



Cycle Sisters

CYCLE SYNCING HERBAL REMEDIES FOR
HOLISTIC PMS & PERIOD PAIN RELIEF



**We believe every woman deserves to feel
at home in body, everyday of the month.**

That is why we created Cycle Sisters, a cycle syncing herbal apothecary that offers products to make cycle syncing easier and more effective to prevent and ease PMS and period pain.

Created as a solution to the Founder's own struggles with PMDD, Cycle Sisters understands that holistically and naturally syncing with the 4 menstrual phases is the most effective way to achieve optimal cycle health & hormonal balance, because **the cycle isn't just the period.**

We use high quality, organic and ethically sourced herbs to develop menstrual phase-specific formulas that get to the root of menstrual discomfort and cycle imbalances. Cycle Sisters was founded by an Herbalist and a Naturopathic Doctor to honor and support the entire 28 day menstrual cycle, so that every woman can feel comfortable and happy in her body, every day of the month.

Let's partner to bring lasting PMS, PMDD and period pain relief to your customers

Included in this PDF: product information, testimonials, proposal options for a partnership, upcoming products and next steps.

**We look forward to working together,
Cycle Sisters Apothecary**

Cycle Sync 4 Pack

Cycle Syncing with herbs can both prevent PMS & period pain, as well as provide acute symptom relief. This 1-month supply of 4 herbal tinctures, each formulated for each menstrual phase does just that. Designed to support balance, well-being, and prevent discomfort throughout the entire 28 day menstrual cycle by honoring the unique needs and experiences of each menstrual phase.

Includes:

- One (1) 2oz menstruation tincture for days 1-5
- One (1) 2oz follicular tincture for days 6-10
- One (1) 1 oz ovulation tincture for days 11-13
- One (1) 4oz luteal tincture for days 14-28



Benefits:

- ✓ The 4-pack includes both root-cause-targeting herbs, as well as symptom-targeting herbs, allowing for both prevention and ease for PMS, PMDD & period pain.
- ✓ Root-cause-targeting herbs including Chaste Tree Berry (Vitex), Ashwagandha and Milk Thistle offer prevention and address hormonal imbalance, stress and liver function.
- ✓ Symptom targeting herbs including Cramp Bark, Skullcap, Damiana & Dandelion Root address symptoms such as menstrual cramps, anxiety, irritability, insomnia, fatigue, bloating and low libido.

How to Use:

Take suggested dose daily from the correct phase tincture during the corresponding menstrual phase. Enjoy in a beverage or on its own.

FAQ:



Refer to this video tutorial & FAQ for further details on how to use.

Cycle Sync 4 Pack

continued:

Cycle Sync 4 Pack Ingredient Breakdown:

Menstruation Tincture:



- ✓ CRAMP BARK FOR CRAMPS
- ✓ DANDELION ROOT FOR BLOATING & DIGESTION
- ✓ MILK THISTLE FOR HORMONE METABOLISM & ACNE
- ✓ DAMIANA FOR ENERGY, LIBIDO & SOCIABILITY
- ✓ ASHWAGANDHA FOR STRESS
- ✓ VITEX FOR HORMONE BALANCE

Follicular Tincture:



- ✓ MILK THISTLE FOR HORMONE METABOLISM & SKIN HEALTH
- ✓ DAMIANA TO MAINTAIN ENERGY, LIBIDO & SOCIABILITY
- ✓ ASHWAGANDHA TO MAINTAIN STRESS RESILIENCY
- ✓ VITEX FOR HORMONE BALANCE

Ovulation Tincture:



- ✓ CRAMP BARK FOR MITTELSCHMERZ
- ✓ ASHWAGANDHA TO PREPARE FOR THE DROP IN SEROTONIN THAT FOLLOWS OVULATION
- ✓ MILK THISTLE FOR HORMONE METABOLISM & SKIN HEALTH
- ✓ VITEX FOR HORMONE BALANCE

Luteal Tincture:



- ✓ SKULLCAP FOR ANXIETY & IRRITABILITY
- ✓ DANDELION ROOT FOR BLOATING
- ✓ MILK THISTLE FOR HORMONE METABOLISM & ACNE
- ✓ DAMIANA FOR ENERGY, LIBIDO & SOCIABILITY
- ✓ ASHWAGANDHA FOR STRESS
- ✓ VITEX FOR HORMONE BALANCE

Cycle Sync 4 Pack

continued:

Testimonials:

“Effective Hormone Support”

“THIS TINCTURE LINE IS REVOLUTIONARY FOR FEMALE HORMONES! I LOVE THAT IT HAS ORGANIC INGREDIENTS AND ACTUALLY TASTES GOOD. THE BLENDS MAKE IT EASY TO TAKE EVERY DAY. BEST OF ALL, THEY REALLY WORK! I HAVE BEEN TAKING THEM RELIGIOUSLY SINCE GETTING OFF THE HORMONAL IUD 4 MONTHS AGO AND MY CYCLE IS TOTALLY REGULAR AND MY PMS SYMPTOMS HAVE BEEN GETTING BETTER AND BETTER EACH MONTH. CAN'T RECOMMEND EVERYTHING CYCLE SISTERS DOES ENOUGH!” - LIZ



“Seriously Life Changing”

“I HAD BEEN SUFFERING FROM PMDD FOR YEARS AND HAD TRIED EVERYTHING, INCLUDING OTHER HERBAL PRODUCTS, AND NOTHING WORKED. AFTER TRYING THE CYCLE SISTERS 4 PACK, I FINALLY FELT RELIEF. THE DEPRESSION/MOOD SWINGS WAS THE MOST NOTICEABLE IMPROVEMENT, BUT ALSO LESS ACNE, LESS BLOATING, AND HIGHER LIBIDO. I STARTED NOTICING A DIFFERENCE WITHIN 6 WEEKS OF CONSISTENT USE, AND THE DIFFERENCE HAS ONLY KEPT IMPROVING. LOVE THIS STUFF.” - MEGAN T



“Do yourself a favor and try Cycle Sisters”

“IF YOU GIVE THE 4 PACK ABOUT 4-6 WEEKS TO TAKE EFFECT WITH CONSISTENT USE, THEY WORK WONDERS. MY PERIODS ARE BARELY UNCOMFORTABLE ANYMORE (MAYBE 1 DAY OF SUPER MILD CRAMPS) AND THEY ARE REGULAR 28 DAYS. ALSO, PMS IS A THING OF THE PAST FOR ME. MY LIFE HAS IMPROVED SO MUCH BECAUSE OF THIS.” - ANNA

Cycle Sync 4 Pack

continued:

Testimonials:

continued:

“Love these tinctures!”

“I’VE BEEN USING CYCLE SISTERS TINCTURES FOR 2 MONTHS NOW AND HAVE BEGUN TO NOTICE CHANGES ALREADY. Milder cramps, minimal PMS, and less acne. My period rarely comes on time (due to PCOS) and it’s come at exactly 28 days both times. Excited to continue to be supported by a natural product and happy to support a small business with women’s wellbeing in mind.” -KAYLA



“Gamechanger”

“THIS IS MY DAILY REMINDER TO TAKE CARE OF ME, WHICH IS SUCH A CHALLENGE WITH THE BUSYNESS OF EVERYDAY LIFE. ATTUNING TO MY CYCLE HAS NOT ALWAYS BEEN A PRIORITY, NOT BECAUSE IT’S NOT IMPORTANT AND NOT BECAUSE IT DOESN’T DRAMATICALLY AFFECT MY LIFE IN EVERY WAY, BUT BECAUSE I’VE JUST NOT MADE ROOM FOR HONORING THIS POWERFUL ASPECT OF MY BEING. I HAVE ONLY BEEN USING THIS PRODUCT FOR ONE MONTH, BUT ALREADY I’VE NOTICED A SHIFT IN MY RELATIONSHIP TO MY CYCLE AND HOW IT FEELS TO HAVE ONE. I LOVE IT.” -MADELINE



