



## **Therapeutic Goods (Permissible Indications) Determination No.1 of 2018**

made under subsection 26BF(1) of the

*Therapeutic Goods Act 1989*

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I, Larry Kelly, a delegate of the Minister for Health for the purposes of section 26BF of the *Therapeutic Goods Act 1989* (the Act), **HEREBY** make the following determination specifying:

- (i) indications for the purposes of paragraph 26BF(1)(a) of the Act; and
- (ii) requirements applying in relation to those indications for the purposes of paragraph 26BF(1)(b) of the Act.

Dated this 6<sup>th</sup> March 2018

(Signed by)

Larry Kelly  
Delegate of the Minister for Health

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## 1 Name of Determination

This Determination is the *Therapeutic Goods (Permissible Indications) Determination No.1 of 2018*.

## 2 Commencement

This Determination commences on the day after registration.

## 3 Interpretation

In this Determination:

**Act** means the *Therapeutic Goods Act 1989*.

**Code Tables** are tables that can be accessed from the Therapeutic Goods Administration Business Service website at [www.ebs.tga.gov.au](http://www.ebs.tga.gov.au) under the heading “Public TGA Information”, as at the commencement of this instrument.

**Evidence guidelines** means the TGA document titled *Evidence guidelines: Guidelines on the evidence required to support indications for listed complementary medicines*, published on the TGA’s website ([www.tga.gov.au](http://www.tga.gov.au)), as at the commencement of this instrument.

**Health practitioner** has the same meaning as in the Act.

**Indications** has the same meaning as in the Act.

**Label** has the same meaning as in the Act.

**Medically diagnosed**, in relation to a disease, condition, ailment or defect, is where the disease, condition, ailment or defect has been diagnosed by a suitably qualified medical practitioner.

**Medical practitioner** means a person who is registered under the Health Practitioner Regulation National Law in the medical profession.

**Register** means the Australian Register of Therapeutic Goods.

**Regulations** means the *Therapeutic Goods Regulations 1990*, as in force from time to time.

**Presentation** has the same meaning as in the Act.

**Scientific indication** means an indication that is supported by scientific evidence, such as clinical studies or systematic reviews, as described in the Evidence guidelines.

**Serious**, in relation to a form of a disease, condition, ailment or defect, has the same meaning as in the Therapeutic Goods Advertising Code.

**TGA** means the Therapeutic Goods Administration.

**Therapeutic Goods Advertising Code** means the Therapeutic Goods Advertising Code 2015, and any later Code made under section 42BAA of the Act, as in force from time to time.

**Traditional Ayurvedic medicine (TAY) indication** means a traditional indication that is based on traditional use in the Ayurvedic medicine paradigm.

**Traditional Chinese medicine (TCM) indication** means a traditional indication that is based on traditional use in the traditional Chinese medicine paradigm.

**Traditional indication** means an indication that is supported by evidence of traditional use, as described in the Evidence guidelines.

**Traditional use** has the same meaning as in the Regulations.

#### 4 Permissible indications and requirements applying in relation to those indications

##### *Permissible indications in Tables 1 to 15*

- (1) The indications in column 2 of Tables 1 to 15 in Part 2 of Schedule 1 to this Determination are specified for the purposes of paragraph 26BF(1)(a) of the Act.
- (2) The indications in column 2 of Tables 1 to 15 in Part 2 of Schedule 1 to this Determination when modified using the qualifying statements in the Code Tables under the headings:
  - (a) “Traditional context qualifier”;
  - (b) “Population qualifiers”;
  - (c) “Time of use qualifiers”; or
  - (d) for TCM indications, “TCM pattern qualifiers”;

are also specified for the purposes of paragraph 26BF(1)(a) of the Act.

##### *Requirements for permissible indications*

- (3) For the purposes of paragraph 26BF(1)(b) of the Act, the indications specified under subsections 4(1) and 4(2) are subject to the following requirements:
  - (a) they may only be used for a medicine if supported by the type of evidence specified in column 3 of Tables 1 to 15 in Part 2 of Schedule 1; and
  - (b) they must comply with the requirements set out in column 4 of Tables 1 to 15 in Part 2 of Schedule 1; and
  - (c) where:
    - (i) the wording of an indication is varied on the label of a medicine; or
    - (ii) where more than one indication is used and they are combined on the label of a medicine to form simple sentences where appropriate; or
    - (iii) both (i) and (ii);then:
    - (iv) the meaning of the indication must not be changed; and
    - (v) the varied or combined indications must not infer or imply that a medicine is for the treatment of a serious disease, ailment, defect or injury; and
    - (vi) the varied or combined indications must not infer or imply that a medicine is for preventing or curing a disease, ailment, defect or injury;
  - (d) where an indication in column 2 of Tables 1 to 15 in Part 2 of Schedule 1 to this Determination is modified using a qualifying statement in the Code Tables as mentioned in subsection 4(2) and where that indication, including

as varied or combined with another indication, is used on the medicine's label:

- (i) the qualifying statement must also be included on the medicine's label; and
  - (ii) the modified indication, including as varied or combined with another indication, must not infer or imply that a medicine is for the treatment of a serious disease, ailment, defect or injury;
- (e) traditional indications must also comply with the following requirements:
- (i) the traditional indication must be qualified with an appropriate "Traditional context qualifier" from the Code Tables; and
  - (ii) the "Traditional context qualifier" from the Code Tables must be included on the label of the medicine.

# **Schedule 1—Specified permissible indications and requirements applying to these indications when used for a medicine**

(section 4)

## **Part 1—Interpretation of Table 1**

### **Definitions**

At Table 1:

“*Scientific*” means a scientific indication.

“*Traditional*” means a traditional indication.

“*Traditional Chinese medicine*” means a traditional Chinese medicine indication.

“*Traditional Ayurvedic medicine*” means a traditional Ayurvedic medicine indication.

## Part 2

**Table 1 – Indications relating to general health / body parts**

<b>Column 1</b>	<b>Column 2</b> <b>Indication</b>	<b>Column 3</b> <b>Type of evidence</b>	<b>Column 4</b> <b>Other requirements</b>
1	Aid/assist in the healing of minor body tissue injuries	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
2	Aid/assist nail growth	Scientific or Traditional	
3	Aid/assist/help/maintain healthy hair follicles	Scientific or Traditional	
4	Aid/assist/helps connective tissue production/formation	Scientific	
5	Aids/assists abdominal fat loss	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
6	Aids/assists body waste elimination	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
7	Aids/assists body's natural channels of elimination	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
8	Aids/assists excretion of metabolic waste products	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.

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			Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
9	Aids/assists eye adaption to variations in light intensity/night vision	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
10	Aids/assists gum development	Scientific	
11	Aids/assists gum healing	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
12	Aids/assists head lice and egg removal	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to killing/eradicating/destroying lice, nits or eggs.
13	Aids/assists natural body cleansing/detoxification processes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
14	Aids/assists natural cleansing/detoxification processes of the gastrointestinal system/gut	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
15	Aids/assists natural kidney cleansing/detoxification processes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the

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			kidney or liver.
16	Aids/assists teeth development	Scientific	
17	Aids/assists with recovery from illness/convalescence	Scientific or Traditional	Product presentation must not imply or refer to imply chronic fatigue syndrome.
18	Alterative/blood cleanser/depurative/purifier	Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
19	Analgesic/Anodyne/relieve pain	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
20	Anti-inflammatory/relieve inflammation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
21	Antioxidant/Reduce free radicals formed in the body	Scientific	
22	Antipyretic/Antihydrotic/febrifuge/relieve mild fever/reduce body temperature/body cooling	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Label statement: Not to be used in children under 5 years.
23	Astringent/tightens tissues	Traditional	
24	Body tonic	Traditional	
25	Decrease/reduce bacteria in the mouth	Scientific	Product presentation must not imply or refer to serious infections.
26	Decrease/reduce ear irritation/inflammation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
27	Decrease/reduce ear wax	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
28	Decrease/reduce hair loss/thinning	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious conditions associated with



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			alopecia e.g. autoimmune disease, chemotherapy.
29	Decrease/reduce halitosis/bad breath	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
30	Decrease/reduce nail brittleness/splitting/chipping	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
31	Decrease/reduce/relieve cracks in the corner of the mouth	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to recurrent or persistent mouth lesions.
32	Decrease/reduce/relieve excessive perspiration/sweating	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
33	Decrease/reduce/relieve eye strain	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
34	Decrease/reduce/relieve gum soreness/pain/discomfort	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
35	Decrease/reduce/relieve itchiness associated with head lice infestation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to killing/eradicating/destroying lice, nits or eggs.
36	Decrease/reduce/relieve mouth/oral mucosa mild inflammation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
37	Decrease/reduce/relieve spontaneous sweating	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
38	Decrease/reduce/relieve symptoms of mild mouth ulcers	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to recurrent or persistent mouth lesions.  Product presentation must only refer to mild mouth ulcers.
39	Decrease/reduce/relieve symptoms of dehydration	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a

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			healthcare professional.
40	Decrease/reduce/relieve symptoms of jet lag	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
41	Decrease/reduce/relieve symptoms of mild temporomandibular joint dysfunction diagnosed by a doctor or dentist	Scientific or Traditional	Label statement: If symptoms persist or worsen consult your medical practitioner.  Product presentation must only refer to mild temporomandibular joint dysfunction that is diagnosed by a doctor or dentist.
42	Decrease/reduce/relieve symptoms of soft tissue trauma	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
43	Decrease/reduce/relieve teething/tooth pain	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
44	Decrease/reduce/relieve tooth/teeth sensitivity	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
45	Decrease/reduce/relieve toothache	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
46	Decrease/reduce/relieve visual fatigue	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
47	Decrease/reduce/relieve watery eyes/excessive lacrimation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
48	Decrease/reduce/relieves bleeding gums	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
49	Demulcent/soothe irritated tissues	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
50	Enhance/improve/promote/increase hair growth	Scientific or Traditional	
51	Enhance/improve/promote/increase hair health	Scientific or Traditional	
52	Enhance/improve/promote/increase hair strength/thickness	Scientific or Traditional	

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53	Enhance/improve/promote/increase nail health/strength/thickness	Scientific or Traditional	
54	Enhance/promote energy levels	Scientific or Traditional	Product presentation must not imply or refer to imply chronic fatigue syndrome.
55	Enhance/promote weight gain	Scientific	
56	Enhance/promote/physical endurance/capacity/stamina	Scientific or Traditional	Product presentation must not imply or refer to imply chronic fatigue syndrome.
57	Help maintain weight after weight loss	Scientific	If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
58	Helps convert (state food) into energy	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
59	Helps decrease/reduce body weight	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
60	Helps decrease/reduce build-up of dental plaque	Scientific or Traditional	
61	Helps decrease/reduce/relieve cold sensations in the lower back	Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
62	Helps decrease/reduce/relieve heat sensations in the extremities	Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
63	Helps decrease/reduce/relieve symptoms of nail mild fungal infection	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious infections.
64	Helps enhance/improve/promote/increase healthy body fat/muscle composition	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
65	Helps enhance/promote body energy reserves	Scientific or Traditional	Product presentation must not imply or refer to imply chronic fatigue syndrome.
66	Helps enhance/promote body tissue repair/regeneration	Scientific or Traditional	
67	Helps enhance/promote calorie burning	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories

