



STRAUSS
N A T U R A L S
E D U C A T I O N | S E R I E S

MENOPAUSE - DROPS™ -



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Table Of Contents

Strauss Legacy and Family History.....	04
Strauss Menopause Drops™	06
Merchandising & Category Placement.....	26
Contact Us	27

All Strauss education material is available at strausslearn.com/



Strauss Naturals: A Legacy of Natural Healing

The roots of Strauss Naturals trace back to a pivotal moment in 1979 when Peter Strauss, then just fifteen, watched his father face a life-changing health crisis. A sudden heart attack left his father, Jim Strauss Sr., struggling to regain his strength, unable to walk even the short distance across their living room. Faced with this challenge, Jim turned to the knowledge passed down through generations—a tradition of healing with nature’s remedies that his grandmother and great-grandmother had practiced in the old country. Determined to recover without relying on invasive procedures or pharmaceutical drugs, Jim decided to create a natural heart tincture. He sent young Peter to Vancouver to gather the specific herbs needed for his formulation. The result was the very first batch of **Heartdrops**—a blend so effective that, within weeks, Jim’s strength returned. He not only walked across the living room but soon walked around the neighborhood block. Just months later, he was back on the ski slopes, proving the power of nature’s healing.

Inspired by his rapid recovery, Jim knew he couldn’t keep this remedy to himself. Friends, family, and even customers from their canopy shop were astonished by his transformation and began asking for Heartdrops for their loved ones. Word spread quickly, and within a year, people from all over western Canada and the northwestern United States were visiting the Strauss home, seeking the natural remedy and wisdom behind it. Recognizing the growing demand and the opportunity to make a greater impact, Jim made a life-changing decision. He sold their successful canopy shop and committed himself fully to herbal medicine, inviting Peter to join him as an equal partner. Together, they launched Strauss Naturals from their home, sharing the power of herbal healing with a growing community.

By 1982, the business had outgrown their home, prompting them to establish a small local shop. Jim began hosting seminars, first in their hometown and eventually throughout southern BC and beyond, educating people about natural health remedies. They invited health stores to these events, providing an opportunity for attendees to learn and experience their products firsthand. This grassroots approach helped get Strauss Naturals products into health stores, expanding their reach and impact. The demand for natural remedies grew beyond Heartdrops, and the Strauss family began creating a variety of tinctures and teas, all made with the same care and tradition. By 1989, their rented space could no longer keep up with their expansion, and they purchased their own shop, combining manufacturing and client consultations under one roof. In 2000, as the demand for their products continued to grow, Strauss Naturals made a bold move to a much larger location. With this expansion, they not only reached more communities but also established sales territories and international distribution, sharing the healing power of their products far and wide.

A Holistic Approach to Heart Health and Wellness

Strauss Naturals was born out of a desire to provide a natural, effective alternative for those seeking holistic solutions for heart health—at a time when such options were scarce. The story of Heartdrops is more than just a remedy; it is a legacy rooted in centuries of tradition, family wisdom, and a commitment to harnessing nature’s power for lasting wellness.

From Crisis to Creation: The Birth of Strauss Naturals

What began as a journey to heal one man’s heart has evolved into a mission to empower countless others on their path to wellness. At Strauss Naturals, we believe in honoring the legacy of herbal medicine, creating products that not only heal but transform lives.



Strauss Naturals - A Family Business

- A Trusted Tradition since 1980. Canadian company in Kamloops, British Columbia
- Strauss Heartdrops® remains the flagship formula and helps thousands of people manage their cardiovascular health; improve circulation, increase their energy and return to health
- All formulas are highly effective and carry the same 100% satisfaction money back guarantee
- All Strauss formulas are holistic using synergistic herbs. Balance and proportion is key in producing remedies that are not only effective but in many cases, relatively instant
- Originally tested by organoleptic method by the Strauss Family to ensure the highest quality of ingredients are used for greatest efficacy
- Our unique extraction methods allow us to capture not only the key herbal compounds studied in clinical research but also the full spectrum of lesser known or even undiscovered components that work together holistically to deliver the results you are looking for in an herbal preparation. Products are third-party laboratory tested for strength and purity
- Our premium brands are manufactured in our GMP Certified, Canadian NNHPD licensed and USFDA inspected facility
- Proven by time, trusted for Generations



Founders,
Peter Strauss and Jim Strauss Sr.

