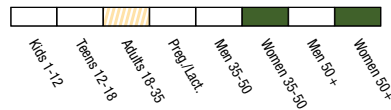




# PhytElle™



ITEM# 129  
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Natural approaches to maintaining health before, during, and after menopause have gained favour. Exercise, diet, nutritional supplementation, and botanical preparations such as **PhytElle™** may improve the quality of life for women during those times.

## Phytoestrogens and Isoflavones

Comparative studies of Western and Asian women show that not only is menopause much less stressful for Asian women, but they also have better health in other areas.<sup>1,4</sup> Some authorities theorise that the high level of phytoestrogens in the Asian diet may contribute to these differences. Phytoestrogens—biologically active chemical compounds from plants such as grains, legumes, fruits, and vegetables are similar to oestrogen. Phytoestrogens in the diet are believed to be a stabilising factor throughout hormonal cycles. This stabilisation may also help to maintain bone mass into themature years.<sup>5</sup>

## Why PhytElle™?

**PhytElle** is a broad-spectrum, comprehensive formulation containing phytoestrogens. Its all-natural botanical formulation, with guaranteed levels of soy isoflavones, helps maintain women's health. Each tablet of **PhytElle** is guaranteed to contain 14 mg of soy isoflavones.

**PhytElle** also contains a combination of herbs that complements the activity of the soy isoflavones: black cohosh, dong quai, licorice-root extract, and chasteberry powder. Together with the isoflavones, these herbs provide support during menstruation and in the peri- and post-menopausal years.

For many women, **PhytElle** may support menstrual health and help improve the quality of life during the transition to menopause. After menopause, when levels of oestrogen and progesterone drop, phytoestrogens may help maintain healthy bone

mass.<sup>6</sup> A program of regular exercise, a proper diet, and nutritional aids, such as vitamin E, pantothenic acid (vitamin B5), and supplemental calcium, may also help.

**PhytElle** is laboratory tested, potency guaranteed. Meets British Pharmacopoeia specifications for uniformity and disintegration where applicable.

## Using PhytElle™

Adult women take three (3) **PhytElle** tablets spread evenly throughout the day, preferably with meals.

### EACH TABLET CONTAINS:

GLYCINE MAX (SOYBEAN) SEED POWDER	35 mg
EQUIVALENT SOY ISOFLAVONES	14 mg
CIMICIFUGA RACEMOSA (BLACK COHOSH) ROOT EXTRACT	25 mg
EQUIVALENT DRY ROOT	500 mg
EQUIVALENT TRITERPENE GLYCOSIDES	1.25 mg
GLYCYRRHIZA GLABRA (LICORICE) ROOT EXTRACT	30 mg
EQUIVALENT DRY ROOT	120 mg
VITEX AGNUS-CASTUS (CHASTE BERRY) FRUIT POWDER	50 mg
ANGELICA POLYMORPHA (DONG QUAI) ROOT EXTRACT	12 mg
EQUIVALENT DRY ROOT	60 mg

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## PhytElle™

- Comprehensive formula containing phytoestrogens
- An all-natural formulation, with guaranteed levels of soy isoflavones
- Addresses women's health issues such as PMS and menopause\*



### References

1. Tham, D.M. 1998. J. Clin. Endocrinol. Metabol. 83:2223-35.
2. Knight, D.C. and Eden, J.A. 1996. Obstet. Gynecol. 87:897-904.
3. Herman, C., et al., 1995. J. Nutr. 125:757S-770S.
4. Barnes, S. 1998. Proc. Soc. Exp. Biol. Med. 217:386-92.
5. Setchell, K. and Cassidy, A. 1999. J. Nutr. 129:758S-67S.
6. Ye, Y.B., et al., 2006. 45(6). Euro. J. Nutr.

**Caution:** If you are pregnant, consult your physician before taking this product.

**Vitamin supplements should not replace a balanced diet.**

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

IF SYMPTOMS PERSIST SEE YOUR DOCTOR OR HEALTH CARE PROFESSIONAL.  
BLACK COHOSH MAY HARM THE LIVER IN SOME INDIVIDUALS. USE UNDER THE SUPERVISION OF HEALTHCARE PROFESSIONALS.