



Name Agnus Castus

Caps

Code	Size	Duration
C01-54	54 Capsules	Usually lasts 18-27 days
C01-100	100 Capsules	Usually lasts 33-50 days
C01-200	200 Capsules	Usually lasts 66-100 days

Area concerned

Hormone system, menopause, menstruation.

Ingredients

Agnus Castus 325mg minimum per capsule.

Description

A widely used herb which can help to keep the female reproductive system in balance. It is used throughout the monthly cycle, as well as during menopause. Take every day for the course. Also consider our **Femaron** (monthly cycle) or **Femaron 40+** (menopause), which we strongly recommend.

Standard use

2-3 capsules with food/drink at breakfast time daily. Or 1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

How long to take it for

Try taking daily for 4 months, then try cutting down or leaving off completely. Thereafter, take if and when you want to.

Cautions

Do not take if pregnant or breastfeeding. Use with caution alongside drugs for the hormone system.

Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; Black Cohosh Caps or Drops; Cayenne Caps; Dong Quai Caps or Drops; Femaron or Femaron 40+ Caps or Drops; Fem Rep Tea; Motherwort Caps or Drops; Red Sage Caps or Drops; Wild Yam 40+ Caps or Drops

Caps

Drops

Code	Size	Duration
D01-50	50ml	Usually lasts 28-35 days
D01-100	100ml	Usually lasts 56-70 days
D01-200	200ml	Usually lasts 112-140 days

Area concerned

Hormone system, menopause, menstruation.

Ingredients

Agnus Castus fluid extract only

Description

A widely used herb which can help to keep the female reproductive system in balance. Is used throughout the monthly cycle, as well as during menopause. Take every day for the course.

Standard use

25-35 drops in a little water/juice at breakfast time daily. Or 12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

How long to take it for

Try taking daily for 4 months then try cutting down or leaving off completely. Thereafter take if and when you want to.

Cautions

Do not take if pregnant or breastfeeding. Use with caution alongside drugs for the hormone system.

Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; Black Cohosh Caps or Drops; Cayenne Caps; Dong Quai Caps or Drops; Femaron or Femaron 40+ Caps or Drops; Fem Rep Tea; Motherwort Caps or Drops; Red Sage Caps or Drops; Wild Yam 40+ Caps or Drops

Drops