



## DID YOU KNOW...

Lennon Medicines are a range of home remedies that have been treating everyday ailments of South African families for over a hundred years. You and your family can now benefit from the tried and tested heritage of Lennon Medicines.



### SOME OF THE INGREDIENTS USED IN THE LENNON MEDICINES:

- Cape Aloes** - acts as a powerful laxative and in small dosages it is an excellent digestive tonic.
- African Ginger** - good for nausea and colic. Helps prevent griping, relieves indigestion and flatulence.
- Rhubarb** - a bitter, astringent, cooling herb that improves digestion, promotes healing and acts as a strong laxative.
- Camphor** - stimulates the circulation and nervous system, reduces inflammation, relieves pain and muscular spasm.
- Lavendar** - relaxes spasms, promotes digestion, stimulates the circulation and has an anti-depressant effect.
- Rosemary** - works on the circulation and nervous system and relieves digestive problems associated with anxiety.
- Nutmeg** - acts as a warming digestive tonic and is useful to relax spasms.
- Peppermint** - relieves indigestion and intestinal colic. Also tones the liver, aids digestion, soothes the nerves and relieves pain.
- Clove** - used for digestive upsets, diarrhoea, bronchitis and notably for toothache.
- Liquorice** - an anti-inflammatory and expectorant, also controls coughing.

Yesterday's wisdom. Today's health



## THE HEAD



### CONGESTION & COLDS

#### Menthorub

For the symptomatic relief of nasal congestion and colds. Can also be used as a body rub for sore, aching muscles.

#### Directions for use:

*For relief of common cold symptoms:* Rub half a medicine measureful (2,5 ml) ointment onto the chest, neck or between the shoulders twice daily. Avoid applying ointment into the nostrils or eyes.

*For relief of tight chest:* Add one to two medicine measures (5 ml – 10 ml) ointment to a bowl of hot water and inhale the steam vapours as required or twice daily. Inhale vapours for at least two minutes. Discard after use.

*For relief of sore muscles :* Rub ointment generously into the affected area twice daily.



### COLDS, FEVER & DIZZINESS

#### Witdulsies

Treatment of colds and fever.  
Also useful in cases of dizziness.

#### Dosage and Directions for use:

##### NOT FOR USE IN CHILDREN.

*Adults: For colds:* Take half a medicine measure (2,5 ml) in a wineglassful of water three times a day.

*For dizziness:* Take one (5 ml) medicine measure in a wineglassful of water.

### TOOTHACHE

#### Naeltjie-olie

For the relief of toothache.



#### Dosage and Directions for use:

*For toothache:* Apply a few drops onto a piece of cotton wool and plug it into the affected tooth.



If you suffer from ailments of the chest, Lennon has a range of products to choose from...

## THE CHEST



### MILD ASTHMA

#### Witdulsies

Useful for mild asthma attacks, as well as for the treatment of colds and fever.

**Dosage and Directions for use:**

**NOT FOR USE IN CHILDREN.**

*Adults: For colds:* Take half a medicine measure (2,5 ml) in a wineglassful of water three times a day.

*For asthma and dizziness:* Take one (5 ml) medicine measure in a wineglass of water.



### BRONCHITIS, CROUP, COUGHS

#### Borsdruppels

Relieves coughing, croup and bronchitis in adults and children.

**Dosage and Directions for use:**

*Adults:* One to two 5 ml medicine measures.

*Children:* 1,0 – 1,5 ml (15 to 20 drops). Three times a day, in water, tea or honey.



### COUGHS, BRONCHITIS.

#### Turlington

For the symptomatic treatment of coughs and chronic bronchitis.

**Dosage and Directions for use:**

**NOT FOR USE IN CHILDREN.**

*As an expectorant:* Half to one medicine measure (2,5 – 5,0 ml) two or three times daily. Since Turlington cannot be mixed with other liquids, it is usually taken with sugar or egg yolk.





## THE CHEST



### COUGHS

#### Lennon Cough Mixture

Relieves coughing.

Suitable for adults and children from 6 years.

#### Dosage and Directions for use:

To be taken every 4 hours.

*Adults:* Two to four medicine measures (10 – 20 ml)

*Children 6 – 12 years:* One to two medicine measures (5 – 10 ml)



### COUGHS

#### Lennon Cough Mixture Honey

Relieves coughing and loosens phlegm.

Sugar and alcohol free.

Suitable for adults and children from 2 years.

