



Moon Tea INFUSION

MENSTRUAL PAIN

Soothes menstrual pain

NPN 80034111

Composition				
Red Raspberry	leaf	<i>Rubus idaeus</i>	750 mg	Organic
Cramp bark	bark	<i>Viburnum opulus</i>	500 mg	Organic
Green Oatstraw	flowering green stem	<i>Avena sativa</i>	500 mg	Organic
Lady's mantle	leaf and flower	<i>Alchemilla vulgaris</i>	250 mg	Organic
Peppermint	leaf	<i>Mentha x piperita</i>	250 mg	Organic
Skullcap	aerial part	<i>Scutellaria lateriflora</i>	250 mg	Organic

DOSAGE

ADULTS AND TEENS (13 YEARS AND +)

INTERVENTION: 3-4 cups per day.

TREATMENT: 2-3 cups per day.

DIRECTIONS FOR USE

Pour 1 litre of boiling water over 2 tbsp of herb, cover and let steep for 15 minutes. Filter.

MODE OF ACTION

Moon Tea compound supports women and relieves the pain and discomfort of menstruation. It acts on both the reproductive organs and the nervous system. As an antispasmodic, it relieves menstrual cramps. As an astringent, it tones the mucus membranes of the reproductive system, reduces excess menstrual flow and blood clots. The nervines and the calming herbs of Moon Tea relieve nervous symptoms during menstruation (irritability, nervous tension). This tea can be used in prevention a few days before blood flow or to relieve symptoms once the period has started.

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.

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.

CRAMP BARK: as 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).

LADY'S MANTLE: as an astringent, lady's mantle reduces excess menstrual bleeding. It is a wonderful ally for all women and tones the tissues of the reproductive system.

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

SKULLCAP: a nervine, skullcap tones and repairs the nervous system. Both a calming herb and a tonic during acute conditions (insomnia, anxiety, anguish), it supports the general functioning of the nervous system. It is a heart tonic and reduces spasms and muscle tension.

HELPFUL ASSOCIATIONS

MENSTRUUX for menstrual cramps.

HORMONIX to regulate the menstrual cycle, for PMS.

SHEPHERD'S PURSE for hemorrhagic menstrual flow.

LADY'S MANTLE for excess menstrual bleeding, prolapsed uterus.

FEMINATOP for cysts, fibroids, endometriosis.

MAMABOOST for nervous troubles during the premenstrual phase.

ETHNOBOTANY

Endocrine and reproductive systems: menstrual cramps, premenstrual nervous troubles (irritability, nervous tension, anxiety, depression), blood clots, cysts, fibroids, endometriosis, excess blood flow.

CONTRA-INDICATIONS

Consult a health-care practitioner if symptoms persist or worsen, if breastfeeding, in cases of irritation of the gastro-intestinal tract, ulcers or gallstones. May cause drowsiness. Use with caution if driving a vehicle or operating heavy machinery or during activities requiring vigilance.

INTERACTIONS

Avoid using with prescription drugs. Do not use with alcoholic beverages, medication or natural health products that have a sedative effect.

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Fabriqué selon les bonnes pratiques manufacturières.

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

Kacher, végane et non-irradié.