Strauss Menopause Drops™



A blend of 20 herbs
3.4 oz and 7.6 oz size

Helps relieve symptoms associated with menopause and post menopause

NPN 80133811

Medicinal Ingredients (per ml):

Red Clover Isoflavone Extract	13.3 mg AIE
Black Cohosh (root)	50.7 mg
Blue Cohosh (root)	30.4 mg
Ginger (root)	22.2 mg
Squaw vine (herb top)	20.4 mg
Raspberry (leaf)	17.0 mg
Crampbark (bark)	11.1 mg
Valerian (root)	11.1 mg
Eleuthero (root)	10.0 mg
Uva ursi (leaf)	10.0 mg
Blessed thistle (herb top)	8.2 mg
Lady's mantle (herb top)	6.7 mg
Lobelia (herb top)	6.0 mg
Dong quai (root)	5.9 mg
Bayberry (bark)	5.6 mg
Damiana (leaf)	4.8 mg
Chinese licorice (root)	4.8 mg
Indian-sarsaparilla (root)	4.8 mg
False Unicorn (root)	4.1 mg
Safflower (root)	3.4 mg



Non-medicinal ingredients: Water, ethanol, glycerine, spearmint flavoring

Menopause Drops™ OVERVIEW

Indications:

- Menopause Drops™ are used traditionally in Herbal Medicine to relieve symptoms associated with menopause and post menopause; such as hot flashes and night sweats.
- Helps to reduce mineral bone density loss when used with adequate amounts of Calcium and Vitamin D.

Directions of Use:

- Menopausal and postmenopausal women take 1 mL, 3-5 times per day (5 mL=1 tsp).
- Take a few hours before or after any medication or natural health product.
- Do not take with highly acidic foods (e.g. citrus fruits and juice) or medications, which may acidify urine. Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy.
- For hot flashes/night sweats, use for several weeks to see beneficial effects. Consult a health care practitioner for use beyond 6 months.

Appearance:

Our Menopause Drops contain a high quantity of red clover isoflavones and display a more cloudy or milky appearance than you may be used to with other tinctures from Strauss Naturals. This is completely normal and is not a cause for concern. If you notice any settling of the red clover near the bottom of the bottle, a quick shake should disperse the red clover throughout the tincture.





Menopause Drops™ OVERVIEW CONTINUED

Menopause Overview

Demographics:

Women, particularly those experiencing menopause and post-menopause symptoms

Psychographics & Behavior:

- Health-conscious individuals interested in natural remedies and for those who prefer herbal supplements over pharmaceuticals
- Women seeking relief from menopause symptoms like hot flashes, night sweats, mood swings, and sleep disturbances

Concerns and Aspirations

- Hot flashes and night sweats
- Mood swings and irritability
- Sleep disturbances and sleep quality
- Aging gracefully

Benefits-Focused Messages:

- **Fast-acting** liquid formula for rapid absorption.
- **Alleviate Hot Flashes:** Experience fewer and less intense hot flashes, improving your overall comfort.
- **Improve Sleep Quality:** Address night sweats and sleep disturbances for a more restful night's sleep.
- **Balance Moods:** Reduce mood swings and irritability associated with hormonal changes.
- **Support Vaginal Health:** Relieve vaginal dryness and discomfort for a more comfortable lifestyle.
- **Naturally Derived:** Our menopause drops are formulated with natural ingredients for a gentle and effective approach.



Menopause Drops™ OVERVIEW CONTINUED

Menopause Overview

The Strauss branded **Menopause Drops**™ formulation was designed to provide a safe, balanced product for self-use by menopausal and pre- and post-menopausal women for management/ treatment of their symptoms. It is a liquid combination product containing extracts of 20 different medicinal herbs that all have use as female tonics and as other remedies in support of the female reproductive system and symptoms associated with menopause and/or pre- and post-menopause. The safety and efficacy of the ingredients and use of the Menopause Drops product are supported by a combination of published monographs and authoritative (Traditional) Herbal Medicine references

