



Name Wild Yam

Caps

Code	Size	Duration
C41-54	54 Capsules	Usually lasts 18 days
C41-100	100 Capsules	Usually lasts 33 days

Area concerned

The liver, muscle relaxation, muscles and joints, the female hormone system, adrenal glands.

Ingredients

Wild yam 325mg minimum per capsule.

Description

Can help to balance the nerves and muscles of the liver, intestines, female reproductive organs and other areas. Women find that **Wild Yam Capsules** or **Drops** help them in general, especially with regard to the menstrual cycle and during the menopausal years. Also supports the smooth and relaxed functioning of muscles and joints. Can be a valuable support for the adrenal glands.

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

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken occasionally, as desired.

Cautions

Do not take during pregnancy.

Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; Agnus Castus Capsules or Drops; Arth Capsules or Drops; BI-Circ Capsules; Cayenne Capsules; Dong Quai Capsules or Drops; Femarone Capsules or Drops; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Sage Capsules or Drops; Wild Yam Drops.

Caps

Drops

Code	Size	Duration
D34-50	50ml	Usually lasts 28 days
D34-100	100ml	Usually lasts 55 days

Area concerned

The liver, muscle relaxation, muscles and joints, the female hormone system, adrenal glands.

Ingredients

Wild yam fluid extract only

Description

Can help to balance the nerves and muscles of the liver, intestines, female reproductive organs and other areas. Women find that **Wild Yam Capsules** or **Drops** help them in general, especially with regard to the menstrual cycle and during the menopausal years. Also supports the smooth and relaxed functioning of muscles and joints. Can be a valuable support for the adrenal glands.

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

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken occasionally, as desired.

Cautions

Do not take during pregnancy.

Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; Agnus Castus Capsules or Drops; Arth Capsules or Drops; BI-Circ Capsules; Cayenne Capsules; Dong Quai Capsules or Drops; Femarone Capsules or Drops; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Sage Capsules or Drops; Wild Yam Capsules.

Drops