



the
essential
nutrient links®

Active Elements® Patient Information Sheet

Therapy Background:

The Active Elements® formulas combine homoeopathically prepared minerals with small physical amounts of the same minerals where practical. The 12 minerals used in the Active Elements® formulas are prepared and used according to principles that date back to the 1800s. These minerals have been in constant use since that time, which makes them one of the few therapies to survive the test-of-time. They therefore form part of what is generally referred to as 'Traditional Medicine'. The introduction of the Active Elements® concept has transformed this previously successful but complicated and confusing therapy into one that is now accessible to people who would normally choose 'Conventional' rather than 'Complementary' and 'Alternative' Medicine. The Active Elements® concept was developed to assist consumers who wish to maintain some measure of choice and control over their own health care. The principle that underpins the Active Elements® concept is that these minerals are essential for good health, growth and/or even life itself; and that an imbalance can result in a wide variety of health issues that may impact adversely on the general state of 'wellness' of the individual. Regardless of the reasons why a person may be taking Active Elements® formulas, most people report an increased perception of 'wellness'.

Taking Your Active Elements® Formulas:

You should always follow the dose instructions on the label, or any changes that may be recommended by your health care practitioner. The timing of the doses that you take may also be as important as the dose itself. Therefore, it is important that the recommended dose regimen be observed as closely as possible. Taking catch-up doses for doses that you may have forgotten is not usually harmful, but not helpful either – it is better to get into a routine and stick to it. You will notice on the label that 'chewing or swallowing' is the recommended way of taking the formulas. The 'chewing' option is particularly helpful in the management of acute symptoms because the homoeopathic ingredients in the Active Elements® formulas work better when brought into contact with the lining of the mouth. 'Out of sight – out of mind' is an aspect of human nature, so once we begin to feel better there is the danger that we also begin to forget our doses, or stop the treatment altogether. It is therefore most important that you keep-up the recommended dose regimen on the label or as directed by your health care practitioner and not stop the treatment simply because your symptoms have improved or gone. There is also a great difference between relieving the 'symptoms' and restoring the natural state of 'wellness'. Whilst the Active Elements® concept is very much focussed on 'wellness, sometimes there may be reasons that preclude this objective being realised. Therefore a maintenance or 'prophylactic' dose of the Active Elements® formulas may be recommended by your health care practitioner to ensure benefits are maintained.

Active Elements® Formulas and Your Lifestyle:

Whilst your Active Elements® therapy may be an important (and at times, the most important) part of regaining and maintaining your natural state of 'wellness', it is by no means the only factor that should be considered. Your health care practitioner may suggest changes with regard to other aspects of your 'lifestyle', such as diet and exercise, or even the way you think. You should apply any advice conscientiously and remain vigilant at all times for the 'out of sight – out of mind' phenomenon that may result in you slowly slipping back into your old habits. Remember that 'prevention' is always better than 'cure'; particularly when you consider that it is an accepted fact, that most of the serious illnesses that afflict our society could have been prevented through improved lifestyle.

Combining Your Active Elements® with other medication:

You must not stop taking any medically prescribed drugs, or combine Active Elements® formulas with any other medications, without first seeking advice from your health care practitioner. Whilst the low-dose minerals contained in the Active Elements® formulas are compatible with most drugs and/or conditions and therefore extremely unlikely to be of concern, there are certain circumstances where this may not be the case, so it's always wise to check first. And... always read the Active Elements® labels for any additional information that may affect your particular situation.

Children, Babies & Pregnant Women:

Taking low-dose minerals during childhood or pregnancy is beneficial for proper growth and development. Lactating mothers may also take Active Elements® formulas appropriate to their needs and through their breast milk, their baby may also benefit. The need for certain minerals is actually greater during childhood and pregnancy than at other times in life, so it's important not to forget any doses. Sometimes additional 'bedtime' doses are recommended for this reason. The labelled children's dose of Active Elements® formulas varies between full adult dose and half dose, according to the formula. Children must chew the tablets, or crush them and mix in food or drink. Active Elements® formulas are not suitable for babies unless directed by your health care practitioner.

Active Elements® Product Safety:

All Active Elements® formulas are listed with the Therapeutic Goods Administration of Australia (TGA) and entered onto the Australian Register of Therapeutic Goods (ARTG). Active Elements® formulas have also passed a post-market review conducted by the TGA. All ingredients used in Active Elements® formulas are pharmaceutical grade and free from chemical or bacteriological contamination. Active Elements® formulas are processed in total conformity with the Australian Code of Good Manufacturing Practice for Pharmaceutical Goods at a TGA Licensed Manufacturing Facility in Sydney, Australia.

Active Elements® Commitment to Full Disclosure:

Substances that contain Lactose, Gluten or Sucrose are not used as excipients (fillers) in the Active Elements® formulas. The formulas are also free from any substance of animal origin and are therefore suitable for vegans and vegetarians. Apart from the 'active ingredients' that are always listed on the formula label, the major filler used in the Active Elements® formulas is the pre-biotic Fructooligosaccharide which is derived from Chicory. Other excipients are: Microcrystalline cellulose, Tapioca starch, Soy polysaccharide, Potassium chloride, Magnesium stearate (Vegetable source) and Acacia gum. The presence and/or quantity of any excipient will vary according to the actual formula being considered.

Always Communicate:

Clinical outcomes are proven to be better when patients and practitioners communicate. Communication can often mean the difference between getting good results from your Active Elements® therapy or not. You owe it to yourself to maintain the lines of communication with your health care practitioner.

Always read the label and use only as directed.
If symptoms persist consult your health care practitioner.