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 function 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, which in turn improves fat digestion, relieves constipation from increased intestinal peristalsis and helps remove small gallstones (gravel). It also has anti-spasmodic effects and stimulates the blood flow in the portal vein.

**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.

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

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**Hormone Balance Bundle Directions**

<table>
<thead>
<tr>
<th>Remedy</th>
<th>Dose</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Tonic</td>
<td>1/2 teaspoon (50 drops)</td>
<td>✔</td>
<td>✔</td>
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<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Carduus</td>
<td>15 drops 20 minutes before meal</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Lappa</td>
<td>15 drops</td>
<td>✔</td>
<td>✔</td>
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</tbody>
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**LEGEND:** ✔ = 2 doses per day ✔✔ = 3 doses per day

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**For Optimal Results:** Ideal duration to balance and to support the body’s detoxification mechanisms is 8 weeks (2 bundles). May be followed by Female Tonic, taken monthly as needed.

**Note:** Combined Hormone Balance bundle remedy dosage is different than the individual label dosage for each of the remedies.

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