

## Product Profile

### HEALTHY MENOPAUSE TONIC (Formerly known as Pulsatilla • Vitex Compound) Tonic for Menopausal Women

A blend of the liquid extracts of:

• <b>Chaste Tree berry</b> ( <i>Vitex agnus-castus</i> )	30%
• <b>Motherwort leaf &amp; flower</b> ( <i>Leonurus cardiaca</i> )	22%
• <b>Black Cohosh rhizome &amp; rootlets</b> ( <i>Cimicifuga racemosa</i> )	17%
• <b>Licorice root</b> ( <i>Glycyrrhiza glabra</i> )	17%
* <b>Pulsatilla flowering herb</b> ( <i>Anemone pulsatilla</i> )	14%

\* Fresh    • Dried

**Action:** Chaste Tree berries help restore a normal estrogen/progesterone balance by increasing luteinizing hormone production and inhibiting the release of follicle stimulating hormone.

**Uses:** Indicated in relieving the endocrine, somatic, and emotional symptoms associated with **menopause** and **ovarian insufficiency**: fatigue and lassitude; insomnia; nervousness, irritability or depression; heart palpitations; hot flushes and sweating; and related “odd sensations.”

**Dose:** Two to four times per day, take 30 to 40 drops in a little water. Positive results can take from several days to several weeks.

**Adjunct Therapy:** If heart palpitations are not relieved, add 30 to 40 drops of HEALTHY HEART TONIC to each dose of the above.

**Cautions:** Certain symptoms blamed on menopause are often not due to menopause at all, and there is a danger of neglecting a specific disorder that could and should be treated. It is therefore important to seek guidance from a qualified healthcare practitioner when experiencing health problems during menopause.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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