

UK Product Name Smooth Cycle Tea **Code Name** MA1780
Availability Stock item in UK

Description Smooth Cycle Tea provides mind/body support for a smooth menstrual cycle. White Angelica, Hibiscus flower and Rose petals help balance hormonal flow. Lodha and Ashoka bark support the overall balance and interactions of female hormones. Hibiscus flower, Indian Sarsaparilla and Winter Cherry maintain resistance to stress and balance mind and emotions. These herbs are supported by liquorice, peppermint, spearmint and cinnamon to make a balanced and tasty tea.

Comfort for women all month long
 A pleasant mint-flavoured tea formulated to help balance female hormones and physiology, Smooth Cycle Tea helps support a comfortable menstrual cycle.
 Spice Wise

Spices are ingredients in many synergistic Ayurvedic herbal formulations, and an Ayurvedic expert, when giving you advice, is as likely to recommend specific spices to include in your diet as to suggest herbal supplements for you to take.

- White angelica, Shoe Flower (Hibiscus) and Rose Petals support female hormonal flow and balance.
- Liquorice contributes the sweet taste, useful for pacifying Pitta.
- Lodha and Ashoka Bark support overall balance and interaction among female hormones.
- Hibiscus Flower, Indian Sarsaparilla and Aswagandha aid resistance to stress and help balance the mind and emotions.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/teabag)
Hibiscus rosa-sinensis Linn.	Shoe Flower	flower	1	15	255.0
Symplocos racemosa Roxb.	Lodh Tree	bark	2	15	255.0
Saraca asoca (Rosc.) W.J de	Asoka	bark	3	13	221.0
Mentha piperita	Peppermint	leaf	4	10	170.0
Mentha spicata	Spearmint	leaf	5	10	170.0
Glycyrrhiza glabra Linn.	Liquorice	root	6	10	170.0
Withania somnifera (L.) Dunal	Aswagandha	root	7	10	170.0
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	8	5	85.0
Rosa centifolia Linn.	Cabbage Rose	petal	9	5	85.0
Cinnamomum zeylanicum Blu	Cinnamon	bark	10	5	85.0
Angelica glauca Edgw.	White Angelica	root	11	2	34.0

Contraindications/Precautions None

Over dose and its Management An intake of 2-3 times more than the recommended dose is generally well tolerated. In case of intake more than this, skip the next dose. In case of discomfort consult your health advisor.

Side Effects and Interactions None known

Usage

Age Group Adolescent and adult ladies

Dosage Form 1.7g teabags

Method of Use Infuse the teabag for 5-7 minutes in boiled water. One bag makes one cup of tea. Add milk and sugar to taste. Take 2-3 cups of tea daily.

How Long to Continue Use? As desired

Specific Dietary/Lifestyle Advice

Presentation

Presentation 20 wrapped and tagged teabags in a cardboard box.

Net Weight grams 34

Storage Store in a cool, dry, dark place, tightly closed

Shelf Life (months) 24

Regulatory Status Food Supplement