

Fact Sheet



RIZA™ WOMEN'S HEALTH

- Eases PMS and menstrual symptoms (abdominal spasm, bloating, pain, breast tenderness and headaches)
- Balances moodiness and insomnia
- Relieves mild symptoms of menopause (hot flashes, insomnia and anxiety)

Riza™ was created to soothe a variety of common symptoms related to the natural rhythms of women's hormones. With nerve-calming, muscle-relaxing and hormone-regulating herbs, Riza™ is an ideal natural treatment for symptoms of PMS, menstruation and menopausal discomforts.

Zoi Medicinals™ tinctures are alcohol (27%) and vegetable glycerin (10%) extracts of non-toxic herbs. All herbs used in the manufacturing of Zoi Medicinals™ products have been tested for heavy metals, bacteria, fungus, and pesticides.

How to use Riza™

- For PMS, take standard dose during symptoms & standard dose daily for prevention
- For menstrual symptoms, take standard dose during symptoms.
- For menstrual cramps, take standard dose, 1-2 days prior to onset of pain continuing until pain subsides.
- For menopausal symptoms, take standard dose daily.
- With consistent monthly symptoms, take 1 dropper full (1.5 ml), three times a day and standard dose with increased symptoms.

Dosage

Liquid tinctures are rapidly absorbed by the body and may be taken directly by mouth or in a small amount of water or juice. If alcohol content is a concern, a standard dose (1.5 ml) in one cup of water dilutes the alcohol content to less than 0.5%.

The standard, adult dose is three droppers full (1.5 ml) three times a day, or as directed by your health care professional. A dropper full is drawn by full compression of the dropper bulb (the dropper may not appear "full").

- Standard adult dose (100-150 lb) – 3 droppers full (1.5 ml), three times a day.
- Standard adult dose (>150 lb) – 4 droppers full (2.0 ml), three times a day.
- Standard child dose (30-100 lb) – 1 dropper full (0.5 ml), three times a day.

For some, it may take several weeks to notice an effect. Consistency is more important than dose, so we encourage you to take some tincture each day even if you can't keep to a regular schedule. As your body responds to the tincture, you may decrease the dose, accordingly.

Cautions

- **Warning!** Dang Gui (Angelica Root) is contraindicated with the pharmaceutical medication, Warfarin.
- Discontinue use if menstrual blood flow increases; take standard or lower dosing between menses.
- Consult a medical professional if pregnant or breastfeeding.
- Not to exceed five droppers full at a time.

- Discontinue use if any new symptoms appear, including symptoms of allergic reaction.
- If experiencing minor headache or digestive discomfort, reduce the dosage to 1/3 of starting dose. Gradually increase the dosage each day until you reach to the desired dosage.
- Every body is different and herbs alter internal processes, so your best dosage may change while you're using the product or between uses (always stay within the recommended dosage range).

Biomedical Details

Riza™ is largely comprised of herbs with a rich history in treating women's health. Today, modern science is validating many of the actions traditionally ascribed to these herbs. Animal and other studies indicate that chasteberry, skullcap, valerian and angelica have hormone-regulating properties (2), which may explain benefits for PMS, menstrual and menopausal symptoms.

Many of the herbs in Riza™ have been shown to have **anti-spasmodic and analgesic effects**. Animal and human studies have shown that crampbark acts as an analgesic and relaxes smooth muscles, specifically those of the uterus. Peony and angelica have also been shown to have antispasmodic effects (1, 2) and angelica improves microcirculation in the uterine wall (2). Angelica and bupleurum also have **anti-inflammatory properties** (2, 3). Chasteberry use dates back to ancient Greek times, and has been approved by the German Commission E as an effective treatment for PMS and irregularities of the menstrual cycle (1, 2). Reports show that chasteberry helps to relieve symptoms such as breast tenderness, fluid retention, headache, constipation and depression (1).

Other herbs in Riza™ have **anxiety and mood regulating properties**. Animal studies show elderberry to have better effects on **depression** than the TCA, imipramine (4). A systematic review of elderberry's effects concluded that, in animal studies, elderberry fruit extract sedate the nervous system producing analgesic effects (sedation and pain relief) (5.). Many clinical studies with valerian report improvement of sleep and lower anxiety as measured by the Hamilton Anxiety scale (1).

