WOMEN’S LIBIDO
For the Enhancement of Libido*

ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

<table>
<thead>
<tr>
<th>FORMULA</th>
<th>MG EXTRACT PER 3 CAPSULES</th>
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</thead>
<tbody>
<tr>
<td>Suma root (Pfaffia paniculata)</td>
<td>75 mg</td>
</tr>
<tr>
<td>Chuchuhuasi bark (Maytenus krukovit)</td>
<td>45 mg</td>
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<tr>
<td>Tribulus bark (Tribulus terrestris)</td>
<td>42 mg</td>
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<tr>
<td>Damiana leaf (Turnera diffusa)</td>
<td>39 mg</td>
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<tr>
<td>Sarsaparilla rhizome (Smilax ornata)</td>
<td>39 mg</td>
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<tr>
<td>Horny Goat Weed (Epimedium grandiflorum)</td>
<td>39 mg</td>
</tr>
<tr>
<td>Wild Oats milky seed (Avena sativa)</td>
<td>24 mg</td>
</tr>
<tr>
<td>Ginger rhizome (Zingiber officinalis)</td>
<td>12 mg</td>
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<tr>
<td>Vervain herb (Verbena spp.)</td>
<td>12 mg</td>
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A LONG-LASTING APPROACH

This powerful formula helps restore a woman’s libido where it has become lessened, or altogether lost. Any long-lasting approach to libido support must include an effective strategy for building nervous system reserve. No stimulants have been used here. To drive an already exhausted physiology with stimulants is counterproductive. The primary focus of this formula is simple nervous system support.

Often, individuals who live in modern society become stressed beyond the natural bounds of a healthy physiology. Regardless of the origin of the stress, the effects may very well be the same – nervous exhaustion, and sexual disinterest. In this formula we bring together powerful nervous system tonics that are also known to support sexual performance and/or desire.

Suma is known traditionally for use in the promotion of normal sexual function. Its benefits as a tonic have lead it to be commonly known as Brazilian Ginseng. Suma’s indigenous name is Para Todo, meaning “for everything”. Reports also suggest that Suma and its related species have been used as aphrodisiacs for some 300 years.

Catuaba is a nervous system tonic that is used to relieve temporary fatigue and nervous exhaustion. Its reputation as an aphrodisiac is perhaps chiefly the result of this nervous system influence.

Chuchuhuasi and its related species have found long traditional application with matters relating to sexual performance. It is a tonic that strengthens a wide array of digestive processes. It is present in this formula, primarily for its noted tonic affect, and for its reputation for enhancing performance.

Damiana is reported to be a tonic used in traditional cultures as an aphrodisiac. In fact, the plant was formally given the species name, aphrodisiaca. It is a tonic that is said to support sexual function in both women and men, specifically where sexual weakness and debility are associated with nervousness and despondency. In the tradition of physiomedicalism, Damiana is considered to be an aphrodisiac, with particular influence as a trophorestorative (builds nervous strength). At least one scientific study with animals supports its use for sexual performance.

Sarsaparilla is an alterative (blood purifier) that is also known for its normalizing activity. Liver support is also noted. Sarsaparilla is included in this performance formula for its tonifying influence combined with its ability to support healthy metabolism.

Epimedium is better known by its common name, Horny Goat Weed. As such a name might imply, this plant is considered an aphrodisiac. Traditionally, it is also used as a tonic. In Traditional Chinese Medicine, Epimedium is known to encourage sexual desire and activity.

Wild Oats are present here for the same reason that they appear in our Male Libido formula – for their valued influence on nervous system health. This plant is often used with complaints of the digestive system where there is also temporary physical weakness and fatigue. Wild Oats may also be used as nourishment.

Helonias Root supports the reproductive organs. By promoting better blood supply to the reproductive organs, it facilitates improved vitality to those tissues. The Eclectics noted Helonias’ use for both “atony of the female reproductive organs” and for “sexual lassitude”.

Ginger is a well-known herbal food. Traditionally, Ginger has long been used during menstruation. It is included in this Women’s Libido formula for its traditional use as an aphrodisiac.

Note: The intention of this information is to represent the traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula’s ingredients.

DOSAGE

Liquid Phyto-Caps: 1 capsule, 3 times daily

DURATION OF USE

2-3 months

BEST TAKEN

Between meals, with warm water

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COMPLEMENTARY HERBS / FORMULAS
Endurance Tonic

SAFETY EVALUATION/CONTRAINDICATIONS
Do not use this product during pregnancy or lactation.

KNOWN DRUG INTERACTIONS
Consult a physician if you are taking any prescription drugs.

REFERENCES

GENERAL REFERENCES

Easterling J. Traditional uses of rainforest botanicals. Self Published. Pg. 20.
Schulick P. Ginger, common spice or wonder drug. Herbal Free Press, Vermont. USA.

DeSmet PAGM. Adverse Effects of Herbal Drugs. Berlin: Springer-Verlag, 1993

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