

FAST FACTS



For most women, even those who enjoy good health, monthly complaints and mood swings can still challenge their feelings of wellness. Then, later in life, menopause can signal the beginning of long-term hormonal changes that can also bring with it significant health challenges. For centuries, master herbalists have known that women have unique needs, and that certain herbs help support normal female physiology and function. Because of the unique needs of the female system, specific formulations have evolved over the centuries to assist women in achieving balance and wellness. GNLD's Feminine Herbal Complex addresses those needs for women of all ages by supporting normal female physiology and function.

Feminine Herbal Complex



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 physiology and 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.
- Because herbs can help ease the transition the female body goes through during menopause and support the female system in later years.

Why GNLD Feminine Herbal Complex?

- Comprehensive formula. Our unique 'complete family' approach to the formula provides broad, synergistic effects of the herbal constituents, which optimise 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.
- 100% natural herbal formula. Contains no chemicals or animal products.
- Guaranteed purity, potency, and consistency.



INTERNATIONAL

For more information please contact your local GNLD Distributor

www.gnld.com.au

www.gnld.co.nz

Feminine Herbal Complex 6/04

Code 743



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www.dsaa.asn.au



www.dsanz.co.nz

References and suggested further reading

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

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

Hsu, Hong-Yen, *Oriental Materia Medica*, Keats Publishing Company, New Canaan, CT, 1986.

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

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

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

The GNLD Challenge:

Deliver pure, potent Herbal ingredients

GNLD's Feminine Herbal Complex, as part of our Herbal Alternatives range is superior to its market competitors, and we are so confident that our product is without peer that we dare the competition to brave the "GNLD Herbal Alternatives Challenge." For a herbal supplement to be equivalent to GNLD's Herbal Alternatives, it must meet the following criteria:

Please remember to always read the label.

	GNLD Herbal Alternatives	Competitors Products
Utilises polypharmacy – based on traditional herbalism, combines the synergistic benefits of selected herbs to optimise wellness.	✓	?
Benchmarks the industry standard for purity and cleanliness. Ensures herbal products free of contamination without using toxic gases or gamma radiation.	✓	?
Concentrated for potency and great value. Concentrates active ingredients at least five times their natural potency.	✓	?
Standardised active ingredients. Key active ingredients are standardised for consistent potency.	✓	?