

# English

## **BENEMIR d.o.o.**

SAMOSTAN BENEDIKTINKI  
IVANA RABLIJANINA 6  
51280 RAB

Mail: [prodaja@benemir.com](mailto:prodaja@benemir.com)  
[www.benemir.com](http://www.benemir.com)

+38551/550 183; 099 8244 254

Winter: 9,15 – 12,30

Summer: Monday – Thursday 9,00 – 14,00; 18,00 – 20,00

Friday, Saturday 9,00 – 14,00



Osvježeni

## JUNIPER TINCTURE

*Juniperus communis*

Excellent medicament for urinary, respiratory, digestive and nervous systems. Inside of urinary system in which there are different inflammatory centres caused by E. coli bacteria, blueberry, as a urinary antiseptic, represents a real cure and the results are fast and certain. Bactericidal effect of blueberry comes into effect with all bacteria caused illnesses, such as nephritis, cystitis, pielitis, etc. Inside intestinal flora it destroys rot bacteria and develops a fermentation bacterium which leads to intestinal detoxication, but also to detoxication of the entire organism. It contributes to its strengthening and refreshment, and also enhancing capability of organism to react to a disease. It is used to treat poisoned stomach, bronchial catarrh, asthma, kidney and bladder illness, with sciatica and rheumatism. Blueberry treatment IS NOT CONDUCTED with kidney inflammation because it can cause bleeding and appearance of protein sin urine and its use is also forbidden during pregnancy. It is used 20-30 drops (half of tea spoon) 2-3 times a day with little water, tea or on a sugar cube



Iz dubine - liječim

Comfrey Tincture *Symphytum officinale*

**For external use only.** Comfrey contains allantoin, a matter that acts in making new cells, so it is good for wounds, even purulent ones; for healing of broken bones, torn tendons and ligaments, with shingles, hematoma, aching muscles and joints, neuralgia, knee problems, feet fungi, eczema, toes deformities, cracked heels, bunions. Tincture is excellent for massaging calf's and the entire body. Especially good results are made when used with comfrey ointment. The tincture is also used for rinsing mouth and throat.



Blagodarnost

St. John's Worth Tincture

*Hypericum perforatum*

It has antivirus and ant depressive action, so it is very useful at sleeping disorder, anxiety and depression. It also enhances circulation, stops bleeding, used in allergy treatment, rash, stomach ache, for purifying liver, blood vessels, inflammations and urogenital organs, for prevention of inflammatory conditions, for example gums (mouthwash), treatment of wounds and burns. It is used 25 drops 3 times a day for 6-8 weeks without pause.



Dašak Otoka

Sage Tincture *Salvia officinalis*

Used externally as antiperspirant, for treating wounds and abscesses, for disinfection, with mouth and throat inflammation. Internally it is used in dose

of 10-15 drops 3 times a day, for immune system and with fevers with high temperature. Helps immensely with bacteria, viruses and fungi. Heals the stomach, bowels and bladder. Helps with neurosis and depression. It regulates sweating, enhances memory and can prevent Alzheimer's disease.



Nova tajna

Lesser Centaury Tincture *Centaureum umbellatum*

Pronouncedly good for stomach diseases, prevents fermentation and enhances the action of salivary glands, stomach and bowel glands. Enhances digestion, eliminates constipation and restores natural order and function of the stomach and bowels. Strengthens the muscles and eliminates the fever. It is used 10-15 drops 3 times a day. **Warning:** is not recommended for pregnant women persons who are suffering from ulcer.



Skrovitost

Thyme Tincture *Thymus serpyllum*

It is good for infections of respiratory organs, throat, bronchi, as well as asthma and whooping cough and halitosis.

Strengthens the nervous system, reduces nervousness, and alleviates insomnia and nightmares. Take 3 times a day 20 drops in water (do not give to children).



