RAN BOTANICALS

CATALOG
RAN BOTANICALS is a company specializing in the development, production and marketing of Herbal dietary supplements, based on knowledge and experience obtained in over 20 years of activity in the field of herbal medicine. The company operates a research and development department, and the production processes of its herbal supplements are conducted under the continuous supervision of the health authorities and in accordance with stringent standards such as GMP, HACCP, ISO 22000, ISO 9001, and under Kashrut supervision. We are committed to the highest professional standards, to fair trade and to conservation of the environment.
Immune Support

Phytoxicin

A unique preparation suited for the prevention of infectious conditions, the treatment of chronic viral infections, as well as to support those suffering from a malignant disease. The preparation helps maintain satisfactory levels of white blood cells and their proper functioning, and protects the liver from toxic damage.

Research supported actions for the Ingredients
Improves immune function, anti-viral, protects the liver from toxic damage, antioxidant.

Research supported indications for the Ingredients
Immune deficiency, viral infections, mononucleosis, Herpes, hepatitis, oncologic support.

Safety precautions
The product is safe for use and free of toxicity.

Dosage and mode of administration
1-2 capsules, twice a day, on an empty stomach.

Contents
60 capsules

Ingredients
Andrographis (Andrographis paniculata)
Astragalus (Astragalus membranaceus)
Ginger (Zingiber officinalis)

Studies and references
A clinical trial found that Andrographis has stimulatory effect on immune function and inhibit cancer cell growth. An extract of the herb led to an increase in the production of cytotoxic lymphocytes and the secretion of interleukin-2 and interferon, which inhibited the development of cancer cells. (Immunopharmacol Immunotoxicol 2007;29(1):81-93)

In a research conducted in 2006, it was found that administering an extract of Astragalus reduced the ill effects of chemotherapy in cancer patients, and even increased their chances of recovery. (J Clin Oncol 2006 Jan 20;24(3):419-30)

A clinical trial found anti-carcinogenic activity in ginger extract, mainly thanks to its active ingredients Gingerol and Pardol. (Food Chem Toxicol 2007 May;45(5):683-90)
Immune Support

Coptisin

This unique formula based on Chinese Coptis root is a powerful one, intended for those suffering infections and inflammations of a fungal, bacterial or viral origine. The product is suitable for fungal infections caused by the Candida fungi as well as infections with the Helicobacter pylori bacteria which causes the formation of peptic ulcers. The product is also used for inflammations and infections of the urinary tract, digestive system, reproductive system, the liver and the gall bladder.

**Research supported actions for the Ingredients**
- Anti-infective, anti-inflammatory, anti-fungal, antibacterial.

**Research supported indications for the Ingredients**
- Candida and Helicobacter pylori infections. inflammations and infections of the urinary tract and reproductive system. gastritis, peptic ulcers, inflammatory bowel diseases.

**Safety precautions**
- Do not take for more than three months without professional supervision.

**Dosage and mode of administration**
- 1-2 capsules, twice a day on an empty stomach

**Contents**
- 60 capsules

**Ingredients**
- Chinese Goldthread (Coptis chinensis)
- Phellodendron (Phellodendron amurense)
- Milk Thistle (Silybum marianum)
- Licorice (Glycyrrhiza Glabra)
- Ginger (Zingiber officinalis)

**Studies and references**

In a study conducted in Korea, it was found that the alkaloids berberine and palmatine found in Coptis and Phellodendron demonstrated significant antifungal activity against various common Candida fungus species.
(J Antimicrob Chemother 1999 May;43(5):667-74)

In a study conducted in 2006, ginger root was found to have a beneficial effect in cases of gastrointestinal diseases caused by the presence of the Helicobacter pylori bacteria.
(Phytotherapy Research Volume 20, 3, 187–190, March 2006)

In a controlled clinical trial it was found that extract of licorice has the ability to prevent the adhesion of the H.pylori bacteria to the stomach lining, and even destroy it.
(Evidence-Based Comp. and Alter. Med. 2013: 263805)
The Jerusalem Balsam was developed approximately 300 years ago by Antonio Menzani Di Cuna, a monk in the Franciscan Monastery in the Old City of Jerusalem, who worked as a doctor and pharmacist. At that time the Balsam served both internally and externally for a broad range of acute and chronic illnesses. In 2005, an Israeli research team published its research on the Jerusalem Balsam in the highly respected Journal of Ethnopharmacology. The summary of their research findings indicate that the formula has various pharmacological actions; including anti-inflammatory and antiseptic activities.

Research supported actions for the Ingredients
Anti-infective, anti-inflammatory, antifungal, antibacterial, anti-viral, anti-parasitic.

Research supported indications for the Ingredients
Infections with helicobacter Pylori, peptic ulcers, inflammatory bowel diseases, Candida, haemorrhoids, flu, throat infections, wounds, ulcers.

Safety precautions
Do not take for more than three months without professional supervision.

Dosage and mode of administration
For internal use: 3-5 drops in a quarter of a glass of water twice a day, or as needed.
For external use: For direct application onto injuries, wounds, ulcers and infections.

