

FemCo

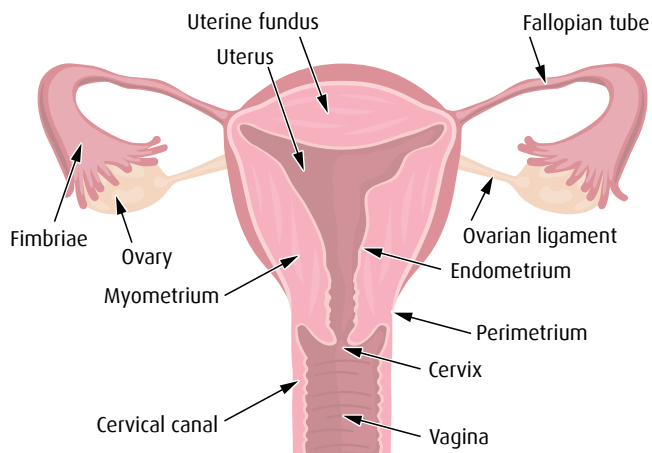
Herbal Support for Healthy Menstrual Cycling & Relief of Mild Cramping Associated with Menstruation*

FemCo contains **White Peony** root, **Shatavari** root and **Schisandra** fruit. Together these herbs and their constituents are used traditionally to help:

- ✓ Support **normal reproductive function** in women
- ✓ Ease the effects of temporary **mild cramping** associated with **menstruation**
- ✓ Encourage **healthy menstrual cycling**
- ✓ Ease the effects of everyday **mild tension** and **stress**
- ✓ Support women's general **well-being** and **vitality***

MediHerb® FemCo contains White Peony, Shatavari and Schisandra. This combination of herbs contains several compounds including the monoterpene glycoside paeoniflorin, the main bioactive compound found in the root of White Peony;¹ which varies in color from off-white to pink-brown. Much of the Peony root used in commercial preparations are treated with sulphiting agents, which reduces enzymatic browning of the root to preserve the plant material's appearance. These agents react with the paeoniflorin, forming a new compound: sodium paeoniflorin sulfonate. As a result, the chemical structure of paeoniflorin is irreversibly changed, altering its activity profile.

Figure 1. Female Reproductive System⁴



M1890 60 Tablets

Suggested Use:

1 tablet 3 – 4 times daily, or as directed.

Supplement Facts

	Amount per Serving	%DV
Serving size:	1 Tablet	
Servings per container:	60	
Calcium	79 mg	6%
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 1.0 g	166.6 mg	†
White Peony root 4:1 extract from <i>Paeonia lactiflora</i> root 750 mg	187.5 mg	†
Shatavari root 6:1 extract from <i>Asparagus racemosus</i> root 600 mg	100 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, hypromellose, magnesium stearate and silicon dioxide.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Female Endocrine-Reproductive System Axis

The nature of the female menstrual cycle and healthy hormone balance is complex and can be pushed out of balance by several stressors including diet and lifestyle. This may burden the liver, which plays a role in detoxification of hormones, including estrogens, progesterone and androgens. These hormones may challenge the liver which plays a role in detoxification and metabolism processes. For this reason, it is important for women especially to have a healthy-functioning liver. Challenged liver function may result in reduced hormone breakdown and, particularly in the case of estrogens, may result in increased levels and activity of estrogens in the body.^{2,3} Additionally, reproductive hormones and the hormones involved in the body's response to everyday stress are both governed by the hypothalamus. As such, day-to-day stresses can challenge the delicate balance of female hormones and may affect menstrual cycle regularity.*

How FemCo Supports Your Health:



Healthy Female Reproductive System Function*

In the traditional Chinese medicine system, **White Peony** has been used to help the body support a normal menstrual cycle (monthly period) and a normal menstrual flow. As such, it is used to support regular, healthy menstruation and encourage healthy menstrual cycling.^{5,6,7} Therefore, White Peony is often included in formulas to support women's reproductive health. **Shatavari** is an important herb from the Ayurvedic tradition in India and has been traditionally used as a women's tonic to nourish the female reproductive organs.⁸ The combination of these herbs also helps to relieve the effects of temporary, mild cramping and discomfort associated with menstruation.*



Supports Healthy Liver Function*

Schisandra is used traditionally as a hepatoprotective, a substance that helps protect liver tissue.⁹ This is likely due to the activity of lignans, a bioactive constituent of this herb.*



Tonic and Stress Support*

Natural clinicians use tonics to strengthen body systems, replenish the body's vital reserves and assist the body to adapt to stress. **Shatavari** has traditionally been used as a female reproductive tonic, strengthening the function of the reproductive organs.¹⁰ **Schisandra** has traditionally been used as an adaptogen to ease the effects of everyday stress and tension.¹¹ Together, these herbs help to support women's general well-being and vitality.*



MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

References

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- ¹¹ Bone K, Mills S. *Principles and practice of phytotherapy: Modern herbal medicine*. 2nd ed. China: Elsevier/Churchill Livingstone; 2013. p. 405.



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