

## **BIG TREE NUTRACEUTICAL**

Heal and re-vitalize yourself the natural way  
using the power of African herbal medicine





BIG TREE NUTRACEUTICAL is a dedicated herbal medicines company specialising in high value, efficacious ethnobotanical products drawn from the healing traditions of Africa.

We are continually researching indigenous African medicinal plants with a long history of safety and efficacy with the intention of making this traditional wisdom available, in an ethical and respectful way, to the modern Western culture. We continue to incorporate additional healing herbs into our line as we discover them (and only once we have completed our very thorough research into them) so that you will always be able to find the very best of Africa's natural pharmacopoeia here.

Because our products are about improving your health, all our plant materials are either organically cultivated or sustainably and ethically wild-crafted. All our growers must comply with our own stringent quality criteria as a prerequisite for doing business with us.

And because even organic farms today are susceptible to wind born pesticides from neighbouring non-organic farms we conduct final rigorous pesticide residue tests (something few companies do) and reject any material that has the slightest trace of any pesticide.

We also formulate with the minimum necessary levels of only the most natural and benign excipients possible and use only vegetarian capsules in our line to ensure the healing properties of the plant get to you in the purest way possible.

Our raw materials and finished products are never irradiated or chemically fumigated, but only low temperature dry steam sterilized where required.

Finally, we pack our product in glass (the only packaging material that is 100% inert and impermeable), and which is easily recyclable.

Everything about these products you take, from our thorough research, careful and accurate sourcing and ecological conscious cultivation to our detailed formulation and professional production in a licensed GMP laboratory, is about quality, and carries the intention to facilitate your own healing and vibrant health in a natural and benign way.

Let the warm African sun shine on you!



# SUTHERLANDIA

## *Sutherlandia frutescens*

(Kankerbos, Cancer Bush, African Ginseng, Phetola, Lerumo-Lamadi, Unwele, Motlepelu, Insiswa)

### ADAPTOGEN AND IMMUNE STIMULANT

#### HISTORY AND TRADITIONAL USE

*Sutherlandia frutescens* is regarded as one of the most profound and multi-purpose of the medicinal plants in Southern Africa. It has enjoyed a long history of use as a safe and efficacious remedy for diverse health conditions by all cultures in the region. It has long been used as a supportive treatment in Cancer, hence one of its common names – Cancer Bush or Kankerbos. In Tswana it is called Phetola which means “it changes”, indicating that the plant changes the course of many illnesses towards a favorable outcome. The North-Sotho name of Lerumo-Lamadi means “the spear for the blood” indicating *Sutherlandia*’s function as a blood purifier.



*Sutherlandia* powerfully assists the body to mobilise its own resources to deal with diverse physical and mental stresses, and research indicates that it functions as an adaptogen, as well as an immune stimulant (with similar properties and biochemistry to that of the well known Chinese herb *Astragalus membranaceus*).

*Sutherlandia* has traditionally been used for enhancing well-being, immune support, longevity, stress, depression and anxiety, wasting from cancer, TB, and AIDS (it functions as an appetite stimulant in wasted patients, but not in healthy people), influenza, chronic fatigue syndrome, viral hepatitis, asthma and bronchitis, type 2 diabetes, mild to moderate hypertension, rheumatoid arthritis, peptic ulcer, gastritis, reflux oesophagitis, hot flushes and irritability in menopause, and herpes. Studies also indicate significant antioxidant activity.

#### CONTRAINDICATIONS AND SIDE-EFFECTS



Dosage of anti-hypertensive and anti-diabetic medication may need to be reduced and preliminary studies suggest possible interactions with anti-retroviral drugs. *Sutherlandia* should not be taken while on anti-coagulants such as Heparin and Warfarin, and it is recommended that the use of the product be stopped two weeks prior to elective surgery.

Certain plants such as *Sutherlandia*, *Astragalus* and Alfalfa contain the non-protein amino acid L-canavanine (a likely component contributing to its anti-cancer effects). Those afflicted with Systemic Lupus Erythematosus should consult their health care professional before taking plants containing L-canavanine, as reports suggest that significant ingestion of this amino acid may cause recurrence of this disease in patients where the disease has become dormant. When used at the recommended dose there are no documented side-effects. Do not use during pregnancy or while breastfeeding.

#### FORMS

- 60 x 350mg vegetarian capsules
- 60 x 300mg tablets
- 60 x Professional compound product – vegetarian capsules

# SCELETIUM

*Sceletium tortuosum*

(Kanna, Channa, Kougoed)

## ANTIDEPRESSANT AND MOOD ENHANCER

### HISTORY AND TRADITIONAL USE

*Sceletium tortuosum* is a rare succulent from the Mesembryanthemaceae family and is distributed in certain semi-desert areas of Southern Africa. It was (and still is) highly regarded and sought after by both the Khoikhoi and the San (bushmen) people who have used this plant as a mood enhancer since prehistoric times. It has also been used as an appetite suppressant and mental and physical endurance enhancer by shepherds and hunters walking long distances in arid areas.



