

All of the plants used in this formula are traditionally known for their beneficial effects on women with premenstrual syndrome (PMS).

This formula uses standardized plant extracts in order to ensure the effectiveness of the active ingredients.

Ingredients: Dandelion root extract (*Taraxacum officinale*), chasteberry fruit extract (*Vitex agnus-castus*), Dong quai root extract (*Angelica sinensis*), cramp bark extract (*Viburnum opulus*), corn silk extract (*Zea mays*), red clover flower extract (*Trifolium pratense*), black cohosh root extract (*Actaea racemosa*), Siberian ginseng root extract (*Eleutherococcus senticosus*), anticaking agent: magnesium salts of fatty acids, vegetable capsule (glazing agent: hydroxypropylmethylcellulose, purified water).

Nutritional information:	1 capsule (661 mg)	Size and format:
Dandelion root (3% flavonoids)	150 mg	90 vegetable capsules
Chasteberry (0.5% agnuside)	125 mg	
Dong quai (1% Z-ligustilide)	125 mg	
Cramp bark (4:1)	50 mg	
Corn silk (4:1)	50 mg	
Red clover (8% isoflavones)	35 mg	
Black cohosh (2,5% triterpene glycosides)	20 mg	
Siberian ginseng (0,8% eleutherosides)	5 mg	
		Recommended daily dose:
		1 capsule daily with food.
		Do not exceed the stated recommended daily dose.

Indications and uses:

Different studies have shown that the ingredients in Femina Relief can be of help for the following conditions: pre and post-menstrual syndromes. It helps regulate hormonal function. It detoxifies the liver and reduces liquid retention. It relieves menstrual pain by toning the uterus and the pelvic zone. It increases energy levels and reduces irritability and depression.

Cautions:

Do not take if you are pregnant or breast-feeding, if you have a fever or diarrhea; if you have liver or gall bladder disorders, and/or bowel obstruction; or if you have high blood pressure. Consult a health-care practitioner prior to use if you are being treated with medication (hormones, progesterone, oral contraceptives) or if you have a special medical condition.

DANDELION (3% Flavonoids): The dandelion root is beneficial for the liver and kidneys, helping the liver destroy excess oestrogen, improving the oestrogen/progesterone balance. It strengthens the kidneys and favours the elimination of liquids. It thereby relieves states of bloating ⁽¹⁾.

It helps cleanse the blood and therefore the skin, reducing the tendency to get acne while experiencing PMS. Dandelion has a high nutrient content and is helpful in the case of anaemia caused by abundant menstrual flow ⁽²⁾.

DONG QUAI (1% ligustilide): In Asia, this plant is considered the queen of tonics for women because of its diverse supply of vitamins, phytosterols and minerals. It's especially useful for treating painful menstrual periods and PMS. Dong Quai has shown interesting tonic activity in the uterus, increasing contraction to then cause relaxation ^(3,4).

It also has anticoagulant, antiplatelet, haematopoietic and immunological characteristics ⁽⁴⁾.

CHASTEBERRY - *Vitex agnus castus* (0.5% Agnusides): This plant is considered one of the best for premenstrual syndrome. Many studies show that the use of this plant in women with serious PMS has led to notable improvement ^(5,6,7).

It relieves breast tenderness, headache, liquid retention, constipation, nervous tension and depression ^(6,7).

Vitex agnus balances hormone levels, apparently due to the reducing effect it exerts on prolactin, with which oestrogen levels are also reduced and progesterone increased ^(7,8).

SIBERIAN GINSENG (0.8% Eleutherosides): This energy tonic is one of the best plants for adrenal fatigue, which manifests as low energy, stress, depression, irritability and fatigue. Women with PMS often present low adrenal function and experience the above mentioned symptoms ⁽⁹⁾.

CORN SILK EXTRACT: An important diuretic that helps eliminate excess liquid from the body ⁽¹⁰⁾.

CRAMP BARK: This plant has a tonic effect on the uterus and regulates the menstrual cycle. It's a good antispasmodic and antibacterial agent ⁽¹¹⁾.

BLACK COHOSH: (2.5% Triterpenic glycosides): This plant has positive effects against neurovegetative and mental ailments and has tranquilizing and analgesic/calming effects. The *cimicifuga racemosa* root is used especially for cases of painful menstruation, juvenile menstrual disorders and PMS ⁽¹²⁾.

RED CLOVER EXTRACT: (8%): Its high phytoestrogen and isoflavone content makes for its oestrogen-regulating activity and therefore its positive effect on the neurovegetative, mental and somatic symptoms characteristic of PMS. Red clover is also an important lymphatic purifier which is very helpful for counteracting lymph accumulation in tissues, typical during menstruation ^(13,14).

References:

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