

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

made under subsection 26BF(1) of the

*Therapeutic Goods Act 1989*

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:

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

Dated this 6th March 2018

(Signed by)

Larry Kelly

Delegate of the Minister for Health

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), 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:
   1. “Traditional context qualifier”;
   2. “Population qualifiers”;
   3. “Time of use qualifiers”; or
   4. 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:

1. the wording of an indication is varied on the label of a medicine; or
2. where more than one indication is used and they are combined on the label of a medicine to form simple sentences where appropriate; or
3. both (i) and (ii);

then:

1. the meaning of the indication must not be changed; and
2. 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
3. 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:

1. the qualifying statement must also be included on the medicine’s label; and
2. 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.

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| |  |  |  |  | | --- | --- | --- | --- | | **Table 1 – Indications relating to general health / body parts** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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.  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 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 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 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 |  | | 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 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 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. | | 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 |  | | 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 production/thermogenesis | Scientific | Label statement: When used in 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.  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. | | 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 1 | A diet deficient in calcium can lead to osteoporosis in later life. Calcium may help prevent osteoporosis when dietary intake is inadequate | Scientific | For medicines containing only calcium: the recommended daily 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 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. | | 7 | Decrease/reduce/relieve mild rheumatic 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 rheumatic aches/pains.  Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis. | | 8 | Decrease/reduce/relieve symptoms of mild arthritis/mild osteoarthritis | 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. | | 9 | Decrease/reduce/relieve symptoms of occasional episodes of gout | Scientific or Traditional | Label statement: If symptoms persist, worsen or episodes become more frequent consult your medical practitioner. | | 10 | Help maintain/support bone mineralisation | Scientific | Product presentation must not imply or refer to bone disease or disorders e.g. rheumatoid arthritis, juvenile arthritis, debilitating osteoarthritis, osteoporosis. | | 11 | Helps enhance/promote 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. | | 12 | Helps enhance/promote bone health | Scientific | Product presentation must not imply or refer to bone disease or 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 in bones | Scientific | Product presentation must not 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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. | | 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 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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. | | 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.  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. | | 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 | 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). | | 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 | 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. | | 54 | Enhance/promote healthy digestion | Scientific or Traditional |  | | 55 | Help reduce occurrence of symptoms of medically diagnosed Irritable Bowel Syndrome | Scientific or Traditional | Label statement: If symptoms persist, worsen or episodes become more frequent consult your medical practitioner.  Product presentation must only refer to medically diagnosed IBS. | | 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 | Label statement: If symptoms persist or worsen consult your medical practitioner.  Product presentation must only refer to mild gastritis. | | 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. | | 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 | 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. | | 82 | Helps reduce occurrence of 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). | | 83 | Helps reduce occurrence of 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). | | 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 | 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). | | 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. | | 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 | 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. | | 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/supress 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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. | | 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 |  | | 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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. | | 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. | | 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 |  | | 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 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 Traditional | Product presentation must not 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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. | | 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 | Galactogogue/lactogogue/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, 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.  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. | | 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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 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 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 sinusitis | 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. | | 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 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, 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. | | 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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. | | 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 foot/tinea | Scientific or Traditional | Label statement: If symptoms persist, seek the advice of a 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 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 |  | | 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 | 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. | | 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 |  | | 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. | | 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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 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. | | 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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 1 | Activate meridians/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. | | 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. | | 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 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 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 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. | | 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. | | 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 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 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.  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 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.  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 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. | | 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 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. | | 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.  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** | | | | | **Column 1** | **Column 2**  **Indication** | **Column 3**  **Type of evidence** | **Column 4**  **Other requirements** | | 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 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 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 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 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 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 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 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. | | | | |