

- Vitex:
 - Uses: female reproductive tract regulator, supports luteal phase
 - Treats: PMS, endometriosis, menstrual cramps, uterine fibroids, and menopausal hot flashes
- Dioscorea:
 - Uses: antispasmodic, hormone balancer, carminative
 - Treats: low progesterone / high estrogen states, uterine cramps, mid-cycle spotting, PMS, painful menses, and endometriosis
- Angelica:
 - Uses: balancing, circulatory
 - Treats: “warming female tonic”, promotes circulation, normalizes menstrual cycle, analgesic for painful menses / cramps, helps uterine bleeding d/t stagnant blood flow (gets menses going if starting slow)
- Cimicifuga:
 - Uses: female reproductive tract tonic, antispasmodic, sedative, analgesic, anti-inflammatory
 - Treats: menstrual cramps, amenorrhea, oligomenorrhea, endometriosis, menopausal complaints, think of for reproductive tract problems with congestive complaints, normalizes uterine contractions during labor
- Motherwort:
 - Uses: Female tonic, diuretic, antispasmodic, nervine, antioxidant
 - Treats: PMS cramps with delayed menstruation, congestive amenorrhea, nervous palpitations, nerve tension, insomnia due to anxiety, & nerve pains from HSV or zoster.
- Passiflora:
 - Uses: antispasmodic, nervine, sedative, anti-inflammatory, anodyne, anxiolytic
 - Treats: anxious, restless states; postmenopausal insomnia, because of it’s antispasmodic and anodyne properties may be used for menstrual cramps
- Damiana:
 - Uses: aphrodisiac, stimulating nervine
 - Treats: sexual arousal, stimulates blood flow and excitement