









### Ashwagandha

Ashwagandha is traditionally used to reduce stress and anxiety, which can have a positive impact on overall well-being, especially for women dealing with stress-related hormonal imbalances.







#### Maca Root

Maca is known to support energy levels and mood, which can be particularly helpful for

# women dealing with fatigue and mood swings during their menstrual cycles.







### **Black Cohosh**

Black Cohosh is commonly used to alleviate menopausal symptoms such as hot flashes, night sweats, and mood swings.

It may help regulate the body's response to hormonal changes during menopause.







### **Chasteberry Extract**

Chasteberry is often used to reduce symptoms related to PMS, such as mood swings, breast tenderness, and bloating.

# It may also help regulate menstrual cycles in cases of irregularity.







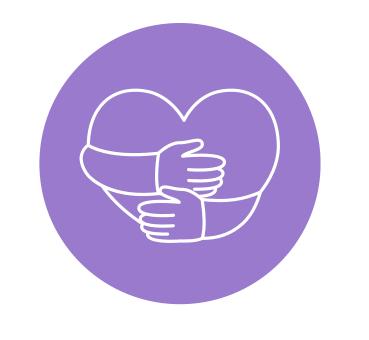
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Peony is known for its potential to alleviate menstrual discomfort. Its anti-inflammatory

# properties may help reduce cramping and pain associated with menstruation.







### Dong Quai

Dong Quai has a long history of traditional use in Chinese medicine for alleviating menstrual

discomfort. It is believed to have musclerelaxing and pain-relieving properties.

