Uterine Balance

What is it?

Uterine Balance is an herbal blend of Yarrow, Crampbark, Black Haw, and KavaKava used to treat painful, heavy menses. Yarrow and Crampbark are analgesics (relieve pain) and astringents (slow blood flow). Black Haw relaxes uterine muscles and KavaKava is a general non-sedating muscle relaxer.

How do I take it?

You can take 1-3 capsules daily as needed.

Is it safe?

Quality is very important when choosing over the counter supplements or herbs. The product chosen by UCSC Student Health Center is high quality and uses Good Manufacturing Practices.

If taken as directed, Uterine Balance is safe with few side effects. If you have liver problems, please consult your provider as KavaKava can cause liver problems if taken in excess.

If you continue to have symptoms or if you have further questions please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!!!