



Medisils

EVIDENCE-BASED WELLNESS FORMULATIONS

WOMEN'S HEALTH & HORMONAL BALANCE

Natural wellness for every
phase of womanhood



BALANCE
Naturally



NOURISH
Holistically



EMPOWER
Confidently



THRIVE
Everyday

ABOUT

MEDILAB HEALTHCARE is a research-focus formulation firm established in Pune, India to produce complex generics of the highest quality. Our efforts are specially focused on Ayurvedic, Nutraceuticals.

We consider superior manufacturing to be truly critical for success. We strive to meet and exceed regulatory standards to deliver products that are consistently of higher quality. We build lasting partnerships on a foundation of reliability, integrity, transparency and responsiveness.

We strongly value long-term relationships and strive to build lasting partnerships based on reliability, transparency, responsiveness, and mutual growth. By combining scientific expertise with ethical business practices, MEDILAB HEALTHCARE aims to contribute towards better health and wellness while becoming a trusted name in the healthcare and nutraceutical industry.

OUR STRENGTHS



RESEARCH FOCUSED

Driven by science.
focused on innovation.



QUALITY ASSURED

Stringent standards.
Consistent excellence.



TRUSTED PARTNERSHIPS

Built on reliability,
integrity and transparency.



BETTER HEALTH

Delivering better
healthcare solutions.

OUR CERTIFICATIONS



Why Herbal Medicine Works

For thousands of years, herbal medicine has been the cornerstone of healing traditions across every culture on Earth — from Ayurveda in India to Traditional Chinese Medicine, from African ethnobotany to European phytotherapy. Today, modern science is validating what ancient healers always knew: plants contain extraordinarily complex bioactive compounds that interact with human biology in ways no single synthetic molecule can replicate.

Unlike pharmaceutical drugs that target isolated pathways, herbal formulations offer multi target, multi-pathway action— gently nudging the body's own regulatory systems back into balance. Adaptogens like Ashwagandha reduce cortisol and support the HPA axis. Phytoestrogens in Red Clover and Shatavari bind selectively to estragon receptors to ease menopausal transitions. Curcumin downregulates NF- κ B and COX-2 inflammatory pathways naturally. This is not folklore—these are mechanisms demonstrated in peer-reviewed, double-blind, placebo-controlled clinical trials published in leading medical journals.

The global shift toward herbal and integrative medicine reflects a growing recognition that sustainable wellness requires working with the body, not against it. When herbs are standardised, clinically dosed, and formulated with scientific precision, they deliver the best of both worlds: nature's wisdom and pharmaceutical-grade efficacy.



Multi-Target Action

Botanical compounds act on multiple pathways simultaneously, addressing root causes rather than suppressing symptoms.



Hormonal Harmony

Adaptogen herbs gently modulate the endocrine system, restoring natural balance without harsh hormonal disruption



Clinical Validation

gradient in this portfolio is backed by randomised controlled trials and systematic reviews



Sustainable Wellness

Herbal approaches support the body's own regulatory systems, promoting lasting wellness rather than dependency



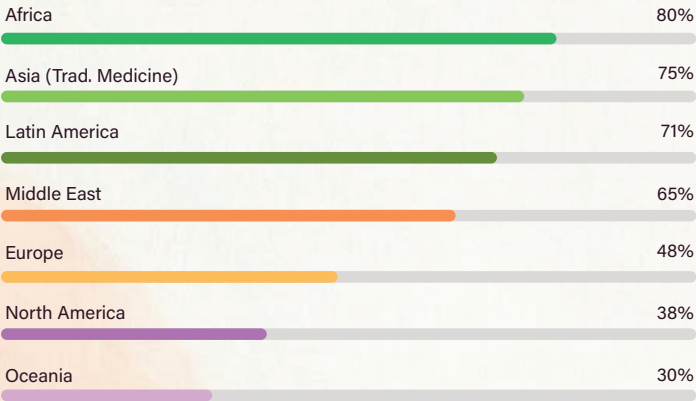
Favourable Safety Profile

Centuries of traditional use, combined with modern safety data, confirm herbal medicines are well-tolerated long-term

The World Is Returning To Herbal Medicine

According to the World Health Organization, approximately 80% of the global population uses herbal medicine as part of their primary healthcare. Adoption is accelerating worldwide, driven by growing distrust of synthetic pharmaceuticals, rising costs of conventional healthcare, and a surge in clinical evidence supporting botanical therapies.

