



## Hormonix TINCTURE

### PREMENSTRUAL SYNDROME

Irregular period

NPN 80038019

50 ml

Each ml contains					
Angelica	fresh root	<i>Angelica archangelica</i>	1:2	100 mg	Organic
Red Raspberry	fresh leaf	<i>Rubus idaeus</i>	1:3	80 mg	Organic
Yarrow	fresh flower	<i>Achillea millefolium</i>	1:3	67 mg	Organic
Cramp Bark	fresh bark	<i>Viburnum opulus</i>	1:3	33 mg	Organic
Black Cohosh	fresh root	<i>Actaea racemosa</i>	1:4	29 mg	Organic
Licorice	root	<i>Glycyrrhiza glabra</i>	1:8	13 mg	Organic
Alcohol 35% to 40% certified organic					

### DOSAGE

**INTERVENTION:** 1.5 ml, 3 to 4 times per day.

**TREATMENT:** 2.5 ml, 2 times per day.

### DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water 15 to 30 minutes before meals or at bed time. Use for 4 to 6 weeks. For long-term treatment, take 6 days out of 7.

### MODE OF ACTION

Hormonix was conceived to balance the female endocrine system. It restores hormone balance, normalizes menstrual flow and regulates ovarian and menstrual cycles that are too long or too short. It can be used to restore hormone balance and regulate the menstrual cycle after using oral contraceptives.

Hormonix eases premenstrual symptoms such as cramps, irritability and nervous tension. It must be used for a few cycles before the full benefits of its regulating, tonic and nourishing actions can be felt. It can also be used occasionally, a few days before the period, to relieve symptoms or start a late period. Hormonix is also used to support the endocrine system and reduce symptoms of premenopause.

**ANGELICA:** helps regulate estrogen levels because of its phyto-estrogenic effect and its action on the liver. It relaxes smooth muscles and relieves menstrual cramps.

**RED RASPBERRY:** as an astringent, red raspberry is a tonic of the uterus and promotes its proper functioning. It reduces excess menstrual bleeding and cramps and is also nourishing.

**YARROW:** is an emmenagogue that stimulates the uterus and helps bring on a late period. It promotes hormonal balance, regulates menstrual flow and reduces premenstrual and menopausal symptoms.

**CRAMP BARK:** a wonderful antispasmodic herb, cramp bark is very efficient to relieve smooth muscle spasms and menstrual cramps. It calms premenstrual tension and, as a mild analgesic, it soothes premenstrual pain (migraine, cramps).

**BLACK COHOSH:** regulates estrogen levels, has an antispasmodic action and calms nervous irritability. It is especially useful for irritability caused by hormone imbalance and it calms all nervous troubles of PMS and menopause. Black cohosh is also a tonic of the uterus and reproductive organs.

**LICORICE:** is anti-inflammatory, antispasmodic and acts on the endocrine system, particularly the adrenal glands.

### HELPFUL ASSOCIATIONS

**RED RASPBERRY** infusion for all troubles of female reproductive system.

**GREEN OATSTRAW** infusion for irritability, nervous tension.

**MENSTRUIX** for menstrual cramps.

**SHEPHERD'S PURSE** for heavy or hemorrhagic bleeding.

**FEMINATOP** when there are cysts, PCOS, endometriosis.

**GODDESS TEA** as a nourishing tonic during the premenstrual phase.

### ETHNOBOTANY

**Female reproductive system:** premenstrual syndrome (cramps, irritability, nervous tension), hormone imbalance, irregular period, menstrual cycle too long or too short, amenorrhea, symptoms of menopause or premenopause, hot flashes.

### CONTRA-INDICATIONS

Consult a health-care practitioner if symptoms persist or worsen or if you suffer from a gastroduodenal ulcer, liver problems or if symptoms of liver problems appear. Avoid prolonged exposure to sunlight or any source of ultraviolet radiation. Do not use when pregnant or breastfeeding. Do not use if you suffer from cardiovascular disease, renal troubles, diabetes or edema.

### INTERACTIONS

Do not use with prescription drugs, including antacids and anticoagulants.

