



PhytoEstrin™ • My

Signature optimizer to support women's health*

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.*

ITEM #129

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. 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.*

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.*

- Cardiovascular Health
- Cellular Metabolic Health
- Skeleton/Structural Health
- Endocrine Health
- Brain/Nervous Health
- Digestion/Detox Health
- Immune Health



HP In HealthPak™

My Available for MyHealthPak™

Hybrid

References

- Hall WL, Vafeiadou K, Hallund J, Bugel S, Koebrick C, Reimann M, Ferrari M, Branca F, Talbot D, Dadd T, Nilsson N, Dahlman-Wright K, Gustafsson JA, Minihane AM, Williams CM. Soy-isoflavone-enriched foods and inflammatory biomarkers of cardiovascular disease risk in postmenopausal women: interactions with genotype and equol production. 2005. American Journal of Clinical Nutrition 82(6):1260-8.
- Harkness LS, Fiedler K, Sehgal AR, Oravec D, Lerner E. Decreased bone resorption with soy isoflavone supplementation in postmenopausal women. 2004. J Womens Health (Larchmt) 13(9):1000-1007.
- Howes LG, Howes JB, Knight DC. Isoflavone therapy for menopausal flushes: a systematic review and meta-analysis. 2006. Maturitas. 55(3):203-211.
- Huntley AL, Ernst E. Soy for the treatment of perimenopausal symptoms--a systematic review. 2004. Maturitas 47(1):1-9.
- Kronenberg F, Fugh-Berman A. Complementary and alternative medicine for menopausal symptoms: a review of randomized, controlled trials. 2002. Ann Intern Med 137(10):805-813.
- Potter SM, Baum JA, Teng H, Stillman RJ, Shay NF, Erdman JW Jr. Soy protein and isoflavones: their effects on blood lipids and bone density in postmenopausal women. 1998. Am J Clin Nutr 68(6 Suppl):1375S-9S.
- Tuka K, Umegaki K, Sato Y, Endoh K, Watanabe S. Soy isoflavones lower serum total and LDL cholesterol in humans: a meta-analysis of 11 randomized controlled trials. 2007. Am J Clin Nutr 85: 1148-1156.
- Ye YB, Tang XY, Verbruggen MA, Su YX. Soy isoflavones attenuate bone loss in early postmenopausal Chinese women: a single-blind randomized, placebo-controlled trial. 2006. Eur J Nutr 45(6):327-334.
- Zhan S, Ho SC. Meta-analysis of the effects of soy protein containing isoflavones on the lipid profile. 2005. Am J Clin Nutr 81(2):397-408.
- Zhang X, Shu XO, Li H, Yang G, Li Q, Gao YT, Zheng W. Prospective Cohort Study of Soy Food Consumption and Risk of Bone Fracture Among Postmenopausal Women. 2005. Arch Intern Med 165:1890-5.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Optimizers
PhytoEstrin

Optimizers
PhytoEstrin