Women’s Hormone Balance

Overview

Our Woman’s hormone balance products is a comprehensive formula designed to support healthy hormonal balance. It features a blend phytoestrogenic herbs, vitamins and minerals all combined to provide targeted nutrition meeting Women’s needs.

Overview

Below is the list of ingredients in Women’s Hormone Balance.

Vitamin E

In the past 20 years, Vitamin E has been discovered to be a potent fat soluble antioxidant that prevents the oxidation of lipids. Since cell membranes are composed of lipids, it is vital to the stability and integrity of cellular tissues and membranes in the body. Its effectiveness is increased when taken with other antioxidants, especially Beta Carotene, Vitamin C and Selenium. There are numerous studies that support the claim that Vitamin E is beneficial to cardiovascular health.

Thiamin

Vitamin B1 is also known as Thiamin. It was the first B vitamin to be identified and is involved in nearly every cellular reaction in the body. It is found in the skeletal muscle, the heart, liver, kidney and brain. Thiamin is a water-soluble (just as all B complexes), therefore, any excess will be eliminated in the urine and must be replaced daily. Needs for Vitamin B1 increase during illness and stressful situations such as surgical procedures. It is essential for the energy production from carbohydrates and fats. It is also necessary for the functioning of the nervous system. The needs of B1 are increased by the use of caffeine, alcohol, estrogen (birth control pill), high sugar diet, sulfur drugs and food additives.

Riboflavin

Vitamin B2 is also known as Riboflavin, is water soluble and was first identified in the 1930’s. Since it cannot be stored in the body, it must be supplied on a daily basis. The primary function of riboflavin is that of a coenzyme for many metabolic processes in the body including red blood cell formation and normal function of the nervous system. Therefore, it is essential for normal growth and development. Riboflavin is also crucial to the metabolism of amino acids and fatty acids. It also supports healthy immune system function and works as an antioxidant. Riboflavin maintains the mucous membranes of the body, including the digestive tract, respiratory tract and excretory tract. Use of antibiotics, oral contraceptives and alcohol interferes with the absorption of B2.

Niacin

Niacin is also known as Vitamin B3 or Niacinamide, it is heat stable and water soluble. It was first discovered when scientists were looking for the cause of pellagra. The human body uses niacin in more than 50 chemical reactions, which is absorbed in the small intestine and excreted in the urine. It is needed by the body to extract energy from fat, carbohydrate and protein. This formula uses nicotinic acid, the form of niacin that is commonly recognized as supporting healthy cholesterol balance. Like all members of the B family, niacin plays a key role in energy metabolism.

Vitamin B6

Vitamin B6 is also known as Pyridoxine and is a water-soluble member of the B vitamin family. It is sometimes referred to as the “workhorse” of nutrients because it is part of over 100 biological functions in the body. Vitamin B6 is primarily a coenzyme, which means that it works with other enzymes to support chemical reactions in the cells. The US government estimates that nearly a third of all adults are deficient in this nutrient and nearly half of all women do not get the RDA of Vitamin B6 (this could be due to the fact that oral contraceptives will deplete this vitamin). B6 is also involved in the formation of red blood cells, helps cells make proteins, manufactures neurotransmitters (brain chemicals) such as serotonin, and helps to release stored energy.

Folic Acid

Folic acid is a member of the water soluble B vitamin family, it is also known as folacin or folate. Its name is derived from the Latin word folium which means foliage. It was first discovered in the ‘40’s when it was extracted from spinach. It should be replenished daily as the body cannot store it for long periods of time. Folic acid is of particular importance for women of childbearing age as there can be serious consequences for the fetus when folic acids levels are too low. These consequences include a higher risk of neural tube defects such as spina bifida. Low folic acid levels are linked to an increased risk of heart disease through an increase in homocysteine. Folic acid deficiency is the most common vitamin
deficiency in the world. Half of the folic acid in foods is depleted through cooking, processing and long-term storage, thus supplementation of this vital nutrient is highly recommended.

**Calcium**
Calcium is the most abundant mineral in the body. It is essential to optimal health and has numerous health benefits. Calcium helps with many metabolic processes.

**Magnesium**
Magnesium is essential for hundreds of chemical reactions in the body. It functions as a coenzyme (it participates in over 300 enzymatic reactions!) for proper function of nerves and muscles, formation of bones and energy metabolism. Recent studies suggest that is of particular importance for proper heart function. Magnesium works synergistically with calcium by increasing its absorption and may increase bone density as well. In fact, the body stores 60% of its magnesium in the bones, 26% is in the muscle tissues and the remaining magnesium is stored in the soft tissues of the body. Magnesium supplementation is necessary for many people; as deficiency is quite common in North America. The U.S. Department of Agriculture estimates that 75 percent of Americans do not get an adequate supply of magnesium from their diet. Some of the reasons for deficiency include: diet high in processed foods, high calcium intake, stress, intense physical activity, alcoholism, and the use of certain medications.

**Boron**
Boron is a trace mineral that has only recently been recognized as being important for human nutrition. Recent research suggests that Boron is important for metabolism and bone health; it may help prevent bone loss and support healthy joint function. The highest concentration of boron is found in the bones and tooth enamel. Boron appears to affect the metabolism of calcium, magnesium, copper, phosphorus, and vitamin D. Researchers believe that Boron is essential for the conversion of vitamin D to its active form, which would enhance calcium absorption.

**Selenium**
Selenium is a trace mineral and potent antioxidant. It works synergistically with Vitamin E to protect cells from free radicals; this team may support immune and cardiovascular health. Selenium is an important part of the antioxidant enzyme glutathione peroxidase, which works with Vitamin E to help prevent free radical damage to cell membranes. Selenium also protects the body form heavy metal toxicity. It is important to note that Selenium is toxic at doses of more than one milligram per day.

