

# Autoimmune Free

Good Health Naturally

[www.autoimmunefree.co.za](http://www.autoimmunefree.co.za)  
[scribe@autoimmunefree.co.za](mailto:scribe@autoimmunefree.co.za)  
[john@autoimmunefree.co.za](mailto:john@autoimmunefree.co.za)  
081-547-7502

Current scientific research shows that we should not be eating carbohydrates, sugars, and any chemical additives. While our products assist in so many brilliant ways, please help your body to heal. For the names and podcasts of these researchers contact [scribe@autoimmunefree.co.za](mailto:scribe@autoimmunefree.co.za)

PRODUCT	UNIT	PRICE	PRODUCT DESCRIPTION
<b>Anti Oxidant</b>	<b>60 /120 caps</b>	<b>R126 / R240</b>	Vitamin A, C, E and certain amino acids act as free radical scavengers. What are free radicals? Free Radicals are what rust is to a car, one of the main causes of ageing. Also impairs immune system function. Aids in stress relief
<b>BCAA PLUS</b>	<b>180 caps</b>	<b>R220</b>	A blend of essential amino acids, assisting in strength gain and improved recovery
<b>Bee Propolis</b>	<b>50ml</b>	<b>R162</b>	Excellent against bacterial infection. Useful against, inflammation of the mucous membrane of the mouth & throat, dry cough, halitosis, ulcers, acne, allergies & the stimulation of the immune system.
<b>Body &amp; Skin Cleanse</b>	<b>50ml</b>	<b>R162</b>	A product designed to enhance skin tone and elasticity. Can be used with or after a detox for best results.
<b>Bowel Assist Caps</b>	<b>24/48/72 capsules</b>	<b>R82/R148/R206</b>	Bowel Assist's unique formula that stimulates bowel movements, helping to cleanse old faecal mater the bowel and improve bowel function.
<b>Cancel Roll-on</b>	<b>15ml</b>	<b>R175</b>	An easy to apply roll-on to assist with spots formed from the sun.
<b>Cell Cleanse</b>	<b>125g</b>	<b>R250</b>	We make use of a protein powder base and have added zeolite and Niacin to it.
<b>Chinese Green Tea</b>	<b>35g/70g</b>	<b>R38/R66</b>	Original Chinese Green Tea. Contains polyphenols & has anti-oxidant properties. Studies show its useful against cancer. Also acts as a thermogenic. (Fat burner)
<b>Colloidal Copper</b>	<b>50/100/200ml</b>	<b>R104/180/340</b>	The most digestible for of copper. Treats wounds & infections. Supports cardiovascular health, prevents osteoporosis & supports immunity.
<b>Colloidal Silver</b>	<b>50/100/200ml</b>	<b>R70/R110/R190</b>	Nature's antibiotic, known to kill over 650 disease causing organisms. Excellent disinfectant and to sooth and heal burns.
<b>Collagen Peptide</b>	<b>300g/500g</b>	<b>R320/R495</b>	This premium grade Collagen from France is backed by science. Collagen is the main structural protein in the extracellular found in our bodies connective tissue. Helps build muscle, improves joints and skin.
<b>Colostrum</b>	<b>100 caps/90g</b>	<b>R195/R285</b>	Colostrum is the immune boosting milk cows produce after giving birth. It has high concentration of immune supportive antibodies. Colostrum supports and maintains a healthy digestion & improve muscle growth.
<b>Deodorant</b>	<b>50ml</b>	<b>R84</b>	Although perfumes and deodorants smell wonderful, most have harmful substances, which can undermine our health. Our natural fragrances are non toxic.
<b>Drug &amp; Brain Detox</b>	<b>60 capsules</b>	<b>R182</b>	We ingest many chemicals knowingly and unknowingly which can stay in the fatty tissue of the brain. We developed this product to eliminate these toxins which are linked to Alzheimer's, Autism & Dementia
<b>Electro CarboMax</b>	<b>500g powder</b>	<b>R176</b>	This is one of the best sports drinks on the market. Unlike most so-called sports drinks, Electro CarboMax is not merely sugars. Yes there are slow and fast burning sugars but also essential electrolytes to replace minerals lost through those tough training sessions and competition.
<b>Growth Hormone Release</b>	<b>60 capsules</b>	<b>R176</b>	A powerful blend of amino acids, to assist the body to release further growth hormones.
<b>Heavy Metal Detox</b>	<b>60 capsules</b>	<b>R280</b>	A specialized formula that binds harmful metals which we absorb from the air we breathe, food and water and assists in removing them 50mg EDTA.
<b>Flaxseed Oil</b>	<b>200ml / 500ml</b>	<b>R74/R144</b>	Essential Fatty Acid (EFA's) are good fats, essential for optimal health. We generally get enough Omega 6 in our diet but supplementing with a cold pressed Omega 3 oil is needed to get the balance. EFA's have many important functions within the body, from hormone production to healthy hair, nails & skin.
<b>GcMAF</b>	<b>72 caps/30g</b>	<b>R520</b>	GcMAF is a food derived from colostrum which contains immune cells and many antibodies, to assist the immune system in fighting disease.
<b>Giant Lean Gainer</b>	<b>500g powder</b>	<b>R204</b>	Giant is protein shake that has ZERO Fat. A must for any weight loss routine or toning program. Build muscle without the fat! Mass Gainer is for the lean gainer or for bulking.
<b>Immune Boost</b>	<b>250g/500g</b>	<b>R124/252</b>	Chlorella, spirulina & kelp have potent cancer fighting properties. In

