



## Name Dong Quai

### Caps

Code	Size	Duration
C95-54	54 Capsules	Usually lasts 7-14 days
C95-100	100 Capsules	Usually lasts 14-28 days

### Area concerned

Female reproductive system, monthly cycle, menopause

### Ingredients

Dong Quai 325mg minimum per capsule.

### Description

Dong Quai has a good general benefit for women of menstruating or menopausal age, which makes it a great herb for helping maintain good hormonal balance. Dong quai has been used by Chinese women for centuries, with very worthwhile benefits. Use it on its own if you are menstruating or of menopausal age. Alternative, more holistic, approaches, are our **90-day Menstrual Programme** and **90-day Menopause Programme**.

### Standard use

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 cutting down or leaving off completely. Thereafter, take when felt desirable. Can also be taken on a day to day basis, depending on how you feel that day. Can also be used to accompany the **Femaron 40+**, at the level you find satisfactory.

### Cautions

Do not take if using blood thinning herbs such as Warfarin; or NSAID drugs including Ibuprofen. Use with caution if taking drugs which affect the female hormone system. Do not take if pregnant or nursing.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Black Cohosh Capsules or Drops; Dong Quai Capsules; Femaron Capsules or Drops; Femaron 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Sage Capsules or Drops; Wild Yam 40+ Capsules or Drops

### Caps

### Drops

Code	Size	Duration
D43-50	50ml	Usually lasts 28 days
D43-100	100ml	Usually lasts 55 days

### Area concerned

Female reproductive system, monthly cycle, menopause

### Ingredients

Dong Quai fluid extract only

### Description

Gives general assistance to women. This herb has both a building and a calming effect within it. This is the two-way 'amphoteric' effect which some herbs exhibit. **Dong Quai** has been used in China for centuries by women, who treasure its supportive benefits. Other herbs which can help include **Agnus Castus**, and others mentioned in the **Companion Products** section below.

### Standard use

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 a month or so. Continue for 3-4 months then try reducing it and you may find your body supports you sufficiently by itself. If not, resume for a further month or two, then try reducing again.

### Cautions

Do not take if using blood thinning herbs such as Warfarin; or NSAID drugs including Ibuprofen. Use with caution if taking drugs which affect the female hormone system. Do not take if pregnant or nursing.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Black Cohosh Capsules or Drops; Dong Quai Capsules; Femaron Capsules or Drops; Femaron 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Sage Capsules or Drops; Wild Yam 40+ Capsules or Drops

### Drops