

SAFETY GUIDELINES

Herbs have shown overwhelming evidence that they work. However, just because a small amount works well does NOT mean that more is better. As individuals we all have different constitutions, sensitivities, allergic reactions and possible health conditions. The following caution does not help with administering information on possible interactions and contraindications with prescription medicine. This needs to be discussed with your physician. If you are taking prescription drugs, or have a medical condition check with an appropriately qualified practitioner before using herbs medicinally and before using any herb you are unfamiliar with, find out its medicinal properties by researching it thoroughly and/or consulting an appropriately qualified practitioner or expert.

Caution:

DO NOT USE HERBAL SUPPLEMENTS IF YOU ARE PREGNANT OR NURSING. BEFORE TAKING SEEK THE APPROVAL OF A MEDICAL PRACTITIONER IF YOU HAVE HIGH BLOOD PRESSURE, HEART OR THYROID DISEASE, LIVER OR KIDNEY DISEASE, DIABETES OR IF TAKING PRESCRIPTION MEDICATION. DISCONTINUE USE IF NERVOUSNESS, TREMOR, SLEEPLESSNESS, LOSS OF APPETITE, PAIN OR NAUSEA OCCUR.

ALWAYS CHECK WITH YOUR DOCTOR BEFORE USING HERBAL SUPPLEMENTS AS THEIR SAFETY IS NOT ASSURED IN ALL USERS AND YOU MAY BE PLACING YOURSELF AT RISK.

SOME HERBS MAY INTERACT WITH PRESCRIPTION AND OVER THE COUNTER MEDICINES AND PRODUCE ADVERSE SIDE EFFECTS.

SOME SUPPLEMENTS CAN HAVE UNWANTED EFFECTS DURING SURGERY. IT IS IMPORTANT TO FULLY INFORM YOUR DOCTOR IF YOU ARE TAKING SUPPLEMENTS WELL IN ADVANCE OF ANY SURGICAL PROCEDURE.

HERBAL SUPPLEMENTS ARE NOT FOR LONG-TERM USE WITHOUT THE APPROVAL OF A QUALIFIED MEDICAL PRACTITIONER.

DO NOT EXCEED RECOMMENDED DOSAGE.

KEEP OUT OF REACH OF CHILDREN.

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The information presented is not made with the intention of diagnosing any disease or condition or prescribing any treatment. It is offered as information only, for use in the maintenance and promotion of good health in cooperation with a licensed medical practitioner.

In the event that any individual should take the herbal supplements or use the information presented here or on these websites without a licensed medical practitioner's approval, that individual will be diagnosing for him or herself and accept full responsibility.

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