



Menstrim®

Natural Menstrual Support

PRODUCT DESCRIPTION

Menstrim® is a unique complex herbal formula that helps women cope with all the discomfort and unpleasant symptoms associated with their menstrual cycle. It also promotes physical and emotional comfort and helps with mood swings and sleeplessness. It is also a nervine tonic for those who experience irritability and anxiety.

Menstrim® offers a broad approach to women's health concerns through the use of herbs that contain phytoestrogens, improve hormone utilization and provide an overall hormonal balance. **Menstrim®** regulates cyclical bleeding and promotes the relaxation of the uterine musculature. **Menstrim®**'s benefits include a more even emotional outlook and an optimum sense of well-being.



MAIN INGREDIENTS

Himalaya ProSelect® formulas are derived from traditional ayurvedic remedies whose key ingredients are combined to achieve safe and synergistic effects. One active ingredient may be buffered by others while certain ingredients play the role as adjuvants, by strengthening the digestive system or helping to remove wastes. Others are included to increase bioavailability and enhance absorption. No single active constituent has the broad activity of the entire plant and no single plant has the activity and safety of carefully formulated blends.

- **Ashoka Tree** (*Saraca indica*) - Stimulant of the ovarian tissue. Facilitates hormone utilization.
- **Lodh Tree** (*Symplocos racemosa*) - Uterine tonic, astringent.
- **Guduchi** (*Tinospora cordifolia*) - Has relaxing and immunomodulating properties.
- **Black Nightshade** (*Solanum nigrum*) - Supports the genitourinary function.
- **Boerhaavia** (*Boerhaavia diffusa*) - General female tonic, particularly for optimum urinary tract health.
- **Shatavari** (*Asparagus racemosus*) - Well known as a main rejuvenative element for women and a natural source of estrogens. Roots have calming and soothing properties.
- **Malabar Nut** (*Adhatoda vasica*) - Relaxes and supports the female reproductive system.



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RECOMMENDED DOSAGE

Presentation: 60 Capsules or 200ml Liquid Formula

Directions for Capsules: Take 2 capsules twice daily, preferably with meals.

Directions for Liquid: Take 2 to 3 teaspoonfuls twice a day, preferably with meals.

Caution: Keep out of direct light and reach of children.

The use of natural products provides progressive but long-lasting results.

Allow several weeks for full benefits.

KEY RESEARCH

The combination of herbs in **Menstrim®** has been subjected to many studies to document its benefits as a uterine tonic for menstruation-related discomforts, including PMS. (The Indian Practitioner, Vol 51, April 1998, p.269) These benefits are derived from classic ayurvedic "tonics" combined with more specific herbs containing phytoestrogens or having an action on the central nervous system as well as on the ovaries. Ingredients such as Ashoka tree (*Saraca indica*) have been shown to increase estrogen levels and to normalize the endometrium during menstruation. (The Antiseptic, Vol.95, October 1998, p.329)

The estrogen effect of **Menstrim®** was also the object of detailed experimental studies recently published in the Indian Journal of Pharmacology (1999):31:200-203.

OUR DEDICATION TO SCIENCE AND QUALITY

We are dedicated to providing safe and effective natural health products that help "defy aging" and enhance life, naturally. Our scientifically validated natural formulas come from The Himalaya Drug Company, founded in 1930 and a worldwide leader in modern adaptation of an age-old tradition. Rooted in Ayurveda, the Science of Life and Longevity, our carefully balanced herbal blends have been subjected to the modern scrutiny of clinical testing to prove their unparalleled benefits in gently addressing all health concerns. All **Himalaya ProSelect®** formulas are produced to pharmaceutical quality standards in state-of-the-art facilities and "fingerprinted" for consistency by the most sophisticated chromatographic quality control techniques.

OUR GUARANTEE

At **Himalaya ProSelect®**, we focus on science, quality and proven performance, not on esoteric tradition or trendy supplements. Our products have been marketed worldwide for decades and are endorsed by over 100,000 health professionals. We unconditionally guarantee our "Natural Menstrual Support Formula" for your complete satisfaction.

Monarch
ESSENTIALS

Exclusive distribution in Canada by Monarch Essentials
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These statements have not been evaluated by the FDA.
This product and the information provided are not intended to diagnose, treat, cure,
or in any way replace qualified medical supervision.

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