			addition they are great detoxification agents <b>(including binding to and eliminating heavy metals)</b> & boosting immunity (promoting production of healthy gut flora and fighting candida overgrowth). Ideal for adding to your morning smoothie or when juicing
<b>Joint Flex</b>	<b>60/120/180 caps</b>	<b>R188/354/R468</b>	Our joint formula contains all the essential nutrients to help with joint inflammation, regeneration of cartilage and circulation.
<b>Mass Gainer</b>	<b>500g</b>	<b>R204</b>	Formulated specifically for "hard gainers," to build muscle mass. We make use of the whole egg protein which is still classified as the "perfect protein". It comes from nature & isn't a by-product as is whey.
<b>Megabol CarboMax</b>	<b>75 grams</b>	<b>R184</b>	This product replaces lost glycogen & starts the repair process whilst you exercise or thereafter. For the recreational or serious sports person.
<b>Mega C</b>	<b>100/200gram</b>	<b>R94/R180</b>	Vitamin C with flavonoids. Flavonoids increase vitamin C absorption.
<b>Memory Fuel</b>	<b>60 capsules</b>	<b>R186</b>	A blend of amino acids known to improve brain function. If you are a student or executive this product is for you.
<b>Mental Trigger (ADD)</b>	<b>60 capsules</b>	<b>R186</b>	A synergistic amino acid formula that aids in brain function. Suitable for professionals & students. Specifically formulated to assist with ADD ADHD.
<b>Moringa Powder</b>	<b>90/120/180</b>	<b>R124/R160/R210</b>	Moringa is packed full of essential vitamins & minerals and is a wonderful antioxidant. It is used to boost immunity, improve digestion, bone health, cell integrity and much more. Great daily supplement
<b>MSM plain or MSM+C</b>	<b>120 tabs /240 tabs</b>	<b>R122/R222</b>	Organic Sulphur, MSM helps to produce healthy cell, cleanses the blood, nourishes hair and nails, helps with allergies, breathing problems, joint inflammation, muscle pain & more. We were the first to import MSM and although others have followed with cheaper versions, we continue to use the purest form of MSM. 99.9% Pure
<b>MSM eye/ear drops</b>	<b>15ml</b>	<b>R74</b>	MSM in a liquid form. Used for cleansing out the eyes, inner ear or nasal passages. Aids in eliminating bacteria.
<b>MSM Gel</b>	<b>50g/100g gel</b>	<b>R78/R142</b>	MSM in a gel form. Used for external application. Handy to have in your gym bag, back-pack or first aid kit. Relieves swelling and inflammation, starting the healing process immediately.
<b>MSM Powder</b>	<b>125g</b>	<b>R130</b>	The most cost effective way to get your daily dose of 99.6% Pure MSM.
<b>MultiDay + herbal de-wormer</b>	<b>60\90\120 capsules</b>	<b>R116\165\198</b>	A complex synergy of vitamins, minerals and amino acids. Everything you need to keep healthy in this fast food, fast living world. MultiDay is the only MultiVit/Amino/Mineral to have a daily natural de-wormer. This helps keep parasites out and your immune system strong.
<b>OXY (increases cellular oxygen)</b>	<b>20ml\50ml</b>	<b>R76\R148</b>	Oxygen is the single most important substance for living. OXY helps provide further oxygen uptake. With modern day pollution, stress and less exercise, OXY can boost your oxygen levels. The only oxygen product packaged in glass... and at the best price!
<b>PH Balance</b>	<b>60g powder</b>	<b>R104</b>	Is a mild ant-acid which contains electrolytes, gently cleansing the intestine and removing toxic waste.
<b>Plaque Cleanse</b>	<b>30/60 caps</b>	<b>R200/R380</b>	Plaque Cleanse makes use of EDTA 150mg and other key nutrients, which assist in dissolving plaque in the arteries. A useful preventative for any heart disease or related problem.
<b>PRObiotic</b>	<b>24/40 caps or 20g powder</b>	<b>R118/R175</b>	Using a combination of Lactobacillus and Bifidobacterium, PRObiotic restores natural intestinal flora. If you are stressed, not eating a balanced diet and are on antibiotics then PRObiotic is essential.
<b>PURE H2O WATER FILTERS (carbon &amp; KDF)</b>	<b>Counter top unit</b>	<b>R1650</b>	The Pure H2O water filter, removes impurities from your drinking water. You will taste & feel the difference. The first step to improving your health!
<b>Rapid Liver Cleanse</b>	<b>3 products</b>	<b>R340</b>	A quick means to cleansing the liver and improving ones health.
<b>Skin cleanse /toner</b>	<b>50ml</b>	<b>R82</b>	A natural skin cleanser and toner for man and woman.
<b>Tissue &amp; Tea Tree Oil</b>	<b>20ml</b>	<b>R82</b>	Tea Tree is a powerful natural antibacterial. This combination makes for a wonderful oil to use on all types of skin conditions.
<b>Viraway</b>	<b>10ml</b>	<b>R108</b>	A blend of oils and a 10% solution of Ivermectin for parasite & viruses
<b>Wart-away</b>	<b>10ml</b>	<b>R82</b>	A non-evasive way of ridding the body of warts. Safe and effective.
<b>Young Again Cream</b>	<b>50 grams</b>	<b>R182</b>	We make our creams with imported cold pressed olive oil & place it through a oxygenation process. No preservatives or toxins! Works wonders on age spots, blemishes, bites, and sores.
<b>Young Again DNA</b>	<b>50 grams</b>	<b>R208</b>	Using the Young Again cream as the base, the DNA cream has key elements which focus on skin regeneration.
<b>Zinc+Vit C complex</b>	<b>60/90caps</b>	<b>R84/116</b>	Your daily Zinc supplement free from artificial colourants, sweeteners and additives. Helps support immune function & cell growth.