Ingredients
Myrrh (Commiphora myrrha)
Frankincense (Boswellia sacra)
Mastic (Pistacia lentiscus)
Aloe (Aloe vera)

Studies and references
A summary of the research findings on Jerusalem Balsam indicate a broad range of actions including, among others; anti-inflammatory, disinfectant, and significant anti-infective actions. Modern scientific research confirms some of the ancient uses of the original Jerusalem Balsam. (Journal of Ethnopharmacology 101 (2005) 16-26)

Laboratory research which examined two sesquiterpenes from myrrh resin showed antibacterial activity against the Pseudomonas aeruginos bacteria, E-coli and Staphylococcus aureus. Additionally, these two substances also showed antifungal activity against Candida albicans. (Planta Med. 2000 May; 66(4):356-8)
This is an ancient classical Chinese formulation widely used in viral and bacterial infections. It is indicated mainly for short-term use in acute infectious conditions such as a throat infection, sinusitis and flu.

Research supported actions for the Ingredients
Anti-infective, anti-viral, antibacterial, improves immune function, anti-inflammatory.

Research supported indications for the Ingredients
Infectious conditions such as flu, throat infections, bronchitis and sinusitis.

Safety precautions
Not suitable for more than a few weeks and during pregnancy.

Dosage and mode of administration
3-5 droppers in a quarter of a glass of water, 3 times per day on an empty stomach, or when needed.

Contents
100 ml

Ingredients
Xia Ku Cao (Prunella vulgaris)
Chuan Xin Lian (Andrographis paniculata)
Zi Cao (Arnebia euchroma)
Niu Bang Zi (Arctium lappa)
She Gan (Iris spp.)
Zi Hua Di Ding (Viola spp.)
Ban lan Gen (Isatis tinctoria radix)
Da Qing Ye (Isatis tinctoria folia)
Pu Gong Ying (Taraxacum mongolicum)

Studies and references
Clinical and laboratory studies indicate that the root and leaves of Isatis have anti-bacterial, antiviral and immune function modulating properties. The studies confirm that the anti-bacterial activity of the root extract is more wide-ranging than that of the leaves. (Zhongguo Zhong Yao Za Zhi 2000;25:327-9)

A herbal formulation, consisting mainly of Andrographis extract, was found to have the ability to improve the recovery rate and to reduce the clinical manifestations of infectious diseases of the respiratory tract. (Phytother Res. 2004 Jan;18(1):47-53)
Immune Support

Sophorax

A traditional herbal blend that has been found to be particularly effective in alleviating asthmatic and allergic conditions. The findings arise from a study conducted at the Mount Sinai School of Medicine in New York in collaboration with the Weifang Asthma Hospital in China. The R&D team at Ran Botanicals has built on this blend to create a unique formula for the treatment of asthma and various allergic conditions.

Research supported actions for the Ingredients
Anti-allergenic, anti-inflammatory, expectorant.

Research supported indications for the Ingredients
Asthma, allergies, urticaria (nettle rash), hayfever, chronic bronchitis.

Safety precautions
The preparation is not suitable for use during pregnancy.

Dosage and mode of administration
1-2 capsules, twice a day, on an empty stomach.

Contents
60 capsules

Ingredients
Sophora (Sophora flavescens)
Reishi mushroom (Ganoderma lucidum)
Licorice (Glycyrrhiza Glabra)
Ginger (Zingiber officinalis)

Studies and references
According to a research conducted at the Mount Sinai School of Medicine in New York, in collaboration with the Weifang Hospital of Traditional Chinese Medicine in China, high efficacy was found in the treatment of asthma with this herbal formula. This is the first well-controlled trial in which a Chinese herbal formula was found to have the same level of efficacy in the treatment of asthma as corticosteroid drugs. The study is considered outstanding both in terms of quality and duration. (J Allergy Clin Immunol. 2005 Sep;116(3):517-24)

Glycyrrhiza Glabra was found to have expectorant, anti-inflammatory and anti-allergic activities which helps in understanding its positive effect on asthmatics. (J. Pharm. Sci. 1985;74(1):79)

The effect of Sophora extract was examined in an open study that included monitoring of chronic asthmatic patients. A significant improvement was found in their quality of life, in the clinical symptoms and in their pulmonary function throughout the trial period. In addition, there was found to be a significant decrease in the use of synthetic steroidal drugs and bronchodilators, up to a total halt in their use in some cases. No significant side effects were observed from use of the herb. (Phytotherapy Research. 2007 Jun;21(6): 554-7)
Immune Support

Angiolight

A herbal spray intended for those suffering from throat infections and sore throats. A unique combination of herbal extracts that offers antiseptic activity, pain relief and speeding up of recovery from bacterial and viral infections; providing clinical efficiency and reduced usage costs.

Research supported actions for the Ingredients
Antiseptic, antibacterial, antiviral, pain relief.

Research supported indications for the Ingredients
Infections and inflammations of the throat and the tonsils.

Safety precautions
The product is safe to use and has no side effects.

Dosage and mode of administration
Spray into the throat 3-5 times per day or as required.

Contents
30 ml

Ingredients
Echinacea (Echinacea spp.)
Sage (Salvia officinalis)
Yellow head (Inula Britannica)
Licorice (Glycyrrhiza Glabra)

Studies and references
A total of 154 patients with an acute sore throat took part in a randomized, double-blind, controlled study conducted simultaneously in 11 clinics in Switzerland. The treated group received a spray containing Echinacea and medicinal sage, whereas the control group received an aerosol containing chlorhexidine and lidocaine. The products were given as a spray every two hours. Both products demonstrated efficacy and safety, with a slight advantage to the treatment group which was treated with the herbal spray.
(Eur J Med Res. 2009 Sep 1;14(9):406-12)

In a comparative study with medicinal sage, it was found that ursolic acid is the main ingredient involved in the plant’s topical anti-inflammatory activity. This anti-inflammatory activity was found to be twice as high as that of Indomethacin, the commonly used non-steroidal anti-inflammatory (NSAID).
(J Ethnopharmacol. 2001 May;75(2-3):125-32)

In a pharmacological study that was conducted in 2010, the eupatolide compound in inula britannica was found to be an inhibitor of COX-2, which is involved in a long list of enzymatic anti-inflammatory processes. The research team recommends relating to this compound as a valuable and novel anti-inflammatory agent.
**Immune Support**

**C Drops**

This is the most concentrated solution of vitamin C available on the market; every dropper contains 100 mg of pure vitamin C, with improved bioavailability and proven efficacy. The product is intended for use as a source of the daily recommended intake of vitamin C in children and adults, and to support proper immune function and prevent infections.