Radost življenja

Balm Tincture *Melissa officinalis*

**Balm tincture** Melissa (balm) is known as a herb that completely revitalises body and spirit. It is called „the elixir of life“. Tincture has beneficial effects on heart, soothes, enhances general psychological condition, soothes agitation, heart rate, and helps with sleeping. It is recommended at stressful conditions, depression and anxiousness, migraine. Enhances concentration. Soothes stomach aches and cramps. Acts antibacterial and antiviral, so it is used externally, especially against lip herpes, for treating wounds and ulcers, sciatica and strains. It is used 20-30 drops (half of tea spoon) 2-3 times a day, with little water, tea or on a cube of sugar.



Iznova

Marigold Tincture *Calendula officinalis*

Excellent for organism regeneration, purification of liver and all inflammatory conditions of the skin, healing of the wounds, tissue regeneration, while receiving chemotherapy, against fungi. It is antibacterial and has beneficial effect on mucosa of the digestive organs, so it is used externally and internally. **NOT to be used by children and pregnant women.** It is used 20-30 drops 2-3 times a day with little water, tea or on a sugar cube.



...i još nešto...

### Walnut Tincture *Juglans regia*

Very effective with diarrhoea and infection of digestive system. Acts against fungi and bacteria and with excessive perspiration of hands and feet. It is used externally for rinsing and compressions on wounds, scalp problems, acne and eczema. **Instructions for use:** take 2-3 times a day 15 to 20 drops in 1 dl of water. For external use dilute with water 1:1 and rub in or place as a compress.



Olakšanje

### Oregano tincture *Majoranum vulgare*

Best prevention against seasonal flu and cold. Strengthens immunity. It is one of the strongest natural antibiotics. Used for allergy problems, Bronchitis, caught, at pneumonia, sinusitis and throat ache 10-15 drops 3 times a day.



Ros marinus

### Rosemary tincture *Rosmarinus officinalis*

Enhances circulation, eases digestion and enhances blood supply of the tissue. Externally it is used diluted at massage to increase blood circulation. For treating headaches, migraines, rheumatism and various inflammations. It is used 20-30 drops (half of tea spoon) 2-3 times a day with little water, tea or on a sugar cube.



Miluje

### Immortelle tincture *Helychrisum italicum*

Extremely mild, it can be used by children. It is used internally (15 drops 3 times a day in water) and externally. Regenerates tissue, used with external wounds, eases sunburns, stretches, bruising's, useful with tired skin. Stops internal bleeding, and is very good for lung diseases, chronic Bronchitis and caught. Acts as a sedative with high blood pressure, and as a good tonic for strengthening the organism.



Snaži

### Heather tincture *Calluna vulgaris*

used for enhanced excretion of urine at kidney problems,, bladder problems, infections, bladder stones, urinary infections, cystitis, different complications with urinary organs and channels, with excessive mucus and bronchial catarrh, stomach, bowel and bladder complications, for blood purification, treatment of rheumatic problems, gout, treating skin diseases, especially eczema, rash and different skin impurities, as for rinsing and compresses, prostate problems, especially at infected and enlarged prostate, heart problems (to enhance heart operation). It helps with long term insomnia because heather is a mild opiate, for treatment of metabolic disorders and

against bowel parasites (amoeba and worms). It is used 15 drops 3 times a day with little water.



## Prostranstva

Lavender tincture *Lavandula officinalis*

**It is used externally.** Applied on the scalp if loosing hair or having dandruff. Used for rubbing on the limbs, heart area or a temple, which helps at unconsciousness, especially if a person has a propensity towards stroke.



## Smiraj

Chamomile tincture *Matricaria recutita*

Chamomile tincture soothes, alleviates cramps, calms the stomach and bowel mucosa, and has beneficial effect on skin and healing of the wounds. Eases menstrual and gallstones pain. It is used 20-30 drops 2-3 times a day with little water, tea or on a sugar cube.



## Slučajno ?!:) )

European Centaury and St. John's Wort tincture  
*Centaureum umbellatum et Hypericum perforatum*

The European Centaury is especially good for stomach diseases, it prevents fermentation and enhances the productivity of salivary, stomach and bowel glands. Improves the stool, eliminates clogging, and establishes natural work and functions in the stomach and bowels. Strengthens the muscles and removes fever.