## HERBAL TINCTURES BLENDS

<b>Anti-Bacteria</b>	<b>50ml</b>	<b>R162</b>	A herbal blend used to assist the body in tackling bacteria.
<b>Anti-Biotic</b>	<b>50ml</b>	<b>R162</b>	A blend of herbs known to be effective as a natural anti-biotic.
<b>Anti-Inflammatory</b>	<b>50ml</b>	<b>R162</b>	Natures answer to assisting with inflammation within the body.
<b>Anti-Viral</b>	<b>50ml</b>	<b>R162</b>	A blend of herbs known to fight off viruses.
<b>Clove Mix</b>	<b>50ml</b>	<b>R162</b>	Cloves have long been used for the treatment of parasites. Proven to be effective against tape worm.
<b>Cough Remedy</b>	<b>100ml</b>	<b>R108</b>	Pleasant natural cough remedy, used at early signs of colds & flue, coughing or sore throat.
<b>Diabete-eze</b>	<b>50ml</b>	<b>R162</b>	Designed to support your efforts in keeping your blood sugar levels

			balanced.
<b>DNA Repair</b>	<b>50ml</b>	<b>R182</b>	A blend of herbs with properties to clean toxins & repair damaged cells, thereby improving DNA production.
<b>Diuretic (natural)</b>	<b>50ml</b>	<b>R162</b>	This formula is designed to flush the liver & kidneys & reduce water retention.
<b>Essiac Plus</b>	<b>50ml</b>	<b>R182</b>	A formula that has been around for centuries. A nurse got the formula from a red Indian tribe & had remarkable success. We have added further herbs to make, what we believe, is an even more effective product. It is essentially a kidney & liver cleanse for cancer.
<b>Eye-Sight</b>	<b>50ml</b>	<b>R162</b>	Using a blend of herbs which aid in prolonging healthy eye sight.
<b>Fibroid-eze</b>	<b>50ml</b>	<b>R162</b>	An ever-increasing problem in woman today. We have had good success with this product. So before having fibroids surgically removed, give this effective formula a try.
<b>Hormone boost -Male</b>	<b>50ml</b>	<b>R182</b>	Using Tribulus as the main ingredient, it has proven effective in increasing growth hormones. Useful for men over the age of 30. And woman that need increased testosterone.
<b>Hormone Balance - Female</b>	<b>50ml</b>	<b>R182</b>	This blend of herbs has been used in many countries for hormonal balance in woman. Suitable for woman who experience thyroid problems & PMS.
<b>Heart Health</b>	<b>50ml</b>	<b>R182</b>	A unique blend of herbs that have shown to be effective in assisting the heart.
<b>Herba-slim</b>	<b>50ml</b>	<b>R182</b>	A slimming aid that binds fat and enables the body to use it as an energy source. Also contains herbs that act as thermogenics.
<b>Kidney Cleanse</b>	<b>20ml/50ml</b>	<b>R82/R162</b>	A powerful kidney cleanser. If you don't filter your water, consume the odd alcoholic drink or suffer from kidney stones, you should consider cleansing your kidney once a year.
<b>Liver Cleanse</b>	<b>20ml/50ml</b>	<b>R82/R162</b>	A complex bland of herbs that is effective in the cleansing of the liver. An important organ to cleanse as it carries out so many vital functions.
<b>Lung Repair</b>	<b>50ml</b>	<b>R182</b>	Making use of herbs that take excess fluid off the lungs and assist with repairing them.
<b>Lymph Cleanse</b>	<b>50ml</b>	<b>R162</b>	This formula assists in cleaning and restoring the lymph function.
<b>Malaria-eze</b>	<b>50ml</b>	<b>R182</b>	Used both as a preventative and once you have contracted malaria. New to our range Malaria-eze has proven to be very successful.
<b>Menopause-eze /Gel</b>	<b>50ml/40g</b>	<b>R182/R122</b>	For centuries wild yam has been used for hormonal problems. If you suffer from hot flushes, give this natural alternative a try.
<b>Olive Leaf</b>	<b>50ml</b>	<b>R162</b>	Known to reduce cardiovascular risk and effective in lowering blood pressure. Helps in the treatment of diabetes. Also assists with boosting immunity & reducing inflammation.
<b>Pain-eze</b>	<b>20ml/50ml</b>	<b>R82/R162</b>	Are you aware of how toxic pain killers are? Taking them on a daily basis can cause long term health problems. Migra-eze doesn't work as fast but it is a healthier alternative.
<b>Paraway</b>	<b>24/48/72 caps</b>	<b>R80/R148/R204</b>	Parasites often become accustomed to drugs that are supposed to kill them but they can't become immune to herbs. Paraway makes use of natural herbs that have proven to be effective against parasites.
<b>Prostate-eze</b>	<b>50ml</b>	<b>R182</b>	This wonderful formula makes use of the well known and proven herb, Milk Thistle as well as others. Prostate-eze can be used as a preventative or during rehabilitation.
<b>Remedy</b>	<b>20ml/50ml</b>	<b>R82/R162</b>	A powerful natural de-wormer. The herbs used in Remedy kill off parasites in the blood and organs as well as small and large intestine region.
<b>Remlax</b>	<b>20ml/50ml</b>	<b>R82/R162</b>	Is designed to keep you regular and keep parasites at bay.
<b>SinuAssist</b>	<b>20ml/50ml</b>	<b>R82/R162</b>	If you suffer from sinus problems, try this product it really works.
<b>Stressaway</b>	<b>50ml</b>	<b>R162</b>	Makes use of all the well documented herbs which help with stress, nervousness, mild depression, insomnia & anxiety. A great alternative considering there are no side effects or addictive nature.
<b>Thyroid Adrenal Cleanse</b>	<b>50ml</b>	<b>R182</b>	Heavy metals, viruses and Bacteria invade the Thyroid, this formula assists in cleansing these and restoring thyroid function

