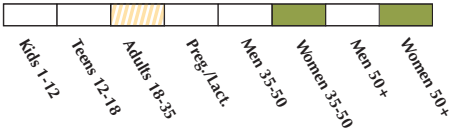


PHYTOESTRIN™

OPTIMIZERS/ENDOCRINE



- Contains phytoestrogens from five different botanical sources
- Supports women's health during natural aging changes in the body
- Helps maintain bone mass and a sound cardiovascular system



ITEM# 129

Natural approaches to maintaining health before, during, and after menopause have gained favour. 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 retain healthy blood lipid levels and maintain bone mass.¹⁻³

PHYTOESTROGENS

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.⁴⁻⁷ 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.⁸

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.¹

References

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4. Tham DM, J Clin Endocrinol Metabol 1996;83:2223-35.
5. Knight DC, Eden JA. Obstet Gynecol 1996;87:897-904.
6. Herman C, et al. J Nutr 1995;125:757S-770S.
7. Barnes S, Proc Soc Exp Biol Med 1998;217:386-92.
8. Setchell K, Cassidy A. J Nutr 1999;129:758S-67S.

RECOMMENDED DOSAGE FOR ADULT WOMEN: TAKE THREE (3) TABLETS DAILY. / **DOSE RECOMMANDÉE POUR ADULTES FEMMES :** PRENDRE TROIS (3) COMPRIMÉS PAR JOUR.

LABORATORY TESTED. POTENCY GUARANTEED. MEETS USP SPECIFICATIONS FOR UNIFORMITY AND DISINTEGRATION. / TESTÉ EN LABORATOIRE. PUISSANCE GARANTIE. CONFORME AUX NORMES USP DE UNIFORMITÉ ET DÉSINTEGRATION.

EACH TABLET CONTAINS A BLEND OF NATURAL PHYTONUTRIENTS THAT INCLUDES, 14 mg SOY ISOFLAVONES, 50 mg BLACK COHOSH EXTRACT (STANDARDIZED AT 2.5% TRITERPENE GLYCOSIDES), 50 mg CHASTEERRY POWDER, 30 mg LICORICE ROOT EXTRACT, AND 15 mg DONG QUAI EXTRACT. / CHAQUE COMPRIMÉ CONTIENT UN MÉLANGE DE PHYTONUTRIENTS NATURELS INCLUANT 14 mg D'ISOFLAVONES DE SOYA, 50 mg D'EXTRAIT D'ACTÉE RACÉFORME (STANDARDISÉ À 2,5 % DE GLUCOSIDES TRITÉRPENIQUES), 50 mg DE POUDRE DE BAIES DE GATILLIER, 30 mg D'EXTRAIT DE RACINE DE RÉGLISSE ET 15 mg D'EXTRAIT DE D'ANGÉLIQUE CHINOISE.

INGREDIENTS: DEXTROSE, BLACK COHOSH EXTRACT, CHASTEERRY FRUIT POWDER, SOY ISOFLAVONE CONCENTRATE, LICORICE ROOT EXTRACT, ASCORBYL PALMITATE, DONG QUAI EXTRACT, SODIUM CARBOXYMETHYL CELLULOSE, SILICON DIOXIDE, MODIFIED TAPIOCA STARCH, LECITHIN, SODIUM CITRATE. / INGRÉDIENTS : DEXTROSE, EXTRAIT D'ACTÉE RACÉFORME, POUDRE DE BAIES DE GATILLIER, CONCENTRÉ D'ISOFLAVONES DE SOYA, EXTRAIT DE RACINE DE RÉGLISSE, PALMITATE D'ASCORBYLE, EXTRAIT DE DONG QUAI, CARBOXYMETHYLCELLULOSE SOVIQUE, DIOXYDE DE SILICUM, AMIDON MODIFIÉ DE TAPIOCA, LÉCITHINE, CITRATE DE SODIUM.

If you are pregnant or lactating, consult your physician before taking this product.