

A

*to*

Z

A Practical Guide to  
Mineral Element Therapy



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

### *What's the purpose of this guide?*

- To explain why minerals truly are the body's key nutrients.
- To explain the unique features of Active Elements® mineral therapy and client management systems.
- To assist when selecting the most appropriate Active Elements® formulas.

**Please note** - This guide is not an instrument for diagnosis and/or treating disease but rather a traditional use guide that should be used in conjunction with professional healthcare advice.

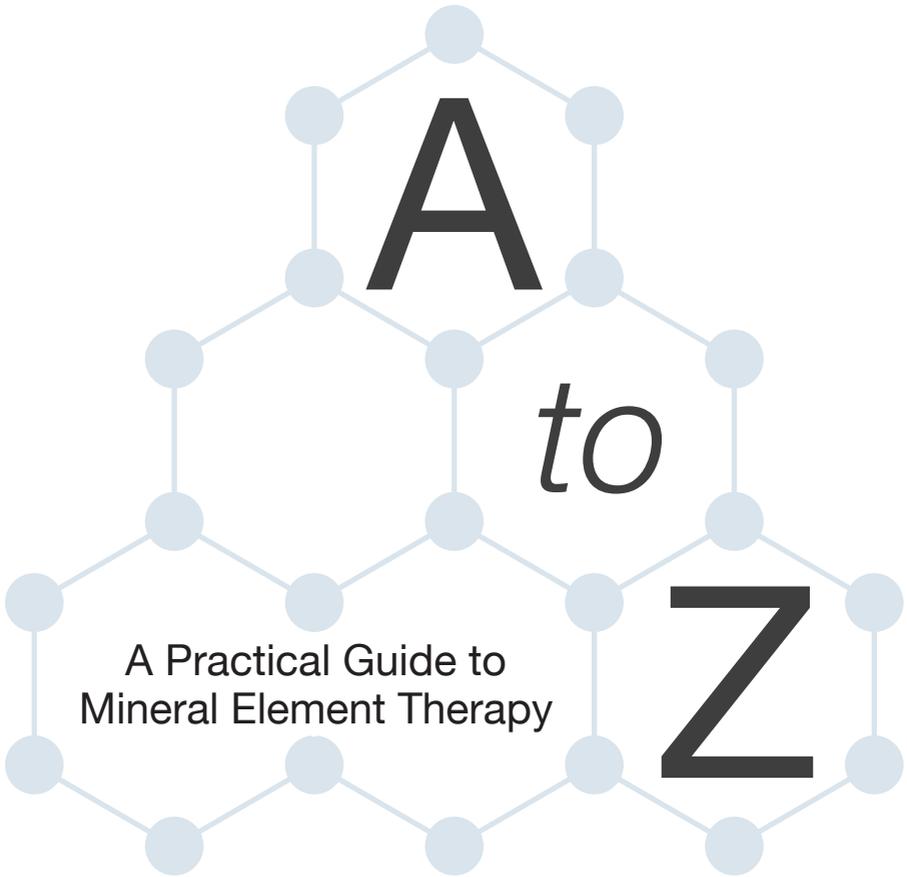
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# What's in this guide?

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# Minerals are the body's key nutrients

Minerals are the structural and biochemical base upon which everything else in the body is built.

Minerals can't be created by the body - they can only be obtained from food and drink.

Minerals are often overlooked when it comes to nutritional supplementation and yet they are essential for thousands of biochemical processes within the body.

Many health issues stem from mineral element imbalances. These imbalances occur for a variety of reasons that affect us all.

- Daily losses as a result of normal metabolism.
- Mental and physical stress.
- Poor or restrictive dietary practices.
- Deficient soils and modern agricultural practices.
- Food processing, transport and storage.
- Pharmaceutical medications.

Mineral imbalances do not usually occur overnight. What emerges first, are vague symptoms that are usually ignored or interpreted as insignificant.

*Rebalance your minerals and get back on track to wellbeing.*

# The Active Elements concept

*The fundamental principle of the Active Elements concept is that mineral imbalances impact adversely on the body's natural state of wellbeing.*

The Active Elements formulas are a combination of low-dose and/or homeopathically prepared mineral compounds. It's this dual-level mineral platform, combined with a lactose and gluten free base, that Active Elements believe is important for better health outcomes.

The 12 mineral compounds used in the Active Elements formulas have been in constant use for many generations. The long history of use of these particular minerals separates this traditional therapy from the multitude of other forms of mineral supplements that are in use today.

## **Special mineral relationships**

We believe that special biochemical relationships exist between the various cation and anion elements. These relationships not only increase the therapy's effectiveness, but also reduce the number of elements and therefore, the number of formulas to be taken.

The Active Elements concept has completely transformed a previously complicated and confusing therapy into one that's readily accessible to a wide range of people, including those who would not normally choose Complementary or Alternative Medicine.

## Choosing the formulas

Formulas can be selected for a client's individual needs in a number of ways:

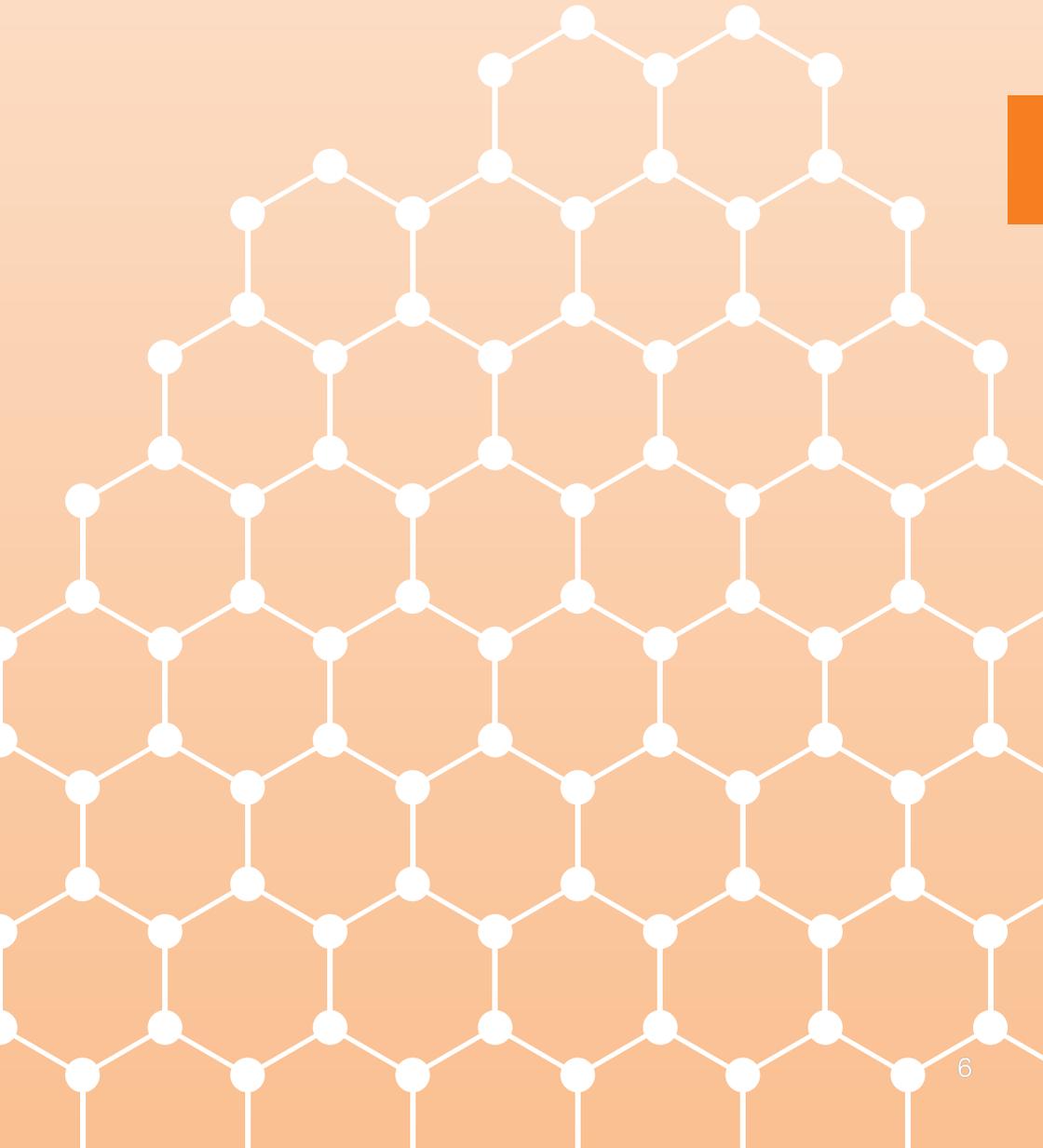
1. The A to Z Health Indications Lookup contained in this guide
2. The online Active Elements assessment system
3. A full understanding of how each mineral works

