

EndoAxis

Formula 9

A robust blend of herbs and minerals to support healthy estrogen and androgen levels already within normal range.

AT A GLANCE

Elevated testosterone in the presence of low estrogen suggests an imbalance of aromatization, which can be the result of inflammation, insulin resistance, thyroid disorders, medications and most commonly in the classic presentation of PCOS.

Estrogen is required for follicular development and egg maturation and supports endometrial health, bone health, brain health and even cardiovascular health.

Our formulation goals focus on providing a novel blend of herbs, nutrients and amino acids that support ovarian health and follicular development, optimize enzymatic expression of key androgen dominant-related genes, and target the primary routes of hormone detox to regulate hormone activity.

Meet **Harmonize**

Blended with female hormone balance in mind, these products work to harmonize and support healthy hormone levels.



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KEY BENEFITS



A harmonizing blend of herbs and minerals designed to support conversion of testosterone into estrogen via CYP19A1



Targeting SRD5A genes (5 α -reductase) to optimize hormone balance



Nutritive herbs to support ovulatory health and follicular development

FORMULA ANALYSIS

Achillea millefolium

Achillea (Yarrow) contains flavonoids, such as apigenin and luteolin, that exhibit anti-inflammatory and antioxidant activities and are thought to modulate pathways involved in PCOS pathogenesis[1]. Existing research suggests potential benefits in regulating menstrual cycles, reducing hyperandrogenism, and improving insulin sensitivity[2], while also reducing severity of concerning symptoms such as acne vulgaris in women struggling with PCOS[3].

Matricaria chamomilla

Matricaria chamomilla (Chamomile) is well-known for its anti-inflammatory and calming influence on our cells, but a growing body of research demonstrates the role chamomile can play to help regulate hormones and reduces the oxidative stress associated with elevated estrogens and androgens. The primary flavonoid, Apigenin, is credited with the majority of the influence on our tissues, reducing the influence of xenoestrogens, acting as an anti-inflammatory and reducing oxidative stress[4]. Apigenin plays a significant role in reducing hyperandrogenic activity[5], while chamomile whole herbs has been shown to reduce dyslipidemia and improve blood sugar regulation[6], making it a key herb in our blend targeting elevated estrogens and androgens.

Mentha spicata

Mentha spicata (Spearmint) has long been used in traditional herbal formulations to reduce high androgen activity and to reduce oxidative stress, supporting menstrual regulation for women struggling with oligomenorrhea in the context of high androgens[7]. Emerging research has begun to focus on its role as an insulin-sensitizing agent, making it an even more powerful herb in our inflammatory high androgen formulation[8].

Alchemilla vulgaris

Alchemilla vulgaris (Lady's Mantle) has historically been used for menstrual concerns in women of reproductive age. The research demonstrates 24 different constituents. These constituents include chlorogenic and gallic acids, quercetin glycosides, salicylic acid, and phytosterols to name a few.[9] They are the constituents attributed to the anti-inflammatory and liver-protective benefits associated with Lady's Mantle, and may also reduce menstrual discomfort and menstrual irregularities.[10]

L-Carnitine

L-carnitine is essential for the transport of long-chain fatty acids into the mitochondria for β -oxidation, thereby promoting energy production[11]. In PCOS, insulin resistance often leads to impaired mitochondrial function, and L-carnitine supplementation may enhance mitochondrial efficiency and reduce oxidative stress [12]. Additionally, L-carnitine has been shown to improve insulin sensitivity and modulate inflammatory pathways, providing a potential dual mechanism for PCOS management [13]. In addition to its metabolic effects, L-carnitine may exert positive influences on reproductive outcomes in PCOS. Enhanced ovulatory function, improved menstrual regularity, and increased pregnancy rates have been observed in women receiving L-carnitine supplementation [14]. These effects may be attributed to the role of L-carnitine in reducing hyperandrogenism and promoting a more favorable hormonal milieu.

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin A (as beta carotene) (from mixed-carotene blend)	20 mcg RAE	2%
Magnesium (as 50% magnesium glycinate and 50% magnesium malate)	17.6 mg	4%
Riboflavin (as riboflavin 5-phosphate sodium)	15 mg	1154%
Vitamin B ₆ (as pyridoxal 5-phosphate)	10 mg	588%
Zinc (as zinc picolinate)	0.5 mg	5%
Trimethylglycine (as betaine anhydrous)	250 mg	†
German Chamomile (<i>Matricaria recutita</i>) (flower) extract	175 mg	†
N-acetyl-L-cysteine	100 mg	†
Yarrow (<i>Achillea millefolium</i>) (aerial parts) powder	100 mg	†
Lady's Mantle (<i>Alchemilla vulgaris</i>) (aerial parts) powder	100 mg	†
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	84.8 mg	†
Alpha Lipoic Acid (as R-lipoic acid)	50 mg	†
Spearmint (<i>Mentha spicata</i>) (leaf) powder	50 mg	†
Dandelion (<i>Taraxacum officinale</i>) (root) extract 4:1	25 mg	†
Mixed-Carotene (from palm fruit (<i>Elaeis guineensis</i>))	2 mg	†
Alpha-Carotene	0.02 mg	†
Gamma-Carotene	0.2 mcg	†
Lycopene	0.06 mcg	†

† Daily Value not established

Other ingredients: Vegetable capsule (hypromellose), magnesium stearate, microcrystalline cellulose and silicon dioxide.

SUGGESTED USE

Take 2 capsules 2 times a day with a meal or as directed by your healthcare practitioner.

CAUTION: Do not use if pregnant or nursing. Consult your physician before use if you have a medical condition, or taking any medication. Do not use product if the safety seal is broken or damaged. Keep out of reach of children.

MADE WITHOUT

Wheat, gluten, corn, yeast, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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