**Soy Isoflavones**
Scientists classify soy isoflavones from the plant *Glycine max* as phytoestrogens. Phyto is a Greek root word meaning plant, so phytoestrogens are plant-based compounds that have estrogen-like activity in the body. Because of their estrogen-like effects, isoflavones have been studied for a wide spectrum of health benefits. Soybeans and soy foods like tofu are the best dietary source of isoflavones. However, many soy protein concentrates and soy products processed with alcohol may not contain isoflavones. All of our Soy products are processed using only water and are derived from Soy that has not been genetically engineered.

**Gamma-Oryzanol**
Gamma oryzanol is a mixture of compounds, which occur in rice bran oil and function as natural antioxidants in the plants where they occur. Studies conducted primarily in Japan report that gamma oryzanol supplementation is beneficial in supporting healthy hormone balance, cholesterol levels and digestive function.

**Red Clover**
Red clover, just as soy, is a member of the legume family. The unique point of difference between isoflavones derived from red clover and those extracted from soybeans is that red clover extracts contain all 4 different isoflavones (genistein, daidzein, biochanin, and formononetin), while soybeans contain only 2 (genistein and daidzein). Red clover also contains flavonoid compounds called coumestans, which some studies suggest have six times more estrogen like activity than soy isoflavones.

**Black Cohosh**
Black Cohosh (*Actaea racemosa, Cimicifuga racemosa*) is also known as black snakeroot, bugbane, bugwort, rattleroot, rattletop, rattleweed, and macrotys. The genus name *Cimicifuga* is from the Latin "cimicus", which means "insect", and "fugare", which means "to drive away" (*the plant is known to repel insects*). "Black" refers to the dark colored rhizome, and "Cohosh" is an old Native American word meaning "dark". It is a perennial that is a member of the buttercup family, and is native to North America. Rich in calcium, potassium, magnesium and iron, Black Cohosh root is also an abundant source of phytoestrogens.

**Dong Quai**
Dong Quai (Angelica sinensis), a member of the parsley family, is an herb that is recognized as one of the most important remedies in Chinese medicine, and has been used since 588 BC. Commonly referred to by herbalists as the "female ginseng", Dong Quai is believed to have many tonifying properties that may support women’s health. Dong Quai's key active ingredients include Ligustilide and ferulic acid, research suggests that these compounds may be responsible for a number of potential health benefits. Dong Quai also contains compounds that may support healthy central nervous system function and is also rich in vitamins and minerals including vitamins A, B12, and E. Plant part used is the root and the primary active constituents are ligustilides.

**Eleuthero**
Eleuthero is also known as Siberian Ginseng and has been used for over 2000 years in China, primarily as an energy tonic. It
is indigenous to China, Russia, and Japan. Although it is a member of the ginseng family, it is of a different genus than other popular ginsens. The use of eleuthero root dates back 2,000 years Russian scientists studied it extensively in the 1950’s and at this time it came to be known as an adaptogen. Known botanically as Eleutherococcus senticosus, It comes from the woody roots and not the typical fleshy rootstocks of the other ginsens. The active ingredients, eleutherosides are glycosides, which provide the adaptogenic properties. Research indicates that the glycosides may support healthy adrenal function.

Vitex

Chastetree (vitex agnus-castus) grows in subtropical areas throughout the world and has a long history of use in women’s health. It is thought to have a mild hormonal-type action and therefore has been used traditionally by herbalists for a variety of female health concerns.

Cautions

✓ If you are currently on HRT or are pregnant or lactating consult a health care practitioner prior to using Women’s hormone balance.

*These statements have not been evaluated by the Food and Drug Administration
This information is not intended to diagnose, treat, imply cure or prevention of any disease

### Supplement Facts

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<tr>
<th>Serving Size: 2 Tablets</th>
<th>Tablets Per Bottle: 60</th>
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<tbody>
<tr>
<td>Amount</td>
<td>% Daily Value</td>
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<td>Per Serving</td>
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| Vitamin E (d-alpha tocopherol succinate) | 100 IU | 333% |
| Thiamin (B1) (as thiamine mononitrate)   | 10 mg  | 667% |
| Riboflavin (B2)                          | 10 mg  | 667% |
| Niacin (B3) (as niacinamide)              | 20 mg  | 100% |
| Vitamin B6 (as pyridoxine HCL)           | 25 mg  | 1250%|
| Folic Acid                               | 200 mcg| 50%  |
| Calcium (as calcium carbonate)           | 200 mg | 20%  |
| Magnesium (as magnesium oxide)           | 100 mg | 25%  |
| Boron (as amino acid chelate)            | 3 mg   | **   |
| Selenium (from selenomethionine)         | 70 mg  | 100% |

** Soy Isoflavones: 75 mg  
** Gamma-Cryzanol: 75 mg  
** Red Clover: 50 mg  
** Black Cohosh: 50 mg  
** Dong Quai: 75 mg  
** Eleuthro (Siberian Ginseng): 70 mg  
** Vitex (Chaste Tree Extract): 70 mg  

** Daily Value not established

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate, silica microcrystalline, cellulose, modified cellulose.

Directions: Take 2 tablets daily, preferably with a meal.

Warning: Women who are pregnant, lactating, or may be pregnant should not take this product. Do not take this product if you are allergic to soy products. Consult your health care practitioner before taking this product if you are taking any medications for the treatment of hyperension.

Keep out of reach of children. Store in a cool, dry place.