

# HORMONE BALANCE

BY CLEANHERBALS PTY LTD

During perimenopause and menopause our bodies are trying to adjust to a change in hormones.

This hand blended organic tea may assist with Hormone balance in women 30-60 plus. The carefully selected ingredients combined may offer relief from hormone related symptoms including:

- |                       |                       |                  |
|-----------------------|-----------------------|------------------|
| -Lack of vitality     | -Inflammation         | -Hot flushes     |
| -PMS symptoms         | -Heavy menstrual flow | -Vaginal dryness |
| -Excess sweating      | -Headaches            | -Palpitations    |
| -Eliminating cramping | -Depression           |                  |

Using this traditional blend, we may also see benefits from this during perimenopause and menopause such as:

- |                          |                 |                                   |
|--------------------------|-----------------|-----------------------------------|
| -Relaxation              | -Improved sleep | -Improved brain health            |
| -Regulates cycles        | -Improves mood  | -Balances hormones                |
| -Reduces anxiety         | -Eases Uterine  | -Congestion                       |
| -Provides stress support |                 | -Supports healthy liver function. |

## DISCLAIMER

This product is a mixed blend of teas. It is not intended as a substitute for the treatment of medical health issues. If you are on prescription medication, please do not remove or reduce any of your ongoing medical treatment without consulting a doctor or qualified health professional. Where you experience any health issues or allergies while consuming this product, you should stop, and seek advice from your local doctor immediately. (Blended teas are not suitable for children under the age of 18). This is not a replacement for proper medical advice.

You should consult a licensed health care professional or doctor before starting any supplement, or herbal tea blend especially if you are pregnant or have any pre-existing injuries or medical conditions and if you are on medication. You will need to check with a professional for herb drug interaction or if this product is suitable for you. We do not make any Health claims.

Tea blends /Herbs strength , colour and pigmentation can change from batch to batch . This is due to where it's grown and sourced at the time . Herbs are Nature dependent and we cannot control this although we aim to stay as consistent as we can . Things like the rain , the sun , the weather can be a factor as well as availability . We will do our best to keep the batches high quality and organic. No guarantees can be made as to what happens with nature these are not standardised herbs they are dependent on natural forces and weather.

Black cohosh (*Cimicifuga racemosa*) is a herb that has a long history of traditional use in North American Indian medicine and has been used widely in Western cultures since the early 1800s. It is generally used for the relief of the symptoms of menopause and is approved for use in Australia in medicines sold in pharmacies, supermarkets and other retail outlets. The Therapeutic Goods Administration (TGA) reviewed the safety of Black cohosh in 2005 following reports of possible liver problems internationally and in Australia. Considering the widespread use of Black cohosh, the incidence of liver reaction appears to be very low. Following the safety review, the TGA decided that medicines containing Black cohosh must carry the following label statement: Warning : Black cohosh May harm the liver in some individuals . Use under the supervision of a health care practitioner/ professional or Dr.

In very rare cases, Black cohosh has been associated with liver failure. If you are experiencing yellowing of the skin or whites of the eyes, dark urine, nausea, vomiting, unusual tiredness, weakness, stomach or abdominal pain and/or loss of appetite, you should stop using this product and see your doctor. If symptoms persist consult your health care provider.

## Exclusion:

(a) The law implies terms, conditions, warranties or guarantees (Prescribed Terms) into contracts for the supply of goods and services and prohibits the exclusion, restriction or modification of certain terms, conditions, warranties or guarantees. Some Prescribed Terms permit a Seller to limit its liability for a breach of the prescribed terms.

(b) Except as provided by Prescribed Terms, the liability of the Seller in respect of a breach of a Prescribed Term relating to the Goods or any part of the Goods is limited at the option of the Seller to the replacement or repair of the Goods or any part of it or payment of the cost of repairing or replacing the Goods or any part of the Goods.

(c) Under this agreement, the Buyer does not have any cause of action against or right to claim or recover from the Seller for, or in respect of, any loss or damage of any kind whatsoever, caused directly or indirectly by:

(i) any defect in material or workmanship of, or any other defect whatsoever in, or unsuitability for, any purpose of the Goods or any part of the Goods; or

(ii) any default or negligence on the part of the Seller or of any employee, contractor or agent of the Seller or of any person for whom the Seller has legal responsibility relating to the supply of, or otherwise concerning Goods or any part of Goods; or

(iii) any consequential loss, damage or death which may arise due to a chemical reaction of the Goods with the coronavirus vaccines, where the Buyer has been vaccinated.


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Herb	Name	Traditional use	Contraindications
	Peppermint <i>Mentha x Piperita</i>	Colds and flu virus. Cooling, antiviral, digestion. Mood, cognition, memory, fatigue.	
	Spearmint <i>Mentha spicata</i>	Colds and flu virus. Cooling, antiviral, digestion. Mood, cognition, memory, fatigue.	
	Rose <i>Rosa Alba</i>	Aphrodisiac, Carminative, Antispasmodic, antibacterial, antiviral, cleansing, astringent, antidepressant, antiseptic, blood tonic, increases bile, menstrual regulator.	
	Lavender <i>Lavandula Angustifolia</i>	Carminative, relaxant, sleep support.	
	Hibiscus <i>Hibiscus sabdariffa</i>	High blood pressure, heart health, sugar cravings, high in chromium.	May decrease blood pressure and it can become too low. May affect blood sugar. Do not drink at least 2 weeks before scheduled surgery.
	Sage <i>Salvia officinalis</i>	Nutritious, anti-oxidant, hormone imbalance.	Unsafe when taken by mouth in high doses.
	Black Cohosh <i>Cimicifuga racemosa</i>	Menopause, hot flashes, rheumatism, sedative, regulate menstruation.	Avoid in hormone sensitive cancers, breast and prostate cancer, endometriosis, uterine fibroids. Avoid if allergic to plants in buttercup family. Avoid if you have a history of blood clots, stroke, seizures.

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Herb	Name	Traditional use	
	Sweet Pea <i>Lathyrus odoratus</i>	Antioxidant, mood enhancer, weight loss, regulate blood sugar level, anti-ageing.	Over consumption may cause nausea and diarrhea.
	Red Clover <i>Rubus Idaeus</i>	Cough, menopause, hot flushes.	Avoid in bleeding disorders. Avoid in hormone sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis or uterine fibroids. Avoid in protein s deficiency.
	Raspberry Leaf <i>Trifolium pratense</i>	Diabetes, blood sugar control, may assist morning sickness and diarrhea,uterine relaxant, milk production and menstrual cramps.	May cause diarrhea, cramping.
	Chaste Tree <i>Vitex agnus-castus</i>	Pms, mastalgia, amenorrhea, hyperprolactimia and menopause.	Acne, dizziness, fatigue, upset stomach, headaches. <b>Contraindications</b>