The online Active Elements assessment system is an advanced computer model that analyses a client's input and chooses 2 formulas. These 2 formulas will embrace all the indicated minerals along with recommendations for taking the formulas and the timing of any follow-up assessments.

The assessment system offers real-time results, reports and there are many consultant-modifiable areas for each client, such as case notes, dose recommendations, review date and lifestyle recommendations. You can even set email reminders for you and/or your client.

The recommended formulas are a 'mineral signature' of the person as a whole, past and present and not necessarily related to whether the person was sick or well at the time of taking the assessment..

All formulas are lactose, gluten, sucrose and animal free.



# The 12 Active Elements minerals

Each Active Elements formula contains a different combination of 12 mineral compounds in their low-dose and/or homeopathically prepared forms. Below you will find a thumbnail sketch of each of these minerals.

These 12 mineral compounds have been in constant use for many generations. This long history of use, separates this traditional therapy from the multitude of other forms of mineral supplements that are in use today.

## **Sodium phosphate (Nat phos)**

Sodium phosphate has been traditionally used to reduce acidity in the tissues. Acidic residue must be removed from the tissues otherwise it causes irritation and ultimately, chemical and degenerative changes. These changes may result in many conditions and symptoms such as; gastric and urinary acidity, gastric reflux, indigestion, dyspepsia, difficulty in digesting fats, gall stones, a cream coating on the tongue, conjunctivitis, thread worms, scalding/burning urine, cystitis, morning sickness, gout, fibrositis, rheumatism and arthritis.

- Sodium phosphate symptoms are worse before and/or during a thunderstorm.

## **Sodium sulfate (Nat sulph)**

Sodium sulfate has been traditionally used to tone and detoxify the liver and to balance body fluids. Examples of a fluid imbalance may include generalised fluid retention in the tissues (Oedema), or the puffy swelling around a joint following injury. It has been traditionally associated with: liver symptoms of biliousness, gall stones, gall colic and vomiting of bile, and/or a greenish-brown coating on the

tongue. Sodium sulfate helps detoxify toxic compounds in the liver. It is also indicated for weepy, vesicular eczema and yellow-green mucus discharges.

- Sodium sulfate symptoms are aggravated by wearing tight clothing around the waist, living or working in a damp environment, damp weather, or during hot, humid weather and/or changeable weather from dry to wet.
- Sodium sulfate symptoms are improved during dry, stable weather and/or by frequently changing body position.

### **Sodium chloride (Nat mur)**

Sodium chloride when prepared homeopathically, has been traditionally used to balance body water. Excessively watery or dry tissues have been seen as an indication for this remedy. Watery or dry mucous membranes such as might occur with a common cold or hay fever, weepy, runny eyes, lips that are dry and crack or cold sores on the lips, fluid retention (oedema), and a craving for salt, are examples of conditions where Sodium chloride 6x may prove helpful.

- Sodium chloride symptoms are aggravated by warmth/heat and/or lying down'
- Sodium chloride symptoms are improved by movement, cold bathing and/or wearing tight clothing.

### **Potassium phosphate (Kali phos)**

Potassium phosphate has been traditionally used to improve physical and mental energy and to relieve nervous tension, stress and mild anxiety. Symptoms of lowered nervous energy, physical and mental exhaustion, nervous headaches from stress, nervous upset stomach, halitosis, poor memory, easily fatigued or weak muscles, nervous irritability, anxiety and insomnia are some of the traditional indications for this remedy.

- Potassium phosphate symptoms are aggravated by; excitement, worry, mental and physical exertion, cold and early morning.
- Potassium phosphate symptoms are improved by; motion, warmth, heat, rest, and eating and/or being in gentle company.

### **Potassium sulfate (Kali sulph)**

Potassium sulfate has been traditionally used to relieve dry, scaly skin disorders such as, psoriasis, eczema and dandruff and to relieve loose, yellow-green mucus congestion that may occur with, sinusitis, rhinitis, flu, nasal colds, coughs, upper respiratory tract infections and bronchitis.

- Potassium sulfate symptoms are aggravated in a warm and stuffy environment.
- Potassium sulfate symptoms are improved by being in cool, fresh, open air.

### **Potassium chloride (Kali mur)**

Potassium chloride when prepared homeopathically, has been traditionally used to relieve mucus congestion and swelling or bruising of the tissues. Localised inflammations or mild infections, such as stuffy head colds, white mucus discharges from the eyes, ears or nose, mouth ulcers, middle ear infections, sore throats and tonsillitis, acne with white heads, boils, are all symptoms and conditions that may be relieved by Potassium chloride.

- Potassium chloride symptoms are aggravated by physical movement, or from eating rich or fatty foods.
- Potassium chloride symptoms are improved by cold applications to affected part and keeping still.

### **Calcium phosphate (Calc phos)**

Calcium phosphate has been traditionally used to strengthen the bones and blood, particularly for growing children who are prone to teething problems, sore throats, tonsillitis, and poor circulation. Children who have an imbalance of Calcium phosphate are often have poor immunity, complain of headaches and pick at their food.

- Calcium phosphate symptoms are aggravated during cold, wet weather or changeable weather and in springtime.
- Calcium phosphate symptoms are improved during warm stable weather.

### **Calcium sulphate (Calc sulph)**

Calcium sulfate has been traditionally used for acne and pustules, to promote the healing of wounds and ulcers with purulent discharges that are thick, lumpy, yellow and often blood-streaked.

It has been traditionally indicated where the body has made an opening or vent for the discharge of pyogenic material and where healing is slow or refuses to take place.

### **Calcium fluoride (Calc fluor)**

Calcium fluoride when prepared homeopathically has been traditionally used to strengthen tooth enamel, tendons, ligaments, joint cartilage, intervertebral discs and veins. It may help cracking, nodular arthritic joints with periarticular degeneration and pain.

