

## QUICK REFERENCE SHEET

# PHB

*(Formerly Pregnancy and Hormone Balancer)*

Black Cohosh, Blessed Thistle, Chaste Tree,  
False Unicorn, Ginseng, Licorice Root, Lobelia,  
Sarsaparilla, Squawvine



1.00 Ginseng  
1.00 Sarsaparilla  
0.50 Black Cohosh  
0.50 Chaste Tree  
0.50 Licorice Root  
0.25 Squawvine  
0.125 Blessed Thistle  
0.125 False Unicorn  
0.125 Lobelia

**Total Herbs 4.125 oz**  
**Tincture Ratio - 1:6**

PHB, as the former name implies, is a formula that brings hormones into balance and is especially effective for relieving symptoms that sometimes arise in pregnancy. A woman in good health should feel wonderful and be able to enjoy the experience. Nausea, mood swings, headaches, a lot of food cravings, muscle and joint pain, and general crankiness are NOT a normal part of pregnancy in healthy women!

PHB is just as often needed between pregnancies as during a pregnancy. It is a formula designed for balancing hormones and is particularly effective for low progesterone levels and inefficient adjustments of hormones during the monthly cycle.

PHB is absolutely essential for women who have had repeated early first-trimester miscarriages. (See MC formula for further explanation of this situation and what can be done to correct it.)