

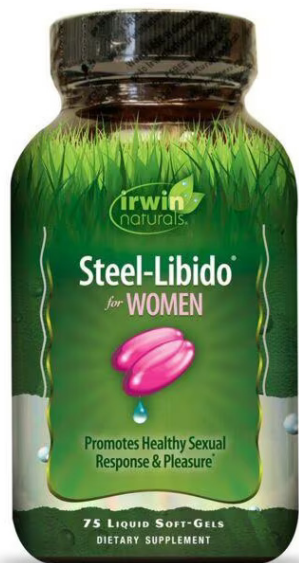
# GOOD EARTH — MARKETS —

# MONTHLY DEALS MAY

35%  
OFF

\$21<sup>65</sup>

**Irwin  
Naturals**  
Steel-Libido  
For Women  
75 gel



reg \$33.32

This advanced formula supplies a specialized blend of botanicals and nutrients to support sexual vitality and pleasure.

35%  
OFF

\$18<sup>85</sup>

**Life  
Seasons**  
Women's Vitali-T  
70 ct



reg \$28.99

Enhances mental and physical aspects of sexual desire and arousal.

May 2024 | Your True Natural Foods Market | Locally Owned And Operated

# SUPPLEMENTS

**35% OFF**

**\$17<sup>79</sup>**

**Om**  
Cordyceps  
Mushroom  
Powder  
3.5 oz



reg \$27.39

**35% OFF**

**\$17<sup>79</sup>**

**Om**  
Reishi  
Mushroom  
Powder  
3.5 oz



reg \$27.39

**35% OFF**

**\$17<sup>79</sup>**

**Om**  
Lion's Mane  
Mushroom  
Powder  
3.5 oz



reg \$27.39

**35% OFF**

**\$17<sup>79</sup>**

**Om**  
Turkey Tail  
Mushroom  
Powder  
3.5 oz



reg \$27.39

**20% OFF**

**\$31<sup>95</sup>**

**Dr. Ohhira's**  
Probiotics  
Professional  
Formula  
Vegetarian  
30 cap



reg \$39.95

**35% OFF**

**\$15<sup>59</sup>**

**Source  
Naturals**  
Magnesium  
Malate  
180 tab



reg \$23.98

**35% OFF**

**\$19<sup>49</sup>**

**Life  
Seasons**  
Fruit &  
Veggie  
Gummy  
60 ct



reg \$29.99

**20% OFF**

**\$18<sup>39</sup>**

**MegaFood**  
Kids  
One Daily  
Multivitamin  
Soft Chews  
Grape  
30 ct



reg \$22.99

**25% OFF**

**\$33<sup>69</sup>**

**Truveni**  
Protein+  
Greens  
12.59 oz



reg \$44.95

**25% OFF**

**\$22<sup>45</sup>**

**Truveni**  
Plant Based  
Protein  
Matcha  
11 oz



reg \$29.95

**25% OFF**

**\$37<sup>45</sup>**

**Truveni**  
Protein +  
Energy  
Vanilla Latte  
15.87 oz



reg \$49.95

**35% OFF**

**\$28<sup>15</sup>**

**Trace**  
Minerals  
ConcenTrace  
Trace Mineral  
Drops  
8 oz



reg \$43.29

# SUPPLEMENTS

40%  
OFF

**\$14<sup>95</sup>**

**Ancient  
Nutrition**  
Organic  
Supergreens  
Mango  
3.3 oz



reg \$**24.95**

40%  
OFF

**\$26<sup>95</sup>**

**Ancient  
Nutrition**  
Organic  
Supergreens  
Berry  
6.7 oz



reg \$**44.95**

40%  
OFF

**\$19<sup>75</sup>**

**Ancient  
Nutrition**  
Organic  
Supergreens  
Multivitamin  
3.6 oz

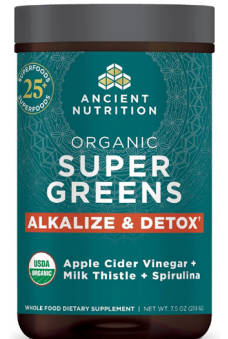


reg \$**32.95**

40%  
OFF

**\$26<sup>95</sup>**

**Ancient  
Nutrition**  
Organic  
Supergreens  
Alkalize & Detox  
7.5 oz



reg \$**44.95**

40%  
OFF

