



S U P P L E M E N T S

## Healing Cycles

*Indicated for Women's Health*

**Healing Cycles has been used to reduce menstrual pain and menorrhagia symptoms like breast tenderness and pressure, headaches, bloating, and fatigue. It has been used to stimulate breast milk production, and as a treatment for infertility by regulating progesterone/estrogen balance.**

### Suggested Use

Take 2 capsules, 5 times per day for 5 days, then 2 caps 4 times per day for 4 days, then 2 caps 3 times per day for 10 days, then 2 caps 2 times per day for 21 days, or as directed by a qualified health professional.

**Quantity:** 100 Capsules.

### Other Ingredients

Microcrystalline Cellulose, Magnesium Stearate & Gelatin Capsule.



### This Formula Includes:

#### **Chaste Tree** (*Vitex agnus-castus*)

Has been shown to provide relief from premenstrual symptoms by rebalancing hormone levels that lead to symptoms like breast tenderness, migraines, irritability, cravings, fatigue, and cramps.



Chaste Tree contains flavonoids that act in a manner similar to progesterone. By acting on the pituitary, it normalizes the release of Follicle Stimulating Hormone (FSH) and Luteinizing Hormone (LH). There is no data that shows any decrease in libido when it is used. This effect can improve the chances of planned conception by regulating cycles and prolonging the fertility window.

*The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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