**St. John's tincture** has an antiviral and antidepressant effect, it is very useful with sleep disorders, fear and depressions, improves circulation, stops bleeding, is also used for treating allergies, rashes, and with stomach problems, so it is a good combination with the European Centaury. 15-20 drops are taken 3 times a day in a small amount of water, tea or on a sugar cube.



## Žarim-blažim

Nettle tincture *Urtica dioica*

Precious for purification of blood and liver, anaemia, urogenital organs, Heals inflammations, strengthens the immune system, and is good for skin.

Stimulates bowel movement, helps stopping the diabetes and with enlarged prostate problems. In external use it is especially useful against losing hair and encouraging new hair growth. It is used 20-30 drops 2-3 times a day with little water, tea or on a sugar cube.



## Razigranost

Yarrow tincture *Achillea millefolium*

**Yarrow tincture** used internally for stomach ulcer, liver, blood vessels, and externally for wound healing and inflammation of the vaginal lining. It is an excellent remedy for inflammations and wounds, ulcers and thorns. It is used 20-30 drops 2-3 times a day with little water, tea or on the sugar cube.



U trazenju

**Greater Celandine tincture**  
**Chelidonium Maius L.**

**Instructions for use:** The external use of Greater Celandine very widespread in the form of compresses in the event of cancerous skin diseases, bunions, eczema and viral warts. Dribble directly onto the warts 2x day.



Grije

**The Common Fumitory tincture Fumaria officinalis**

**The Common Fumitory** helps treat diabetes and dropsy, hemorrhoids, catarrh of the stomach and bowels, respiratory diseases, liver, scurvy, arteriosclerosis, skin impurity and eczema. At the same time it acts as a laxative and diuretic. Long-term intake is not recommended. **It is good to know** that the Common Fumitory affects the increase of red blood cells within the first 8 to 10 days which strengthens and invigorates the entire organism; however prolonged use causes a contrary effect - decrease or a feeling as if you lost a lot of blood.

**Instructions for use:** The tincture is taken with tea in a dose of 20 drops before lunch and dinner.



Sucem

**Great yellow Gentian - Gentiana lutea**

**gentianæ radix**

Rhizome of Great Yellow Gentian - Gentianae radix

The Great Yellow Gentian eliminates anaemia and paleness, heart and nerve weaknesses and is a good remedy for fevers. The Great Yellow Gentian is a great help and contributes to quick healing with insufficient production of gastric juice, poor emptying of the stomach, burping, heartburn, with chronic constipation, for liver and gallbladder diseases, respiratory diseases and thyroid gland diseases. Strengthens the entire organism, encourages the activity of glands, strengthens muscles, gives strength and helps with weariness.

**Instructions for use:** take half an hour to an hour before a meal. If taken immediately before or after the meal, can cause digestion problems. The maximum dose is 35 drops a day.

**Warning:** is not recommended for pregnant women and patients with high blood pressures as well as persons who are suffering from gastritis and ulcer.



Dočekana

Shepherd's purse tincture

*Capsella bursa pastori*

A medicinal plant which helps stop various types of bleeding. Used for light and heavy bleeding from wounds, blood in the urine, heavy menstrual bleeding, nosebleeds etc. Constricts blood vessels and therefore it is also used in the event of internal bleeding, as well as for bleeding from the gastrointestinal tract and from the uterus, lungs and kidneys. Shepard's purse shouldn't be taken only by pregnant women, because fresh Shepard's purse contains substances which cause uterus contractions and can cause an abortion or premature birth. Shepard's purse contains a substance which affects the rhythmical tightening of the uterus musculature and is used as a means to ease contractions and childbirth. It is also used for a sluggish digestive system and to improve bowel movement. It has an especially medicinal effect with regards to blood pressure regulation regardless if its high or low blood pressure. Take 10-20 drops 3 times a day with a little water, tee or on a sugar cube.



Kraljevska kap

Olive tincture *Olea sativa*

Normalizes blood pressure. It is useful with diabetes, enhances immunity and is very effective at fighting off infections. It is used 20-30 drops 2-3 times a day with little water, tea or on a sugar cube.



