

NHP 10 - MONTHLY EASE FORMULA
bottle

80 capsules per

<p>According to the Chinese approach to health, this product is known to be useful for women experiencing PMS, menstrual cramps, menopause, irregular periods and hot flashes. It is believed to work by balancing hormones. Many issues of the liver or gall bladder meridian may be addressed with this formula and on occasion men may benefit from it.</p>	<p style="text-align: center;">蛇床子</p> 
<p>Meridians / Systems: spleen and stomach</p> <p>Recommended Use: <i>Adults:</i> Take 1 capsule daily for normal upkeep. Take 2 or 3 capsules daily when experiencing difficulties.</p> <p>Restrictions / Notes: none</p>	<p>Can be combined with: 4, 5, 25, 26, 27, 28, 29, 30, 36, 43 Select ONE ONLY to combine with for effective use.</p> <p>Programs to consider: PMS and menopause program - # 24 (10, 3</p>