



NF-X

Stock #1232-3 (100 capsules)

Herbal remedies have been used to improve women's reproductive health for centuries, including problems ranging from irregular menstrual cycles to infertility. Such problems are viewed by herbalists more as imbalances in health and vitality than as diseases. Although hard scientific data is still sparse, herbalists around the world have continued to use herbal treatments guided by case evidence. Natural remedies used to restore reproductive health include herbs that enhance circulation to the internal organs and increase energy and strength; herbs that relax the smooth muscles of the uterus and abdomen to release constriction, relieve crampy pain and create a sense of opening; herbs that promote menstrual regularity; as well as herbs that fight infection and soothe inflamed and dry tissues.^{1,2}

NF-X is an herbal formula that supports the female reproductive system. NF-X contains herbs that promote healthy circulation and soothe inflammation throughout the genitourinary tract, along with herbs that fight infection and relax and tone smooth muscles, especially in the uterus. NF-X also provides herbs that help correct menstrual imbalances and bleeding disorders, which can complicate conception. Each capsule of NF-X contains:

Goldenseal has traditionally been used for hemorrhagic or bleeding disorders of the uterus and pelvis, including menorrhagia (heavy menstrual bleeding) or bleeding from uterine fibroids. Goldenseal has also been used to treat chronic congestion and discharge from the genitourinary tract, including gonorrhea and leucorrhea (sticky vaginal discharge resulting from inflammation or irritation), as well as chronic infections of the oviducts—the tubular tract through which eggs are discharged to the uterus—which can occur in cases of pelvic inflammatory disease (infection of the uterus, fallopian tubes and adjacent pelvic structures, also known as chronic salpingitis). Goldenseal works, in large part, as a mucous membrane tonic to fight infection, soothe inflammation and heal reproductive and urinary tract tissues. Goldenseal stimulates mucosal membrane secretions, which contain immunoglobulin A (IgA) antibodies—IgA is the main mechanism for providing local immunity to protect the body's mucosal surfaces from infection. In animal studies, goldenseal has also been shown to increase the production of immunoglobulin M (IgM), which is usually produced first in an immune response. IgM also triggers the production of immunoglobulin G (IgG), the main antibody defense against bacteria. In addition, goldenseal contains the active ingredient berberine, which has demonstrated effective antibacterial activity in vitro against various bacteria, fungi and protozoa. Furthermore, a recent study found that berberine increased bone mineral density in mice. Golden seal should not be used during pregnancy, due to the uterine stimulant activity of its constituents.²⁻¹¹

Capsicum is an excellent remedy for poor circulation and related conditions, as it increases energy and improves blood flow to the extremities and to the central organs. In Traditional Chinese Medicine, herbs that promote circulation are used for cardiovascular conditions, as well as menstrual irregularities and to break up blood congestion or stagnation in cysts, hardened clots and certain tumors. In addition, capsicum contains substances that have demonstrated antimicrobial effects against *Bacillus cereus* and *B. subtilis* (gram-positive bacteria that cause food poisoning), *Clostridium tetani* (the cause of tetanus—an acute, often fatal infectious disease), and *Streptococcus pyogenes* (gram-positive bacteria that can cause strep throat, scarlet fever and rheumatic fever).^{3,12-14}

Ginger is one of the most widely used herbal remedies in the world. In Chinese and Japanese medicine, ginger is said to warm the internal region and energy channels and relieve dampness and chill—ginger is employed for cold abdominal pain and cold limbs. Ginger also stops bleeding, especially uterine bleeding. Ginger is even used, in combination with other Chinese herbs, to increase libido. Research shows that ginger provides analgesic (pain-relieving) and anti-inflammatory properties, which helps explain its use for the treatment of dysmenorrhea (painful menstruation) and chronic pelvic pain associated with endometriosis—a condition where cells lining the uterus (endometrium) grow outside the uterine body, usually resulting in pain and dysmenorrhea. Endometriosis is a common cause of difficult conception, particularly in cases of fallopian tube involvement. Ginger has also demonstrated some anticancer activity and significantly inhibited the development of mammary (breast) tumors in mice.^{2,4,9,15-21}

