



# FAST FACTS ABOUT FEMININE HERBAL COMPLEX

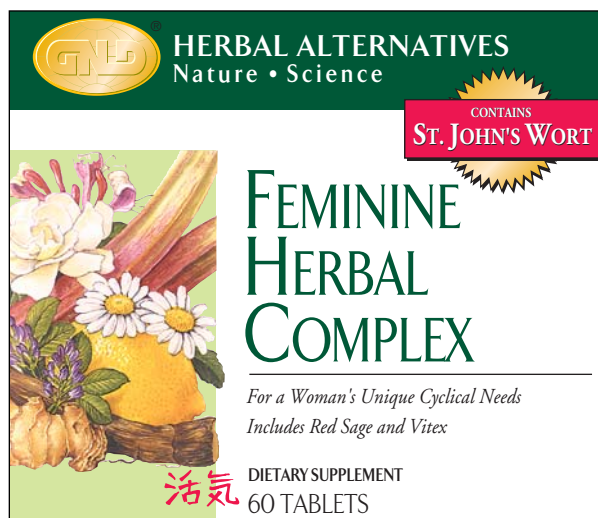
Women everywhere know that even though you might be healthy in all other respects, monthly complaints and mood swings can challenge your feelings of wellness. For centuries, master herbalists have known that women have unique cyclical needs, and that certain herbs work to balance the feminine cycle. Because a woman's menstrual cycle places her body in a constant state of flux, specific formulations have been carefully selected to assist women in achieving balance and wellness by addressing needs that are specific to the female system. GNLD's Feminine Herbal Complex addresses those needs with a unique blend of herbs that supports normal female physiology and function.

## WHY CHOOSE HERBS FOR MY FEMALE CONCERNS?

- Because herbs have been proven effective from centuries of use.
- Because herbs have a long history of safe use, without the side effects associated with chemical drugs.
- Because herbs are nature's solutions to wellness challenges.
- Because herbs are non-habit-forming.
- Because herbs work naturally and gently to support normal female function.
- Because herbs have been shown to restore the body's balance and help the female body perform at its vital best.
- Because herbs have been shown to relieve menstrual and premenstrual symptoms including: swelling and bloating, inflammation, breast tenderness, irritability, cramping, and mild anxiety.

## WHY GNLD FEMININE HERBAL COMPLEX?

- **Comprehensive formula.** Our unique "complete family" approach to the formula provides broad, synergistic effects of the herbal constituents, which optimize their ability to support a woman's unique cyclical needs.
- **Herbs are selected from many global traditions**, bringing you the best herbal knowledge from around the world.
- **Contains St. John's Wort**, which has been shown to help support calmness, relieve low mood, and support positive mental attitude.
- **Contains Vitex and Red Sage**, which have been shown to support normal female physiology and function.
- **Guaranteed purity, potency, and consistency.**
- **100% natural herbal formula** contains no chemical or animal products.





The following benefits have been attributed to the herbs contained in GNLD's Feminine Herbal Complex by master herbalists:

| <b>HERB</b>  | <b>ACTIONS AND BENEFITS</b>  |
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| <b>Red Sage — leaf</b><br><i>(Salvia officinalis)</i>            | Normalizes body temperature. Reduces excess sweating and abdominal bloating. Assists in regulation of menstrual cycle. Restores vitality.  |
| <b>St. John's Wort — flower</b><br><i>(Hypericum perforatum)</i> | Relieves irritability and anxiety; helps elevate low moods. Normalizes body temperature and distressed tissue. Calms the nervous system.   |
| <b>Vitex — fruit</b><br><i>(Vitex agnus-castus)</i>              | Helps regulate menstrual cycle. Supports normal female physiology and function.  |
| <b>Wild Yam — root</b><br><i>(Dioscorea villosa)</i>             | Calms and relaxes muscles and nervous system. Normalizes distressed tissues. Supports a healthy liver and assists with cleansing of blood. |
| <b>Lady's Mantle — herb</b><br><i>(Alchemilla vulgaris)</i>      | Diminishes heavy menstrual flow. Normalizes distressed tissues. Helps regulate menstrual cycle.  |
| <b>Chinese Angelica — root</b><br><i>(Angelica polymorpha)</i>   | Restores vitality. Calms and relaxes muscles and nervous system. Normalizes distressed tissues. Helps regulate menstrual cycle.            |
| <b>Skullcap — herb</b><br><i>(Scutellaria lateriflora)</i>       | Relieves irritability and anxiety. Calms and soothes muscles and nervous system.   |
| <b>Ginger — root</b><br><i>(Zingiber officinale)</i>             | Reduces swelling in fingers and ankles. Calms and relaxes muscles. Normalizes distressed tissues.  |
| <b>Dandelion — root</b><br><i>(Taraxacum officinale)</i>         | Assists with cleansing of blood, promoting healthy kidney and liver function. Reduces abdominal bloating and fluid retention.              |
| <b>Licorice — root</b><br><i>(Glycyrrhiza glabra)</i>            | Normalizes distressed tissues. Assists with cleansing of blood. Supports healthy stress responses.   |

## FEMININE HERBAL COMPLEX

**SUGGESTED USE: 1 tablet each morning and night.**

The herbs red sage, St. John's wort, vitex, lady's mantle, Chinese angelica and skullcap have all been shown to support the physical and emotional aspects of a normal, healthy menstrual cycle.\*

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Feminine Herbal Complex uses a synergistic Herbal Blend derived from ancient herbal wisdom and leading edge science to support unique cyclical needs of the female system.

NOT SOLD IN RETAIL STORES  
Available Exclusively From GNLD Distributors

Distributed by:



**GNLD International, LLC**  
Fremont, California 94538 U.S.A.

**Golden Neo-Life Diamite International, Ltd.**  
Bridgetown, Barbados, W.I.  
Kingston, Jamaica, W.I.  
Port of Spain, Trinidad, W.I.

Leading edge nutrition since 1958.

### Supplement Facts

Serving Size 1 Tablet

**Amount Per Serving**

Herbal Extract Blend 304 mg†  
Red Sage (*Salvia officinalis*) (leaf) (7:1); St. John's wort (*Hypericum perforatum*) (flower) (6:1); Vitex (*Vitex agnus-castus*) (fruit) (5:1); Wild yam (*Dioscorea villosa*) (root) (25:1); Lady's mantle (*Alchemilla vulgaris*) (herb) (7:1); Chinese angelica (*Angelica sinensis*) (root) (5:1); Skullcap (*Scutellaria laterifolia*) (herb) (5:1); Ginger (*Zingiber officinale*) (root) (6:1); Dandelion (*Taraxacum officinale*) (root) (5:1); Licorice (*Glycyrrhiza glabra*) (root) (5:1).

† Daily Value not established

Other ingredients: Microcrystalline cellulose, sodium croscarmellose and magnesium stearate.

Store in a cool, dry place, away from direct sunlight.



Product of France

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McIntyre, A., *The Complete Woman's Herbal*, Gala Books, Ltd., London, 1994.

Chevallier, A., *Encyclopedia of Medicinal Plants*, Dorling & Kindersley Ltd., London, 1996.

Hoffman, D., *The Complete Illustrated Holistic Herbal*, London, 1996.