



NF 030 HORMONE BALANCING SUPPLEMENTS: BLACK COHOSH - 50ml tincture of 20% alcohol.

Menopausal symptoms, hot flashes, stress, poor sleep, low cortisol / DHEA. Balances steroid hormones. A natural SERM (selective estrogen receptor modulator)

TinctureAction: No estrogenic effects or danger to endometrium, no contra-indications. Non toxic. Antimutagenic.

For menopausal symptoms where normal HRT with estrogen and progesterone is not suitable due to cancer, high blood pressure or circulatory disorders. A selective estrogen receptor modulator (SERM) acts as an estrogen antagonist or blocker. (Boosts Tamoxifen)

Helps to stimulate the action of osteoblasts to assist bone reconstruction. Symptoms: Hot flashes, night sweats, sore, lumpy breasts, weight gain and bloating, headaches, irritability osteoporosis, menstrual disorders, blood clotting and an “uncooperative” uterus!

Adverse effects: No reports of anything adverse even at levels of 10 drops, twice a day.

Traditional herbal products - never tested on animals.

This product and information have not been evaluated by SAHPRA.

They should therefore not be used to diagnose or treat any disease, or replace professional medical advice. To ensure appropriate medical care, report ailments/symptoms to your doctor or health practitioner. Don't stop taking your prescription medications or combine with other treatments unless advised to do so by a medical practitioner. Therapeutic effects may vary according to the unique constitution or condition of a patient. Read the ingredient lists and instructions. [Nature Fresh Data Base for COVID-19 pandemic](#)

A free natural alternative:

Quite a few women around the world now use the DIY sweet potato method to control hot flashes, increase progesterone (fall pregnant) or take a break from menstruation (temporarily raising progesterone). It also helps to relieve excessive bleeding due to fibroids. Although anecdotal, Sue Visser's “Sweet Potato story” is producing the results!

<https://www.news24.com/w24/SelfCare/Wellness/Body/Cure-menopause-with-sweet-potato-20081021>



For medical/scientific data on using herbs or protocols to help improve symptoms of hormonal problems, please scan the QR code or visit our website.

www.naturefresh.co.za

This medicine has not been evaluated by the Medicines Control Council. It is not intended to diagnose, treat, cure or prevent any illness.

Hierdie medisyne is nie deur die Medisyne Beheerraad geëvalueer nie. Dit is nie bedoel om te diagnoseer, behandel, voorkom of enige siekte te genees nie.



BLACK COHOSH



CIMICIFUGA RACEMOSA
progesterone / estrogen balance

For best results: take tincture under the tongue for rapid absorption into the bloodstream. **Take 5 - 10 drops 1 to 3 times per day between meals.**

Use with advice from a practitioner to help support your estrogen + progesterone levels.

20% ethanol tincture : 50% herbal extract

Vir die beste resultate: neem tinktuur onder die tong vir 'n vinnige opname in die bloedstroom.

Neem 5 - 10 druppels 1 - 3 keer per dag tussen maaltye.

Gebruik met advies van 'n praktisyn te help ondersteun jou estrogen + progesteronvlakke.

NATURE FRESH HEALTH PRODUCTS c.c.
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50ml

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