



## Formula 8

### ESTROGEN HARMONY

Phytoestrogenic herbs blended to support estrogen harmony.

### AT A GLANCE

Estrogen, a primary hormone in the female reproductive system, plays a pivotal role in maintaining various aspects of women's health. Its levels fluctuate throughout a woman's life, influencing both reproductive and non-reproductive functions.

Low estrogen levels can have a profound impact on various aspects of female health, from reproductive health to bone density and cardiovascular well-being.

Our formulation blends herbs and nutrients shown to support hormonal response and balance in women with low estrogen based on current scientific knowledge.

### 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 vascular, neurocognitive and bone mineral outcomes while supporting estrogenic activity



Targeted herbs and minerals to support estrogen production and response in the body



Harmonizes hormonal regulation

## FORMULA ANALYSIS

### *Angelica sinensis*

*Angelica sinensis*, also known as Dong Quai, has been used for centuries in Chinese medicine for supporting female reproductive concerns.

*Angelica* contains various bioactive compounds, including ferulic acid, ligustilide, and various polysaccharides that exhibit antioxidant, anti-inflammatory, and hormone-regulating effects, which help improve follicular development and HPO-axis response.[1] Ferulic acid, a major constituent of *Angelica sinensis*, acts as a potent antioxidant, reducing oxidative stress and inflammation associated with PMS. Ligustilide, another key compound, exhibits vasodilatory effects, improving blood circulation to ovarian and uterine tissue. Additionally, *Angelica sinensis* modulates hormonal balance by interacting with estrogen receptors, enhancing estrogen activity when levels are low.[2]

### *Trigonella foenum-graecum*

*Trigonella foenum-graecum* (Fenugreek) has been used in traditional herbal medicine for centuries to treat concerns such as low libido, fatigue, mood changes and impaired muscle mass. It contains active saponins, namely fenugreekogenin, diosgenin and protodioscin, which have been suggested to influence hormone levels and potentially impact testosterone production and hormone balance in menstruating women[3], while also reducing menopausal symptoms in healthy postmenopausal women.[4] There have even been studies demonstrating improvement in bone mineral density between subjects using Fenugreek and controls.[5]

### *Asparagus racemosus*

*Asparagus racemosus* (Shatavari) is an adaptogenic herb, traditionally used in Ayurvedic medicine to promote women's health and address hormonal imbalances. Phytochemical analyses have identified compounds in Shatavari such as saponins, flavonoids, and steroidal glycosides that exhibit estrogenic activity in vitro and small in vivo studies.[6] However, the primary role for Shatavari in our formulation is not on its estrogenic influence directly, per se, but rather to overcome the stress-mediated reproductive health disorders that afflict so many women. Shatavari has been proposed to improve estrogenic response, follicular development, oocyte quality and infertility by reducing oxidative stress and increasing the antioxidant potential in the body.[7]

### *Salvia officinalis*

*Salvia*, particularly *Salvia officinalis* (commonly known as sage), has been studied for its potential effects on estrogen levels in women. Known around the world as the "queen of herbs," the plant contains phytoestrogenic compounds, including luteoline-7\_0-glycoside and terpenes, which are plant-derived compounds that can mimic the effects of estrogen through mediating intracellular alpha estrogen receptors.[8] Use of sage dates back to ancient Egyptian civilization, when it was frequently used for fertility support, remedying sexual debility, treating menstrual irregularities and reducing symptoms associated with menopause. Recent studies have found that the consumption of sage promoted ovarian function by stimulating estradiol hormone release and controlling folliculogenesis, steroidogenesis, and autophagy.[9] Sage has been shown to improve mood, reduce climacteric symptoms associated with low estrogen, and can support Additionally, some studies suggest that sage may help regulate hormone balance and support overall reproductive health.[10]

## SUPPLEMENT FACTS

Serving Size 1 Capsule

Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin A (as beta carotene) (from mixed-carotene blend)	20 mcg RAE	2%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg	67%
Vitamin B <sub>6</sub> (as pyridoxal 5-phosphate)	10 mg	588%
Vitamin B <sub>12</sub> (as hydroxocobalamin)	125 mcg	5208%
Dong-Quai ( <i>Angelica sinensis</i> ) (root)	100 mg	†
Russian Rhodiloa ( <i>Rhodiola rosea</i> ) (root) extract (Minimum 3% rosavins & minimum 1% salidroside) 10:1		†
Red Clover ( <i>Trifolium pratense</i> ) (aerial part) extract (8% isoflavones)	150 mg	†
Shatavari ( <i>Asparagus racemosus</i> ) (root) extract (20% saponins)	15 mg	†
Sage ( <i>Salvia officinalis</i> ) (leaf) extract 10:1	10 mg	†
Fenugreek ( <i>Trigonella foenum-graecum</i> ) (seed) extract [50% saponins with UV] 20:1	10 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), microcrystalline cellulose and magnesium stearate.

## SUGGESTED USE

Take 1 capsule 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.

## REFERENCES

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