

TOTAL FEMALE

Ingredients: Each tablet supplies: Dong Quai 52.5mg, Black Cohosh 25mg, Red Raspberry 52.5mg, Licorice Root (deglycerrhized) 25mg, Wild Yam Root 35mg, Red Clover 36mg, Vitus Agnus Castus (Chaste Tree Leaves & Berries) 100mg, Damiana 30mg, Motherwort 30mg, Pregnenolone 5mg, Gota Kola 20mg, American Ginseng (Panax) 30mg, Avena Sativa 30mg, Lemon Bioflavonoids 50mg, Chlorella (fractured) 20mg, Flaxseed 20mg, Burdock Root 10mg, Vitamin C 25mg, Vitamin A 1000i.u., B-1 1.5mg, B-2 1.8mg, B-6 3mg, B-12 100mcg, Niacin 5mg, Pepsin 1:3000 5mg, Amylase (veg source) 5mg, Lipase (veg source) 5mg, Magnesium Malate 20mg, Zinc Chelate 5mg, Boron Chelate 1mg, Selenium Chelate 20mcg, Potassium Chelate 10mg.

Supportive Function: This formula provides comprehensive nutritional support for Female Health.

When is female support helpful? Endocrine Balance, Libido, Vaginal & Breast Health, Menstruation & Menopause.

Clinical Applications/Research: Dong Quai enhances the effects of ovarian hormones. It is used to treat vaginal dryness, premenstrual syndrome, hot flashes, and other menopausal symptoms. It has effective ginseng properties to balance female hormones, improve circulation, relieve stress, and purify and strengthen blood (Rector-Page 1991:162).

Black Cohosh helps alleviate painful menstrual cramps and enhance estrogen levels. In a clinical study comparing Black Cohosh to synthetic estrogen replacement therapy after hysterectomy, Black Cohosh was shown to be equally effective. It is used to help relieve endometriosis.

Red Raspberry helps alleviate menstrual cramps, morning sickness, and hot flashes. Red Raspberry has been shown to decrease menstrual bleeding, to relax uterine and intestinal spasms, and strengthen uterine walls. It also promotes healthy nails, bones, teeth, and skin.

Licorice Root (deglycerrhized) helps enhance estrogen levels, has estrogen and progesterone-like effects, helps reduce spasms, helps stimulate the production of interferon, and may stimulate natural defense mechanisms that increase the amount of mucous secreting cells in the GI tract.

Wild Yam Root is a good source of sterol compounds similar to progesterone. It contains a natural steroid called dehydroepiandrosterone (DHEA), which has been found to rejuvenate and enhance lovemaking. The root is used in the treatment of uterine fibroids, premenstrual syndrome, and for menopause-related symptoms. It helps relax muscle spasms and is said to be beneficial for many female disorders helping relieve mood swings, depression, irritability, insomnia, headaches, and cramps.

Red Clover is used in the treatment of fibrocystic breasts. It acts as a relaxant, appetite suppressant, mild antibiotic, blood purifier, and anti-inflammatory for skin, bowels and lungs. It is a rich herbal vitamin and mineral source of bioflavonoids, isoflavonoids, folic acid, biotin, choline, inositol, pantothenic acid, vitamins A, B-1, B-2, B-3, B-6, B-12, C, and copper, magnesium, manganese, selenium, and zinc.

Vitus Agnus Castus (Chaste Tree Leaves & Berries) has hormone balancing effects, helps treat long-term PMS symptoms, irregular or painful menstruation, alleviates hot flashes, and is used in the treatment of fibroids in uterine tissue, fibrocystic breasts, and endometriosis.

Damiana improves blood flow to the genitals. It is known as a sexuality tonic for women. It helps balance hormones for both sexes and acts as a tonic for the hormone system. It helps enhance libido, elevate mood, and raise sexual potency by increasing oxygen to the genital area. Damiana's alkaloids directly stimulate nerves and organs with a testosterone-like effect. Damiana provides nutritional support for both sexual organs and sexual pleasure.

Motherwort helps alleviate palpitations and anxiety accompanying hot flashes. It is used to alleviate endometriosis.

Pregnenolone converts into DHEA that helps produce estrogen and other sex hormones, stimulate bone deposition, and prevent osteoporosis. It enhances the immune system, memory, and promotes longevity. It may help prevent breast cancer, arterial disease, and other age-related conditions.

