



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

WOMAN'S WONDER™ - DROPS -



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All Strauss education material is available at strausslearn.com/

Strauss Naturals - A Family Business

- A Trusted Tradition since 1980. Canadian company in Kamloops, British Columbia.
- The now famous Strauss Heartdrops® were created for Jim Strauss Sr. in 1980 after he suffered a heart attack. Over 40 years ago, Jim and his son Peter developed Heartdrops® from knowledge gained from generations of family herbalists. Jim never had heart surgery. He never took pharmaceutical drugs and he worked for another 25 years.
- Strauss Heartdrops® remains the flagship formula and helps thousands of people improve circulation, increase their energy and return to health.
- The four original centuries old formulas are back by popular demand – Cardio Calm Drops, Kidney & Blood Pressure Drops, Prostate Drops and Bladder Drops. All are highly effective and carry the same 100% satisfaction money back guarantee.
- All Strauss formulas are holistic using synergistic herbs.
- 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.



Founders,
Peter Strauss & Jim Strauss Sr.

Strauss Woman's Wonder Drops™



A blend of 11 herbs

NPN 80123301

Medicinal Ingredients (per ml):

- Cnicus benedictus (**Blessed Thistle**) (Herb tops) 109 mg
- Mitchella repens (**Squawvine**) (Herb tops) 109 mg
- Rubus idaeus (**Raspberry**) (Leaf) 91 mg
- Viburnum opulus (**Crampbark**) (Bark) 58 mg
- Arctostaphylos uva-ursi (**Uva Ursi**) (Leaf) 44 mg
- Angelica sinensis (**Dong Quai**) (Root) 33 mg
- Zingiber officinale (**Ginger**) (Root) 24 mg
- Lobelia inflata (**Lobelia**) (Herb tops) 12 mg
- Althaea officinalis (**Marshmallow**) (Root) 12 mg
- Hydrastis canadensis (**Goldenseal**) (Root) 11 mg
- Chamaelirium luteum (**False Unicorn**) (Root) 9 mg

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

Indications:

- relieve cramping (dysmenorrhea) associated with menstruation
- relieve pain associated with menstruation as a uterine tonic and astringent
- alleviate excessive/heavy bleeding associated with menstruation (menorrhagia)
- balance menopause symptoms

Dosage (Menstruation Support):

- Women (18 years and over): 3 mL, 3 times per day
- Take beginning 1 day before menstruation, and for a maximum of 3 days each month.
- Or take at onset of symptoms. Repeat for 3 consecutive cycles or as needed.
- 1 bottle = 3 month supply

Dosage (Menopause Support):

- Women (18 years and over): take 3 ml orally 1 time daily, as needed.
- 1 bottle = 1 month supply

Woman's Wonder Drops™ OVERVIEW

Strauss Woman's Wonder is a liquid multi-herb combination product containing extracts of 11 different medicinal ingredient herbs, that have all been used Traditionally in Herbal Medicine as female tonics and as other remedies for the female reproductive system, and in support of women's health in general. Specifically, menstruation and menopause.

- The **Woman's Wonder Drops** formulation was designed to provide a safe, balanced product for self-use.
- As a NHP designed and formulated to support woman's health, and specifically the health and function of the female reproductive system, it must necessarily contain one or more ingredients with a combination of different supportive /complementary activities or actions. The main ingredients of such a formulation are tonic in action; but others may also be uterine stimulant, astringent, and demulcent; adaptogenic and/or alterative; relaxing nervine, and antispasmodic; diuretic, and aperient.
- The **Woman's Wonder** formulation is safe and effective when taken as recommended for its intended uses/purposes.
- *As most of the ingredients of this product have a history of use in Herbal Medicine as female tonics and remedies for the female reproductive system, their combination is contraindicated in pregnancy or in those planning a pregnancy.*
- *The product is intended/recommended only for use over a short period of 3 days, mitigating low level chronic toxicity associated with some of the ingredient herbs. The potential for interaction with other medicinal agents is also mitigated by a recommendation/use instruction to "Allow at least 1-hour between taking this product and other medications or health products."*



Woman's Wonder Drops™ OVERVIEW CONTINUED

Menopause Overview

As much as Menopause and **Woman's Wonder Drops**™ contain some of the same ingredients, the ingredients of Woman's Wonder are fewer (less than half than are in Menopause) and their relative quantities are more in line with Traditional use of Woman's Wonder for its licensed indication, i.e. to help reduce pain and excessive bleeding/blood flow associated with menstruation.

