oil.	**R85**

FRANKINCENSE SOAP (150g)	**Benefits**: Gently cleanses while promoting skin renewal, firmness, and an even tone. Enriched with frankincense and rosehip to support collagen, reduce fine lines, and soothe inflammation. It is a luxurious bar ideal for mature, dry, or sensitive skin that needs nourishment and balance. **Ingredients:** Coconut oil, Sunflower oil, Castor oil, Frankincense infused oil, Rosehip, Distilled water, Lye, Rose essential oil and Lavender essential oil.	**R85**
BOERSEEP (200g) - Made with Beef Tallow	Stubborn stains on your favorite shirt? No sweat, try our Ouma-approved Boerseep, handmade in South Africa! Made with real beef tallow! FEATURES: ● Stubborn stains: Traditional boerseep is known for its ability to remove stubborn stains from clothing! ● Long-lasting: Store your boerseep in a soapdish after use (not standing in water) for maximum lifespan ● Handmade: NOT made using harmful chemicals, made from real beef tallow SPECIFICATIONS How to use: 1. Wet laundry and apply boerseep directly to heavily-stained areas 2. Let laundry soak for 10-15 minutes (preferably in warm / hot water, if suitable for garment) 3. Handwash, using extra boerseep as needed 4. Rinse garments thoroughly and hang to dry Ingredients: Beef, Water, Lye	**R85**