

F.E. Formula

NPN 80075678, 60 tablets, Herbal combination, Stock No. 81

F.E. Formula, short for Flash Ease, is a traditional herbal formula to support a woman during the change of life known as menopause. It consists of the time-honoured herbs black cohosh (concentrated to 2.5% triterpene glycosides) and Chinese herb dong quai.

Did you know?

During the six months to three years of the menopause cycle, a woman may experience some of the traditional symptoms of hot flashes, sudden chills, emotional upset, and sleeping problems, etc. About 70% of women experience hot flashes and night sweats during these years.

Herbs have always played a role in easing a woman through the perimenopause and menopause life changes, successfully lessening the emotional and physical transition.

Dong quai is a Chinese herb with a most respected reputation as a female hormonal system adaptogen has been in use for at least 2000 years.

Black cohosh, a native American herb for female complaints and later adopted by Western herbal medicine, has been widely used and researched for its ability to lessen a woman's uncomfortable symptoms of menopause.

NSP Advantage

60 tablets per bottle. Herbal Combination. Time-release technology, including our special coating process, ensures a consistent dose of the active compound triterpene.

Ingredients: Medicinal Ingredients: Each capsule contains *Angelica sinensis* (dong quai) root 185 mg, *Cimicifuga racemosa* (black cohosh extract) root and rhizome 80 mg (contains 2.5% triterpene glycosides). Non-medicinal ingredients: Maltodextrin, hydroxypropylmethylcellulose, microcrystalline cellulose, stearic acid, dicalcium phosphate, magnesium stearate (vegetable source), silicon dioxide.

Recommendation (adults): Take one tablet in the morning and one tablet at bedtime. For use up to 6 months.

Risk Information: Do not use in excessive quantities. Consult a health care practitioner if symptoms persist or worsen; if you have a liver disorder or develop symptoms of liver trouble, if you have or are pre-disposed to cancer and/or if you are taking birth control pills or hormone replacement therapy (HRT). Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy. Discontinue use and consult a health care practitioner if you experience breast pain, discomfort and/or tenderness. Do not use if you are pregnant or breastfeeding, have a bleeding tendency or heavy menstruation or if you are taking warfarin or other anticoagulants. Possible adverse reactions associated with dong quai include bleeding, diarrhea, fever and sensitivity to light.

Features & Benefits

- For relief of symptoms associated with menopause in women: hot flashes and sudden chills, emotional upset, and sleeping problems.
- Contains black cohosh extract of 2.5% triterpene glycosides.