## SINGLE HERBAL TINCTURE INFORMATION

<b>Anti-Vac</b>	<b>R125</b>	Homeopathic anti-vaccine. Used to remove harmful substances found in many vaccines.
<b>B-17</b>	<b>R162</b>	B17 is known as an anti-cancer therapy, it is more effective when used in conjunction with DMSO. As this comes from Apricot Kernels it is a broad spectrum B group vitamin blend. Vitamin B Tonic.
<b>Devil's Claw</b>	<b>R102</b>	Pregnancy pains, sores, boils, skin problems and inflammation
<b>Echinacea</b>	<b>R102</b>	Common cold, Candida, eczema, herpes, sore throat, low immunity, infection, influenza, psoriasis
<b>Ginkgo Biloba</b>	<b>R102</b>	Alzheimer's, asthma, antioxidant, concentration, depression, erectile dysfunction, memory, vertigo
<b>Ginseng (Siberian)</b>	<b>R102</b>	Aphrodisiac (increases energy), athletic performance, diabetes, fatigue, immune function, longevity, stress
<b>Grape Seed</b>	<b>R162</b>	Powerful antioxidant, support organs, heart health, eyesight, strengthening capillaries.
<b>Hawthorn</b>	<b>R102</b>	Angina, arrhythmia, blood clotting, cardiovascular disease, congestive heart failure, heart health, improve circulation
<b>Liquorice</b>	<b>R102</b>	Used for constipation, IBS, indigestion, diabetes, glands and colic.
<b>Milk Thistle</b>	<b>R102</b>	Adrenal disorders, alcohol/drug-related liver disease, hepatitis, liver cirrhosis, gallstones
<b>Moringa</b>	<b>R102</b>	Moringa is packed full of essential vitamins & minerals and is a wonderful antioxidant. It is used to boost immunity, improve digestion, bone health, cell integrity and much more. Great daily supplement
<b>Mugwort</b>	<b>R102</b>	Anorexia, asthma, chronic vomiting, colic, constipation, skin disorders, parasites.

<b>Olive Leaf</b>	<b>R102</b>	Reduces cardiovascular risk, lower BP, diabetes, anti-Inflammatory, antioxidant and immune booster.
<b>Saw Palmetto</b>	<b>R102</b>	Male reproductive organs, prostate, urination problems
<b>St. John's Wort</b>	<b>R102</b>	Anxiety, mild depression, insomnia, nervousness, seasonal affective disorder.
<b>Valerian</b>	<b>R102</b>	Anxiety, fatigue, high blood pressure, insomnia, nervous exhaustion, menstrual & muscle cramps, spasms, stress, ulcers.
<b>Homeopathic</b>	<b>R125</b>	PC1 & PC2 homeopathic formula for boosting the immune system.

**\*\* Please note that we have over 200 single herbs on offer and we can formulate blends, price on request.  
We also carry 100+ individual nutrients & do custom mixes. Call us for an unbeatable quote!**

## AMINO ACIDS

Amino Acid	UNIT	PRICE	PRODUCT DESCRIPTION
<b>L-Arganine</b>	<b>60 caps/30gm</b>	<b>R108.00</b>	Growth hormone, burns, angina, coronary artery disease, erectile dysfunction, high BP, low immune, wound/surgery healing, liver