Calcium fluoride may help defective tooth enamel, caries and teeth that are loose in their sockets. Skin on the hands (particularly the palms) that is hard, dry and forms cracks and fissures, or blood vessels (particularly veins) with walls that are weak and enlarged are also traditional indications for this remedy.

- Calcium fluoride symptoms are aggravated by rest, and cold changeable weather.

- Calcium fluoride symptoms are improved by moving about, warmth, cold fomentations or rubbing the affected area.

### **Iron phosphate (Ferrum phos)**

Iron phosphate has been traditionally used for acute inflammations and infections, where there is fever, heat and pain, such as colds and flu, tonsillitis, otitis media and other minor infections. It may also help with the episodic inflammatory changes associated with many chronic degenerative conditions, where there is an acute-on-chronic manifestation of pain, redness and swelling of the affected areas.

- Iron phosphate symptoms are aggravated by physical movement and/or heat.
- Iron phosphate symptoms are improved by keeping still and/or cold applications.

### **Magnesium phosphate (Mag phos)**

Magnesium phosphate has been traditionally used for the relief of physical and mental exhaustion, nerve pains and muscular spasms. Examples of conditions where it may be indicated are: stomach or abdominal flatulence and colic; tension headaches; migraine headaches; dysmenorrhoea, (particularly uterine cramping with lower back pain); muscular cramps and spasms anywhere in the body; neuralgia; nervous tics and twitches; sharp, shooting, darting pains and sciatica.

- Magnesium phosphate symptoms are aggravated by cold, cold air, motion, night and light touching.
- Magnesium phosphate symptoms are improved by warmth/ heat, firm pressure or rubbing of the affected area or bending double.

## Silica (Silicea)

Silica has been traditionally used to strengthen the skin, hair, nails and bones. It may be indicated where there is excessive and offensive perspiration, nails that are weak, brittle, split or have white spots; hair that falls out prematurely, or too easily; skin that is sensitive, dry, waxy, pale and unhealthy looking is subject to infection and heals slowly; boils, abscesses and ulcers; weak bones; joint pain associated with degenerative changes; stiff and weak joints.

- Silica symptoms are aggravated by cold draughts, becoming uncovered, during a full moon, or following rest.
- Silica symptoms are improved by covering-up, warmth, or hot humid weather.



# The 9 Active Elements formulas explained

The Active Elements system consists of 2 First-Aid Formulas and 7 Therapy Formulas.

*Note: To see a list of the mineral compounds contained in each formula, please refer to The Active Elements at-a-glance chart.*

The first number of each formula signifies how many minerals are being used in the formula. If there is more than one formula with the same number of minerals, then the 2nd number signifies the formula's position in the series.

## First Aid Formulas

First-Aid formulas are used as-required for symptomatic relief, or where there's a need to reinforce Therapy Formulas.

The First Aid Formulas are:

- Active 2.3 - Example Indications: Improve physical & mental energy and to relieve nervous tension, stress, mild anxiety, menstrual pain, cramps and headaches.
- Active 7.1 - Example Indications: Relieve congestion & fever of minor infections such as, colds, flu, upper respiratory tract infections, glue ear, tonsillitis and hay fever and to relieve the pain, heat, irritation & swelling of localised inflammations.

## Therapy Formulas

Therapy formulas are designed so that the 'mineral signature' of the whole person can be addressed with only two formulas.

The Therapy Formulas are also designed so that there need be no unnecessary duplication any mineral contained within the selected

formulas. This feature acts as a 'fail safe' mechanism to improve outcomes. (i.e. If there's duplication of any mineral - review the selection).

The Therapy Formulas are:

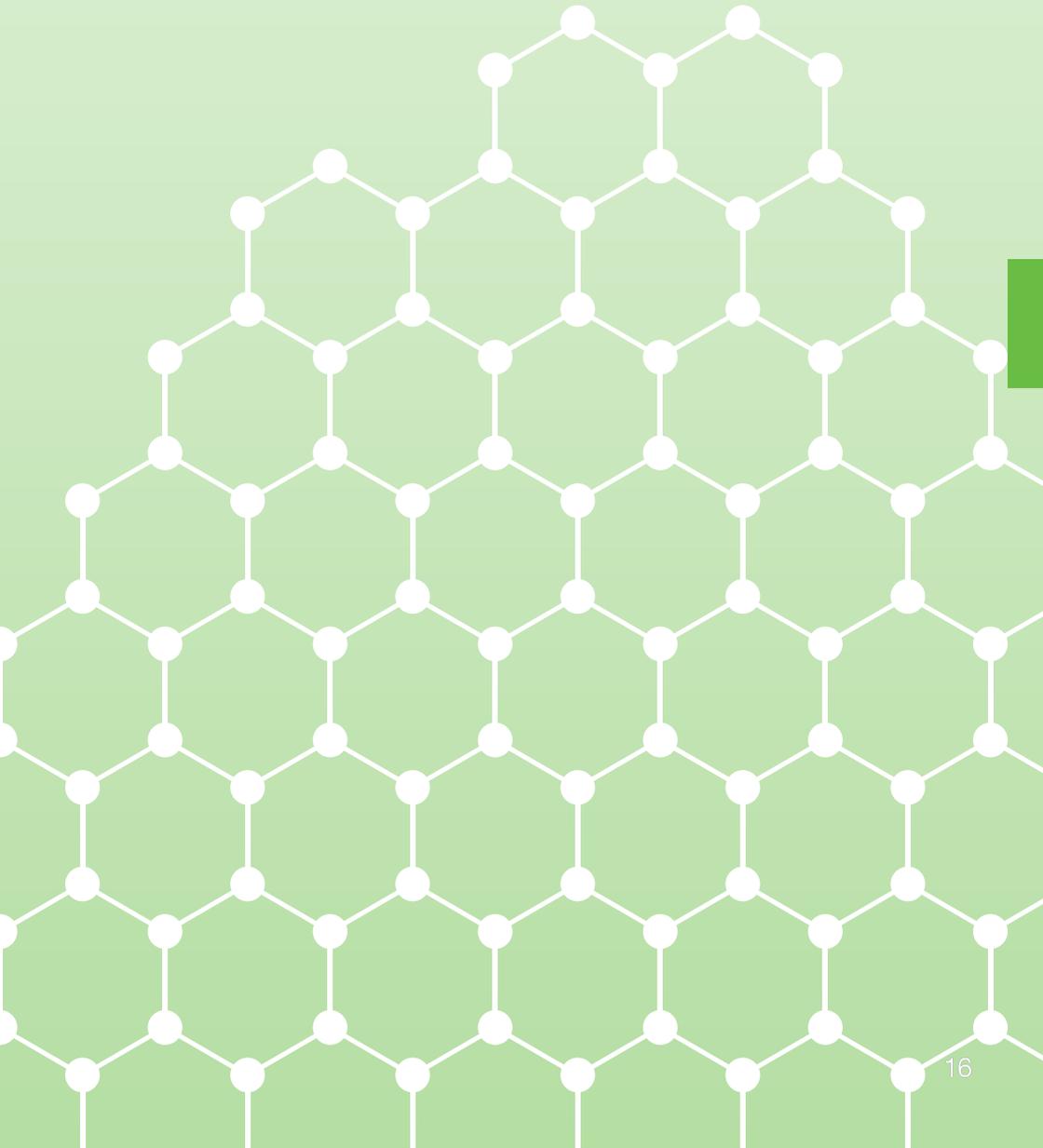
- Active 2.1 - Example Indications: Strengthen the bones, teeth, skin, hair, nails, tendons, ligaments & veins and to relieve the symptoms associated with arthritis or joint weaknesses.
- Active 3.1 - Example Indications: Improve physical & mental energy and to relieve nervous tension, stress, mild anxiety, menstrual pain, cramps, headaches and to reduce tissue acidity.
- Active 3.2 - Example Indications: Skin disorders such as dandruff, eczema & psoriasis and to relieve mucus congestion, sinusitis, cough & upper respiratory tract infections and to reduce tissue acidity.
- Active 4.1 - Example Indications: Congestion, pain, heat, irritation and swelling of minor infections & localised inflammations and to reduce tissue acidity.
- Active 4.2 - Example Indications: Improve physical & mental energy and to relieve nervous tension, stress, mild anxiety, menstrual pain, cramps, headaches and to detoxify the liver and balance body fluids.
- Active 4.3 - Example Indications: Building healthy blood circulation, bones and teeth and to strengthen the skin, hair, nails, tendons, ligaments & veins and to relieve the symptoms associated with arthritis or joint weaknesses.
- Active 5.1 - Example Indications: Congestion, pain, heat, irritation & swelling of minor infections and localised inflammations; and to detoxify the liver and balance body fluids.

