Hot flash relief

Acteane®

- Night sweats
- Irritability*
- Hormone-free • Soy-free
- No known drug interactions

Reduces the intensity and frequency of hot flashes.*
Offers an alternative for women who do not qualify for hormonal therapy or cannot take phytoestrogens.

Yeast Infection

Yeastaway®

- Minor vaginal itching
- Burning
- Discomfort*

Presented as easy-to-use suppositories, no need to measure appropriate amounts as you would with a cream or gel.
Does not mask symptoms of a more serious condition.

Did You Know?

Hot flashes affect 80 percent of premenopausal women. They occur mostly during the period before menopause (perimenopause), but are also triggered by some medications. Hot and spicy foods, caffeine, smoking and alcohol can also trigger hot flashes. During perimenopause, women may also experience mood swings, irritability and fatigue.

Yeast infections are often caused by the presence of the fungus *Candida*. *Candida* is usually harmless, but can cause a yeast infection if there’s an overgrowth of the fungus. Often yeast infections are triggered by hormonal replacement therapy, local irritation, antibiotics, uncontrolled diabetes or an impaired immune system. Before self-medicating, it is important you know what is causing the problem.
How to Use
Acteane® and Yeastaway®

Take Acteane at the first sign of symptoms. For best results, use daily for three months. Use Yeastaway at the onset of symptoms and continue for seven consecutive nights for best results. See your doctor if this is the first time you have vaginal itching and discomfort to find out if you have a vaginal yeast infection. Ask a doctor before use if you have one or more of the following: abdominal pain, fever, chills, nausea, vomiting or foul-smelling discharge; get vaginal yeast infections often (such as once a month or three in six months); may have been exposed to the human immunodeficiency virus (HIV) that causes AIDS; or you are under 12 years of age.

For more information on hot flashes and yeast infections, visit WomensHealth.gov and talk to your physician or pharmacist.

Related Blue Tube Single Medicines**

**Sepia 30C**
Relieves bloating and lower back pain during menstruation.*

**Glonoinum 6C**
Relieves hot flashes and sudden headache.*

**Belladonna 6C**
Relieves profuse sweating from night sweats or hot flashes.*

*These “Uses” have not been evaluated by the Food and Drug Administration.
**C, K, CK, and X are homeopathic dilutions: see BoironUSA.com/info for details.

More References:
- Acteane.com
- Free online training at BoironUSA.com
- Free downloadable Boiron Medicine Finder app for the most up-to-date protocols
- Easy Guide to Homeopathy
- Homeopathic Solutions Made Easy with protocols for 40 self-treatable conditions