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			and increased physical activity.
68	Helps enhance/promote collagen formation	Scientific	
69	Helps enhance/promote connective tissue health	Scientific or Traditional	
70	Helps enhance/promote general health and wellbeing	Scientific or Traditional	
71	Helps enhance/promote gum health	Scientific or Traditional	
72	Helps enhance/promote healthy growth and development	Scientific or Traditional	
73	Helps enhance/promote healthy teeth enamel	Scientific	
74	Helps enhance/promote heat/energy production/thermogenesis	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
75	Helps enhance/promote teeth health	Scientific or Traditional	
76	Helps enhance/promote teeth strength	Scientific or Traditional	
77	Helps enhance/promote/increase body fat loss	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
78	Helps enhance/promote/increase lean body mass	Scientific or Traditional	If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
79	Helps enhance/promote/increase vitality	Scientific or Traditional	Product presentation must not imply or refer to imply chronic fatigue syndrome.
80	Helps enhance/promote/increase weight loss	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
81	Helps improve/promote body metabolism/metabolic rate	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
82	Helps in the maintenance of a healthy body weight	Scientific	If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
83	Helps in the maintenance of lean body mass	Scientific	If product is indicated for weight loss, label statement: When used

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			in conjunction with a program of reduced intake of dietary calories and increased physical activity.
84	Helps maintain/support body's natural channels of elimination	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
85	Helps maintain/support eye macula health	Scientific	Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
86	Helps maintain/support eye retina health	Scientific	Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
87	Helps maintain/support healthy acid/alkali balance in the body.	Scientific	
88	Helps maintain/support healthy Body Mass Index (BMI)	Scientific	If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
89	Helps maintain/support healthy eye development	Scientific	Product presentation must not imply or refer to vision correction, faults or serious eye disease e.g. macular degeneration.
90	Helps maintain/support healthy vision development	Scientific	Product presentation must not imply or refer to neurological conditions or developmental delays.
91	Helps maintain/support hearing development	Scientific	Product presentation must not imply or refer to neurological conditions or developmental delays.
92	Helps prevent tooth decay/dental carries/cavities in conjunction with good oral hygiene	Scientific or Traditional	
93	Helps reduce occurrence of mouth ulcers	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.

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94	Helps reduce occurrence of symptoms of jet lag	Scientific or Traditional	
95	Helps reduce occurrence of teething/tooth pain	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
96	Helps reduce/decrease free radical damage to body cells	Scientific	
97	Helps relieve excessive lacrimation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
98	Helps restore body electrolyte balance	Scientific	
99	Helps temporarily relieve light sensitivity	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
100	Longevity tonic	Traditional	
101	Maintain/support abdominal fat loss	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
102	Maintain/support body electrolyte balance	Scientific	
103	Maintain/support body metabolism/metabolic rate	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
104	Maintain/support body mucous membrane health	Scientific or Traditional	
105	Maintain/support body tissue repair/regeneration	Scientific or Traditional	
106	Maintain/support body waste elimination	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
107	Maintain/support calorie burning	Scientific	Label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
108	Maintain/support collagen formation	Scientific	
109	Maintain/support collagen health	Scientific	

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110	Maintain/support connective tissue health	Scientific or Traditional	
111	Maintain/support dental/periodontal health	Scientific or Traditional	
112	Maintain/support ear health	Scientific or Traditional	
113	Maintain/support energy levels	Scientific or Traditional	Product presentation must not imply or refer to imply chronic fatigue syndrome.
114	Maintain/support eye health	Scientific or Traditional	
115	Maintain/support general health and wellbeing	Scientific or Traditional	
116	Maintain/support gum health	Scientific or Traditional	
117	Maintain/support hair growth	Scientific or Traditional	
118	Maintain/support hair health	Scientific or Traditional	
119	Maintain/support hair strength/thickness	Scientific or Traditional	
120	Maintain/support healthy body fat/muscle composition	Scientific	If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
121	Maintain/support healthy body organ functions	Traditional	Product presentation must not imply or refer to disease in any body organ.
122	Maintain/support healthy body tissues	Scientific or Traditional	
123	Maintain/support healthy ear function	Scientific or Traditional	
124	Maintain/support healthy eye function	Scientific or Traditional	
125	Maintain/support healthy eyesight/vision	Scientific or Traditional	
126	Maintain/support healthy growth and development	Scientific or Traditional	
127	Maintain/support healthy hearing	Scientific or Traditional	
128	Maintain/support healthy mouth flora	Scientific or Traditional	
129	Maintain/support healthy teeth	Scientific or Traditional	
130	Maintain/support heat/energy	Scientific	Label statement: When used in

	production/thermogenesis		conjunction with a program of reduced intake of dietary calories and increased physical activity.
131	Maintain/support nail health/strength/thickness	Scientific or Traditional	
132	Maintain/support natural body cleansing/detoxification processes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
133	Maintain/support natural cleansing/detoxification processes of the body's five organs of elimination	Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
134	Maintain/support natural cleansing/detoxification processes of the gastrointestinal system/gut	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
135	Maintain/support natural kidney cleansing/detoxification processes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
136	Maintain/support natural liver cleansing/detoxification processes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.



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			Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
137	Maintain/support oral health	Scientific or Traditional	
138	Maintain/support oral mucous membrane health	Scientific or Traditional	
139	Maintain/support physical endurance/capacity/stamina	Scientific or Traditional	Product presentation must not imply or refer to imply chronic fatigue syndrome.
140	Maintain/support scalp health	Scientific or Traditional	
141	Maintain/support spleen health	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
142	Maintain/support teeth enamel health	Scientific or Traditional	
143	Maintain/support teeth mineralisation	Scientific	
144	Maintain/support teeth strength	Scientific or Traditional	
145	Maintain/support vitality	Scientific or Traditional	Product presentation must not imply or refer to imply chronic fatigue syndrome.
146	Maintain/support waste elimination via the mucous membranes	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.
147	Maintain/support waste elimination via the skin	Scientific or Traditional	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.

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148	Nourish the body	Scientific or Traditional	
149	Nutritive tonic	Traditional	
150	Reduce risk of head lice attaching to hair	Scientific or Traditional	
151	Regulate body water/fluid	Scientific or Traditional	
152	Rejuvenating tonic	Traditional	
153	Relieve clammy/sweaty palms and soles	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
154	Relieve dry eyes	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
155	Relieve dry mouth	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
156	Relieve eye discomfort	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
157	Relieve eye redness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
158	Relieve eye soreness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
159	Relieve feelings of general malaise/general debility	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to imply chronic fatigue syndrome.  Product presentation must not imply or refer to mental illnesses, disorders or conditions.
160	Relieve itchy ears	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
161	Relieve itchy eyes	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
162	Relieve mild tissue oedema	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
163	Relieve sore tongue	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a

			healthcare professional.
164	Relieve tongue dryness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
165	Relieve weariness/tiredness/fatigue/feeling of weakness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to imply chronic fatigue syndrome.
166	Restorative tonic	Traditional	
167	Restore body fluid balance	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild fluid retention.
168	Soften ear wax	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
169	Soothe/relieve mouth/oral irritation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
170	Sudorific/diaphoretic/enhance/promote sweating/perspiration	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
171	Temporarily relieve mild fluid retention	Scientific or Traditional	Label statement: If fluid retention persists, seek medical advice (or words to that effect).  Product presentation must not imply or refer to cardiovascular or renal conditions.  Product presentation must only refer to mild fluid retention.
172	Trophorestorative/restore organ health	Traditional	Product presentation must not imply or refer to disease in any body organ.

**Table 2 – Indications relating to bone**

<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>	<b>Column 4</b>
	<b>Indication</b>	<b>Type of evidence</b>	<b>Other requirements</b>
1	A diet deficient in calcium can lead to osteoporosis in later life. Calcium may help	Scientific	For medicines containing only calcium: the recommended daily

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	prevent osteoporosis when dietary intake is inadequate		dose of the medicine must provide at least 290 milligrams of elemental calcium.
2	Aids/assists healthy bone development/growth/building	Scientific	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
3	Decrease/reduce/relieve mild joint aches and pains	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild joint symptoms.  Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
4	Decrease/reduce/relieve mild joint inflammation/swelling	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.  Product presentation must only refer to mild joint symptoms.
5	Decrease/reduce/relieve mild joint pain/soreness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.  Product presentation must only refer to mild joint symptoms.
6	Decrease/reduce/relieve mild joint stiffness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not

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			<p>imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.</p> <p>Product presentation must only refer to mild joint symptoms.</p>
7	Decrease/reduce/relieve mild rheumatic aches and pains	Scientific or Traditional	<p>Label statement: If symptoms persist, seek the advice of a healthcare professional.</p> <p>Product presentation must only refer to mild rheumatic aches/pains.</p> <p>Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.</p>
8	Decrease/reduce/relieve symptoms of mild arthritis/mild osteoarthritis	Scientific or Traditional	<p>Label statement: If symptoms persist, seek the advice of a healthcare professional.</p> <p>Product presentation must only refer to mild joint symptoms.</p> <p>Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.</p>
9	Decrease/reduce/relieve symptoms of occasional episodes of gout	Scientific or Traditional	<p>Label statement: If symptoms persist, worsen or episodes become more frequent consult your medical practitioner.</p>
10	Help maintain/support bone mineralisation	Scientific	<p>Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.</p>
11	Helps enhance/promote bone healing/repair	Scientific or Traditional	<p>Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.</p>
12	Helps enhance/promote bone health	Scientific	<p>Product presentation must not imply or refer to bone disease or</p>

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			disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
13	Helps enhance/promote bone mass/density	Scientific	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
14	Helps enhance/promote bone mineralisation	Scientific	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
15	Helps enhance/promote bone strength	Scientific or Traditional	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
16	Helps enhance/promote healthy joint function	Scientific or Traditional	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
17	Helps enhance/promote joint health	Scientific or Traditional	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
18	Helps enhance/promote/increase metabolism of (state mineral) in bones	Scientific	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
19	Helps maintain/support healthy joint cartilage growth/development/production	Scientific	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
20	Helps reduce the occasional occurrence of symptoms of gout	Scientific or Traditional	Label statement: If symptoms persist, worsen or episodes become more frequent consult your medical practitioner.
21	Maintain/support (state mineral) absorption	Scientific	Product presentation must not

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	in bones		imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
22	Maintain/support bone healing/repair	Scientific or Traditional	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
23	Maintain/support bone health	Scientific	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
24	Maintain/support bone mass/density/integrity	Scientific	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
25	Maintain/support bone strength	Scientific or Traditional	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
26	Maintain/support joint health	Scientific or Traditional	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
27	Maintain/support joint mobility/flexibility	Scientific or Traditional	Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis.
28	Supports bone flexibility.	Scientific or Traditional	
29	Vitamin D helps calcium absorption (or words of like intent) and a diet deficient in calcium can lead to osteoporosis in later life	Scientific	Medicines containing vitamin D only. The medicines may only contain a maximum recommended daily dose of 25 micrograms or less of vitamin D and as a minimum, also contain at least 25% of the RDI in the recommended daily dose of vitamin D.

**Table 3 – Indications relating to the cardiovascular system**

<b>Column 1</b>	<b>Column 2</b> <b>Indication</b>	<b>Column 3</b> <b>Type of evidence</b>	<b>Column 4</b> <b>Other requirements</b>
1	Aid/assist healthy red blood cell production	Scientific	Product presentation must not imply or refer to serious cardiovascular conditions.
2	Aid/assist/helps in the maintenance of blood levels of oxygen	Scientific	Product presentation must not imply or refer to heart disease.
3	Aid/assist/helps oxygen transport to body tissues	Scientific	Product presentation must not imply or refer to heart disease.
4	Blood tonic/Enhance blood health	Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
5	Cardiotonic/strengthen heart	Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
6	Decrease/reduce appearance of mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild varicose veins.
7	Decrease/reduce/relieve aching/tired legs/leg heaviness associated with mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild varicose veins.
8	Decrease/reduce/relieve discomfort associated with haemorrhoids	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
9	Decrease/reduce/relieve itching associated with haemorrhoids	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
10	Decrease/reduce/relieve itchy legs associated with mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild varicose veins.
11	Decrease/reduce/relieve leg swelling associated mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild varicose veins.



