

Call us toll free at: **1-800-925-1371**



RUVED Inc.
a subsidiary of Ayush Herbs Inc.
Redmond, WA
Toll Free: **1-800-925-1371**
www.ruved.net

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This product is not intended to diagnose, treat, cure or prevent any disease or condition.



Regu-Fem™
Female Health Support



Nutritional Support for:

- Healthy Hormone Balance
- Bone Health
- Hot Flashes
- Mild Mood Changes
- Tissue Dryness.

Regu Fem™ is especially helpful for supporting many of the most common pre-menopausal and menopausal complaints. Regu Fem™ is a synergistic blend of the Ayurvedic herbs *Saraca indica*, *Dioscorea villosa*, *Asparagus racemosus*, *Terminalia arjuna*, *Cissus quadrangularis*, and Indian coral powder. The Regu Fem™ formula is helpful in alleviating many common menopausal symptoms, which can include hot flashes, mild mood changes, and tissue dryness. *Saraca indica*, known in Ayurvedic tradition as *ashoka*, has been used in India for many centuries to address common symptoms associated with menstruation. *Saraca* also aids in maintaining healthy mood levels. The name *ashoka* means “without sorrow,” a reference to *Saraca*’s reputation for keeping women healthy and youthful. Coral powder has calcium and magnesium, both of which provide relief for common symptoms associated with menopause. *Cissus quadrangularis* has traditionally been believed to maintain healthy bone structure.



Naturally Grown
Himalayan Herbs



In-house Manufactured
to ensure Purity



Third Party Tested
for Heavy Metals

For more information on these herbs
and research, please visit our website at
www.ruved.net

Suggested Use:
1 Capsule three times daily
or as directed by you physician.

Other Ingredients: Vegetarian Capsule (Cellulose
and Chitophyll). Free from Milk, Soy, Egg and Wheat.

Supplement Facts	
Serving Size: 1 Capsule Servings Per Container: 60	
Extracts of:	Amount per Capsule %DV
Bamboo (Bamboo munda)	Proprietary blend *
Black Cohosh (Cimicifuga racemosa)	totaling *
Coral Powder	100mg *
Stemmed Vine (Cissus quadrangularis)	100mg *
Arjuna (Terminalia arjuna)	100mg *
Ashoka (Saraca indica)	100mg *
Sitawan (Asparagus racemosus)	100mg *
Wild yam (Dioscorea villosa)	100mg *

Percent daily values are based on a 2000 calorie diet.
*Daily value not established



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