



www.experimentalpro.com

2005/08198/23

6 Fleming Rd. Wynberg

Tel: +27 (0) 87 807 8987/ 021 797 2868

Armin Hahnewald 079 741 1212

Joachim Kaehny 072 412 1090

Dr. Boxall 's Sutherlandia Frutescens & Olive Leaf

Sutherlandia frutescens is regarded as the most profound and multi-purpose of the medicinal plants in Southern Africa. Because of its efficacy as a safe tonic for diverse health conditions it has enjoyed a long history of use by all cultures in Southern Africa.

Sutherlandia powerfully assists the body to mobilize its own resources to cope with diverse physical and mental stresses, and it should therefore be more correctly known as an adaptogenic tonic.

The traditional Tswana name Phetola alludes to this: Phetola means *it changes*, meaning that the plant changes the course of many illnesses into a favorable outcome. (Similar to the European concept of an alterative). The North Sotho name Lerumo-lamadi means *the spear for the blood* meaning that Sutherlandia is a powerful blood-purifier or all-purpose tonic. (<http://www.sutherlandia.org>)

Recorded uses :

Combat Colds & Flu	Influenza
Viral Diseases	Cancer
Inflammation	Boost Immune System
Enhancing well-being	Longevity
Stress, Depression and Anxiety	Viral Hepatitis
Asthma and Bronchitis	Type 2 Diabetes
Rheumatoid Arthritis	Mild to Moderate Hypertension
Wasting from cancer, TB, and AIDS	Peptic Ulcer, Gastritis, and Reflux Oesophagitis
Quality-of-life Tonic for Cancers, HIV/AIDS and TB	hot flashes and irritability in menopause
Appetite stimulant in wasted patients, but not in healthy people.	
Chronic Fatigues Syndrome, ME Syndrome and Yuppie Flu	

Please refer to www.sutherlandia.org for more detailed information on this wonderful plant.

Olive Leaf

Olive leaf is the leaf of the **olive tree** (*Olea europaea*). While **olive oil** is well known for its flavor and health benefits, the leaf has been used medicinally in various times and places.

Natural olive leaf and olive leaf extracts (OLE), are now marketed as **anti-aging**, **immunostimulators**, and even **antibiotics**. Clinical evidence has proven the blood pressure lowering effects of carefully extracted Olive Leaf Extracts.

Bioassays support its antibacterial, antifungal, and anti-inflammatory effects at a laboratory level. A liquid extract made directly from fresh olive leaves recently gained international attention when it was shown to have an antioxidant capacity almost double green tea extract and 400% higher than VitaminC.

(http://en.wikipedia.org/wiki/Olive_leaf)