

Your Questions, Our Expertise !

*How does Salome work?*

Salome Menstrual Pain

The active ingredient in Salome Menstrual Pain- Yarrow, contains chemical compounds including flavonoids and alkaloids. While different alkaloids have a wide variety of pharmacological actions, flavonoids have anti-inflammatory, analgesic, and anti-oxidative action. The presence of both alkaloids and flavonoids, reduces the production of various inflammatory mediators. It can be as effective as an antiprostaglandin (NSAID) in treating the initial painful menstruation.

Salome PreMens

The mechanism of action of Vitex Agnus Castus (VAC) may be related to its action on the hypothalamus and pituitary gland, hormone-secreting areas of the brain, leading to reduced production of the hormone prolactin which is thought to play a role in premenstrual syndrome. VAC is considered a progestogenic herb (increases progesterone) as it encourages ovulation, increases progesterone, and helps rebalance estrogen/progesterone ratios

Salome Mpause

The mechanism of action of Black Cohosh is not known. The mechanism of action of St Johns Wort is that it inhibits the uptake of neurotransmitters noradrenaline, serotonin, and dopamine thereby having antidepressant effects.

When does Salome start working?

While each woman's response varies, many women typically experience relief soon after taking Salome. We advise completing two cycles of Salome before anticipating the full range of benefits. Please note that individual outcomes may differ.

Is it safe to take it with contraceptives?

Salome Mpause and Salome PreMens

The effect of hormonal contraceptives may be reduced, leading to increased inter-menstrual bleeding and reduced safety in birth control. Women using hormonal contraceptives should take additional contraceptive measures.

Is it safe to take with other medication?

Always tell your healthcare provider if you are taking any other medicine (This includes complementary or traditional medicines). If you are taking other medicines on prescription you should consult your doctor before taking Salome.

Should anyone take the Salome?

Salome Menstrual Pain

The use in pregnancy and lactation is not recommended. The use in children under the age of 12 is not recommended.

Salome Premens and Mpause

The use in pregnancy and lactation is not recommended. The use in adolescents under the age of 18 is not recommended.

How long will it take to get my order?

Standard delivery lead times

Do you ship outside of South Africa?

No, currently the Salome Range is only available to residents in South Africa