



Name Femarone & Fem Rep Tea

Caps & Tea

Code	Size	Duration
C89-100	100 Capsules	Usually lasts 16 days
C89-200	200 Capsules	Usually lasts 33 days
T05	60g Tea	Lasts 14-28 days

Area concerned

Female reproductive system; menstruation.

Ingredients

(min per capsule) 46mg each Squaw Vine, Blessed Thistle, 23mg each Agnus Castus, Siberian Ginseng, Cayenne, Cramp Bark, Ginger, Raspberry Leaf, Uva Ursi, Sarsaparilla, Licorice, Barberry.

Fem Rep Tea: Raspberry Leaf, Motherwort, Squaw Vine, Uva Ursi.

Description

Femarone has always been one of our most popular combinations. It has helped very many women during challenging times of the month. Many women have taken it for 3-6 months, and then stopped completely. Others have found it helpful to take it for an annual 3 months 'top-up'. A more holistic choice is our **90-day Menstrual Programme**, which we strongly recommend.

Standard use

2 capsules, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to three times this amount can safely be taken. Combines well with **Fem Rep Tea**.

Fem Rep Tea: Make as per label and drink 1-2 cups a day.

How long to take it for

Try taking both daily for 4-6 months, then cut down or leave off completely. Thereafter, take if and when desired.

Cautions

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 or Drops; Femarone Drops; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Sage Capsules or Drops; Turmeric Capsules; Wild Yam Capsules or Drops; Wild Yam 40+ Capsules or Drops

Caps & Tea

Drops

Code	Size	Duration
D36-100	100ml	Usually lasts 28 days
D36-200	200ml	Usually lasts 55 days

Area concerned

Female reproductive system; menstruation.

Ingredients

Herbal fluid extracts except where stated: 16% Squaw Vine, Blessed Thistle, 8% each Agnus Castus, Siberian Ginseng, Cramp Bark, Raspberry Leaf, Uva Ursi, Sarsaparilla, Licorice, Barberry; 2% each Ginger (tinc), Cayenne (tinc)

Description

Femarone has been formulated to support the body's own natural balance, and to help the body's hormonal and other systems to stay in tune with nature. Many, many women are extremely pleased to have found this fantastic formulation, one of the best of renowned herbalist and naturopath *Dr John Christopher*.

Standard use

25-30 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken. Combines well with **Fem Rep Tea** - follow directions on tub, and drink 1-2 cups a day.

How long to take it for

Try taking daily for 4-6 months, then cutting down or leaving off completely. Thereafter, take if and when desired.

Cautions

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 or Drops; Femarone Capsules; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Sage Capsules or Drops; Wild Yam Capsules or Drops; Wild Yam 40+ Capsules or Drops

Drops