

# Hormone Balance Bundle

The Hormone Balance Bundle contains traditional herbal and homeopathic formulas to restore female hormonal balance. Based on German drainage therapy principles, supporting hormonal regulation through optimizing liver and gallbladder function, improving bile flow and activating blood and metabolic cleansing is key for hormonal balance.

## Hormone Bundle Kit includes:

**Female Tonic** – Restores female hormonal balance, increases circulation to female organs, calms the nervous system, balances out mood swings, stimulates liver function, and increases kidney detoxification. It is an excellent tonic for all stages of menstrual and menopausal health.

**Carduus** – Works by improving bile secretion and flow, which in turn helps balance hormones through improving excretion of hormones including excess estrogen and its harmful by-products. It also improves fat digestion, helps remove small gallstones (gravel) and helps to relieve constipation.

**Lappa** – Acts as a natural diuretic for symptoms associated with PMS (including water retention and congestion) and supports blood and metabolic cleansing. Increased metabolic cleansing improves detoxification of the liver, lymphatics and kidney, in turn improving hormonal balance.

 BIOMED. | Tel: 1-800-665-8308 | Fax: 1.866.881.2888 | [biomedicine.com](http://biomedicine.com)

# Hormone Balance Bundle Directions

Remedy	Dose	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Female Tonic	1/3 teaspoon (30 drops)	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
Carduus	35 drops 20 minutes before meal	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
Lappa	1 tsp (100 drops)						✓✓	✓✓
<b>Note:</b>	Duration of remedies vary	LEGEND: ✓✓ = 2 doses per day    ✓✓✓ = 3 doses per day						

**Note:** Female Tonic and Carduus are taken seven days a week. Lappa is only taken on the weekends. All remedies can be mixed with a small amount of water. Female Tonic and Lappa can be added to the same glass of water. Carduus should be taken alone, 20 mins before meals and especially before the heaviest meals of the day.

**Medicinal Ingredients:** For individual ingredient and risk information, see product label. Consult a health care practitioner before beginning this type of program.

**For Optimal Results:** Ideal duration to balance and to support the body's detoxification mechanisms is 2 bundle. May be followed by occasional Female Tonic, taken monthly as needed.

810-350-HT042

 BIOMED. | Tel: 1-800-665-8308 | Fax: 1.866.881.2888 | [biomedicine.com](http://biomedicine.com)