

Natural solutions for every woman at every stage of her life.

Take a positive step with Harmony

- ✓ Multi-herb formulas for multiple symptoms
- ✓ Australian made
- ✓ Natural formula
- ✓ Specifically developed for women
- ✓ Free from eggs, gluten, dairy and artificial sweeteners & flavours

Harmony Balance

- 1 Reduces PMS symptoms
- 2 Relieves cramps & bloating
- 3 Boosts daily energy



Clinically trialled Vitex dose.



To help balance hormones during premenstrual cycle.

DOSE:

Starting 3 per day
Maintenance 1 - 2 per day

Harmony Restore

- 1 Reduces exhaustion
- 2 Improves sleep
- 3 Stress relief
- 4 Nourishes skin



Clinically trialled Holy Basil dose to ease stress.



For women on the go, busy, tired & stressed.

DOSE:

Starting 2 per day
Maintenance 1 per day



Harmony Menopause Day & Night

- 1 Relieves insomnia & sleeplessness
- 2 Reduces excessive night sweats
- 3 Eases mild anxiety

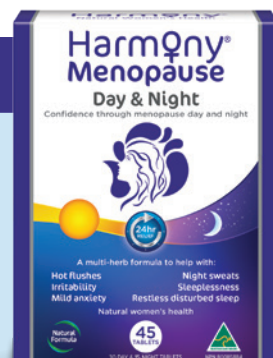


No black cohosh. High therapeutic dose of Ziziphus 10g.

For added support during menopause to help with sleep.

DOSE:

Day 2 in the morning
Night 1 in the evening



Harmony Menopause

- 1 Every day support for hot flushes and irritability
- 2 With added vitamin D, magnesium and calcium
- 3 For women experiencing first signs of menopause



NO black cohosh. FREE from wheat, gluten, dairy and artificial flavours & colours.



To support women during peri-menopause & menopause.

DOSE:

Starting 2 - 4 per day
Maintenance 1 - 2 per day

Harmony MAX

- 1 For when menopause symptoms are at their MAX
- 2 Relieves intense hot flushes & night sweats
- 3 Higher potency than original Harmony Menopause



NO black cohosh. High therapeutic dose of Rehmannia 10g.



For strong symptoms of menopause, especially heat.

DOSE:

Starting 2 per day
Maintenance 1 per day

Natural solutions for every woman at every stage of her life

- Most women experience positive results within 1-2 weeks, with continued improvement as the herbs tonify & restore.
- Not recommended in pregnancy or breastfeeding.
- All women on medications, including the pill or HRT, or with a serious disease state, should discuss starting herbs first with their doctor and be monitored by a practitioner.



Max daily
dose
(4 tablets)



Max daily dose
(3 tablets)



Max daily
dose
(2 tablets)



Max daily
dose
(3 tablets)



Max daily
dose
(2 tablets)

Ingredient:		Effect:	Each tablet contains:				
	Rehmannia (<i>Rehmannia glutinosa</i> root)	- Relief of hot flushes - Relief of night sweats Regulates temperature & clears heat from the blood - TCM adrenal tonic to improve wellbeing	200 mg (6:1 QCE 1.2 g)	200 mg DAY (6:1 QCE 1.2 g)	633.33 mg NIGHT (12:1 QCE 7.6 g)	416.7 mg (12:1 QCE 5 g)	
	Peony (<i>Paeonia lactiflora</i> root)	Hormone regulating - balancing - Nourishing tonic for healthy hair, skin & nails - Indicated in TCM for sleep problems - Relieves menstrual (period) pain & cramps (Harmony Balance)	28.6 mg (7:1 QCE 200 mg)	28.57 mg (7:1 QCE 200 mg) DAY	214.3 mg (14:1 QCE 3 g)	286 mg (7:1 QCE 2 g)	150 mg (20:1 QCE 3 g)
	Bupleurum (<i>Bupleurum falcatum</i> root)	- Reduces stress Calming properties	20 mg (10:1 QCE 200 mg)	20 mg (10:1 QCE 200 mg) DAY	75 mg (20:1 QCE 1.5 g)	100 mg (10:1 QCE 1 g)	
	Chaste Tree (<i>Vitis agnus-castus</i> fruit)	- Western herb that's been used since ancient times for gynaecological issues Hormone regulating - balancing - Clinically trialled¹ and shown to relieve symptoms of PMS such as breast fullness (tenderness), irritability, headaches	10 mg (10:1 QCE 100 mg)	10 mg (10:1 QCE 100 mg) DAY	20 mg (10:1 QCE 200 mg)	17.5 mg (10:1 QCE 175 mg)	
	Dong Quai (<i>Angelica polymorpha</i> root)	- Regulates menstrual cycle (irregularity) Eases menstrual cramps (period pain) - Female tonic - Blood building herb which also nourishes the skin, hair & nails	50 mg (4:1 QCE 200 mg)	50 mg (4:1 QCE 200 mg) DAY		200 mg (10:1 QCE 2 g)	
	Chinese Yam (<i>Dioscorea opposita</i> root)	- A TCM tonic which is cooling, nourishing & supports energy - Cooling, it balances & reduces night sweats	40 mg (5:1 QCE 200 mg)	40 mg (5:1 QCE 200 mg) DAY			
D3	Vitamin D3	Vitamin D helps and is needed for calcium absorption	2.5 mcg (D3 100IU)	2.5 mcg (D3 100IU) DAY	5 mcg (D3 200IU)	3.75 mcg (D3 150IU)	
Mg Magnesium	Magnesium	- Helps calm the nervous system - Helps prevent muscle cramps	50 mg (equiv magnesium 10 mg)	50 mg (equiv magnesium 10 mg) DAY			
Ca Calcium	Calcium (<i>Calcium hydrogen phosphate</i>)	- Helps to maintain bone density - Helps to calm the nervous system	350 mg (equiv calcium 81.6 mg)	350 mg (equiv calcium 81.6 mg) DAY			
	Calcium (<i>Calcium amino acid chelate</i>)		50 mg (equiv calcium 10 mg)	50 mg (equiv calcium 10 mg) DAY			
B6	Vitamin B6	- Helps relieve mild to moderate PMS symptoms - Essential vitamin for overall wellbeing & body function				25 mg (from Pyridoxine hydrochloride)	
	Holy Basil (<i>Ocimum tenuiflorum</i> - <i>Ocibest®</i>)	- Relieves exhaustion Stress relief - Improved sleep - Clinically trialled dose² of Ocibest®					600 mg (10:1 QCE 6 g)
	Ashwagandha (<i>Withania somnifera</i> root)	- Adaptogen shown to help relieve stress³ - Helps to restore energy					75 mg (20:1 QCE 1.5 g)
	Olive Fruit (<i>Olea europaea</i> - <i>Opextan®</i>)	- Powerful antioxidant - Protective skin properties - Clinically trialled ingredient⁴					80 mg (13:1 QCE 1 g)
	Ziziphus (<i>Jujube seed</i>)	- Promotes a deep sleep, helps relieve insomnia, sleeplessness & restless dream disturbed sleep - Relieves night sweats & excessive sweating - Helps relieve irritability & palpitations with anxiety		200 mg (50:1 QCE 10 g) NIGHT			

For healthcare professionals education
www.martinandpleasance.ca
QCE = Quantity Crude Equivalent (delivered dose)