

Lighter Cycles

Lighter Cycles™ is a carefully formulated herbal blend designed to support women experiencing heavy menstrual flow, painful cycles, and hormonal imbalance. Using traditional botanicals known for their uterine-toning and hormone-balancing properties, this formula helps promote a healthier menstrual rhythm while supporting the reproductive system, reducing discomfort, and nourishing the body during menstruation.

The combination of uterine tonics, anti-inflammatory herbs, and hormone-supportive botanicals works synergistically to help regulate menstrual flow, ease cramps, and support overall female reproductive wellness.

Helps reduce heavy menstrual bleeding and support balanced flow

- **Lady's Mantle** and **Shepherd's Purse** are traditionally used for their natural astringent and anti-hemorrhagic properties, helping reduce excessive menstrual bleeding while supporting a more balanced and manageable cycle.
- **Red Raspberry Leaf** further supports healthy menstrual flow and uterine tone.

Supports relief from menstrual cramps and uterine discomfort

- **Black Haw** acts as a natural uterine relaxant and antispasmodic, helping ease painful cramping and pelvic tension.
- **Red Raspberry Leaf** and **Lady's Mantle** support uterine muscle relaxation and comfort during menstruation.

Promotes hormonal balance and menstrual cycle regulation

- **Chaste Tree Berry (Vitex)** helps regulate the communication between the brain and ovaries to support balanced hormone levels and more regular cycles.
- **Sarsaparilla** and **Red Raspberry Leaf** further support hormonal balance and reproductive health.

Strengthens and tones the uterus for improved reproductive health

- **Red Raspberry Leaf** and **Lady's Mantle** are well-known uterine tonics that help strengthen the uterine wall and support healthy reproductive function.
- **Shepherd's Purse** further helps maintain proper uterine tone.

Helps reduce PMS symptoms and menstrual-related discomfort

- **Chaste Tree Berry (Vitex)** and **Shepherd's Purse** support hormonal stability, which may help reduce common PMS symptoms such as irritability, bloating, and cycle-related discomfort.
- **Black Haw** contributes additional relief by relaxing uterine muscles.

Provides anti-inflammatory support for reproductive wellness

- **Sarsaparilla** and **Black Haw** contain natural anti-inflammatory compounds that help calm inflammation associated with menstrual pain and hormonal imbalance.

Supports healthy blood nourishment during menstruation

- **Red Raspberry Leaf** naturally contains iron and beneficial nutrients that help nourish the blood and support the body during menstrual cycles.

Promotes clearer skin and balanced complexion related to hormonal fluctuations

- **Red Raspberry Leaf** and **Sarsaparilla** help support hormonal balance and reduce inflammation, which may contribute to improved skin clarity and reduced redness associated with hormonal changes.

Supports digestive and colon health

- **Red Raspberry Leaf** helps strengthen the digestive tract and colon, supporting overall gut health and proper nutrient absorption.

Supplement Facts

Serving Size : 2 capsules
Servings per container: 120

Amount Per Serving

A proprietary blend of:
Lady's Mantle (*Alchemilla vulgaris*)**
Shepherd's Purse Herb (*Capsella bursa pastoris*)**
Red Raspberry Leaf (*Rubus Idaeus*)**
Black Haw (*Viburnum prunifolium*)**
Chaste Tree Berry (*Vitex agnus castus*)**
Sarsaparilla root (*Smilax omata*)**

*Certified Organic

**Wild Certified

Other Ingredients: (Kosher Vegetarian Capsule), Vegetable cellulose and filtered water.

Recommended Dosage

Take 2-3 caps with meals 3 times per day.

You may start with 2 and work your way up to 3 if it's needed.

Please use for 90 days to allow the herbs to build up in your system and properly help with bleeding.

WARNINGS:

- Will reduce the effectiveness of blood pressure lowering drugs and beta blockers.
- Do not use if the tamper-evident seal is broken or missing.
- Keep this and all medication out of the reach of children.
- Do not use if pregnant or nursing unless directed by a physician or healthcare professional.
- Store in a cool, dry place.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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