However, it must be pointed out that the start of menopause is characterized by the start of menstrual cycle variability, and this can be effectively and gently modulated by the Woman's Wonder formulation.

"Natural menopause" is the permanent cessation of menstruation resulting from the loss of ovarian follicular activity, but is only diagnosed retrospectively, after 12 consecutive months of amenorrhoea (absence of menstrual periods). And the entire process can take many years. Products that modulate the discomfort and other symptoms associated with menstruation, including irregularity, excessive blood flow and pain, can also help those in menopause, by also tempering those symptoms and making the transition from menstruation to amenorrhea more gradual/gentle. **Use of Woman's Wonder in menopause just makes sense.**

However, when used for menstruation, it is only "safely" recommended for a maximum of 3 days at its 9 mL per day recommended dosage.

So what duration of use and dosage can be safely recommended for menopause? As noted in the ESSR (Evidence and Safety Summary Report) for Woman's Wonder, use of the product for only a short period of 3 days mitigates low level chronic "toxicity" associated with some of the ingredient herbs, e.g. most notably lobelia and goldenseal. These are already well below maximum safe dosages when the maximum dosage of Woman's Wonder is taken. So there is no real safety issue here. Which makes a 3rd of the maximum recommended dosage for menstruation, e.g. 3 mL/day, more than reasonable and completely safe for use for menopause.

Having said all this, Strauss Wonder Drops™ will also help, and has an approved label claim (in Canada) attesting to this.



Woman's Wonder Drops™ Ingredient: **Blessed Thistle (herb tops)**

- 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.
- Its antimicrobial, antibacterial or antiseptic action is helpful in cases in which infection may be the underlying cause of or exacerbate menstrual problems. Supportive or complimentary action of blessed thistle is also provided to the Woman's Wonder formulation by its anti-inflammatory, antihemorrhagic, cholagogic and diaphoretic actions.
- Thus, while not specific, its Traditionally recognized actions contribute generally and significantly to the action of the Woman's Wonder combination, i.e. to help promote healthy menstruation, control excessive/heavy bleeding, and alleviate menstrual cramping.
- *When used according to recommended conditions of use, blessed thistle is a safe herb that is only contraindicated in pregnancy, due to its emmenagogue (increasing menstrual flow) effects.*



Woman's Wonder Drops™ Ingredient: **Squawvine (herb tops)**

- Squawvine, also known as partridgeberry herb, is extensively used by Native American/ indigenous women to aid labor and childbirth.
- The herb is considered mainly to have a tonic influence on the uterus and ovaries, and is most commonly taken Traditionally to normalize menstruation, and to relieve heavy bleeding (menorrhagia) and menstrual pain (dysmenorrhea)
- It has been considered most effective as a female regulator and described squawvine as being mildly stimulating and slightly relaxing, exerting its influence rather slowly but persistently, with the greater proportion of its power exerted on the uterus where its action is tonic and moderately antispasmodic.
- It is soothing and strengthening on the uterus, in hysteria, leucorrhea, prolapsus, in rheumatic or neuralgic pain, and in chronic painful menstruation
- It is recommended for all manner of uterine complaints or painful and irritant conditions of the female reproductive tract; including amenorrhea, menorrhagia, chronic congestion of the uterus, enfeebled uterine nervous system, and dysmenorrhea.
- It contributes directly to the claimed uses of the combination product Traditionally in Herbal Medicine to help relieve cramping (dysmenorrhea) and excessive/heavy bleeding (menorrhagia) associated with menstruation.
- *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 Woman's Wonder are mitigated by its relatively low dosage when the combination product is taken as recommended, and by contraindication of the product in pregnancy. a*



Woman's Wonder 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*



Woman's Wonder 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 Woman's Wonder 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
- *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*



Woman's Wonder 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
- Diuretics are indicated when fluid retention is associated with PMS, and in dysmenorrhea (*i.e.* painful menstruation) that is of a congestive nature
- Due to its astringent properties, attributed to its high polyphenolic tannin content (6-20%); its use is also Traditionally beneficial in cases of uterine hemorrhage and profuse menstruation or menorrhagia
- Its unquestionable tonifying influence on the uterus, and its particular service in passive menorrhagia and in the treatment of leucorrhea, especially when associated with flaccid conditions of the womb and vagina, and with prolapsus.
- *Risks and contraindications associated with uva ursi (e.g. kidney disorders, irritated conditions of the gastrointestinal tract), are largely theoretical, attributable to its relatively high tannin content.*
- *Risks associated with uva ursi as an ingredient of Woman's Wonder are fully accommodated and mitigated by the relatively low dosage of the herb, and by specific risk and use information that is included on the product label.*