<b>L-Carnitine</b>	<b>60 caps/30gm</b>	<b>R108.00</b>	Used for energy production, useful for heart disease, weight loss, cholesterol, athletic performance, eating disorders, dementia or poor memory, chronic fatigue, hyperthyroid, Alzheimer's, low blood pressure.
<b>L-Cysteine</b>	<b>60 caps/30gm</b>	<b>R108.00</b>	Breaking down mucous & detoxifying substances in the body, boost immune system, respiratory illnesses, H.I.V, heart disease, reduces liver & kidney damage
<b>L-Glutamine</b>	<b>60 caps/150gm</b>	<b>R80.00/R140</b>	Most used amino acid in the body. Injury, muscle recovery, wound healing, IBS, immune booster, Peritonitis, prevents muscle wasting, cancer, stomach ulcers.
<b>L-Glutathione</b>	<b>60 caps/30gm</b>	<b>P.O.R</b>	Antioxidant, detoxifying of liver, blood platelet & membrane function, anti-ageing,
<b>L-Glycine</b>	<b>60 caps/30gm</b>	<b>R74.00</b>	RNA & DNA construction, absorption of calcium, prevents muscle break down, prostate health, epileptic seizures, manic depression, hyperactivity
<b>L-Histidine</b>	<b>60 caps/30gm</b>	<b>R180.00</b>	Allergies, growth & repair of tissue, maintenance of myelin sheath, manufactures of red and white blood cells, radiation, heavy metal detoxifier, indigestion
<b>L-Isoleucine</b>	<b>60 caps/30gm</b>	<b>R94.00</b>	Muscle recovery, formation of haemoglobin, regulating blood sugar levels, increase energy, assists blood clotting.
<b>L-Leucine</b>	<b>60 caps/30gm</b>	<b>R80.00</b>	Regulate blood sugar levels, growth and repair of muscle tissue, growth hormone production, Trauma & stress.
<b>L-Lysine</b>	<b>60 caps/30gm</b>	<b>R108.00</b>	Herpes, shingles, osteoporosis, anti-inflammatory, migraines, period pains
<b>L-Methionine</b>	<b>60 caps/30gm</b>	<b>R108.00</b>	Break down of fats, cleaning arteries, heavy metal detox, antioxidant, depression, arthritis pain, liver cleanser, memory recall, energy, muscle growth.
<b>L-Ornathine</b>	<b>60 caps/30gm</b>	<b>R150.00</b>	Growth hormone release, fat metabolism, immune support, liver rejuvenation, skin repair.
<b>DL-Phenylalanine</b>	<b>60 caps/30gm</b>	<b>R120.00</b>	Mild depression, anxiety, memory & learning, appetite suppressant, painkiller
<b>L-Proline</b>	<b>60 caps/30gm</b>	<b>R96.00</b>	Aids in collagen formation, muscle/joint/tendon maintenance
<b>L-Taurine</b>	<b>60 caps/30gm</b>	<b>R96.00</b>	Digestion of fats, absorption of fat-soluble vitamins, cholesterol, anxiety, hyperactivity, poor brain function, epilepsy.
<b>L-Tryptophane</b>	<b>60 caps/30gm</b>	<b>R160.00</b>	Needed for Vit B3 production, nerve & brain function, sleep aid, pain control, stability of moods, hyperactivity in kids, stress, appetite suppressant, migraines.
<b>L-Tyrosine</b>	<b>60 caps/30gm</b>	<b>R96.00</b>	Stress, drug detox, mild depression, under active thyroid, vitiligo, athletic performance, PMS, Parkinson's.
<b>L-Valine</b>	<b>60 caps/30gm</b>	<b>R96.00</b>	Muscle metabolism, repair & growth of tissue, degenerative neurological conditions.

