

**100% NATURAL  
INGREDIENTS**

hello  
wellness

gentle  
action

alcohol  
free

herbal  
blend

Elderberry Plus is a food  
supplement.

Do not exceed the  
recommended daily dose.

Not a substitute for a  
varied diet.

Made in the UK for  
Native Wisdom LTD, PO Box  
7169, Poole, BH159EL.

# ELDERBERRY PLUS

a herbal blend for  
- sore throats -

## INGREDIENTS

Thyme 30%, Echinacea  
30%, Elderberry 20%,  
Clove 20% - Glycerite  
extraction.

## DOSAGE

10 drops, twice daily.

Store out of the reach of  
young children.



50ML

ESSENTIALS

MADE IN  
THE UK

**100% NATURAL  
INGREDIENTS**

hello  
wellness

gentle  
action

alcohol  
free

herbal  
blend

Milk Thistle Plus is a food  
supplement.

Do not exceed the  
recommended daily dose.

Not a substitute for a  
varied diet.

Made in the UK for  
Native Wisdom LTD, PO Box  
7169, Poole, BH159EL.

# MILK THISTLE PLUS

a herbal blend  
- for digestion -

## INGREDIENTS

Milk Thistle 28%, Wild Sage  
10%, Chamomile 10%, Hibiscus  
10%, Fennel Seed 10%,  
Dandelion, Burdock & Angelica  
Root 10%, Valerian Root 2% -  
Glycerite extraction.

## DOSAGE

10 drops, twice daily.

Store out of the reach of  
young children.



50ML

ESSENTIALS

MADE IN  
THE UK

**100% NATURAL  
INGREDIENTS**

hello  
wellness

gentle  
action

alcohol  
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herbal  
blend

Wormwood Plus is a food  
supplement.

Do not exceed the  
recommended daily dose.

Not a substitute for a  
varied diet.

Made in the UK for  
Native Wisdom LTD, PO Box  
7169, Poole, BH159EL.

# WORMWOOD PLUS

- a herbal blend to -  
cleanse the bowel

## INGREDIENTS

Wormwood 20%, Wild Sage  
15%, Hibiscus 15%, Wild Thyme  
15%, Vervain 15%, Clove 10%,  
Ginger 10% - Glycerite  
extraction.

## DOSAGE

10 drops, twice daily.

Store out of the reach of  
young children.



50ML

ESSENTIALS

MADE IN  
THE UK

**100% NATURAL  
INGREDIENTS**

hello  
wellness

gentle  
action

alcohol  
free

herbal  
blend

Rose Hip Plus is a food  
supplement.

Do not exceed the  
recommended daily dose.

Not a substitute for a  
varied diet.

Made in the UK for  
Native Wisdom LTD, PO Box  
7169, Poole, BH159EL.

# ROSE HIP PLUS

a source of natural  
- Vitamin C -

## INGREDIENTS

Rose Hips 30%, Orange  
30%, Elderberry 30%,  
Turmeric 10% - Glycerite  
extraction.

## DOSAGE

5 mls, twice daily.

Store out of the reach of  
young children.



250ML

ESSENTIALS

MADE IN  
THE UK

100% NATURAL  
INGREDIENTS



hello  
wellness



100%  
pure

cold  
pressed

fatty  
acids

Pure cold-pressed  
castor oil.

Unrefined and  
hexane free.

Made in the UK for  
Native Wisdom LTD, PO Box  
7169, Poole, BH159EL.

# CASTOR OIL

- pure oil for topical use -

## INGREDIENTS

Cold-pressed  
castor oil  
(Ricinus Communis)

## DOSAGE

Use on hair  
and skin.



250ML

ESSENTIALS

MADE IN  
THE UK