

# PhytoEstrin™

Signature Optimizer to support women's health\*

## Health Basics

- Delivers a unique blend of phytoestrogens from five botanical sources
- Can help provide relief from common menopausal symptoms\*
- Formulated to help maintain bone mass and sound cardiovascular function\*

## Did You Know?

- Bone health and risk of heart disease are common health concerns during and after the transition into menopause.



ITEM# 129

*Natural approaches to maintaining health before, during, and after menopause have recently gained favor. For many women, regular exercise; a proper diet; nutritional supplementation with vitamin E, pantothenic acid (vitamin B5), and calcium; and botanical preparations of estrogen-like compounds such as **PhytoEstrin™** may support menstrual health and help improve the quality of life during the transition to menopause.*

*After menopause, when levels of estrogen and progesterone drop, phytoestrogens like those found in **PhytoEstrin** may help support cardiovascular and bone health.<sup>1-3\*</sup>*

## Phytoestrogens

Comparative studies of Western and Asian women show that not only is menopause much less stressful for Asian women, they also have better health in other areas.<sup>4-7</sup> Some authorities theorize that the high level of phytoestrogens in the Asian diet may contribute to these differences. Phytoestrogens are biologically active chemical compounds from plants such as grains, legumes, fruits, and vegetables that bind to the same estrogen receptor sites and behave similarly to human estrogen. Phytoestrogens in the diet are believed to be a stabilizing factor throughout hormonal cycles. This stabilization may also help to retain bone mass into the mature years.<sup>8\*</sup>

## Why PhytoEstrin™?

All-natural **PhytoEstrin** is a broad-spectrum, botanical formulation containing phytoestrogens from five different sources, including a guaranteed 14 mg of soy isoflavones to help maintain women's health. **PhytoEstrin** also contains a unique combination of herbs that complement the activity of the soy isoflavones: black cohosh, dong

quai, licorice-root extract, and chasteberry powder. Together with the isoflavones, these herbs help support healthy bone structure and cardiovascular health while providing support during menstruation and in the peri- and post-menopausal years.<sup>1\*</sup>

**DIRECTIONS:** ADULT WOMEN TAKE THREE (3) TABLETS DAILY, SPACED EVENLY THROUGHOUT THE DAY, OR AS CONVENIENT.

Supplement Facts		
Serving Size 1 Tablet		
	AMOUNT PER SERVING	%DV*
SOY ISOFLAVONES (GLYCINE MAX) SEED	14 mg	†
BLACK COHOSH EXTRACT (CIMICIFUGA RACEMOSA) (ROOT) (STANDARDIZED TO 2.5% TRITERPENE GLYCOSIDES)	50 mg	†
CHASTEBERRY POWDER (VITEX AGNUS-CASTUS) (FRUIT)	50 mg	†
LICORICE ROOT EXTRACT (GLYCYRRHIZA GLABBA)	30 mg	†
DONG QUAI EXTRACT (ANGELICA SINENSIS) (ROOT)	15 mg	†

† Daily Value not established.

**OTHER INGREDIENTS:** DEXTROSE, ASCORBYL PALMITATE, CROSCARMELLOSE SODIUM, COLLOIDAL SILICON DIOXIDE, DEXTRIN, SOY LECITHIN.

IF YOU ARE PREGNANT, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT. **LABORATORY TESTED, POTENCY GUARANTEED. MEETS USP SPECIFICATION FOR UNIFORMITY AND DISINTEGRATION.**

## References

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