Woman's Wonder 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, in the form of an extract known as Eumenol. 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 Woman's Wonder 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.*



Woman's Wonder 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 Woman's Wonder) and arresting excessive menstrual flow (*i.e.* menorrhagia).
- It is widely Traditionally indicated in dysmenorrhea (*i.e.* 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 Woman's Wonder, 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.*



Woman's Wonder Drops™ Ingredient: **Lobelia (herb tops)**

- 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 describes the herb as emmenagogic and, therefore, helpful in improving menstrual function and flow, and specifically indicates its Traditional use for dysmenorrhea and to promote menstruation.



Woman's Wonder Drops™ Ingredient: **Marshmallow (root)**

- Marshmallow root has demulcent, anti-inflammatory, and diuretic properties that make it useful as a supportive ingredient of Woman's Wonder.
- Recommended for vaginal irritation orally, as well as topically as a douche.
- While there is no way that mucopolysaccharide/mucilage constituents of demulcent herbs such as marshmallow root find their way to the uterus from the digestive tract, there is also no question that the herb helps to soothe inflamed tissues when it is orally consumed.
- So, while helpful as a demulcent in Traditionally relieving (upper respiratory and) gastrointestinal problems, including mucosal inflammations, (cough,) diarrhea and constipation, kidney and bladder inflammation, cystitis and fluid retention, all of which may be associated with PMS, marshmallow root is also indicated in vaginal irritation and catarrh, leucorrhea, and uterine inflammation
- *Marshmallow root is a very safe herb, with no adverse or side reactions, contraindications, warnings or precautions required based on available evidence. Any and all potential risks associated with marshmallow as an ingredient of Woman's Wonder are accommodated and mitigated by its relatively low dosage in combination, and by appropriate risk and usage information put on the combination product label.*



Woman's Wonder Drops™ Ingredient: **Goldenseal (root)**

- Goldenseal is a mucous membrane tonic useful for infections of the oviducts. The herb is Traditionally regarded as one of the most potent remedies for disorders affecting mucous membranes of the body, and is specifically indicated for catarrhal states of mucous membranes in general
- However, it is also useful in many other female disorders, including uterine subinvolution, menorrhagia, and metrorrhagia, dysmenorrhea, and hemorrhagic conditions of the uterus and pelvis. The herb is emmenagogic– probably resulting from its mucous membrane tonic action – and, therefore, useful in helping improve menstrual function and flow.
- Goldenseal is specific for uterine contractions and menstrual problems. Furthermore, it is highly regarded as a urinary antiseptic, helpful in reducing inflammation and infections of the bladder, including cystitis.
- As a bitter stomachic, the herb is useful in stimulating appetite, increasing digestive secretions, reducing inflammation and intestinal catarrh, and helping alleviate various other digestive complaints
- The herb is also choleric and, therefore, supports liver function, 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
- In support of these actions for the whole herb, goldenseal's main active constituents berberine and hydrastine are choleric, spasmolytic, sedative and antibacterial, while canadine is stimulant to uterine muscle
- *Goldenseal root is described as a medium-strength remedy with some chronic toxicity. Inasmuch, it is recommended for use only for relatively short periods of time, i.e. typically for only 1-3 weeks at a time, and at relatively low dosages. Its low-level cumulative toxicity can be mitigated when used in small amounts in compound formulas such as Woman's Wonder Drops.*



Woman's Wonder 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
- *False unicorn is a safe herb, with no health hazards or side effects known in conjunction with the proper administration of recommended therapeutic dosages.*
- *It has been described as a mild remedy with minimal chronic toxicity, so can be used daily and for long periods of time at recommended dosages without (risk of) side effects or negative reactions. These risks are fully accommodated and mitigated for false unicorn as an ingredient of Woman's Wonder Drops when taken as recommended, by its relatively low ingredient dosage quantity) and by appropriate risk information and use instructions put onto the combination product label.*



Merchandising & Category Placements

Cardiovascular & Circulation Health

- Support your arteries, heart and kidney's for ultimate cardiovascular care!
- Cardio Calm can be placed in both Stress & Cardiovascular sections



Urinary & Hormone Health

- Support the urinary system for optimum kidney, bladder and prostate control!
- Hormone Balance and Menstrual Support for Women



Immune, Respiratory & Digestive Health

- Support strong immune, respiratory and digestive function!
- Travel Bug can also be placed in the Digestive Care section due to Ginger





Contact Us

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