

QUICK REFERENCE SHEET

MW

(Formerly Mature Women's Formula)

Black Cohosh, Dong Quai, Ginseng Root, Licorice Root,
Motherwort, Passion Flower, St. John's Wort, Wild Yam



1.50 Dong Quai
0.50 Licorice Root
0.25 Ginseng Root
0.25 Motherwort
0.25 St. John's Wort
0.25 Wild Yam
0.125 Black Cohosh
0.125 Passion Flower

Total Herbs 3.25 oz
Tincture Ratio - 1:6

MW is a formula for women past childbearing age who are experiencing symptoms of hormone imbalance such as hot flashes, night sweats, tissue dryness, or headaches. After menopause, estrogen still needs to be produced by the body, but this production no longer occurs in the ovaries. The MW formula provides the nutrients needed for the changeover to occur smoothly and symptom-free. Menopause need not be a miserable experience, nor does life after menopause need to be full of unpleasant symptoms.

Make sure mineral and vitamin intake is adequate by taking KNA or MIN. Add ^{Le}Balance and ^{Le}EndoRelief essential oil blends.