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## WOMEN'S TONIC

**W**omen's Tonic contains a variety of herbs specifically chosen for their unique properties. A formulation targeted just for women's unique requirements, the herbs used within this product can assist with conditions such as endometriosis, hot flushes, hormone-related digestive distress, muscular aches and pains and for certain period conditions (including irregular and uncomfortable periods).

Women's Tonic is safe for those who are pregnant, and in fact is particularly beneficial during the last five weeks of pregnancy.

New Zealand Herbals Women's Tonic formula is made from only the finest quality ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Black Cohosh:** A very useful tonic for the central nervous system. This herb is one of the finest natural anti-spasmodics, anti-rheumatics and anti-inflammatory agents in the world. It contains effective amounts of calcium, potassium, magnesium, and iron, as well as other minerals and vitamins. American Indians have used this herb for hundreds of years to assist in childbirth, and if taken within the recommended dosage it has never been shown to produce any toxic effects.
- **Chaste Tree:** This herb has been used traditionally for over two thousand years. It is rich in flavanoids and micronutrients and is a useful remedy for hot flushes that occur as a result of low levels of oestrogen. It can help to reduce flooding, spotting, irregular periods, fibroids, and endometriosis, while balancing emotions, making skin clearer, improving vaginal dryness, and hormonally-related digestive distress such as constipation and indigestion. It counters many of the usual P.M.S. symptoms such as headaches, depression, fluid retention, and breast tenderness. Clinically shown to increase the brain's level of dopamine, it can increase the sense of well being. Although the herb is slow acting, it has profound effects.
- **Don Quai:** Don Quai has been named the queen of all the female herbs. It has a mild tranquillising effect on the central nervous system and gives nourishment to brain cells. It is also said to nourish the blood and womb, and lubricate the intestines.
- **Red Raspberry:** Red raspberry is a very well known woman's herb. It is very helpful during pregnancy since it contains nutrients to help strengthen the uterus, reduce nausea, reduce pain (especially false labour pains), and helps to prevent haemorrhaging. Rich in vitamins and minerals, especially iron and calcium, it has also been used to treat many children's illnesses such as colds, diarrhoea, colic, and fevers in all their stages.
- **Liquorice Root:** Liquorice is a natural anti-inflammatory which aids in the relief of muscle spasms and inflammation. It has a healing effect on all the body's mucus surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucus membranes. It also aids the removal of excess toxins found within the bowels.

This tonic is specifically designed for the health concerns of woman. It contains blood purifying and circulatory herbs to help promote good health. In particular, it targets the female reproductive system (while also strengthening all of the body's organs), it is particularly suitable for the mother to be.

**Typical Dose:** One teaspoon, two to three times daily.