

# FRÜD

## MEDICINAL HERBS FOR WOMEN

Herbs That Support Your Body Throughout the Cycle

### Menstruation

Relieves cramps



Mugwort Lady's Mantle Yarrow

Rich in magnesium



Nettle Lady's Mantle Parsley

### Luteal Phase

Helps with depressive mood, anxiety & sleep problems (also during menstruation)



Lemon balm St. John's wort Passionflower

Promotes progesterone production



Lady's Mantle Evening primrose Chaste Tree

Supports digestion



Caraway Fennel Anise

### Follicular Phase

Promotes estrogen production



Red clover Fennel Yarrow

Rich in iron



Dandelion Nettle Parsley

### Ovulation Phase

Promotes progesterone production



Chaste Tree Yarrow Lady's Mantle

Boosts libido (Aphrodisiac)



Yarrow Lady's Mantle Fennel

Reduces stress (Adaptogen)



Maca Ashwagandha