*Sceletium* elevates mood and decreases anxiety, stress and tension, and functions as a model anxiolytic (anti-anxiety substance), as well as being a very effective antidepressant (it is believed to function as a natural SSRI – selective serotonin reuptake inhibitor). *Sceletium* is known to reduce addictive cravings particularly with regard to nicotine and also lessens the withdrawal effects of alcohol and other addictive drugs. It also helps balance aberrant brain chemistry caused by the effects of serotonin-depleting drugs.

Due to its ability to stimulate feelings of empathy it has been used with success in couple and family therapy and is a useful adjunct to therapy in general. *Sceletium* has a unique ability to bring about emotional balance and simultaneously cause both relaxation and stimulation of a positive mood. *Sceletium* has also been used as a natural supplement for low mood, including grey weather syndrome, anxiety states, including social phobia, irritability in menopause, improvement in libido and post-traumatic stress disorder. A unique feature of *Sceletium* is its ability to release and liberate energy by relaxing the habitual mental tension that many people suffer.

### CONTRAINDICATIONS AND SIDE-EFFECTS



Although there have been no confirmed reports of drug interactions, the neuro-receptor activities of *Sceletium* suggest that there may be interactions with other psychiatric medications and cardiac drugs. People taking any psychiatric drugs (including all anti-anxiety drugs, sedatives, hypnotics, anti-psychotics and antidepressants, including MAO inhibitors, and particularly SSRI's) are advised to not take *Sceletium*-containing products.

Please consult your health care professional before replacing any pharmaceutical antidepressant with *Sceletium*. When used at the recommended dose there are no documented side-effects. In large doses *Sceletium* can cause euphoria, but this is easily managed by reducing the dose. Do not use during pregnancy or while breastfeeding.

### FORMS

- 60 x 100mg vegetarian capsules
- 60 x 50mg tablets
- 60 x Professional compound product - vegetarian capsules

# WARBURGIA

*Warburgia salutaris*

(Pepperbark Tree, Isibhaha, Peperbasboom, Manaka, Shibaha, Mulanga, Amazwecehlabayo)

## ANTIMICROBIAL AND ANTIFUNGAL

### HISTORY AND TRADITIONAL USE

The pungent inner bark of the Pepperbark tree is the most valuable and well known of the natural African antimicrobials, and both the bark and leaves have been used, equally successfully, for centuries. Warburgia has traditionally been used to treat yeast infections (such as *Candida albicans* – the cause of oral, oesophageal and vaginal thrush), as well as all kinds of fungal, bacterial (including *Escherichia coli*), parasitic and protozoal infections.

It is a very effective treatment for cystitis and bladder infections and is an excellent natural antibiotic in general. Warburgia is also a good adjunct to allopathic antibiotic treatment if chosen. It is a first-rate treatment for headaches, the common cold and influenza, and is particularly effective for healing conditions of the respiratory system, including treating coughs, chest congestion (being a superb expectorant) and bronchial infections / bronchitis. It is also very effective for clearing the sinuses.

In addition, Warburgia has traditionally found use as an aphrodisiac, in treating malaria, mouth and gastric ulcers, dermatological disorders, rheumatism, various sexually transmitted diseases, constipation and, due to it's general analgesic qualities, even toothache.



### CONTRAINDICATIONS AND SIDE-EFFECTS



When used at the recommended dose there are no documented side-effects. There are also no known contraindications or drug interactions. Do not use during pregnancy or while breastfeeding.

### FORMS

60 x 100mg tablets

# AFRICAN GINGER

*Siphonochilus aethiopicus*

(Wild Ginger, Wildegemmer, Isiphephethu, Indungulo)

## ANTI-INFLAMMATORY AND PAIN RELIEVER

### HISTORY AND TRADITIONAL USE

The highly aromatic roots of this rare Southern African plant are regarded as Africa's best natural anti-inflammatory remedy, and it has a long history of use in African traditional medicine for a range of conditions including headaches, influenza and colds, mild asthma, sinusitis, throat infections and bad breath.

It is considered an excellent antiseptic, circulatory stimulant (including the blood and the lymph) and overall body detoxifier. It helps reduce high blood pressure and body temperature in fevers. It inhibits clotting, thins the blood and lowers cholesterol. It is a mild sedative, balancing mood swings and calming hysteria. It has an expectorant action in the lungs, expelling phlegm and relieving coughs and chest infections.