The two Therapy Formulas are selected by using one or more of the methods below:

1. The A to Z Health Indications Lookup contained in this guide
2. The online Active Elements assessment system
3. A full understanding of how each mineral works

The online Active Elements assessment system is an advanced computer model that analyses a client's input and chooses two formulas. These two formulas will embrace the indicated minerals along with recommendations for taking the formulas and the timing of any follow-up assessments.

The recommended formulas are a 'mineral signature' of the person as a whole, past and present and not necessarily related to whether the person was sick or well at the time of taking the assessment.



# The Active Elements at-a-glance chart

Product	Active ingredients per tablet*	Traditionally used to:
Active 2.1	Calcium fluoride (6X) • Silicon dioxide (60mg + 6X)	Strengthen the bones, teeth, skin, hair, nails, tendons, ligaments and veins and to relieve the symptoms associated with arthritis or joint weaknesses.
Active 2.3	Magnesium phosphate (100mg + 6X) • Potassium phosphate (60mg + 6X)	Improve physical and mental energy and to relieve nervous tension, stress, mild anxiety, menstrual pain, cramps and headaches.
Active 3.1	Magnesium phosphate (100mg + 6X) • Potassium phosphate (60mg + 6X) • Sodium phosphate (250mg + 6X)	Improve physical and mental energy and to relieve nervous tension, stress, mild anxiety, menstrual pain, cramps, headaches and to reduce tissue acidity.
Active 3.2	Magnesium phosphate (100mg + 6X) • Potassium sulfate (60mg + 6X) • Sodium phosphate (250mg + 6X)	Relieve the symptoms of skin disorders such as psoriasis, eczema and dandruff and to relieve mucus congestion, sinusitis, cough and upper respiratory tract infections and to reduce tissue acidity.
Active 4.1	Iron phosphate (12mg + 6X) • Potassium chloride (6X) • Magnesium phosphate (100mg + 6X) • Sodium phosphate 250mg + 6X)	Relieve the congestion, pain, heat, irritation and swelling of minor infections and localised inflammations and to reduce tissue acidity.
Active 4.2	Magnesium phosphate (100mg + 6X) • Potassium phosphate (60mg + 6X) • Sodium chloride (6X) • Sodium sulfate (200mg + 6X)	Improve physical and mental energy and to relieve nervous tension, stress, mild anxiety, menstrual pain, cramps, headaches and to detoxify the liver and balance body fluids.
Active 4.3	Calcium phosphate (200mg + 6X) • Calcium fluoride (6X) • Iron phosphate (12mg + 6X) • Silicon dioxide (60mg + 6X)	Assist in building healthy blood circulation, bones and teeth and to strengthen the skin, hair, nails, tendons, ligaments and veins and to relieve the symptoms associated with arthritis or joint weaknesses.
Active 5.1	Iron phosphate (12mg + 6X) • Potassium chloride (6X) • Magnesium phosphate (100mg + 6X) • Sodium chloride (6X) • Sodium sulfate (200mg + 6X)	Relieve the congestion, pain, heat, irritation and swelling of minor infections and localised inflammations; and to detoxify the liver and balance body fluids.
Active 7.1	Potassium sulfate (50mg + 6X) • Potassium chloride (6X) • Sodium sulfate (100mg + 6X) • Sodium chloride (6X) • Iron phosphate (10mg + 6X) • Calcium sulfate (15mg + 6X) • Magnesium phosphate (70mg + 6X)	Relieve the congestion and fever of minor infections such as, colds, flu, upper respiratory tract infections, glue ear, tonsillitis and hay fever and to relieve the pain, heat, irritation and swelling of localised inflammations.

\* 6X refers to the homeopathic potency of the ingredient (5mcg)

# Health indications A to Z lookup



Which Active Elements formulas help combat common ailments?

## How to use this A-Z Lookup:

For each of the potential uses outlined in this section it is important to note that the indications are validated through generations of traditional use and not scientific clinical trials. As such, each use should be prefaced by:

- The homoeopathic ingredients in the Active Elements formulas have been traditionally used to assist in the relief of “...” health conditions/symptoms.
- This information is also a general guide for the indications that are specific to set combinations of mineral salts and is not a replacement for professional health advice where your specific circumstances can be considered or reviewed.

If symptoms persist please consult your healthcare professional. Not to be used for children under 2 years of age without medical advice.

The usual labeled dose recommendation for the Active Elements range is 1 tablet twice a day or as recommended by your healthcare professional.

The Active 7.1 is intended for the relief of acute symptoms and is labelled 1 tablet every 2 hours.

*Always read the label and use only as directed.*

# A

## *Aches & pains; muscular*

For temporary relief of muscular aches and pains.

Active 4.1

## *Aching legs*

Assists in the relief of aching legs associated with varicose veins.

Active 4.3

## *Acne*

As an aid in the management of mild to moderate acne

Active 4.1  
(Between outbreaks)

For the symptomatic relief of mild to moderate acne.

Active 7.1  
(During outbreaks)

## *Allergic rhinitis; hay fever*

To help relieve of the symptoms of hayfever and colds such as clear, runny mucus and watery or itchy eyes.

Active 7.1

## *Alopecia*

As an aid in the management of alopecia.

Active 4.3

## *Anxiety, mild, stress & tension*

To help relieve nervous tension, stress, and mild anxiety.

Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

## Arthritis

### Osteoarthritis

#### *Pain*

For the temporary relief of arthritic pain. Active 2.1 + Active 4.1

#### *Inflammation*

May help reduce joint inflammation associated with arthritis. Active 2.1 + Active 4.1

#### *Mobility*

May help increase joint mobility associated with arthritis. Active 2.1 + Active 4.1

#### *Management*

May assist in the management of osteoarthritis. Active 2.1 + Active 4.1

### *Rheumatism*

For the temporary relief of the pain of rheumatism. Active 4.1

# B

## *Boils*

May assist in the symptomatic relief and in combination with the management of boils.

Active 4.3  
(Children &  
Young adults)  
Active 2.1  
(Older adults)

## *Bones; weak*

To assist in strengthening bones, teeth, tendons, joints, veins skin and hair.

