



SYSTEMIC FORMULAS INC

F+

Female Plus

Systemic Formulas

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F+

Female Plus



Hormone



Metabolism



Whole Body

F+ is a scientifically formulated adaptogenic blend that supports hormonal balance, menstrual cycle regulation, and overall female reproductive health. Designed to promote stability within the endocrine system, it helps ease transitions through menstruation, perimenopause, and menopause. By supporting the hypothalamic–pituitary–ovarian axis and modulating estrogenic pathways, F+ enhances metabolic, cognitive, and uterine function—providing comprehensive support for female biochemistry at every stage of life.

Health Indications

- Supports Hormonal Balance and Regulation Throughout All Phases of the Female Reproductive Cycle
- Promotes Regular Ovulatory Function and Helps Reduce Occasional Menstrual Discomfort
- Maintains Endocrine System Stability Through Modulation of Key Hormonal Pathways
- Enhances Ovarian and Uterine Health to Support Overall Reproductive System Function
- Contributes to Healthy Bone Density and Aging Through Support of Estrogenic Activity

Instructions

Take 1 capsule daily, or as directed by your health care professional.

Key Ingredients

Blue Cohosh

Blue Cohosh is a botanical known for its uterine-toning properties, supporting healthy pelvic blood flow and smooth muscle function within the reproductive system. Its active compounds, including alkaloids and phytosterols, contribute to the regulation of menstrual activity and help alleviate occasional abdominal discomfort, creating a stable foundation for optimal reproductive and hormonal balance.

Dong Quai

Dong Quai is a traditional adaptogenic herb rich in phytoestrogens, ferulic acid, and coumarins that supports the body's natural hormonal rhythms by gently influencing estrogen pathways and promoting balanced endocrine function. It helps maintain healthy communication between the ovaries, adrenals, pituitary, and pineal glands by supporting pelvic circulation and nervous system activity—key factors in maintaining stable hormonal and reproductive cycles.

Motherwort

Motherwort has long been utilized in ancient herbal medicine to support female reproductive health by modulating the hypothalamic-pituitary-ovarian axis and promoting hormonal balance. It has also been shown to enhance cardiovascular function and stabilize autonomic nervous system activity. This support facilitates the regulation of ovarian and adrenal hormone cycles, helping to maintain uterine health during reproductive transitions and menopausal phases.

Sarsaparilla

Sarsaparilla, traditionally used in Native American herbal medicine, supports hormonal balance by influencing both estrogen and testosterone pathways and promoting healthy detoxification processes. Rich in plant sterols and known for its anti-inflammatory and adaptogenic properties, it contributes to endocrine stability while supporting liver function, gut microbiome diversity, and the maintenance of muscle and bone integrity during key phases of female health.

Pfaffia

Pfaffia, also known as suma or “para toda,” is an adaptogenic root traditionally used in Amazonian herbal medicine to support overall vitality and hormonal balance. It contains a unique profile of saponins and phytosterols that help regulate endocrine activity, stabilize metabolic function, and promote internal equilibrium during each stage of the female reproductive cycle. By supporting both hormonal and systemic health, Pfaffia plays a vital role in maintaining the body’s natural adaptability during periods of hormonal transition.

Warnings/Contraindications

Not recommended for use during pregnancy, as the natural hormonal changes that support a healthy pregnancy may be influenced by the adaptogenic and hormone-modulating compounds found in F+.

****It is always recommended that you consult your practitioner prior to adding any new supplement to your regimen if you are pregnant, breastfeeding, experiencing renal failure, undergoing an organ transplant(s), managing diabetes with insulin, or are taking medication(s) for any pre-existing conditions.****

Safety

All ingredients are tested before use for:

- Pathogenic microbial contaminants
- Heavy metals and/or chemical contaminants
- Purity

Additional Information

- Gluten Free
- Vegi-Capsule
- Non-GMO
- cGMP Facility