“Loving This”

“I’VE BEEN TAKING THE CYCLE SISTERS TINCTURES FOR 6 WEEKS NOW, AND EACH WEEK I NOTICE MORE BENEFITS. I HAVE FELT LESS PMS, AND MORE ENERGY AND CLARITY. I WOULD DEFINITELY RECOMMEND THIS PRODUCT TO ANYONE TRYING TO DIAL IN THEIR SELF-CARE ROUTINE.” - MARY

Moonrise Morning Coffee Alternative

Coffee & caffeine can make PMS & period pain worse due to their impact on hormones, anxiety, hydration & pain sensitivity. So, we created another option that's just as energizing, satisfying & delicious! Moonrise Morning is a warm beverage alternative to coffee, packed full of delicious, life affirming organic herbs & adaptogens that provide natural energy, focus & hormonal support, resulting in happier and healthier menstrual cycles.



Includes:

One (1) 30 day supply of dry mix

Benefits:

- ✓ Instead of coffee, which can lead to menstrual issues, this alternative provides the same energy & focus, while supporting a healthy menstrual cycle.
- ✓ Packed full of nourishing organic herbs and adaptogens, this blend is not only life affirming, but also delicious, with a flavor profile similar to coffee, slightly sweet, a pinch of spice with some chocolate, maple and vanilla.
- ✓ A great alternative to coffee for everyone, not just those suffering from PMS, PMDD and painful periods.

How to Use:

Add 1 TBL of Moonrise Morning to 1.5 cups of hot water & stir. Steep for 3 minutes, do not strain. Add cream & sugar if desired.



Moonrise Morning

continued:

Moonrise Morning Ingredient Breakdown:



- ✓ RHODIOLA FOR ENERGY, STRESS & FATIGUE RESISTANCE & FOCUS
- ✓ DAMIANA FOR ENERGY, LIBIDO & MOOD
- ✓ DANDELION ROOT FOR BLOATING, DIGESTION & TASTE
- ✓ MACA FOR MOOD, HORMONAL SUPPORT, ENERGY & TASTE
- ✓ CACAO FOR MOOD, HORMONAL SUPPORT, CRAMPING & TASTE
- ✓ CINNAMON FOR BLOOD SUGAR REGULATION
- ✓ FENUGREEK FOR DIGESTION & BLOATING
- ✓ GINGER ROOT FOR DIGESTION & INFLAMMATION
- ✓ REAL WHOLE VANILLA BEAN FOR TASTE
- ✓ REAL MAPLE GRANULES FOR TASTE

Moonrise Morning continued:

Testimonials

“Love Moonrise Morning”

“I HAD BEEN LOOKING FOR A GOOD COFFEE REPLACEMENT FOR YEARS, AND THIS ONE IS NOW MY FAVORITE. ITS SO DELICIOUS AND YOU CAN REALLY FEEL THE BENEFITS. MY MORNINGS HAVE BEEN BETTER SINCE USING MOONRISE MORNING: BETTER DIGESTION, FEELING MORE ALERT, WAY LESS ANXIOUS ABOUT THE DAY AHEAD, OVERALL MORE GROUNDED, BUT STILL ENERGIZED. I'M TAKING MOONRISE MORNING & THE CYCLE SYNC 4 PACK & MY CRAMPS & PMS ARE ALMOST ENTIRELY GONE. SO GRATEFUL TO HAVE FOUND THEM!” - KATHERINE



“Love this Mix”

“THIS MIX IS EASY TO USE, SUPER TASTY AND HELPS ME FEEL ENERGIZED AND GROUNDED ALL DAY. I HAVEN'T COMMITTED TO CUTTING OUT CAFFEINE COMPLETELY YET BUT I USE MIX THIS 50:50 WITH COFFEE AND IT TASTES AMAZING! HIGHLY RECOMMEND!” -LIZ

Grounded

Moonrise Morning, our coffee alternative, was a hit from the very first events we vended at. Everyone loved it — whether or not they experienced PMS or painful periods. In fact, many men shared that they'd swapped their usual coffee for Moonrise Morning and noticed impressive results: steady focus and energy throughout the day, a brighter mood, better sleep, and even improved digestion.



