

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**

Pregnancy

Essential

Pregnancy Tea (or) Pregnancy Tea Tincture: Provides nutrition to mother and baby, helps prepare mother's body for birth, helps ease morning sickness, and helps with postpartum recovery. The tincture is the same blend as the Pregnancy Tea but in the convenient liquid extract form.

Prenatal Vitamin: Continue taking your prenatal vitamin every day!

Helpful

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

Cramp Bark/Black Haw Tincture: Helps ease uterine cramping - traditionally used for menstrual cramping, pre-term labor or threatened miscarriage.

Dandelion & Nettle Tincture: Helps lessen water retention and swelling. Also may help prevent or lessen allergies. Swimming also helps to alleviate swelling as it lifts the baby off of the vessels going to the legs. Kicking while swimming further helps to move the fluids out of the legs, ankles and feet.

Ease The Quease Tincture: Helps to relieve morning sickness, travel sickness, or any type of nausea. Created specifically for use by pregnant women. Keep in mind that usually morning sickness lasts only for the first trimester, so hang in there! This product will really help get you through.

Pregnancy - continued

Helpful - Continued

Healing Salve: Helps to soothe tight pregnant belly skin, burns, or any skin irritation or discomfort.

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. Created with pregnant women in mind.

Itch Soother Tincture: Helps alleviate itchy skin, including pregnancy and postpartum itchiness. Helpful for any type of itching or rashes for anyone.

Pregnant Mother's Liver Tonic Tincture: Gently helps detox the liver. Formulated specifically for pregnant and trying-to-become pregnant mothers. May help prevent morning sickness, especially when used prior to conception.

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 typically does NOT 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 and Pregnancy Tincture.

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. Chiropractic is a helpful therapy for this. Make sure you choose a practitioner who is experienced in working with pregnant women.