**\$25<sup>75</sup>**

**Ancient  
Nutrition**  
Men's  
Fermented  
Multi  
60 ct



reg \$**42.95**

40%  
OFF

**\$35<sup>95</sup>**

**Ancient  
Nutrition**  
Menopause  
Support  
Probiotics  
60 ct



reg \$**59.95**

35%  
OFF

**\$38<sup>99</sup>**

**Clean  
Simple  
Eats**  
Whey Protein  
Select Flavors  
30 serv



reg \$**59.99**

35%  
OFF

**\$27<sup>75</sup>**

**Irwin  
Naturals**  
Women's  
Living Green  
Liquid-Gel  
Multi



reg \$**42.65**

30%  
OFF

**\$26<sup>25</sup>**

**Dr.  
Mercola**  
Antarctic  
Krill Oil  
60 cap



reg \$**37.49**

30%  
OFF

**\$17<sup>49</sup>**

**Dr.  
Mercola**  
Organic  
Fermented  
Beet Powder  
5.29 oz

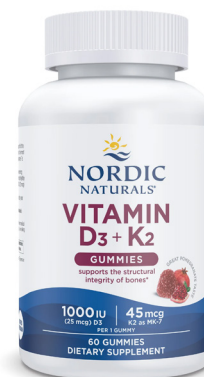


reg \$**24.99**

30%  
OFF

**\$17<sup>45</sup>**

**Nordic  
Naturals**  
D3+K2  
Gummies  
1000 IU  
60 ct



reg \$**24.95**

30%  
OFF

**\$20<sup>25</sup>**

**Nordic  
Naturals**  
Kids Calm  
Gummies  
60 ct



reg \$**28.95**

# GROCERY

40%  
OFF

\$5<sup>59</sup>

**Lillie's**  
Barbeque Sauce  
Hot Smoky  
20 oz



reg \$9.29

40%  
OFF

\$5<sup>25</sup>

**Pan's**  
Mushroom  
Jerky  
Original  
2.2 oz



reg \$8.79

40%  
OFF

\$3<sup>29</sup>

**TCHO**  
Fudgy Truffle  
Holy Fudge  
2.5oz



reg \$5.49

40%  
OFF

\$8<sup>75</sup>

**Primal  
Kitchen**  
Mayo  
Acocado Oil  
12 oz



reg \$14.59

25%  
OFF

\$6<sup>15</sup>

**Charcutnuvo**  
Cooked Italian  
Sausage  
Made With  
Chicken  
10 oz



reg \$8.19

40%  
OFF

\$5<sup>19</sup>

**Jonny  
Pops**  
Popsicles  
Rainbow  
14.8 oz



reg \$8.69

40%  
OFF

\$6<sup>35</sup>

**Bachan's**  
Japanese BBQ  
Sauce  
Hot & Spicy  
6 oz



reg \$10.59

40%  
OFF

\$4<sup>55</sup>

**Justin's**  
Organic Mini  
Milk Chocolate  
Peanut Butter  
Cups  
4.7 oz



reg \$7.59

40%  
OFF

\$2<sup>89</sup>

**Made  
Good**  
Crispy  
Squares  
Strawberry  
6 ct



reg \$4.79

40%  
OFF

\$3<sup>15</sup>

**Made  
Good**  
Granola  
Minis  
Chocolate  
Chip  
5 ct



reg \$5.29

40%  
OFF

\$3<sup>95</sup>

**Ocho**  
Peanut  
Butter Minis  
3.5 oz



reg \$6.59

40%  
OFF

\$2<sup>95</sup>

**The Good  
Crisp**  
Cheddar  
Cheese Balls  
2.7 oz



reg \$4.89

# GROCERY

35%  
OFF

\$2<sup>35</sup>

**Clearly  
Canadian**  
Sparkling Water  
Mountain  
Blackberry  
11 oz

reg \$3.59



35%  
OFF

\$2<sup>59</sup>

**Amy &  
Brian**  
Coconut Water  
Original  
17.5 oz

reg \$3.99



40%  
OFF

\$2<sup>49</sup>

**Slate**  
Vanilla Latte  
