



FMFORM

100 ml tincture

Herbal support for women at any stage of life!

FEMALE FORMULA

FMFORM is a food supplement, designed to help relieve symptoms associated with premenstrual syndrome, hormonal imbalance and the menopause. Is ideal to support before, during and after difficult monthly cycles, as well as during the menopause.

***Supports normal
female glandular
system function
& soothes
temporary
nervous tension***

PRODUCT INFORMATION

Ingredients:

Holy thistle (*Carbenia benedicta*), Squaw vine (*mitchella repens*), Raspberry leaf (*rubus idaeus*), Cayenne (*capsicum minimum*), Ginger (*zingiber officinale*), Red ginseng (*panax ginseng*)

Directions:

Take 35 drops x 3 times daily in a little water, away from food.

Do not exceed the recommended daily intake.

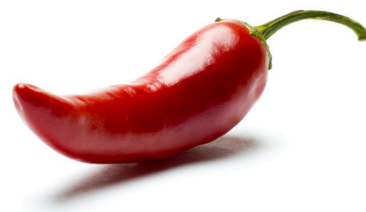
Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Do not take if pregnant or breast feeding.

** This statement has not been evaluated by the EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.*

ABOUT THE INGREDIENTS

- ✓ **Holy thistle (*Carbenia benedicta*):** Holy thistle contains lignans, essential oil, tannins and the minerals calcium, potassium, iron, magnesium and manganese. It has been used traditionally to treat some symptoms of menopause, to relieve painful menstruation, menstrual cramps and menstrual headaches and also for increasing milk production in lactating mothers.



- ✓ **Squaw vine (*Mitchella repens*):** Squaw Vine has been used for menstrual irregularities (amenorrhea, dysmenorrhea, and menorrhagia) and for vaginal discharge (antiseptic properties for vaginal infections).



- ✓ **Raspberry leaf (*Rubus idaeus*):** Raspberry leaf is great for reducing heavy menstrual and menopausal bleeding and helps to remove excess blood clots during periods.

- ✓ **Cayenne (*Capsicum minimum*):** It works excellently in reducing internal bleeding especially menstrual bleeding. It also helps to improve the body's blood circulation thus easing painful menstrual cramps.

- ✓ **Ginger (*Zingiber officinale*):** Ginger is high in nutrients and antioxidants, and also has anti-inflammatory characteristics. It is a well-known herb for its numerous medicinal benefits, including relief from nausea and gastrointestinal discomfort, which makes it well-suited to treating the menopause symptoms of bloating and joint pain.



- ✓ **Red ginseng (*Panax ginseng*):** Ginseng is a tonic herb, which can support health and well-being. As an adaptogen it helps the body to perform at optimum levels and counter the ill-effects of stress. A rich source of phytonutrients and eleutherosides, ginseng is also used by many women to counteract the symptoms of menopause.

