



▼ **INGREDIENTS**

SUPPLEMENT FACTS	
Serving Size: 1 capsule	
Amount Per Serving	% Daily Value
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); Agoniada (Leaves)	

\* Daily Value not established.

Other Ingredients: Cellulose and Leucine

▼ **DOSAGE**

- 1-2 capsules, twice a day, for 1-4 months.

▼ **PACKAGING**

- 60 capsules/eco-bottle.

▼ **PERSPECTIVE**

For thousands of years, women have turned to herbs to help support the normal hormonal fluctuations of the 13 annual lunar cycles of female fertility. Modern research finds that herbal molecules perfectly impact cell membrane hormone receptors and support normal epigenetic processes.

▼ **LIFESTYLE**



**#22 F+ (Female Plus)**

Adaptogenic herbs and rare female tonic herbs from the Native American and Brazilian herbal traditions comprise this unique formula. F+ also provides a potent source of phytoestrogens to support healthy estrogen levels throughout the peri- and postmenopausal stages of female health.

▼ **INDICATIONS**

- Adaptogenic effects – supports normal estrogen, progesterone and testosterone rhythmic balance
- Menstrual cycle comfort
- Female bone support – via normal estrogenic pathways
- Menopause & Perimenopause comfort
- Breast health – normal hormone receptor activities
- Support normal hormone cycles after cessation of birth control pills
- Female endocrine well-being

▼ **KEY COMPONENTS**

- **Agoniada** – A rain forest botanical famous for supporting normal female endocrine function.
- **Cana Do Brejo** – A Brazilian herb associated with strength via blood tonic properties.
- **Sweet Wormwood** – Called Qing Hao in Traditional Chinese Medicine, it features a 2000 year history with many uses.
- **Blue Cohosh** – A Native American botanical with a long history of supporting the normal female menstrual cycle. Also known for its antispasmodic properties.
- **Sarsaparilla** – A Native American tonic for both male and female hormonal balance, supports normal purification processes.
- **Tayuya** – A Brazilian herb often employed in Native South American herbal traditions to support the normal female cleansing processes.
- **Dong Quai** – Adaptogenic in 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.
- **Pfaffia** – Also called Suma. A historic adaptogenic, rain forest herb used for thousands of years in Brazilian herbal traditions. Has earned the epithet, “Para Todo” - For All Things.
- **Jatoba** – The bark from a Brazilian hardwood tree used in Native Brazilian herbal traditions for its purifying support.
- **Motherwort** – (*Leonurus cardiaca*). An herb employed in the Greek, Chinese and European herbal traditions to support a healthy female fertility cycle.

▼ **CONTRAINDICATIONS**

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

▼ **CLINICIAN CONSENSUS**

- Basic Female Endocrine Support:
  - **#22 F+** - Female +
  - **#843 Femicrine** - Female Endocrine Support
  - **#32 Gb** - Pituitary/Pineal
  - **#73 Mpr** - Prostata Ovatum
  - **#854 Neurosyn** - Neuro-Cognitive Memory Support

▼ **BACKGROUND**

After experimenting with several botanical formulas with hundreds of women, Doc Wheelwright developed this adaptogenic female tonic to help the body balance and regulate its normal ebb and flow of ovary/adrenal hormones (estrogens, testosterone, progesterone), as well as the impact of pituitary-based hormones such as luteinizing hormone, and pineal-based hormones (melatonin) for overall female health. Doc's love of Amazon basin botanicals brought a unique dimension to this formula and it soon become a favorite of practitioners and the patients who desired to support fertility cycle comfort.

▼ **SYNERGISTIC CONSIDERATIONS**

- **#843 Femicrine** - Female Endocrine Support
- **#24 Fpms** - Female Health
- **#32 Gb** - Pituitary/Pineal
- **#39 Gf** - Thyroid
- **#31 Ga** - Adrenal
- **#850 MoRS** - Methylation Donor
- **#870/871/872 Spectra1&2** - Whole Food Cell Multi Vit/Min/Oil
- **#880/881/882/883 VISTA1&2** - Membrane Regeneration
- **#73 Mpr** - Prostata Ovatum
- **#854 Neurosyn** - Neuro-Cognitive Memory Support

▼ **INFORMATION RESOURCES**

- [www.systemicformulas.com](http://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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