## DETOX PROGRAMS

### STEP 1 - Colon/Parasite Cleanse

#### **16 DAY OR 4 MONTH MONTHLY KIT R335.00**

- |                 |         |  |
|-----------------|---------|--|
| 1) Bowel Assist | 24 caps | (Natural Bowel Cleanser)                       |
| 2) Paraway      | 24 caps | (Dry Herbal Anti-Parasitic)                    |
| 3) PRObiotic    | 24 caps | (Natural intestinal Flora)                     |
| 4) Remlax       | 20ml    | (Herbal Anti-Parasitic & Intestinal Regulator) |

#### **24 DAY DETOXIFICATION PROGRAM R480.00**

An effective program that is easy to do! Helps eliminate toxins & waste build-up (faecal plaque & mucous) from the small & large intestine.

- |                 |         |  |
|-----------------|---------|--|
| 1) Bowel Assist | 48 caps | (Natural Bowel Cleanser)                       |
| 2) Paraway      | 24 caps | (Dry Herbal Anti-Parasitic)                    |
| 3) PRObiotic    | 24 caps | (Intestinal Flora)                             |
| 4) Remlax       | 50ml    | (Herbal Anti-Parasitic & Intestinal Regulator) |
| 5) OXY          | 20ml    | (stabilised Oxygen)                            |

If you have not de-wormed or cleansed/detoxed in the past 2 years, then the 30 day program would be more beneficial.

#### **30 DAY DETOXIFICATION PROGRAM R660**

This program is used for more stubborn cases. Helps eliminate toxins & waste build-up (faecal plaque & mucous) from the intestine. Effective Candida & skin cleanse. For major illnesses repeat every 2<sup>nd</sup> month until you achieve results.

- |                 |         |  |
|-----------------|---------|--|
| 1) Bowel Assist | 72 caps | (Natural Cleanser)                             |
| 2) MSM + C      | 30g     | (Natural Cleanser)                             |
| 3) MultiDay     | 60 caps | (Multivitamin & mineral + Dewormer)            |
| 4) OXY          | 20 ml   | (Stabilised Oxygen)                            |
| 5) Paraway      | 24 caps | (Dry Herbal Anti-Parasitic)                    |
| 6) PRObiotic    | 24 caps | (Intestinal Flora)                             |
| 7) Remlax       | 50ml    | (Herbal Anti-Parasitic & Intestinal Regulator) |

#### **8 DAY RAPID DETOX KIT R220.00**

##### **Includes:**

- |              |         |  |
|--------------|---------|--|
| Bowel Assist | 24 cap  | (Natural Cleanser)                             |
| Paraway      | 24 caps | (Dry Herbal Anti-Parasitic)                    |
| Remlax       | 20ml    | (Herbal Anti-Parasitic & Intestinal Regulator) |

#### **ULTIMATE MONTHLY CLEANUP- GREAT VALUE! R400**

Detox your colon 4 days a month, then 3 day Kidney Cleanse and followed by 3 day Liver Cleanse cost is R340.00 for 4 months supply.