POPULATION USING HERBAL MEDICINE BY REGION



Source: WHO Traditional Medicine Strategy 2019–2025 & Global Wellness Institute, 2023

GLOBAL HERBAL SUPPLEMENT MARKET SHARE



- Women's Health- 32%
- Men's Health- 24%
- General Wellness- 22%
- Immune Support- 14%
- Other- 8%

+15%

Annual growth rate of herbal supplement market globally
(2023–2026)

80%

Global population relying on herbal medicine as primary
or complementary care

\$210B%

Projected global herbal supplement market value by 2026

Women's Health & Hormonal Balance

• Female Libido: Intimate Wellness & Desire Support



Designed to support women's intimate wellness, this formulation helps naturally enhance sexual desire, comfort, and overall satisfaction. It works by promoting hormonal balance, which can reduce vaginal dryness and support better moisture levels for improved comfort. At the same time, it helps uplift mood, ease emotional fluctuations, and boost energy and stamina. With added benefits for circulation and pelvic blood flow, it contributes to improved sensitivity and sexual response, while calming, mood-enhancing ingredients support relaxation and confidence—helping women feel more balanced, energized, and connected.

KEY BENEFITS



Hormonal
Balance



Vaginal
Comfort



Libido
Enhancement



Mood
Support



Pelvic
Circulation



Stress
Relief

Scientific Reviews and Literatures (References)

1. Effects of Shatavari (**Asparagus racemosus**) Root Extract on Sexual Wellness in Women: Findings from a Prospective, Randomized, Double-Blind, Three-Arm, Parallel -Group, Placebo Controlled Study
John Ademola, Supriya Mahajan, Mayakalyani Srivathsan, Deepak Langade
2. **Black Cohosh**
3. A Double-Blind Placebo-Controlled Trial of **Maca Root** as Treatment for Antidepressant Induced Sexual Dysfunction in Women
Christina M Dording 1*, Pamela J Schettler 2, Elizabeth D Dalton 1, Susannah R Parkin 1, Rosemary S W Walker 1, Kara B Fehling 1, Maurizio Fava 1, David Mischoulon 1
4. **Damiana** Pharmacology of Herbal Sexual Enhancers: A Review of Psychiatric and Neurological Adverse Effects
Pietro Brunetti 1, Alfredo Fabrizio Lo Faro 1, Anastasio Tini 2, Francesco Paolo Busardò 1, Jeremy Carlier 1 2
5. The effect of **rose damascene** extract on anxiety and sexual function of breastfeeding women: a randomized controlled trial
Gohar Akbarzadeh 1, Parvin Abedi 2*, Shayesteh Jahanfar 3, Hossein Sadeghi Mansurkhani 4, Ahmad Fakhri 5, Elham Maraghi 6
6. Influence of a Specialized **Trigonella foenum-graecum** Seed Extract (Libifem), on Testosterone, Estradiol and Sexual Function in Healthy Menstruating Women, a Randomised Placebo Controlled Study
Amanda Rao 1, Elizabeth Steels 2, Gavin Beccaria 3, Warrick J Inder 4, Luis Vitetta 1 5

• Female Menopause: Hormonal Transition & Comfort



Designed to support women through menopause, this formulation helps maintain hormonal balance, reproductive organ health, and overall vitality. It works to reduce the frequency and intensity of hot flashes, night sweats, and excessive sweating, while also easing mood swings, irritability, and stress. With added support for cardiovascular health, immune function, and natural detoxification, it helps the body adapt to hormonal changes more comfortably. By addressing common symptoms like breast tenderness and hormonal imbalance, it promotes a more balanced, calm, and comfortable menopausal transition.

KEY BENEFITS

	Hot Flash Relief		Night Sweat Reduction		Mood Stabilisation
	Cardiovascular Health		Immune Support		Natural Detox

Scientific Reviews and Literatures (References)

