



Contains herbs to relieve **pre-menstrual symptoms, menstrual pain, cramps** and the symptomatic relief of **irregular periods** in traditional Chinese medicine

## KEY BENEFITS

Formulated with herbs used in traditional Chinese medicine (TCM) to help symptomatically relieve:

- ✓ Menstrual pain and cramping
- ✓ Symptoms of irregular periods
- ✓ Pre-menstrual symptoms such as bloating, swollen breasts, mood swings, restlessness and irritability

## PRODUCT FEATURES

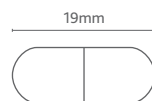
- ✓ Contains a synergistic blend of herbs based on the TCM combination to support healthy menstrual cycle
- ✓ Contains high quality herbal extracts

## ACTIVE INGREDIENTS

Each tablet contains extracts equivalent to dry:

White peony ( <i>Paeonia lactiflora</i> ) root	750mg
Rehmannia ( <i>Rehmannia glutinosa</i> ) root	500mg
Dong quai ( <i>Angelica polymorpha</i> ) root	425mg
Cyperus ( <i>Cyperus rotundus</i> ) rhizome	400mg
Ligusticum ( <i>Ligusticum wallichii</i> ) root	350mg
Bupleurum ( <i>Bupleurum falcatum</i> ) root	350mg
Chinese licorice ( <i>Glycyrrhiza uralensis</i> ) root and stolon	300mg
Ginger ( <i>Zingiber officinale</i> ) rhizome	125mg

Suitable for vegans and vegetarians. NO artificial colours, flavours or preservatives, added east, wheat, gluten, nuts, dairy or animal products.



## DOSAGE

Adults: 2 tablets twice daily.

## CAUTIONS/ CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your healthcare professional. Made in Australia.

## BACKGROUND INFORMATION

### MENSTRUATION AND OVULATION

Menstruation is a highly orchestrated process requiring the coordination of the ovaries, uterus and the pituitary gland. Typically, the average healthy menstrual cycle is 28 days long, but can vary from 21-35 days. Menstruation marks the first half of a woman's cycle (known as the follicular phase). In this stage, a follicle (or egg) is matured for ovulation (around day 14). After ovulation, in the second phase of the cycle (the luteal phase), the body prepares for menstruation if the follicle is not fertilised.

These processes are highly dependent on the rise and fall of the reproductive hormones, oestrogen, progesterone, luteinising hormone and follicle-stimulating hormone. Imbalances of these hormones can affect the regularity of the menstrual cycle. The cyclic changes in hormones during the cycle can also contribute to a variety of symptoms. These are collectively known as pre-menstrual syndrome (PMS) and can include:

- mild anxiety
- abdominal bloating and digestive upsets
- acne
- fluid retention
- headaches or migraines
- irritability or mood swings
- breast distension
- cramping

Dysmenorrhea refers to painful menstruation and can also be related to PMS and the reproductive hormones or structural variances.

### TRADITIONAL CHINESE MEDICINE (TCM) AND MENSTRUATION

Most simply, TCM understands menstrual problems including irregular cycles and PMS as improper flow of Liver *Qi* and Blood. If Liver *Qi* does not flow smoothly; emotions, digestion and blood circulation may also stagnate, manifesting as irritability/mood changes, bloating and pain respectively.

In TCM during the first half of the cycle, nourishing blood is essential. If blood is insufficient, the uterus is not replenished and infrequent periods may result. In the second phase of the cycle toward menstruation,

moving *Qi* and blood is an important strategy to address pre-menstrual tension. Women's Balance contains herbs to help tonify blood as well as increase the flow of *Qi*, which may relieve a wide variety of symptoms throughout the menstrual cycle including PMS, irregular cycles and menstrual pain.

### HERBS FOR BALANCING THE FEMALE REPRODUCTIVE CYCLE

**White Peony** is traditionally used in TCM to regulate Liver *Qi* to assist in the management of PMS including irritability, tension, mood swings, fatigue, breast pain/tenderness and bloating. It's also used in TCM to nourish and invigorate the Blood, to support healthy menstrual cycle regulation.

**Dong quai** is commonly used in TCM to help regulate the menstrual cycle and for the symptomatic relief of menstrual cramps by tonifying and moving blood.

**Ligusticum** is used traditionally in TCM to invigorate the *Qi* and blood and to help relieve menstrual pain, irregular menstruation and headaches.

Formula is further supported with **rehmannia, cyperus, bupleurum, Chinese licorice and ginger.**

### SYNERGY- FORMULAS WITHIN A FORMULA

This formulation includes a TCM formula known as the Four Substance Decoction (peony root, rehmannia, dong quai and ligusticum) which is a key blood tonic. Specifically, the formula addresses Liver blood deficiency and blood stagnation to help manage symptoms such as irregular menstruation and menstrual pain.

Peony and bupleurum as well as peony and licorice are also traditional couplets used in TCM.

## COMPANION PRODUCTS



**Tienchi Ginseng** - Reduces heavy periods, relieves bruising and soft tissue injury pain and swelling in TCM.



**Vitex** - Relieves premenstrual symptoms and helps regulate the menstrual cycle in traditional Western herbal medicine.



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