



X-Action™

(For Women)

Stock #1121-6 (100 capsules)

X-Action for Women is a nutritional supplement formulated to meet the hormonal needs of women of all ages. X-Action for Women helps nourish and strengthen the circulatory, glandular, reproductive and nervous systems. X-Action for Women contains herbs and nutrients known to increase energy and vitality, enhance sexual function, facilitate hormone balance, relieve anxiety and depression, relax muscular and nervous tension, increase immunity, and promote general health and well-being.

X-Action for Women may benefit women suffering from anxiety, depression, dysmenorrhea (painful menstruation), fatigue, frigidity or lack of sexual desire, weakened immunity, PMS, menopause, menstrual cramps, nervous exhaustion, stress and vaginal dryness.

Damiana is a tonic herb for the nervous system, as well as a mild antidepressant. Damiana has been given to people suffering from anxiety, mild to moderate depression, fatigue and nervous exhaustion. Damiana's stimulating and restorative properties make it valuable when anxiety and depression occur together, as often happens after long-term stress. In addition, damiana has a long-standing reputation as an aphrodisiac and has traditionally been used to treat sexual disorders, including frigidity in women. In fact, women have historically used damiana as a sexual stimulant. Furthermore, since damiana has been found to promote female hormonal balance, it is often used for both dysmenorrhea (painful menstruation) and amenorrhea (delayed or absent menses), and is specifically recommended for headaches associated with menstruation.¹⁻³

L-arginine is an amino acid that is involved in nitric oxide (NO) production. NO plays an important role in numerous functions within the body, many of which are directly related to cardiovascular health. For example, research has revealed that NO relaxes the arteries to maintain normal blood pressure, dilates coronary arteries that supply blood to the heart, reduces serum cholesterol levels, reduces platelet aggregation (which helps prevent heart attacks and strokes), and enhances blood flow to the brain. In addition, L-arginine may have a beneficial effect on female sexual function by enhancing blood flow to vaginal tissue and decreasing vaginal dryness, thereby improving the arousal phase.⁴⁻¹³

Licorice root exhibits a modulating action on estrogen. If estrogen levels are elevated, licorice root decreases estrogen effects; if estrogen levels are too low, estrogen effects can be potentiated using higher doses of licorice root. Licorice root has also demonstrated estrogen receptor-binding activity, as well as the ability to suppress the breakdown of progesterone. Thus, by affecting the estrogen-progesterone ration, licorice root helps decrease PMS- and menopause-related symptoms. Furthermore, licorice root may help relieve symptoms of inflammation associated with endometriosis.^{5,14,15}

Maca has been used for centuries in the Peruvian Andes for its strength-building and stamina-promoting effects, and to improve sexual function and enhance fertility. Scientists have theorized that the alkaloids in maca may be responsible for supporting optimal function of the adrenal glands and ovaries. In addition, preliminary research lends support to the use of maca for symptoms associated with menstruation and menopause and for treating chronic fatigue syndrome. Anecdotal reports from doctors using maca with their female patients cite numerous cases where perimenopausal and postmenopausal symptoms (hot flashes, depression, vaginal dryness, etc.) were alleviated and energy levels raised.^{5,14,16-19}

Oatstraw is recommended for general debility and convalescence, and to strengthen a weakened constitution. Oatstraw offers mild antidepressant effects, gently increases energy levels, and acts as a restorative nerve tonic for an over-stressed nervous system. Clinical studies show oatstraw also stimulates immune function. Furthermore, Chinese research confirms that oatstraw exhibits a potential influence on reproductive hormones. Specifically, animal studies show that oatstraw contains a substance that provides luteinizing hormone (LH)-releasing activity. Since LH stimulates the release of testosterone, and testosterone is the primary sex hormone responsible for female libido, this study lends support to reports that oatstraw improves sexual dysfunction.^{4,14,20-23}

Red raspberry leaves are a rich source of calcium, magnesium and iron—nutrients essential for female reproductive health. Raspberry leaves also contain ferulic acid, a uterine relaxant that simultaneously stimulates the muscles supporting the uterus to allow for easier menstrual flow. The astringent properties of raspberry leaves help tone and tighten blood vessels and tissues, especially in the uterus. In addition, raspberry leaves impart a slight oxytocic effect which both relaxes and stimulates uterine muscles; hence, raspberry leaves help relieve menstrual cramps and facilitate childbirth. Furthermore, raspberry leaves mitigate symptoms of spasmodic dysmenorrhea (menstrual pain that is directly related to the onset of menstruation and is uterine in origin) by decreasing uterine spasms and

reducing prostaglandin production.^{4,24-27}

Sarsaparilla root promotes circulation, balances the glandular system, and mimics the action of some human hormones, due to the presence of steroidal saponins. For example, sarsaparilla has been used to help treat lack of sexual desire in women with low testosterone levels. Sarsaparilla also acts as a diuretic.^{2,7,26,27}

Siberian ginseng has been used to help combat the effects of stress upon the body, which may help relieve both emotional and physical symptoms associated with PMS and menopause. Siberian ginseng is also known for increasing vitality and restoring and strengthening the body's immune response, most likely due to the presence of complex polysaccharides. In addition, Siberian ginseng acts as an adaptogen to help the body maintain healthy glandular function during periods of stress. Siberian ginseng is approved by the German Commission E for treating lack of stamina and tendency to infection.^{2,7,26}

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