

FCS II

DIN 02239063, 100 capsules, Herbal combination, Stock No. 879-5

FCS II is a female reproductive formula designed to help relieve the symptoms associated with PMS, or premenstrual syndrome.

FCS II contains herbs that nourish the female reproductive glands to promote their healthy functioning.

Did you know?

PMS occurs when estrogen levels peak; the higher the estrogen levels, the more severe the symptoms.

Typically, women with PMS had their first menstrual period early—usually at twelve years of age or younger—and are on a high-fat, high-cholesterol diet. To correct the menstrual imbalance, the diet must be changed to lower fat and cholesterol and increase fibre.

NSP Advantage

100 capsules. Herbal Combination.

Ingredients: 440 mg of the finest red raspberry (*Rubus idaeus*) leaves, blessed thistle (*Cnicus benedictus*) herb, cramp (*Viburnum opulus*) bark, squawvine (*Mitchella repens*) herb, black cohosh (*Cimicifuga racemosa*) root, ginger (*Zingiber officinale*) root, marsh-mallow (*Althea officinalis*) root, queen of the meadow (*Filipendula ulmaria*) herb, and capsicum (*Capsicum annuum*) fruit.

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

CAUTION: Pregnancy & Nursing.

Features & Benefits

- Black cohosh has been used traditionally to balance female hormone levels.
- Black cohosh was traditionally used to help relieve menopausal symptoms and relax skeletal muscle and ease nervous tension. Black cohosh helps to relieve premenstrual symptoms.
- Ginger has traditionally been used to treat dysmenorrhea and ovarian neuralgia, and helps to relieve pain associated with menstruation.
- The herbs in this combination have traditionally been used to help relieve the symptoms of premenstrual syndrome, including nervous tension, stress, anxiety, cramps, menstrual pain, swollen tender breasts, and depression.