

EX-MENS FORMULA

Excessive Menstruation Formula

- CORRECTS Imbalances Female Hormones
- BALANCES Hormones that Cause Excessive Bleeding
- CONTAINS Herbal Food Support for the Female System
- 100% organic, herbal, sugar-free and chemical-free

BOTANICAL INGREDIENTS:

Raspberry leaves, Prickly ash, Blue Cohosh, Wild yam, Cinnamon



RASPBERRY LEAVES

Red Raspberry leaves belong to such a common plant that many people do not realize what powerful medicine they contain. It is splendid proof that some herbs have an attraction for specific organs. They act upon the procreative organs of women, stimulating, toning and regulating them more effectively than any other known herb.



PRICKLY ASH

Prickly Ash has been recommended for a long time for a lot of different ailments. The bark acts principally upon the secretions, the nervous system and the circulatory system. Combined with diuretics and tonics it has been used in cases of painful and irregular menstruation. The bark and the berries are both useful as they eliminate pain and hypersensitivity.



BLUE COHOSH

“WOMAN’S BEST FRIEND” Blue Cohosh has been effective in troubles relating to menstruation. It can regulate the habitually late cycle and restore the flow if menstruation is delayed through shock, chill, catching a cold, etc. For young girls who are just beginning their menstrual cycle, Blue Cohosh, especially if taken in conjunction with Blessed Thistle, can relieve nervous irritation and regulate the menses.



WILD YAM

Wild yam relaxes the muscular fibers, soothes the nerves, and gives positive relief from pains, especially those associated with the uterus. It is of great value in nervousness, restlessness, nausea, and pains that are common to pregnancy. Wild yam has a potent tonic effect on the uterus.



CINNAMON

Cinnamon acts as a tonic to the whole system. Its general warming and stimulating properties can give direction in the body by other remedies - such as blue cohosh as a uterine remedy to treat irregular and painful periods, heavy bleeding, uterine infections and vaginal discharge. The tannins have an astringent action, stemming bleeding in heavy periods.

HOW IT WORKS

This formula will help to balance female hormones that cause excessive menstruation; these herbs will effectively slow down the flow when used during a heavy cycle. When a heavy cycle is expected the formula can be taken before to ease or prevent the excess flow. This formula when used in conjunction with the Female Formula will assist in balancing hormones that cause excessive bleeding.

DOSAGE

It has been found beneficial to begin using 2 to 4 droppers full 3 to 4 times a day beginning 7 to 10 days before the menstrual cycle begins, and continuing through the cycle if necessary. As with any herbal remedy you will need to find the best dose for your body. This is just a guideline you may need to use more or less depending on your personal situation