

WOMAN'S WONDER DROPS™

NPN: 80123301

1 mL of Oral Tincture contains 10:1 extracts of:

Blessed Thistle (109.0 mg DHE* – *Cnicus benedictus* herb tops)

Squawvine (109.0 mg DHE* – *Mitchella repens* herb tops)

Raspberry (91.0 mg DHE* – *Rubus idaeus* leaf)

Crampbark 58.0 mg DHE* – *Viburnum opulus* bark)

Uva-ursi (44.0 mg DHE* – *Arctostaphylos uva-ursi* leaf)

Dong Quai (33.0 mg DHE* – *Angelica sinensis* root)

Ginger (24.0 mg DHE* – *Zingiber officinale* root),

Lobelia (12.0 mg DHE* – *Lobelia inflata* herb tops)

Marshmallow (12.0 mg DHE* – *Althaea officinalis* root)

Goldenseal (11.0 mg DHE* – *Hydrastis canadensis* root)

False Unicorn (9.0 mg DHE* – *Chamaelirium luteum* root)

Non-medicinal ingredients: purified water, ethanol USP, glycerin, spearmint flavour. *DHE = Dry Herb Equivalent.

Directions of Use: Adult females, take 3 ml, 3 times daily, beginning 1-day before menstruation and for a maximum of 3-days. Allow at least 1-hour between taking this product and other medications or health products. For occasional use only. Shake well before use.

Indication: Used Traditionally in Herbal Medicine as a uterine tonic and astringent to help relieve cramping (dysmenorrhea) and pain associated with menstruation.

Detailed Information:

The Woman's Wonder Drops formulation was designed using Traditional principles and practices, to provide a safe, balanced natural health product for self-use by women for relief of cramping and pain associated with menstruation. **The product is an hydroethanolic extract of eleven (11) herb ingredients that have all been used Traditionally in Herbal Medicine as female tonics and other remedies for the female reproductive system, and in support of women's health in general^{1,2,3}.** The main ingredients of the formulation are tonic in action, with others providing uterine stimulant, astringent or demulcent, adaptogenic and/or alterative, relaxing nervine, antispasmodic, and diuretic properties. All ingredients are complementary and/or supportive for the recommended use of the product.

Blessed thistle is Traditionally recognized as bitter or astringent herb, most noted for stimulating metabolism and providing cholagogic, carminative and antidiarrheal effects^{4,5,6}. Inasmuch, it has long been used in folk medicine as a biliary remedy¹, supporting liver function. This is particularly important in women's health, since the liver is the site in the body where the female hormones are broken down². Blessed thistle is a Traditional female tonic and emmenagogue, helpful in stimulating menstrual flow and activity^{3,4}, and thereby helping to support the female reproductive system and regulation of menstruation generally¹. As one of the most useful diaphoretic and anti-inflammatory⁷ herbs, it is helpful whenever fever and inflammation are experienced, as can occur during menstruation⁴. Its antimicrobial, antibacterial or antiseptic action^{5,8,9}, is also helpful in cases in which infection may be the underlying cause of or exacerbate menstrual problems². Having been Traditionally recommended for dysmenorrhea¹ generally, and in cases of severe menstrual cramping¹⁰, blessed thistle represents a key ingredient of the Woman's Wonder Drops product formulation.

Squawvine, also known as partridgeberry herb, is extensively used by Native American/ indigenous women to aid labor and childbirth^{1,8,10}. It has tonic influence on the uterus and ovaries¹¹, and is commonly taken Traditionally to help normalize or regulate menstruation¹, and to relieve heavy menstrual bleeding (menorrhagia) and pain^{1,11,12,13}. It is recommended for all manner of uterine complaints⁴ and painful and irritant conditions of the female reproductive tract^{1,12,13}. It is very commonly used in combination with other female tonics^{1,3}. As a cool, dry remedy, it balances well with other suitable warming herbs such as ginger root¹³, a complimentary ingredient of Woman's Wonder Drops.

