



## Name 90-day Menstrual Programme

### Caps

#### Code Name

**MNS-C3** 90-day Menstrual Programme with Capsules  
*Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code MNS-C1 which attracts no discount.*

#### Area concerned

Monthly cycle, menstruation

#### Ingredients

Each 30-day pack includes:

200 **Femarone Capsules**, 100 **Liv Capsules**, a tub of **Fem Rep Tea**, and a comprehensive advice pamphlet about all aspects of the programme.

*See data sheets for individual products for more detailed information.*

#### Description *Applies to both programmes*

The **Menstrual Programme** is used by menstruating women, to help keep the monthly cycle regular, relaxed and comfortable. It includes our own **Femarone** a herbal formula with a very successful track record. Additionally, it includes **Liv Capsules** or **Drops** for liver support which has been found to be most helpful at this time. The final product in the programme, **Fem Rep Tea**, adds further help for the hormone system.

These herbs, combined with lifestyle measures, have helped thousands of women since we started using them 25 years ago. This is a great programme: the benefits seen from its use were a strong influence in our getting involved with herbs.

#### Standard use

2 capsules of each of the encapsulated products, or 25-30 drops of each of the products in drops in water or juice, 3 times a day; plus one small pot of **Fem Rep Tea** a day. The pot of tea can be made at any time convenient for you.

#### How long to take it for

We recommend taking this programme initially for 3 months (90 days). Following this, you may choose to follow on immediately with a further 90 days making 6 months in total. Many women choose to stop after this time. Others continue with a low level of Femarone for a further few months.

#### Cautions

Do not take if you are pregnant or nursing.

### Caps

### Drops

#### Code Name

**MNS-D3** 90-day Menstrual Programme with Drops  
*Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code MNS-D1 which attracts no discount.*

#### Area concerned

Monthly cycle, menstruation

#### Ingredients

Each 30-day pack includes:

100ml **Femarone Drops**, 50ml **Liv Drops**, a tub of **Fem Rep Tea**, and a comprehensive advice pamphlet about all aspects of the programme.

*See data sheets for individual products for more detailed information.*

## Why use the Menstrual Programme?

Very many women have used this programme and have been very pleased with it. We have been impressed with the support it has provided on numerous occasions.

We recommend a 90-day programme, followed by a second 90-day programme if desired. If you feel no benefit by your second period, please seek further advice; either see your own natural health practitioner or contact us.

On average, 4-6 months of the programme is used. However you must take it every day - or nearly every day. If you miss herbs at one meal it is fine to take extra at the next one.

There are a number of other herbs which can benefit the monthly cycle, including **Dong Quai**, **Agnus Castus** and **Black Cohosh**. We stock these; see the individual data sheets for more information. Different herbs suit different women; but our first recommendation is always the **90-day Menstrual Programme**. Second best is to use the **Femarone** alone.

WE STRONGLY RECOMMEND

## THE 90-DAY MENSTRUAL PROGRAMME!

#### Companion Products

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

### Drops