Protein Iced  
Coffee  
11 oz

reg \$4.19



40%  
OFF

\$3<sup>89</sup>

**Unique  
Snacks**  
Puffzels  
Aged  
Cheddar  
4.8 oz

reg \$6.49



40%  
OFF

\$4<sup>55</sup>

**Barbara's**  
Puffins Original  
Cereal  
10 oz

reg \$7.59



30%  
OFF

\$5<sup>99</sup>

**Celtic**  
Sea Salt  
Fine Ground  
8 oz

reg \$8.59



40%  
OFF

\$3<sup>09</sup>

**Crunch  
Master**  
Multi-Seed  
Original  
4 oz

reg \$5.19



35%  
OFF

\$3<sup>65</sup>

**Glutino**  
Pretzel Twists  
Gluten Free  
8 oz

reg \$5.59



40%  
OFF

\$2<sup>99</sup>

**Gimme**  
Grab & Go  
Roasted  
Seaweed  
Snacks  
Sea Salt  
5 ct

reg \$4.99



40%  
OFF

\$2<sup>45</sup>

**Tasty  
Bite**  
Basmati  
Rice  
8.8 oz

reg \$4.09



40%  
OFF

\$2<sup>15</sup>

**Simply  
Gum**  
Natural  
Spearmint  
15 ct

reg \$3.59



40%  
OFF

\$2<sup>75</sup>

**Kevita**  
Kombucha  
Pineapple  
Peach  
15.2 oz

reg \$4.59



# PERSONAL CARE

35%  
OFF

\$8<sup>75</sup>

**Heritage  
Store**  
Rosewater  
8 oz



reg \$13.49

35%  
OFF

\$14<sup>95</sup>

**Heritage  
Store**  
Aura Glow  
Moisturizer  
1.9 oz



reg \$22.99

40%  
OFF

\$3<sup>99</sup>

**Lily of the  
Desert**  
Aloe Vera  
Gelly  
8 oz



reg \$6.69

40%  
OFF

21<sup>35</sup>

**Nellies**  
Lamby  
Dryerballs  
4 ct

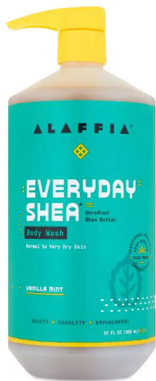


reg \$35.59

35%  
OFF

\$10<sup>49</sup>

**Alaffia**  
Everyday Shea  
Body Wash  
Vanilla Mint  
32 oz



reg \$16.19

35%  
OFF

\$10<sup>49</sup>

**Alaffia**  
Everyday  
Coconut  
Body Lotion  
Coconut Lime  
32 oz



reg \$16.19

35%  
OFF

\$10<sup>49</sup>

**Alaffia**  
Everyday Shea  
Conditioner  
Vanilla  
Mint  
32 oz



reg \$16.19

35%  
OFF

\$10<sup>49</sup>

**Alaffia**  
Kids Bubble  
Bath  
Coconut  
Strawberry  
32 oz



reg \$16.19

40%  
OFF

\$6<sup>69</sup>

**The Seaweed  
Bath Co.**  
Body Wash  
Citrus Vanilla  
12 oz



reg \$11.19

40%  
OFF

\$9<sup>09</sup>

**The Seaweed  
Bath Co.**  
Bubbling  
Muscle Soak  
12 oz



reg \$15.19

40%  
OFF

\$11<sup>49</sup>

**The Seaweed  
Bath Co.**  
Sport Spray  
Clear Guard  
SPF 40  
6 oz



reg \$19.19

40%  
OFF

\$11<sup>49</sup>

**The Seaweed  
Bath Co.**  
Active Defense  
Sport Cream  
SPF 50  
3.4 oz



reg \$19.19

# WOMEN'S HEALTH

35%  
OFF

**\$25<sup>35</sup>**

**Life  
Seasons  
Beau-T**  
90 cap



reg \$**38.99**

35%  
OFF

**\$22<sup>09</sup>**

**Life  
Seasons  
PreMense-T**  
60 cap



reg \$**33.99**

35%  
