**WHERE TO BUY SWITZERLAND SOUTH AFRICA**

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| Pelargonium | Various tinctures available at pharmacies. | Various tinctures available at pharmacies and health shops. |
| Echinacea | Ceres Echinacea, 3X5 drops.Available at pharmacies. | Solgar Echinacea- Goldenseal-Cats Claw- complex 3x2 daily.Available at [www.count2ten.co.za](http://www.count2ten.co.za)Or Echinaforce – at pharmacies, clicks or health shops. |
| Euphorbium Nasal Spray | Euphorbium Nasal Spray from Heel.Available at pharmacies. | Euphorbium Nasal Spray –use 3-5X per day, especially before bed/at night. Available at pharmacies and health shops. |
| Tea tree oil | Readily available at various shops. | Readily available.Also: Soil Tea Tree oil at [www.count2ten.co.za](http://www.count2ten.co.za) |
| Pelargonium throat spray | Ask your pharmacist. In Zürich: Bellevue pharmacy. | Not readily available. Ask your pharmacist or at your health shop. |
| Vinceel throat spray | Heel product: Vinceel throat spray.Available at pharmacies. | Vinceel thoat spray, 3-5x per day.Available at pharmacies or health shops. |
| Bromelain/Enzymes | Traumanase / Wobenzym. Not always available. Ask your pharmacist. | VRP Unizyme – take 2x2 or up to 3x2 on an empty stomach for acute pain/inflammation of the throat or ears.Available at [www.count2ten.co.za](http://www.count2ten.co.za) |

**Please note, the information provided above is for educational purposes only and is not intended as either diagnosis or treatment of any disease, nor does it replace professional medical advice.**