



Menstruix TINCTURE

MENSTRUAL PAIN
Antispasmodic

NPN 80016302
50 ml

Each ml contains					
Red Raspberry	fresh leaf	<i>Rubus idaeus</i>	1:3	270 mg	Organic
Cramp Bark	fresh bark	<i>Viburnum opulus</i>	1:3	74 mg	Organic
Alcohol 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 well before using. Take in a mouthful of water, 15 to 30 minutes before meals. For long-term treatment, take 6 days out of 7.

MODE OF ACTION

Menstruix was specifically conceived to relieve smooth muscle spasms, particularly menstrual cramps. It can be used as needed for cramps or a few days before the period is due, to prevent or reduce cramps. As an antispasmodic, cramp bark is very efficient to relieve smooth muscle tension. Red raspberry is a tonic and astringent of the mucus membranes and helps normalize menstrual blood flow. Menstruix is also used to relieve intestinal cramps and diarrhea, whether it be viral or not (traveler's diarrhea, gastro-enteritis, etc.). After childbirth, Menstruix helps normalize bleeding, tones the uterus and relieves afterbirth pain.

RED RASPBERRY: a great tonic that nourishes, strengthens and balances the female reproductive system. Red raspberry restores muscle tone to the uterus and the pelvic floor, and relieves menstrual cramps. Red raspberry is astringent, reduces excess menstrual flow and is also nourishing.

CRAMP BARK: as an antispasmodic herb, cramp bark efficiently relieves smooth muscle spasms of the digestive system, menstrual cramps and tension. It calms premenstrual tension, is mildly analgesic and relieves the pain of premenstrual syndrome (migraine, cramps).

HELPFUL ASSOCIATIONS

RED RASPBERRY infusion for all troubles of the reproductive system.

SHEPHERD'S PURSE for hemorrhagic menstrual bleeding.

FEMINATOP for painful or overabundant period, cyst, fibroid, endometriosis.

GODDESS TEA as a nourishing tonic to ease the premenstrual phase.

SKULLCAP tincture for nervous tension associated with PMS.

SLIPPERY ELM for diarrhea, gastro-enteritis.

ETHNOBOTANY

Female reproductive system: menstrual cramps, pain and cramps at ovulation, abundant blood flow, premenstrual tension, blood clots, risk of miscarriage, afterbirth pain.

Digestive system: intestinal cramps, diarrhea, gastro-enteritis, traveler's diarrhea.

CONTRA-INDICATIONS

Consult a health-care practitioner if symptoms persist.

INTERACTIONS

Do not take with prescription drugs.

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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.