Menopause is characterized by the start of menstrual cycle variability. The World Health Organization has defined “natural menopause” as the permanent cessation of menstruation resulting from the loss of ovarian follicular activity but it is only diagnosed retrospectively, after 12 consecutive months of amenorrhoea. While menopause may be a discrete measurable event in terms of how it is defined, being marked by the final menstrual period (FMP) operationally or practically, it is descriptive of a physiological process that does not occur suddenly, or literally as a single, discrete event. In fact, “Symptoms often begin in the perimenopausal years”, “that period of time before the FMP when variability in the menstrual cycle is increased” Accordingly, increased variability in the menstrual cycle is considered by many researchers as the hallmark of the early menopausal transition, or the start of menopause. Perimenopause, or the “menopausal transition”, occurs over one or a number of years, and is associated with a number of physiological and hormonal changes, changes that themselves can be associated with a number of undesirable effects, including, but not limited to, irregular menstruation, as well as dysmenorrhoea, amenorrhoea and, especially, menorrhagia and metrorrhagia. Given the wide range of symptoms associated with menopause, support of reproductive, nervous, endocrine and cardiovascular systems is needed for broad, effective treatment.

Herbal treatment, thus, necessarily involves use of uterine tonic, nervine relaxant, antidepressant, hormonal normalizing, and/or bitter tonic and stimulant herbs that help to reduce the frequency and intensity of undesirable effects or symptoms, and that help the body to adapt to new hormone levels, to ultimately alleviate any negative impact that they may have on what is a normal physiological/life change in a woman as she matures.

A holistic approach involves the use of a combination of different herbs with additive, supportive and complimentary activities, to provide a more comprehensive, effective and gentle menopause treatment.

Menopause Drops™ Ingredient: **Red Clover Isoflavone Extract**

Among the main active ingredients of the Menopause Drops™ formulation, the isoflavone extract from the flower of red clover has been clinically shown to:

- reduce severe and frequent menopausal symptoms such as hot flashes/flushes and night sweats, and
- to help attenuate/reduce the loss of bone mineral density (BMD) in post-menopausal women when used with adequate amounts of calcium and vitamin D.
- Isoflavones have shown potential in the treatment of several conditions associated with menopause, such as hot flashes, cardiovascular health, and osteoporosis.



Menopause Drops™ Ingredient: **Black Cohosh (root)**

In addition to helping to relieve premenstrual symptoms and symptoms associated with menopause generally, the root and/or rhizome of Black Cohosh when used in Herbal Medicine, also helps to relieve:

- the pain associated with menstruation,
- the muscle and joint pain associated with rheumatic conditions (such as rheumatoid arthritis, osteoarthritis and/or fibrosis),
- the pain associated with neuralgia (such as sciatica), and to ease nervous tension (calmative)



Menopause Drops™ Ingredient: **Blue Cohosh (root)**

- Blue cohosh has a long history of use for gynecological conditions. Native Americans used it for inducing labor or abortion, as a contraceptive, and to treat genitourinary conditions, as well as for rheumatism, dropsy, colic, cramp, and inflammation of the uterus
- While blue and black cohosh are unrelated herbs, they are often Traditionally used for the same indications, and are frequently combined to provide a more balanced treatment for nerves, and to enhance the herbs' antispasmodic, anti-inflammatory and uterine tonic effects
- Evidence suggests that Blue Cohosh may have estrogenic effects, by enhancing estradiol binding to estrogen receptors, and increasing estradiol-induced transcription activity in estrogen responsive cells. In animal models, blue cohosh has also been shown to reduce luteinizing hormone (LH) levels and increase serum ceruloplasmin oxidase activity, a measure of estrogenic activity in the liver.
- The herb has complementary/supportive action in the Menopause Drops formulation



Menopause Drops™ Ingredient: **Ginger (root)**

- Ginger is commonly added to female tonics for its anti-emetic, carminative, antispasmodic, anti-inflammatory, and analgesic properties
- It is remarkably effective at relieving menstrual cramps (especially when combined with blessed thistle and cramp bark, also ingredients in Menopause Drops) and arresting excessive menstrual flow (*i.e.* menorrhagia)
- It is widely Traditionally indicated in dysmenorrhea (painful menstruation), and in PMS, to help relieve nausea, cramping, and stomach upset. Clinical evidence supports the Traditional use of ginger for dysmenorrhea
- As a tea, ginger is popular and efficient “in relieving the pangs of disordered menstruation”.
- The herb is considered to be emmenagogic, and therefore helpful in improving menstrual function and flow in general
- Its analgesic effects are attributed to the ability of the herb and/or its constituents to decrease prostaglandin production
- Ginger is also cholagogic, promoting gastric secretions and increasing the tone and peristaltic function of the lower intestines
- *Ginger root is a mild remedy with minimal chronic toxicity, and can therefore be used daily and for long periods of time at recommended dosages without (risk of) side effects or negative reactions. Risks associated with the use of ginger as an ingredient of Menopause Drops, when this combination product is taken according to recommended conditions of use, are mitigated and fully accommodated by the relatively low dose of the herb, and by appropriate risk and use information appearing on the combination product label*