**Research supported actions for the Ingredients**
An efficient source of vitamin C, immune support, reduces the frequency and shortens the recovery time from infections.

**Research supported indications for the Ingredients**
Vitamin C deficiency, weakened immunity, frequent infections, flu, colds, runny nose.

**Safety precautions**
The product is safe to use and free of toxicity.

**Dosage and mode of administration**
1-2 droppers per day or when required.

**Contents**
30 ml

**Ingredients**
- Vitamin C (Ascorbic acid)
- Natural lemon extract

**Studies and references**
A 1994 study found and defined that there is no significant difference in vitamin C levels in the plasma and in excretion in urine between the three accepted forms of usage of the vitamin; ascorbic acid, Ester-C and ascorbic acid with the addition of bioflavonoids. The researchers agree and conclude that according to the results of the study, and given its relatively low cost, ascorbic acid is the preferred source of vitamin C as a supplement for humans.

(J Am Diet Assoc 1994;94:779-81)

A scientific publication from 2006 indicates that vitamin C levels in plasma and in white cells drops significantly during an active infection and in stressful conditions. Taking the vitamin was found to improve various immune indicators. It was found that taking vitamin C shortens the duration of the illness in respiratory tract infections and alleviates the symptoms.

(Ann Nutr Metab. 2006;50(2):85-94)
Immune Support

Echinacea Absolute

This is the most concentrated, active and effective Echinacea product available in the herbal dietary supplement market. Echinacea is well-known in professional literature and is in common usage in viral, bacterial and fungal infectious conditions. It is suitable for oral use and external application.

Research supported actions for the Ingredients
Supports proper immune function, antiseptic, anti-inflammatory, anti-infective, antiviral.

Research supported indications for the Ingredients
Viral, bacterial and fungal infections. Infections of the respiratory tract, urinary tract, digestive system and reproductive system. Gum infections, mouth ulcers, wounds, acne, abscesses.

Safety precautions
The product is safe to use and free of toxicity. Caution should be exercised when used in people taking medications to suppress the immune system.

Dosage and mode of administration
2-3 droppers in a quarter of a glass of water, three times per day on an empty stomach, or as required.

Contents
100 ml

Ingredients
Echinacea root (Echinacea angustifolia)
Purple Coneflower (Echinacea Purpurea)

Studies and references
In a meta-analysis that covered 14 clinical studies and was published in the leading medical journal “Lancet” in 2007, an examination was made of the use of Echinacea in the treatment and prevention of colds. The weighted results indicate that use of the plant reduces the chances of catching a cold by 58% and shortens its duration by 1.4 days.

(Lancet Infect Dis. 2007 Jul;7(7):473-80)

In a pharmacological study conducted in 2009, it was found that commercial herbal preparations that contain extracts of E. purpurea mitigate and reduce cold and flu symptoms by inhibiting viral induction and by delaying the secretion of pro-inflammatory cytokines.

(Antiviral Res. 2009 Aug;83(2):165-70)
From Vision to Reality

In late 1987 Gal M. Ran travelled to Great Britain to study Clinical herbal medicine. As a descendant of a family of agriculturalists, it was only natural that he would focus in his studies on the plant kingdom.

Following his professional training and accreditation, Ran returned to Israel and began a long and varied career that incorporated academic activity alongside professional and business occupations in the field of herbal medicine and medicinal plants. Ran was among the founders of the Israeli Herb Association and the Israeli Clinical Herbalists Association, for which he served as a chairman. He combines work in his clinic with volunteer work in the field of regularization of herbal medicine in Israel.

Today, Ran Botanicals is a leading developer, manufacturer and marketer of Herbal-based preparations and supplements. The company is dedicated to its mission; providing people with access to the powerful potential of medicinal plants and allowing each and every one of us the basic right of turning to the plant kingdom in order to better cope with illness and disease and gain an improved quality of life.
Activ-Curcumin is based on exclusive technology which boosts the bioavailability of curcumin, the Turmeric active constituent. It allows, and for the first time, maximal absorption of curcumin so as to achieve considerably greater levels of clinical efficacy than prevalent in other curcumin preparations. This product demonstrates significantly higher clinical efficacy and reduced cost of use.

**Research supported actions for the Ingredients**
Anti-inflammatory, anti-oxidant, lowers fat and cholesterol levels, anti-cancer, liver protector.

**Research supported indications for the Ingredients**
Arthritis, fatty liver, inflammatory bowel disease, support for the oncological patient, high cholesterol and lipids, hepatitis.

**Safety precautions**
Caution should be taken when used in combination with anticoagulants and in cases of gallstones or blockage of the bile ducts.

**Dosage and mode of administration**
A capsule daily, on an empty stomach. If necessary, the dose may be increased to 2 capsules a day.