OFF

**\$18<sup>85</sup>**

**Life  
Seasons  
Women's Vitali-T**  
70 ct



reg \$**28.99**

40%  
OFF

**\$25<sup>75</sup>**

**Ancient  
Nutrition  
Women's  
Fermented  
Multi**  
60 ct

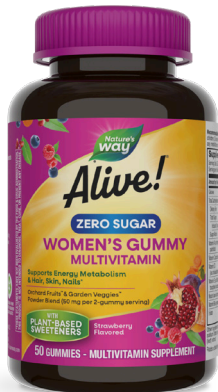


reg \$**42.95**

35%  
OFF

**\$8<sup>15</sup>**

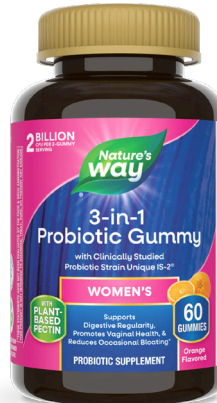
**Nature's  
Way  
Alive  
Women's Gummy  
Multivitamin  
Zero Sugar**  
50 gummies  
reg \$**12.49**



35%  
OFF

**\$14<sup>29</sup>**

**Nature's  
Way  
3-in-1 Probiotic  
Gummy  
Women's**  
60 ct  
reg \$**21.99**



30%  
OFF

**\$16<sup>09</sup>**

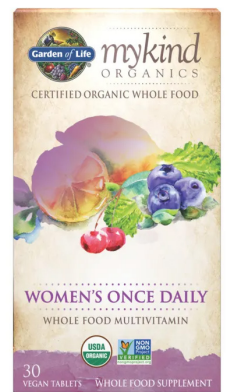
**Nordic  
Naturals  
Women's  
Multivitamin  
Gummies**  
60 gummies  
reg \$**22.95**



40%  
OFF

**\$20<sup>39</sup>**

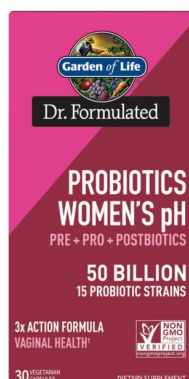
**Garden of  
Life  
Women's  
Once Daily**  
30 ct  
reg \$**33.99**



40%  
OFF

**\$25<sup>19</sup>**

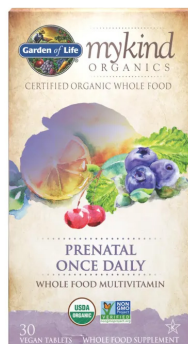
**Garden of  
Life  
Probiotics  
Women's pH**  
50 Billion  
30 cap  
reg \$**41.99**



40%  
OFF

**\$27<sup>59</sup>**

**Garden of  
Life  
Prenatal  
Once Daily**  
90 cap  
reg \$**45.99**



25%  
OFF

**\$27<sup>75</sup>**

**MegaFood  
Women's 55+  
One Daily  
Multivitamin**  
60 tab  
reg \$**36.99**



25%  
OFF

**\$34<sup>49</sup>**

**MegaFood  
Women's  
One Daily  
Multivitamin**  
60 tab  
reg \$**45.99**



# NEW

**Hu**  
Dark  
Chocolate  
Gems  
Mint  
3.5 oz

EDLP \$5.39



reg \$6.09

Natural, Organic, Vegan, Gluten Free,  
Paleo, Non GMO, Fair Trade

**Bio  
Nutrition**  
Premium  
Black  
Seed Oil  
16 oz



reg \$24.29

Bio Nutrition Premium Black Seed Oil is a naturally a rich source of Essential Fatty Acids to support a healthy inflammatory response. It contains thymoquinone, a compound with antioxidant qualities.

**MegaFood**  
Iron Energy  
60 gummies



reg \$24.99

3-in-1 energy support from iron, vitamin B6 and B12 to promote red blood cell and cellular energy production; Safe for kids over four, teens & adults who may need energy support.

**BodyHealth**  
Perfect Amino  
Mixed Berry  
4.6 oz



reg \$30.89

PerfectAmino powder offers your hard-working body nutrients that reduce false hunger signals.

**Siete**  
Grain Free  
Cookies  
Mexican Vanilla  
Chocolate  
Chip  
4.5 oz



reg \$5.99

Siete Grain Free Mexican Vanilla Chocolate Chip Cookies are grain free, gluten free, and Verified Non-GMO, so more people can enjoy them.

