

## CHILDREN

Many herbalists urge that children take nutrient herbs throughout the growing years to help build strong bodies.

### SUNSHINE HEROES

CALCIUM PLUS D3 - For healthy bones  
MULTIPLE VITAMIN & MINERAL - Vital daily nutrition  
OMEGA 3 WITH DHA - For nervous system development  
PROBIOTIC POWER - Friendly bacteria for gastrointestinal health  
WHOLE FOODS ANTIOXIDANT - For the immune system  
WHOLE FOODS PAPAYAZYME - To aid digestion

**CHILDREN'S HOMEOPATHIC MEDICINE: (Mother should keep all these on hand for babies and young children)**

BEDWETTING	COLD	TEETHING
CALMING	COUGH SYRUP	VACCINATION DETOX

### LIQUID & POWDER SUPPLEMENTS:

ALJ (liquid) - Respiratory System, decongestant, colds, allergies  
ASTHMA Homeopathic Remedy  
CBG Extract - Immune System and for the ears (warm)  
CC-A (liquid) - Immune System, cold, cough, flu  
CAPSICUM (liquid) (Circulatory Tonic)  
CATNIP & FENNEL (liquid) - For gas or indigestion  
CORAL CALCIUM - To increase bone mineral density during growth  
DIGESTIVE BITTERS TONIC (liquid) - To aid the Digestive System  
FOCUS ATTENTION POWDER - For ADD and to soothe the mind  
HERBAL PUNCH - Vital Nutrition  
LB Extract - Intestinal System, mild laxative  
LOBELIA Essence - Rub on gums for teething, antispasmodic  
OREGON GRAPE (liquid) - Strep throat and infections  
RED CLOVER Blend (liquid) - Circulatory System  
STRESS-J (liquid) - Nervous System, stress  
TEI FU OIL - On the pillow for respiratory problems  
THAI-GO - Vital Nutrition/ Antioxidants  
VS-C (liquid) - Immune System, flu, colds, contagious diseases

### CAPSULES & TABLETS:

ALFALFA (Trace Minerals)  
ALOE VERA (Tissue Health) - For diaper rash  
C, VITAMIN, Chewable - Immune/Vital Nutrition  
CATNIP - For fever  
CHAMOMILE (Digestive Aid) - For inflammation