Discussion

This tradition-based, multi-herb formula combines “female herbs” and traditional tonics that have been chosen by means of clinical observation for their complementary and compounding effects.

Chaste Berry Extract (Vitex angus-castus) has been used for centuries to support women with hormone-related gynecologic complaints. Modern research has validated this traditional use by showing that various preparations of chaste berry demonstrate positive effects in women with premenstrual syndrome (PMS). The German Commission E approves the use of chaste berry to support menstrual cycle regularity, breast tenderness, and PMS; and it is widely recommended by family physicians and gynecologists in Germany.

Iridoids and flavonoids are thought to exert benefits through indirect effects on various hormones, especially prolactin and progesterone.

Parsley (Petroselinum crispum) promotes fluid balance. Its effect appears to be mediated through an inhibition of the sodium-potassium pump. As an aquaretic, parsley is ascribed the benefit of increasing urine volume while supporting retention of electrolytes. Parsley is also considered to have cleansing and detoxifying properties.

Dandelion (Taraxacum officinale) has been commonly used for its ability to help maintain healthy fluid balance and for its cleansing effects. In vitro research suggests that the active constituents in dandelion—which include luteolin, quercetin, and inulin—suppress cyclooxygenase-2 (COX-2) and inducible nitric oxide synthase (iNOS), increase antioxidant activity, upregulate phase II detoxification, and support bifidobacteria growth.

Dong Quai Extract (Angelica sinensis) has its origins in China, Japan, and Korea, where it has been traditionally used to balance the female cycle and address common symptoms of PMS. Research suggests that dong quai affects the contractive rhythm of the uterus. Many functional medicine practitioners believe dong quai works best in combination with other herbs to support menstrual regularity.

Licorice Extract (Glycyrrhiza glabra) functions as a weak phytoestrogen and has traditionally been used to help regulate menstruation and relieve commonly experienced menstruation-related muscle cramping. The metabolite of glycyrrhizin, glycyrrhetic acid, is similar in structure to hormones secreted by the adrenal cortex, and licorice is sometimes used along with bupleurum to support adrenal gland function. In vitro research also suggests that licorice has a positive influence on inflammatory pathways.

Peony (Paeonia lactiflora), also known as bai shao yao, is a Chinese herb used to help regulate menses and decrease minor pain. In traditional Chinese medicine (TCM), peony and licorice are used together and are thought to have great synergism relating to their effects on neuromuscular junctions.

Bupleurum (Bupleurum falcatum), also known as chai hu, is a traditional “female cycle balancer” that has uterine-calming activity. Chinese medicine practitioners use chai hu to unblock liver qi stagnation that manifests as menstrual cramping, emotional changes, and breast tenderness. An animal study suggests that chai hu supports a healthy mood through central adrenergic mechanisms. It also has been shown to regulate the neuroendocrine system by increasing beta-endorphin and decreasing epinephrine and dopamine, which probably accounts for its relaxing properties.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chaste Berry Extract (Vitex agnus-castus)</td>
<td>225 mg</td>
</tr>
<tr>
<td>(fruit)(0.3% agnuside and 0.4% aucubin)</td>
<td></td>
</tr>
<tr>
<td>Bupleurum (Bupleurum falcatum)(root)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Tangerine (Citrus reticulata)(peel)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Dandelion 4:1 Extract</td>
<td>100 mg</td>
</tr>
<tr>
<td>(Taraxacum officinale)(root)</td>
<td></td>
</tr>
<tr>
<td>Dong Quai Extract (Angelica sinensis)(root)</td>
<td>100 mg</td>
</tr>
<tr>
<td>(1% bisnigrisides)</td>
<td></td>
</tr>
<tr>
<td>Peony (Paeonia lactiflora)(root)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Ginger 10:1 Extract (Zingiber officinale)(root)</td>
<td>60 mg</td>
</tr>
<tr>
<td>Parsley (Petroselinum crispum)(leaves)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Red Raspberry (Rubus idaeus)(leaves)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Licorice Extract (Glycyrrhiza uralensis)(root)</td>
<td>45 mg</td>
</tr>
<tr>
<td>(20% glycyrrhizic acid)</td>
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</tbody>
</table>

**Daily Value not established**

Other Ingredients: HPMC (Capsule), stearic acid, magnesium stearate, silica, and medium-chain triglycerides.

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**References**


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**Does Not Contain**

Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or preservatives.

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**Directions**

Take two capsules daily, or as directed by your healthcare practitioner.

Children, pregnant or lactating women, and individuals using blood thinners should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.