



NF 032 HORMONE BALANCING SUPPLEMENTS: SWEET POTATO - 50ml tincture of 20% alcohol. Pack height: 9.5 cm

A natural progesterone precursor/stimulant (contains no hormone) As an alternative to HRT, it works directly for hot flushes or bleeding or other signs of low progesterone. Larger frequent doses can be used to temporarily so as to delay or inhibit menstruation intentionally for sport, weddings, fasting, etc.

Action: Acts on the pituitary gland to stimulate the release of progesterone. It does not inhibit your natural ability to make progesterone.

1) Doses of 5 drops, one to three times daily, absorbed directly in the mouth.

Antispasmodic: helps to ease menstrual cramping or a colicky abdomen.

To activate menstruation in cases of anorexia or ladies who exercise excessively. (low body fat ratio)

The easing of most hot flushes and night sweats, especially when complicated by stress. To help strengthen the immune system and stimulate the release of stress hormones like DHEA.

For alleviating premenstrual headaches and feelings of insecurity or depression.

To help restore confidence, well being and sexuality in males and females who wish to conceive.

2) Doses of over 20 drops: once or twice daily, absorbed directly in the mouth.

To interrupt the menstrual cycle. High doses can result in suppression of FSH.

(For patients who do not wish to menstruate temporarily or for religious reasons.) Periods begin again normally, the month after stopping the herbal supplement with no adverse side effects. This product is nontoxic and made from a local vegetable.

Adverse effects: In some cases: slight weight gain or bloating due to higher levels of estrogen, progesterone and stress hormones. These characteristics are typical of anabolic steroid hormones.

<https://www.news24.com/w24/SelfCare/Wellness/Body/Cure-menopause-with-sweet-potato-20081021> (DIY method using a red sweet potato)

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 not 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](#)

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.

NATURE FRESH herbal hormone regulator
SWEET POTATO
IPOMEA BATATIS
Progesterone Precursor

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 progesterone levels.
20% ethanol tincture : 50% herbal extract
Vir die beste resultate: neem die tinktuur onder die tong vir vinnige absorpsie. Neem 5 - 10 druppels 1 - 3 keer per dag tussen maaltye. Gebruik met advies van 'n praktisyn te help ondersteun jou progesteroonvlakke.

NATURE FRESH HEALTH PRODUCTS c.c.
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Related products

Slimming (1)

Sexual health (1)

Olive leaf supplements (2)

Calcium Supplements (2)



NF 045



NF 043



NF 025



NF 033



NF 012



NF 010