

## QUICK REFERENCE SHEET

# FSW

*(Formerly Five/Six Week Formula)*

Bayberry, Blessed Thistle, Blue Cohosh, Chaste Tree,  
False Unicorn, Lemongrass, Lobelia, Motherwort,  
Raspberry Leaf, Squawvine, Wild Yam



0.50 Blessed Thistle  
0.50 Blue Cohosh  
0.25 False Unicorn  
0.25 Raspberry Leaf  
0.50 Squawvine  
0.125 Bayberry Root  
0.125 Canada Snake (Wild Ginger)  
0.125 Lobelia  
0.125 Motherwort  
0.125 Wild Yam

**Total Herbs 2.625 oz**  
**Tincture Ratio - 1:10**

The herbs in FSW aid in preparing mother and baby for the upcoming birth. Take during the last 5 or 6 weeks of pregnancy. Use 6 drops for the first week, 8 drops second week, 10 drops third week, and then 12 drops until the due date. This dosage is taken twice a day. Doing so really does make a difference to the length of an otherwise normal labor, speeds recovery time, and helps the woman avoid postpartum depression.