**Contents**
30 capsules. This quantity is intended as a month’s supply.

**Ingredients**
Curcuma longa Extract (95% Curcumin)
Coating materials for controlled release
Absorption-enhancing catalysts

**Studies and references**
A recent study found that curcumin led to a decrease in general cholesterol values as well as in the values of LDL. In parallel, it indicated an increase in the values of HDL type cholesterol. It was found that Curcumin also had a favourable impact on fatty liver.

(J Food Sci 2011 Apr;76(3):H80-9)

In a clinical study from 2012, the efficacy of curcumin was studied compared with anti-inflammatory drugs customarily used to treat rheumatoid arthritis. The group receiving curcumin showed high efficacy in relation to the control group, and this without significant side effects.

(Phytother. Research Volume 26, 11,2012)

In a clinical trial it was found that curcumin inhibits the development of certain types of cancer, including colon, stomach, duodenum, skin and breast cancers. Curcumin also proved effective in treating active prostate tumours.

(Mol Cancer Ther. 2004Jul;3(7):803-12)
Metabolic Support

Original Swedish Bitters

This is an age-old formula that has served generations of medicine man. Developer of the formula, the Swedish Dr Klaus Samst, argued that anyone taking one spoonful of Swedish Bitters every day, would live longer and be less suspect to disease. The balanced activity of the product makes it suitable for everyday use for anyone interested in improving their overall performance, good health and longevity.

Research supported actions for the Ingredients
Implements digestion and excretion processes, a gentle laxative, anti-infective, anti-inflammatory, delays the aging process, improves sexual performance, mood lifter and antidepressant.

Research supported indications for the Ingredients
For internal use: constipation, bloating, depression, fatigue, migraines, various infections, fever, flu. The product is suitable for long term everyday use for general strengthening and to prevent disease. For external use: eye infections, acne, cuts and scrapes, burns, bites and stings, rashes.

Safety precautions
The product is safe for use and has no side effects. Use should be avoided during pregnancy.

Dosage and mode of administration
For internal use: 1-2 teaspoons per day or as needed. 
For external use: to be rubbed in locally without dilution; or use diluted with equal part water in a compress.

Contents
200 ml

Ingredients
Angelica (Angelica spp.)
Saffron (Crocus sativus)
Myrrh (Commiphora spp.)
Wormwood (Artemisia spp.)
In addition to the four main constituents mentioned above, the product also includes other herbs that balance the activity of the main herbs and improve their bioavailability.

Studies and references
A study conducted in Taiwan defined Angelica as having a protective effect on the liver cells. The findings of the research suggest that the herb neutralizes the damaging effect on the liver caused by ethanol. The study verified that Angelica caused a reduction in the levels of free radicals and thereby resulted in protection of the liver from damage which is a result of oxidative stress.
(Pharmacology 2003 Jun;68(2):70-3)

A clinical trial, in which a group of men suffering from erectile dysfunction were given an extract of saffron over a period of 10 days, demonstrated a significant improvement in sexual function compared to the pre-treatment phase in the same group of men. The findings showed a major improvement in the frequency, quality and duration of erectile events.
(Phytomedicine 2009 Aug;16(8):690-3)
Metabolic Support

De-Tox-Mix

A traditional herbal blend designed to aid in purifying the body of toxins. The preparation is suitable for general seasonal cleans and liver purification, as well as to aid in skin and joint conditions, autoimmune diseases and malignancy.

Research supported actions for the Ingredients
diuretic, gentle laxative, lymphatic drainage, protects the liver, antioxidant.

Research supported indications for the Ingredients
Assistance in removal of toxins (detoxification) and in the support of patients with chronic toxic diseases such as psoriasis, acne, atopic dermatitis, urticaria, arthritis, autoimmune and malignant diseases.

Safety precautions
The product is not suitable for use during pregnancy.

Dosage and mode of administration
3-5 droppers in a quarter of a glass of water, twice a day on an empty stomach.

Contents
100 ml

Ingredients
Stinging Nettle (Urtica dioica)
Dandelion (Taraxacum officinalis)
Milk Thistle (Silybum marianum)
Cleavers (Galium aparine)

Studies and references
A randomized, double-blind study examined the effectiveness of stinging nettle in the treatment of hay fever. An extract of the herb was rated higher than the placebo in reducing symptoms. (Planta Med. 1990 Feb;56(1):44-7)

In a literature review of clinical studies conducted on milk thistle between 2003-2007, there are studies listing efficacy in treating liver diseases, malignant diseases, diabetes and high levels of lipids in the blood. The studies indicate positive results. (Integr Cancer Ther 2007 Jun;6(2):146-57)

In a study conducted in 2010, it was demonstrated that an extract of Dandelion protects and rehabilitates the liver. This effect was demonstrated in hepatic enzyme markers, bilirubin levels, protein levels, liver weight and in reduced oxidative status and destruction of liver tissue. (Acta Biol Hung 2010 Jun;61(2):175-90)
Recycle

A unique herbal blend intended to support women during their reproductive age. It is specifically effective in the treatment of premenstrual syndrome, polycystic ovary and menstrual irregularities. The herbal extracts in this product are well researched, and recognized as safe and free of side effects.

Research supported actions for the Ingredients
Hormonal balancing, regulation of the menstrual cycle, improvement of sexual performance and fertility, antispasmodic and pain relief.

Research supported indications for the Ingredients
Supports in conditions such as premenstrual syndrome, polycystic ovary, hormonal imbalance, menstrual irregularities, amenorrhea, ovulation pain, menstrual cramps, impaired fertility.

Safety precautions
Do not use during pregnancy or in combination with hormonal drugs.