Menopause Drops™ Ingredient: **Squawvine (herb top)**

Squawvine, also known as partridgeberry herb, is extensively used in Traditional and Native American/Indigenous Medicine.

- Like the remaining herbs in the Menopause formulation, it is complementary and supportive in its action.
- It is tonic to the uterus and ovaries, and is Traditionally taken to normalize menstruation, and to help relieve menorrhagia and dysmenorrhea.
- It is an effective female regulator, and is soothing and strengthening to the uterus, in hysteria, leucorrhoea (vaginal discharge), prolapsus, in rheumatic or neuralgic pain, and in chronic painful menstruation.
- It is recommended for all manner of uterine complaints, especially painful and irritant conditions of the female reproductive tract
- As a cool, dry remedy, it is recommended to balance its effects by combining it with suitable warming herbs such as ginger root, as contained in the Menopause Drops formulation.



Definitions

Menorrhagia - menstrual bleeding that is heavy or lasts for more than a few days

Dysmenorrhea - painful menstrual periods

- *Squawvine should not be used during the first 6 months of pregnancy (Holmes 1998). Otherwise, the herb is considered to be entirely safe when used appropriately. Risk(s) associated with use of squawvine as an ingredient of Menopause Drops are mitigated by its relatively low dosage when the combination product is taken as recommended, and by contraindication of the product in pregnancy.*

Menopause Drops™ Ingredient: **Raspberry (leaf)**

- Raspberry leaf is astringent, tonic and parturient, having a long tradition of use, especially in pregnancy, to strengthen and tone tissues of the womb, assist contractions, check hemorrhage and other complications during labor and post-partem, and facilitate delivery.
- The herb is reputedly a stimulant, tonic and regulator of the uterus.
- Outside of pregnancy the herb is also used Traditionally in Herbal Medicine as a general gynecological aid for a wide range of female concerns, including menstrual and painful (dysmenorrhea) and profuse menstruation (menorrhagia)
- Acts as an emmenagogue, helpful in improving menstrual function and flow
- Traditional use of raspberry leaf for the short-term herbal treatment of PMS, dysmenorrhea and other gynecological conditions in which a uterine spasmolytic is beneficial.
- *Raspberry leaf has been described as a mild remedy with minimal chronic toxicity (Holmes 1998), which can therefore be used daily and for long periods of time at recommended dosages without side effects or negative reactions*



Menopause Drops™ Ingredient: **Crampbark (bark)**

- Crampbark is considered in Traditional Herbal Medicine to be one of the very best herbs for menstrual cramps
- It is suggested to be one of the best female regulators and relaxants of the ovaries and uterus, quickly relieving the uneasiness and pain associated with uterine and abdominal cramping, being useful in dysmenorrhea, as well as menorrhagia, ovarian irritations, and all manner of cramps and spasms
- Specifically known for relieving irregular spasmodic pains of the womb and ovaries, being antispasmodic in its action upon the entire pelvic viscera, influencing spasmodic contractions of the bladder as well.
- Known to be excellent for excessive menstrual bleeding, and when combined with ginger, dong quai and chamomile (the first two also being ingredients of the Menopause Drops formulation), also useful for PMS. This may be attributed not only to cramp bark's antispasmodic and astringent actions, but also to its sedative and nerveine
- Considered to be more relaxant than restorative, and therefore particularly suited for use in spasmodic and congestive dysmenorrhea with severe cramping. The beneficial use of crampbark for ovarian and uterine muscle problems, including dysmenorrhea, and in treatment of excessive menstrual blood loss (menorrhagia), has a long history in Herbal Medicine
- Its action is complementary to the other herbs in the Menopause Drops formulation when the combination is taken as recommended
- *Cramp bark is considered to be a safe herb when taken appropriately. No contraindications are known for the herb and, based on evidence available to-date, no cautions or warnings are considered necessary*