Active 4.3

## *Breath; bad*

Helps relieve the symptoms of a dry tongue, dry mouth and bad breath.

Active 2.3

## *Bronchial cough & congestion*

Aids in the temporary relief of cough due to bronchial congestion.

Active 7.1

# C

## *Children*

### *Immune support*

May assist in building healthy blood, bones, teeth and immunity in growing children. Active 4.3

### *Irritable/restless*

To help relieve nervous unrest and irritability. Active 2.3

### *Nervous stomach*

To help relieve the symptoms of nervous stomach upsets. Active 2.3

### *Nerve pain/neuralgia*

To help in the relief of nerve pain/mild neuralgia. Active 2.3

## *Circulation; poor*

To assist in the maintenance of blood flow in the hands, feet and legs. Active 4.3

## *Colds (common)*

For the common cold, there is one formulation that can aid in the treatment, assist in symptom relief and help in reducing the severity and duration. Active 7.1

## *Cold sores*

Assists in the symptomatic relief of cold sores. Active 7.1

## *Colic, flatulence*

To help relieve stomach and abdominal spasms, flatulence and colic. Active 3.1

### *Concentration & memory; poor*

May assist mental alertness, memory and concentration.

Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

### *Congestion; mucus*

To aid in the relief of mucus congestion especially where there is thick white or yellow green discharges.

Active 7.1

### *Cough/congestion; bronchial*

To aid the temporary relief of cough due to bronchial congestion.

Active 7.1

### *Cramps/spasms*

For assistance in the relief of muscular cramps and spasms.

Active 3.1

### *Craving; salt*

To help relieve an excessive craving for salt or salty foods.

Active 4.2

# D

## *Dandruff*

To assist in the treatment of dandruff. Active 3.2

## *Digestion*

### *Colic/spasms*

To help relieve stomach and abdominal spasms, flatulence and colic. Active 3.1

### *Flatulence*

To assist in the treatment of flatulence. Active 4.1

### *Gastritis*

To assist in the relief of the symptoms/pain/discomfort of gastritis. Active 4.1

### *Indigestion*

To help relieve indigestion/heartburn/reflux. Active 4.1

### *Reflux*

To help relieve indigestion/heartburn/reflux. Active 4.1

## *Detox; liver:*

To assist in toning / detoxifying the liver and/or to help balance body fluids and aid digestion. Active 7.1

### *Dry mouth, bad breath*

For help in relieving the symptoms of a dry tongue, dry mouth and bad breath.

Active 2.3

### *Dry*

#### *Skin*

For the symptomatic relief of dry skin or to aid the treatment of dry or inflamed skin conditions.

Active 2.1 (Adults)  
Active 4.3 (Children)

#### *Tissues/membranes, excessively dry*

To help relieve excessively watery or dry tissues and membranes.

Active 5.1

#### *Tongue, mouth:*

To help relieve the symptoms of a dry tongue, dry mouth and bad breath.

Active 2.3

#### *Vagina, dry sore:*

To assist in the relief of dryness and soreness of the vagina.

Active 5.1

#### *Dysmenorrhoea*

As an aid in the relief of menstrual cramps and pain.

Active 4.2

# E

## Ears

### *Glue ear (Otitis media)*

To aid in the management and/or symptomatic relief of glue ear.

Active 7.1

To aid in the symptomatic relief of itchy ears.  
Minor infections of the ear, nose, throat & respiratory tract

Active 4.1

To assist in the relief of symptoms of glue ear, rhinitis, sinus pain, sore throats and mild upper respiratory tract infections.

Active 7.1

## Eczema

To aid in the management and/or symptomatic relief of eczema

Active 3.2  
(Between outbreaks)  
Active 7.1  
(During outbreaks)

## Edema

To assist in the relief of fluid retention.

Active 4.2



*Endurance/Performance sport  
(lactic acid in muscles and tissues)*

To help reduce the build-up of lactic acid in the muscles and tissues.

Active 3.1  
(Before/during muscular activity)

Active 4.1  
(Immediately after muscular activity)

*Eyes*

*General*

For help in the Maintenance of healthy eyes.

Active 4.1

*Sore, red and inflamed*

For help in the relief from superficial eye problems such as sore, red and inflamed eyes.

Active 4.1

*Watery or itchy*

For help in assist the relief of watery or itchy eyes.

Active 7.1

*Excessive and/or offensive perspiration*

For assistance in the relief of excessive and/or offensive perspiration.

Active 2.1 (Adults)  
Active 4.3 (Children)

# F-G

## *Fatigue, lethargy*

To help relieve fatigue and lethargy. Active 3.1

## *Flatulence*

To assist in the treatment of flatulence. Active 4.1

## *Flu & colds*

For the common cold, there is one formulation that can aid in the treatment, assist in symptom relief and help in reducing there severity and duration. Active 7.1

## *Fluid retention*

To assist in the relief of fluid retention. Active 4.2

## *Gastric reflux*

To help relieve indigestion/heartburn/reflux. Active 4.1

## *Gastritis*

To assist in the relief of the symptoms/ pain/discomfort of gastritis. Active 4.1

## *Glue ear. Otitis media (with effusion)*

To aid in the management and/or symptomatic relief of glue ear. Active 7.1

# H

## *Hair*

### *Alopecia*

May assist in the management of alopecia. Active 4.3

### *Dandruff*

To assist in the treatment of dandruff. Active 3.2

### *Weak, splits*

To help strengthen the skin, hair and nails. Active 4.3.

## *Halitosis, dry mouth, bad breath*

Helps relieve the symptoms of a dry tongue, dry mouth and bad breath. Active 2.3

## *Hay fever; allergic rhinitis*

To help relieve of the symptoms of hayfever including watery, itchy eyes and clear, runny mucus. Active 7.1

## *Headaches*

*(With all types of headaches and pain, it is important to consult your healthcare practitioner if symptoms persist.)*

### *Migraine*

As an aid in the temporary relief of migraine headaches and/or to help manage and reduce the frequency of migraines.

Active 4.2 (Women)  
Active 3.1 (Men)

### *Neuralgic*

To aid in the temporary relief of mild neuralgic headache.

Active 4.2 (Women)  
Active 3.1 (Men)

### *Tension*

To aid in the management and/or symptomatic relief of tension headache.

Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

## *Healing; ulcerations, wounds*

To assist the healing of wounds and ulcerations.

Active 7.1

## *Heartburn, indigestion, gastric reflux*

To help relieve indigestion/heartburn/reflux.

Active 4.1

## *Herpes; cold sores*

For assistance in the symptomatic relief of cold sores.

Active 7.1

### *Immune support; children*

To help in supporting healthy immune function in growing children. Active 4.3

### *Indigestion, heartburn, gastric reflux*

To help relieve indigestion/heartburn/reflux. Active 4.1

### *Infections; minor infections of the ear, nose, throat and respiratory tract*

As an aid in the management and/or aid in the symptomatic relief of mild cases of upper respiratory tract infection, glue ear, rhinitis, sinusitis and sore throats. Active 7.1

### *Inflammation*

To help in the relief the congestion, pain, heat, irritation and swelling of minor infections and inflammations. Active 7.1

### *Irritability/unrest; nervous*

To help in the relief of nervous unrest and irritability. Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

### *Itchy or watery eyes*

As an aid in the relief of watery or itchy eyes. Active 7.1

# J

## Joint

### Osteoarthritis

#### *Pain*

For the temporary relief of arthritic pain. Active 2.1 + Active 4.1

#### *Inflammation*

May help reduce joint inflammation associated with arthritis. Active 2.1 + Active 4.1

#### *Mobility*

May help increase joint mobility associated with arthritis. Active 2.1 + Active 4.1

#### *Management*

May assist in the management of osteoarthritis. Active 2.1 + Active 4.1

### Rheumatism

For the temporary relief of the pain of rheumatism. Active 4.1

# K-L

## *Lactic acid in muscles and tissues*

To help reduce the build-up of lactic acid in the muscles and tissues.