1. Efficacy and Safety of **Shatavari Root Extract** for the Management of Menopausal Symptoms: A Double-Blind, Multicenter, Randomized Controlled Trial
Vani S. Gudise ,Meenakshi P. Dasari , Siva Sai K. Kuricheti
2. A prospective, randomized, double-blind, placebo-controlled study on efficacy and safety of **Ashwagandha root extract (*Withania somnifera*)** for managing menopausal symptoms in women
Isukapalli Vani 1*, Gudla Muralidhar 2, Bade Srinivas Rao
3. A clinical trial on the effect of **guduci (*tinospora cordifolia*)** (wild) (miers) satva along with ksheera in perimenopausal symptoms
Thulasi V S*, Giby Thomas, Shahina Mole S
4. **Black cohosh** (Cimicifuga spp.) for menopausal symptoms
Matthew J Leach 1, Vivienne Moore 2
5. Evaluation of Clinical Meaningfulness of **Red Clover (*Trifolium pratense L.*)** Extract to Relieve Hot Flushes and Menopausal Symptoms in Peri- and Post-Menopausal Women: A Systematic Review and Meta-Analysis of Randomized Controlled Trials
Wieslaw Kanadys 1, Agnieszka Barańska 1*, Agata Błaszczyk 2, Małgorzata Polz Dacewicz 2, Bartłomiej Drop 1, Krzysztof Kanecki 3, Maria Malm 1
6. The effect of (Sage) **Salvia officinalis** extract on the menopausal symptoms in postmenopausal women: An RCT
Fereshteh Dadfar 1, Kourosh Bamdad 1
7. **Evening Primrose Oil** for Menopause Hot Flashes: Systematic Review and Meta-Analysis
Thanigasalam Thevi 1, Somsubhra De 2, Htoo Htoo Kyaw Soe 3
8. Effects of **Licorice** on Relief and Recurrence of Menopausal Hot Flashes
Fatemeh Nahidi a*, Elham Zare b, Faraz Mojab b, Hamid Alavi-majd c

• **Female Breast Health:** Hormonal Harmony & Tissue Wellness



Designed to support overall breast health and wellness, this formulation helps maintain hormonal balance by regulating estragon, progesterone, and prolactin levels. It aids in reducing common concerns such as breast tenderness, PMS symptoms, and menstrual irregularities, while also supporting breast tissue nourishment and lactation. Enriched with antioxidant compounds, it helps protect cells from oxidative stress and supports healthy breast tissue function. Overall, it promotes hormonal harmony, comfort, and long-term breast health.

KEY BENEFITS

	Hormone Regulation		Breast Tenderness Relief		Antioxidant Protection
	Lactation Support		PMS Relief		Tissue Nourishment

Scientific Reviews and Literatures (References)

1. **Shatavari**
2. The effects of **black cohosh** on the regulation of estrogen receptor (ER α) and progesterone receptor (PR) in breast cancer cells
Monica Szymd 1,2,3, Victoria Lloyd 1,2,3, Kelly Hallman 1,2,3, Katie Aleck 1,2,3, Viktoria Mladenovik 1,2,3, Christina McKee 1,2,3, Mia Morse 1,2,3, Tyler Bedgood 1,2,3, Sumi Dinda
3. **Berberine** exhibits antioxidative effects and reduces apoptosis of the vaginal epithelium in bacterial vaginosis
Xiuzhen Ma 1,*, Junfeng Deng 1,*, Xinmu Cui 1, Qi Chen 1, Weihua Wang 1,
4. **Red clover**-derived isoflavones and mammographic breast density: a double-blind, randomized, placebo-controlled trial [ISRCTN42940165]
Charlotte Atkinson 1, Ruth ML Warren 2, Evis Sala 2, Mitch Dowsett 3, Alison M Dunning 4, Catherine S Healey 4, Shirley Runswick 5, Nicholas E Day 1, Sheila A Bingham 5
5. A Systematic Review and Meta-Analysis of the Efficacy of **Evening Primrose Oil** for Mastalgia Treatment
Lina Liana Ahmad Adni 1, Mohd Noor Norhayati 1,*, Ritzzaleena Rosli Mohd Rosli 1, Juliawati Muhammad 1
6. **Curcumin** for Treating Breast Cancer: A Review of Molecular Mechanisms, Combinations with Anticancer Drugs, and Nanosystems
Jing Zhu 1,t, Qian Li 2,t, Zhongping Wu 1, Ying Xu 1,*, Rilei Jiang 1,*
7. **Green tea** compounds in breast cancer prevention and treatment
Min-Jing Li 1,2,3, Yan-Cun Yin 1,2,3, Jiao Wang 1,2,3, Yang-Fu Jiang 1,2,3
8. A population-based case-control study on the association of **Angelica sinensis** exposure with risk of breast cancer
Jhong-Yuan Chen a b, Yi-Hsiu Wang a, Atik Choirul Hidajah c, Chung-Yi Li b c d

• PMS Ease: Menstrual Comfort & Nervous System Calm



Designed to ease PMS symptoms, this formulation helps reduce menstrual cramps, pelvic discomfort, bloating, and digestive uneasiness while supporting overall hormonal balance. It works to calm the nervous system, helping reduce PMS-related anxiety and improve sleep quality during the cycle. With added support for blood sugar balance and adrenal function, it helps stabilize mood and energy levels. Refreshing and soothing, it promotes greater comfort, relaxation, and well-being throughout the menstrual phase.