Potrudi se...

Hawthorn tincture *Crateagus Oxyacantha*

Regulates heartbeat, slows down heart beats, enhances blood flow and reduces high blood pressure, strengthens a heart muscle and is an excellent heart tonic. It is used 5-10 drops, 3 times a day, before eating. Full effect is shown after 3 months. It is recommended to heart patients to take hawthorn tea, alongside the tincture.



## S lakoćom!

### Marjoram tincture *Origanum majorana*

Useful at weakened liver and bile function, for easing digestion, easing cramps, and easement of pulmonary obstructions (bronchitis, asthma). Used against cough, cold, lungs disease. Serves as antiseptic, as a help against excitement, stress or insomnia, Alzheimer's disease, and muscle dystrophic, for detoxication (enhances perspiration and excretion of urine), as a help with oral ailments (aphtha, gums inflammation, fungi). Diluted, it is used for inhalation at cold, and for massage and compress while having cramps and nerve inflammation. Used 20-30 drops 2-3 times a day with little water, tea or on a sugar cube.



## Dodir Života

### *Hypericum perforatum* St. John's Wart

**St. John's Wart** accelerates the healing of wounds and burns, helps with muscle injuries, haemorrhages and swellings, and also treats ulcers, acne and haemorrhoids. Beneficial for treating unclean, cracked, dry and scaly skin. Can also be used for massages to relieve pain caused by gout, rheumatism and sprains.

**Directions for use:** Several times a day apply onto wounds, damaged skin or haemorrhoids, for pain relief rub thoroughly onto the painful area.

**Comment:** The oil must not be applied onto the skin during sun exposure; due to its photosensitivity it can cause changes of the skin in the form of dark spots. But it is a godsend for the skin after sunbathing, because it prevents premature aging and drying of the skin.



## Zlatni slap

### *Matricaria recutita* Chamomile in olive oil

Rub onto swellings, bumps, contusions, areas affected with gout and rheumatism. Rub onto the affected places 3 to 5 times each day. It is also used for neuralgia, aching and fatigued limbs, sprains, acne, inflamed facial skin, has an anti-inflammatory effect, soothes and is excellent for body massage.



## Otočna čarolija

### Island Magic

**Medicinal herbs in olive oil:** lemon balm, dwarf everlast, lavender, St. John's Wart. **For massage.** Nourishes nurtures and regenerates the skin.





**Mirišem**

**White roses in olive oil** - for a fragrant

body massage.



**Mirišem**

**FRAGRANT roses in olive oil** - for a

fragrant body massage.



**Zablistaj!**

**Carrot in olive oil** For dark skin. Use before,

during and after sunbathing. Nourishes and regenerates the skin and is excellent for body massage.



**Potamni!**

**Juglans regia Walnut in olive oil** For dark

skin. Apply on skin after sunbathing. Nourishes and nurtures the skin and gives it a dark glow.



**Osmijeh Otoka**

**Helicrysum italicum**

**Dwarf ever last in olive oil**

Fabulously nourishes dry skin, beneficial for treating hematomas and bruises, for burns, contusions, veins, sun burns. It is an ant rheumatic and antialergik.



**Blagodat zemlje**

**Calendula officinalis**

**Marigold in olive oil**

Has a profound effect on damaged skin – it vigorously stimulates the regeneration of cells and the healing of wounds and scars. It has a strong anti-inflammatory effect, so we use it to treat inflamed and itchy skin, burns, sun damaged skin, eczema, dermatitis, painful and cracked nipples during breastfeeding and diaper rash. It is useful for broken capillaries, inflamed veins and haemorrhoids.



**Morska rosa**

**Rosemary in olive oil**

Soothes the heart, improves urination and enhances circulation. Useful for treating edema, rheumatism, gout and inflammation of joints. Take twice daily 6-10 drops on a sugar cube.



