



Four Phases

A Traditional Chinese Medicine approach to fertility



Your Cycle has Rhythm—NuCare Supports Every Step

The menstrual cycle moves through four distinct phases. NuCare formulas align with your body's natural rhythm to support each stage and encourage healthy fertility.



Phase 1: Menstrual (Days 1–5)

Letting Go: Move Blood & Ease Discomfort

Phase 1 helps your body shed the uterine lining by promoting smooth menstrual flow, easing clotting and cramping, and helping ensure a fresh start to the cycle. **Use from the first day of menstruation through the last full day of bleeding.**



Phase 2: Follicular (Days 6–12)

Rebuilding: Nourish Yin & Blood

Phase 2 replenishes Blood and Yin to support endometrial growth in the uterine lining and healthy follicular development. **Use after the last full day of bleeding until the cervical fluid becomes clear and stretchy.**



Phase 3: Ovulation (Days 13–15)

Transformation: Support Qi Flow & Yang Activation

Phase 3 encourages the release of the egg by moving Liver Qi and gently warming the Kidney, supporting ovulation and fertile cervical mucus as Yin gives way to Yang. **Use at signs of ovulation, such as stretchy egg-white cervical fluid or a slight rise in basal body temperature.**



Phase 4: Luteal (Days 16–28)

Holding: Tonify Yang & Calm the Mind

Phase 4 provides warmth and stability to support Yang, calm the spirit, and hold the uterine lining in preparation for potential implantation. **Use after ovulation and continue through the end of the cycle.**

Why Phase-Based Support? Every woman is different—and so is every cycle. By breaking the menstrual cycle into four distinct phases, NuCare support can be timed to your body's natural signals, not just the calendar. This targeted, responsive approach evolves with you, providing exactly what your body needs, when it needs it.