



Red Raspberry INFUSION

REPRODUCTIVE TONIC

Astringent

Ingredient

Red Raspberry	leaf	<i>Rubus idaeus</i>	Organic
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DOSAGE

INTERVENTION: 1 cup, 4 to 5 times per day.

TREATMENT: 1 cup, 3 to 4 times per day.

DIRECTIONS FOR USE

Pour 1 litre of boiling water over 6 tbsp of herbs, cover and let steep for 20 minutes. Filter.

MODE OF ACTION

Red raspberry is the main herb for all gynecological troubles as it is an important tonic of the female reproductive system and can be used at all ages. It nourishes, fortifies and balances, its action is mild and cumulative, making it an excellent support herb. Red raspberry relieves dysmenorrhea, harmonizes menstruation and tones the pelvic floor in the case of prolapsed uterus. Its tannins are astringent, they tone the mucus membranes, regulate excess menstrual bleeding and leukorrhea. Because red raspberry tightens the tissues, they become less permeable to harmful micro-organisms such as those that cause vaginitis.

Research has confirmed that red raspberry has been used traditionally as a support during labour. Its toning and relaxing actions on smooth muscles balance the uterus. Red raspberry infusion is taken during the second and third trimesters of pregnancy to prepare the uterus for labour and to make the contractions regular and efficient. It seems that women who drink red raspberry during pregnancy are less likely to require a rupture of the membranes to start labour, to undergo medical interventions during labour (caesarian, forceps) and to give birth pre or post-term. Red raspberry also helps recovery after childbirth. Its astringent properties prevent excess post-partum bleeding and tone the pelvic floor.

Its astringent tannins tone the lining of the digestive tract and reduce diarrhea, irritation and inflammation of the intestines, mild constipation and nausea. Red raspberry also soothes inflammation of the mouth (stomatitis, ulcers), of the throat (tonsillitis, sore throat) and of the respiratory system.

The main constituents of red raspberry are tannins (cyanidin, ellagic acid, gallic acid), flavonoids (kaempferol, quercetin), phenolic acids (caffeic, ferulic), minerals (Ca, Mg, Zn, P), vitamins (A, B, C), trace elements, alkaloids (fragarine), polysaccharides and lipids.

HELPFUL ASSOCIATIONS

CRAMP BARK for menstrual cramps.

HORMONIX for premenstrual syndrome.

HORMONATOP for hormone imbalance.

FEMINATOP for cysts, fibroids, endometriosis.

SLIPPERY ELM infusion for irritation of the stomach and diarrhea.

CHAMOMILE infusion for digestive troubles.

ETHNOBOTANY

Female reproductive system: menstrual cramps, leukorrhea, excess menstrual flow, absent period, blood clots, gynecological problems, premenstrual syndrome, prolapsed uterus, preparing for labour, afterbirth pain, infertility.

Digestive system: diarrhea, mild constipation, irritation and inflammation of the intestine, nausea, irritation of the stomach.

Other: stomatitis, mouth ulcer, sore throat, inflammation of respiratory tract lining.

HISTORY

Fossils have revealed that red raspberries have been a staple of the human diet for a very long time. Red raspberry leaves were already used in 60 BC for their medicinal properties. The Chinese have long used red raspberry leaves to treat urinary tract problems. In America, the First Nations used the leaves to treat diarrhea and dysentery and to prepare for childbirth. The Cree used it against cholera while the Dene used it as an astringent for prolapse of the uterus. In Europe, red raspberry has been cultivated for its fruits since the 16th century. It is only in the middle of the 20th century that Europeans and Americans became interested in its medicinal virtues. It remains to this day one of the most recommended herbs by midwives and most used by pregnant women around the world.

CONTRA-INDICATIONS

Do not use during the first trimester of pregnancy without supervision of a health-care professional.

INTERACTIONS

None known.

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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

