

# INGREDIENTS

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**Ashwagandha**



**Maca**



**Black Cohosh**



**Chasteberry**



**Peony**



**Dong Quai**



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## 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.

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## 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.

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## 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.**

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## 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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## White Peony Extract

Peony is known for its potential to alleviate menstrual discomfort. Its anti-inflammatory properties may help reduce cramping and pain associated with menstruation.

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## Dong Quai

Dong Quai has a long history of traditional use in Chinese medicine for alleviating menstrual discomfort. It is believed to have muscle-relaxing and pain-relieving properties.

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