

# FEM TONIC

## COMPOSITION

*Vitex agnus-castus*  
*Angelica sinensis*  
*Chamaelirium luteum*

*Glycyrrhiza uralensis*  
*Leonurus cardiaca*  
*Cimicifuga racemosa*

*Viburnum prunifolium*  
*Zingiber officinalis*

## PREPARATION

Individual tinctures are combined in the descending order of the list found above.

## SYNTHESIS and MECHANISM OF ACTION

Helps establish hormone balance, harmony, and regularity to a women's reproductive cycle.

<i>Vitex agnus-castus</i>	Hormonal balancer (pituitary-ovaries), Galactagogue, Increases Luteinizing hormone, Ovarian tonic
<i>Angelica sinensis</i>	Anti-spasmodic, Hormonal balancer, Prostaglandin inhibitor
<i>Chamaelirium luteum</i>	Diuretic, Emmenagogue, Hormonal balancer, Oestrogenic (SERM), Ovarian tonic, Uterine tonic
<i>Glycyrrhiza uralensis</i>	Adaptogen, Harmonizer, Hepatic detoxifier
<i>Leonurus cardiaca</i>	Emmenagogue, Nervine relaxant (heart)
<i>Cimicifuga racemosa</i>	Antispasmodic, Oestrogenic (SERM), Uterine tonic, Anodyne
<i>Viburnum prunifolium</i>	Antispasmodic, Anodyne
<i>Zingiber officinalis</i>	Antispasmodic, Pelvic decongestant, Prostaglandin inhibitor

## INDICATIONS

Amenorrhea – absent menses  
Dysmenorrhea – painful menstruation  
Menorrhagia – excessive bleeding during menstruation  
Metrorrhagia – breakthrough menstruation between cycles  
Oligomenorrhea – insufficient menstruation  
Polycystic Ovarian Syndrome (PCOS)  
To increase fertility  
Difficulty conceiving  
Female hypogonadism  
Estrogen deficiency  
Pituitary deficiency  
PMS (Premenstrual Syndrome)  
Pelvic congestion  
Pelvic stagnation

## CONTRAINDICATIONS, WARNINGS AND INTERACTIONS

Contraindicated during pregnancy

**DOSAGE** diluted in a small amount of water

Take daily until a healthy pattern is established.

Adult women: 3mL - 5mL TID

Children: NOT suitable for pubescent

# FEM TONIC

## SYNERGY & COMPOUNDING

### FOR CUSTOM FORMULATION

As you look at the FEM TONIC formula you see it does many things in the herbal action section but you may select an additional formula or action to make your custom formula match up with the individual physiological needs and presentations of your patient more precisely.

#### Combines well with:

- EVERJOY – for Post-partum depression or Pre-menstrual depression
- FLUX REDUX – may be added a few days before menorrhagial symptoms arrive and continued until menses end.
- GLUCO COMBO – for Polycystic Ovarian Syndrome (PCOS) with attendant insulin resistance
- HEPATO PURE – may be alternated with FEM TONIC to help the body regulate hormone levels
- RENE'S TEA – for fluid stagnation, water retention and breast care
- THREE GINSENGS TONIC – for nutrition and tonification to become pregnant
- V S P – for restlessness, pain and sleep disorders

If the above suggestions do not fit your needs, you may continue on linking with the catalogue. For additional symptoms & conditions link first to the system involved, select the actions required and then chose an herb from the action category:

CARDIOVASCULAR SYSTEM ACTIONS  
DIGESTIVE SYSTEM ACTIONS  
ENDOCRINE SYSTEM ACTIONS  
FEMALE REPRODUCTIVE SYSTEM ACTIONS  
IMMUNE SYSTEM ACTIONS  
INTEGUMENTARY SYSTEM ACTIONS  
MALE REPRODUCTIVE & URINARY SYSTEM ACTIONS  
MUSCULOSKELETAL SYSTEM ACTIONS  
NERVOUS SYSTEM ACTIONS  
RESPIRATORY SYSTEM ACTIONS