

Thrive 365
FEMME COMPLEX
'100% Natural Ingredients'

Femme Complex is a unique formulation, to assist in the complications of menopause, perimenopause and menstruation problems.

Femme Complex may also be indicated where there are painful and heavy periods.

INGREDIENT DESCRIPTIONS

Black cohosh extract(*Cimicifuga racemosa*)

- Phyto-oestrogen, contains plant oestrogens which has an oestrogen effect, also lowers luteinising hormone(LH), which further enhances the estrogenic effect.
- Anti-anxiety, calms the nervous system, thus helping insomnia. Studies have also shown it can also lower blood pressure.

Chaste Tree berry extract(*Vitex agnus castus*)

- Herbal female tonic, aids in night sweats, hot flushes and fatigue.

Dong quai extract(*Angelica sinensis*)

- Phyto-oestrogen, exerts a mild estrogenic effect, therefore improves hot flushes.
- Anti-spasmodic and pain reliever, helps painful periods.
- Circulatory stimulant, improves the general circulation.

Liquorice extract(*Glycyrrhiza glabra*)

- Phyto-oestrogen, exerts a mild oestrogenic effect, also slows down the destruction of progesterone by the liver, thus improving hot flushes.
- Adrenal gland tonic, the extract treats adrenal fatigue, in cases where the gland has been over stimulated, causing fatigue.

Red clover extract(*Trifolium pratense*)

- Phyto-oestrogen, exerts a mild oestrogenic effect, helping hot flushes.
- Anti-oxidant properties, prevents cell damage.

Salvia leaf extract(*Salvia officinalis*)

- Abnormal perspiration, helps alleviate night sweats.
- Improves memory
- Anxiety and depression

Vitamin B6

- Irritability, mood swings and mild depression are helped by this valuable vitamin.

Dosage:

1 capsule 3 times daily for 2 months, thereafter 1 capsule twice daily.

Trade enquiries: info@thrive365.co.za

Visit our website www.thrive365.co.za

Please read package insert before use.