



## FCS II

(with Lobelia)

Stock #880-7 (100 capsules)

FCS II is a female reproductive formula primarily used to stop excessive uterine bleeding and counteract hormone imbalance. FCS II contains herbs which shrink the uterus, restrain uterine blood flow, reduce nervous tension and strengthen ovarian function.

FCS II is beneficial for anemia, constipation, dysmenorrhea, edema, headaches, hemorrhoids, nephritis, menstrual irregularity, menopausal complaints, muscular tension, postpartum weakness, urinary tract disorders, uterine hemorrhages and yeast infections.

**Althea** increases the production of mucosal fluids which soothes inflamed tissues and helps heal both internal and external inflammatory conditions. Althea is especially beneficial for soothing and protecting mucous membranes and for counteracting excess stomach acid, gastritis, hiatal hernias, and peptic ulcers. Althea is recommended for most any condition affecting the genito-urinary tract, including cystitis, frequent urination, incontinence, painful urination, and urinary tract infection. Modern research has found althea improves immune system function by enhancing the action of white blood cells against microorganisms. Althea is a rich source of trace minerals, particularly chromium, iron, magnesium and selenium.

**Black cohosh** is widely-known for helping female reproductive problems such as amenorrhea, dysmenorrhea, menopausal symptoms such as debility, depression, and hot flashes, and difficult pregnancy or childbirth. The estrogenic effects of black cohosh on the body have been confirmed in research published in the *Journal of the American Pharmaceutical Association*. Scientists also believe black cohosh reduces levels of pituitary luteinizing hormone which helps reduce progesterone production by the ovaries. Black cohosh also acts as an anti-inflammatory and mild analgesic (pain-reliever), due to the presence of salicylic acid. The tannins and acids in black cohosh enable it to be used as a diuretic and expectorant, while also helping to promote perspiration to reduce fever and expel toxins, as well as enhance menstrual flow and stimulate uterine contractions. Black cohosh is a popular herbal remedy for anxiety, dysmenorrhea, fever, headaches, hot flashes, hysteria, menopause, menstrual cramps and nervous headaches.

**Blessed thistle** is commonly thought of as a feminine tonic to increase milk production in nursing mothers, and to treat painful menstruation. Blessed thistle also checks excessive bleeding. In vitro studies have shown an extract of blessed thistle demonstrates anti-yeast activity against *Candida albicans*, responsible for causing both thrush and vaginal yeast infections. Antibacterial activity against various microorganisms has also been documented. Blessed thistle stimulates digestive secretions and the production of mucosal fluids in the intestines which helps soothe irritated tissues. Thus, blessed thistle has been found to be a valuable digestive tonic for diarrhea, dyspepsia, and flatulent colic. Blessed thistle also helps reduce fever and inflammation, and acts as an antibiotic, antiseptic and mild expectorant.

**Capsicum** has long been used as a stimulant to increase circulation and cardiovascular activity, while at the same time lowering blood pressure and aiding in the prevention of heart attack and stroke. Capsicum also helps stop bleeding. Capsicum has been found to effectively stimulates production of digestive and mucosal fluids which helps improve digestion, soothes inflammation, enhances the removal of toxins from the body, and relieves gastrointestinal problems, including bleeding ulcers, colic, dyspepsia, flatulence and even diarrhea. Capsicum has been found beneficial for numerous ailments, including arthritis, vascular headaches, infections, kidney problems, menstrual complaints and respiratory conditions such as asthma and pleurisy.

**Dong quai** has been shown to relieve stagnation in the liver and spleen, improve digestion, and treat constipation and dyspepsia, particularly among the elderly. Dong quai acts as a mild analgesic (pain-killer), laxative, and sedative, and exhibits some antibacterial activity against vaginal infection. Dong quai is believed to promote blood flow to the female reproductive organs, thus balancing menstruation. Research shows dong quai regulates uterine contractions, both stimulating and relaxing the uterus. Furthermore, Chinese herbalists regard dong quai as an aphrodisiac which stimulates the reproductive organs, increases the effectiveness of ovarian and testicular hormones and enhances fertility. Dong quai is commonly used to treat anemia, bleeding disorders, dysmenorrhea, hemorrhaging, menstrual irregularities such as amenorrhea and PMS, menopausal complaints and postpartum healing.

