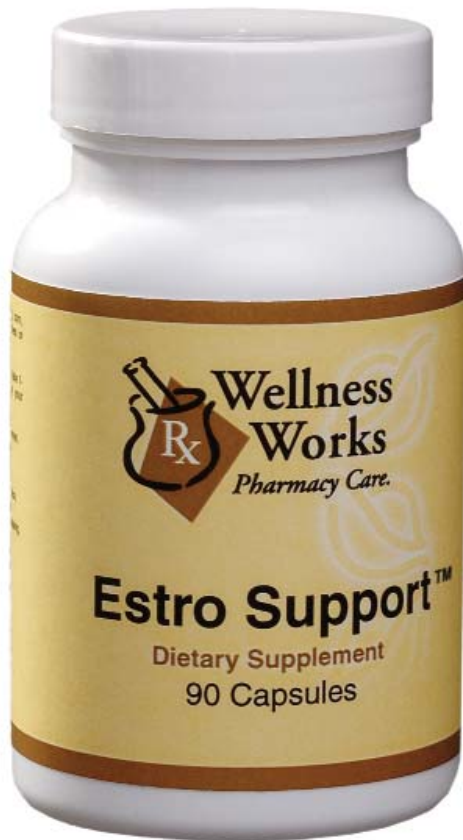


Featured Product

Estro Support™ PCCA #10188

See "The Professional Guide to Phytotherapeutic Management of Endocrine Dysfunction" for detailed clinical protocols at www.wellnessworks.com.



Estrogen mimetics include plant derived compounds that mimic specific actions of estrogens. These compounds act as agonists and are used for their ability to emulate certain actions of estrogens without actually having all of the properties of estrogen.

Clinical Relevance: Symptoms of decreased estrogen function have been observed in perimenopause, menopause and postmenopause aged women and significantly diminish quality of life.

Isoflavone Complex: Isoflavones are plant-derived compounds that support or the function of estrogens or mimic specific functions of estrogens and have both weak estrogenic and antiestrogenic activities. Genistein and daidzein are present in significant concentrations in soy, *Pueraria lobata* (Kudzu) and red clover and promote the 2-hydroxylation pathway, increasing "good estrogens" while at the same time decreasing menopausal symptoms and supporting bone mineral density. Isoflavones also may help protect the cardiovascular system, support the immune system, inhibit angiogenesis, and protect against oxidative damage as antioxidants.

Black Cohosh: Black cohosh appears to regulate estrogen levels by controlling excessive surges of luteinizing hormone (LH). Sudden increases in LH secretion, which occur in response to declining estrogen levels, appear largely responsible for many symptoms associated with menopause, such as hot flashes, night sweats, insomnia, irritability, heart palpitations and headaches. Black cohosh has organ specific actions and may have beneficial effects in the cardiovascular and skeletal system.

Bacopa monniera: *Bacopa monniera* is a neuro-adaptogen that helps the body adapt to both acute and chronic stress and supports cognitive function by demonstrating significant improvement in acquisition and retention of memory with significant retention of new information and a decreased rate of forgetting of newly acquired information, as well as improvement in speed of visual information processing, learning rate and memory consolidation – actions typically associated with optimal estrogen function.

Cranberry Fruit: Cranberry fruit provides support of urinary tract health and provides antioxidant activity that helps repair and protect DNA integrity and may be beneficial in reducing age-associated oxidative stress, as well as in improving neuronal and cognitive brain function. Anti-proliferation and cardio-protective activities also have been attributed to cranberry fruit.

Dong Quai Root: Dong quai is a female adaptogen that can decrease symptoms in menopause, increase vaginal lubrication and increase sexual activity but does not produce estrogen-like responses in endometrial thickness. The immuno-stimulatory, anti-inflammatory and antiallergenic properties of dong quai prevent immune senescence. Dong quai also has been shown to promote reformation of bone and decrease anti-atherosclerosis.

Hops: Hops (*Humulus lupulus*) reduces hot flashes in menopausal women and ameliorates mood disturbances such as restlessness and anxiety, and sleep disturbances. Its constituents exhibit mild estrogenic activity but also may have a preventive effect against breast and ovarian cancer.

Sage: Sage (*Salvia officinalis*) has been used to treat hot flashes and to decrease perspiration in both daytime and night-time excessive sweating. Sage has a positive effect on the nervous system and provides memory-improving properties. Sage binds to the GABA/benzodiazepine receptor complex in brain tissue and has demonstrated calming actions.

Schisandra: Schisandra may be described as an adaptogen that supports the normal function of the nervous system, while supporting cardiovascular health. It also has anti-oxidant and hepatoprotective properties. Used for the treatment of cardiovascular diseases, liver diseases, diseases of the CNS related to the old age, Schisandra demonstrated a beneficial effect on memory registration and memory consolidation, and may be useful to prevent age-associated degeneration of the brain.

INGREDIENTS

3 Capsules Contain:

Isoflavone Complex Herbal Proprietary Blend	375 mg
<i>Pueraria lobata</i> (Kudzu, root), Red Clover (Flowering Tops, Standardized to 8% Isoflavones) and Novasoy™ Isoflavone Concentrate	
Black Cohosh	60 mg
(Standardized to 8% Triterpene Glycosides, Root)	
Herbal Proprietary Blend	1,185 mg
<i>Bacopa monnieri</i> (Standardized to 20% Bacosides, Leaf), Cranberry (Fruit), Dong Quai (Root), Schisandra (Standardized to 0.9% Schisandrins, Fruit and Seeds), Sage (<i>Salvia officinalis</i> , Leaf), and Hops (Aerial Parts)	

This product contains NO yeast, gluten, milk/dairy, corn, sodium, sugar, starch, artificial color, preservatives or flavoring.

Warning: Not to be used by pregnant or nursing women.

Other Ingredients: Gelatin (capsules), dicalcium phosphate, cellulose, vegetable stearate and silica.

Suggested Usage: 1-3 capsules daily with food.