



▼ **INGREDIENTS**

Supplement Facts		
Serving Size: 2 capsules		
Amount Per Serving		% Daily Value
Vitamin B-6 (Pyridoxine HCl)	90 mg	4500%
Vitamin B-3 (Niacin)	21 mg	105%
Magnesium (Sulfate)	12 mg	3%
Zinc (Chelate)	3 mg	20%
Vitamin A	2400 IU	48%
Vitamin E	59 IU	196%
Vitamin B-12 (Cyanocobalamin)	200 mcg	3333%
Proprietary Blend	640 mg	*
<small>L-Cysteine; Marapuama (Root); Echinacea Purpurea (Root); Sagebrush; L-Threonine; Blue Malva (Flower); Pata de Vaca (Leaves); RNA/DNA Pituitary Tissue Factors; RNA/DNA Duodenal Tissue Factors; L-Methionine; Motherwort (Herb); Angelica (Root); Choline Bitartrate; Cyani (Flower); Inositol; L-Histidine HCl; Superoxide Dismutase; Dong Quai (Herb); RNA/DNA Thyroid Tissue Factors; Octacosanol</small>		

* Daily Value not established.
Other Ingredients: Gelatin, Dextrose and Leucine

▼ **DOSAGE**

- 1-2 capsules, twice a day (often given with food to avoid niacin flush).
- Concentrated extract, CXFpms: 4-5 drops, twice a day.

▼ **PACKAGING**

- 60 capsules/ecco-bottle.
- Concentrated extract, CXFpms: 1/2 oz. glass bottle with dropper.

▼ **PERSPECTIVE**

Natural health disciplines readily acknowledge that hormonal rhythms and interrelatedness impact the brain, neurotransmitter processes and gut microbiome (gut/brain connection), and that women do indeed have regularly occurring emotional and physiological fluctuations.

▼ **LIFESTYLE**



#24 Fpms (Female Health)

#2024 CXFpms (Female Health)

Designed to support female menstrual comfort via normal hormone relationships. Features a blend of time-honored adaptogenic herbs and key nutritional factors to promote normal hormonal homeostasis.

▼ **INDICATIONS**

- Premenstrual Syndrome
- Premenstrual comfort
- Premenstrual mood swings
- Perimenopausal transitions
- Hot flashes (Menopause & Perimenopause)
- Female endocrine well-being

▼ **KEY COMPONENTS**

- **Angelica** – Works in tandem with Dong Quai as a female tonic, supports a healthy response to menstrual cramps, supports cycle regularity.
- **Blue Malva** – General reproductive tonic.
- **Cyani Blossom** – Traditional female tonic, supports menstrual comfort, antioxidant properties, and cytokine balance support.
- **Dong Quai** – Adaptogenic bringing phytoestrogens to support hormonal balance. Helps relieve symptoms such as occasional sleep disturbances, hot flashes, night sweats, and mild mood swings associated with PMS.
- **Female endocrine tonic support** – A balanced blend of adaptogenic botanicals that work together for overall well being.
- **Marapuama** – Supports a healthy response to temporary nervous stress, spasms, and reproductive difficulties.
- **Motherwort** – (*Leonurus cardiaca*). An herb employed in the Greek, Chinese and European herbal traditions to support a normal female fertility cycle.
- **Pata De Vaca** – Supports healthy glucose metabolic processes. May help temper the normal prostaglandin surge (cramping) during menses.
- **L-Methionine** – An amino acid necessary for normal, proper methylation processes.
- **Octacosanol** – Often used by athletes for its role in improving cellular oxygenation.
- **Pituitary Tissue Factors** – Cellular identity factors for the “master endocrine gland”.
- **Thyroid Tissue Factors** – Cellular identity factors for the “master regulator” of cellular hormonal and energy processes.

▼ **CONTRAINDICATIONS**

Best not used during pregnancy as hormone levels fluctuate in normal processes.

▼ **CLINICIAN CONSENSUS**

- Basic Premenstrual Syndrome Support:
 - #24 Fpms
 - #843 Femicrine - Female Endocrine
 - #22 F+ - Female+
 - #39 Gf-Thyroid
 - #854 Neurosyn

▼ **BACKGROUND**

Prompted by practitioner demand, Doc Wheelwright turned his 30 years of herbal mastery to botanical support of menstrual comfort and support of normal menstrual processes. Designed to work either alone or in tandem with the F+ (Female Plus) formula, Doc soon had the acclaim of practitioners for this formula and its positive clinical outcomes. The guiding principle was to first and foremost NOT be manipulative of the intricate female hormonal cycle, but to be supportive via adaptogenic botanicals that allow the female body to better regulate its lunar cycle.

▼ **SYNERGISTIC CONSIDERATIONS**

- #24 F+ Female+
- #32 Gb-Pituitary
- #843-Female Endocrine
- #39 Gf-Thyroid
- #31 Ga-Adrenal
- #850 MoRS - Methylation Donor
- #870, 872 Spectra1&2
- #880, 882 VISTA1&2
- #73 Mpr-Prostata/Ovatum
- #843 Femicrine - Female Endocrine
- #854 Neurosyn

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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