Riza™ also includes herbs that may improve **symptoms of menopause**, including anxiety and other mood disturbances, hot flashes, and bone loss. As stated above, many of the herbs

appear to have gentle **hormone regulating** properties and many studies indicate effects on mood and mental state. Valerian (present in Riza™ at a small percentage), in particular, is renowned for its tranquilizing and sedative properties and has been used as a sleep aid for centuries. Current evidence suggests it may also be effective for **night sweats**. In a double-blind placebo-controlled clinical trial, 8 weeks of valerian use resulted in a significant reduction in hot flash frequency and intensity (2). Laboratory studies have shown that skullcap inhibited the production of inflammatory chemicals and prevented destruction of cartilage in animals with osteoarthritis (6.). Another animal study, indicated that skullcap had a positive impact on bone mass (7). Together, these studies suggest that skullcap may be beneficial in easing symptoms of **menopause-related bone loss** and deterioration.*

Ingredients & Traditional Chinese Medicine View

- **Skullcap Leaf (*Scutellaria lateriflora*)** is cold, enters the LU, ST, GB, and LI channels; clears Heat and dries Damp, drains Fire and detoxifies, cools the Blood and stops bleeding, clears Heat, calms the fetus, and calms ascending Liver Yang.
- **Crampbark, (*Viburnum opulus*)** is not included in the Chinese Materia Medica; however its TCM functions are described as: tonifies Liver Blood, invigorates the Blood, and reducing spasms and abdominal pain.
- **Dang Gui (*Angelica Root, Angelicae sinensis*)** is warm and enters the HT, LIV and SP channels; tonifies Blood and regulates the menses, invigorates the Blood and disperses Cold, moistens the intestines and unblock bowels, reduces swelling, expels pus, generates flesh, alleviates pain, and stops cough.
- **Jie Gu Mu (*Elderberry, Sambucus nigra*)** enters the LU, KI and BL channels; releases the Exterior, clears Heat, dries Damp, tonifies Lung, expels phlegm, and promotes

lactation.

- **Man Jing Zi (*Chasteberry Vitex agnus castus*)** is cool and enters the BL, LIV and ST channels; disperses Wind and clears Heat, dispels Wind-Heat in the LIV channel, clears and benefits the eyes, dries damp, expels wind and relieves pain.
- **Bai Shao (*White Peony Root, Paeoniae alba*)** is cool and enters the LIV and SP channels; nourishes the Blood, regulates the menses, astringes Yin and adjusts Ying and Wei, Calms Liver Yang, Liver Wind, softens the liver and alleviates pain.
- **Bai Zhu (*White Atractylodes Rhizome, Atractylodes macrocephala*)** is warm and enters the SP and ST channels; tonifies the Spleen and augments Qi, dries Damp and promotes water metabolism, stabilizes the Exterior, stops sweating, and calms the fetus.
- **Chai Hu (*Thorowax Root, Bupleurum chinensis*)** is cool and enters the GB, LIV, PC and SJ channels; resolves Shao Yang disorder, reduces fever, spreads Liver Qi, relieves Stagnation, raises Yang Qi, disperses Wind-Heat, and resolves Phlegm.
- **Bo He (*Field Mint, Herba menthae haplocalycis*)** is cool and enters LU and LIV channels; disperses Wind-Heat, cools and clears the head and eyes, benefits the throat, vents rashes, relieves Liver Qi Stagnation, and expels turbid filth.
- **Xie Cao (*Valerian Root, Valeriana officinalis*)** is warm and enters the LIV and HT channels; induces tranquilization, stops bleeding and alleviates pain.
- **Chi Shao (*Red Peony Root, Paeoniae rubra*)** is cool and enters the LIV and SP channels; invigorates Blood, dispels Blood Stasis, relieves pain, clears Heat, cools the Blood, clears Liver Fire, relieves eye pain, and reduces swelling from sores and abscesses.

References

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***This product is not intended to diagnose, treat, cure, or prevent any disease.**