

REPRODUCTIVE SYSTEM:

LADIES:

YOUNGER LADIES: Asparagus, Chaste Tree Concentrate, FCS-11, False Unicorn, Red Raspberry.

PMS/Pre menstrual tension: FCS-11.

Fluid retention, headaches, crampy periods and tender breasts associated with PMS:

Asparagus, Chaste Tree Concentrate,

Promote menstruation: Black Cohosh, Dong Quai,

MENOPAUSE: Asparagus, Chaste Tree Concentrate, C-X, Dong Quai, False Unicorn, Flash Ease Time release, Wild Yam, Wild Yam and Chaste Tree, Femme Enhance Cream (*Wild Yam cream*).

UTERUS: 5-W For the last 5 weeks of pregnancy. Red Raspberry to strengthen and tone during pregnancy and at other times too. FCS-11 may help to shrink the uterus. False Unicorn for a dragging sensation.

OVARIES: Dong Quai to nourish, False Unicorn to build/strengthen.

PREGNANCY: 5-W For the last 5 weeks of pregnancy, preparing for the actual delivery. Red Raspberry to strengthen and tone during pregnancy, morning sickness,

MEN:

To balance androgens: Chaste Tree Concentrate. (*To quieten desires*)

Prostate Gland: Epilobium, Men's Formula, Saw Palmetto, Saw Palmetto Concentrate, X-A.