Dosage and mode of administration
1-2 capsules, twice a day on an empty stomach.

Contents
60 capsules

Ingredients
Black cohosh (Cimicifuga racemosa)
Chasteberry (Vitex agnus castus)
Chinese Angelica (Angelica sinensis)

Studies and references
A randomized clinical trial examined the effect of the addition of a Black cohosh extract to the hormonal preparation clomiphene citrate. The study showed that this addition significantly improved the pregnancy rate and the results for better menstruation cycles included endometrial thickness, progesterone levels, estradiol and luteinizing hormone in women with unexplained infertility disorders.
(Reprod Biomed Online. 2008 Apr;16(4):580-8)

A systematic survey reports that Chasteberry is regularly found to better reduce symptoms of premenstrual syndrome than placebo, both in its ability to reduce general physical symptoms as well as in its ability to improve mood swings.

A study examined the effect of Chinese Angelica on the intensity of the flow of blood and on the presence of Prostaglandin F2alpha in female patients who suffered from dysmenorrhea (menstrual pain). Administering the herb over three months returned the flow and the prostaglandin levels to normal range.
A Herbal Supplement intended to support women undergoing menopause and suffering from the physical and emotional symptoms characteristic to this time of life such as hot flashes, night sweats, depression, decreased libido and dryness of the hair, skin and vagina.

**Research supported actions for the Ingredients**
Reduces hot flashes, improves quality of sleep, hydrates tissues, promotes libido and improves sexual performance, reduces depression and anxiety.

**Research supported indications for the Ingredients**
To support women suffering from menopausal symptoms such as hot flashes, night sweats, irregular uterine bleeding, uterine fibroids, vaginal dryness, decreased libido, insomnia, depression and anxiety.

**Safety precautions**
The product is safe for use and is free of toxicity. Avoid using it alongside hormonal medication.

**Dosage and mode of administration**
1-2 capsules, twice a day on an empty stomach.

**Contents**
60 capsules

**Ingredients**
- Black cohosh (Cimicifuga racemosa)
- Chasteberry (Vitex agnus castus)
- Wild yam (Dioscorea villosa)

**Studies and references**
A randomized clinical trial tested the effectiveness of black cohosh extract in menopausal women suffering from hot flashes compared to estradiol. The trial results showed a significant decrease in the frequency of the hot flashes throughout the three-month trial period with no difference between the two groups. The conclusion is that administering black cohosh extract may serve as an effective alternative to hormonal treatment in menopausal women.
(J Ethnopharmacol. 2008 Mar 5;116(2):325-32)

A number of controlled studies evaluated the effectiveness of Chasteberry as a sole remedy to treat menopausal syndrome. The herb was also examined in blends with other herbs for the same purpose. The studies support the possibility that Chasteberry can be used instead of the generally accepted standard hormone replacement therapy.

A study investigated the effect of administering wild yam on the lipid profile, on oxidative status and on sex hormones in menopausal women. It was found that after one month of use there was an improvement in the status of sex hormones, lipids, and antioxidants.
Mind and Spirit

Meditate

A unique herbal blend intended to support children and youth with ADHD, as well as adults suffering from depression and anxiety and elders with demential disorders. The preparation is most effective and at the same time has no side effects and does not cause dependence.

Research supported actions for the Ingredients
Improves mental and cognitive function, anti-depressant and anxiolytic.

Research supported indications for the Ingredients
To support those suffering from attention deficient disorder (ADHD), depression, anxiety and cognitive impairment.

Safety precautions
Safe for use and free of side effects.

Dosage and mode of administration
3-5 droppers in a quarter of a glass of water, twice a day or as required, on an empty stomach.

Contents
100 ml

Ingredients
Gotu kola (Centella asiatica)
Brahmi (Bacopa monnieri)
Schisandra (Schisandra chinensis)
Licorice (Glycyrrhiza glabra)

Studies and references
In a randomized, placebo-controlled, double-blind study, it was found that a standardized extract of Gotu kola was effective in enhancing the memory and even improved the mood of the subjects.
(J Ethnopharmacol. 2008 Mar 5;116(2):325-32)

In a controlled, double-blind clinical study with brahmi a significant improvement was observed in the mental function of the volunteers; including the speed of visual information processing, the pace of verbal learning, and memory. In addition, a significant reduction in anxiety levels was also observed.

In a controlled clinical trial, it was found that a herbal mixture which included Schisandra improved cognitive functions such as speed, precision and attention compared to the control group.
(Phytomedicine.2010 Jun;17(7):494-9)
Children and Youth

**Vermor**

An exclusive herbal supplement intended for children and adults with intestinal parasites. The product is based on concentrated extracts of walnut and Judean wormwood, which are well-known for their ability to quickly and effectively destroy all kinds of intestinal parasites. It is safe for use in children and is devoid of toxicity and side effects.

**Research supported actions for the Ingredients**
Anti-parasitic, destroy intestinal parasites.

**Research supported indications for the Ingredients**
Parasitic infections (intestinal worms) in children, youth and adults.

**Safety precautions**
The product is safe for use and free of side effects. For children under the age of five, it is recommended to consult with a professional before starting treatment.