Raspberry leaf has a long tradition of use as a stimulant, tonic and regulator of the uterus^{1,7,13}, being especially helpful in pregnancy^{1,8,14,15,16}. It is Traditionally used in Herbal Medicine as a general gynecological aid⁷ for a wide range of female concerns, including menstrual irregularities¹⁶, and painful and profuse menstruation^{1,2,13,15}. The herb is also emmenagogic, helpful in improving menstrual function and flow, generally³. It is a common ingredient in combination formulae specific for female complaints¹.

In Traditional Herbal Medicine, **Crampbark** is considered one of the very best herbs for dysmenorrhea^{10,13,16}. It is among the most widely used herbs for regulation and relaxation of the ovaries and

uterus, quickly relieving the uneasiness and pain associated with uterine and abdominal cramps^{1,8,13,17}. Many consider the herb to be more relaxant than restorative and, therefore, particularly suited for use in spasmodic and congestive dysmenorrhea with severe cramping^{8,10,13,16}. It is also considered to be excellent for excessive menstrual bleeding (menorrhagia), and useful in PMS when combined with other herbs, including ginger root and dong quai¹⁶, both complementary ingredients of Woman's Wonder Drops.

Also known as Bearberry, **Uva-Ursi** contains hydroquinones, saponins and astringent tannins that together have healing, strengthening and tonic effects on the entire genitourinary system^{5,9,10,11}. As a diuretic^{5,9}, it is indicated when fluid retention is associated with PMS, and in painful menstruation that is of a congestive nature^{2,3}. Due to its astringent properties, its use is also Traditionally beneficial in cases of uterine hemorrhage and menorrhagia^{1,10,11,13}. While often Traditionally used on its own, uva-ursi is also used to advantage in combination with other tonic herbs^{1,4,11}.

In Traditional Chinese Medicine (TCM), **Dong Quai** regulates "qi" and "blood" deficiency¹⁸. Its action is, therefore, similar to alteratives – 'blood purifiers' – commonly used in Traditional Herbal Medicine. In addition to its selective blood flow stimulation, the herb is a neuromuscular relaxant/sedative with strong affinity for the female reproductive system⁶, and, therefore, of particular use for abnormal or irregular menstruation, PMS, delayed or suppressed menstrual flow and weakness, amenorrhea or scanty periods, menorrhagia, and dysmenorrhea^{2,6,10,14,16,20}. Dong quai is specifically indicated where amenorrhea follows menorrhagia or is associated with anemia². Dong quai is rarely used alone²¹. In combination with other herbs, it helps to tonify and strengthen the uterus^{6,20,21}.

Ginger root is Traditionally and widely used as a tonic and diffusive stimulant, for its anti-emetic, antispasmodic, anti-inflammatory, and analgesic effects^{2,5,14,22}, to stimulate metabolism and circulation, and to enhance the actions of other herbs that it is combined with². The vasodilatory action of the herb has been shown to help reduce blood pressure and improve blood flow and supply, which contributes to its Traditional use in relieving menstrual cramps^{6,14,22}, especially in combination with blessed thistle and crampbark¹⁰.

Clinical evidence supports the effectiveness of ginger for dysmenorrhea. As an emmenagogue, it also helps to improve menstrual flow and function, generally^{3,22}, and its cholagogue action provides support for liver function, of particular importance in women's health².

Lobelia is a powerful nervine and antispasmodic that helps to reduce pain due to spasm of any character, and alleviate tension^{10,22}. As a general systemic relaxant with diffusive stimulation, it helps to equalize circulation and relieve vascular tension, and enhance "the diffusion and intensity of any agent with which it may be associated"¹¹. Like other nervine tonics, sedatives, and antispasmodics, lobelia is an important component of Traditional formulations such as Woman's Wonder Drops used for dysmenorrhea and other female problems^{2,3,13}. The herb has been described as emmenagogic and, therefore, helpful in improving menstrual flow and function¹⁰, and is Traditionally indicated to promote menstruation and for dysmenorrhea¹³.

