

Estro Support™

Hormone Specific Formulation™



DESCRIPTION

Estro Support is a Hormone Specific Formulation™ of synergistic herbs that supports healthy estrogen receptor function, healthy metabolism of estrogens, or functional mimetics of estrogen. This soy-free combination is designed to support healthy estrogen function in bone, heart, brain, breasts, vagina and other estrogen sensitive tissues.

FUNCTIONS

Herbs can have a very specific effect on each hormone. When herbs are used in a therapeutic way to support the health of any body system, the process is called phytotherapy (“phyto” = “plant”). Phytotherapeutics may specifically improve the function of the endocrine system. Many of the plants used in the phytocrine™ model of endocrine therapy are adaptogens – plants which help the body adapt to change or stress.

Estro Support is a phytotherapeutic supplement to support healthy estrogen levels. The herbs Pueraria root & red clover support 2-hydroxylation, glucose utilization and bone health. Phytoestrogens mimic the functions of estrogens without proliferative actions, and include Black cohosh, and Salvia which support and minimize the changes sometimes experienced during menopause. The phytoestrogens found in Dong Quai help to increase vaginal lubrication by maintaining mucus tissue health. Adaptogens with nootropic properties such as Bacopa, Sage and Schizandra support cognition, memory and the facilitation of learning; functions associated with optimal estrogen function. Hops have been used to help with hot flashes in menopausal women and is considered supportive in mood disturbances such as restlessness and anxiety, and sleep disturbances.

INDICATIONS

Estro Support may be a useful dietary adjunct for individuals who wish to support healthy estrogen function.

FORMULA (MW #10188)

Serving size 2 v.capsules..... 4 v.capsules

Proprietary Blend..... 1,390 mg2,780 mg

Pueraria root Extract (*Pueraria montana*, *Pueraria lobata*, standardized to 40% isoflavones), Red Clover Extract (*Trifolium pratense*, stem, leaves, and flowers, standardized to 8% biocannins), Bacopa Extract (*Bacopa monnieri*, aerial parts, standardized to 20% bacosides), Gotu Kola Extract (*Centella asiatica*, leaf,

standardized to 10% asiaticosides), Hops Extract (*Humulus lupulus*, strobiles, standardized to 5% alpha bitter acids), Dong Quai root Extract (*Angelica sinensis*, standardized to 1% ligustilides), Schizandra fruit Extract (*Schizandra chinensis*, standardized to 9% schisandrins), Sage leaf (*Salvia officinalis*).

Black Cohosh Extract 50 mg 100 mg
(*Cimicifuga racemosa*, root and stem, standardized to 8% triterpene glycosides)

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

SUGGESTED USE

As a dietary supplement, adults may take 2 capsules each evening with food for 1 to 2 weeks or as directed by your healthcare professional.

The dose may then be increased to 4 capsules each evening with food for 2 to 4 months or as directed by your healthcare professional.

After 2 to 4 months, dosage may be lowered back down to 2 capsules each evening with food and may continue on that dosage as needed or as directed by your healthcare professional.

May use without estrogen, or with bio-identical estrogen to support healthy estrogen function.

SIDE EFFECTS

WARNING: Not to be used by pregnant or nursing women. No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

References on next page

REFERENCES

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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.

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