KEY BENEFITS



Cramp Relief



Bloating Reduction



Anxiety Calm



Sleep Support



Mood Stability



Energy Balance

Scientific Reviews and Literatures (References)

1. **Vitex agnus-castus** in premenstrual syndrome: A meta-analysis of double-blind randomised controlled trials
Dezső Csupor a b, Tamás Lantos c, Péter Hegyi d e, Ria Benkő f, Réka Viola e, Zoltán Gyöngyi g, Péter Csécséi h, Barbara Tóth a b, Andrea Vasas a b, Katalin Márta d, Ildikó Rostás d, Andrea Szentesi d, Mária Matuz f
2. Efficacy of **Chamomile** in the Treatment of Premenstrual Syndrome: A Systematic Review
Zahra Bostani Khalesi 1, Soheila Pirdadeh Beiranvand 3, Mahshid Bokaie 2
3. Effect of Treatment with **Ginger** on the Severity of Premenstrual Syndrome Symptoms
Samira Khayat 1,2,3, Masoomeh Kheirkhah 4,5*, Zahra Behboodi Moghadam 2, Hamed Fanaei 6, Amir Kasaeian 7,8, Mani Javadimehr 9
4. **Foeniculum vulgare** as Valuable Plant in Management of Women's Health
Mohaddese Mahboubi 1
5. **Cinnamon**
6. **Licorice** Glycyrrhiza glabra (Licorice)
Michael T Murray
7. **Withania somnifera** in Women's Hormonal Modulation: A Narrative Review With Implications for Polycystic Ovary Syndrome and Premenstrual Syndrome
Maria Namysł 1, Simon Matczak 2, Sandra Dachowska 1, Jan Haraj 3, Ewa Majcherek 1, Marcin Sobkowiak 2, Maciej Bieniek 2, Kinga Woźniak 2
8. **Curcumin**, a bioactive supplement for premenstrual syndrome and dysmenorrhea: A systematic review of randomised clinical trials
Oadi N. Shrateh a b, Areesha Jawed c, Muhammad Hamza Shuja c, Kanwal Ashok Kumar c, Syeda Tayyaba Rehan c, Sondas Abdelrhman a, Mashhour Naasan d, Nor Azlia Abdul Wahab a
9. The Effects of **Peppermint** on Menstrual Disorders: A Systematic Review of Randomized Controlled Trials
Yegane Lagzian 1, Fariba Askari 2, Rahele Mehrabi 3
10. **Amla**

• **Female Fertility Support:** Reproductive Wellness & Conception

Designed to support overall female fertility and reproductive wellness, this formulation helps maintain hormonal balance while promoting healthy ovulation and supporting cervical mucus production for optimal conception conditions. It works to improve the uterine environment and support egg quality, while also helping manage stress and cortisol levels that can impact fertility. It contributes to a more balanced and supportive fertility system.

KEY BENEFITS

	Ovulation Support		Hormonal Balance		Egg Quality
	Uterine Health		Cervical Mucus		Stress Reduction

6. Effects of **Ashwagandha** on Reproductive Health: A Systematic Review of Sex-Specific Hormonal and Fertility Outcomes
Debajyoti Roy 1 2, Maitrayee Ghosh 3, Dipan Roy 4, Nitin Sharma 3, Rohit Bhatia 5, Naresh Kumar Rangra 6

7. **Peruvian maca** and possible impact on fertility Jose Manuel Lozano Sanchez,1 Zoraida Axtle Serrano,1 Julio Aviles Duran,2 Hector Salvador Godoy Morales,2 Paola Berenice Merchand Alvarez,2 Ricardo Mera Mejia,2 Luis Felipe Montano Estrada,3 Erika Patricia Rend n Huerta3

8. **Evening Primrose Oil** The efficacy of evening primrose seed oil supplements on ART outcomes: A triple-blinded randomized placebo-controlled clinical trial
Nahid Sohrabi a, Amir Fattahi b, Farnaz Oghbaei c, Kobra Hamdi b, Azizeh Farshbaf Khalili d 1, Mahnaz Shahnazi a

Scientific Reviews and Literatures (References)