#### Dosage and Directions for use:

To be taken every 4 hours. *Adults and children 12 years and older:* 10 – 20 ml. Do not exceed 120 ml in 24 hours

*Children 6 – 12 years:* 5 – 10 ml. Do not exceed 60 ml in 24 hours

*Children 2 – 6 years:* 2.5 – 5 ml. Do not exceed 30 ml in 24 hours



### COUGHS

#### Lennon Cough Mixture Orange

Relieves coughing and loosens phlegm.

Sugar and alcohol free.

Suitable for adults and children from 2 years.

#### Lennon Cough Mixture Orange

#### Dosage and Directions for use:

To be taken every 4 hours. *Adults and children 12 years and older:* 10 – 20 ml. Do not exceed 120 ml in 24 hours

*Children 6 – 12 years:* 5 – 10 ml. Do not exceed 60 ml in 24 hours

*Children 2 – 6 years:* 2.5 – 5 ml. Do not exceed 30 ml in 24 hours



### SORE/ACHING MUSCLES

#### Menthorub

For the symptomatic relief of nasal congestion and colds.

Can also be used as a body rub for sore, aching muscles.

#### Directions for use:

*For relief of common cold symptoms:* Rub half a medicine measureful (2.5 ml) ointment onto the chest, neck or between the shoulders twice daily. Avoid applying ointment into the nostrils or eyes.

*For relief of tight chest:* Add one to two medicine measures (5 ml – 10 ml) ointment to a bowl of hot water and inhale the steam vapours as required or twice daily. Inhale vapours for at least two minutes. Discard after use.

*For relief of sore muscles:* Rub ointment generously into the affected area twice daily.



## THE STOMACH



INDIGESTION,  
FLATULENCE /  
WIND, STOMACH  
ACHES, GENERAL  
DISCOMFORT

**Stuijdruppels  
(saamgestelde)**  
For flatulence,  
gripes and colic.

**Dosage and Directions for use:**

**NOT FOR USE IN CHILDREN.**

*Adults:* 5 to 10 ml (1 to 2 medicine measures) when required.



INDIGESTION,  
FLATULENCE /  
WIND, STOMACH  
ACHES

**Rooilaventral**

Aids in the relief of winds,  
indigestion and associated  
stomach aches.

**Dosage and Directions for use:**

*Adults:* One (5 ml) medicine measure in water every half an hour until relief is obtained. *Children:* 10 drops (0,5 ml) in a little sweetened water, when necessary.



**Lewensessens**

‘Essence of Life’

Suitable for use by adults and children.

**Adults:** constipation or stomach disorders resulting from incorrect or excessive eating or drinking.

**Children:** Distended stomach, constipation, stomach cramps.

**Dosage and Directions for use:**

*Adults:* One medicine measure (5 ml) taken night and morning after meals.

**Lewensessens** (Essence of Life) is bitter and strong, and therefore some people will find it necessary to take it with cold water or beef tea.

*Children:* Half medicine measure (2,5 ml).

Do not exceed the recommended dose.



## THE STOMACH



### COLIC, CRAMPS

#### Krampdruppels (HM)

For the treatment of colic and cramps.  
It relieves flatulence in the gastrointestinal tract.

#### Dosage and Directions for use: NOT FOR USE IN CHILDREN.

*Adults:* For pain and cramps: 2,5 ml (half a medicine measure) to be taken every 15 – 30 minutes until the pain has been relieved.



### COLIC, CRAMPS

#### Behoedmiddel vir Kinders

Another well known name with South African mothers.  
Treats wind and stomach ache.

#### Dosage and Directions for use: SHAKE THE BOTTLE BEFORE USE.

*Children:* Up to 6 months, 1,5 ml – 2 ml (30 to 40 drops),  
6 months to 2 years: 2,5 ml – 5 ml ( $\frac{1}{2}$  – 1 medicine measure),  
3 to 10 years: 5ml – 7,5 ml (1 – 1  $\frac{1}{2}$  medicine measures).  
Not more than three to four times per 24 hour period. Do not give this medicine to babies with a body mass less than 2,5 kg.



### LOSS OF APPETITE

#### Essens Amara of Groen Amara

This is an effective tonic which improves appetite.

#### Dosage and Directions for use: NOT FOR USE IN CHILDREN.

*Adults:* Half to one medicine measure (2,5 – 5,0 ml) three to four times daily before meals.



## THE STOMACH



### FLATULENCE AND GASTRIC DISCOMFORT

#### Pepermentdruppels

Aids in the relief of  
flatulence.

