

Product Profile

WOMEN'S HEALTH TONIC

(Formerly known as Helonias • Viburnum Compound)

Gynecological Tonic for Women

A blend of the liquid extracts of:

- **False Unicorn [Helonias] rhizome** (Chamaelirium lut.) 22.5%
- **Partridgeberry herb** (Mitchella repens) 22.5%
- **Crampbark bark** (Viburnum opulus) 22.5%
- **Shatavari root** (Asparagus racemosus) 22.5%
- **Ginger rhizome** (Zingiber officinale) 10%
- Dried

Action & Uses: Enhances the general health of the uterus, ovaries and urinary bladder, and helps maintain their balanced function and structure.

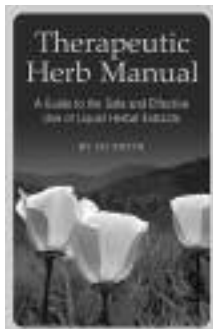
Uterine weakness and atony: helps maintain healthy tone and posture of uterus and bladder and prevents or restores uterine prolapse, malposition or subinvolution. **Menstrual problems:** facilitates establishment of healthy and regular menstrual periods. Helps prevent or relieve amenorrhea (abnormal absence of menstruation), dysmenorrhea (difficult or painful menstruation), menorrhagia (abnormally heavy or extended menstrual flow), and metrorrhagia (non-menstrual bleeding from uterus at irregular intervals). **Infertility:** may help restore fertility in certain cases, but this is unlikely if infertility is due to severe physical abnormalities. **Pregnancy:** as a prenatal tonic to facilitate a healthy, full-term pregnancy, and a smooth delivery. **Postpartum tonic:** helps tone uterus back to a healthy posture, relieves afterpains, and diminishes excessive lochia. **Puberty:** facilitates physical transition into womanhood and in some cases can help to minimize acne. **Menopause:** facilitates a smooth sexual transition and relieves nervousness and hot flashes.

Dose: Two to four times per day, take 30 to 40 drops in water. Optimal results may take up to 3 to 6 months.

Prenatal Tonic: Two times per day, take 30 to 40 drops in water or Raspberry leaf tea throughout the last trimester. With difficult pregnancy or history of premature birth or miscarriage, use as a tonic may be indicated throughout entire pregnancy.

Acute: Three to five times per day, take 30 to 40 drops in water.

Cautions: With any gynecological problem associated with severe or consistent pain or bleeding, with high or persistent fever, or other serious symptoms, promptly seek qualified healthcare. Consult a qualified midwife or physician before taking during pregnancy.



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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