Gota Kola helps alleviate hot flashes and palpitations associated with menopause. It helps increase sex drive, helps eliminate excess fluids, shrink tissues, decreases fatigue and depression.

American Ginseng helps strengthen the reproductive and adrenal glands, alleviate hot flashes and stress, enhance fertility, and help stimulate the immune system.

Avena Sativa helps reduce water retention, promote relaxation, and alleviates insomnia.

Lemon Bioflavonoids are mildly estrogenic and help balance estrogen levels: they bind with estrogen receptor sites to increase estrogen when levels are low or reduce estrogen levels when excessively high. Bioflavonoids can also help with the heavy bleeding of perimenopause. High bioflavonoid consumption is associated with cultures that experience lower rates of breast cancer and few menopausal symptoms. Bioflavonoids help prevent fibroids by reducing high estrogen levels.

Chlorella (fractured), a micro-algae, is a vitamin-antioxidant-mineral rich nutritive tonic that accelerates tissue building and repair. It helps build blood and supports liver function.

Flaxseed is mildly estrogenic and rich in minerals needed by postmenopausal women. Flaxseed is also high in essential fatty acids (EFAs): deficiencies of EFAs are partly responsible for skin, hair, and vaginal dryness, as well as other mucous membranes.

Burdock Root is used to alleviate the symptoms of menopause.

Vitamin C is important in coping with stress and in maintaining normal glandular function. Vitamin C may aid in alleviating breast swelling and discomfort. Vitamin C is a powerful antioxidant that protects other antioxidants helping to promote arterial health and preserve blood flow to the genitals and other tissues.

Vitamin A may help increase progesterone levels. It helps protect the tissues of the genitourinary tract. Vitamin A, a powerful free radical scavenger, aids in maintaining a healthy immune system, healthy mucus membranes, and keeps the outer layers of sexual glands and tissues healthy.

B-1 is necessary for hydrochloric acid formation, proper digestion, and enhances circulation necessary for normal clitoral erectile function.

B-2 deficiency can present as poor digestion. B-2 maintains and improves the mucous membranes in the digestive tract. It is necessary for antibody production, cell respiration, and growth.

B-6 can alleviate symptoms of PMS. In animal studies, B-6 reduced the effects of estrogen: excess estrogen levels may be responsible for PMS symptoms. It not only helps in restoring estrogen levels to normal, but also increases oxygen flow to female organs, and reduces water retention. The need for B-6 increases with birth control pills.

B-12 helps prevent anemia, reduce stress, and is necessary for all bodily functions. B-12 is needed for proper digestion and absorption of nutrients. B-12 helps maintain fertility, cell formation, and the proper metabolism of carbohydrates and fats.

Niacin is necessary for the synthesis of sex hormones, improves circulation, and helps prevent muscular weakness.

Pepsin is a proteolytic enzyme that enhances the digestion of proteins, acts as anti-inflammatory, and aids in the treatment of food allergies.

Amylase (vegetable source), enhances the digestion of carbohydrates.

Lipase (vegetable source), enhances the digestion and extraction of nutrients from fats.

Magnesium Malate may help reduce PMS symptoms. Magnesium is frequently deficient in women subject to PMS. Magnesium helps prevent the calcification of soft tissue, protect the arteries from stress damage, and prevents cardiovascular problems, which can restrict blood flow to the genitals and sexual organs. Malate helps promote aerobic glycolysis, the most efficient mode of energy production for maintenance and repair of organs.

Zinc deficiency can result in impaired sexual functions.

Boron helps increase natural estradiol, estrogen, testosterone, and vitamin D levels. It enhances the uptake and spares the loss of calcium, magnesium, and phosphorous from the body helping prevent osteoporosis. Low levels of boron in tissues have also been linked to lower hormonal levels (Samman, S, et al, *Biol Trace Elem Res* Winter 1998; 66(1-3):227-35).

Selenium is an important trace mineral associated with hormone balance. Selenium helps prevent the oxidation of fats implicated in fatty plaque obstruction of blood flow to the sexual organs and genitals. Deficiency is associated with sterility.

Potassium supplementation helps replace potassium lost through perspiration in hot flashes.

Suggested Dosage: 1 tablet 3 times daily or as directed

Size: 90 tablets

Vegetarian: No

Contraindications: Do not use in pregnancy/lactation.