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12	Decrease/reduce/relieve minor bleeding associated with haemorrhoids	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
13	Decrease/reduce/relieve pain associated with mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild varicose veins.
14	Decrease/reduce/relieve swelling associated with haemorrhoids	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
15	Decrease/reduce/relieve symptoms of haemorrhoids	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
16	Decrease/reduce/relieve symptoms of mild varicose veins	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild varicose veins.
17	Helps decrease/reduce occurrence of nose bleeds	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious cardiovascular conditions.
18	Helps enhance/improve/promote blood circulation to the peripheral areas of the body (legs, hands and feet)	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
19	Helps enhance/promote artery health	Scientific	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
20	Helps enhance/promote blood capillary health	Scientific	Product presentation must not imply or refer to serious cardiovascular conditions.
21	Helps enhance/promote blood vessel health	Scientific	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
22	Helps enhance/promote healthy blood circulation	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
23	Helps enhance/promote red blood cell health	Scientific	Product presentation must not imply or refer to serious cardiovascular conditions.
24	Helps in the maintenance of healthy blood lipids/blood fats	Scientific	Product presentation must not imply or refer to lowering blood

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			lipids, blood fats and triglycerides.
25	Helps maintain/support haemoglobin formation/synthesis	Scientific	Product presentation must not imply or refer to serious cardiovascular conditions.
26	Helps maintain/support healthy blood sugar/glucose	Scientific	Product presentation must not imply or refer to lowering or raising blood sugar/glucose levels from outside of the normal healthy range.
27	Helps maintain/support healthy cholesterol	Scientific	Product presentation must not imply or refer to lowering or raising blood cholesterol levels from outside of the normal healthy range
28	Helps maintain/support healthy heart function	Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
29	Helps maintain/support transport of oxygen in the body	Scientific	Product presentation must not imply or refer to heart disease.
30	Helps maintain/support vasodilator/ blood vessel dilation	Scientific or Traditional	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
31	Helps reduce intestinal absorption of cholesterol from dietary sources	Scientific	Product presentation must not imply or refer to lowering or raising blood cholesterol levels from outside of the normal healthy range
32	Helps reduce occurrence of haemorrhoids	Scientific or Traditional	
33	Helps reduce/decrease/relieve mild nose bleeds	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild nose bleed.  Product presentation must not imply or refer to serious cardiovascular conditions.
34	Maintain/support artery health	Scientific	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
35	Maintain/support blood capillary health	Scientific	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.

36	Maintain/support blood circulation/flow to the peripheral areas of the body (legs, hands and feet)	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
37	Maintain/support blood health	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
38	Maintain/support blood vessel health	Scientific	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.
39	Maintain/support cardiovascular system health	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
40	Maintain/support healthy blood capillary health	Scientific	Product presentation must not imply or refer to serious cardiovascular conditions.
41	Maintain/support healthy blood circulation	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
42	Maintain/support healthy cardiovascular system function	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
43	Maintain/support healthy lymphatic system	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
44	Maintain/support heart health	Scientific or Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
45	Maintain/support red blood cell health	Scientific	Product presentation must not imply or refer to serious cardiovascular conditions.
46	Nourish the heart	Traditional	Product presentation must not imply or refer to serious cardiovascular conditions.
47	Relieve cold hands and feet/limbs	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
48	Rubefaciant/stimulate blood flow to skin	Scientific or Traditional	

**Table 4 – Indications relating to the endocrine system**

<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>	<b>Column 4</b>
	<b>Indication</b>	<b>Type of evidence</b>	<b>Other requirements</b>
1	Aid/assist thyroid hormone production	Scientific	Product presentation must not imply or refer to any thyroid

			related diseases.
2	Maintain/support adrenal gland health	Traditional	Product presentation must not imply or refer to any adrenal related diseases.
3	Maintain/support healthy adrenal gland function	Traditional	Product presentation must not imply or refer to any adrenal related diseases.
4	Maintain/support healthy pancreatic function	Traditional	Product presentation must not imply or refer to any pancreas related diseases.
5	Maintain/support healthy thyroid gland function	Scientific or Traditional	Product presentation must not imply or refer to any thyroid related diseases.
6	Maintain/support healthy thyroid gland health	Scientific or Traditional	Product presentation must not imply or refer to any thyroid related diseases.
7	Maintain/support healthy thyroid hormones	Scientific	Product presentation must not imply or refer to any thyroid related diseases.
8	Thyroid tonic	Traditional	Product presentation must not imply or refer to any thyroid related diseases.

**Table 5 – Indications relating to the gastrointestinal system**

<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>	<b>Column 4</b>
	<b>Indication</b>	<b>Type of evidence</b>	<b>Other requirements</b>
1	Aid/assist digestion of glucose/sugar/carbohydrates	Scientific	Product presentation must not imply or refer to lowering or raising blood sugar/glucose levels from outside of the normal healthy range.
2	Aid/assist digestion of lactose	Scientific or Traditional	
3	Aid/assist digestion/breakdown of dietary fat	Scientific or Traditional	If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
4	Aid/assist expulsion of intestinal gas	Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
5	Aid/assist fat distribution and assimilation in the digestive system	Scientific	Product presentation must not imply or refer to lowering blood lipids, blood fats and triglycerides.

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6	Aid/assist fat emulsification in the digestive system	Scientific	Product presentation must not imply or refer to lowering blood lipids, blood fats and triglycerides.
7	Aid/assist healthy liver regeneration	Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
8	Aid/assist/helps digestion of (state nutrient)	Scientific	
9	Aid/assist/helps digestion of fats/fatty acids/triglycerides/lipid	Scientific	Product presentation must not imply or refer to lowering blood lipids, blood fats and triglycerides.
10	Aid/assist/helps elimination of dietary fat	Scientific or Traditional	If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
11	Aid/assist/helps in the management of carbohydrate cravings	Scientific or Traditional	If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
12	Aid/assist/helps in the management of food cravings	Scientific or Traditional	If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
13	Aid/assist/helps in the management of sugar cravings	Scientific or Traditional	If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
14	Aids/assists repair of gastrointestinal/gut wall lining	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
15	Antacid/reduces stomach acid	Scientific	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to gastro oesophageal reflux disease (GORD).
16	Antiemetic/Decrease/reduce/relieve vomiting	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
17	Aperient/laxative	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.

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			<p>Label statement: Drink plenty of water (or words to that effect).</p> <p>Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.</p> <p>Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).</p> <p>Product presentation must not refer to or imply weight loss.</p>
18	Bitter tonic/stimulate gastric secretions	Traditional	
19	Bowel Tonic	Traditional	
20	Carminative/Decrease/reduce/relieve flatulence	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
21	Cholagogue/promote bile flow from gall bladder	Traditional	Product presentation must not imply or refer to disease in any body organ.
22	Choleretic/promote bile flow from liver	Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
23	Decrease/reduce carbohydrate cravings	Scientific or Traditional	Product presentation must not imply or refer to eating disorders.
24	Decrease/reduce food stagnation associated with poor or sluggish digestion	Scientific or Traditional	
25	Decrease/reduce loose stools	Scientific or Traditional	Label statement: Seek medical advice if diarrhoea persists for more than: 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3 to 6 years or 48 hours in adults and children over 6 years (or words to that effect).
26	Decrease/reduce sweet taste recognition on the tongue	Scientific or Traditional	
27	Decrease/reduce/relieve abdominal bloating/distention	Scientific or Traditional	<p>Label statement: If symptoms persist, seek the advice of a healthcare professional.</p> <p>Product presentation must not imply or refer to gastro</p>

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			oesophageal reflux disease (GORD).
28	Decrease/reduce/relieve abdominal cramping	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
29	Decrease/reduce/relieve abdominal feeling of fullness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
30	Decrease/reduce/relieve abdominal griping pain	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
31	Decrease/reduce/relieve abdominal pain/discomfort	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to gastro oesophageal reflux disease (GORD).
32	Decrease/reduce/relieve abdominal spasm	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to gastro oesophageal reflux disease (GORD).
33	Decrease/reduce/relieve bowel discomfort	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
34	Decrease/reduce/relieve colic (wind/gas pain)	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
35	Decrease/reduce/relieve constipation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Label statement: Drink plenty of water (or words to that effect).  Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.  Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).

			Product presentation must not refer to or imply weight loss.
36	Decrease/reduce/relieve diarrhoea	Scientific or Traditional	Label statement: Seek medical advice if diarrhoea persists for more than: 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3 to 6 years or 48 hours in adults and children over 6 years (or words to that effect).
37	Decrease/reduce/relieve digestive spasms	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to gastro oesophageal reflux disease (GORD).
38	Decrease/reduce/relieve excess intestinal gas	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
39	Decrease/reduce/relieve gastrointestinal pain	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to gastro oesophageal reflux disease (GORD).
40	Decrease/reduce/relieve hiccups	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
41	Decrease/reduce/relieve loss of appetite	Scientific or Traditional	Product presentation must not imply or refer to eating disorders.
42	Decrease/reduce/relieve nausea	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
43	Decrease/reduce/relieve symptoms associated with occasional overindulgence	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to excess consumption of alcohol or other toxic substances.
44	Decrease/reduce/relieve symptoms of heartburn	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.



			Product presentation must not imply or refer to gastro oesophageal reflux disease (GORD).
45	Decrease/reduce/relieve symptoms of indigestion/dyspepsia	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to gastro oesophageal reflux disease (GORD).
46	Decrease/reduce/relieve symptoms of lactose intolerance	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
47	Decrease/reduce/relieve symptoms of motion/travel/sea sickness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
48	Decrease/reduce/relieve symptoms of nervous indigestion	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
49	Decrease/reduce/relieve symptoms of stomach upsets	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
50	Digestive tonic/Improve digestive weakness	Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
51	Enhance the assimilation/transportation of nutrients	Scientific or Traditional	
52	Enhance/improve/promote/increase bowel regularity	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Label statement: Drink plenty of water (or words to that effect).  Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.  Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).  Product presentation must not refer to or imply weight loss.

