

## NHP 10 MONTHLY EASE

The ingredients are known to help correct women's confidential disorders. The proper blend is highly recommended for menstrual cramps or irregular periods and hot flashes. (80 capsules)



### Ingredients:

Cistanche salsa (Broomrape)	Stem
Schisandra chinensis (Magnoliavine)	Fruit
Polygala tenuifolia (Polygala sibirica)	Root
Cnidium monnieri (Selinum)	Seeds
Cuscuta japonica (Dodder)	Seeds



Can be combined with: 3, 4, 5, 25, 26, 27, 28, 29 and 30. Select one only to combine for effective use.  
Recommended Use: Take 1 capsule daily for normal upkeep. Take 2 to 3 capsules daily as necessary.  
Meridians: Spleen, stomach