## REFERENCES

- AHPA. Botanical Safety Handbook, 2nd Edition. Boca Raton: CRC Press; 2013.
- Al-Snafi, Ali Esmail. Therapeutic Properties of Medicinal Plants: A Review of Medicinal Plants with Central Nervous Effects (Part 1). International Journal of Pharmacology & Toxicology / 5(3), 2015, 177-192; 2015.
- Barnes J., Anderson L.A., Phillipson J.D. Herbal medicines, 3rd Edition. London: Pharmaceutical Press; 2007.
- Blumenthal, Goldberg, Brinckmann. Herbal Medicine: Expanded Commission E Monographs. Newton: Integrative Medicine Communications; 2000.
- Bone Kerry. A clinical Guide to Blending Liquid Herbs. St. Louis: Churchill Livingstone; 2003.
- Boon H., Smith M. The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs. Toronto: Robert Rose; 2004.
- British Herbal Medicine Association. British Herbal Compendium Volume 2. Bournemouth: BHMA; 2006.
- Christopher John R. School of Natural Healing. Provo: Christopher Publications; 1976.
- Duke James A. The Green Pharmacy. Pennsylvania: Rodale Press; 1997.
- ESCAP. Monographs: The Scientific Foundation for Herbal Medicinal Products, Second Edition. New York: Thieme; 2003.
- Felter H.W., Lloyd J. U. King's American Dispensatory. Portland: Eclectic Medical Publications; 1983.
- Fetrow, C. W., Avila, Juan R. Professional's Handbook of Complementary and Alternative Medicines. Springhouse: Lippincott Williams and Wilkins; 2004.
- Foster S., Johnson L. R. Desk Reference to Nature's Medicine. Washington: National Geographic Society, 2006.
- Gagnon C., Lanctôt-Bédard V. Materia Medica: Flora Medica; 2009.
- Gladstar Rosemary. Herbal Healing for Women. New York: Fireside; 1993.
- Guilde des Herboristes. Monographie de l'avoine. 2016.
- Health Canada. Monograph on Catnip; 2008.
- Hoffmann David. Medical Herbalism. Rochester; Healing Arts Press; 2003.
- Holmes Peter. The Energetics of Western Herbs, Vol. 1 & 2, 3rd Edition. Boulder: Snow Lotus Press; 1997.
- Kircher Tamara. Herbs for the Soul. London: Thorsons; 2001.
- Mills S., Bone K. Principles and Practice of Phytotherapy. St. Louis: Elsevier; 2000.
- Moghadam Z.B., Rezaei E., Gholami R.S., Kheirkhah M., Haghani H. The effect of Valerian root extract on the severity of premenstrual syndrome symptoms. J Tradit Complement Med. 2016 Jul; 6(3): 309–315. doi: 10.1016/j.jtcme.2015.09.001; 2016.
- Nadaoka I., Yasue M., Sami M., Kitagawa Y., Koga Y. Oral administration of Cimicifuga racemosa extract attenuates psychological and physiological stress responses. Biomedical Research 33 (3) 145-152; 2012.
- Peirce Andrea. Practical Guide to Natural Medicines. New York: American Pharmaceutical Association; 1999.
- Romm Aviva. Botanical medicine for women's health. St. Louis; Churchill Livingstone; 2010.
- Stargrove M.B., Treasure J., McKee D.L. Herb, Nutrient and Drug Interactions. St. Louis: Mosby Elsevier; 2008.
- Tilgner Marie S. Herbal Medicine from the Heart of the Earth, 2nd Edition. Pleasant Hill: 2009.
- Upton Roy. Monograph on Cramp Bark (*Viburnum opulus*). American Herbal Pharmacopoeia; 2000.
- Upton Roy. Monograph: Black Cohosh rhizome, *Actaea racemosa* L. syn. *Cimicifuga racemosa* (L.) Nutt. American Herbal Pharmacopoeia; 2002.
- Weiss R.F., Fintelmann V. Herbal Medicine, 2nd Edition. New York: Thieme; 2000.
- Wichtl Max. Herbal Drugs and Phytopharmaceuticals. Boca Raton: CRC Press; 1994.
- Williamson E.M. Potter's Herbal Cyclopaedia. Essex: The C.W. Daniel Company Limited; 2003.
- Williamson E., Driver S., Baxter K. Stockley's Herbal Medicines Interactions. Grayslake: Pharmaceutical Press; 2009.
- Winston D., Maimes S. Adaptogens. Rochester: Healing Arts Press; 2007.
- Wood Matthew. The Practice of Traditional Western Herbalism. Berkeley: North Atlantic Books; 2004.
- Zepelin Henneicke-von, Hans-Heinrich. 60 years of *Cimicifuga racemosa* medicinal products Clinical research milestones, current study findings and current development. Wien Med Wochenschr (2017) 167:147–159 DOI 10.1007/s10354-016-0537-z; 2017.

Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