### STEP 2 - Kidney Cleanse

#### **KIDNEY CLEANSE PROGRAM R360.00**

An effective 6-week program that helps eliminate toxins & waste, rejuvenating the kidneys & bladder and dissolve kidney stones.

\*\*If you have completed a colon cleanse you will need a shorter program which costs **R250**

##### **Includes:**

- |                   |         |                                   |
|-------------------|---------|-----------------------------------|
| Chinese Green Tea | 35g     | (Powerful Anti-Oxidant)           |
| Kidney Cleanse    | 50ml    | (Kidney Cleansing Herbal Blend)   |
| MultiDay          | 60 caps | (Multivitamin/mineral + Dewormer) |
| Remedy            | 20ml    | (Herbal Anti-Parasitic)           |

##### **Does Not Include:**

Ginger (used in the Green Tea to increase effectiveness)

### STEP 3 - Liver Cleanse

#### **LIVER CLEANSE PROGRAM R455.00**

A 60 day program which aids in cleansing & rejuvenating the liver & gallbladder. A healthy liver & gallbladder are essential to optimal health. \*\*If you have already completed a colon detox a shorter program is needed at a cost of **R270**

<b>Includes:</b>	
Remedy	20ml (Herbal Anti-Parasitic)
Liver Cleanse	50 ml (Herbal Flush)
Omega3	200ml (Flaxseed/Linseed Oil)
MSM + C	30g tabs (Natural Cleanser)
OXY	20 ml (Stabilised Oxygen)
Paraway	24 caps (Dry Herbal Anti-Parasitic)

Liver Cleanse is a powerful and complex blend of herbs which have proven to be effective in cleansing the liver and gallbladder.

### **RAPID LIVER CLEANSE R325**

A liver cleanse done over the to rid the body of toxins and support the liver. This is a quick cleanse and we get fantastic results from tis program.

### **RAPID LIVER CLEANSE PLUS R520**

This is a a few products to help cleanse the skin.

## STEP 4 – Heavy Metal Detox Program

### **60 DAY CLEANSING PROGRAM R580.00**

Oral chelation therapy uses amino acids that bind & remove metals from the body, specifically the prostate and brain.

<b>Includes:</b>	
Plaque Cleanse	60 caps (Heavy Metal Detox)
1 x MSM+C	240 tabs
Chinese Green Tea	35g (Powerful Anti-Oxidant)
<b>Does Not Include: Ginkgo Biloba - (Circulation Booster)</b>	

## Prostate Detox Program

### **PROSTATE SUPPORT KIT R545.00**

After completing the 30 Day Colon/Parasite cleanse & the Kidney & Liver Programs, follow this daily program.

<b>Includes:</b>	
Plaque Cleanse	60 caps
Remlax	20ml
Prostate eze	50ml

## Hormonal Health Support

Your hormonal health begins with a full 30-day detox. This helps to improve absorption & overall colon/intestinal function.

<b>Below are products that can be taken once a 30 day cleanse has been completed: R435.00</b>	
Anti-Oxidant	60 tabs (Anti-Oxidant/Multi-Vit Blend)
GH Release	20ml tincture (Hormone Trigger)
Wild Yam	50ml (Progesterone Precursor) or GH Release
Ozone Cream	25ml (Ozenated Olive Oil)
Tissue Oil	20ml (Oil 4 Tissue)

GH Release contains the precursors to restore hormone levels. MSM+C is a collagen cross-linking agent.

## Arthritis Support Programs

### **RHEUMATOID ARTHRITIS SUPPORT 330.00**

After completing the 24-Day Colon/Parasite cleanse & the Kidney & Liver Programs follow this daily program.

<b>Includes:</b>	
MSM+C	30g (Natural Cleanser)
MultiDay	60 caps (Multivitamin/mineral + D-daily De-wormer)
OXY	50 ml (Stabilised Oxygen)

### **OSTEO ARTHRITIS SUPPORT R550.00**

After completing the 24-Day Colon/Parasite cleanse & the Kidney & Liver Programs follow this daily program.

<b>Includes:</b>	
Anti-Oxidant	60 caps (powerful antioxidant blend)
Joint Flex	60 caps (Cartilage re-builder)
MSM+C	30g (Natural Cleanser)
OXY	50 ml (Stabilised Oxygen)
CGT	35g (Chinese Green Tea, powerful antioxidant)

\*If your pain persists, repeat the 16-Day Detox Program.

## Diabetes Program

### **DIABETES RELIEF R400.00**

After completing the 30-Day Colon/Parasite cleanse & the Kidney & Liver programs follow this daily program.

