



Red Raspberry Blend

Stock #3425-4 (2 fl. oz.)

Red Raspberry Blend is an alcohol-free herbal liquid that supports digestion and helps regulate the female system. Red Raspberry Blend's high vitamin C content makes it ideal for use with colds and flu and for strengthening weakened capillaries associated with varicose veins. Red Raspberry Blend is also used by women during pregnancy for additional nutritional support, relief of morning sickness, and for easing childbirth. Red Raspberry Blend is formulated in a glycerin base and can either be made into a tea or taken orally or under the tongue.

Hibiscus flowers are commonly used for loss of appetite, circulatory problems, and for their gentle diuretic and laxative actions, the latter of which is most likely due to the flowers' high content of fruit acids. In addition, hibiscus flowers are used for the treatment of colds that affect the respiratory tract and for dissolving phlegm. In Chinese herbal medicine, hibiscus flowers are recommended as a blood purifier and for treating irregular menses. According to animal research, hibiscus flowers may also help relax muscles, including uterine muscles. Furthermore, a study of individuals with moderate hypertension (high blood pressure) showed that treatment with hibiscus

flower tea reduced both systolic and diastolic blood pressure.¹⁻⁵

Peppermint leaves contain as much vitamin C as oranges and more provitamin A than carrots. Peppermint leaves also contain an essential oil that stimulates bile flow from the gallbladder and relaxes the smooth muscles of the gastrointestinal tract. Thus, peppermint is a popular digestive aid that reduces flatulence and relieves intestinal colic, diarrhea, dyspepsia, heartburn and abdominal pain and cramping. Peppermint leaves may also benefit the common cold, providing mild diaphoretic (promoting perspiration to reduce fever) effects and antiviral activity, especially against the growth of Newcastle disease virus, herpes simplex virus and vaccinia virus.⁶⁻⁹

Red raspberry leaves are a rich source of calcium, magnesium, iron and vitamin C—nutrients essential for female reproductive health. Raspberry leaves also 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. Although the specific mechanisms are still unclear, 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 (facilitate 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.^{1,6,10,11}

Rose hips, the dried fruit of roses, are a rich source of vitamin C and the vitamin C cofactors (flavonoids) needed to increase capillary circulation and reduce capillary fragility and permeability. Rose hips also contain astringent tannins, which tighten tissues and slow the discharge of fluids—effects that are beneficial in the treatment of diarrhea, gastritis, hemorrhoids and varicose veins. Rose hips are recommended for the prevention of colds, chills, influenza-type infections, infectious diseases and vitamin C deficiencies. In Japanese herbal medicine, rose hips are used to treat swollen glands, regulate menses and relieve static blood conditions, including absent or scanty menstruation.^{1,3,6,10,12}

References:

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