

# FEMALE SUPPORT FORMULAS

Women have distinct nutritional needs. Therefore, specific supplements are oftentimes needed to address certain issues. These include regulating female hormone imbalances, resolving nutritional deficiencies in women, and strengthening the female organs.

**Red Raspberry** (*Rubus idaeus*) contains the alkaloid fragrine, which relaxes certain pelvic muscles and promotes uterine health. Red Raspberry also contains vitamins, minerals and flavonoids, including Quercetin, Tannins, Polypeptides, Vitamin C and Iron, all of which make it a great source of nutrients and antioxidants. Zahler's **PureBerry™** is an alcohol-free liquid derived from organic Red Raspberry Leaf and supports uterine tissue and muscles.

## KEY BENEFITS



Red raspberry leaf tea offers health benefits for pregnant and non-pregnant women alike but is especially popular due to its possible benefits for pregnant women. However, since it seems to help women in general, it's often referred to as the "woman's herb." Some research supports the anecdotal evidence of women saying that the leaves help relieve premenstrual syndrome (PMS) symptoms such as cramping, vomiting, nausea and diarrhea, as well as shortens and reduces period length and helps with staining issues. The component fragrine, a plant compound found in Red Raspberry leaf, helps tone and tighten muscles in the pelvic area, which may reduce the menstrual cramping caused by the spasms of these muscles. Many women also claim that red raspberry leaf tea helps induce and often shorten labor. This may also be a benefit of the fragrine, which helps tone and tighten muscles in the pelvic area, including the walls of the uterus, which can help make delivery easier.

**PurePurse™** is derived from Organic Shepherd's Purse and is alcohol-free. This herb has traditionally been used to address heavy but normal menstrual bleeding. Zahler **PurePurse™** can be used to help manage heavy but normal menstrual flow and postpartum bleeding.

## KEY BENEFITS



**Shepherd's Purse** is best known for its antibleeding properties. For centuries, women have used it to reduce heavy or long menstrual cycles as well as bleeding between periods. Some women note that it completely eliminates heavy menstrual bleeding during their cycles. Others use it to reduce pain caused by menstrual cramps. A recent study found that Shepherd's Purse is effective in reducing postpartum hemorrhages, which happens when women lose more than 500 milliliters of blood after giving birth. During the study, women who took the herb bled less after giving birth.

**PureBerry+Purse™** is a concentrated combination of Red Raspberry and Shepherd's Purse. This formula is a powerful herbal liquid which supports uterine tissue and muscles and helps manage menstrual bleeding. It provides women with the benefits of both the **PureBerry™** and the **PurePurse™** in one formula.



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