



Premium Royal Jelly-Plus

Actifem™

Supports female hormone system & healthy metabolism*

For women, it is vital to support the hormone system. ActiFem is a unique, raw blend of premium-grade royal jelly, wild, raw kelp, raw fennel seed oil powder, wild sage, wild, raw raspberry leaves, fenugreek seed, and pantothenic acid. This formulation provides support for all the female endocrine glands, including the ovaries, pituitary, adrenal, and thyroid.

Royal jelly is a nutritional powerhouse. This nutrient rich food contains vitamins A, B-complex, C, D, and E with a heavy accent on B-complex: B1, B2, B3, B4, B6, B12, biotin, folic acid, and inositol. From the mineral world it has calcium, chromium, magnesium, iron, potassium, silicon, sulfur, and zinc, in addition to 18 amino acids, eight of which are essential.

Wild, raw kelp is one of the densest sources of iodine. But it is also another multi-mineral source of potassium, calcium, and iron. As a rich, natural source of iodine—which is not found in abundance in the diet—high iodine kelp may be especially important to those who are iodine deficient.

Fennel seed oil powder is second only to fenugreek in estrogenic compounds. The nutritional analysis of fennel leaves also reveals an excellent quantity of iron, high calcium and an impressive supply of carotene, folic acid, and vitamin C.

Wild raspberry leaves are naturally high in magnesium, potassium, iron and B vitamins. Very beneficial to the female reproductive system, they strengthen the ovaries and uterus, aiding in shorter and easier labors, and support superior milk flow. Raspberry leaves contain a special hormone called fragarine, which supports female health.

The German Commission E, an organization similar to the FDA, recommends taking 4 to 6 grams of sage per day. Since ancient times, wild sage also has been considered a sacred plant by Native Americans and used both medicinally and ceremonially. Sage offers major support to endocrine function and also assists in reversing hot flashes.

Fenugreek seed contains natural diosgenin which is used to make synthetic estrogen. Fenugreek seeds contain protein, vitamin C, niacin, potassium, more active constituents also include alkaloids, lysine and L-tryptophan. Pantothenic acid is added to supercharge the royal jelly and to work synergistically with the entire formulation which makes this formula an essential addition to a healthy diet and exercise program.

Directions: Take two or more capsules twice daily with or without meals. Safe for all ages.



North American Herb & Spice, 13900 W. Polo Trail Drive, Lake Forest, IL 60045
1-800-243-5242 • 1-847-473-4700 • fax: 1-847-473-4780 • www.oreganol.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.