

C-X

DIN 02237547, 100 capsules, Herbal combination, Stock No. 1203-2

C-X has been one of Nature's Sunshine's Cold favourites since it was first introduced to Distributors in the late 70's. John R. Christopher was the first herbalist to combine these herbs for the benefit of premenopausal and menopausal women. C-X spells relief of menopausal symptoms without the risk of damaging side effects.

Did you know?

A good deal of research shows that hormone replacement therapy (HRT) or estrogen replacement therapy (ERT) may increase a woman's risk of getting breast cancer.

NSP Advantage

100 capsules. Herbal Combination.

Ingredients: 69 mg of blessed thistle (*Cnicus benedictus*) herb, 67 mg of false unicorn (*Chamaelirium luteum*) root, 64 mg of black cohosh (*Cimicifuga racemosa*) root, 61 mg of licorice (*Glycyrrhiza glabra*) root, 59 mg of squaw vine (*Mitchella repens*) herb, 50 mg of sarsaparilla (*Smilax spp.*) root, and 50 mg of siberian ginseng (*Eleutherococcus senticosus*) root.

Recommendation: Take two capsules with a meal three times daily.

CAUTION: Pregnancy & Nursing.

Features & Benefits

- Traditional Herbal Medicine used to relieve the symptoms associated with menopause, including hot flashes, dizziness, headache, vaginal dryness, and depression.
- Blessed thistle and false unicorn are hormone regulators, which help with irregular menstrual cycle, a woman's first sign that she is in menopause.
- False unicorn, black cohosh, licorice, and sarsaparilla all contain phytoestrogens that act like estrogen in women to relieve menopause discomforts, especially hot flashes. Phytoestrogens also appear to reduce the risk of estrogen-linked cancers such as breast cancer. They also help revitalize adrenals, which take over the role of producing estrogen after the ovaries cease to.
- Siberian ginseng, licorice, and squaw vine help restore vitality and energy, and Siberian Ginseng and licorice help adapt to current levels of stress associated with menopause. Squaw vine has been used to nutritionally support the uterus.
- Black cohosh helps to relieve premenstrual symptoms and has traditionally been used to help relieve menopausal symptoms and to relax skeletal muscle and ease nervous tension.