



F+

Female Plus



Hormone



Metabolism



Whole Body

KEY INDICATIONS

- Irregular cycles triggered by stress or emotional overload
- Painful periods with cramping and pelvic tension
- PMS with irritability, mood swings, or breast tenderness
- Perimenopausal cycle changes with anxiety or sleep disruption
- Low progesterone patterns with spotting or short cycles
- Fatigue contributing to inconsistent or skipped periods
- Hormonal acne flares around cycle transitions
- Feeling “on edge” or reactive before menstruation

HOW IT WORKS

F+ is designed to restore regulatory balance within the female endocrine network by supporting communication between the brain, adrenals, and reproductive tissues. Rather than stimulating hormone production, it promotes coordinated signaling, stress adaptation, and healthy tissue responsiveness. By reinforcing rhythmic endocrine feedback and reducing stress-mediated disruption, it helps stabilize cycle patterns, improve hormonal resilience, and support physiologic self-regulation across life stages.

CLINICAL PEARLS

- Best for stress-driven cycle irregularity or androgen-influenced acne in young adults.
- Combine with **Ga – Adrenal** when HPA-HPG dysregulation drives PMS or cycle disruption.
- Pair with **MIN** when magnesium or zinc depletion contributes to endocrine imbalance.
- Pair with **Ls – Liver S** when acne or estrogen dominance reflects impaired hepatic clearance.



SUPPLEMENT FACTS

Serving Size: 1 capsules Servings: 60

	Amount Per Serving	%DV
Proprietary Blend	380 mg	*
Tayuya (Root); Jatoba (Leaves); Blue Cohosh (Root); Dong Quai (Root); False Unicorn (Root); Cana Do Brejo (Leaves); Sarsaparilla (Root); Pfaffia (Root); Sweet Wormwood (Herb); Melissa officinalis (Leaves); Motherwort (Herb)		

*Daily Value not established.

Other Ingredients: Cellulose and Leucine.

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KEY INGREDIENTS & BENEFITS

Pfaffia Root, Sarsaparilla Root, Jatoba Leaves, Tayuya Root: Supports endocrine adaptability and stress-buffering across adrenal and reproductive pathways. These botanicals help modulate HPA-ovarian signaling and promote hormonal resilience without forcing glandular output.

Dong Quai Root, Blue Cohosh Root, False Unicorn Root: Traditionally support uterine tone, menstrual rhythm, and balanced reproductive responsiveness. These herbs are included to encourage coordinated ovarian-uterine communication during cycle shifts and hormonal transitions.

Cana Do Brejo Leaves, Sarsaparilla Root: Provides circulatory and lymphatic support to promote metabolic clearance pathways that influence hormonal equilibrium and fluid balance.

Melissa officinalis Leaves, Motherwort Herb: Supports nervous system regulation and emotional steadiness. These nervines help balance autonomic tone and reduce stress-mediated hormonal disruption.

Sweet Wormwood Herb: Supports digestive tone and systemic balance, indirectly influencing endocrine signaling through gut-hormone interaction pathways.

INSTRUCTIONS

Maintenance dose: 1 capsule twice daily with food

Therapeutic dose: 2 capsules twice daily with food

ALLERGEN & DIETARY INFO

- cGMP Facility
- Non-GMO
- Gluten Free
- Vegi-Capsule

SAFETY & CONTRAINDICATIONS

- Not recommended during pregnancy or while nursing.
- Not intended for acute gynecological conditions requiring medical intervention.

Updated: 5/5/26



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.