Active 3.1  
(Before/during  
muscular activity)

Active 4.1  
(Immediately after  
muscular activity)

## *Legs; ache*

Assists in the relief of aching legs associated with varicose veins.

Active 4.3

## *Lethargy/Fatigue*

To help relieve fatigue and lethargy.

Active 3.1

## *Ligaments; weak*

To assist in strengthening tendons and joints.

Active 4.3

## *Liver; tone & detox*

To assist in toning/detoxifying the liver and/or to help balance body fluids and aid digestion.

Active 7.1

# M

## *Membranes/Tissues; excessively dry or wet*

For the relief of excessively watery or dry tissues and membranes.

Active 5.1

## *Memory/Concentration; poor*

For assistance in supporting mental alertness, memory and concentration.

Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

## *Menstruation*

### *Cramps & Pain*

As an aid in the relief of menstrual cramps and pain

Active 4.2

### *Mood swings*

For symptomatic relief of PMS such as, mild anxiety, irritability and mood swings.

Active 4.2

## *Migraine headaches*

As an aid in the temporary relief of migraine headaches and/or to help manage and reduce the frequency of migraines.

Active 4.2 (Women)  
Active 3.1 (Men)

Dosage consideration: Chew Active 2.3 with hot water as soon as possible when early stage sensory disturbances begin.



### *Mouth dry, bad breath*

For help in relieving the symptoms of a dry tongue, dry mouth and bad breath.

Active 2.3

### *Mouth ulcers*

For help in the relief of mouth ulcers.  
Dosage considerations: Chew and bring in contact with ulcer

Active 7.1

### *Mood swings*

To aid in the relief of mild anxiety, irritability and mood swings (including PMS related symptoms).

Active 4.2 (Women)  
Active 3.1 (Men)

### *Mucus Congestion*

To aid in the relief of mucus congestion especially where there is thick white or yellow green discharges.

Active 7.1

### *Muscle aches & pains*

For the temporary relief of muscular aches and pains.

Active 4.1

# N

## *Nails; weak*

To help strengthen the skin, hair and nails. Active 4.3

## *Nerves; pain*

To help in the relief of nerve pain/mild neuralgia. Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

## *Nervous anxiety, mild, stress & tension*

To help relieve nervous tension, stress and mild anxiety. Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

## *Nervous stomach*

To help relieve the symptoms of nervous stomach upsets, mild abdominal spasms, flatulence and colic. Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

## *Neuralgia*

To help in the relief of nerve pain/mild neuralgia. Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

## *Nose; minor infections of the nose, ear, throat and respiratory tract*

As an aid in the management and/or aid in the symptomatic relief of mild cases of upper respiratory tract infection, glue ear, rhinitis, sinusitis and sore throats. Active 7.1



### *Oedema*

To assist in the relief of fluid retention. Active 4.2

### *Offensive and/or excessive perspiration*

For assistance in the relief of excessive and/or offensive perspiration. Active 2.1 (Adults)  
Active 4.3 (Children)

### *Osteoarthritis*

#### *Pain*

For the temporary relief of arthritic pain. Active 2.1 + Active 4.1

#### *Inflammation*

May help reduce joint inflammation associated with arthritis. Active 2.1 + Active 4.1

#### *Mobility*

May help increase joint mobility associated with arthritis. Active 2.1 + Active 4.1

#### *Management*

May assist in the management of osteoarthritis. Active 2.1 + Active 4.1

### *Otitis media (with effusion). Glue ear*

To aid in the management and/or symptomatic relief of glue ear. Active 7.1

# P

## *Pain; muscles*

For the temporary relief of muscular aches and pains.

Active 4.1

## *Pain; nerves*

To help in the relief of nerve pain/mild neuralgia.

Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

## *Performance/Endurance sport (lactic acid in muscles and tissues)*

To help reduce the build-up of lactic acid in the muscles and tissues.

Active 3.1  
(Before/during muscular activity)  
  
Active 4.1  
(Immediately after muscular activity)

## *Periods*

### *Cramps & pain*

As an aid in the relief of menstrual cramps and pain.

Active 4.2

### *Mood swings*

For symptomatic relief of PMS such as, mild anxiety, irritability and mood swings.

Active 4.2

### *Perspiration, excessive and/or offensive*

For assistance in the relief of excessive and/or offensive perspiration.

Active 2.1 (Adults)  
Active 4.3 (Children)

### *Pimples; acne*

As an aid in the management of mild to moderate acne.

Active 4.1 (Between outbreaks)

For the symptomatic relief of mild to moderate acne.

Active 7.1 (During outbreaks)

### *PMS*

#### *Cramps & Pain*

As an aid in the relief of menstrual cramps and pain.

Active 4.2

#### *Mood swings*

For symptomatic relief of PMS such as, mild anxiety, irritability and mood swings.

Active 4.2

### *Poor*

#### *Circulation*

To assist in the maintenance of blood flow in the hands, feet and legs.

Active 4.3

#### *Memory/Concentration*

For assistance in supporting mental alertness, memory and concentration.

Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

## *Psoriasis*

For assistance in the management  
and/or symptomatic relief of psoriasis.

Active 3.2  
(Between episodes)

Active 7.1  
(During episodes)

# Q-R

## *Reflux, indigestion, heartburn*

To help relieve indigestion/heartburn/reflux. Active 4.1

## *Respiratory; minor infections of respiratory tract, ear, nose & throat*

As an aid in the management and/or aid in the symptomatic relief of mild cases of upper respiratory tract infection, glue ear, rhinitis, sinusitis and sore throats. Active 7.1

## *Rhinitis, allergic; hay fever*

To help relieve of the symptoms of hayfever including watery, itchy eyes and clear, runny mucus. Active 7.1

## *Rheumatism*

For the temporary relief of the pain of rheumatism. Active 4.1

# S

## *Salt; craving*

To help relieve an excessive craving for salt or salty foods. Active 4.2

## *Scalp*

### *Alopecia*

As an aid in the management of alopecia. Active 4.3

### *Dandruff*

To assist in the treatment of dandruff. Active 3.2

### Hair, weak, splits

To help strengthen the skin, hair and nails. Active 4.3.

## *Sinusitis*

To help in the management of sinusitis. Active 3.2  
(Between episodes)

For the symptomatic relief of sinusitis and sinus pain. Active 7.1  
(During episodes)

## *Skin*

### *Acne*

As an aid in the management of mild to moderate acne. Active 4.1 (Between outbreaks)

For the symptomatic relief of mild to moderate acne. Active 7.1 (During outbreaks)

*Dry*

For the symptomatic relief of dry skin or to aid the treatment of dry or inflamed skin conditions.

Active 2.1 (Adults)  
Active 4.3 (Children)

*Eczema*

To aid in the management and/or symptomatic relief of eczema.

Active 3.2  
(Between outbreaks)

Active 7.1  
(During outbreaks)

*Psoriasis*

For assistance in the management and/or symptomatic relief of psoriasis.