Menopause Drops™ Ingredient: **Valerian (root)**

- The dried root of valerian has long been recognized for use (Traditionally) in Herbal Medicine for its anxiolytic, antispasmodic, and relaxant effects
- Its sedative action is more like a nervous system depressant than a muscle relaxant
- It has been shown to clinically reduce subjective sensations of anxiety, without measurable sedation
- In addition to its (Traditional) use in Herbal Medicine as a calmative, it is (Traditionally used in Herbal Medicine as) a sleep aid/to promote sleep
- As an ingredient of Menopause Drops it is provided in a complementary/supportive action when the combination product is taken as recommended.



Menopause Drops™ Ingredient: **Eleuthero (root) / Eleutherococcus senticosus**

- Eleuthero is an adaptogen, i.e. an herb that is nontoxic with few side effects that is nonspecific in its action and normalizing regardless of whether the pathological state is hypo- or hyper-functional. The NNHPD monograph for Eleuthero (Health Canada 2018c) recognizes use of the herb in Herbal Medicine as a tonic to help relieve general weakness/fatigue and/or to aid during recovery, and to help improve mental and/or physical performance after periods of mental and/or physical exertion
- Both its tonic and adaptogenic effects contribute to its usefulness in menopause by helping to modulate hormonal changes and associated effects that characterize the “syndrome”, thereby helping to return the individual to a “healthy” state. Specifically, the herb helps to relieve general debility and fatigue, relieve insomnia, treat chronic inflammatory conditions, edema, muscle spasms, joint pain, and difficult that may occur at any time during menopause
- Provides complementary/supportive action to the formulation.



Menopause Drops™ Ingredient: **Uva Ursi (leaf)**

- Uva ursi has a long history of use in Herbal Medicine as a diuretic and urinary antiseptic with specific healing, strengthening and tonic effects on the entire genitourinary system
- In Traditional/folk Herbal Medicine it is considered to be beneficial in cases of uterine hemorrhage and profuse menstruation and to stimulate uterine contractions
- The NNHPD Monograph for Bearberry – *Arctostaphylos Uva-Ursi* recognizes the safe use of non-standardized uva ursi preparations in Herbal Medicine (as a mild diuretic) to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination
- Since bladder complaints/symptoms, e.g. urinary frequency, urgency and incontinence, are commonly associated with menopause and fluid retention (bloating) with PMS, diuretics are especially indicated.
- The thinning and shrinking of reproductive and bladder tissues that may occur during and post-menopause can also contribute to recurrent bladder infections, as can the reduction of vaginal acidity, sometimes leading to tiny ulcerations in the wall of the bladder, i.e. interstitial cystitis
- Uva ursi can be helpful in the relief of these menopausal symptoms, being specific for cystitis and infections of the lower urinary tract
- helps to provide complementary/supportive action to the formulation



Menopause Drops™ Ingredient: **Blessed Thistle (herb top)**

- Blessed thistle is a bitter, and as such, stimulates metabolism and acts as an emmenagogue to stimulate smooth muscle activity. The herb is recognized as being carminative and antidiarrheal, useful for stimulation of appetite and digestion, specifically in atonic or flatulent dyspepsia.
- Blessed thistle is a Traditional female tonic and emmenagogue that helps to stimulate menstrual flow and activity and to thereby help buildup the female reproductive system and regulate menstruation in general
- Due to its astringency, it is Traditionally described as being antihemorrhagic, making it useful in menorrhagia (heavy, excessive bleeding).
- As a bitter, cholagogic activity has been attributed to; thus its use in folk medicine as a biliary remedy. Support of liver function is particularly important in women's health, since the liver is the site of breakdown of the female hormones, and a sluggish liver may contribute to hormone imbalance
- The herb "is said to have great power in the purification and circulation of the blood" and to be "one of the most useful diaphoretics". Thus, it is useful for intermittent fevers and in "the forming stage" of febrile and inflammatory affections, including in PMS and other female problems.
- Blessed thistle is rich in mineral content, particularly potassium, magnesium and calcium, thereby providing nutritive support and contributing to the overall tonic action of the herb.



