

A decorative border of pencils surrounds the text. The pencils are arranged in a rectangular frame, with some pointing towards the center and others pointing outwards. The top and bottom rows are the most complete, while the sides have fewer pencils, creating an open frame effect.

Km (by Matol)

This liquid herbal formula contains the following 14 herbs; each herbs benefits are listed below:

Chamomile Flower: Early Teutonic tribes discovered German Chamomile in southern Europe and the Near East, and this plant is still considered an extremely popular medicinal herb. Modern herbalists advocate a tea made from the flower heads for muscular spasms and to relieve pain and swelling caused by arthritis or an injury, and for use as a sedative. A recent study among humans supports using chamomile tea as a sedative. Extensive animal experiments reveal that the tea has anti-inflammatory properties, especially useful in allaying arthritis and other conditions characterized by pain, heat, redness and swelling. Scientific evidence also shows that the tea is a valid antispasmodic for relieving cramps. Chamomile contains traces of vitamin A, a high level of calcium and magnesium, potassium, iron, manganese and zinc.

Saw Palmetto Berry: This herb has long had a reputation as an aphrodisiac and a potent tonic for the reproductive glands. Native Americans were using it for genitourinary disturbances long before the colonists arrived and adopted it. In Germany, it is well accepted as a treatment for benign prostatic hypertrophy (BPH), which translates to enlargement of the prostate gland.

Cascara Sagrada: Cascara Sagrada bark is used for constipation where a stimulant laxative is required. It is also used for colitis, digestive complaints, hemorrhoids, liver problems and jaundice. Cascara Sagrada is a mild laxative, acting principally on the large intestine.

Angelica Root: Indians used a decoction of angelica as a general tonic to treat anemia, colic, flatulence, gout, indigestion, respiratory and urinary disorders. Recent research found that it has anti-inflammatory ability.


Thyme: The antiseptic and preservative properties of thyme were known to the ancient Egyptians who used the oil for embalming. The Romans valued the oil for its antiseptic properties, using it as an antidote for headaches and depression. Externally, this cultivated herb is used as a wash for scabies, gout, rheumatism, insect bites, eczema, and as a soothing skin tonic

Passion Flower: For centuries, American Indians have used this herb as a medicine to treat insomnia and nervousness. Today, herbalists use this plant and flower as a sedative and painkiller, and to help relieve dysmenorrhea (painful menstrual cramps), tension headaches, and hysteria. Research indicates -- but is far from conclusive -- that the plant may have these effects.

Gentian Root: Claimed to kill the organism that causes malaria. Herbalists suggest it for strengthening liver, pancreas, kidneys and spleen. Also for digestion (accelerates the emptying of the stomach), increased circulation, chronic urinary infection and arthritis.

Licorice Root: Powerfully effective treatments for coughs and colds; Relief of sore throats; loosening up of sticky phlegm; Treating stomach upset; Restoration from chronic fatigue; alleviation of various gastric and duodenal disorders; Soothing treatment for ulcers; relief from painful canker sores.

Horehound Root: Horehound is bitter in taste and has antiseptic and expectorant properties. It is used as expectorant and tonic. Horehound is effective in indigestion, dyspepsia and in flatulence. It relieves spasms, increases perspiration, stimulates bile flow and has a calming effect on the heart. Horehound is used to cure bronchitis and asthma. It decreases congestion and reduces mucus, chest coughs and colds.



Senega Root: Senega root nourishes the respiratory tract.

Celery Seed: Celery is used externally to combat fungal infections and to battle tumors. The furocoumarins contained in celery are typically used for their stomachic, carminative, diuretic and emmenagogue properties. As a salad vegetable or made into a tea, celery can be helpful also in clearing up skin problems. Used for bronchitis, rheumatism and as a sedative for nervousness.

Sarsaparilla Root: Sarsaparilla contains substances which are similar to the male hormone testosterone and the female hormone progesterone. It can safely help increase the metabolic rate and balance the glandular system

Alfalfa: It is very high in many nutrients, and is an inexpensive source of vitamins C, D, E, and K. Considered useful for the pituitary gland, reducing toxins in the liver, aids in digestion of protein, fats and carbohydrates. May help in reducing cholesterol and plaque deposits. Alfalfa is a natural antihistamine and can be useful for arthritis, ulcers or sinus congestion. The leaves of alfalfa are especially rich in minerals, including calcium, magnesium, potassium, and beta carotene, as well as eight essential amino acids, chlorophyll, and the vitamins A, B complex, C, D, E, and K

Dandelion Root: Dandelion is an effective blood and liver purifier; it increases the production of bile, aids digestion, and encourages the free flow of urine. It improves the functioning of the pancreas, spleen, liver, bladder, and kidneys. Dandelion is also helpful against anemia, gallstones, gout, hypoglycemia, rheumatism, jaundice, cirrhosis, hepatitis, cramps and constipation. It is reported to also reduce levels of serum cholesterol and uric acid, and may even help prevent breast cancer, and prevent age spots. Traditionally used to treat diabetes. Dandelion contains vitamins A, B-complex, C, and E, biotin, calcium, choline, inositol, iron, linolenic acid, magnesium, niacin, PABA, phosphorus, zinc, potash, proteins, resins, and sulfur. Dandelion stimulates metabolism by providing acids that are necessary for good digestion, and helpful to stressed intestines.

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Valerian: American Indians used a boiled extract of valerian root for calming the nerves. Early settlers used it as a sedative, especially for nervousness and anxiety accompanied by insomnia. It was also mentioned as an agent that relieves muscle spasms. This calming herb has tranquilizing properties with marked sedative action, and has a soothing effect on the entire central system. This herb is nature's first choice as a sleep inducer.

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