**Feral  
Fungi**  
Myco Clarity  
Mushroom  
Gummies  
Huckleberry  
Raspberry  
30 ct



reg \$30.00

Myco-Clarity is a nourishing blend of Lion's Mane, Reishi, and Cordyceps. It soothes and supports the innate function of the nervous system, uplifts the mind and the spirit, and supports an overall sense of mental and emotional well being.

**Feral  
Fungi**  
Myco Synergy  
Mushroom  
Gummies  
Marionberry  
Lemon  
30 ct



reg \$30.00

Myco-Synergy is a complex of some of our favorite mushroom allies, including Lion's Mane, Reishi, Turkey Tail, Oyster, and Cordyceps. This blend synergizes some of the most well rounded fungi for comprehensive system support and overall well-being.

**Humble**  
Toothbrush  
Plant-Based  
Blue & Purple  
2 ct



reg \$4.39

Plant-based toothbrush handles consist of a mix of plant-based material Polypropylene, and BPA-free, ultra-soft bristles that are gentle on your teeth and gums.

**Wish  
Garden**  
Happy Ducts  
Free The Flow  
Lactation  
2 oz



reg \$24.99

Show your breasts some love by keeping your lymph system moving and ducts free and clear. Happy Ducts helps to invigorate lymphatic function in the breasts and support overall breast health.

**Transparent  
Labs**  
Hydrate  
Arctic  
Freeze  
40 serv

EDLP \$21.99



reg \$29.99

Transparent Labs Hydrate supports optimal hydration status and electrolyte balance, both of which are imperative for sustaining muscle contractility, endurance, recovery, and cell volumization.

**Transparent  
Labs**  
Joint Support  
60 ct

EDLP \$39.99



reg \$54.99

This innovative joint support formula packs evidence-based doses of patented Curcumin C3 Complex, FruiteX-B, Boswellin Super, UC-II Collagen, and Bioperine. Transparent Labs Joint Support can help protect, rebuild, and revitalize joints so you can get back to the exercises/activities you love.

**Mary Ruth's**  
Prenatal &  
Postnatal  
Multivitamin  
Liposomal  
15.22 oz

EDLP \$31.05



reg \$38.79

This Prenatal & Postnatal Liposomal is designed to help support fetal development and healthy lactation via liposomal technology for enhanced absorption!



# NEW

EDLP \$36.49

**Sunwarrior**  
Matcha  
Collagen Building  
Protein Peptides  
Coconut Matcha  
Latte  
1.1 lb



reg \$42.97

Meet your secret weapon for beautiful well-being. This innovative blend combines the ancient wisdom of matcha tea with the beauty-boosting benefits of collagen-building protein peptides.

EDLP \$29.69

**Sunwarrior**  
Active Creatine  
Monohydrate  
For Her  
Elderberry  
Lemonade  
14.1 oz



reg \$34.97

Embrace your feminine strength with Creatine for Her, crafted to support hormone balance, promote healthy aging, restore brain energy, deliver relief from occasional stress, improve skeletal muscle and bone density.

EDLP \$46.69

**Sunwarrior**  
Active Aminos  
Dragon Fruit  
1.25 lb



reg \$54.97

Powering your full physical potential is impossible if your protein and amino acid needs aren't being met. Sunwarrior's Active Aminos combine the most bioavailable sources of vegan EAAs available, delivering 8g of EAAs and over 5g BCAAs.

EDLP \$38.22

**Sunwarrior**  
Active  
Protein  
Cake Batter  
2.2 lb



reg \$44.97

Sunwarrior Active Protein is a clean, organic protein that builds and repairs lean muscle while replenishing vital minerals.

**BodyHealth**  
Perfect Amino  
Electrolytes  
Mixed Berry  
5.5 oz



reg \$22.49

A perfectly balanced, easy to use, and absolutely delicious electrolyte drink formula fortified with PerfectAmino to help rebuild muscle and improve endurance.

**Herb Pharm**  
Herbal Detox  
1 oz



reg \$49.98

The Herb Pharm Herbal Detox compound features Red Clover extract prepared from the flowering herb of Certified Organic Trifolium pratense plants grown on farms in southern Oregon.