Active 3.2  
(Between episodes)

Active 7.1  
(During episodes)

*Sore throat*

For the symptomatic relief of sore throat.

Active 7.1

*Spasms/Cramps*

For assistance in the relief of muscular cramps and spasms.

Active 3.1

*Sport: Performance/Endurance  
(lactic acid in muscles and tissues)*

To help reduce the build-up of lactic acid in the muscles and tissues.

Active 3.1  
(Before/during  
muscular activity)

Active 4.1  
(Immediately after  
muscular activity)

*Stomach Pain; nervous*

To help relieve the symptoms of nervous stomach upsets, mild abdominal spasms, flatulence and colic.

Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

*Strengthen; bones, teeth, tendons, ligaments,  
joints, veins and skin*

To assist in strengthening bones, teeth, tendons, joints, veins skin and hair.

Active 4.3

*Stress, tension, anxiety*

To help relieve nervous tension, stress, and mild anxiety.

Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

*Swelling; tissues*

To assist in the relief of fluid retention.

Active 4.2

# T

## *Teeth; weak*

To assist in strengthening bones and teeth. Active 4.3

## *Tendons; weak*

To assist in strengthening tendons, joints, veins and skin. Active 4.3

## *Tension headaches*

To aid in the management and/or symptomatic relief of tension headache. Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

## *Tension, mild anxiety & stress*

To help relieve nervous tension, stress, and mild anxiety. Active 4.2 (Women)  
Active 3.1 (Men)  
Active 2.3 (Children)

## *Throat; minor infections of throat, nose, ear & respiratory tract*

As an aid in the symptomatic relief of sore throats, mild cases of upper respiratory tract infection, glue ear, rhinitis and sinusitis. Active 7.1

## *Tiredness; lethargy/fatigue*

To help relieve fatigue and lethargy. Active 3.1

*Tissues/Membranes; excessively dry or wet*

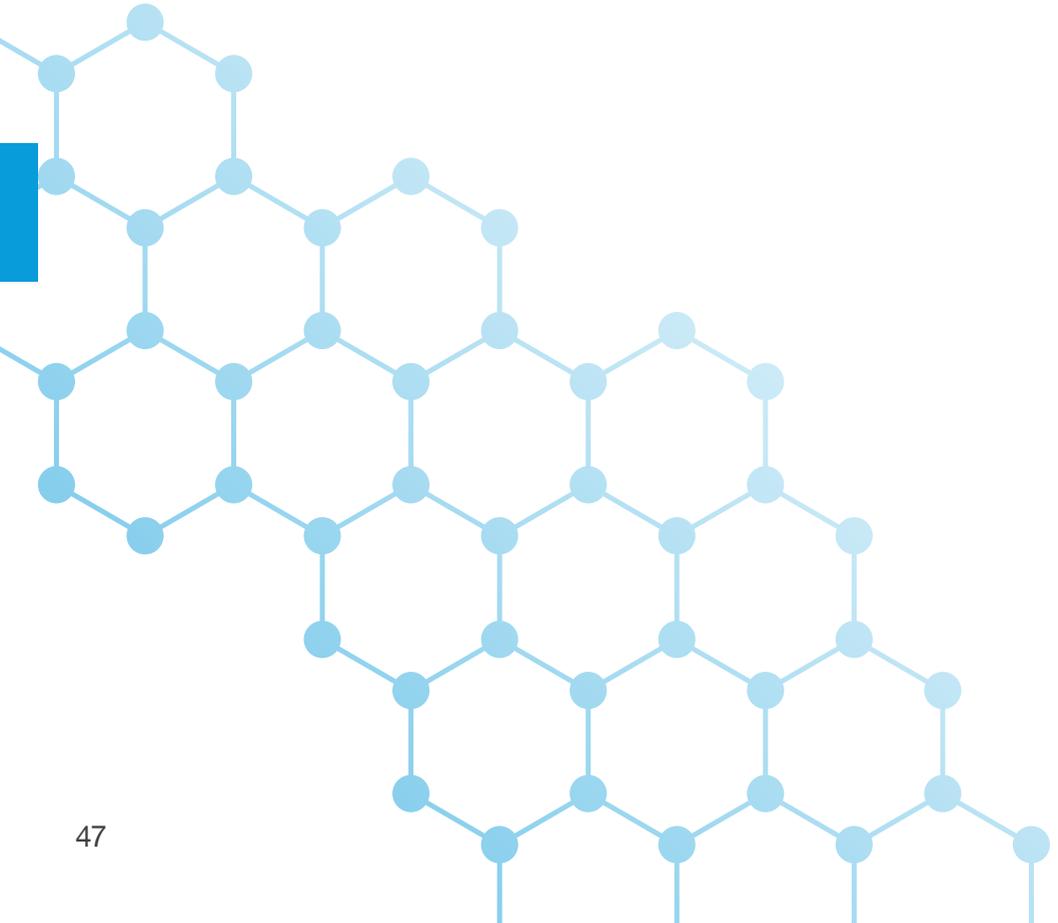
For the relief of excessively watery or dry tissues and membranes.

Active 5.1

*Tongue; dry, bad breath*

For help in relieving the symptoms of a dry tongue, dry mouth and bad breath.

Active 2.3



# U-Z

## *Ulcers; mouth*

For help in the relief of mouth ulcers. Active 7.1  
Dosage considerations: Chew and bring in contact with ulcer

## *Ulcerations & wounds; healing*

To assist the healing of wounds and ulcerations. Active 7.1

## *Vagina; dry/sore*

To assist in the relief of dryness and soreness of the vagina. Active 5.1

## *Varicose veins*

Assists in the relief of aching legs associated with varicose veins. Active 4.3

## *Watery or itchy eyes*

For help in assist the relief of watery or itchy eyes. Active 7.1

## *Weak: hair, nails or bones*

To help strengthen the skin, hair and nails. Active 4.3.

## *Wounds & ulcerations; healing*

To assist the healing of wounds and ulcerations. Active 7.1

# Taking the Active Elements formulas

The labeled dose instructions should always be followed, unless altered by a health care professional.

Try to follow the recommended doses and times as closely as possible – the results are better when you get into a routine and stick to it.

Tablets can be chewed, crushed or swallowed. The chewing option is recommended because it brings the ingredients into contact with the lining of the mouth, resulting in faster absorption.

All Active Elements formulas are lactose, gluten and animal free and are therefore suitable for vegans and vegetarians.

## Children

Children **MUST** always chew the formulas, or they can be crushed and mixed in food or drink if taste is an issue.

The labelled children's dose of Active Elements formulas varies between full adult dose and half dose. This is because a child's need for some minerals is the same, or even greater than an adult.

The Active Elements formulas, Active 3.2 and Active 7.1 are not suitable for children under the age of 2 years, unless directed by a health care professional. This is not because the minerals contained in the formulas are considered harmful, but rather that because these formulas may be used for the symptoms of colds and flu, a medical assessment of the child should be obtained first.

## **Pregnant women & babies**

The minerals utilised in the Active Elements formulas are generally considered beneficial for children and pregnant, or breast feeding mothers.

Active 3.2 and Active 7.1 are not suitable for babies, unless directed by a health care professional. This is not because the minerals contained in the formulas are considered harmful, but rather that because these formulas may be used for the symptoms of colds and flu, a medical assessment of the child should be obtained first.

