



FemCo Female Reproductive System Support

INDICATIONS

- General female tonic and stress support for women, particularly for those in their child bearing years
- Irregular menstruation, dysmenorrhoea
- Conditions associated with poor liver function
- Adjunctive treatment:
 - Androgen excess & polycystic ovary syndrome
 - Reduced fertility and low libido
 - Conditions of estrogen excess such as endometriosis and fibroids
- Any conditions associated with elevated prolactin
- Fibrocystic breast syndrome
- Delayed puberty
- Night sweats
- Migraine headache
- To improve memory and concentration
- To improve physical and exercise performance

DOSAGE

Acute	Chronic	Prophylactic
1 tablet 3-4 times daily	1 tablet 3 times daily	1 tablet 2 to 3 times daily

Cautions and Contraindications: Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional

DOCTOR COMMENTARY AND ANECDOTES

One ND states...

FemCo - 3 tablets daily combined with AdrenoCo - 2 tablets daily, works so well for women coming off birth control. I consistently receive feedback about menstrual cycles returning to normal, night sweats are completely alleviated, skin clears up, PMS symptoms are reduced, and libido is improved.

One patient said...

All of a sudden in my mid 30's I started to get terrible acne. I have never had skin problems until now, not even in my teenage years! I started taking FemCo (3 tablets a day) and within 2 months my acne was gone. Wow! I am so grateful for this product!

Charlotte a ND from Texas said...

I chewed 1 FemCo tablet TID for 2 of my menstrual cycles (so that's 2 months time) and many things shifted.

- Significantly less cramping.
- A dramatic improvement in the length of my period (shortened from 6-7 days to 3-4 days).
- The quality of the blood flow has improved greatly (red in color and increased volume of flow, less scanty).
- Notably less anxiety, particularly when I chewed the product, not so much when just swallowed.
- Better blood sugar regulation premenstrually.

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FemCo

Hannah a ND from Santa Monica commented ...

I have been using FemCo in my practice now for the past 6 months. Over the past couple of years I have seen more and more women struggling with symptoms when coming OFF of birth control (be it because they are ready to try for a family, they are tired of being on hormones etc). These women will report having some or all of the following symptoms:

- irregular or loss of period
- night sweats
- insomnia
- emotional distress (PMS)
- skin eruptions (specifically on the chest, upper back and chin)
- loss of libido
- breast tenderness
- bloating/water retention

Six months ago I started to give these clients a combination of 1 FemCo tablet TID and 1 AdrenoCo tablet BID. Within 2 months a miraculous turn-around in symptoms was seen.

- Clients reported a regulation (or return) of their period to the extent of quotes such as: “this was the best period I have ever had!” When asked exactly what that meant, the clients have reported things like “my period lasted only 5 days when it used to last 7 and the flow was manageable when before it used to be really heavy” or “I now have 5 days of solid flow without pain and without spotting for days after.”
- Night sweats have become completely alleviated (for some this has been an immediate relief).
- Skin clears up
- PMS symptoms reduced (emotional distress, bloating, breast tenderness).
- Libido is improved

I have seen this improvement of symptoms across the board and I have had some very happy clients!

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SYNERGISTIC PRODUCTS

- FemCo + **Chaste Tree tablets** for hormone imbalance in PMS
- FemCo + **Adrenal Complex tablets** for adrenal support
- FemCo + **Astragalus Complex** for Yin deficiency night sweats. Schizandra is a key kidney tonic and combines with Astragalus to support Yin and Essence
- FemCo + **LivCo** and/or **Livton Complex tablets** for liver health and support
- FemCo + **Evening Primrose Oil capsules** for additional anti-inflammatory support and prostaglandin regulation
- FemCo + **Nevaton** or **St John’s Wort** to support nervous system function, treat premenstrual mood swings and boost stress tolerance
- FemCo + **Kava** to ease muscle tension, support deeper sleep and reduce anxiety and depression.
- FemCo + **Tribulus** to support healthy libido, build kidney essence and support fertility