HERBAL AUTONOMY

That feedback got us thinking — why keep this blend limited to one audience when it clearly benefits everyone? What started as a simple rebrand idea quickly evolved into something bigger: expanding our herbal offerings *for all*.

That's how our sister company, Herbal Autonomy, was born — and with it, Grounded, a functional herbal blend for steady, balanced energy, inspired by coffee.

Grounded features the same beloved recipe as Moonrise Morning, offering all the same benefits: support for hormones, digestion, energy, focus, and mood — now made for everyone to enjoy.



Lunar Lullaby Sleep Tincture

Insufficient sleep increases cortisol levels, which can disrupt the balance of estrogen and progesterone, leading to painful periods and PMS. This tincture not only provides hormonal support, but it helps you fall asleep quickly, stay asleep and wake up feeling refreshed.

Includes:

One (1) 2oz tincture (20 night supply)

Benefits:

- ✓ Naturally derives melatonin and magnesium directly from Tart Cherry and Cacao, with calming Chamomile and gently sedative Valerian Root.
- ✓ Magnesium rich cacao supports hormonal balance and eases period cramps.



How to Use:

Take 3 droppers full as needed before bedtime.

Testimonial:

“Great Sleep Tincture”

“PROBABLY THE BEST SLEEP TINCTURE I'VE EVER USED. HELPS YOU FALL ASLEEP QUICKLY AND STAY ASLEEP. ALSO GREAT THAT YOU DON'T WAKE UP FEELING GROGGY. 10/10" - MEGAN T



SOS Period Tincture

Our flagship product mentioned earlier, the Cycle Sync 4 Pack, lays the foundation for preventing painful menstrual cramps by addressing their root causes. While effective, it is not a quick fix—patients typically experience reduced frequency and intensity of cramping after 6-8 weeks of consistent use.

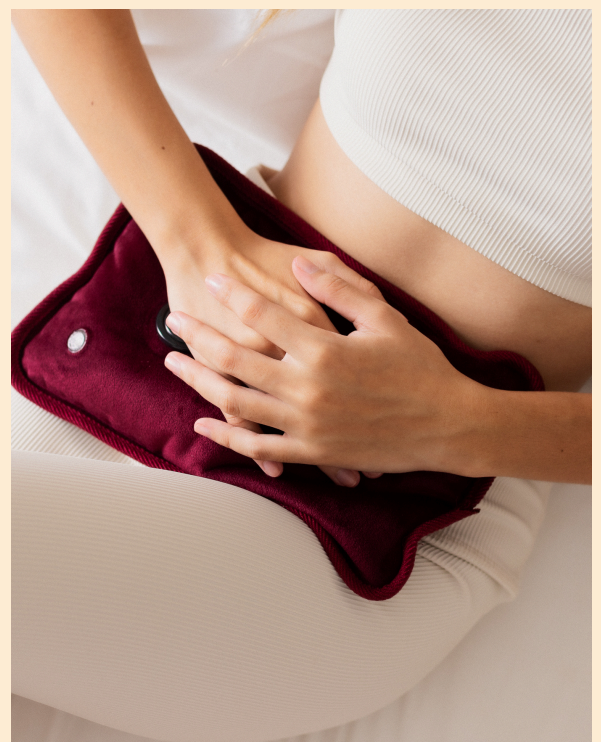
The SOS Period Tincture is a helpful option for women seeking immediate relief from cramping during this time, or for those focusing solely on symptom management, rather than committing to the Cycle Sync 4 Pack's long-term prevention protocol.

