Nu Fem

A blend of traditional women's herbs, brought together to support healthy reproductive function.

This Herbal Combination



Blessed Thistle — a traditional women's tonic herb, long used to support healthy reproductive and glandular function.



Cayenne — included in a small amount as a natural catalyst, traditionally used to stimulate circulation so the other herbs can do their work.



Cramp Bark — traditionally valued for its antispasmodic properties, easing cramping and tension.



False Unicorn Root — a traditional women's herb, used to support the healthy function of the uterus and ovaries.



Ginger Root — warming and traditionally used to support healthy digestion and circulation.



Golden Seal Root — a well-known tonic herb, traditionally valued for its broad supportive properties.



Red Raspberry Leaves — a traditional women's herb, long used to tone and support the uterus.



Squaw Vine Herb — a traditional women's herb, historically used to support the reproductive system through the childbearing years.



Uva-Ursi Leaves — traditionally used to support healthy urinary tract function.

How It Works

This combination brings together traditional women's herbs — Blessed Thistle, False Unicorn Root, Red Raspberry Leaves, and Squaw Vine — with Cramp Bark to ease tension, Golden Seal Root as a supportive tonic, Uva-Ursi for urinary tract support, Ginger Root to aid digestion and circulation, and a small amount of Cayenne to help the blend take effect. Herbalists and those who have used this blend have found it helpful in supporting more comfortable, regular menstrual cycles.

Suggested Use

½ to 1 teaspoon of extract in a cup of distilled water, morning and evening, or up to three times a day if desired, six days a week, for as long as needed.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Rebuilding a Worn-Down Female System" at www.daradietz.me.