Being a rich source of mucilage (5-11%), **Marshmallow Root** is demulcent and emollient, helpful for soothing/alleviating irritation of mucous membranes⁸. It is also diuretic and anti-inflammatory, making it particularly useful in water/urine retention, for inflammation of the bladder, and in nearly every affection of the kidney and bladder^{4,5,8,9}. Its mucilaginous/soothing effects are reinforced when used in combination with uva-ursi⁶, a complementary ingredient of the Woman's Wonder Drops formulation. Marshmallow root is Traditionally indicated in cases of vaginal irritation and catarrh, leucorrhea, and uterine inflammation^{1,7}. Results from in vitro and in vivo studies support marshmallow root's demulcent/soothing actions, and complementary anti-inflammatory and immunostimulant effects²⁴.

Goldenseal root is a mucous membrane tonic with antiseptic, antimicrobial, diuretic, astringent, and mildly vasodilatory effect^{2,4,8,22}. It is indicated for catarrhal states of mucous membranes in general^{2,4,11,22}, and is considered one of the best agents for leucorrhea when taken orally^{2,4,11,13}. It is also Traditionally used in dysmenorrhea and hemorrhagic conditions of the uterus and pelvis^{2,4,8,13,25}, and to help menstrual flow and function, generally^{3,25}. It has been described as specific for uterine contractions and menstrual problems¹¹. Like blessed thistle and ginger root, its choleric action^{1,9,14,25} helps to support liver function

and thereby improve hormone imbalance that could contribute to or exacerbate menstrual dysfunction and dysmenorrhea². The herb Traditionally works best when taken orally in small dosage¹¹, such as in Woman's Wonder Drops.

False Unicorn is among the best and most positive stimulant tonics Traditionally used for the uterus and ovaries^{1,12}. Its combined uterine tonic, emmenagogic and diuretic actions have a normalizing or adaptogenic effect on the female reproductive system, promoting regular menstruation¹². It is indicated Traditionally in amenorrhea (i.e. absence of menstruation), menorrhagia, dysmenorrhea, leucorrhea, pelvic congestion and other menstrua disturbances^{1,4,6,8,9,12,22}. The herb is rarely used alone, being more frequently employed in combination with other herbs with female tonic action¹¹.

The specific combination of herbal ingredients making up the **Woman's Wonder Drops** formulation provides a number of different Traditionally recognized actions that specifically support the health and function of the female reproductive system. While these ingredients are mainly tonic, they also provide complementary/supportive uterine and diffusive stimulant, diaphoretic, cholagogic, astringent, demulcent, anti-inflammatory, adaptogenic and/or alterative, relaxing nervine, antispasmodic, and diuretic actions that together provide a safe, gentle and effective product for women to help relieve cramping and pain associated with menstruation.

The **Woman's Wonder** formulation is safe and effective when taken as recommended for its intended use. The known risks associated with specific herbal ingredients and/or their combination are mitigated by presentation of the ingredients at dosages below their minimum reference dosage and by putting the following risk information onto the product label:

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Cautions and Warnings: Consult a health care practitioner if symptoms persist or worsen, or if any new symptoms develop. Consult a health care practitioner before use if you have a respiratory or cardiovascular disorder, anemia, stomach ulcer or inflammation, fever, painful urination (dysuria), spasms, or blood in the urine; or if you have a hormone sensitive condition (such as breast, uterine or ovarian cancer, endometriosis, or uterine fibroids), platelet function disorder, or thyroid disease; or if you are taking CNS depressants or nicotine. If nausea or vomiting is experienced, reduce dosage or discontinue use.

Contra-Indications: Do not take if you are pregnant or planning a pregnancy, if you are breastfeeding, or if you have an allergy/hypersensitivity to blessed thistle or other plants of the Asteraceae/Compositae (daisy) family, or to nicotine and/or tobacco. Do not take with highly acid foods (e.g. citrus fruits and juice) or medications, which may acidify urine. Avoid taking with alcohol, other medications and/or natural health products with sedative properties. If you have heart disease, high or low blood pressure, a kidney or liver disorder, diabetes or edema (swelling of hands, face and feet) or are taking products containing diuretics, do not use this product. Stop use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat and/or difficulty breathing.

Known Adverse Reactions: Laxative effect may occur.

Storage: Store away from children, in original container out of direct sunlight.



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