



**Keep stress
at bay**

order details



Tang Kuei is a traditional herb that assists in the relief of pre-menstrual symptoms, muscular aches and pains, nervous tension, stress and mild anxiety.

Key Benefits:

- Supports muscle relaxation and promotes restful sleep
- Helps relieve nervous tension, stress and mild anxiety
- Can be used by both men and women
- Aids in the relief of pre-menstrual symptoms
- Vegetarian-friendly.

Key Ingredients:

Tang Kuei - The gentle herbal properties of Angelica polymorpha (more commonly known as Dong Quai or Tang Kuei) encourage the body to restore its natural balance.

Chamomile - The flower heads of Matricaria recutita (German chamomile) have been used for medicinal purposes since ancient times due to its reputed anti-inflammatory and antispasmodic properties. Known for its ability to soothe smooth muscle tissue, chamomile is perfect for relaxing muscles and easing tension, making it ideal for promoting a restful night's sleep

Why You Need It:

Women of child-bearing age undergo monthly hormonal changes that may cause a range of minor discomforts. Symptoms of premenstrual syndrome (PMS) include, but are not limited to, menstrual cramping, anxiety, restlessness and insomnia.

The root of the Tang Kuei plant is a rich source of Calcium, B vitamins, Iron, Magnesium and essential oils. These volatile oils have antispasmodic properties that have been shown to act on smooth muscles to alleviate cramps, one of the symptoms of PMS.

Did You Know?

For centuries, Chinese herbalists have considered Tang Kuei a 'superior herb' that can be taken on a daily basis as a tonic. In China today, people still add it to soups and broths to increase nutritional value.

SKU #0003 Tang Kuei Plus

Volume Points: 12.50
Packaged: 60 tablets
(20 day supply)

Directions For Use:

Take one tablet three times daily.