

# WOMEN'S FORMULA



*Women's Formula is a combination of 19 Chinese herbs that have been carefully assembled in precise amounts to create kidney Yin-Yang balance. These herbal ingredients work together with each other.*

*Providing maximum herbal support for healthy function of the reproductive system.*

## BENEFITS:

Supports the Female Body:

- Tiens Women's Formula uses high-quality, natural herbs to restore hormonal balance. These plant-based herbs have powerfully beneficial effects upon the endocrine (hormone) system
- Helps relieve menstrual cramps and pain
- Helps reduce symptoms of menopause including hot flashes, mood swings, etc.
- Helps prevent and treat urinary tract infections
- Helps to regulate appetite and decrease body fat
- Has calming properties and can help reduce stress.

Also:

- Contains adaptogens and can help return the body to normal balance
- Has anti-inflammatory properties and offers relief for those suffering from arthritis
- Helps to increase mental performance

## UNIQUE FEATURES:

In clinical studies conducted at the Tianjin Chinese Medical College, Women's formula was shown to be 98% effective at reducing the following symptoms from Menopause: hot flashes, irritability, headaches, insomnia, sore back and knees, vaginal dryness and more.

## FREQUENTLY ASKED QUESTIONS:

Who should take this product?

Women who want to feel their best, especially those with menstrual problems, PMS, or going through menopause.

## DID YOU KNOW?

In Peru, women begin taking Maca at the age of 3, and remain fertile and vital into late life – and rarely experience menopause.

## KEY REFERENCES:

Studies have shown that cranberries act as a natural remedy against urinary tract infections. The main function of prevention and treatment of infection comes from the hippuric acid from the berries that helps keep urine acidic. (Lavender, 2000; Harkin, 2000)

Peony root is a helpful remedy for irregular menstruation, painful menstruation, namely dysmenorrhea and other female reproductive conditions.

(Bensky D., et al., Chinese Herbal Medicine Materia Medica, 1993)

Black Cohosh has natural anti-estrogenic properties, which makes it useful as a natural treatment for menopause symptoms. - (Mahady GB, et al., Nutr Clin Care, 2002)

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**INGREDIENTS & SUPPLEMENTAL FACTS:**

Each capsule contains:

Peony root	100 mg
Siberian ginseng	100 mg
Cranberry extract	100 mg
Maca	50 mg
Dandelion Root	50 mg
Lemon Balm powder	25 mg
Black Cohosh	20 mg
Vitamin B6	50 mg
Chromium chelate	100 mcg
Folic acid	400 mcg
Vitamin B12	50 mcg
Biotin	50 mcg

Non-medical ingredients: gelatin, microcrystalline cellulose, magnesium stearate

60 capsules/bottle

**DIRECTIONS FOR USE:**

Take one capsule three times daily with meals.

Keep tightly closed in a cool, dry place.

**WARNINGS:**

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

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