53	Enhance/improve/promote/increase bowel waste elimination	Scientific or Traditional	<p>Label statement: If symptoms persist, seek the advice of a healthcare professional.</p> <p>Label statement: Drink plenty of water (or words to that effect).</p> <p>Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.</p> <p>Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).</p> <p>Product presentation must not refer to or imply weight loss.</p>
54	Enhance/promote healthy digestion	Scientific or Traditional	
55	Help reduce occurrence of symptoms of medically diagnosed Irritable Bowel Syndrome	Scientific or Traditional	<p>Label statement: If symptoms persist, worsen or episodes become more frequent consult your medical practitioner.</p> <p>Product presentation must only refer to medically diagnosed IBS.</p>
56	Helps balance brain-gut interaction	Traditional	
57	Helps decrease/reduce dietary fat absorption in digestive system	Scientific or Traditional	If product is indicated for weight loss, label statement: When used in conjunction with a program of reduced intake of dietary calories and increased physical activity.
58	Helps decrease/reduce/relieve brain-gut interaction	Traditional	
59	Helps decrease/reduce/relieve mild gastrointestinal tract inflammation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
60	Helps decrease/reduce/relieve symptoms of infant colic	Scientific or Traditional	Label statement: If symptoms persist or worsen consult your medical practitioner.
61	Helps decrease/reduce/relieve symptoms of mild gastritis	Scientific or Traditional	<p>Label statement: If symptoms persist or worsen consult your medical practitioner.</p> <p>Product presentation must only refer to mild gastritis.</p>

62	Helps decrease/reduce/relieve symptoms of occasional hangovers	Scientific or Traditional	Product presentation must not imply or refer to excess consumption of alcohol or other toxic substances.  Label statement: If symptoms persist, seek the advice of a healthcare professional.
63	Helps decrease/reduce/relieve symptoms of traveller's diarrhoea	Scientific or Traditional	Label statement: Seek medical advice if diarrhoea persists for more than: 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3 to 6 years or 48 hours in adults and children over 6 years (or words to that effect).
64	Helps delay stomach (gastric) emptying	Scientific or Traditional	
65	Helps enhance/improve/promote taste sensation	Scientific or Traditional	
66	Helps enhance/improve/promote/increase bile secretion/flow	Scientific or Traditional	
67	Helps enhance/improve/promote/increase healthy digestive system flora/good bacteria growth	Scientific or Traditional	
68	Helps enhance/improve/promote/increase intestinal good/beneficial/friendly bacteria growth	Scientific	
69	Helps enhance/improve/promote/increase intestinal transit time	Scientific or Traditional	
70	Helps enhance/promote gallbladder health	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
71	Helps enhance/promote gastrointestinal system health	Scientific or Traditional	
72	Helps enhance/promote gastrointestinal system mucosa health	Scientific or Traditional	
73	Helps enhance/promote healthy colon function	Scientific or Traditional	
74	Helps enhance/promote healthy digestive system function	Scientific or Traditional	
75	Helps enhance/promote healthy gallbladder function	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
76	Helps enhance/promote healthy liver function	Scientific or Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.

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77	Helps enhance/promote healthy small intestine function	Scientific or Traditional	
78	Helps maintain/support bile secretion/flow	Scientific or Traditional	
79	Helps reduce occurrence of abdominal bloating	Scientific or Traditional	
80	Helps reduce occurrence of abdominal spasm	Scientific or Traditional	
81	Helps reduce occurrence of constipation	Scientific or Traditional	<p>Label statement: If symptoms persist, seek the advice of a healthcare professional.</p> <p>Label statement: Drink plenty of water (or words to that effect).</p> <p>Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.</p> <p>Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).</p> <p>Product presentation must not refer to or imply weight loss.</p>
82	Helps reduce occurrence of diarrhoea	Scientific or Traditional	<p>Label statement: Seek medical advice if diarrhoea persists for more than: 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3 to 6 years or 48 hours in adults and children over 6 years (or words to that effect).</p>
83	Helps reduce occurrence of symptoms of indigestion/dyspepsia	Scientific or Traditional	<p>Label statement: If symptoms persist, seek the advice of a healthcare professional.</p> <p>Product presentation must not imply or refer to gastro oesophageal reflux disease (GORD).</p>
84	Helps reduce occurrence of symptoms of motion/travel/sea sickness	Scientific or Traditional	
85	Helps reduce occurrence of symptoms of traveller's diarrhoea	Scientific or Traditional	<p>Label statement: Seek medical advice if diarrhoea persists for more than: 6 hours in infants</p>

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			under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3 to 6 years or 48 hours in adults and children over 6 years (or words to that effect).
86	Helps regulate appetite	Scientific or Traditional	Product presentation must not imply or refer to eating disorders.
87	Helps restore good/beneficial/friendly intestinal/gut/bowel flora	Scientific or Traditional	
88	Helps stimulate/increase digestive enzymes	Scientific	
89	Hepatoprotectant/protect the liver	Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.  Product presentation must not imply or refer to excess consumption of alcohol or other toxic substances.
90	Increase bowel movements by increasing stool bulk	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Label statement: Drink plenty of water (or words to that effect).  Product presentation must not refer to or imply weight loss.
91	Liver tonic/Enhance liver health	Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
92	Maintain/support bile production	Scientific or Traditional	
93	Maintain/support bowel regularity	Scientific or Traditional	Label statement: Drink plenty of water (or words to that effect).  Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.  Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).  Product presentation must not refer to or imply weight loss.

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94	Maintain/support bowel regularity by increasing stool bulk	Scientific or Traditional	Label statement: Drink plenty of water (or words to that effect).  Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).  Product presentation must not refer to or imply weight loss.
95	Maintain/support digestion/assimilation of nutrients	Scientific or Traditional	
96	Maintain/support digestive system health	Scientific or Traditional	
97	Maintain/support gallbladder function	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
98	Maintain/support gallbladder health	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
99	Maintain/support gastrointestinal mucosal membrane health	Scientific or Traditional	
100	Maintain/support gastrointestinal system health	Scientific or Traditional	
101	Maintain/support good/beneficial/friendly bacteria adherence to intestinal mucosa	Traditional	
102	Maintain/support healthy appetite	Scientific or Traditional	Product presentation must not imply or refer to eating disorders.
103	Maintain/support healthy bowel/colon function	Scientific or Traditional	
104	Maintain/support healthy digestion	Scientific or Traditional	
105	Maintain/support healthy digestive system function	Scientific or Traditional	
106	Maintain/support healthy gastrointestinal function	Scientific or Traditional	
107	Maintain/support healthy liver function	Scientific or Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
108	Maintain/support healthy liver regeneration	Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
109	Maintain/support healthy mucous linings of the digestive system	Scientific or Traditional	

110	Maintain/support healthy small intestine function	Scientific or Traditional	
111	Maintain/support intestinal good/beneficial/friendly flora	Scientific	
112	Maintain/support intestinal health	Scientific or Traditional	
113	Maintain/support intestinal transit time	Scientific or Traditional	
114	Maintain/support liver health	Scientific or Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
115	Maintain/support small intestine health	Scientific or Traditional	
116	Maintain/support small intestine good/beneficial/friendly flora	Scientific	
117	Maintain/support smell sensation	Scientific or Traditional	
118	Maintain/support stomach function	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
119	Maintain/support stomach health	Scientific or Traditional	Product presentation must not imply or refer to disease in any body organ.
120	Maintain/support taste sensation	Scientific or Traditional	
121	Nourish good/beneficial/friendly intestinal flora	Scientific	
122	Orexigenic/improve/promote healthy appetite	Scientific or Traditional	Product presentation must not imply or refer to eating disorders.
123	Promote/enhance feeling of satiety	Scientific or Traditional	
124	Promote/increase bowel evacuation	Scientific or Traditional	<p>Label statement: If symptoms persist, seek the advice of a healthcare professional.</p> <p>Label statement: Drink plenty of water (or words to that effect).</p> <p>Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.</p> <p>Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this</p>

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			product (or words to that effect). Product presentation must not refer to or imply weight loss.
125	Reduce occurrence of excess intestinal wind/gas	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
126	Reduce occurrence of nausea/vomiting	Scientific or Traditional	
127	Reduce/decrease/suppress hunger/appetite	Scientific or Traditional	Product presentation must not imply or refer to eating disorders.
128	Relief of symptoms of medically diagnosed Irritable Bowel Syndrome	Scientific or Traditional	Label statement: If symptoms persist or worsen consult your medical practitioner. Product presentation must only refer to medically diagnosed IBS.
129	Relieve digestive discomfort	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
130	Relieve dry stools	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional. Label statement: Drink plenty of water (or words to that effect).
131	Relieve excessive belching	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
132	Sialagogue/promote saliva production	Traditional	
133	Softens stool to ease bowel motions	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional. Label statement: Drink plenty of water (or words to that effect).
134	Soothe gastro-intestinal tract mucous membranes	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
135	Stimulant laxative	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional. Label statement: Drink plenty of water (or words to that effect). Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.



			Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).  Product presentation must not refer to or imply weight loss.
136	Stimulates/increases digestive gastric hydrochloric acid secretion	Scientific or Traditional	
137	Tonify/nourish/strengthen/replenish liver	Traditional	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.
138	Vermifuge/helps remove intestinal threadworms/pinworms	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to other worms e.g. roundworm, tapeworm, hookworm.

**Table 6 – Indications relating to the immune system**

<b>Column 1</b>	<b>Column 2</b> <b>Indication</b>	<b>Column 3</b> <b>Type of evidence</b>	<b>Column 4</b> <b>Other requirements</b>
1	Decrease/reduce/relieve post nasal drip	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
2	Decrease/reduce/relieve symptoms of allergic rhinitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
3	Decrease/reduce/relieve symptoms of hayfever	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
4	Decrease/reduce/relieve symptoms of skin hives	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
5	Enhance/improve/promote immune defence/immunity	Scientific or Traditional	
6	Helps decrease/reduce/relieve facial tenderness associated with allergic rhinitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not

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			imply or refer to serious allergic conditions such as anaphylaxis.
7	Helps decrease/reduce/relieve symptoms of food intolerance	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.
8	Helps decrease/reduce/relieve symptoms of mild allergies	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.
9	Helps decrease/reduce/relieve symptoms of seasonal allergies	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.
10	Helps enhance/improve/promote immune system function	Scientific or Traditional	Product presentation must not imply or refer to serious immunological diseases.
11	Helps reduce occurrence of symptoms of food intolerance/allergies	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.
12	Helps reduce occurrence of symptoms of mild allergies	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.
13	Helps stimulate a healthy immune system response	Scientific or Traditional	Product presentation must not imply or refer to serious immunological diseases.
14	Maintain/support healthy gastrointestinal immune function	Scientific or Traditional	Product presentation must not imply or refer to serious immunological diseases.
15	Maintain/support healthy immune system function	Scientific or Traditional	Product presentation must not imply or refer to serious immunological diseases.
16	Maintain/support immune system health	Scientific or Traditional	Product presentation must not imply or refer to serious

			immunological diseases.
17	Maintain/support immune system to fight illness	Scientific or Traditional	Product presentation must not imply or refer to serious immunological diseases.
18	Soothes/relieves swelling/welts associated with hives	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious allergic conditions such as anaphylaxis.

**Table 7 – Indications relating to muscles**

<b>Column 1</b>	<b>Column 2</b> <b>Indication</b>	<b>Column 3</b> <b>Type of evidence</b>	<b>Column 4</b> <b>Other requirements</b>
1	Aid/assist muscle development	Scientific or Traditional	
2	Aid/assist muscle growth	Scientific or Traditional	
3	Aid/assist/helps in the healing of minor muscle injuries	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
4	Aid/assist/helps in the management of muscle sprain/strain	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
5	Aid/assist/helps post exercise recovery	Scientific or Traditional	
6	Antispasmodic/spasmolytic	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
7	Decrease/reduce/relieve muscle cramps	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
8	Decrease/reduce/relieve muscle pain/ache/soreness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.

