

FEEL ALIGNED

From puberty to pre-menopause, Feel Aligned was made with all women in mind. It supports all the hormone-producing glands to leave you feeling balanced and in control every day of the month.

Heavy, painful or irregular periods; fluid retention, breast tenderness, hormonal acne, hormonal migraines, ovulation pain, fatigue, mood swings and PMS. Women put up with a lot, so we think our female supplement shouldn't be another compromise.

Feel Aligned was formulated to treat all these key consumer issues in one easy to take capsule, so you can trust your cycle and focus on you.



Key ingredients

Chaste Tree (Agnus Castus) - A real super herb. Supports the production of progesterone which balances the hormones that regulate the menstrual cycle and fertility. It helps to ease a host of symptoms including fluid retention, constipation, tender breasts, stomach cramps, pre-menstrual syndrome, hormonal acne, irregular menstrual cycles and hot flushes.

Motherwort (Leonorus Cardiaca) - Promotes a regular menstrual flow. Motherwort is known as an *emmenagogue*, which means that it stimulates blood flow to the uterus. It is advised to avoid emmenagogues during pregnancy because of this quality.

Dandelion Root (Taraxacum Officinale) - Traditionally used to promote good liver health, which is important for the effective removal of excess hormones, such as estrogen, from the system.

Oatstraw (Avena Sativa) - Balances the organs in the endocrine system which is key for healthy hormone production. Oatstraw is a rich source of magnesium, which is beneficial for painful periods, perimenopause and PMS.

One dose (2 capsules) will provide 120mg of chaste tree berry and 120mg of dandelion root.

Food supplement containing: chaste tree berry (vitex-agnus castus), dandelion root (taraxacum officinale), alfalfa (medicago sativa), hemp seed powder, fennel seed, nettle leaf (urtica dioica), oatstraw (avena sativa), elecampane root (inula helenium), motherwort (leonurus cardiaca), angelica root (angelica archangelica) and apple powder.