**Dosage and mode of administration**
3-5 droppers in a quarter of a glass of water, twice a day on an empty stomach.

**Contents**
100 ml

**Ingredients**
- Walnut (*Juglans regia*)
- Judean wormwood (*Artemisia judaica*)
- Licorice (*Glycyrrhiza glabra*)

**Studies and references**
In a controlled comparative study conducted to evaluate the efficacy of walnut extract in paralyzing and destroying worms of the *Eicinia foetida* kind, it was found that the herbal extract demonstrated a marked ability compared to the control group, which was treated with the pharmaceutical product Albendazole.
A unique herbal blend intended to support children and youth with ADHD. The preparation is most effective and at the same time has no side effects and does not cause dependence.

**Research supported actions for the Ingredients**
Improves mental and cognitive function.

**Research supported indications for the Ingredients**
To support those suffering from attention deficient disorder (ADHD), depression, anxiety and cognitive impairment.

**Safety precautions**
Safe for use and free of side effects.

**Dosage and mode of administration**
3-5 droppers in a quarter of a glass of water, twice a day or as required, on an empty stomach.

**Contents**
100 ml

**Ingredients**
Gotu kola (Centella asiatica)  
Brahmi (Bacopa monnieri)  
Schisandra (Schisandra chinensis)  
Licorice (Glycyrrhiza glabra)

**Studies and references**
In a randomized, placebo-controlled, double-blind study, it was found that a standardized extract of Gotu kola was effective in enhancing the memory and improved the mood of the subjects.  
(J Ethnopharmacol. 2008 Mar 5;116(2):325-32)

In a controlled, double-blind clinical study with brahmi a significant improvement was observed in the mental function of the volunteers, including the speed of visual information processing, the pace of verbal learning, and memory. In addition, a significant reduction in anxiety levels was also observed.  

In a controlled clinical trial, it was found that a herbal mixture which included Schisandra improved cognitive functions such as speed, precision and attention compared to the control group.  
(Phytomedicine. 2010 Jun;17(7):494-9)
C Drops

This is the most concentrated solution of vitamin C available; every dropper contains 100 mg of pure vitamin C, with improved bioavailability and proven efficacy. The product is intended for use as a source of the daily recommended intake of vitamin C in children and adults, as well as supporting proper immune function and preventing infections.

Research supported actions for the Ingredients
An efficient source of vitamin C, immune support, reduces the frequency and shortens the recovery time from infections.

Research supported indications for the Ingredients
Vitamin C deficiency, immune weakness, frequent infections, flu, colds and runny nose.

Safety precautions
The product is safe to use and free of toxicity.

Dosage and mode of administration
1-2 droppers per day or when required.

Contents
30 ml

Ingredients
Vitamin C (Ascorbic acid)
Natural lemon extract

Studies and references
A study found that there is no significant difference in vitamin C levels in plasma and in urine between the three accepted forms of usage of the vitamin; ascorbic acid, Ester-C and ascorbic acid with the addition of bioflavonoids. The researchers agree and conclude that according to the results of the study, and given its relatively low cost, ascorbic acid is the preferred source of vitamin C as a supplement for humans.
(J Am Diet Assoc 1994;94:779-81)

A scientific publication from 2006 indicates that vitamin C levels in plasma and in white cells drops significantly during an active infection and in stressful conditions. Taking the vitamin was found to improve various immune indicators. It was found that taking vitamin C shortens the duration of the illness in respiratory tract infections and alleviates the symptoms.
(Ann Nutr Metab. 2006;50(2):85-94)
Activ-Curcumin is based on exclusive technology which boosts the bioavailability of curcumin, the Turmeric active constituent. It allows, and for the first time, maximal absorption of curcumin so as to achieve considerably greater levels of clinical efficacy than prevalent in other curcumin preparations. This product demonstrates significantly higher clinical efficacy and reduced cost of use.

Research supported actions for the Ingredients
Anti-inflammatory, lowers fat and cholesterol levels, anti-cancer, protects the liver, antioxidant.

Research supported indications for the Ingredients
Arthritis, fatty liver, inflammatory bowel disease, support for oncological patients, high cholesterol and lipids, hepatitis.

Safety precautions
Caution should be used when taken in combination with anticoagulants and in cases of gallstones or blockages of the gall bladder and bile ducts.

Dosage and mode of administration
A capsule daily, on an empty stomach. If necessary, the dose may be increased to 2 capsules a day.

Contents
30 capsules. This quantity is intended as a month’s supply

Ingredients
Turmeric (95% curcumin)
Coating materials for delayed release
Absorption-enhancing catalysts

Studies and references
A recent study found that Turmeric led to a decrease in the general cholesterol values as well as in the values of LDL. In parallel, it indicated an increase in the values of HDL type cholesterol. It was found that curcumin also had a favourable impact in a fatty liver condition.
(J Food Sci 2011 Apr;76(3):H80-9)

In a clinical study from 2012, the efficacy of curcumin was studied compared with anti-inflammatory drugs customarily used to treat rheumatoid arthritis. The group receiving curcumin showed high efficacy in relation to the control group, and this without significant side effects.
(Phytother. Research Volume 26, 11,2012)

It in a clinical trial it was found that curcumin inhibits the development of certain types of cancer, including colon, stomach, duodenum, skin and breast cancers. Curcumin also proved effective in treating active prostate tumours.
(Mol Cancer Ther. 2004Jul;3(7):803-12)
**Harmony**

A Herbal Supplement intended to support women undergoing menopause and suffering from the physical and emotional symptoms characteristic to this time of life such as hot flashes, night sweats, depression, decreased libido and dryness of the hair, skin and vagina.

**Research supported actions for the Ingredients**
Reduces hot flashes, improves quality of sleep, hydrates tissues, promotes libido and improves sexual performance, reduces depression and anxiety.

