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## **CYCLE SOOTHER**

### **For a Woman's Monthly Cycle**

- Important for patients with PMS / Mood Swings / Irritability
- Supports women with fatigue during menses
- Great for patients with menstrual Cramping / Breast tenderness
- Good for patients with menstrual Bloating / Fluid retention
- Targets women with menstrual Food cravings / Weight gain

Cycle Soother is a blend of ten naturally-occurring herbs from Native American and Chinese Herbal traditions to help support women during their monthly cycle.

Cycle Soother is designed for clinical support in women with PMS, fatigue, irritability, mood swings, cramping, breast tenderness, fluid retention, bloating, weight gain, and food cravings.

**Usual Dosage:** Take one capsule twice daily. As symptoms dictate, Cycle Soother may only need to be taken after ovulation (typically Day 14 of 28 with Day 1 being the first day of menstrual bleeding).