## Lady Balance™

This information is not presented with the intention of diagnosing or prescribing, but is offered for informational purposes only. In the event that the information is used without a Physician's approval, the individual will be diagnosing for himself. No responsibility is assumed and no guarantees of any kind are made for the performances or effectiveness of the items mentioned in this guide. All should seek a professional's advice before diagnosing for themselves.

**Ginger** (root) is known to reduce hot flashes, menstrual cramps, nausea and stomach upset, flatulence and helps prevent vomiting. Is known as a circulatory stimulant and aids in relaxing peripheral blood vessels.

**Damiana** (leaves) is known as a sexuality tonic for women ...helps stimulate nervine. Can be a diuretic, mild laxative, urinary antiseptic, anti-depressant, good for impotence in men and frigidity in women ...aphrodisiac.

**Black Cohosh** (root) aids in relieving hot flashes and menstrual cramps. Also known to help as a uterine stimulant, heart tonic, diuretic, sedative and anti-inflammatory. ...helps as a stimulate and relaxant for the nervous system.

**Blessed Thistle** (herb) good as an aid for female disorders, purifies the blood, stimulates secretion of digestive juices, encourages the loosening and removal of phlegm from the respiratory tract, antiseptic and helps heal wounds.

**Sarsaparilla** (root) helps regulate hormones, useful for frigidity, impotence, nervous disorder and helps regulate blood impurities. May help increase energy and helps protect against harm from radiation.

Wild Yam (root) good for many female disorders ...aids as a muscle relaxant, relieves cramps in legs, muscle spasm associated with stress, fatigue or imbalances of body parts. Is known to relieve the symptoms associated with Irritable Bowel Syndrome (IBS) and Colitis ...and helps as a digestive stimulant.

**Dong Quai** (root) relieves hot flashes and menopausal symptoms ...aids in the balance of sex hormones. Is known as a tonic, circulatory stimulant ...is prescribed to help anemia ...contains vitamin B-12 and folic acid. Can help prevent pernicious anemia.

**Squaw Vine** (herb) helps relieve menstrual cramps. Acts as a stimulant for the immune systems and the circulatory system. ...Known as a uterine tonic and stimulant. Helps restore the nervous system ...aids in healing wounds ...anti-fungal and antiseptic.

**False Unicorn** (root) aids in irregular menstruation ... relieves hot flashes and night sweats, mood swings and depression, vaginal dryness (eyes also may be dry), palpitation and possible hypertension and forgetfulness. Useful with Menopausal Syndrome associated with hormone changes and kidney weakness. Balances the sex hormones.

**Lady Balance™** contains no starches, salt, artificial colors, flavors, waxes, preservatives, yeast, lactose corn or wheat.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.