

# Nefer Kali Healing Guide

## Rohini Tincture



**Ingredients:** Shatavari, Wild Yam, Ashwaganda, Holy Basil, Milk Thistle, Dandelion Root, Burdock Root, Red Clover, Dong Quai, Vitex, Schisandra Berry, Nettle Leaf, Cane Spirits, Vegetable Palm Glycerin, Distiller Water

**Creation Date:** 01/29/2025

**Batch # :** 02

**Expiration Date:** 2 years from date of creation

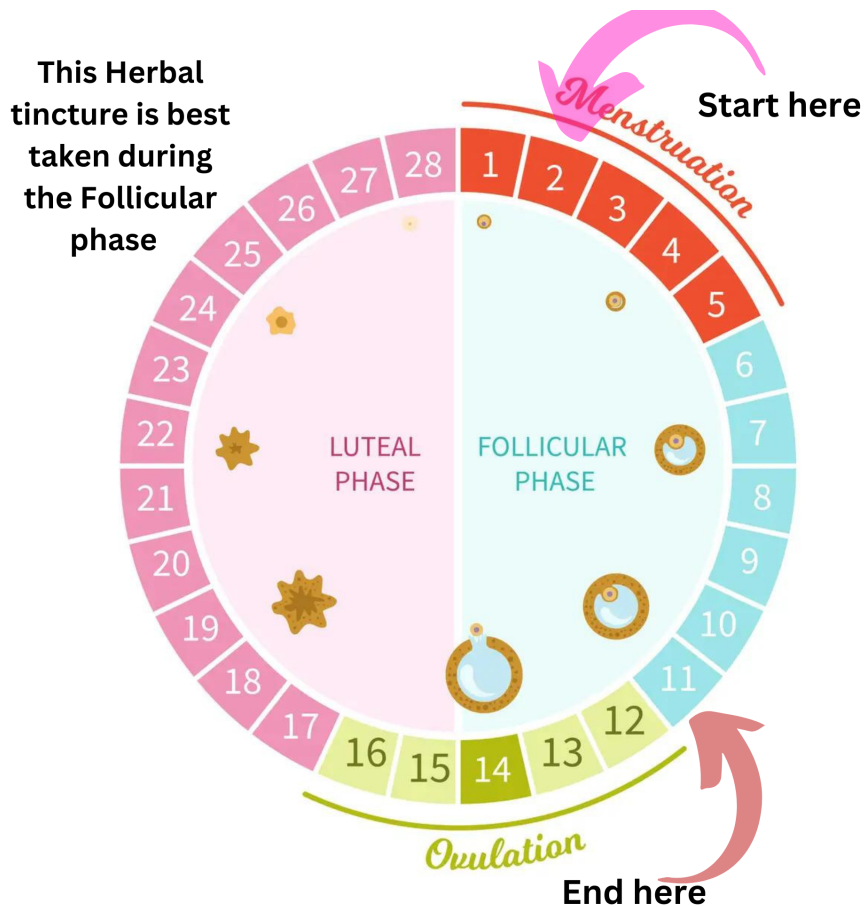
**Suggested Use:** Shake well. Take 0.5 - 1 mL daily under the tongue or in a room temperature drink.

Take at the **beginning of menstruation up until a few days before Ovulation**

## Benefits of Rohini

- **Regulation of Hormonal Balance:** Ingredients like Shatavari and Vitex play a crucial role in regulating hormonal balance, including FSH and LH levels. This regulation is vital for maintaining a healthy menstrual cycle and optimizing fertility.
- **Supports Egg Quality and Development:** Dong Quai and Ashwagandha are known for their ability to support reproductive health, including the development and quality of eggs. This is crucial for improving the chances of conception.
- **Enhances Fertility:** The combination of herbs like Wild Yam, Red Clover, and Nettle Leaf contributes to overall fertility enhancement. These herbs are believed to nourish the reproductive system and aid in creating a conducive environment for conception.
- **Liver Detoxification and Support:** Herbs like Milk Thistle, Dandelion Root, and Burdock Root are renowned for their liver-supporting properties. A healthy liver is essential for hormonal balance and the detoxification of excess hormones, which can significantly impact fertility.
- **Stress Reduction and Hormonal Regulation:** Holy Basil and Schisandra Berry help in reducing stress and its impact on the body. Stress can adversely affect hormonal balance, and managing it is crucial for maintaining healthy FSH and LH levels, thereby supporting fertility and reproductive

Keep in mind every woman's body is different these are just round about time frames.



### Health Disclaimer

The information provided on this guide is for educational and informational purposes only and is not intended as medical advice. The content has not been evaluated by the Food and Drug Administration (FDA) and is not intended to diagnose, treat, cure, or prevent any disease. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this guide. If you think you may have a medical emergency, call your doctor or emergency services immediately.