

**How to use this document** - Every section is color-coded to a category pertaining to your pregnancy journey from Fertility through Postpartum and Lactation. Products and information under “Essential” are very important for a healthy pregnancy. Products and information under “Helpful” are for suggestions for items that could be helpful if a solution to a problem is needed. Products and information under “Planning Ahead” are for items that will be useful to have on hand at the beginning of or through the next phase. **For more information, visit [www.herblore.com](http://www.herblore.com)**

## Late Pregnancy - Last 6 Weeks

### Essential

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**Pregnancy Tea Plus Tincture:** A healthful and nutritionally-rich blend specifically for the last six weeks of pregnancy, to help prepare the body for labor and birth.

**Alfalfa Tincture:** Used during the last 6 weeks to build up Vitamin K levels in pregnant women prior to birth. May help to prevent postpartum bleeding in mom, even if she’s had a history of it.

### Helpful

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**Booty Salve:** An herbal salve used to soothe painful and itchy hemorrhoids.

**Cramp Bark/Black Haw Tincture:** Helps ease uterine cramping or pre-term labor.

**Dandelion & Nettle Tincture:** Helps lessen water retention and swelling.

**Iron Tonic Tincture:** Helps support healthy blood levels naturally and may help with anemic-type situations without causing constipation like a pharmaceutical iron supplement would. Although anyone can use it, this was created for pregnant and nursing moms.

**Itch Soother Tincture:** Helps alleviate itchy skin, including pregnancy and postpartum itchiness.

**Red Raspberry Leaf Tea (or) Red Raspberry Leaf Tincture:** is a nutritive herb with an affinity for the uterus. It helps nourish and strengthen the uterus through nutrition. It does NOT typically cause contractions in most women. Best if used over several week’s time as its benefits build slowly. This is one of the main herbs in the Pregnancy Tea Plus Tincture.

**Res-Q Blend:** A flower essence combination used to ease stress, anxiety, panic attack, trauma, or fear. Helps to balance the emotions. This flower essence blend is extremely helpful during transition when mom feels like she can’t do it anymore or go any further.

## Late Pregnancy - Last 6 Weeks - cont.

### Helpful - Continued

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**YOU MAY EXPERIENCE:** Body aches and pains that you've never had before. This is due to the hormone Relaxin that helps relax the body's joints, including the pelvis and pelvic bones to allow passage of the baby during birth. Chiropractic is a helpful therapy for this. Make sure you choose a practitioner who is experienced in working with pregnant women.

### Planning Ahead

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**After Birthing Ease Tincture:** Not every pregnancy will need After Birthing Ease Tincture but it is available if needed. Eases after birth pains and cramping, which commonly happen for women having their second or subsequent baby.

**Ease The Quease Tincture:** Laboring women frequently feel nauseous and may even vomit. This product has herbs that are safe for pregnant women and will help ease this nausea.

**Healing Salve:** Helps to soothe and clear diaper rash, cracked nipples, tight pregnant belly skin, burns, or any skin irritation or discomfort. Helps with easy removal of meconium (newborn baby's first poops), which can be sticky and difficult to remove.

**Labor Tincture:** Not every pregnancy will need Labor Tincture but it is available if needed. Contains herbs to help initiate labor, to re-start a stalled labor, to detach a retained placenta, to stop postpartum bleeding and to help with an incomplete miscarriage.

**Postpartum Sitz Bath Herbs:** This is helpful immediately after birth. Helps to soothe and calm the perineal area after birth. Helps keep the area healthy and alleviates pain and swelling. The frozen pad method and peri bottle are two of the most popular ways of using it. Directions for both (as well as other uses) are on the bag label or on our website. Winner of the Essential Postpartum Products for Mama and Baby 2015 award.

**Pregnancy Tea (or) Pregnancy Tea Tincture:** This is perfect for postpartum recovery! The Red Raspberry in the tea & tincture will help mom with uterine recovery after birth. The entire blend is full of readily absorbable vitamins and minerals making it a healthful for both mom and baby. It also helps gently support and enrich breastmilk production.