



Red Raspberry TINCTURE

MENSTRUAL TROUBLES
Uterine and digestive tonic

NPN 80008948

50 ml

Each ml contains

Red Raspberry	fresh leaf	<i>Rubus idaeus</i>	1:3	360 mg	Organic
Alcohol 35% to 40% certified organic					

DOSAGE

INTERVENTION: 2 ml, 4 times per day.

TREATMENT: 2.2 ml, 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

Red raspberry is the main herb for all gynecological troubles. 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.

Its astringent action also acts on the lining of the digestive tract and reduces 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 and urinary system. It complements the action of emollient herbs such as marshmallow and slippery elm.

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. Its 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. It also helps recover after childbirth. Its astringent properties prevent excess post-partum bleeding and tone the pelvic floor.

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 and afterbirth pain.

HORMONATOP for hormone imbalance.

FEMINATOP for cysts, fibroids, endometriosis.

MAMABOOST for premenstrual tension and post-partum support.

SLIPPERY ELM infusion for cases of irritation of the stomach and diarrhea.

ETHNOBOTANY

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

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

Others: 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

Consult health-care practitioner if symptoms persist. Do not take during pregnancy without the supervision of a health-care practitioner.

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.

