



## EZ Birth – Homeopathic Composition

### **Constituents: Potency: Effect:**

- Cimicifuga 30C Specific for labor, helps with contractions and dilation
- Caulophyllum 30C Labor pains, irregular labor
- Arnica 30C Bruising, swelling, physical trauma
- Pulsatilla 30C Labor pains too weak or ceasing, palpitations, nervousness
- Gelsemium Sempervirens 30C Nervousness, anxiety

EZ birth is a combination remedy in a low potency designed to use as a therapeutic remedy for labor and birth. Clinical studies have shown that the above remedies in homeopathic form will enhance the body's ability and efficacy during labor and birth.

### **Protocol:**

Take 3 pellets twice per day during the last month of pregnancy. As needed during labor.

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