



## Goddess Tea INFUSION

### NUTRITIVE TONIC

Second and third trimesters of pregnancy

NPN 80034402

Composition				
Red Raspberry	leaf	<i>Rubus idaeus</i>	750 mg	Organic
Nettle	leaf	<i>Urtica dioica</i>	625 mg	Organic
Green Oatstraw	flowering green stem	<i>Avena sativa</i>	500 mg	Organic
Peppermint	leaf	<i>Mentha x piperita</i>	375 mg	Organic
Lemonbalm	leaf	<i>Melissa officinalis</i>	250 mg	Organic

#### DOSAGE

INTERVENTION: 4-5 cups per day.

TREATMENT: 3-4 cups 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

Goddess tea is a nourishing infusion that supplies many essential minerals and trace elements for the proper functioning of the body. The nettle in this compound is a general tonic that fortifies, revitalizes and improves energy. Red raspberry is astringent and tones the female reproductive organs. It tones the uterus, harmonizes menstruation and prepares for childbirth. Goddess tea also acts on the nervous system. It relieves tension and improves the mood thanks to its nervine and calming herbs (lemonbalm, green oatstraw). This versatile compound is good for everyone, especially people who are run down and women of all ages, including pregnant women. It can also be used for diarrhea, infectious or not, for its astringent, remineralizing and antispasmodic actions.

**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 and reduces excess menstrual flow and is also nourishing.

**NETTLE:** this nourishing herb tones the body, giving it strength and vitality. It stimulates metabolism, revitalises the entire organism and is recommended in all conditions where there is fatigue, weakness and exhaustion.

**GREEN OATSTRAW:** is a nourishing and calming herb. It regulates the functioning of the nervous system and promotes its reconstruction. It is indicated for nervous tension, irritability and any condition where the nervous system needs support.

**PEPPERMINT:** is antispasmodic, gently stimulates digestion and improves the taste of this compound.

**LEMON BALM:** calming and appeasing, lemon balm relieves nervous tension and agitation. It improves the mood, improves sleep and cognitive functions. Lemon balm also helps digestive troubles due to stress.

#### HELPFUL ASSOCIATIONS

CRAMPS BARK for menstrual cramps.

HORMONIX for premenstrual syndrome.

HORMONATOP for hormone imbalance, symptoms of menopause.

FEMINATOP for cysts, fibroids, endometriosis.

CALMIX for anxiety, irritability and agitation.

SLIPPERY ELM infusion for diarrhea, irritation of the stomach.

#### ETHNOBOTANY

**Female reproductive system:** menstrual cramps, leukorrhea, overabundant or absent period, blood clots, gynecological problems, premenstrual syndrome, prolapsed uterus, preparation for childbirth, afterbirth pain, infertility.

**Digestive system:** diarrhea, intestinal cramps.

#### CONTRA-INDICATIONS

Do not use during the first trimester of pregnancy. Consult a health-care practitioner to use during the second or third trimester of pregnancy, if breastfeeding or if you suffer from anemia or gallbladder stones.

#### INTERACTIONS

Avoid using simultaneously with prescription drugs.

## REFERENCES

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Fabriqué selon les bonnes pratiques manufacturières.

SANS additif, colorant, sucre ajouté, gluten, soya ou OGMs.

Kacher, végane et non-irradié.