**Tony's**  
Chocolonely  
Lil' Bits  
Triple  
Chocolate  
Mix  
4 oz



reg \$5.99

3 times the choco, 3 times the munch factor. That's what ya get with Tony's Lil' Bits Triple Chocolate Mix. Chunky layers of dreamy, creamy milk choco, rich dark choco, and suuuper smooth white choco.

**Sunwarrior**  
Organic  
Prebiotic Fiber  
7.4 oz



reg \$15.97

People often say you need to trust your gut. But your gut needs to be able to trust you, too. Earn that trust with the power of Prebiotic Fiber! Embrace daily regularity and feel your best while supercharging your gut health, staying energized, and relishing the rhythm of life.

EDLP \$4.29

**The Good**  
Crisp  
Spicy Cheese  
Balls  
2.75 oz



reg \$5.09

Introducing the newest addition to The Good Crisp snacking family, Spicy Cheese Balls! This is the better for you version of your favorite childhood snack you can feel good about!

**Serenity**  
Kids  
White Cheddar  
Cauliflower Puffs  
1.5 oz



reg \$6.19

With one gram of protein and one gram of fat per serving, these cheesy bites are your little one's crunchy companions for any on-the-go adventure or easy day at home.

EDLP \$6.79

**Alden's**  
Organic  
Greek Yogurt  
Frozen Dessert  
Bar Salted  
Caramel Twist  
4 ct



reg \$8.79

Made with organic Greek yogurt and ribbons of organic caramel twisted into each velvety bite

EDLP \$4.26

**Lesser**  
Evil  
Space Balls  
Cinnamon Sugar  
Stardust  
5 oz



reg \$5.19

Light and toasty corn puffs dusted with sweet coconut sugar and warming cinnamon, LesserEvil's Stardust Space Balls are an out-of-this-world vegan treat.

# HERBS FOR WOMEN'S HEALTH

by: Gaia Herbs

## 1. Fenugreek

Supports the optimal production of breast milk.

Fenugreek (*Trigonella foenum-graecum*) is a plant indigenous to the Mediterranean but is now widely cultivated worldwide. Interestingly, the Latin name for Fenugreek (*Trigonella foenum-graecum*) means "Greek hay" because the plant was a nutritious addition to cattle feed due to its high nutrient content.

People have enjoyed using Fenugreek seeds in traditional medicine and cuisine for centuries. The seeds have a distinct smell, often described as having a faintly sweet aroma, like maple syrup. This unique smell has made Fenugreek seeds a popular ingredient in maple-flavored foods, such as baked goods and syrups. The seeds contain soluble fiber that may help support healthy cholesterol absorption in the bloodstream.

One of the most well-known uses of Fenugreek is to support the optimal production of breast milk in nursing mothers. This is due to compounds in the seeds that support milk production, including phytoestrogens and galactagogues. While this is the traditional use of Fenugreek, it is always best to consult a healthcare provider before using it to support lactation.

## 2. Maca

Supports healthy libido and normal fertility.

Maca (*Lepidium meyenii*) is a knobby root vegetable that resembles a turnip, a relative of this native Peruvian plant. This hardy adaptogenic herb grows best in the harsh environment of the high Andes, where the Inca warriors used it as a caffeine-free performance enhancer. Maca root may help soothe the effects of vaginal dryness and support healthy energy, stamina, and libido in women.

Traditional medicine has used maca root for centuries, particularly in the Andean region, to soothe various health issues. Recent research has shown that it may support natural fertility by helping to maintain normal reproductive hormone levels. In women, Maca may support healthy levels of luteinizing hormone (LH), follicle-stimulating hormone (FSH), and estrogen, which are important for healthy reproductive function.

It has a delicious, somewhat nutty taste, and Maca Powder, the powdered form of this herb, can be added to smoothies, juice, or oatmeal, making it a convenient way to add its nutritional benefits to your diet. In addition, there are also Maca root pills.

## 3. Red Clover

A rich source of naturally occurring phytoestrogens.

Red Clover (*Trifolium pratense*) is a highly versatile and nutritious herb that has long supported women's health. It is an excellent choice for supporting women's health during menopause. It is a rich source of naturally occurring phytoestrogens that help support healthy estrogen levels in women to support uterine and ovarian health. Red Clover also encourages detoxification, promotes healthy skin, and supports the body's lymphatic functions.