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9	Decrease/reduce/relieve muscle tension/stiffness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
10	Decrease/reduce/relieve muscle tiredness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
11	Decrease/reduce/relieve symptoms of mild tennis elbow	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild tennis elbow.
12	Decrease/reduce/relieve symptoms of muscle injury/ailments	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
13	Decrease/reduce/relieve symptoms of whiplash	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
14	Enhance/improve/promote/increase muscle relaxation	Scientific or Traditional	
15	Helps decrease/reduce protein breakdown in the muscles	Scientific	
16	Helps decrease/reduce/relieve leg cramps	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
17	Helps decrease/reduce/relieve mild muscle spasms/twitches	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
18	Helps decrease/reduce/relieve symptoms of medically diagnosed fibromyalgia/fibrositis	Scientific or Traditional	Label statement: If symptoms persist or worsen consult your medical practitioner.  Product presentation must only refer to medically diagnosed fibromyalgia/fibrositis.
19	Helps decrease/reduce/relieve symptoms of mild medically diagnosed tenosynovitis	Scientific or Traditional	Label statement: If symptoms persist or worsen consult your medical practitioner.  Product presentation must only refer to medically diagnosed tenosynovitis.
20	Helps decrease/reduce/relieve symptoms of muscle sprain/strain	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
21	Helps enhance/improve muscle recovery time	Scientific or Traditional	
22	Helps enhance/improve/promote/increase healthy muscle tone	Scientific or Traditional	

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23	Helps enhance/improve/promote/increase muscle fuel burning efficiency	Scientific or Traditional	
24	Helps enhance/improve/promote/increase muscle performance/endurance/stamina	Scientific or Traditional	
25	Helps enhance/improve/promote/increase muscle strength	Scientific or Traditional	
26	Helps enhance/improve/promote/increase muscle strength to improve balance/stability	Scientific or Traditional	
27	Helps enhance/improve/promote/increase physical/exercise performance	Scientific or Traditional	
28	Helps enhance/promote healthy muscle function	Scientific or Traditional	
29	Helps enhance/promote healthy muscle mass	Scientific or Traditional	
30	Helps reduce occurrence of muscle cramp	Scientific or Traditional	
31	Helps reduce occurrence of muscle tension/stiffness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
32	Maintain/support healthy ligaments	Scientific or Traditional	
33	Maintain/support healthy muscle contraction function	Scientific or Traditional	
34	Maintain/support healthy neuromuscular system/function	Scientific or Traditional	Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.
35	Maintain/support muscle fuel burning efficiency	Scientific or Traditional	
36	Maintain/support muscle function	Scientific or Traditional	
37	Maintain/support muscle health	Scientific or Traditional	
38	Maintain/support muscle mass	Scientific or Traditional	
39	Maintain/support muscle performance/endurance/stamina	Scientific or Traditional	
40	Maintain/support muscle protein stores	Scientific	
41	Maintain/support muscle relaxation	Scientific or Traditional	
42	Maintain/support muscle strength	Scientific or Traditional	
43	Maintain/support muscle strength to reduce strain on joints	Scientific or Traditional	
44	Maintain/support muscle tone	Scientific or Traditional	

45	Maintain/support tendon health	Scientific or Traditional	
46	Reduce/decrease mild muscle inflammation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.

**Table 8 – Indications relating to the nervous system**

<b>Column 1</b>	<b>Column 2</b> <b>Indication</b>	<b>Column 3</b> <b>Type of evidence</b>	<b>Column 4</b> <b>Other requirements</b>
1	Adaptogen/Help body adapt to stress	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
2	Aid/assist/helps mind relaxation	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
3	Aid/assist/helps synthesis of neurotransmitters	Scientific	
4	Aids/assists the body to cope with environmental stress	Scientific or Traditional	
5	Brain tonic/Enhance brain health	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
6	Calmative/nervous system relaxant	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
7	Calms the mind	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
8	Decrease/reduce duration of mild migraine	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild migraine.
9	Decrease/reduce headache duration	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
10	Decrease/reduce mental/cognitive fatigue	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
11	Decrease/reduce time to fall asleep	Scientific or Traditional	
12	Decrease/reduce/relieve disturbed/restless sleep	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.

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13	Decrease/reduce/relieve headache symptoms	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
14	Decrease/reduce/relieve hot flushes associated with mild anxiety	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to mental illnesses, disorders or conditions.  Product presentation must only refer to mild anxiety.
15	Decrease/reduce/relieve mental overactivity	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
16	Decrease/reduce/relieve mild dizziness/vertigo	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild vertigo.
17	Decrease/reduce/relieve mild migraine symptoms	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild migraine.
18	Decrease/reduce/relieve mild nerve pain/neuralgia	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild nerve pain/neuralgia.
19	Decrease/reduce/relieve nervous tension/unrest	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to mental illnesses, disorders or conditions.
20	Decrease/reduce/relieve restlessness/excess nervous energy	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to mental illnesses, disorders or conditions.
21	Decrease/reduce/relieve sleeplessness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.

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22	Decrease/reduce/relieve symptoms of mild anxiety	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to mental illnesses, disorders or conditions.  Product presentation must only refer to mild anxiety.
23	Decrease/reduce/relieve symptoms of mild sciatica	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild sciatica.
24	Decrease/reduce/relieve symptoms of stress	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to mental illnesses, disorders or conditions.
25	Enhance/improve/promote learning ability/function	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
26	Enhance/improve/promote/increase body relaxation	Scientific or Traditional	
27	Enhance/improve/promote/increase cognitive performance	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
28	Enhance/improve/promote/increase memory/recall	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
29	Enhance/improve/promote/increase mental alertness/wakefulness	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
30	Enhance/improve/promote/increase mental endurance/stamina	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
31	Enhance/improve/promote/increase mind relaxation	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
32	Enhance/improve/promote/increase short term memory	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
33	Enhance/improve/promote/increase sleep quality/deep sleep	Scientific or Traditional	
34	Enhance/promote body adaptation to stress	Scientific or Traditional	



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35	Enhance/promote/increase healthy sleep patterns	Scientific or Traditional	
36	Enhance/promote/increase refreshing sleep	Scientific or Traditional	
37	Help establish/restore/reset sleep-wake cycle (circadian rhythm)	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
38	Help maintain/support emotional wellbeing	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
39	Helps decrease/reduce/relieve frequent need to urinate associated with mild anxiety	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to mental illnesses, disorders or conditions.  Product presentation must only refer to mild anxiety.
40	Helps decrease/reduce/relieve symptoms of mild tension headache	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
41	Helps decrease/reduce/relieve symptoms of sensitivity to light/sound associated with mild migraine	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild migraine.
42	Helps enhance/improve/promote/increase attention span	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
43	Helps enhance/promote healthy nerve conduction/transmission/neurotransmission	Scientific	
44	Helps maintain/support development of hand eye coordination	Scientific	Product presentation must not imply or refer to neurological conditions or developmental delays.
45	Helps reduce occurrence of irritability	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to mental illnesses, disorders or conditions.
46	Helps reduce occurrence of symptoms of headaches	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
47	Helps reduce occurrence of symptoms of mild anxiety	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a

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			healthcare professional. Product presentation must not imply or refer to mental illnesses, disorders or conditions. Product presentation must only refer to mild anxiety.
48	Maintain/support brain function	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
49	Maintain/support brain health	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
50	Maintain/support brain/central nervous system development	Scientific	Product presentation must not imply or refer to neurological conditions or developmental delays.
51	Maintain/support cognitive development	Scientific	Product presentation must not imply or refer to neurological conditions or developmental delays.
52	Maintain/support cognitive function/mental function	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
53	Maintain/support general mental wellbeing	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
54	Maintain/support healthy sleeping patterns	Scientific or Traditional	
55	Maintain/support learning and information processing	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
56	Maintain/support memory/mental recall	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
57	Maintain/support mental concentration/focus/clarity	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
58	Maintain/support mental endurance/stamina	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
59	Maintain/support nerve conduction	Scientific	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
60	Maintain/support nervous system function	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
61	Maintain/support nervous system health	Scientific or	Product presentation must not

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		Traditional	imply or refer to mental illnesses, disorders or conditions.
62	Maintain/support neuroendocrine function	Scientific	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
63	Maintain/support neuromuscular function	Scientific	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
64	Nerve stimulant/enhance nerve function	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
65	Nerve tonic	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
66	Nervine/support nervous system.	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
67	Nourish the brain	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
68	Nourish the nervous system	Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
69	Relieve facial pallor associated with mild migraines	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild migraine.
70	Relieve irritability	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to mental illnesses, disorders or conditions.
71	Soothe/calm nerves	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
72	Soporific/induces sleep	Traditional	
73	Support healthy body stress recovery.	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
74	Support healthy emotional/mood balance	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.
75	Support healthy stress response in the body	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.

**Table 9 – Indications relating to nutrition**

<b>Column 1</b>	<b>Column 2</b> <b>Indication</b>	<b>Column 3</b> <b>Type of evidence</b>	<b>Column 4</b> <b>Other requirements</b>
1	Aid/assist/helps glucose/sugar/carbohydrate metabolism	Scientific	Product presentation must not imply or refer to lowering or raising blood sugar/glucose levels from outside of the normal healthy range.
2	Aid/assist/helps metabolism of (state vitamin/mineral/nutrient)	Scientific	
3	Aid/assist/helps protein synthesis in the body	Scientific	
4	Aid/assist/helps synthesis of (insert vitamin) in the body	Scientific	Label statement: Vitamins can only be of assistance if the dietary vitamin intake is inadequate OR Vitamin supplements should not replace a balanced diet.
5	Enhance/improve/promote/increase (state vitamin/mineral/nutrient) levels in the body	Scientific	
6	Enhance/improve/promote/increase nutrient uptake	Scientific or Traditional	
7	Helps decrease/reduce homocysteine levels	Scientific	
8	Helps enhance/promote/increase absorption of dietary (state vitamin/mineral/nutrient)	Scientific	Label statement: Vitamins and minerals can only be of assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanced diet.
9	Helps enhance/promote/increase body utilisation of (state mineral/vitamin/nutrient)	Scientific	Label statement: Vitamins and minerals can only be of assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanced diet.
10	Helps maintain/support cellular uptake of (state vitamin/mineral/nutrient)	Scientific	
11	Helps prevent dietary (state vitamin/mineral/nutrient) deficiency	Scientific	Label statement: Vitamins and minerals can only be of assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanced diet.
12	Maintain/support (state vitamin/mineral) within normal range	Scientific	Label statement: Vitamins and minerals can only be of

			assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanced diet.
13	Maintain/support (state vitamin/mineral/nutrient) levels in the body	Scientific	
14	Maintain/support absorption of dietary (state vitamin/mineral/nutrient)	Scientific	Label statement: Vitamins and minerals can only be of assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanced diet.

**Table 10 – Indications relating to the reproductive system**

<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>	<b>Column 4</b>
	<b>Indication</b>	<b>Type of evidence</b>	<b>Other requirements</b>
1	Aid/assist prepare uterus for childbirth	Traditional	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
2	Aphrodisiac/Enhance/improve/promote healthy libido	Scientific or Traditional	
3	Decrease/reduce feelings of aggression/irritability associated with pre-menstrual tension	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
4	Decrease/reduce heavy menstruation/periods	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
5	Decrease/reduce/relieve aggression/irritability associated with menopause	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
6	Decrease/reduce/relieve breast pain/tenderness associated with pre-menstrual tension	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
7	Decrease/reduce/relieve excessive breast milk flow	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, please consult with your healthcare practitioner.
8	Decrease/reduce/relieve hot flushes associated with menopause	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
9	Decrease/reduce/relieve menstrual cycle irregularity/irregular periods	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.

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10	Decrease/reduce/relieve menstrual spasms/cramps	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
11	Decrease/reduce/relieve menstruation pain/dysmenorrhoea	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
12	Decrease/reduce/relieve mood changes/mood swings associated with pre-menstrual tension	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
13	Decrease/reduce/relieve moodiness/mood swings associated with menopause	Scientific or Traditional	Product presentation must not imply or refer to mental illnesses, disorders or conditions.  Label statement: If symptoms persist, seek the advice of a healthcare professional.
14	Decrease/reduce/relieve morning sickness	Scientific or Traditional	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
15	Decrease/reduce/relieve symptoms of menopause	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
16	Decrease/reduce/relieve symptoms of premenstrual tension	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
17	Decrease/reduce/relieve vaginal discomfort	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
18	Decrease/reduce/relieve vaginal dryness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
19	Enhance/promote healthy foetal development	Scientific	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
20	Galactagogue/lactagogue/Enhance/improve/promote/increase breast milk production	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, please consult with your healthcare practitioner.
21	Haemagogue/emmenagogue/promotes menstrual flow	Traditional	Product presentation must not imply or refer to abortifacient action.
22	Help decrease/reduce/relieve confusion associated with premenstrual tension/syndrome	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to mental illnesses,

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			disorders or conditions.
23	Help maintain/support healthy prostate function	Scientific or Traditional	Product presentation must not imply or refer to serious genitourinary conditions like Benign Prostatic Hypertrophy, erectile dysfunction or hormone therapy.
24	Help to prevent neural tube defects such as spina bifida and/or anencephaly	Scientific	For medicines containing only folic acid: the recommended daily dose of the medicine must provide a minimum of 400 micrograms of folic acid. Product presentation referring to the prevention of neural tube defects must include at least one of the following label statements: when trying to conceive and during the first trimester of pregnancy, and/or when taken at least four weeks before conception and during the first trimester of pregnancy.  Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
25	Helps decrease/reduce/relieve mild vaginal itch	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
26	Helps decrease/reduce/relieve night sweats associated with menopause	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
27	Helps enhance/promote maternal health	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, please consult with your healthcare practitioner.  Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
28	Helps enhance/promote maternal postnatal health	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, please consult with your healthcare practitioner.
29	Helps enhance/promote preconception health	Scientific or Traditional	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.