1. **Shatavari (*Asparagus racemosus*)**: A Promising Ally for Fertility

2. Mechanistic and therapeutic insight into the effects of **cinnamon** in polycystic ovary syndrome: a systematic review
Vahid Maleki 1,2, Amir Hossein Faghfour 3, Fatemeh Pourteymour Fard Tabrizi 4, Jalal Moludi 5, Sevda Saleh-Ghadimi 4,6, Hamed Jafari-Vayghan 6 , Shaimaa A Qaisar 7

3. A Patented Blend Consisting of a Combination of **Vitex agnus-castus** Extract, *Lepidium meyenii* (Maca) Extract and Active Folate, a Nutritional Supplement for Improving Fertility in Women
Edu ANTOINE 1,2, Sergiu CHIRILA 3, Cristina TEODORESCU 4,5

4. Literary study of **Ashoka** in Stree-Roga
Shreevalli P1*, Suchethakumari2

5. **Red Clover** Female infertility and herbal medicine: An overview of the new findings
Mohsen Akbaribazm 1 , Nader Goodarzi 2, Mohsen Rahimi 3

• **Female PCOS Balance:** Insulin, Androgen & Cycle Regulation

Designed specifically for women with PCOS, this formulation helps address key root causes by supporting insulin regulation, blood sugar balance, and androgen control. It works to restore hormonal balance, promote regular ovulation and menstrual cycles, and reduce common symptoms such as irregular periods and menstrual discomfort. By also helping manage stress and cortisol levels, it supports metabolic health and improves overall reproductive function. Together, these benefits help create a more balanced internal environment, supporting long-term PCOS management and female hormonal wellness.

KEY BENEFITS

	Insulin Regulation		Androgen Control		Cycle Regularisation
	Blood Sugar Balance		Ovulation Support		Metabolic Health

Scientific Reviews and Literatures (References)

1. Effects of **cinnamon** supplementation on antioxidant status and serum lipids in women with polycystic ovary syndrome
Azam Borzoei a, Maryam Rafrab b ,g, Shirin Niromanesh c, Laya Farzadi d, Fateme Narimani e, Farideh Doostan f

2. A combination of **spearmint** and flaxseed extract improved endocrine and histomorphology of ovary in experimental PCOS
Mina Mehraban 1, Gholamali Jelodar 1, Farhad Rahmanifar 1

3. Efficacy of a Novel **Fenugreek** Seed Extract (Trigonella foenum-graecum, FurocystTM) in Polycystic Ovary Syndrome (PCOS)
Anand Swaroop 1, Amrita Sarkari Jaipuria 2, Sushil Kumar Gupta 3, Manashi Bagchi 1, Pawan Kumar 4, Harry G Preuss 5, Debasis Bagchi 1,6

4. Efficacy of a Novel **Fenugreek** Seed Extract (Trigonella foenum-graecum, FurocystTM) in Polycystic Ovary Syndrome (PCOS)
Anand Swaroop 1, Amrita Sarkari Jaipuria 2, Sushil Kumar Gupta 3, Manashi Bagchi 1, Pawan Kumar 4, Harry G Preuss 5, Debasis Bagchi 1,6

5. **Withania somnifera** in Women's Hormonal Modulation: A Narrative Review With Implications for Polycystic Ovary Syndrome and Premenstrual Syndrome
Maria Namysł 1 , Simon Matczak 2, Sandra Dachowska 1, Jan Haraj 3, Ewa Majcherek 1, Marcin Sobkowiak 2, Maciej Bieniek 2, Kinga Woźniak 2

6. Protective effects of **licorice** extract on ovarian morphology, oocyte maturation, and embryo development in PCOS-induced mice: An experimental study
Maryam Shamsi 1, Vahid Nejati 1, Gholamreza Najafi 2, Sana Khajeh Pour 3

7. Potentials of **curcumin** against polycystic ovary syndrome: Pharmacological insights and therapeutic promises
Tanzina Akter a1, Md Sarwar Zahan a1, Nafisa Nawal a1, Md Hasanur Rahman a, Tayyabatun Nur Tanjum a, Kazi Ifthi Arafat a, Akhi Moni a, Mohammad Nazrul Islam a,b, Md Jamal Uddin a,

8. From nature to nurture: a review of herbal approaches to polycystic ovary syndrome (pcos) (**Amla**)
Kshama 1, Dr Nillohit Mitra Ray 2

9. **Fennel** Treatment to PCOS: An Insilico Evaluation to explore the Therapeutic Efficacy of Anethole
Arunima Chandran1, Merlin N J2*, Ammu L3, Shaiju S Dharan4

• Female Intimate Health: Vaginal & Urinary Microbiome Balance

Supports feminine intimate health by helping maintain a balanced vaginal and urinary environment. Aids in reducing the risk of bacterial adhesion in the urinary tract while promoting healthy vaginal flora balance. Helps support microbial harmony, mucosal comfort, and tissue health. Additionally, contributes to hormonal balance and overall reproductive wellness for long-term feminine care.