Native to North America, Red Clover has since spread across Europe and into the Far East and has a rich history of use in Russian and Chinese herbalism. Red Clover's highly nutritious properties continue to make it a popular food for grazing livestock. Its wide range of benefits makes it a valuable addition to any natural health routine.

## 4. Vitex Berry

Supports female hormone production and balance, especially during the transitions of life.

Vitex (*Vitex agnus-castus*) is also called Chaste Tree. Its Latin name means "chaste lamb," and in ancient times, its leaves were strewn at the feet of clergy to keep them as the plant's name implies!

Healthy hormone levels are necessary for physical and emotional well-being. Vitex has been used since the time of Hippocrates to support gynecological health, particularly for the changing seasons and cycles of life. Used traditionally to support healthy and regular menstrual cycles, soothe PMS symptoms, and support hormone production and balance.

This herb's berries promote a healthy mind and body throughout the menstrual cycle and during the transition into menopause.

## 5. Raspberry Leaf

Supports women's reproductive health and hormone balance

Raspberry Leaf (*Rubus idaeus*) is a perennial shrub that grows natively in Europe and Asia. This herb is a rich source of vitamins and minerals, including vitamins C and E, calcium, and magnesium, which are essential for healthy reproductive function.

Raspberry Leaf is also known for its ability to support a strong and toned uterus, which may help women during childbirth. Midwives often recommend Raspberry Leaf to support normal labor and delivery, minimize the need for interventions during childbirth, and support a healthy recovery after giving birth.

Raspberry Leaf has a slightly sweet and earthy flavor, and it can be brewed as tea or added to smoothies. It is also available in supplement form, including capsules and tinctures.

## 6 Ashwagandha

Supports healthy stress response, hormone balance, and reproductive health in females.

Ashwagandha (*Withania somnifera*) is a versatile herb used in traditional Ayurvedic medicine. Its adaptogenic properties make it a popular choice among those looking to support their body's natural stress response. Ashwagandha root is also known for its ability to support healthy energy levels, stamina, and cognitive function.

Ashwagandha may help support healthy thyroid function by balancing TSH levels and improving T4 levels. Additionally, it may help support a healthy immune system by promoting healthy levels of white blood cells.

One of the most notable benefits of Ashwagandha is its ability to support healthy cortisol levels. Cortisol is a hormone that plays a key role in the body's stress response, and when cortisol levels are chronically high, it can lead to negative health effects. Ashwagandha may help to support a healthy cortisol response, which can help to soothe the effects of stress and promote feelings of relaxation.

## 7. Dong Quai

Supports healthy menstrual cycles and menopausal symptoms.

Dong Quai (*Angelica sinensis*), also known as "female ginseng," is an herb used in Traditional Chinese medicine for centuries to support women's health. It is particularly known for supporting healthy menstrual cycles and soothing menopausal symptoms.

Dong Quai is rich in compounds called coumarins, which may support healthy blood circulation and relaxed muscles, making it a popular choice for those looking to soothe the effects of menstrual cramps and support healthy blood flow during menstruation. Dong Quai is typically consumed as a tea, tincture, or capsule.

## 8. Ginseng

Supports healthy libido and normal fertility in women.

Ginseng (*Panax ginseng*) is a perennial herb that may support healthy libido and fertility in women. Ginseng may also support healthy menstrual cycles.

Ginseng supplements are an easy and convenient way to add the benefits of this herb to your daily routine. Ginseng is available in many forms, including supplements, teas, and extracts. It has a slightly bitter taste, which can be masked by adding it to food or drinks. Ginseng is also known for its adaptogenic properties, meaning it helps the body better cope with feelings of stress and supports healthy immune function.

## 9. Shatavari

Supports female reproductive health, fertility, libido, and hormonal balance.

Shatavari (*Asparagus racemosus*) is an herb commonly used in Ayurvedic medicine to support female reproductive health, including healthy menstruation and lactation, and may also support healthy libido and fertility. It's also a natural aphrodisiac that may help to support sexual function and desire in women and soothe the effects of vaginal dryness.

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