It stimulates the appetite and enhances digestion and is well known for relieving nausea and vomiting, settling the stomach and soothing indigestion and heartburn. It relieves colic, abdominal pain and spasm, and helps to relieve griping caused by diarrhea. It is good for PMS, relaxes menstrual cramping, promotes menstruation and helps with delayed and scanty periods. It also relieves painful ovulation and is used to invigorate the reproductive system altogether.

Recent research has also found that African Ginger may help prevent strokes and hardening of the arteries. In rural Africa it has even traditionally been used as protection against lightning and snakes!



### CONTRAINDICATIONS AND SIDE-EFFECTS



Patients with gall bladder disease or a history of gallstones should consult their health care professional prior to using African Ginger. Because of its heating properties it is not recommended for those who do not tolerate heat well or those with gastritis or peptic ulcers. African Ginger should not be taken while on anti-coagulants such as Heparin and Warfarin, and it is recommended that the use of the product be stopped two weeks prior to elective surgery.

When used at the recommended dose, there are no documented side-effects. Do not use during pregnancy or while breastfeeding.

### FORMS

60 x 100mg tablets

# GREEN ROOIBOS EXTRACT

*Aspalathus linearis*

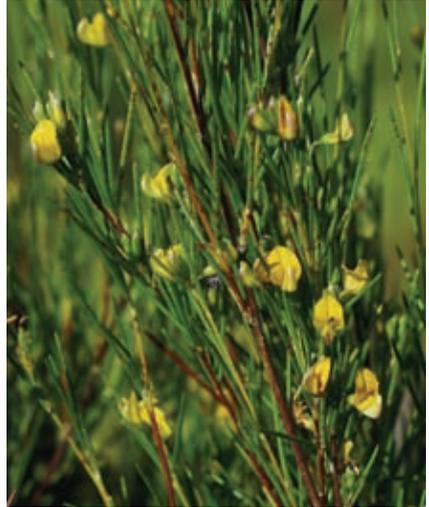
(Rooibos, Red Bush Tea)

## ANTIOXIDANT AND YOUTH ENHANCING

### HISTORY AND TRADITIONAL USE

Rooibos tea is the well known, popular and healthful beverage drunk by millions of people, originally in South Africa and now globally. This traditional product is fermented (giving it its red colour and typical pleasing aroma). Green Rooibos, which is unfermented, contains 100 times more total antioxidants than the fermented and oxidized red Rooibos.

Our Green Rooibos Extract (18:1 concentration) is a bioflavonoid rich extract containing polyphenol antioxidants and phenolic acids that are very potent free radical scavengers. It has anti-inflammatory properties, is protective of DNA and is effective in reducing many allergy symptoms. It is protective of brain function altogether and has a soothing effect on the central nervous system, reducing physical and mental tension and relieving irritability, headaches, insomnia and mild depression.



It protects against digestive and respiratory infections, helps to block the cancer promoting actions of carcinogens and lowers LDL cholesterol and high blood pressure. It is useful for dealing with nausea, vomiting, heartburn, stomach ulcers and constipation. It has a mild thermogenic effect (without increasing heart rate) and aids in the metabolism of fat. Green Rooibos maintains healthy skin, hair, eyes, nails, teeth, and bones. It helps with balancing blood sugar and lowering the risk of heart disease.

All of this adds up to Green Rooibos Extract being a powerful anti-aging and youth enhancing substance. Its protective and regenerative properties slow the ageing process (particularly with regard to brain function) and allow one to maintain one's youthful appearance for longer.

### CONTRAINDICATIONS AND SIDE-EFFECTS



When used at the recommended dose there are no documented side-effects. There are also no known contraindications or drug interactions. Do not use during pregnancy or while breastfeeding

### FORMS

60 x 350mg vegetarian capsules



# BIG TREE NUTRACEUTICAL

Heal and re-vitalize yourself the natural way  
using the power of African herbal medicine



Big Tree products are available through select health shops and healthcare providers.

[www.bigtreehealth.com](http://www.bigtreehealth.com)

Big Tree Nutraceutical  
PO Box 889, Wilderness, 6560, South Africa  
Tel: 021 782 7675 Fax: 086 680 1482 Email: [info@bigtreehealth.com](mailto:info@bigtreehealth.com)

Information supplied in this guide is not intended to replace the advice of your physician, pharmacist or healthcare professional. Nor is it necessarily meant to indicate that the use of these products is safe, appropriate or effective for you. As with all medicines and supplements, not everything is known about the possible risks, side effects or interactions associated with the use of these herbal products.

Although the herbs and other components used in Big Tree's products enjoy a long recorded history of safe and beneficial use, Big Tree makes no claims relative to the safety or efficacy of its products and does not provide medical advice relative to their use. As with all powerful medicinal products, natural or otherwise, we recommend that you consult your healthcare provider for advice regarding the use of our products.