Menopause Drops™ Ingredient: **Lady's Mantle (herb top)**

- The tannin and flavonoid contents of Lady's-mantle (*Alchemilla xanthochlora*) herb preparations support their Traditional use in Herbal Medicine as an astringent, antihemorrhagic and anti-inflammatory agent for mild diarrhea, passive hemorrhage, menorrhagia and metrorrhagia (abnormal bleeding between regular menstrual periods)
- Among other uses, Traditional use of the herb for all manner of gynecological inflammation, to tonify reproductive "qi", and to harmonize menstruation and menopause
- The German Commission E approved use of the herb for diarrhea, although its Folk/Traditional use in Herbal Medicine for menopausal complaints and dysmenorrhea is also recognized
- The herb is therefore a supportive/complementary ingredient of the Menopause Drops formulation when the product is taken as recommended.



Menopause Drops™ Ingredient: **Lobelia (herb top)**

- Lobelia is a powerful nervine and antispasmodic that helps to reduce pain and alleviate tension that may accompany problems of menstruation.
- Nervine tonics, sedatives and antispasmodics are important components of combinations/formulations used to treat dysmenorrhea and other female problems
- Lobelia was once frequently used by midwives as a sedative, for its muscle relaxing effects, in preparation for childbirth. The herb relieves pain due to spasm of any character
- It is one of the most useful systemic relaxants available, useful in many conditions in combination with other herbs to enhance their effectiveness when relaxation is needed
- Indeed, "its relaxing power expedites the diffusion and intensity of any agent with which it may be associated"
- Among its various actions, it is described as emmenagogic and, therefore, helpful in improving menstrual function and flow, and specifically indicates its Traditional use for dysmenorrhea and to promote menstruation.



Menopause Drops™ Ingredient: **Dong Quai (root)**

- In TCM, dong quai regulates "qi" and "blood", to return to or maintain a normal state of well-being
- Its action is, therefore, similar to the action of alteratives – 'blood purifiers' – commonly used in Traditional Herbal Medicine
- Dong quai became popular in Europe in the late 1800s as a female tonic. Despite its many other Traditional uses, the herb continues to be used in Herbal Medicine for treatment of female/gynecological problems, and particularly for use as a uterine tonic, emmenagogue, spasmolytic, sedative, analgesic, and alterative
- Dong quai has normally been used in combination with other herbs, *i.e.* it has rarely been used as a mono preparation. Mixed with other herbs, dong quai helps to tonify and strengthen the uterus, and to be of particular use for menstrual irregularity, abnormal menstruation, PMS, delayed or suppressed menstrual flow and weakness, amenorrhea (*i.e.* lack of a period), uterine bleeding (menorrhagia), and dysmenorrhea (*i.e.* painful or difficult menstruation)
- Dong quai is specifically indicated where amenorrhea follows menorrhagia or is associated with anemia
- *The herb is a mild remedy with no chronic toxicity. However, as a uterine stimulant, dong quai is contraindicated in pregnancy. The risk of other side effects from consumption of dong quai as a component of Menopause Drops when this combination product is taken at recommended dosages is considered to be minimal, if not nil, and otherwise fully encompassed and mitigated by risk and use information put onto the combination product label.*



Menopause Drops™ Ingredient: **Bayberry (bark)**

- The dried bark of bayberry is considered to be astringent, circulatory stimulant, and mildly diaphoretic (sweat inducing) and choleric (increase bile secretion), and therefore useful in Traditional Herbal Medicine for diarrhea, fever, and colds
- It is specific for mucous colitis, and useful topically for menstrual problems, e.g. leucorrhea (vaginal discharge)
- Traditional oral use for internal hemorrhage/bleeding, as well as for uterine prolapse.
- It is used as a supportive/complementary ingredient of the Menopause Drops formulation, when the combination product is taken as recommended.



Menopause Drops™ Ingredient: **Damiana (leaf)**

- Damiana leaf preparations are widely used in Traditional Herbal Medicine, with a long history of use for depression, anxiety, sexual inadequacy, debilitation, bedwetting/bladder leakage, amenorrhea, gastric ulcers, and atonic constipation
- A stimulant restorative that is particularly useful in patients presenting with chronic loss of sexual power/libido, bladder problems, constipation, and appetite loss
- Its active constituents, including terpenes, tannins, flavonoids, and various glycosides, together contribute to its aphrodisiac, nervine, stimulant/antidepressant, tonic, diuretic, antitussive, and mild laxative effects
- It is tonic to the entire genitourinary system, helping to strengthen the reproductive organs, regulate menstruation, and to relieve spasmodic dysmenorrhea and urinary incontinence, symptoms associated with PMS
- It has a regulating effect in PMS, late periods and dysmenorrhea and is therefore useful in helping to relieve many of the symptoms associated with menopause
- In the Menopause Drops formulation, it is used as a supportive/complementary ingredient, when the combination product is taken as recommended.