**Research supported indications for the Ingredients**
To support women suffering from menopausal symptoms such as hot flashes, night sweats, irregular uterine bleeding, uterine fibroids, vaginal dryness, decreased libido, insomnia, depression and anxiety.

**Safety precautions**
The product is safe for use and is free of toxicity. Avoid using it alongside hormonal medication.

**Dosage and mode of administration**
1-2 capsules, twice a day on an empty stomach.

**Contents**
60 capsules

**Ingredients**
Black cohosh (Cimicifuga racemosa)
Chasteberry (Vitex agnus castus)
Wild yam (Dioscorea villosa)

**Studies and references**
A randomized clinical trial tested the effectiveness of black cohosh extract in menopausal women suffering from hot flashes compared to estradiol. The trial results showed a significant decrease in the frequency of the hot flashes throughout the three-month trial period with no difference between the two groups. The conclusion is that administering black cohosh extract may serve as an effective alternative to hormonal treatment in menopausal women. (J Ethnopharmacol. 2008 Mar 5;116(2):325-32)

A number of controlled studies evaluated the effectiveness of Chasteberry as a sole remedy to treat menopausal syndrome. The herb was also examined in blends with other herbs for the same purpose. The studies support the possibility that Chasteberry can be used instead of the generally accepted standard hormone replacement therapy. (J Altern Complement Med. 2009; 15(8):853-862)

A study investigated the effect of administering wild yam on the lipid profile, on oxidative status and on sex hormones in menopausal women. It was found that after one month of use there was an improvement in the status of sex hormones, lipids, and antioxidants. (J Am Coll Nutr 2005. Aug;24(4):235-43)
A unique herbal blend intended to support those suffering from depression and anxiety and elders with demential disorders. The preparation is most effective and at the same time has no side effects and does not cause dependence.

Research supported actions for the Ingredients
Improves mental and cognitive function, enhancing memory, anti-depressant and anxiolytic.

Research supported indications for the Ingredients
To support those suffering from cognitive impairment and memory loss, depression and anxiety.

Safety precautions
Safe for use and free of side effects.

Dosage and mode of administration
3-5 droppers in a quarter of a glass of water, twice a day or as required, on an empty stomach.

Contents
100 ml

Ingredients
Gotu kola (Centella asiatica)
Brahmi (Bacopa monnieri)
Schisandra (Schisandra chinensis)
Licorice (Glycyrrhiza glabra)

Studies and references
In a randomized, placebo-controlled, double-blind study, it was found that a standardized extract of Gotu kola was effective in enhancing the memory and improved the mood of the subjects.
(J Ethnopharmacol. 2008 Mar;116(2):325-32)

In a controlled, double-blind clinical study about brahmi, a significant improvement was observed in the mental function of the volunteers, including the speed of visual information processing, the pace of verbal learning and memory. In addition, a significant reduction in anxiety levels was also observed.

In a controlled clinical trial, it was found that a herbal mixture which included Schisandra improved cognitive functions such as speed, precision and attention compared to the control group.
(Phytomedicine.2010 Jun;17(7):494-9)
Calendula Cream

A natural cream based on concentrated extract of organically grown Calendula flowers, with the addition of French lavender oil. It promotes rehabilitation and healing of tissues and nourishes the skin. Soothe burns, stings, rashes, skin infection, pigmentation, diaper rash and itchiness. It is also suitable for skincare and preventing wrinkles when used daily.

Research supported actions for the Ingredients
Antiseptic, restorative, anti-inflammatory, reduces itching and promotes skin healing.

Research supported indications for the Ingredients
Burns, itching and skin irritation, skin inflammations (dermatitis), stings, eczema, pigmentation, grazes, rashes, diaper rash. For everyday use as a skincare.

Safety precautions
The product is safe for use and is devoid of toxicity and side effects.

Dosage and mode of administration
For topical application 2-3 times a day or as needed.

Contents
50 ml

Ingredients
Organic Calendula Extract
Organic Lavender Oil
Sea buckthorn Oil
In a natural herbal cream base

Studies and references
A randomized comparative study conducting with a group of toddlers demonstrated the efficacy and safety of using Calendula Cream and Aloe Vera cream for the treatment of diaper rash. The Calendula Cream had higher therapeutic effect compared to the Aloe Vera cream. (ScientificWorldJournal. 2012;2012:810234)

A randomized comparative clinical trial was conducted with a group of women who had undergone surgery to remove a malignant tumour from the breast, which was then followed by radiation therapy. Some of the women applied Calendula Cream locally, while the control group used a commercially available ointment acceptable for use in such cases. The use of Calendula Cream was shown to be more effective in preventing skin inflammation. In addition, the women who used the Calendula Cream suffered less pain and reported higher levels of satisfaction. (J Clin Oncol 2004. Apr 15;22(8):1447-53)
Arnica Cream

A herbal cream based on a concentrated extract of Arnica Montana flowers from the Alps. Intended for use in traumatic injuries such as contusions, bruises and sprains. The cream can also be used in varicose veins and sore joints, muscles, tendons and ligaments.

Research supported actions for the Ingredients
Anti-traumatic, strengthens blood vessels, anti-inflammatory and alleviates pain, reduces oedema and local swelling.

Research supported indications for the Ingredients
Sports injuries, contusions, bruises, sprains, joint/muscular/tendon pain, lower back pain, knee pain, varicose veins, insect bites.

Safety precautions
Do not apply the cream to broken skin. With prolonged use, local skin irritation may arise – if this occurs stop using the cream.

Dosage and mode of administration
For topical application 2-3 times a day or as needed.

