



NATURE'S SUNSHINE

Menstrual Reg

GOOD FOR

Female Reproductive System

Endocrine System

Uterus

SIZE **100 Capsules**

ITEM # **1125**

SERVING **2-3**

SUPPLY **11-16 days**

DIRECTIONS FOR USE Take two to three capsules with a meal three times daily.

— How the Key Ingredients Work

Menstrual Reg brings together six time-honored herbs that have been used for generations to support a healthy, comfortable cycle. Each ingredient plays its own role — from helping ease cramping and heavy flow to supporting the hormonal balance your body needs every month.

Chaste Tree (Vitex agnus-castus) — Often called the cornerstone herb for women's hormonal health, chaste tree works through the body's own hormonal messaging system to help bring progesterone and estrogen into better balance. It has been studied in multiple clinical trials for cycle irregularity, luteal-phase support, and fertility concerns, and is recognized by Germany's Commission E for PMS-related symptoms including hormonally driven breakouts.

Shepherd's Purse — One of the most respected herbs in traditional women's health, shepherd's purse has been used since ancient times to help manage heavy menstrual bleeding. A triple-blind clinical trial found that women with heavy periods experienced meaningful reductions in blood loss after two cycles of use. It also brings antioxidant and anti-inflammatory support to the formula.

Yarrow — Yarrow is one of the oldest medicinal plants known to humanity and earns its place here for two key reasons: it helps ease the crampy, spasmodic abdominal discomfort that so often accompanies menstruation, and it delivers a rich supply of antioxidants. Germany's Commission E and ESCOP both officially recognize yarrow for digestive and abdominal spasm relief.

Raspberry Leaf — Red raspberry leaf has a long history as a women's tonic herb. Modern research shows its polyphenols — including anthocyanins and ellagitannins — help calm inflammatory processes in the body. A 2025 clinical trial also found raspberry leaf tea significantly reduced post-meal blood sugar spikes, pointing to broader metabolic wellness benefits that complement cycle health.

Nettle — Stinging nettle is a nutritive herb packed with antioxidant compounds including quercetin, rutin, and chlorogenic acid. It supports the body's natural defenses against oxidative stress and has been studied in clinical trials for its anti-inflammatory activity. Its broad, nourishing profile makes it a valuable supporting player in any women's wellness formula.

Sarsaparilla — Sarsaparilla has been treasured in traditional herbal systems across the Americas and Asia for centuries, particularly for supporting hormonal balance and overall vitality. Its flavonoids have demonstrated antioxidant and anti-inflammatory activity in laboratory studies, and it has a long folk history of use as a general tonic to help the body feel its best.

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