

Women's Formula

DIN 00238188, 100 capsules, Herbal combination, Stock No. 891-0

Women's Formula is a female corrective formula for enhancing glandular function and normalizing hormone imbalances.

Women's Formula contains herbs which nourish these glands to promote healthy functioning.

Did you know?

PMS, or premenstrual syndrome, 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: Red raspberry (*Rubus idaeus*) leaves, dong quai (*Angelica sinensis*) root, black cohosh (*Cimicifuga racemosa*) root, ginger (*Zingiber officinale*) root, licorice (*Glycyrrhiza glabra*) root, marshmallow (*Althea officinalis*) root, blessed thistle (*Cnicus benedictus*) herb, and queen of the meadow (*Eupatorium purpureum*) herb.

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

CAUTION: Do not consume Black Cohosh or Dong Quai during pregnancy & nursing.

References:

1. Mowrey, D. *The Scientific Validation of Herbal Medicine*. New Canaan, CT: Kears Publishing, Inc. 1986.
2. Castleman, M. *The Healing Herbs*. Emmaus, PA: Rodale Press 1991.

Features & Benefits

- May help relieve female complaints associated with the menstrual cycle.
- May help alleviate symptoms associated with premenstrual syndrome (PMS) such as edema, frigidity, hot flashes, menstrual disorders, headaches, and muscle cramps.
- Some of the herbs in this formula are traditional spasmolytics and may help relax muscle spasms.
- Traditionally used to support the female reproductive and glandular systems, and to promote and restore healthy menstrual activity.
- Mowrey writes that black cohosh promotes uterine involution and recovery after the birthing process and is effective in the treatment of PMS and dysmenorrhea, as well as nervous conditions associated with menopause.¹
- The most valuable traditional use of the herb was in gynecological problems and childbirth.²
- 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.