KEY BENEFITS



Vaginal Flora
Balance



UTI Protection



Mucosal
Comfort



Antimicrobial
Support



Antioxidant
Protection



Hormonal
Support

• Menstrual Pain Relief: Anti-Inflammatory & Antioxidant Support

Designed to support menstrual comfort, this formulation works as a potent anti-inflammatory and antioxidant, helping reduce inflammatory mediators associated with cramps and pelvic pain. It aids in easing menstrual and pelvic discomfort while supporting healthy tissue function and reducing inflammation. By also contributing to hormonal balance, it promotes a more comfortable and manageable menstrual cycle, helping reduce pain intensity and improve overall well-being during periods.

KEY BENEFITS



Anti-
Inflammatory



Pelvic Pain Relief



Antioxidant
Action



Tissue
Health



Hormonal
Balance



Dysmenorrhea
Relief

Scientific Reviews and Literatures (References)

1. **Cranberry Oil**: A Potent Natural Intimate Care Ingredient Displaying Antioxidant and Anti Inflammatory Effects and Promoting Beneficial Vaginal Lactobacillus
Cloé Boira 1, Julia Jolibois 1*, Anaïs Durduret 1, Jean Tiguemounine 2, Caroline Szewezkyk 3, Morgane De Tollenaere 1, Amandine Scandolera 1, Romain Reynaud 4
2. Use of **probiotic lactobacilli** in the treatment of vaginal infections: In vitro and in vivo investigations
Peng Liu 1, Yune Lu 1, Rongguo Li 1*, Xiaodi Chen 1*
3. **Berberine** exhibits antioxidative effects and reduces apoptosis of the vaginal epithelium in bacterial vaginosis
Xiuzhen Ma 1*, Junfeng Deng 1*, Xinmu Cui 1, Qi Chen 1, Weihua Wang 1,
4. The effect of **Calendula officinalis** versus metronidazole on bacterial vaginosis in women: A double-blind randomized controlled trial
Zahra Pazhohideh 1, Solmaz Mohammadi 1, Nosrat Bahrami 2, Faraz Mojab 3, Parvin Abedi 4, Elham Maraghi 5

Scientific Reviews and Literatures (References)

1. Effect of **Curcumin** on Dysmenorrhea and Symptoms of Premenstrual Syndrome: A Systematic Review and Meta-Analysis
Foruzan Sharifipour 1, Shahla Faal Siahsal 2*, Kowsar Qaderi 1, Zeynab Mohaghegh 3, Maryam Zahedian 4, Faeze Azizi 5
2. Effect of Turmeric-**Boswellia**-Sesame Formulation in Menstrual Cramp Pain Associated with Primary Dysmenorrhea—A Double-Blind, Randomized, Placebo-Controlled Study
Divya Agarwal 1*, Priyanka Chaudhary 1
3. **Wild Yam**: An herbal remedy for menstrual pain and menopause
Sherril Sego, FNP-C, DNP
5. Exploring **Salvia miltiorrhiza's** Therapeutic Effects on Adenomyosis by Inhibiting TNF α /HIF-1 α /IL-17-Driven Inflammatory Cascade: Mechanistic Insights from Target Prediction and Experimental Validation
Qiaomei Yang, Jingxuan Hong, Xinye Zheng, Xianhua Liu, Hao Lin, Li Chen, Fuchun Zhong, Qianhui Zhang

Rooted in Science. Designed for Life.

Every formulation in this portfolio is informed by peer-reviewed clinical evidence from randomized controlled trials, systematic reviews, and meta-analyses published in leading medical journals. We are committed to transparency, efficacy, and the highest standards of botanical wellness.

8+

UNIQUE PRODUCTS

75+

CLINICAL REFERENCES

30+

BOTANICAL INGREDIENTS

Disclaimer: These formulations are intended as dietary supplements and are not designed to diagnose, treat, cure, or prevent any disease. The scientific references cited support the use of individual botanical ingredients studied in clinical settings. Always consult a qualified healthcare professional before beginning any new supplement regimen, particularly if you are pregnant, breastfeeding, have a medical condition, or are taking medications.