

# Female health

- FACILITATES CONTRACTIONS
- INCREASES QUALITY OF MILK
- HELPS WITH NAUSEA



**Raspberry** leaves contain fragarine (a tonic for the uterus), tannins (likely responsible for the antinauseant, antivomiting, and astringent effects of this plant), polypeptides and the leaves are a rich source of citrate of iron which is the alterative, blood-making, astringent, and contractile agent for the female's reproductive area. Leaves are astringent, stimulant, digestive, tonic, alterative, parturient, hemostatic, antiemetic, cathartic and antiseptic.

The leaves have a primary effect on problems associated to female biology. They have a balancing effect on the hormones during menstruation, pregnancy and delivery. They are of benefit to relieve morning sickness, hot flashes, menstrual cramps and excessive flow. They are well known to be an effective stimulant and tonic to the uterus. Taken during late pregnancy, red raspberry prepares for childbirth relieving premature pains, assisting contractions and facilitating delivery. Because of the hemostatic effect of the leaves, they will arrest hemorrhages during labor. The leaves will also regulate post-delivery period conditions and will enrich the milk of the mother. For their astringent properties, the leaves are also a remedy for mild diarrhea. Red raspberry leaves are a digestive remedy, toning and soothing the stomach and they might be of help to heal sore mouths and canker sores.

**Each vegetable capsule contains:**

Red Raspberry leaf ..... 345 mg

Non-medicinal ingredients: Vegetable magnesium stearate and silicon dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

Contains no: Preservative, artificial flavour or colour, sugar, milk, starch, wheat, corn, soy or yeast.

**Suggested use:**

Take 1 or 2 capsules two or three times daily with meals or as directed by your health care practitioner.

**Keep out of reach of children.**

*Manufactured under strict GMP (Good Manufacturing Practices)  
New Roots Herbal at 1-800-268-9486 or [www.newrootsherbal.com](http://www.newrootsherbal.com)*