



WOMEN'S PRODUCTS

Natural products to enhance the natural woman . . .

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■ Evening Primrose Oil

An excellent source of essential fatty acids, which may be beneficial for menstrual health.

■ Female Balance™

This is a balanced ensemble of herbs that is a favorite for menstrual and menopausal support.

■ PA Formula™

Along with regular examinations, this important combination of herbs can be your ticket to a clean bill of health.

■ Chastetree Berry

Possible benefit for PMS, ovarian cysts, infertility, menopause and menstrual support.

■ Cranberry

Clinical studies confirm what your mother already knows; take your cranberries to ward off urinary tract infections. Get all the good nutrients from cranberry without the sugar or sour taste from juice.

■ Red Clover

Contains a spectrum of isoflavones and phytoestrogens, which may be beneficial for menopause and PMS.

For centuries, herbalists have relied on plants as medicine to offer gentle relief through the many phases of a woman's life.

This palette of products from Kroeger Herbs offers women protective effects for the many changes of life. The purity of these balanced herbs is essential to enjoy every day.

Formulated by master herbalist Hanna Kroeger, these products are balanced, effective, and of course, absolutely pure.

We are proud to make our herbal products without flowing agents, excipients, or harmful solvents.



The Heart of Herbal Health®



PLEASE SEE
THE OTHER SIDE OF THIS SHEET
FOR MORE
ABOUT THESE PRODUCTS.

EVENING PRIMROSE

Evening Primrose has gained widespread attention, specifically for its essential fatty acid (EFA) content. Evening primrose oil is rich in gamma linolenic acid (GLA) and linoleic acid

(essential fatty acids). Women with PMS may have impaired abilities to convert linoleic acid to gamma linolenic acid. Since evening primrose oil contains significant amounts of

gamma linolenic acid, researchers have studied the plant as a potential way to reduce symptoms of PMS.

CHASTETREE BERRY

Chastetree Berry (*vitex*) - Women who suffer from pre-menstrual syndrome and other menstrual irregularities may not produce normal amounts of the hormone progesterone during the second half of their cycle. Chastetree berry stimulates the pituitary gland, which regulates the body's hormones, and leads to a

greater production of progesterone. When levels of progesterone are low, the balance between progesterone and estrogen is abnormal, thus creating menstrual problems, such as heavy periods and PMS. Studies show that using chastetree berry over a period of several months increases progesterone levels and relieves typical PMS symp-

toms, including cramping, bloating, headaches, and breast tenderness. Chastetree berry also inhibits prolactin secretion, another hormone that, in high levels, can cause menstrual irregularities, infertility, and breast tenderness.

RED CLOVER

Red clover has become very popular for women as a rich source of phytoestrogens, with biochanin A, daidzein, formononetin, and genistein being the most active. Phytoestrogens are

plant-derived, hormonally active compounds that relate in structure to estrogen. Phytoestrogens in red clover may exhibit estrogenic effects in menopausal women when the natural

estrogen levels of the body decline. Red clover may increase bone mass and decrease the incidence and severity of hot flashes during menopause.

FEMALE BALANCE™

Female Balance™ is a combination of herbs designed by Master Herbalist Hanna Kroeger that contains: black cohosh, anise seed, yellow dock, and ginger root. These herbs have been used for centuries by herbalists as well as by modern day physicians for female complaints. Traditional folk

herbalism heralds black cohosh as one of the great female herbs for supporting healthy menstrual and menopausal transitions. Anise has a folklore reputation for relieving spasms that often accompany menstruation, harmonizing digestion, and supporting healthy elimination. Traditional

herbalism credits black cohosh, anise, yellow dock, and ginger with providing nourishment, reinvigorating the body, and having benefits for the liver, which herbalists believe regulates blood flow and hormone levels during the varying phases of the monthly cycle and during menopause.

PA FORMULA™

Hanna Kroeger formulated **PA Formula™** for those concerned about the human papilloma virus. The combination of blue flag, blue malva, blue vervain, papaya leaves, and mullein create a wonderful blend of

herbs that have been used traditionally to support female and male reproductive systems and to rid the body of growths and warts. These herbs maintain healthy bowel and kidney function, hormones, natural resistance,

and venereal health. They also help regulate the liver, gall bladder and digestion, which were thought to send energy to the reproductive organs and speed blood cleansing of toxic wastes.

CRANBERRY

Cranberry has long been recommended for urinary tract infections (UTIs). Clinical studies confirm that cranberry helps to prevent urinary tract infections. In addition, research shows that cranberry may help relieve

symptoms and decrease the frequency of urinary tract infections for women who are prone to them. Researchers believe bacteria usually trigger a urinary infection. The proanthocyanidins and fructose, two major constit-

uents found in cranberry, prevent bacteria from adhering to cells lining the wall of the bladder, thus reducing the risk of infection. This convenient capsule is all natural without the sour taste or sugar of juice.