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			Product presentation must not imply or refer to infertility.
30	Helps enhance/promote prostate health	Scientific or Traditional	Product presentation must not imply or refer to serious genitourinary conditions like Benign Prostatic Hypertrophy, erectile dysfunction or hormone therapy.
31	Helps enhance/promote uterine health	Scientific or Traditional	
32	Helps maintain/support healthy vaginal pH	Scientific	
33	Helps maintain/support testosterone formation/synthesis	Scientific	
34	Helps prepare the body for labour	Traditional	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
35	Helps prepare the body for pregnancy	Scientific or Traditional	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.  Product presentation must not imply or refer to infertility.
36	Helps reduce occurrence of menopausal symptoms	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
37	Helps reduce occurrence of pre-menstrual tension symptoms	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
38	Helps temporarily decrease/reduce/relieve excessive vaginal discharge	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
39	Helps temporarily decrease/reduce/relieve symptoms of mild vaginitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild vaginitis.
40	Improve menstrual flow	Scientific or Traditional	
41	Lactifuge/reduce breast milk production	Traditional	
42	Maintain/support breast milk production/lactation	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, please consult with your healthcare practitioner.



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43	Maintain/support female healthy hormonal balance	Scientific	
44	Maintain/support female healthy hormonal balance during the reproductive cycle	Scientific	
45	Maintain/support female reproductive system health	Scientific or Traditional	
46	Maintain/support healthy female hormonal balance during menopause	Scientific	
47	Maintain/support healthy libido	Scientific or Traditional	
48	Maintain/support healthy pregnancy	Scientific or Traditional	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
49	Maintain/support healthy reproductive hormones	Scientific or Traditional	Product presentation must not imply or refer to hormone imbalances.
50	Maintain/support healthy sexual function	Scientific or Traditional	
51	Maintain/support maternal health	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, please consult with your healthcare practitioner.  Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
52	Maintain/support oestrogen hormone levels	Scientific	
53	Maintain/support ovarian health	Traditional	Product presentation must not imply or refer to ovarian disease.  Product presentation must not imply or refer to infertility.
54	Maintain/support placenta health/growth	Scientific	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
55	Maintain/support preconception health	Scientific	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.  Product presentation must not imply or refer to infertility.
56	Maintain/support prostate health	Scientific or Traditional	Product presentation must not imply or refer to serious genitourinary conditions like

			Benign Prostatic Hypertrophy, erectile dysfunction or hormone therapy.
57	Maintain/support reproductive system health	Scientific or Traditional	Product presentation must not imply or refer to infertility.
58	Maintain/support semen health	Scientific	Product presentation must not imply or refer to infertility.
59	Maintain/support sperm health	Scientific	Product presentation must not imply or refer to infertility.
60	Maintain/support sperm motility	Scientific	Product presentation must not imply or refer to infertility.
61	Maintain/support sperm production	Scientific	Product presentation must not imply or refer to infertility.
62	Maintain/support testosterone level	Scientific	
63	Maintain/support uterine health	Scientific or Traditional	
64	Maintain/support vaginal health	Scientific or Traditional	
65	Maintain/support vaginal healthy flora/microflora	Scientific	
66	Maintain/support/regulate healthy menstrual cycle	Scientific or Traditional	
67	Maintains/support healthy foetal development	Scientific	Label statement: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
68	Male tonic	Traditional	
69	Ovarian tonic	Traditional	Product presentation must not imply or refer to ovarian disease.
70	Post partum tonic	Scientific or Traditional	Label statement: If you are concerned about the health of yourself or your baby, please consult with your healthcare practitioner.
71	Relieves mid-cycle menstrual pain	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
72	Soothes/relieves sore, cracked nipples	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
73	Uterine tonic/Enhance uterine health	Traditional	

**Table 11 – Indications relating to the respiratory system**

<b>Column 1</b>	<b>Column 2 Indication</b>	<b>Column 3 Type of evidence</b>	<b>Column 4 Other requirements</b>
1	Antitussive/cough suppressant	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
2	Decongestant/relieve nasal congestion	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
3	Decrease/reduce excess chest phlegm	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
4	Decrease/reduce excess mucous	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
5	Decrease/reduce/relieve bronchial mucous congestion	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
6	Decrease/reduce/relieve chills associated with common cold	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
7	Decrease/reduce/relieve common cold duration	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of

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			respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
8	Decrease/reduce/relieve cough	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
9	Decrease/reduce/relieve itchy throat	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
10	Decrease/reduce/relieve mild bronchial cough	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Product presentation must only refer to mild bronchitis.
11	Decrease/reduce/relieve mild bronchial irritation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Product presentation must only refer to mild bronchitis.
12	Decrease/reduce/relieve mild throat inflammation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
13	Decrease/reduce/relieve mild upper respiratory tract congestion	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not

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			imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Respiratory tract infections must be qualified by 'mild'.
14	Decrease/reduce/relieve sneezing	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
15	Decrease/reduce/relieve snoring	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
16	Decrease/reduce/relieve symptoms of common cold	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
17	Decrease/reduce/relieve symptoms of common colds and flu	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
18	Decrease/reduce/relieve symptoms of head cold	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
19	Decrease/reduce/relieve symptoms of laryngitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
20	Decrease/reduce/relieve symptoms of mild throat infection	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious infections.
21	Decrease/reduce/relieve symptoms of mild tonsillitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild tonsillitis.
22	Decrease/reduce/relieve symptoms of	Scientific or	Label statement: If symptoms

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	sinusitis	Traditional	persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
23	Decrease/reduce/relieve the severity of common cold symptoms	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
24	Decrease/reduce/relieve the severity of symptoms of mild upper respiratory tract infections	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Respiratory tract infections must be qualified by 'mild'.
25	Decrease/reduce/relieve thirstiness associated with common cold	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
26	Decrease/reduce/relieve throat irritation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
27	Decrease/reduce/relieve throat mucous membrane irritation/inflammation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
28	Enhance/improve/promote/increase cough productivity	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
29	Expectorant/clear respiratory tract mucous	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not

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			imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
30	Help reduce occurrence of symptoms of tonsillitis	Scientific or Traditional	Label statement: If symptoms persist, worsen or episodes become more frequent consult your medical practitioner.
31	Helps decrease/reduce/relieve mild swelling of the glands associated with common cold	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Product presentation must only refer to mild gland swelling.
32	Helps decrease/reduce/relieve nasal itching	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
33	Helps decrease/reduce/relieve the severity of symptoms of common colds and flu	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
34	Helps enhance/improve nose breathing	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
35	Helps reduce occurrence of common colds	Scientific or Traditional	
36	Helps reduce occurrence of symptoms of upper respiratory tract infections	Scientific or Traditional	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
37	Helps soothe respiratory tract	Scientific or Traditional	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia,

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			COAD, COPD, influenza.
38	Loosen chest phlegm	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
39	Loosen respiratory tract mucous	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
40	Lung tonic/Enhance lung health	Traditional	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
41	Maintain/support healthy mucous membranes/mucous tissue of the respiratory tract	Scientific or Traditional	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
42	Maintain/support lung health	Scientific or Traditional	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
43	Reduce duration of symptoms of laryngitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
44	Reduce duration of symptoms of mild tonsillitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious infections.
45	Reduce the severity of symptoms of laryngitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
46	Relieve dry throat	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.



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47	Relieve dry unproductive cough	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
48	Relieve hoarseness of voice	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
49	Relieve itchy throat	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
50	Relieve loss of voice	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
51	Relieve runny/dripping nose	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
52	Relieve symptoms of mild upper respiratory tract infections	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
53	Relieve symptoms of sore throat/pharyngitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
54	Relieves dry nose	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
55	Soothe respiratory tract mucous membranes/mucous tissue	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
56	Soothe/calm the chest	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.
57	Unblock/clear nasal passages	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.

**Table 12 – Indications relating to skin**

<b>Column 1</b>	<b>Column 2</b> <b>Indication</b>	<b>Column 3</b> <b>Type of evidence</b>	<b>Column 4</b> <b>Other requirements</b>
1	Aids/assists healing of minor skin pressure sores (decubitus ulcers/bedsores)	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
2	Antimicrobial for minor cuts and abrasions	Scientific or Traditional	Product presentation must not imply or refer to serious infections.
3	Antipruritic/Relieves itchy skin	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
4	Antiseptic for minor cuts and abrasions	Scientific or Traditional	Product presentation must not imply or refer to serious infections.
5	Can aid in the prevention of premature skin ageing (sunscreen)	Scientific	Label statement: Sunscreen products only.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
6	Can aid in the prevention of solar keratosis (sunscreen)	Scientific	Use of the indication can only be used for sunscreen products with an SPF rating of 30 or higher.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
7	Can aid in the prevention of sunspots (sunscreen)	Scientific	Use of the indication can only be used for sunscreen products with an SPF rating of 30 or higher.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.