#### Dosage and Directions for use:

**NOT TO BE TAKEN BY CHILDREN YOUNGER THAN 12 YEARS OF AGE.**

Take 2 ml three times daily in water, half to one hour before food, increased to 4 ml three times daily if necessary.



### FLATULENCE AND GASTRIC DISCOMFORT

#### Duiwelsdrekdruuppels

Relieves the stomach of  
excessive amounts  
of air or gases which  
normally would cause the  
uncomfortable distended  
feeling.

#### Dosage and Directions for use:

**NOT FOR USE IN CHILDREN.**

*Adults:* 2 to 4 ml (30 to 60 drops) three or four times a day with sugar or honey.



### FLATULENCE, GASTRIC DISCOMFORT

#### Balsem Vita Wit

For the relief of stomach  
ache, flatulence, colic and  
wind.

#### Dosage and Directions for use:

*Adults:* 1.5 – 2 ml (20 – 30 drops) in water four to five times a day, preferably after meals.

*Children:* 0.5 ml (10 drops) in sweetened water four to five times a day, preferably after meals.



### FLATULENCE, GASTRIC DISCOMFORT, INDIGESTION

#### Jamaika Gemmer

For the treatment of colic,  
winds, pains in the stomach  
and indigestion.

#### Dosage and Directions for use:

**NOT FOR USE IN CHILDREN.**

5 to 10 drops in a little water three or four times a day.





## THE STOMACH



### CONSTIPATION

#### **Balsem Sulphuris-DM**

For the relief of constipation.

Dosage and Directions for use:

**NOT FOR USE IN CHILDREN.**

10 to 20 drops (0,5 – 1,0 ml) on sugar two or three times a day.



### CONSTIPATION, FLATULENCE, INDIGESTION

#### **Wonderkroonessens**

Useful for the treatment of constipation, wind and indigestion.

Dosage and Directions for use:

**NOT FOR USE IN CHILDREN.**

Half to one medicine measureful (2,5 – 5,0 ml) in water morning and night, when necessary.



### CONSTIPATION

#### **Gal Tablette N.F.**

A laxative for the relief of constipation.

Dosage and Directions for use:

**NOT RECOMMENDED FOR USE IN CHILDREN UNDER 6 YEARS.**

*Adults:* The usual dose is between 2 to 4 tablets once daily which may be increased or decreased depending on the response.

*Children over the age of 6 years:* Half the adult dose.





## THE STOMACH



### CONSTIPATION

#### Glycerin Suppositories For infants and children.

Suitable for use in children up to the age of 6 years as well as infants. Acts within 15-30 minutes.

#### Dosage and Directions for use:

*Children from 2 to under 6 years of age:*

One to one and a half suppositories to be inserted rectally as a single daily dose, when necessary. Hold the wide base of the suppository in the fold of a cloth. Lubricate the pointed end with petroleum jelly or moisten with water and insert well up into the rectum of the child or infant to be treated. Acts within 15 to 30 minutes.



### CONSTIPATION

#### Glycerin Suppositories For adults.

For the relief of occasional constipation. Acts within 15-30 minutes.

#### Dosage and Directions for use:

*Not recommended for Children under 6 years:*

One suppository to be inserted rectally as a single daily dose, when necessary. Hold the wide base of the suppository in the fold of a cloth. Lubricate the pointed end with petroleum jelly or moisten with water and insert well up into the rectum. Acts within 15 to 30 minutes.



### CONSTIPATION

#### Lennon Senna 7,5 mg Tablets

Lennon's option for the treatment of occasional constipation. Offers effective and predictable results. Suitable for use by adults as well as children from 6 years and older.

#### Dosage and Directions for use:

**NOT RECOMMENDED FOR CHILDREN UNDER 6 YEARS.**

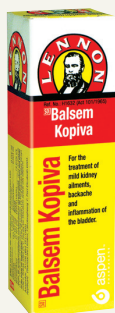
To be taken with a glass of water.

*Adults and children over 12 years:* 2 – 4 tablets once a day.

*Children 6 – 12 years:* 1 – 2 tablets once a day.



## BACKACHE & KIDNEY AILMENTS



### BACKACHE / INFLAMMATION OF THE BLADDER AND MILD KIDNEY AILMENTS

#### **Balsem-Kopiva**

This household remedy is traditionally used in the treatment of mild kidney ailments, backache and inflammation of the bladder.

**Dosage and Directions for use:**

**NOT FOR USE IN CHILDREN.**

10 to 30 drops (0,5 – 2,0 ml) on sugar or in milk three times a day.



### BACKACHE

#### **Sterksalf**

Backache, lumbago and other muscle and joint pains are relieved by massaging Sterksalf into the affected area.