Uva Ursi leaves contains the principal active ingredient arbutin, a urinary antiseptic that has been shown to kill bacteria in the urine. Arbutin is broken down in the intestines into hydroquinone, a chemical that exerts an antiseptic and astringent action on the urinary mucous membranes. Uva ursi appears to be most effective in an alkaline urine. In Germany, uva ursi is licensed as a standard medicinal tea, approved by the German Commission E for inflammatory disorders of the urinary tract and urinary tract infections. Uva ursi may be most beneficial for women who can determine when they are just beginning to develop a bladder infection and can start treatment early.^{4,10,22-25}

Cramp bark has traditionally been used as an antispasmodic and specifically, as a uterine sedative. Cramp bark relaxes the uterus and soothes neuralgic and spasmodic forms of dysmenorrhea. Cramp bark has also been used to treat symptoms of dysmenorrhea and chronic pelvic pain associated with endometriosis, a common cause of difficult conception. Plus, cramp bark is beneficial for relaxing uterine muscle contractions and has been used to protect against threatened miscarriage. In addition, cramp bark's astringent action helps control excessive bleeding during menstruation. Researchers have found that cramp bark contains the phytosterol beta-sitosterol, which exerts both estrogenic and anti-estrogenic activity, as well as the coumarin scopoletin, which demonstrates analgesic, anti-inflammatory, antispasmodic and uterosedative (uterine-relaxing) activity. Other active constituents that provide anti-inflammatory, antispasmodic and uterorelaxant properties have also been identified.^{2,26-29}

Squawvine is regarded as a female fertility and pregnancy tonic herb, known for its specific actions affecting the uterus—stimulating circulation, relieving congestion, improving tone and relaxing spasms. Squawvine has been used for dysmenorrhea, leucorrhea and uterine prolapsus—abnormal downward displacement of the uterus from its normal position within the pelvis. Squawvine also provides diuretic and mild sedative effects. In addition, squawvine has long been used to help relieve labor pain, nervous exhaustion and irritability, and is employed extensively to aid labor and childbirth. Squawvine is also believed to increase breast-milk production.^{2,3,30,31}

Blessed thistle is commonly regarded as a feminine tonic for treating dysmenorrhea and for enhancing breast milk production in nursing mothers, although its effectiveness has not been confirmed scientifically. The German Commission E has approved the use of blessed thistle for loss of appetite and dyspepsia, due to its ability to stimulate bile flow and the secretion of saliva and gastric juices. Blessed thistle may also provide some anti-inflammatory and astringent activity—blessed thistle contains approximately 8% tannins, which may explain its use for treating diarrhea and hemorrhages. In addition, blessed thistle has shown some antimicrobial and anticancer activity in vitro.^{3,10,23,25,32,33}

Red raspberry leaves are a rich source of calcium, magnesium, iron and vitamin C—nutrients essential for female reproductive health. Raspberry leaves have been used to treat symptoms of dysmenorrhea and chronic pelvic pain associated with endometriosis, a common cause of difficult conception. Raspberry leaves have also been used as a uterine relaxant and a natural remedy for colic pain—raspberry's relaxant activity has been confirmed in animal studies. In addition, raspberry leaves have astringent properties, which help tone and tighten blood vessels and tissues, especially in the uterus. This astringent action also makes raspberry leaves useful for relieving diarrhea and various stomach ailments. One of the most popular uses for raspberry leaves is for pregnancy and childbirth. Researchers believe raspberry leaves promote easier labor by strengthening the longitudinal muscles of the uterus, enhancing the force of contractions and thus quickening childbirth. This oxytocic (promoting childbirth) effect may be attributed to the presence of the alkaloid fragarine, which demonstrates a tonifying action on pelvic muscles and the uterus. Raspberry leaves also help reduce uterine swelling following delivery, promoting expulsion of the placenta and decreasing postpartum bleeding.^{2,3,34-37}

False Unicorn is regarded as an ovarian and uterine tonic and natural treatment for a variety of menstrual disorders—it is said to strengthen and tone the uterus and the entire reproductive system. False unicorn is best-known for correcting menstrual problems such as amenorrhea (absent or suppressed menstruation), dysmenorrhea, menorrhagia, PMS and menopausal symptoms, and for its ability to correct infertility and help prevent miscarriage. In addition, false unicorn may be beneficial in the treatment of early stages of cervical dysplasia (precancerous changes to the lining of the cervix), as well as pelvic inflammatory disease. Women with endometriosis or uterine myoma (fibroids) should not use false unicorn, due to the herb's oestrogen-promoting effects. False unicorn is also not recommended during pregnancy, due to the herb's oxytocic effects.^{2,3,10,22,24,25,35,38-40}

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