

Product Profile

PHYTOESTROGEN TONIC

(Formerly known as Black Cohosh • Licorice Compound)

Estrogen Enhancing Tonic

A blend of the liquid extracts of:

- **Black Cohosh rhizome & rootlets** (*Cimicifuga racemosa*) 20%
- **Chaste Tree berry** (*Vitex agnus-castus*) 20%
- **Saw Palmetto berry** (*Serenoa repens*) 20%
- **Sage leaf** (*Salvia officinalis*) 20%
- **Licorice root** (*Glycyrrhiza glabra*) 20%
- Dried

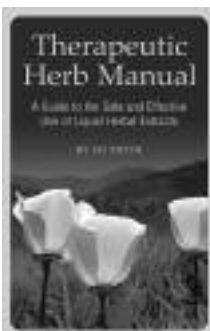
Actions: Black Cohosh, Saw Palmetto, Sage and Licorice contain phytoestrogens (estrogen-like compounds) which, when taken into the body, mimic the chemistry of estrogen. Their estrogen activity is much slower and weaker than that of medical estrogen, but is free of estrogen's side effects.

Uses: As supportive therapy in cases of **female hypogonadism** and **chronic estrogen deficiency**. Its use may be helpful in maladies related to estrogen deficiency: menopause, failure of pituitary gland to stimulate development of secondary sex characteristics, postpartum breast engorgement, and to initiate menstrual periods and relieve secondary amenorrhea.

Dose: Three times per day, take 30 to 40 drops in a little water, in cycles of three weeks on and one week off. If still menstruating, schedule week off during menstrual period.

Adjunct Therapy: Concentrated alfalfa juice powder (but not alfalfa sprouts) and soy foods (e.g., tofu, tempeh, soy milk) are excellent sources of phytoestrogens.

Cautions: In some women the estrogen activity of this compound may not be strong enough to successfully treat their estrogen deficiency. Anyone who is taking medically prescribed estrogen should not substitute with this compound without first consulting with their physician.



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.

*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.