



Name Motherwort

Caps

Code	Size	Duration
C92-54	54 Capsules	Usually lasts 18 days
C92-100	100 Capsules	Usually lasts 33 days

Area concerned

Female reproductive system, menopause, heart, energy.

Ingredients

Motherwort 325mg minimum capsule.

Description

A wonderful multi-purpose herb. Author *Leslie Kenton* says '...the most physically and psychologically comforting plant I know.' Very helpful for supporting the female organs and hormone system; helpful during menopause. Can be used alongside *Femaron 40+* or the *90-day Menopause Programme* if additional support is needed. In addition, Motherwort helps the nervous system, vital energy and heart and blood circulation. Culpepper said 'There is no better herb to drive melancholy vapours from the Heart.' Another old herbalist said 'Take motherwort and live to be a source of grief to waiting heirs.!'

Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). 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 if and when it is felt to be desirable. Can also be taken on a day to day basis, depending on how you feel that day. Can also be used to accompany our *Femaron 40+ Capsules* or *Drops*.

Cautions

Do not take if pregnant.

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

Caps

Drops

Code	Size	Duration
D40-50	50ml	Usually lasts 28 days
D40-100	100ml	Usually lasts 55 days

Area concerned

Female reproductive system, menopause, heart, energy.

Ingredients

Motherwort fluid extract only

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. Try it every day for a course of 3-4 months.

As a more holistic approach for women, we recommend our *90-day Menopause Programme* at menopause time. Motherwort can be used in addition if desired. Motherwort is a great herb to use because of its reputation in supporting general energy level, the heart and circulation, and the nerves as well as benefiting women in general.

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 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Can also be taken on a day to day basis, depending on how you feel that day. Can be used to accompany the *Femaron 40+*, or the *Menopause Programme*, at the level you find most suitable.

Cautions

Do not take if pregnant.

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

Drops

SHARING KNOWLEDGE TO PROMOTE 100% HEALTH