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**Hot days = feel good time?
Help with congestion in the legs with V-Th-E Kuhl drops**

Especially in the hot season and when travelling you notice it quickly - the legs are heavy and often swollen. Many working people, who have to stand a lot during work, unfortunately know this problem from their everyday life. In the evening the legs are heavy, swollen and can also hurt. The causes of leg swelling are very diverse. Illnesses such as heart or kidney disease, vein weakness and complaints in the lymphatic system can be the cause.

Overview of topics

- Help with congestion in the legs with V-Th-E Kuhl drops
- Keep a cool head with the Mint Roll-On from the essential oil of field mint
- Everything flows well with THROMBOSOL aktiv®

In many cases, however, no such serious illness is present. Due to prolonged standing and also sitting (e.g. in a train, car or plane), the blood in the vessels and lymph has accumulated in the tissue. The legs swell up. Heat even facilitates the transfer of fluid into the tissue, which is why in summer or in hot weather people who otherwise have no problems complain about "water in the legs".

In order to support the blood and lymph flow in the legs and also as a prophylaxis before a long journey, V-Th-E Kuhl drops can be used in therapy. This preparation contains



Apis mellifica D2, Arnica montana D2, Artemisia absinthium D2, Calendula officinalis D3, Clematis recta D2, Echinacea angustifolia D2, Hamamelis virginiana D2, Hydrargyrum bichloratum D6, Pulsatilla pratensis D3, Ruta graveolens D2, Taraxacum officinale D3, Urtica urens D3

in a finely tuned dosage. This complex homeopathic remedy is primarily used to loosen and eliminate congestion and slugging in the body.

Dosage
Acute conditions: maximum 12x daily 5-10 drops
chronic courses: 1-3x daily 5-10 drops

For further product information please refer to the package insert.

**Keep a cool head with the Mint Roll-On
from the essential oil of field mint**

On some days concentration just doesn't work that well. Either that the air is too stuffy, you suffer from headaches or migraines, or you haven't slept enough. Here the essential oil of *Mentha arvensis*, the field mint, helps.

Oils from mint contain mainly terpenes, oxides, ketones, esters and alcohols. However, the essential oil of field mint should not be confused with the oil of peppermint (*Mentha piperita*). The oils are similar in application, but contain different active ingredients. The mint oil (*Mentha arvensis*) is often also called Japanese mint oil. It has analgesic and painkilling properties.

Fields of application

Therefore, it is well suited for the treatment of headaches. Rub some oil on the temples for this. If you want to get a "cool" head quickly, you can also put some oil on your fingertips and then massage it carefully into the scalp. Furthermore, concentration and alertness are enhanced. It is also a reliable aid for mosquito bites.

The practical Roll-On from Biofrid-Cosmetic is the ideal companion for on the go.

Apply to the neck, temples or forehead as required. Shake briefly before use.



Further product information can be found on the packaging or in the article description.

Everything flows well with THROMBOSOL aktiv®

THROMBOSOL aktiv® is a food supplement and contains a water-soluble tomato extract (WSTC II). This extract has anticoagulant properties which are reversible. The substances responsible for the effect (such as nucleotides, polyphenols and flavonoids) are found in the fruit flesh and especially in the yellowish liquid surrounding the seeds. The mechanism for the anticoagulant effect of WSTC II and acetylsalicylic acid (ASA) occurs in different ways and the anticoagulant effect of WSTC II is about 30-50% for the recommended daily dosage compared to ASA. For the extract Fruitflow® (which contains WSTC II) it could be shown that it has no influence on the anticoagulant effect of ASA and that the tendency to bleed is not increased when administered simultaneously (Chrubasik-Hausmann et al. 2014).



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THROMBOSOL active® is an additional enrichment for the naturopathic treatment and prophylaxis of diseases which are connected with a thickening of the blood, a reduced fluidity and an increased coagulation tendency. It can support MUCOKEHL® and SANKOMBI® in the therapy in a meaningful way or can also be used as a mono-preparation.

Dosage

1x 1 capsule a day with sufficient water.

Stay healthy!