Includes:

One (1) 2oz tincture)

Benefits:

- ✓ Willow bark reduces pain & inflammation, while also reducing the production of prostaglandins.
- ✓ Cramp Bark's antispasmodic properties soothes & relaxes the uterus, reducing cramping.
- ✓ Ginger root soothes multiple menstrual discomforts including pain & digestion.
- ✓ Lemon Balm is also antispasmodic, helping to reduce period cramps, while reducing bloating & other menstrual digestive discomforts.



How to Use:

Take 3 ml as needed for menstrual cramps, bloating & digestive discomfort.

Calm Cycle Tincture

Our flagship product, the Cycle Sync 4 Pack lays the foundation for preventing cycle related irritability, anxiety & mood swings by addressing their root causes. While effective, it is not a quick fix—patients typically experience reduced frequency and intensity of irritability, anxiety & mood swings after 6-8 weeks of consistent use.

The Calm Cycle Tincture is a helpful option for women seeking immediate relief from anxiety & irritability during this time, or for those focusing solely on symptom management, rather than committing to the Cycle Sync 4 Pack's long-term prevention protocol.

Includes:

One (1) 2oz tincture)

Benefits:

- ✓ Kava provides quick relief from anxiety, mood swings, down mood & muscle tension.
- ✓ Skullcap provides fast acting calm from racing, anxious thoughts & worry.
- ✓ By increasing GABA in the brain, Passionflower offers mood regulation & relaxation.
- ✓ Lemon balm has antioxidant & anti-inflammatory compounds that may help lower oxidative stress and inflammation, supporting stress and anxiety relief.

How to Use:

Take 3 droppers full as needed for anxiety, mood swings, irritability & stress related muscle tension.



Wholesale:

Wholesale Pricing:

Cycle Sync 4 Pack

Wholesale Cost \$48

Suggested Retail Price \$68

Moonrise Morning & Grounded Coffee Alternatives

Wholesale Cost \$30

Suggested Retail Price \$42

Lunar Lullaby, SOS Period & Calm Cycle Tinctures:

Wholesale Cost \$9

Suggested Retail Price \$16

Ordering & Minimums:

To place an order:

Email Suzie.CycleSisters@gmail.com at least 7 business days before order needs to be fulfilled.

For your convenience, we will soon have a wholesale online ordering system on our website. This should be in place by December 1st 2025.

Minimums:

At this time we do not require minimums when placing wholesale orders.



Products to Come:

Cycle Sisters launched in March 2025, and is only just getting started. Below are the products next to arrive that you can soon offer to your patients.

Sacred Shift Menopause 2-Pack - Rise + Rest



As women enter the next phase of their life cycles—menopause—herbal support becomes essential. Currently in development, our Sacred Shift Menopause 2-Pack: Rise + Rest is a 1-month supply of two tinctures, designed to be taken daily—one in the morning and one at night.

Rise: the daytime blend, supports balanced energy, mood, and physical well-being throughout the day, while Rest: the nighttime blend, provides calming support for restful sleep. Together, these tinctures work synergistically to promote optimal hormone production and regulation, reduce menopausal symptoms, and restore vitality when used consistently.

Set to launch Spring 2026.

Cycle Sync Gummy 4 Pack:



The Cycle Sync Gummy 4 Pack is the perfect alternative to our flagship Cycle Sync 4 Pack. Instead of herbal tinctures, this pack offers four blends of phase-specific infused herbal gummies, designed to support the unique needs of the 4 menstrual phases. Just like the tincture pack, the gummy blends address the root causes of cycle-related issues and provide preventative care. Enjoy them as a sweet daily treat while benefiting from consistent herbal support to ease and prevent PMS and period pain. Set to launch Winter 2026.

Next Steps:

Please take your time reviewing this proposal. Feel free to contact us with any questions by emailing suzie.cyclesisters@gmail.com, or by calling or texting Suzie: 360-550-8002.

We will be in touch within a week.

A sales agreement contract template can be sent upon request that includes logistical details such as displays, signage & more.

Thank you. We look forward to partnering with your clinic.

