

## QUICK REFERENCE SHEET

# NAUS

(Formerly Nausea)

Peach Leaf, Wild Yam



2.00 Wild Yam  
1.00 Peach Leaf  
(can substitute 2.00 of Yerba Santa if Peach Leaf is unavailable)

**Total Herbs 3.0 oz**  
**Tincture Ratio - 1:11**

NAUS is predominantly a formula for use during pregnancy and with nausea that is hormone-related. Hormone-related nausea may occur at any time during the month but is most common at the onset of menstruation and at ovulation.