



## Mamaboost TINCTURE

POSTPARTUM NERVOUS TENSION  
Relieves tension

NPN 80017194  
50 ml

Each ml contains					
Skullcap	fresh leaf	<i>Scutellaria lateriflora</i>	1:3	110 mg	Organic
Nettle	fresh leaf	<i>Urtica dioica</i>	1:3	98 mg	Organic
Red Raspberry	fresh leaf	<i>Rubus idaeus</i>	1:3	58 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	21 mg	Organic
Licorice	root	<i>Glycyrrhiza glabra</i>	1:8	10 mg	Organic
Alcohol 35% to 40% certified organic					

### DOSAGE

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

**TREATMENT:** 2 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. For long-term treatment, use 6 days out of 7.

### MODE OF ACTION

This compound is specifically conceived for post-partum difficulties. It supports the new mother while she is recovering from childbirth and adapting to her new life, helps her recover energy, reduces nervous tension and restores the endocrine balance that was disrupted by childbirth. It is the combination of its tonic and nourishing herbs, its nervines, astringents and antispasmodics that make it so efficient. Mamaboost lifts the mood and relieves post-partum blues, mild depression and insomnia. Its nervine and calming herbs support the nervous system and ease tension, irritability and anxiety. It reduces uterine spasms and restores muscle tone to the uterus and the pelvic floor.

Mamaboost is also used to relieve symptoms of the premenstrual phase. It calms nervous tension and anxiety and alleviates symptoms of mild depression. Its antispasmodic herbs also help relieve menstrual cramps.

**SKULLCAP:** as a nervine, skullcap tones and reconstructs the nervous system. Both a tonic and a calming herb during acute conditions (insomnia, anxiety, anguish), it supports the general functioning of the nervous system. It is a heart tonic and reduces muscle tension and spasms.

**NETTLE:** a nourishing herb, nettle tones the body and gives it strength and vitality. It stimulates metabolism, revitalizes the entire organism and is recommended for all conditions where there is fatigue, weakness and exhaustion. It is used here to ease adaptation into maternity, prevent anemia and compensate the lack of sleep.

**RED RASPBERRY:** the great female reproductive tonic. Red raspberry nourishes, fortifies and balances the reproductive system. It restores uterine muscle tone and pelvic floor and relieves menstrual cramps. Red raspberry is astringent and reduces excess menstrual bleeding.

**CRAMP BARK:** a great antispasmodic herb, cramp bark is most efficient to relieve spasms of the smooth muscles of the digestive system, menstrual cramps and afterbirth pain (post-partum uterus contractions). It calms premenstrual tension, is mildly analgesic and relieves pain caused by premenstrual syndrome (migraine, cramps).

**BLACK COHOSH:** it regulates estrogen levels, is antispasmodic and calms nervous irritability. It is particularly efficient when irritability and nervous conditions are caused by hormone imbalance. Black cohosh is also a tonic of the uterus and reproductive organs.

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

### HELPFUL ASSOCIATIONS

**GREEN OATSTRAW** infusion for post-partum nervous conditions.

**VALERIAN** tincture for afterbirth pain and abdominal cramps.

**NETTLE** infusion for anemia, fatigue or exhaustion.

**RED RASPBERRY** infusion for prolapsed uterus.

**MENSTRUIX** for menstrual or digestive cramps.

**MOON TEA** for PMS, menstrual cramps.

### ETHNOBOTANY

**Post-partum troubles:** post-partum blues, mild depression, stress, anxiety, insomnia, fatigue, exhaustion, migraine, uterine spasms.

**Hormonal system:** premenstrual syndrome (nervous tension, irritability, anxiety, migraine).

### CONTRA-INDICATIONS

Consult a health-care practitioner if symptoms persist or worsen, if you suffer from a liver condition or if symptoms of a liver condition appear. Consult a health-care practitioner to use during breastfeeding or for more than 4 to 6 weeks. Do not use during pregnancy. May cause drowsiness. Be cautious while operating heavy machinery, a motor vehicle or during any activity requiring vigilance.

### INTERACTIONS

Avoid use with prescription drugs, with alcohol, medication or any natural health product with a sedative effect.

## REFERENCES

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