(For external use only)

**Directions for use:**

Rub well into affected area twice daily.



### MINOR KIDNEY AND BLADDER AILMENTS

#### **Haarlemensis**

Treatment of constipation. (A remedy traditionally recommended for bladder and kidney complaints.)

**Dosage and Directions for use:**

**NOT FOR USE IN CHILDREN.**

15 drops (1 ml) in milk at bedtime.



### MINOR KIDNEY AND BLADDER AILMENTS

#### **Bruindulsies**

This preparation is used for the relief of minor kidney and bladder complaints.

**Dosage and Directions for use:**

*Adults:* 15 to 30 drops (1,0 – 2,0 ml) three or four times daily in water, wine or milk.

*Children:* 10 to 15 drops (0,5 – 1,0 ml) three or four times daily in water or milk.



## GENERAL

### TONIC

#### Versterkdruppels

A tonic that restores vitality and loss of appetite caused by indigestion.



**Dosage and Directions for use:**  
**NOT FOR USE IN CHILDREN.**  
Half to one medicine measure (2,5 ml - 5 ml) three times a day in water.

### NERVOUSNESS, SLEEPLESSNESS, RESTLESSNESS

#### Entressdruppels HM

These drops have a calming, soothing effect - for nervousness and sleeplessness.



**Dosage and Directions for use:**  
**NOT FOR USE IN CHILDREN.**  
*For nervousness, restlessness and sleeplessness:*  
20 to 30 drops (1,5 – 2,0 ml) three or four times a day and at night.

### TOILETRIES

#### Bergamotessens

Used as a fragrance and as an additive to either Hair Shampoo or Conditioner to help keep hair looking healthy.



**Dosage and Directions for use:**  
**FOR EXTERNAL USE ONLY.**  
Marketed under the complementary/toiletries product category.

## WOUNDS / SMALL CUTS & SCRATCHES

#### Duiwelsdrek Asafoetida

Ref No.: BV0696

For nervousness, sleeplessness and flatulence.

**Dosage and Directions for use:**  
**NOT FOR USE IN CHILDREN.**  
Crush the Duiwelsdrek and take 1/4 (1,25ml) medicine measure with milk or honey, three times a day.



#### Staaldruppels - DM

For the treatment of iron deficiency anaemias and for stopping bleeding resulting from minor cuts and wounds.

**Dosage and Directions for use:**  
**NOT FOR USE IN CHILDREN.**  
10 to 15 drops (1,0ml) in a wineglassful of water three times daily.  
*As a styptic for cuts and wounds:* Apply a few drops over the wound.



#### Turlington

An antiseptic styptic when applied undiluted to small cuts and scratches.

**Dosage and Directions for use:**  
**NOT FOR USE IN CHILDREN.**  
*As a styptic:* Apply a few drops to the cut or wound.







## MUSCLES & JOINTS



### SORE/ACHING MUSCLES

#### Menthorub

For the symptomatic relief of nasal congestion and colds. Can also be used as a body rub for sore, aching muscles.

#### Directions for use:

*For relief of common cold symptoms:* Rub half a medicine measureful (2,5 ml) ointment onto the chest, neck or between the shoulders twice daily. Avoid applying ointment into the nostrils or eyes.

*For relief of tight chest:* Add one to two medicine measures (5 ml – 10 ml) ointment to a bowl of hot water and inhale the steam vapours as required or twice daily. Inhale vapours for at least two minutes. Discard after use.

*For relief of sore muscles :* Rub ointment generously into the affected area twice daily.



### BACKACHE

#### Sterksalf

Backache, lumbago and other muscle and joint pains are relieved by massaging Sterksalf into the affected area.  
(For external use only)

#### Directions for use:

Rub well into affected area twice daily.



### Lennon Heel Balm Cream

A specially formulated blend of moisturisers and keratin softening agents helps to relieve cracked, hard and rough skin. Also contains hydrating agents and peppermint oil to leave your feet feeling soft, cool and refreshed. Available in a 50 g tube.

#### Directions for use:

Apply morning and evening to dry, cracked heels and thickened skin. *For best results:* first wash feet in warm water and dry. Rub cream in thoroughly. Heels may be covered with cling film or plastic at night to aid absorption of the cream. Removal of extremely thickened skin may be assisted by gentle use of a rasp, file or pumice stone. Use regularly to maintain soft, supple heels.

**RECOMMENDED FOR ADULT SKIN ONLY. FOR EXTERNAL USE ONLY.**

## FOOTCARE

