



Lady's Mantle TINCTURE

ASTRINGENT TONIC

Menstrual pain

NPN 80009949

50 ml

Each ml contains

Lady's Mantle	fresh flower and leaf	<i>Alchemilla vulgaris</i>	1:2	450 mg	Organic
Alcohol 30% to 35% certified organic					

DOSAGE

INTERVENTION: 1 ml, 4 to 5 times a day.

TREATMENT: 1.5 ml, 2 to 3 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 use, take 6 days out of 7.

MODE OF ACTION

Lady's mantle is particularly interesting for its astringent action on the female reproductive system. Its tannins strengthen the uterus and the muscles of the pelvic floor, regulate excess menstrual bleeding and spotting between periods. It relieves chronic pelvic pain, loss of muscle tone in the pelvic floor and leukorrhea. Its action is felt when taken over a few cycles. Lady's mantle is anti-inflammatory and helps treat uterine problems such as endometriosis and fibroids. Combined with shepherd's purse and yarrow, it helps relieve heavy post-partum bleeding.

Alchemilla vulgaris has a mild harmonizing effect on the menstrual cycle and helps relieve menstrual pain. The astringent action of lady's mantle on the vaginal lining slows the proliferation of pathogens responsible for vaginitis and it complements the action of antimicrobial herbs. During menopause, it helps reduce hot flashes and excess bleeding and gives physical and emotional support.

Lady's mantle relieves stomach troubles, vomiting and diarrhea. It tones a weak bladder accompanied by frequent micturation. It is also diuretic.

It heals wounds when used internally or externally. It is used as a mouthwash to heal mouth ulcers and inflammation of the gums. It stimulates blood circulation and relieves hemorrhoids and heaviness of the legs caused by venous insufficiency. It is rich in polyphenols and neutralizes free radicals responsible for oxidation of the tissues.

The main constituents of lady's mantle are tannins (ellagic acid, gallic acid), flavonoids (quercetin, kaempferol), triterpenes (oleanolic acid, ursolic acid), salicylic acid, fatty acids (linoleic), lecithin, phytosterols, essential oils (myrtenol, eugenol) and bitter principles.

HELPFUL ASSOCIATIONS

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

MENSTRUIX for menstrual cramps.

HORMONIX for premenstrual syndrome.

FEMINATOP for troubles due to congestion of the reproductive system (cysts, fibroids, endometriosis).

SHEPHERD'S PURSE for heavy menstrual bleeding.

HORMONATOP to regulate menstrual cycle, infertility and menopause.

ETHNOBOTANY

Female reproductive system: painful or heavy periods, spotting, leukorrhea, blood clots, cysts, fibroids, endometriosis, prolapsed uterus, chronic pelvic pain, menopause troubles (hot flashes, heavy bleeding).

Digestive system: diarrhea, vomiting, hemorrhoids, stomach troubles.

Other: mouth ulcer, venous insufficiency.

HISTORY

Its latin name, *Alchemilla*, refers to the alchemists who gathered the dew at the center of its leaves, and which they considered sacred. Lady's mantle leaves were once used as an infusion against headache, menstrual pain, symptoms of menopause and they had the reputation to cure sterility in women. Its astringent properties gave rise to a strange practice: women who wished to pass off as virgins consumed large quantities of it to firm up the tissues of the genitalia. This practice gave the herb its name *lady's mantle*, which was officially adopted by the English. Culpepper recommended its use as a poultice to women who wished to restore firmness to limp breasts. In Switzerland, it is still used today to restore firmness to the chest.

CONTRA-INDICATIONS

Consult a health-care practitioner if symptoms persist. Do not take during pregnancy or breastfeeding.

INTERACTIONS

None known.

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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.