## Neizmjerno

### Lavender in olive oil

Lavender has a calming effect, it releases the physical and emotional tension, eases insomnia and headaches. Can also be added to bathing water, which has a very soothing effect. Eases coughing during colds and should be lightly rubbed onto the chest and back at night. The oil is mainly used externally by gently rubbing directly onto the treated area 5-15 drops two to three times a day. For massaging larger areas i.e. the back, abdomen or legs it is recommended to drip 10-20 drops on the palms and thoroughly massage along the entire area. Best after a shower in tepid or cold water. It is an excellent antiseptic. Used with skin infections, rheumatism massages, against colds and infections of airways (external use). It also stimulates digestion and removal of harmful substances from the organism (internal use). We drip 10-15 drops onto a spoon of honey or a piece of bread for internal use. To be taken in the morning before a meal and at night before bedtime. We can also rub it on the gums.



## Posebno

### Sage flower in olive oil

Used for massage and with digestive problems and rheumatism. Has a beneficial effect on enlarged pores, healing of wounds, psoriasis, dermatitis and boils.



### Matricaria chamomilla CHAMOMILE OINTMENT

Chamomile helps lower body temperature, relieves pain, soothes spasms, reduces rash, disinfects and has an anti-inflammatory effect for all types of inflammations and haemorrhoids. Can also be used to treat wounds.



### Symphytum officinale COMFREY OINTMENT

Comfrey is one of the best remedies for the treatment of wounds, cuts, scratches, contusions, fractures and bleeding, but also for sprains and dislocations, muscle and tendon strain. Of all the medicinal plants, comfrey contains the most allantoin, which is necessary for cell growth while the wound is healing, and for those wounds which are hard to heal, and even those which have festered. It possesses beneficial medicinal properties for respiratory organs, bronchial catarrh, pneumonia, bloody sputum, flu, pleurisy. No house

should be without this ointment because it provides valuable aid to people and cattle.



### **Calendula officinalis**    **MARIGOLD OINTMENT**

Marigold cleans (even erodes somewhat), constricts, improves circulation and the growth of new tissue during wound treatment, tissue contusions, haematoma, strained muscles and other. The ointment is applied onto the stomach if it is sore, afflicted joints and muscles are massaged and so all wounds are treated quickly and painlessly. The ointment provides quick relief for inflamed veins, open venous ulcers, fistulas, frostbite and wounds caused by burns. It is an excellent remedy for treating fungal infections on the legs.



### **Helichrysum italicum**    **DWARF EVER LAST OINTMENT**

Dwarf ever last, Helichrysum italicum Roth. Fabulously nourishes dry skin, good for treating hematoma and bruises, for burns, contusions, veins, sun burns. Antirheumatic and antiallergic.



### **ST. JOHN'S WORT ointment**    **Hypericum perforatum**

Good for treating impure, cracked, dry and scaly skin, for stretch marks, scars and wrinkles. Can be used as pain relief for gout, rheumatism and sprains. Apply on the damaged skin multiple times per day, and to alleviate pain rub thoroughly onto the painful spot.

## **Olive leaf tee**

### **Medicinal properties – of the olive leaf tee**



- helps with high blood pressure (dilates blood vessels thus helping to increase the blood flow and helps regulate the heart beat),
- destroys free radicals (rich in antioxidants),
- prevents cardiovascular heart diseases,
- helps with high cholesterol, has extraordinary antifungal and antibacterial properties,

- helps prevent herpes and cold sores,
- exceptionally good for colds and the flu,
- helps with pneumonia, tuberculosis, diabetes (reduces sugar levels), rheumatism, infections of the urinary tract, treating chronic fatigue and allergies, strengthens the immune system of the whole organism.

### **Olive tea - preparation**

Bring 2.5 dl of water to a boil. Place 10 grams of dried olive leaves in the water and stir. Reduce the heat and let it simmer for 3 minutes. Cover and let the tee rest for about 10 minutes. Strain the tee.

### **For high blood pressure prevention**

Cook 20 leaves in 3 dl of water Cook until it boils to 2dl. Strain and sweeten with honey.

Drink this tee in the morning and in the evening before a meal.

### **Note!**

Olive tee should be enjoyed sparingly due to the fact that it reduces blood pressure. Not recommended for pregnant women.