

Dave's Moon Phases Formula

- **Adrenal support**
- **Menopause hormone health**
- **Hot flash support**

Moon Phases Formula is a synergistic blend of hormone and digestive herbs designed to support hormone health which aids in hot flash symptoms.

Women entering or going through menopause experience hormonal shifts. These fluctuations can be uncomfortable, even unbearable. Moon Phases is designed with hormonal balance in mind.

This is a hormone support formula is based on a number of herbs that aid the adrenal glands in generating an adequate amount of estrogen. Estrogen is essential for pelvic and connective tissue health. As the production of estrogen hormone shifts from the ovaries to the adrenal glands, support for healthy adrenal function is important.

Adrenal health is lacking these days because of women's busy lifestyles; the stress creates adrenal exhaustion. Women, in general, have many challenges going into menopause because they have a lack of estrogen.

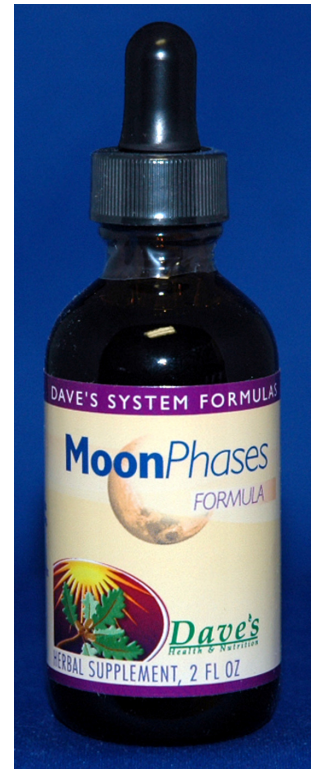
A woman with healthy hormones will keep from getting saggy and baggy too soon.

Formula includes: Hawthorn Berries, Angelica archangelica, Sage leaf, Lady's mantle, Eleutherococcus, and Suma.

Testimonials:

I have tried the hormone replacement, patches. Nothing did the job, although it kind of helped with hot flashes. I was suffering from hot flashes (5 per hour, sick, nausea, hot/cold during the night, and mood affected). When I started taking Moon Phases, it started to decrease. While working my three 12-hour shifts, I noticed only 3 hot flashes in the 3 days. Just bought more. I'm much happier now. – *Gail A*

I'm on the sixth bottle of Dave's Moon Phases. Have more energy. Hot flashes were horrible, now much improved, and can sleep better at night. Sweating at night is really bad, but night sweats are 80% better with this formula. Now recommending it to my friends. – *Olga S*



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Herbal Formula

Angelica archangelica is used for digestive support for belching, indigestion, nausea, gas, and has been used for respiratory, immune and liver support (hormonal health). Angelica also promotes menses when deficient.

Eleutherococcus (also known as Siberian ginseng) is an adaptogen which supports healthy adrenal function to ease symptoms of stress and fatigue. Corticosteroids constituents support healthy immune function and physical endurance. Used in this formula it supports adrenal function for hormonal support (helps produce adequate amounts of estrogen).

Hawthorn berries and leaves are a heart tonic herb used for cardio support. It is also mildly warming as it improves circulation. Hawthorn is also for digestive support, circulatory and connective tissue support.

Lady's mantle is used to promote hormonal health; promotes progesterone which may reduce symptoms of hot flashes. It has been used as a pelvic health tonic for reducing symptoms of hemorrhoids and abnormal discharges.

Sage leaf has been used for digestive health, supports estrogen production, hormone balance, and aids in decreasing symptoms of hot flashes.

Suma is an adaptogenic herb used for adrenal support (stress symptoms). In South America it is known as Brazilian ginseng. It has been used for female hormonal support and symptoms of hot flashes.

Traditional herbal uses

- **Adrenal support**
- Digestive support
- Heart health
- **Hormone shift support**
- **Hot flash symptoms**
- Immune health
- Stress symptom support