**Ginger** contains a volatile oil and other compounds which act as digestive stimulants to encourage the production of digestive fluids and saliva. Ginger neutralizes acids and toxins in the digestive tract which reduces gas and pain in the bowel. Ginger has been shown to reduce inflammation by acting as a prostaglandin inhibitor, in much the same way as non-steroidal anti-inflammatory drugs (NSAIDs) work. Studies show ginger relaxes muscle spasms and relieves

pain and inflammation associated with rheumatic conditions. Studies have found ginger produces a strong stimulating effect on muscular contractions of the heart, validating ginger's use for improving overall circulation. According to Chinese medicine, ginger focuses its warming properties downward, toward the lower extremities, including the colon, kidneys, legs, ovaries, prostate and vagina. Ginger is often recommended to women with amenorrhea, menorrhagia, and menstrual cramps.

Studies show **golden seal** acts as an astringent, producing a vasoconstricting—tightening of the blood vessels—effect. Golden seal's astringent ability enables it to help tone mucus membranes, which in turn, aids stomach and intestinal disorders, prostate and vaginal complaints, and stops internal bleeding and prevents hemorrhaging. Some doctors recommend golden seal for treating ulcers in the uterus and vagina, as well as for gynecological problems such as dysmenorrhea, menorrhagia, pelvic inflammatory disease, postpartum hemorrhage and yeast infections. Another isoquinoline alkaloid in golden seal is canadine, which has been shown to act as a uterine stimulant. Golden seal acts as a mild decongestant and laxative, relieves excess mucus and reduces fever and inflammation associated with glandular swelling. Golden seal also increases the secretion of digestive enzymes and fluids, especially bile, which helps regulate liver and spleen functions. Furthermore, berberine, an isoquinoline alkaloid found in golden seal, has been studied at length in both clinical and experimental environments for its antibacterial and amebicidal properties. Golden seal is high in vitamin C and trace minerals including cobalt, iron, magnesium, manganese, silicon and zinc. Golden seal also contains vitamins A, E and the B-complex, as well as calcium and potassium.

As a natural muscle relaxant, **lobelia** has often been employed throughout history in midwifery, to relax the pelvic muscles in preparation for childbirth. Today, lobelia is commonly used to calm the nerves and act as a natural sedative, mild laxative and powerful antispasmodic. Lobelia may even enhance hormone production. Lobelia has proven to be helpful for angina pectoris, asthma (especially bronchial asthma), cramps, dysmenorrhea, epilepsy, hyperactivity, inflammation, spastic bowel, swelling and ulcers. Lobelia's muscle-relaxing properties help ease muscle tension and inflammation, making lobelia useful for back problems, muscle pulls, sprains and tension headaches.

**Queen of the meadow** contains phenolic glycosides called salicylates—aspirin-like substances which provide anti-inflammatory and analgesic (pain-relieving) properties, especially in the joints. Queen of the meadow contains tannins and other active constituents which, combined with salicylates, help soothe inflammation of and protect the mucosal lining of the gastrointestinal tract. Research shows queen of the meadow exhibits antimicrobial activity against pathogens which cause diphtheria, dysentery and pneumonia, and also acts as a natural antacid, astringent and diuretic. In fact, queen of the meadow is considered one of the most effective phytomedicines for treating gastritis, heartburn, hyperacidity and peptic ulcers. Queen of the meadow is also used for arthritis, cystitis, influenza, irritable bowel syndrome and rheumatism. This herb is not recommended for individuals with hypersensitivity to aspirin.

**Red raspberry** is very high in the minerals iron, manganese, and pantothenic acid, as well as calcium, magnesium, selenium and vitamins A, B<sub>1</sub> and C. Raspberry leaves also contain flavonoids, polypeptides and tannins, which are especially beneficial for their astringent action. Raspberry tannins are believed to be responsible for the herb's ability to combat diarrhea, morning sickness, nausea and vomiting. Although researchers are still unclear as to how raspberry leaves promote easier labor, the theory is held that the leaves strengthen the longitudinal muscles of the uterus, enhancing the force of contractions, thus quickening childbirth. Raspberry also reduces postpartum bleeding and uterine swelling, promotes tissue repair, and increases lactation. Of course, red raspberry is also beneficial for the abdominal pain, cramping, heavy bleeding, and swelling associated with dysmenorrhea, endometriosis and menorrhagia.