<b>Includes:</b>	
MSM + C	30g (Natural Cleanser)
MultiDay	60 capsules (Multivitamin/mineral + Dewormer)
OXY	50 ml (Stabilised Oxygen)

Remlax 20ml (Herbal anti-parasitic & bowel cleanser )

## Anti-Histamine

### **HISTAMINE RELIEF**

**R350.00**

After completing the 30-Day Colon/Parasite cleanse & the Kidney & Liver programs follow this daily program.

#### **Includes:**

Bi Yan Pian	50 ml (Natural Anti-histamine)
Bowel Assist	24 caps (Natural Cleanser)
OXY	20 ml (Stabilised Oxygen)
Paraway	24 caps (Dry Herbal Anti-Parasitic)
Remlax	20ml (Herbal anti-parasitic & bowel cleanser)

## Immune Booster Program

### **IMMUNE AID KIT**

**640.00**

This program will assist the immune system in returning to full strength. A strong immune system means less infection & less likelihood of disease.

#### **Includes:**

pH Balance	60g (Colon/Intestinal Flush)
Colloidal Silver	50 ml (Natural Antibiotic)
MSM + C	30g (Natural Cleanser)
MultiDay	90 caps (Multivitamin + Dewormer)
OXY	20 ml (Stabilised Oxygen)
PRObiotic	24 caps (Intestinal Flora)
Remlax	20ml (Herbal Anti-Parasitic & bowel cleanser)
Bowel Assist	24 caps (bowel cleanser)

## Drug Detoxing

### **SMOKING & DRUG AID**

**P.O.R**

We realise that it's not easy to give up a habit not to mention an addiction. This program is designed to assist the body in removing toxins accumulated through smoking and chemical stimulants, including over the counter drugs. First complete a 30 day detox followed by the Kidney & Liver detoxes.

#### **Includes:**

L-Cysteine L-Glutamine L-Glutathione L-Lycine L-Methionine L-Taurine -Tyrosine MSM + C – 30g (Natural Cleanser)

## Anti-depressant Program

### **STRESS RELIEF PROGRAM**

**R430.00**

This program will firstly help reduce the effects of stress & secondly help feed the brain with the necessary nutrients, for optimal brain function. It is advisable to complete a 30 Day Detox before going onto this program.

#### **Includes:**

Anti-Oxidant	60 tabs (Anti-Oxidant/Multi-Vit Blend)
L-Glutamine	30g (Cell Amino Acid)
St. Johns Restore	60 caps (Brain Food)
Ginkgo Biloba	50ml (Circulation Booster)

\* Replace amalgams with epoxy fillings. High mercury levels have been linked to depression.

## Skin Cleanse

### **SKIN CLEANSE PROGRAM**

**R270.00**

Firstly complete a 30 day detox, followed by the Kidney & Liver detox. Thereafter continue to detox 4 days a month until the problem is gone.

#### **Includes:**

Skin Cleanse	50ml (Herbal Skin Cleansers)
Ozone Cream	15ml (Ozenated Olive Oil)

Contains: Burdock, Peppermint, Oregon Grape, Yellow Dock, Elder Flower, Golden Seal, ginger Root & Bone Set.

***All cures start from within***

## General Health Maintenance Products

Maintain your health through knowledge. Gather as much information on what ails you & get as many opinions as possible. No single person has all the answers.

#### **Essential Health Products – The products you can't do without**

Perfectly Pure Soap: no toxins, synthetic ingredients or perfumes only natural ingredients. Hand made to the highest specification.  
PURE H2O Water Filter's: removes fluoride, chlorine & metals.

## Fountain of Youth

### **YOUTH PROGRAM (2 MONTHS)**

**R410.00**

This program will assist the immune system reduce cellular oxidation & help joint mobility. For best results use a 16 or 20 day colon cleanse first.

#### **Includes:**

Ha Saw/GH Release	20ml tincture (Hormone Balancer/Stimulator)
Joint Flex	60 caps (Cartilage Re-builder)
MultiDay	60 caps (Multivitamin/mineral + Dewormer)
OXY	20 ml (Stabilised Oxygen)

Note: Some products listed here that are not listed on our website, please send your order directly to [scribe@autoimmunefree.co.za](mailto:scribe@autoimmunefree.co.za). We will draw up an invoice and send it back to you. Orders of over R1 500.00 will have free postage

As a small company, we are **Proudly Results Driven:**

- We use the **finest natural ingredients** possible
- We keep to the exacting **high standards** of the British Pharmacopoeia Guide.
- **No over diluted products**
- The **results** will speak for themselves
- **Proudly produced in South Africa**