## **Combining the Active Elements formulas with other medications**

Medically prescribed drugs should not be abandoned and guidance from a health care professional is recommended if Active Elements formulas are to be combined with other medications.

The low-dose minerals contained in the Active Elements formulas are not known to be incompatible with most drug therapies and/or conditions and therefore extremely unlikely to be of concern, but it's always wise to check with a health care professional first. Please also read the Active Elements labels for mandatory precautions or warnings that may affect your situation.

## **Communication counts**

Clinical results are proven to be better when clients and health professionals communicate.

Always read the label and use only as directed.

If symptoms persist you should seek advice from a health care professional.

# Online client assessment

Health Care Professionals can register on our website and start using our unique, sophisticated and yet easy to use Mineral Assessment tool within minutes.

The online Active Elements Assessment tool is an advanced computer model that analyses a client's input and chooses two formulas. These two formulas will embrace the indicated minerals along with recommendations for taking the formulas and the timing of any follow-up assessments.

The recommended formulas are a 'mineral signature' of the person as a whole, past and present and not necessarily related to whether the person was sick or well at the time of taking the assessment.

The assessment system offers real-time results and reports. There are many consultant-modifiable areas for each client, such as case notes, dose recommendations, review date and lifestyle recommendations. You can even set email reminders for you and/or your client.

Web assessments can be completed or accessed from any location where there is an Internet connection (our 'remote access' feature) and always via a secure password controlled and encrypted connection. Assessments are stored on our secure servers and can be compared with each other so that detailed and helpful information can be used in client management.

# Online client management

Health Care Professionals can register on our website and be using our unique and FREE Client and Business Management tools within minutes.

Active Elements is a 'turn-key' business opportunity; it's a business-in-a-box and it's FREE.

Active Elements client management system can even manage a 'no walls', 'no borders' and 'no stock' business. Only Active Elements offers this 'nomad business' possibility.

Active Elements systems offer real-time results and reports. There are many consultant-modifiable areas for each client, such as case notes, dose recommendations, review date, lifestyle recommendations and you can even set email reminders for your business and/or your client.

Active Elements systems allow a business to operate multiple linked businesses. Each business has its own access to our multi-user business concept, on-line assessment processor, client management and reporting tools and our remote access technologies.

Businesses can login to their web account and manage their clients from anywhere in the world and always via a secure password controlled and encrypted connection.

Active Elements releases professionals from the conventional fee-for-service business model by automatically generating passive income. This means that you're in fact creating two businesses simultaneously: one for while you're still working and the other one for when you've retired!

# About Active Elements Pty Ltd

## Who we are — what we do — and what we believe in

Active Elements Pty Ltd is a registered Australian Company (ABN 21 099 009 800) and is based in Melbourne, Australia.

Our formulas are manufactured in Australia from premium quality raw materials that are only sourced from leading Australian, European or North American suppliers.

All Active Elements formulas are listed with the Therapeutic Goods Administration of Australia (TGA) and entered onto the Australian Register of Therapeutic Goods (ARTG).

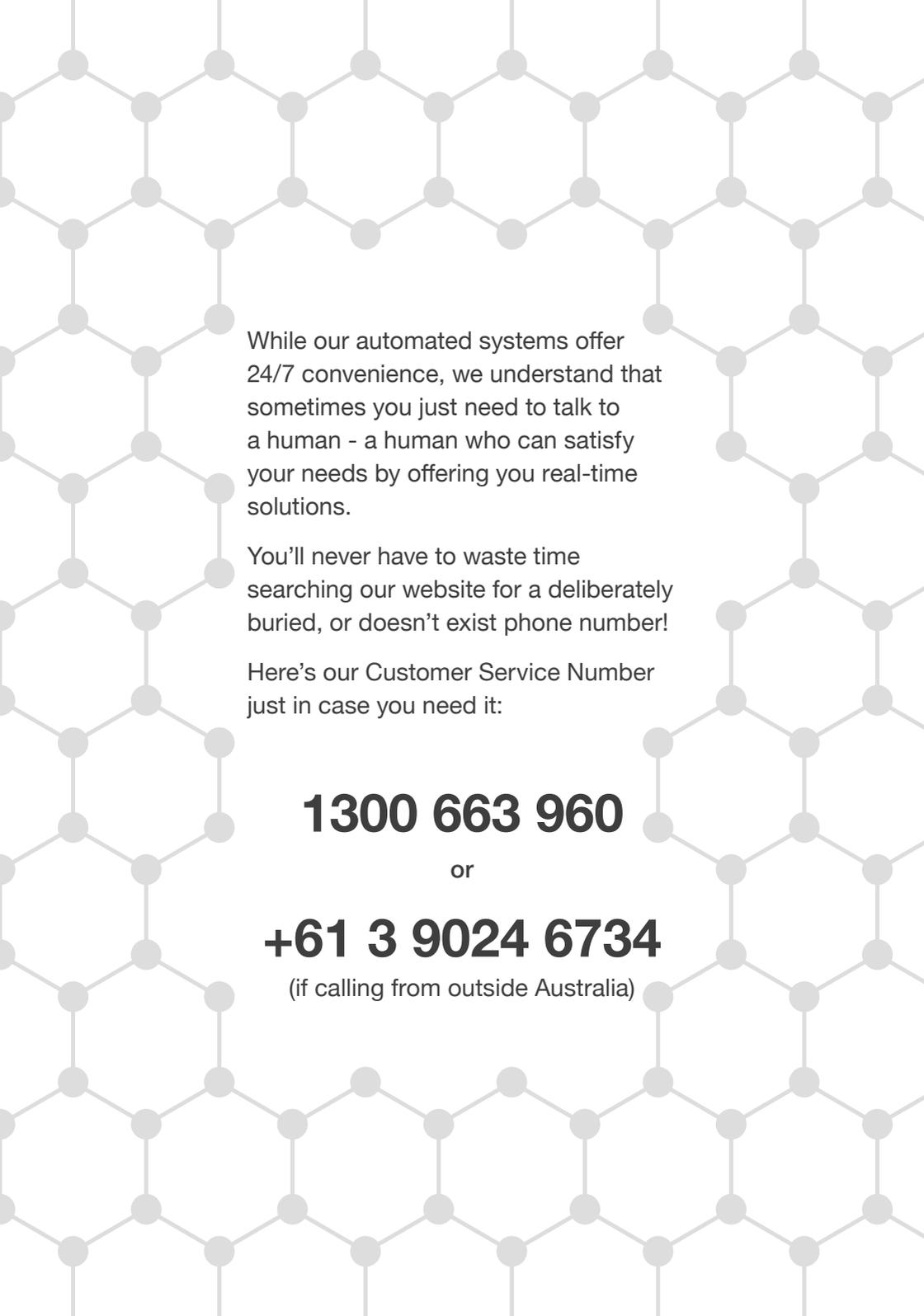
They are:

- Lactose free
- Gluten free
- Sucrose free
- Animal free

At Active Elements Pty Ltd our focus is people, not things!

It's all about the person...

and, isn't that you?



While our automated systems offer 24/7 convenience, we understand that sometimes you just need to talk to a human - a human who can satisfy your needs by offering you real-time solutions.

You'll never have to waste time searching our website for a deliberately buried, or doesn't exist phone number!

Here's our Customer Service Number just in case you need it:

**1300 663 960**

or

**+61 3 9024 6734**

(if calling from outside Australia)

*Minerals are a  
body's best friend*

**Australia**

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