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8	Cleanse minor skin wound/cuts/scratches/abrasions	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
9	Counterirritant	Traditional	
10	Decrease/reduce skin sensitivity	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
11	Decrease/reduce/relieve burning/tingling associated with facial cold sores	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
12	Decrease/reduce/relieve blisters	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
13	Decrease/reduce/relieve bruise pain	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
14	Decrease/reduce/relieve bruise swelling	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
15	Decrease/reduce/relieve congested skin pores	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
16	Decrease/reduce/relieve itchy/prickling skin associated with mild eczema/dermatitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must only refer to mild eczema.
17	Decrease/reduce/relieve numbness associated with chilblains	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
18	Decrease/reduce/relieve pimples	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
19	Decrease/reduce/relieve prickling sensation associated with chilblains	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
20	Decrease/reduce/relieve prickly heat skin rash	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
21	Decrease/reduce/relieve scalp flaking/scaling	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
22	Decrease/reduce/relieve scalp itching/irritation/redness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
23	Decrease/reduce/relieve skin burning/itching associated with athlete's	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a

	foot/tinea		healthcare professional.
24	Decrease/reduce/relieve skin chafing	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
25	Decrease/reduce/relieve skin dryness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
26	Decrease/reduce/relieve skin irritation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
27	Decrease/reduce/relieve skin peeling/cracking	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
28	Decrease/reduce/relieve skin redness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
29	Decrease/reduce/relieve skin scaling/crusty skin	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
30	Decrease/reduce/relieve symptoms of acne blackheads	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
31	Decrease/reduce/relieve symptoms of athlete's foot/tinea	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
32	Decrease/reduce/relieve symptoms of boils	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
33	Decrease/reduce/relieve symptoms of chickenpox	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
34	Decrease/reduce/relieve symptoms of chilblains	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
35	Decrease/reduce/relieve symptoms of cradle cap	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
36	Decrease/reduce/relieve symptoms of dandruff	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
37	Decrease/reduce/relieve symptoms of facial cold sores	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
38	Decrease/reduce/relieve symptoms of insect bite/sting	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
39	Decrease/reduce/relieve symptoms of medically diagnosed shingles	Scientific or Traditional	Label statement: If symptoms persist or worsen consult your

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			medical practitioner. Product presentation must only refer to medically diagnosed shingles.
40	Decrease/reduce/relieve symptoms of mild eczema/dermatitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional. Product presentation must only refer to mild eczema.
41	Decrease/reduce/relieve symptoms of mild psoriasis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional. Product presentation must only refer to mild psoriasis
42	Decrease/reduce/relieve symptoms of mild, superficial skin fungal infections	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional. Product presentation must only refer to mild fungal infection.
43	Decrease/reduce/relieve symptoms of nappy rash	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
44	Enhance/improve healing of minor skin wound/cuts/scratches/abrasions	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
45	Enhance/improve healthy skin flora	Scientific or Traditional	
46	Enhance/improve/promote healing of bruises	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
47	Enhance/improve/promote healing of facial cold sores	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
48	Enhance/improve/promote skin healing	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
49	Enhance/improve/promote skin repair/healing	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
50	Helps decrease/reduce/relieve swelling associated with chilblains	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
51	Helps enhance/improve skin elasticity	Scientific	
52	Helps enhance/improve skin internal structure	Scientific or Traditional	

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53	Helps enhance/improve skin strength	Scientific or Traditional	
54	Helps enhance/improve/promote/increase skin firmness	Scientific or Traditional	
55	Helps enhance/improve/promote/increase skin hydration	Scientific or Traditional	
56	Helps enhance/promote skin health	Scientific or Traditional	
57	Helps enhance/promote skin regeneration	Scientific or Traditional	
58	Helps healing of mild skin burn/sunburns	Scientific or Traditional	<p>Label statement: Immediate treatment of burns should be application of cold water for ten minutes (or words to that effect).</p> <p>Label statement: Only to be used for minor burns after initial first aid treatment, medical advice should be sought for serious burns.</p> <p>Product presentation must only refer to 'mild' burns.</p>
59	Helps improve appearance of skin stretch marks	Scientific or Traditional	
60	Helps protect skin elastin from breaking down	Scientific	
61	Helps reduce occurrence of blackheads	Scientific or Traditional	
62	Helps reduce occurrence of congested skin pores	Scientific or Traditional	
63	Helps reduce occurrence of facial cold sores	Scientific or Traditional	
64	Helps reduce occurrence of nappy rash	Scientific or Traditional	
65	Helps reduce occurrence of pimples	Scientific or Traditional	
66	Helps reduce occurrence of skin dryness	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
67	Helps reduce occurrence of skin pressure sores/bedsores	Scientific or Traditional	
68	Helps reduce occurrence of skin scar tissue	Scientific or Traditional	
69	Helps reduce occurrence of skin stretch marks	Scientific or Traditional	
70	Helps reduce occurrence of symptoms of acne	Scientific or Traditional	

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71	Helps reduce occurrence of symptoms of dandruff	Scientific or Traditional	
72	Helps reduce occurrence of symptoms of eczema/dermatitis	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
73	Helps reduce/relieve warts	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
74	Maintain/support healthy skin flora	Scientific or Traditional	
75	Maintain/support skin elasticity	Scientific or Traditional	
76	Maintain/support skin firmness	Scientific or Traditional	
77	Maintain/support skin health	Scientific or Traditional	
78	Maintain/support skin hydration	Scientific or Traditional	
79	Maintain/support skin integrity/structure	Scientific or Traditional	
80	Maintain/support skin regeneration	Scientific or Traditional	
81	Maintain/support skin repair/healing/regeneration	Scientific or Traditional	
82	Maintain/support wound healing	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
83	May assist in preventing some skin cancers (sunscreen)	Scientific	Use of the indication can only be used for sunscreen products with an SPF rating of 30 or higher.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
84	May reduce the risk of some skin cancers (sunscreen)	Scientific	Use of the indication can only be used for sunscreen products with an SPF rating of 30 or higher.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.

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85	Reduce occurrence of skin chaffing	Scientific or Traditional	
86	Reduce scar tissue	Scientific or Traditional	
87	Relieve hot skin	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
88	Relieve minor skin eruptions	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
89	Relieve red skin rash	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
90	Relieve symptoms of acne	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
91	Soothe skin	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
92	Soothe/relieve mild skin burn/sunburns	Scientific or Traditional	Label statement: Immediate treatment of burns should be application of cold water for ten minutes (or words to that effect).  Label statement: Only to be used for minor burns after initial first aid treatment, medical advice should be sought for serious burns.  Product presentation must only refer to 'mild' burns.
93	Soothe/relieve skin inflammation	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
94	Soothes/relieves heat rash	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
95	SPF 10 Broad spectrum low protection sunscreen	Scientific	Label statement: Sunscreen products only.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
96	SPF 15 Broad spectrum medium/moderate protection sunscreen	Scientific	Label statement: Sunscreen products only.



			Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
97	SPF 20 Broad spectrum medium/moderate protection sunscreen	Scientific	Label statement: Sunscreen products only.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
98	SPF 25 Broad spectrum high protection sunscreen	Scientific	Label statement: Sunscreen products only.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
99	SPF 30 Broad spectrum high protection sunscreen	Scientific	Label statement: Sunscreen products only.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
100	SPF 4 Broad spectrum low protection sunscreen	Scientific	Label statement: Sunscreen products only.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
101	SPF 40 Broad spectrum high protection sunscreen	Scientific	Label statement: Sunscreen products only.  Label statement: Prolonged exposure to the sun should be

			avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
102	SPF 50 Broad spectrum high protection sunscreen	Scientific	Label statement: Sunscreen products only.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
103	SPF 50 PLUS Broad spectrum very high protection sunscreen	Scientific	Label statement: Sunscreen products only.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
104	SPF 6 Broad spectrum low protection sunscreen	Scientific	Label statement: Sunscreen products only.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
105	SPF 8 Broad spectrum low protection sunscreen	Scientific	Label statement: Sunscreen products only.  Label statement: Prolonged exposure to the sun should be avoided, it is important to wear protective clothing, hats and eyewear when exposed to the sun. Product should be kept out of the eyes.
106	Vulnerary/wound healing	Traditional	

**Table 13 – Indications relating to the urinary system**

<b>Column 1</b>	<b>Column 2</b> <b>Indication</b>	<b>Column 3</b> <b>Type of evidence</b>	<b>Column 4</b> <b>Other requirements</b>
1	Aid/assist flushing of the urinary tract	Scientific or Traditional	
2	Bladder tonic/Enhance bladder health	Traditional	
3	Decrease/reduce symptoms of medically diagnosed cystitis by reducing urinary PH	Scientific or Traditional	Label statement: If pain or irritation persists for more than 48 hours, consult your doctor. The presence of blood in the urine warrants immediate medical attention (or words to that effect).  Product presentation must only refer to medically diagnosed cystitis.
4	Decrease/reduce urinary odour	Scientific or Traditional	Product presentation must not imply or refer to serious infections.
5	Enhance/promote/increase urine output	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
6	Helps decrease/reduce/relieve burning sensation upon urination associated with medically diagnosed cystitis	Scientific or Traditional	Label statement: If pain or irritation persists for more than 48 hours, consult your doctor. The presence of blood in the urine warrants immediate medical attention (or words to that effect).  Product presentation must only refer to medically diagnosed cystitis.
7	Helps decrease/reduce/relieve symptoms of medically diagnosed cystitis	Scientific or Traditional	Label statement: If pain or irritation persists for more than 48 hours, consult your doctor. The presence of blood in the urine warrants immediate medical attention (or words to that effect).  Product presentation must only refer to medically diagnosed cystitis.
8	Helps enhance/promote bladder health	Scientific or Traditional	
9	Helps enhance/promote healthy urogenital flora	Scientific or Traditional	
10	Helps reduce occurrence of medically	Scientific or	Label statement: If pain or

	diagnosed cystitis	Traditional	irritation persists for more than 48 hours, consult your doctor. The presence of blood in the urine warrants immediate medical attention (or words to that effect).  Product presentation must only refer to medically diagnosed cystitis.
11	Kidney Tonic	Traditional	Product presentation must not imply or refer to kidney disease.
12	Maintain/support bladder health	Scientific or Traditional	
13	Maintain/support healthy bladder function	Scientific or Traditional	
14	Maintain/support healthy urine output	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
15	Maintain/support healthy urogenital flora	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
16	Maintain/support kidney function	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
17	Maintain/support kidney health	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
18	Maintain/support urinary tract function	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
19	Maintain/support urinary tract health	Scientific or Traditional	
20	Maintain/support urogenital health	Scientific or Traditional	Product presentation must not imply or refer to kidney disease.
21	Relieve urinary frequency	Scientific or Traditional	Label statement: If symptoms persist, seek the advice of a healthcare professional.
22	Renal tonic/Enhance bladder health	Traditional	Product presentation must not imply or refer to disease in any body organ.
23	Urinary alkaliser	Scientific or Traditional	

**Table 14 – Traditional Chinese medicine indications**

<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>	<b>Column 4</b>
	<b>Indication</b>	<b>Type of evidence</b>	<b>Other requirements</b>
1	Activate meridians/channels	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if

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			you are unsure if this medicine is right for you.
2	Allay excitement	Traditional Chinese medicine	Product presentation must not imply or refer to mental illnesses, disorders or conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
3	Balance Yin and Yang	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
4	Calm/soothe/nourish the liver	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
5	Calm/soothe/nourish/balance spirit	Traditional Chinese medicine	Product presentation must not imply or refer to mental illnesses, disorders or conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
6	Clear Damp-Heat from liver	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
7	Clear/cool Blood Heat	Traditional Chinese medicine	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.

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8	Clear/cool/drain/purge/empty Heat	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
9	Clear/dispel/transform Body Fluid	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
10	Clear/drain Damp Heat in Gall Bladder	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
11	Clear/drain Damp Heat in Large Intestine	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
12	Clear/drain Heat in Gall Bladder	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
13	Clear/dry/drain/eliminate/resolve/dry Dampness	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
14	Clear/expel Damp-Heat from Spleen	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
15	Clear/expel Damp-Heat in Bladder	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the

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			advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
16	Clear/expel Dampness transforming into Phlegm	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
17	Clear/expel Heat in Small Intestine	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
18	Clear/expel Heat-phlegm	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
19	Clear/expel muscle Heat	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
20	Clear/expel phlegm stasis obstructing the collaterals	Traditional Chinese medicine	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
21	Clear/expel stagnant Heat	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
22	Clear/expel Stomach Cold	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is

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			right for you.
23	Clear/expel Stomach Heat	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
24	Clear/expel Wind-Cold-Dampness obstruction	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
25	Clear/expel/dissolve/resolve Cold Phlegm	Traditional Chinese medicine	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
26	Clear/expel/dissolve/resolve Phlegm	Traditional Chinese medicine	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
27	Cool Blood aspect	Traditional Chinese medicine	Product presentation must not imply or refer to circulatory disorders/diseases/conditions e.g. thrombosis.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
28	Descend liver Yang	Traditional Chinese	Product presentation must not



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		medicine	imply or refer to liver disease, such as cirrhosis, hepatitis.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
29	Disinhibit Water	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
30	Dispel/expel/extinguish/disperse/clear Damp-Cold	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
31	Dispel/expel/extinguish/disperse/clear External Cold	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
32	Dispel/expel/extinguish/disperse/clear External Heat	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
33	Dispel/expel/extinguish/disperse/clear External Wind	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
34	Dispel/expel/extinguish/disperse/clear Fire	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
35	Dispel/expel/extinguish/disperse/clear Internal Heat	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
36	Dispel/expel/extinguish/disperse/clear Lung Heat	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.

