

POWERFUL COMBINATIONS

Stinging nettle / Lady's mantle / Raspberry leaves / Yarrow / Red clover

Urtica dioica, *Alchemilla vulgaris*, *Rubus idaeus*, *Achillea millefolium*, *Trifolium pratense*



Areas of application

- Support for the female cycle
- Menstrual cramps
- Support for those hoping to conceive (menstrual cycle regulation, uterine tone)
- Balancing hormone levels
- Menopause
- General strengthening

Usage/Indications

The combination of stinging nettle, Lady's mantle, raspberry leaves, Yarrow and red clover is used in phytotherapy to provide holistic support for the female cycle and hormonal balance. Working synergistically, the plants in this blend can help regulate the menstrual cycle, relieve discomfort such as cramps or premenstrual symptoms, and promote hormonal balance.

In the context of fertility, the mixture is traditionally used to support cycle regulation and strengthen the uterus. Lady's mantle and raspberry leaves are considered to have a toning effect on the uterus, whilst Yarrow has an antispasmodic effect and promotes blood circulation. Red clover, thanks to its plant-based isoflavones, can have a balancing effect on oestrogen levels, whilst nettle

supplies the body with important minerals and supports the metabolism.

The combination is therefore suitable for irregular cycles, premenstrual symptoms, as well as to support fertility and during the menopause.

Good to know



The combination of stinging nettle, Lady's mantle, raspberry leaves, Yarrow and red clover supports the menstrual cycle, thereby helping to maintain hormonal balance and supporting the body's natural preparation for a potential pregnancy.

Side effects/Contraindications

The herbs may occasionally cause mild gastrointestinal discomfort or allergic reactions, particularly in people with allergies to the Asteraceae family. Due to the hormone-like compounds found in red clover, caution is advised in cases of hormone-dependent conditions and during pregnancy. If you are undergoing hormone therapy or taking medication, you should consult a doctor before using this product.

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