



Female Plus

by CEDAR BEAR NATURALES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

NATURAL SUPPORT FOR WOMEN'S HEALTH

Menstruation and menopause are a natural part of every woman's life. Throughout their lives, women have specific nutritional needs that must be met to support healthy female functions. In addition, women should be able to move through their normal cycles of life relatively smoothly and comfortably.

Female Plus is a general tonic that supports the female reproductive system from the beginning of menstruation on through and beyond menopause. It is especially useful for reducing undesirable menstrual cycle and menopause related imbalances and symptoms by supporting the female reproductive organs and hormonal levels with a gentle tonifying and balancing action.

To reduce pre-menstrual imbalances, Female Plus is meant to be taken for one–three weeks out of every month between menstrual periods, while taking Herbal Minerals™ and Antioxidant Berries Plus™ the remainder of the month. Female Plus provides essential minerals and vitamins that support female health and can be taken on a daily basis throughout the month in the pre-menopausal years to help reduce hot flashes, mood swings and other menopausal symptoms. For all the stages of a woman's life, this complex herbal formula possesses all six forms of calcium and many other essential minerals needed for optimum health and to help prevent bone loss.

CONTAINS: Raspberry leaf, stinging nettle leaf, eleuthero root, alfalfa leaf, blessed thistle leaf/stem/flower, dong quai root, licorice root, meadowsweet leaf/stem, French rose flower, black cohosh root, chaste tree berry, wild bergamot bee balm leaf/stem/flower, kelp thallus, coltsfoot leaf, cramp bark, American wild ginger root, gelsemium root, blue vervain leaf, and mB!™ liquid trace minerals in a kosher certified vegetable glycerin/purified water TincTract® base.

NOTE: Should not be used during menstrual cycles, pregnancy or nursing. Instead, during those times use CBN Herbal Minerals™ or CBN Female Toner. Use with care if on blood thinning medications.

SUGGESTED USE: 1/3–1/2 teaspoon (2–2.46 ml) 2 to 3 times a day as a Direct Aid. 1/3 teaspoon (2 ml) one to two times a day, or as needed for maintenance use.

MORE ABOUT THE HERBS IN THIS FORMULA:

- Raspberry Leaf (*Rubus idaeus*) is the female reproductive system's best friend, as it tones the female reproductive organs. It is rich in strongly tonifying mineral electrolytes.
- Stinging Nettle Leaf (*Urtica dioica*) are rich in tissue building mineral electrolytes that moderate and balance the moisture content of the reproductive organs.
- Eleuthero Root (*Eleutherococcus senticosus*) builds glandular health and general hormonal functions of the endocrine system.
- Alfalfa Leaf (*Medicago sativa*) has tissue and blood building

minerals to enrich the blood and reduces blood-clotting.

- Blessed Thistle Leaf/Stem/Flower (*Cnicus benedictus*) has phyto-hormonal precursors that help regulate monthly periods.
- Dong Quai Root (*Angelica sinensis*) specifically contributes to and tonifies phyto-estrogenic enhanced hormonal activity.
- Licorice Root (*Glycyrrhiza glabra*) is a soothing nutritive that builds adrenal integrity and moderates thyroid activity.
- Meadowsweet Leaf/Stem (*Filipendula ulmaria*) is an effective pain relieving nervine and relaxes gastric disturbances.
- French Rose Flower (*Rosa gallica*) contain salicin-like pain relieving agents for aches and pains, and tonify and moderate female hormonal endocrine activity.
- Black Cohosh Root (*Cimicifuga racemosa*) has a specific affinity for the female reproductive system where it relaxes spasms and helps reduce hot flashes.
- Chaste Tree Berry (*Vitex agnus-castus*) helps balance female hormonal activity and balances erratic and shifting emotionality.
- Wild Bergamot Bee Balm Leaf/Stem/Flower (*Monarda fistulosa*) soothes nerves, has a subtle effect on relaxing intermittent uterine spasms.
- Kelp Thallus (*Laminaria digitata*) is high in trace minerals, especially iodine, and supports blood oxygen utilization.
- Coltsfoot Leaf (*Tussilago farfara*), soothes and cleanses the mucus membranes of the vaginal tissues.
- Cramp Bark [Guelder Rose] (*Viburnum opulus*) has strong pseudo-hormonal properties, especially beneficial to women experiencing menopause or pre-menstrual problems (PMS).
- American Wild Ginger Root (*Asarum canadense*) acts as a menstrual stimulant. (Not to be used during pregnancy.)
- Gelsemium Root (*Gelsemium sempervirens*) is very effective in bringing down menstrual and migraine pains.
- Blue Vervain Leaf (*Verbena hastata*) is a nervine herb that has a relaxing effect on the digestive and reproductive systems.

• mB!™ is a proprietary micro-fractionated liquid trace mineral supplement that is included in this formula because all female reproductive problems and imbalances involve mineral deficiency. mB!™ builds endocrine functions and tissue needs relative to a female's reproductive system.

WORKS WELL WITH THESE CBN™ PRODUCTS:

Adreno•Build™, Antioxidant Berries Plus™, Daily Herbals™ for Your Blood Type, Female Toner, Glandular Aid™, Herbal Iron, Herbal Minerals™, Thyro•Boost™, TincTract® of Black Cohosh, Dong Quai, Chaste Tree Berry (Vitex)

Item #326 2 oz; #327 4 oz; #328 8 oz

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