



Feminastill Menopause Relief Formula

Feminastill Menopause Relief Formula combines carefully selected phytotherapeutic extracts, blending traditional wisdom and contemporary science to effectively alleviate symptoms associated with menopause. Each component contributes uniquely to the formula, creating a powerful synergistic effect for comprehensive support during menopause.

How Feminastill Alleviates Menopausal Symptoms:

Hormonal Balance and Reduction of Hot Flashes:

- **Rehmanniae preparata and Angelica senensis** collaboratively regulate estrogenic activity, significantly reducing the intensity and frequency of hot flashes and night sweats. Their combined cooling and nourishing effects stabilize hormonal fluctuations, easing the discomfort associated with vasomotor symptoms.

Mood Stabilization and Emotional Well-being:

- **Dioscoreae oppositae and Paeoniae Alba** work synergistically to harmonize hormonal shifts that often cause emotional instability, irritability, and anxiety during menopause. Dioscoreae's adaptogenic properties bolster resilience against stress, while Paeoniae Alba soothes emotional fluctuations, creating a calming mental and emotional environment.

Enhanced Energy, Cognitive Clarity, and Vitality:

- **Panax ginseng**, supported by Dioscoreae oppositae, significantly reduces menopausal fatigue, improves mental focus, and increases physical stamina. Their combined adaptogenic effects help women navigate menopause with greater energy, clarity, and overall vitality.

Improved Circulation and Metabolic Support:

- **Cinnamomum verum and Angelica senensis** enhance circulation and metabolic processes, addressing menopausal weight gain, blood sugar irregularities, and systemic inflammation. Cinnamon's anti-inflammatory and insulin-regulating properties contribute to better metabolic health, while Angelica's circulatory support ensures efficient distribution of nutrients and hormones.

Supportive Nourishment and Tissue Health:

- **Rehmanniae preparata and Paeoniae Alba** jointly provide deep tissue nourishment, strengthening the musculoskeletal system, reducing muscle tension and joint discomfort frequently experienced during menopause. This nurturing combination fosters physical ease and reduces systemic stress responses.

Comprehensive Digestive and Nutritional Optimization:

- **Dioscoreae oppositae** supports digestive health and optimizes nutrient absorption, ensuring the body effectively utilizes the nutrients vital for hormonal and physical health during menopause. This enhances the efficacy of the overall formulation, providing comprehensive support.

Collectively, these potent herbal extracts interact synergistically to holistically address the multiple physiological and emotional aspects of menopause, providing significant relief and promoting overall health, comfort, and well-being during this important life transition.



Ingredients and Their Synergistic Benefits:

1. *Rehmanniae preparata*

- **Effect:** Known for its nourishing and cooling properties, Rehmannia provides strong support for hormonal balance, helping to reduce hot flashes, night sweats, and emotional instability.
- **Synergy:** Enhances the blood-nourishing properties of *Angelica senensis* and *Paeoniae Alba*, promoting endocrine health.

2. *Dioscoreae oppositae* (Chinese Yam)

- **Effect:** *Dioscoreae* has an adaptogenic and hormone-balancing effect, helping stabilize mood swings, improve energy levels, and support adrenal health.
- **Synergy:** Complements *Panax ginseng*'s energizing effect and improves digestive and nutrient absorption, enhancing overall vitality and hormonal equilibrium.

3. *Angelica senensis* (Dong Quai)

- **Effect:** Widely known as the "female ginseng," *Angelica senensis* is potent in managing menopausal symptoms like menstrual irregularities, hot flashes, and mood swings by supporting estrogen balance and circulation.
- **Synergy:** Boosts the blood-building properties of Rehmannia, amplifying relief from fatigue and emotional distress.

4. *Paeoniae Alba* (White Peony Root)

- **Effect:** Traditionally used for harmonizing hormonal fluctuations, *Paeoniae Alba* provides relief from irritability, mood disturbances, and painful muscle tension often experienced during menopause.
- **Synergy:** Works closely with *Angelica senensis* to stabilize emotional fluctuations, further reinforced by Rehmannia's calming effect.

5. *Panax ginseng*

- **Effect:** Known for its energizing and adaptogenic qualities, *Panax ginseng* effectively combats menopausal fatigue, enhances cognitive clarity, and provides general vitality and resilience.
- **Synergy:** Strengthens the adaptive response provided by *Dioscoreae oppositae*, amplifying physical endurance and mental acuity during menopause.

6. *Cinnamomum verum* (True Cinnamon)

- **Effect:** Cinnamon supports metabolic health, assists in blood sugar stabilization, and reduces inflammation, essential in managing menopausal weight gain and systemic discomfort.
- **Synergy:** Enhances circulatory effects of *Angelica senensis* and metabolic benefits from *Panax ginseng*, thus promoting overall wellness and comfort during menopause.

Recommended Usage:

Take 2 droppers full daily as part of your wellness routine to manage and alleviate common menopausal symptoms such as hot flashes, mood swings, sleep disturbances, and reduced energy levels. Consult your healthcare provider before beginning any new herbal regimen, especially if you're currently taking prescribed medications.