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37	Dispel/expel/extinguish/disperse/clear stagnated blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
38	Dispel/expel/extinguish/disperse/clear Stomach Damp	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
39	Dispel/expel/extinguish/disperse/clear Wind	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
40	Dispel/expel/extinguish/disperse/clear Wind Cold	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
41	Dispel/expel/extinguish/disperse/clear Wind Damp	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
42	Dispel/expel/extinguish/disperse/clear Wind Heat	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
43	Dispel/expel/extinguish/disperse/clear Wind-phlegm	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
44	Disseminate Lung Qi	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
45	Dissipate Cold	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is

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			right for you.
46	Eliminate/reduce/remove/resolve/dissipate blood stasis	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
47	Engender Fluid	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
48	Enhance generation/transformation of Nutritive Qi	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
49	Enrich/nourish/tonify kidney	Traditional Chinese medicine	Product presentation must not imply or refer to kidney disease.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
50	Generation of Blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
51	Harmonise Intestines	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
52	Harmonise middle burner (Spleen and Stomach)	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional

			Chinese medicine practitioner if you are unsure if this medicine is right for you.
53	Harmonise/soothe the stomach	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
54	Increase/augment protective Qi	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
55	Invigorate Heart Qi	Traditional Chinese medicine	Product presentation must not imply or refer to heart disease.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
56	Invigorate/activate Blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
57	Moisten Dryness	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
58	Moisten Dryness in the Triple Burner	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
59	Moisten intestines	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is

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			right for you.
60	Moisten Lung	Traditional Chinese medicine	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
61	Moisten/nourish Large Intestine Dryness	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
62	Move/promote/increase/augment/generate/promote Qi	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
63	Nourish Yin	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
64	Nourish/tonify/replenish kidney Yin	Traditional Chinese medicine	Product presentation must not imply or refer to kidney disease.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
65	Nourish/tonify/replenish liver Blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
66	Nourish/tonify/replenish liver Yin	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.

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			Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
67	Nourish/tonify/warm/boost/invigorate kidney essence	Traditional Chinese medicine	Product presentation must not imply or refer to kidney disease.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
68	Open body orifices	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
69	Open/relax bowels	Traditional Chinese medicine	Label statement: If symptoms persist, seek the advice of a healthcare professional.  Label statement: Drink plenty of water (or words to that effect).  Label statement for stimulant laxatives: Prolonged use may cause serious bowel problems.  Label statement: Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. If you are pregnant or breastfeeding - seek the advice of a healthcare professional before taking this product (or words to that effect).  Product presentation must not refer to or imply weight loss.
70	Promote flow of Blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
71	Promote Qi transformation	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is

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			right for you.
72	Promote Spleen Qi	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
73	Promote water metabolism	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
74	Regulate Chong channels	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
75	Regulate Qi	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
76	Regulate Ren channels	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
77	Regulate spleen	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
78	Regulate Stomach Qi	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
79	Release Exterior	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if

			you are unsure if this medicine is right for you.
80	Release Exterior Wind-Cold	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
81	Release/calm/stabilise/settle Shen	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
82	Release/regulate flow of liver Qi	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
83	Relieve symptoms of aversion to Cold	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
84	Relieve symptoms of aversion to wind	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
85	Remove food stagnation	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
86	Remove Heat toxin	Traditional Chinese medicine	Product presentation must only refer to detoxification in relation to natural body processes.  Product presentation must not imply or refer to drugs/alcohol.  Product presentation must not imply or refer to disease in any body organ, in particular the kidney or liver.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is



			right for you.
87	Replenish Essence	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
88	Replenish/nourish body Fluid	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
89	Resolve Damp phlegm	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
90	Resolve liver stasis	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
91	Resolve spleen weakness	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
92	Settle fright	Traditional Chinese medicine	Product presentation must not imply or refer to mental illnesses, disorders or conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
93	Soften Hardness	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
94	Soothe liver Qi	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.

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			Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
95	Soothe/descend Qi	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
96	Soothe/descend the flow of Stomach Qi	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
97	Stabilise Exterior	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
98	Stabilise mind	Traditional Chinese medicine	Product presentation must not imply or refer to mental illnesses, disorders or conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
99	Stimulate stagnant Qi	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
100	Stimulate Yang functions of liver	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
101	Strengthen/enrich/restore kidney Jing	Traditional Chinese medicine	Product presentation must not imply or refer to kidney disease.  Label statement: Please seek the

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			advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
102	Subdue Yang	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
103	Support protective QI.	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
104	Tonify/nourish/strengthen/replenish Blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
105	Tonify/nourish/strengthen/replenish gate of vitality	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
106	Tonify/nourish/strengthen/replenish heart Qi	Traditional Chinese medicine	Product presentation must not imply or refer to heart disease.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
107	Tonify/nourish/strengthen/replenish heart Yang	Traditional Chinese medicine	Product presentation must not imply or refer to heart disease.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
108	Tonify/nourish/strengthen/replenish heart Yin	Traditional Chinese medicine	Product presentation must not imply or refer to heart disease.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.

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109	Tonify/nourish/strengthen/replenish kidney Qi	Traditional Chinese medicine	Product presentation must not imply or refer to kidney disease.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
110	Tonify/nourish/strengthen/replenish large intestine Qi	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
111	Tonify/nourish/strengthen/replenish lung Qi	Traditional Chinese medicine	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
112	Tonify/nourish/strengthen/replenish lung Yin	Traditional Chinese medicine	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
113	Tonify/nourish/strengthen/replenish lungs	Traditional Chinese medicine	Product presentation must not imply or refer to serious forms of respiratory disorders/diseases, such as: asthma, pneumonia, COAD, COPD, influenza.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
114	Tonify/nourish/strengthen/replenish Qi	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if

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			you are unsure if this medicine is right for you.
115	Tonify/nourish/strengthen/replenish Shen	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
116	Tonify/nourish/strengthen/replenish spleen	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
117	Tonify/nourish/strengthen/replenish spleen Blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
118	Tonify/nourish/strengthen/replenish spleen Qi	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
119	Tonify/nourish/strengthen/replenish spleen Yang	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
120	Tonify/nourish/strengthen/replenish stomach Yin	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.

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121	Tonify/nourish/strengthen/replenish superficial Qi	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
122	Tonify/nourish/strengthen/replenish Yang	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
123	Tonify/nourish/strengthen/replenish/ invigorate heart Blood	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
124	Tonify/nourish/strengthen/replenish/ invigorate liver Qi	Traditional Chinese medicine	Product presentation must not imply or refer to liver disease, such as cirrhosis, hepatitis.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
125	Unblock/open/relax channels	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
126	Unblock/open/relax collaterals	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
127	Unblock/open/relax meridians	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
128	Upraise/lift sunken middle Qi	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
129	Warm and invigorate blood circulation	Traditional Chinese medicine	Product presentation must not imply or refer to serious cardiovascular conditions.

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			Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
130	Warm/nourish Cold-Phlegm	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
131	Warm/nourish kidney	Traditional Chinese medicine	Product presentation must not imply or refer to kidney disease.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
132	Warm/nourish spleen	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
133	Warm/nourish uterus	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
134	Warm/nourish Yang	Traditional Chinese medicine	Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.
135	Warm/nourish/strengthen stomach	Traditional Chinese medicine	Product presentation must not imply or refer to disease in any body organ.  Label statement: Please seek the advice of a registered traditional Chinese medicine practitioner if you are unsure if this medicine is right for you.

**Table 15 – Traditional Ayurvedic medicine indications**

<b>Column 1</b>	<b>Column 2</b> <b>Indication</b>	<b>Column 3</b> <b>Type of evidence</b>	<b>Column 4</b> <b>Other requirements</b>
1	Ama hara/breakdown undigested substances	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
2	Anaha hara/anti flatulent	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
3	Anala mandya hara/increase in appetite	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
4	Asraghnam/purifies blood	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
5	Asrajit/blood detoxification	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
6	Asrakhara/purifies blood	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
7	Asthiyuk/helps bone healing	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
8	Asya roga hara/relieve oral complaints	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
9	Atisara hara/ease diarrhoea	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are



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			unsure if this medicine is right for you.
10	Balakari/energises	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
11	Balance aggravated Vata	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
12	Balance Kapha	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
13	Balance Pitta	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
14	Balance Vata	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
15	Balya/improve body strength	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
16	Balyam/increase energy utilisation	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
17	Brimhana increase body mass and nourishing to the body	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
18	Chakshushya/promote eye health	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
19	Daha/pacify burning sensations	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right

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			for you.
20	Dantya/promote dental health	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
21	Deepan/enhances digestive fire and absorption	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
22	Guda Krimi hara/assists to expel thread worms	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
23	Guru & Sangrahi/body nourishment and energy	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
24	Help regulate Vata	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
25	Hridya/supports heart health	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
26	Increases Kapha	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
27	Increases Pitta	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
28	Increases Vata	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
29	Kandu hara/relieves itching	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right

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			for you.
30	Kapha & Vata roga/relieve Kapaha & Vata disturbance	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
31	Karna Roga hara/support ear health	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
32	Kasa hara/relieve cough	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
33	Katu poushtika/pungent nourisher	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
34	Krimighna (anthelmintic)/assists to expel thread worms	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
35	Kshatapaha/tissue healing	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
36	Kushta hara/improves skin ailments	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
37	Medha hita/promotes mental clarity, intelligence, wisdom, and prudence	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
38	Medhya/brain tonic/improve memory and cognition	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
39	Medohara/helps dissipation of fats and lipids	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right

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			for you.
40	Meha hara/helps maintain blood sugar health	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
41	Pachana/increases assimilation of nutrients	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
42	Pacifies Kapha	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
43	Pacifies Pitta	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
44	Pacifies Vata	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
45	Pandu hara/helps improve dietary iron deficiency	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
46	Pathyam/body nourishment	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
47	Peenasa hara/relieve symptoms of cold	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
48	Pushti Ruchi prada/enhances taste and nourishment	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
49	Rasayan/rejuvenative tonic	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right

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			for you.
50	Rechani/expectorant	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
51	Relieve aggravated Vata	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
52	Ruchya/increases taste perception and digestion	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
53	Ruchyam/enhances taste	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
54	Santarpanam/Nourishes the body	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
55	Shleshma praseki/liquefies Kapha/soothes sinusitis symptoms	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
56	Shotha hara/anti-inflammatory properties	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
57	Shukrala/aphrodisiac/enhance sexual vitality	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
58	Shula hara/relieve pain	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
59	Shwasa hara/support lung health	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right

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			for you.
60	Stanya/lactagogue/supports breast milk production	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
61	Sthaulya hara/assists excess weight reduction	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
62	Trishna hara/relieves thirst from common cold	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
63	Twachya/enhances skin quality	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
64	Twak dosha hara/relieves skin ailments	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
65	Twak roga hara/supports skin health	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
66	Varnya/improves skin	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
67	Vipachini/aids digestion	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
68	Visha hara/Reduces toxins	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
69	Vrana/vulnerary/promotes wound healing	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right

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			for you.
70	Vrishya/aphrodisiac/Increase in virility	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.
71	Yakrit uttejana/promote healthy liver function	Traditional Ayurvedic medicine	Label statement: Please seek the advice of a traditional Ayurvedic medicine practitioner if you are unsure if this medicine is right for you.