Contents
50 ml

Ingredients
Arnica Extract (Arnica montana)
Camphor (Cinnamomum camphora)
In a natural herbal cream base

Studies and references
In a randomized, controlled, double-blind study, four preparations were tested for external application to resolve laser-induced skin damage. Arnica ointment was found to be considerably more effective compared to the control treatment and relative to a formulation containing one per cent of vitamin K.
(Br J Dermatol. 2010 Sep; 163 (3): 557-63)

In a randomized, controlled, double-blind study, the efficacy of an arnica preparation for external use was examined compared to treatment with a gel containing 5% ibuprofen in patients with hand osteoarthritis. In both groups the same efficacy was observed in reducing pain intensity and improving hand function. The study states that arnica preparations for external use are not inferior to ibuprofen preparations when treating osteoarthritis of the hands.
(Rheumatol Int. 2007 Apr; 27 (6): 585-91)
A unique formula based on a concentrated extract of Witch Hazel with the addition of Cypress oil, myrrh and frankincense. A most effective preparation for the treatment of haemorrhoids, fissures and varicose veins. It strengthens the walls of veins, stops bleeding and promotes healing and tissue restoration.

Research supported actions for the Ingredients
Astringent, stops bleeding, strengthens blood vessels, anti-infective, promotes tissue regeneration.

Research supported indications for the Ingredients
Haemorrhoids, fissures, varicose veins, swollen and painful veins in the legs.

Safety precautions
The preparation is safe to use and free of side effects. Suitable for use during pregnancy and after giving birth.

Dosage and mode of administration
For topical application 2-3 times a day or as needed.

Contents
50 ml

Ingredients
Witch Hazel Extract (Hamamelis virginiana)
Cypress Oil (Cupressus sempervirens)
Myrrh Resin (Commiphora myrrha)
Frankincense Oil (Boswellia sacra)
In a natural herbal cream base

Studies and references
In an efficiency study conducted on certain constituents of Witch Hazel, it was found that proanthocyanidins significantly increased the proliferation of human skin cells of the keratinocyte type. In a further study on skin irritation from the chemical SLS, the same herbal constituents demonstrated a reduction in the loss of moisture through the cell coating and a reduction in the creation of local erythema.
(Phytochemistry. 2001 Nov;58(6):949-58)

In a review of articles discussing various herbal extracts that are protective to the skin, it transpires that Witch Hazel extracts contain polyphenolic compounds (antioxidants) that have the ability to protect the skin from sun exposure damage.
(J Dtsch Dermatol Ges 2010 Nov;8(11):866-73)
Comfrey Cream

A herbal based cream containing concentrated extracts of the leaves and roots of organically grown comfrey. Rich in the herbal constituent allantoin which promotes tissue regeneration, along with softening and moisturizing constituents that help in cases characterized by dry and itchy skin.

Research supported actions for the Ingredients
Promotes tissue regeneration, anti-inflammatory, alleviates dry and itchy skin.

Research supported indications for the Ingredients
Burns, scars, sprains, contusions and fractures, sore nipples.

Safety precautions
External use of Comfrey is safe and risk free. When used for sore nipples, they should be cleaned before breastfeeding.

Dosage and mode of administration
For topical application 2-3 times a day or as needed.

Contents
50 ml

Ingredients
Organic Comfrey Extract (Symphytum officinalis)
In a natural herbal cream base

Studies and references
A review of multiple randomized, controlled clinical studies demonstrate the efficacy and safety of the topical use of comfrey in cases of bruises, contusions, arthritis, lower back pain and strains after sport injuries and accidents. (Phytother Res. 2012 Oct;26(10):1441-8)

A randomized, double-blind study conducted with a group of children showed that topical use of a comfrey cream significantly promoted healing and recovery rates compared to the control group. No problems of tolerability or safety were observed while using the preparation. The study concludes that topical application of comfrey cream in children who have suffered a local trauma, with or without abrasions, is proven to be effective and safe. (Arzneimittelforschung. 2012 Jun;62(6):285-9)
External Use

Capsicum Cream

A powerful herbal preparation containing pure capsicum resin with the addition of menthol and wintergreen oil. It is intended for topical use in back pain and arthritis, tendonitis and muscular inflammations. It is also intended to reduce pain and neuralgia in cases of herpes zoster.

Research supported actions for the Ingredients
Anaesthetic, anti-inflammatory, stimulating and warming.

Research supported indications for the Ingredients
Joint/tendon/muscle pain, lower back pain, sciatica, neuritis, neuralgia, herpes zoster.

Safety precautions
Do not apply to open wounds and sensitive areas of the body (face, eyes, mucous membranes). Using this preparation may cause local irritation and a sensation of heat and burning. It should preferably be applied wearing rubber gloves and hands should be washed well after each use of the preparation. Do not apply to children without professional supervision. It is better to avoid using this preparation during pregnancy and breastfeeding.

Dosage and mode of administration
For topical application only once a day or as needed. On first use of the preparation only apply a thin layer over a small area. It is preferable to massage well into the skin to improve absorption.

Contents
50 ml

Ingredients
Cayenne Resin (Capsicum spp.)
Menthol (Mentha piperita)
Wintergreen Oil (Gaultheria procumbens)
In a natural herbal cream base

Studies and references
In a review of controlled studies, capsicum was noted as a pain alleviator for low back pain compared to the control. In studies where use was made of local external application of capsicum preparations, evidence was found which supports use in the treatment of back pain. (Spine. 2007 Jan 1;32(1):82-92)
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