Menopause Drops™ Ingredient: **Chinese Licorice (root)**

- In Traditional Chinese medicine, licorice root is a component of virtually all herbal formulae in small amounts, to help harmonize and direct the effects of the various other ingredients of the formulation
- The herb has anti-inflammatory, expectorant, antitussive, antispasmodic, emmenagogue, demulcent, cholagogue, mild laxative, and adrenal tonic effects.
- Licorice root is used Traditionally in Herbal Medicine for treatment of cough, consumption, chest complaints (especially bronchitis), rheumatic conditions, allergies, and gastrointestinal problems (especially gastritis)
- Licorice root is useful in menopause and PMS as a hormone normalizer/adaptogen, adrenal tonic, anti-inflammatory and antispasmodic, and is considered to provide support for the whole body against stress
- It also helps to support liver function, important in women's health since the liver is the site of breakdown of the female hormones
- Licorice (*Glycyrrhiza uralensis*) root is used as an ingredient of Menopause Drops at a safe, supportive, dosage when the combination product is taken as recommended.



Menopause Drops™ Ingredient: **Indian Sarsaparilla (root)**

- Indian sarsaparilla has long been used in Ayurvedic Medicine as a tonic, alterative, demulcent, diaphoretic, diuretic, blood purifier, antibacterial, antidiarrheal, anti-inflammatory, antipyretic, aphrodisiac, and immunosuppressant. The herb has a large number of Traditional indications that depend on these actions, including dyspepsia, fever, kidney and urinary diseases, chronic rheumatism, and leucorrhoea
- Indian sarsaparilla contains phytosterols and pregnane steroid, the pharmacological action of which supports the demonstrated anti-inflammatory and actions of the herb, and further supports the herb's depurative (purifying) and alterative (restore health) tonic effects.
- The antipyretic (reduce fever) /diaphoretic properties of Indian sarsaparilla root preparations further help in alleviating hot flashes that may accompany menopause.
- As an ingredient of Menopause Drops, Indian Sarsaparilla is consistent with its supportive role in the formulation, when the combination product is taken as recommended,



Menopause Drops™ Ingredient: **False Unicorn (root)**

- False Unicorn is considered to be one of the best and most positive stimulant tonics for the uterus and ovaries
- Based on its uterine tonic, emmenagogic and diuretic actions, false unicorn was Traditionally used by Native Americans for many woman's complaints
- It has a normalizing or adaptogenic effect on the female reproductive system, promoting regular menstruation
- It is Traditionally indicated in amenorrhea, dysmenorrhea, menorrhagia, leucorrhea, pelvic congestion and other menstrual disturbances
- Its support of estrogen function in the body further contributes to its usefulness as a female tonic.
- As well, the herb's bitter tonic action makes it useful in helping to alleviate various digestive complaints, some of which may accompany PMS and other menstrual difficulties



Menopause Drops™ Ingredient: **Safflower (flower)**

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Merchandising & Category Placements

Heart, Cardiovascular & Circulation Health

- **Heartdrops**
- **Cardio Calm**
 - place in both Stress/Anxiety & Cardiovascular Health
- **Kidney & Blood Pressure Drops** –
 - place in both Kidney Health and Cardiovascular Health



Urinary & Hormone Health

- **Prostate Drops** – Prostate Health
- **Kidney & Blood Pressure Drops**
 - Kidney Health + Heart Health
- **Bladder Drops** – Bladder Health
- **Woman's Wonder Drops & Menopause Drops**
 - Women's Health
 - Hormone Health
 - Menstrual Pain and Cramping



Immune, Respiratory & Digestive Health

- **Coldstorm Drops** – Immune, Cold, Flu, Respiratory Support
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- **Travel Bug Drops**
 - Immune Support
 - Digestive Care





Contact Us

Hours:

Monday to Friday, 8:30am - 5pm Pacific
Closed on statutory Canadian holidays

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