



## Name Wild Yam 40+

### Caps

Code	Size	Duration
C56-100	100 Capsules	Usually lasts 16 days
C56-200	200 Capsules	Usually lasts 33 days

### Area concerned

Often taken by menopausal or menstruating women.

### Ingredients

(min per capsule) Wild Yam 128mg, Motherwort 64mg, Dandelion Root 64mg, Sage 32mg and Rosemary 32mg.

### Description

Used by many menopausal women. This formula contains not only the popular herb wild yam, but extra herbs which have been selected to enhance wild yam's benefits. Together, they play a very supportive and beneficial role with regard to the female hormone system.

This is a valuable formula for women who are attracted to wild yam, but want something extra to enhance its benefits. The additional herbs are: motherwort, sage, dandelion root and rosemary. Also consider **Femarone 40+** - which has been very successful - or the more holistic **90-day Menopause Programme**, which is always our first recommendation.

### Standard use

2 capsules, 3 times a day, taken with food or a drink. If desired, up to three times this amount can safely be taken.

### How long to take it

Try taking daily for 4-6 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Also consider our **90-day Menopause Programme**, a more holistic choice.

### Cautions

Do not take if pregnant or nursing. Do not take with diuretic drugs.

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

### Caps

### Drops

Code	Size	Duration
D35-100	100ml	Usually lasts 28 days
D35-200	200ml	Usually lasts 55 days

### Area concerned

The female reproductive system, menopause

### Ingredients

Herbal fluid extracts: 40% Wild Yam, 20% Motherwort, 20% Dandelion Root, 10% Sage, 10% Rosemary.

### Description

Used by many menopausal women. This formula contains not only the popular herb wild yam, but extra herbs which have been selected to enhance wild yam's benefits. Together, they play a very supportive and beneficial role with regard to the female hormone system.

This is a valuable formula for women who are attracted to wild yam, but want something extra to enhance its benefits. The additional herbs are: motherwort, sage, dandelion root and rosemary. Also consider **Femarone 40+** - which has been very successful - or the more holistic **90-day Menopause Programme**, which is always our first recommendation.

### 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.

### How long to take it

Try taking daily for 4-6 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable.

### Cautions

Do not take if pregnant or nursing. Do not take with diuretic drugs.

### 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 40+ Capsules

### Drops