

EndoAxis

Formula 1

PROGESTERONE HARMONY

A complementary blend of herbs and minerals to support healthy ovulation.

AT A GLANCE

Maintaining a healthy hormonal cycle is crucial for overall wellbeing, particularly in women. Progesterone plays a significant role in regulating the menstrual cycle and supporting reproductive health.

Utilizing well-designed products that contain evidence-based herbs and nutrients for progesterone optimization can offer significant support in promoting healthy progesterone levels.

Our primary herbs and nutrients were selected based on their quality and efficacy to support and balance ovarian health and progesterone.

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



Optimizes progesterone activity



Targets the HPO axis to enhance follicular maturation and release



Provides nutrients required for optimal fertility and ovarian hormone regularity

FORMULA ANALYSIS

Vitex Agnus-castus

Vitex, also known as Chaste Tree Berry, has been used for centuries to support female hormonal health. It acts on the pituitary gland, promoting the production of luteinizing hormone (LH) while inhibiting the release of follicle stimulating hormone (FSH)[1]. This shift in hormonal signaling helps regulate egg maturation and release, encouraging the proper release of progesterone during the luteal phase.

Vitamin B6

Vitamin B6, or pyridoxine, plays a vital role in the synthesis and metabolism of hormones, including progesterone. It supports the production of enzymes involved in the synthesis of progesterone, ensuring an adequate supply of this hormone[2]. Additionally, Vitamin B6 aids in the regulation of prolactin, a hormone that, when elevated, can disrupt progesterone levels and interfere with the menstrual cycle[3].

Zinc

Zinc is an essential mineral that supports reproductive health and hormone balance. It plays a crucial role in the conversion of follicle stimulating hormone (FSH) to luteinizing hormone (LH), which triggers ovulation and the subsequent production of progesterone[4]. Zinc deficiency has been linked to hormonal imbalances, making it an important component of a progesterone support supplement.

Achillia millifolium

Achillia, also known as Yarrow, has traditionally been used for its medicinal properties. It contains bioactive compounds, including flavonoids, that have demonstrated anti-inflammatory and hormonal regulatory effects[5]. Yarrow can help support progesterone by supporting follicle maturation and ovarian hormone health[6].

Borage

Borage oil is a rich source of gamma-linolenic acid (GLA)- with 2-3x the GLA content over evening primrose oil. GLA is an omega-6 fatty acid that possesses anti-inflammatory properties and supports hormone balance[7]. Borage oil supplementation has been shown to enhance progesterone production, helping to alleviate menstrual irregularities and support overall hormone balance[8].

Vitamin A

Vitamin A is an important nutrient involved in various physiological processes including hormone synthesis and regulation[9]. It supports the functioning of the ovaries and aids in the conversion of cholesterol into progesterone. Additionally, Vitamin A plays a crucial role in the development of a healthy uterine lining[10].

SUPPLEMENT FACTS

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin A (as beta carotene) (from mixed-carotene blend)	40 mcg RAE	5%
Vitamin B ₆ (as pyridoxal 5-phosphate)	30 mg	1765%
Zinc (as zinc picolinate)	1 mg	9%
Lady's Mantle (<i>alchemilla vulgaris</i>) (aerial part) powder	400 mg	†
Yarrow (<i>achillea millefolium</i>) (aerial part) powder	400 mg	†
Borage (<i>borago officinalis</i>) (seed) powder	300 mg	†
Chastetree (<i>vitex agnus-castus</i>) (fruit) extract	200 mg	†
Mixed-Carotene (from palm fruit (<i>elaeis guineensis</i>))	4 mg	†
Alpha-Carotene	0.04 mg	†
Gamma-Carotene	0.4 mcg	†
Lycopene	0.12 mcg	†

† Daily Value not established

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

SUGGESTED USE

Take 3 capsules once 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.

For optimal support, continue this product for at least 6 months. Some providers will consider having their patients take a break from the supplement for 3-5 days, while the patient is on their menstrual period, and then restart the product once again when the period ends. This type of supplement holiday can reduce supplement fatigue, but is not necessary.

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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