

# FEMININE BALANCE™

Designed for the Feminine Needs  
of Women in and after Midlife!



## How can I ease the occasional discomforts of menopause?

It's no secret that many women start menopause around their mid 40's to 50's, and most women begin to respond to the stress associated with "midlife" during this time. It's natural, and it's inevitable, but women can begin to look forward to this part of their lives with minimal anxiety. Proper diet, a positive attitude, and regular exercise along with Feminine Balance can make an incredible difference. Feminine Balance is a nutritional support formula designed for the unique needs of women approaching midlife.

This popular product blends traditional feminine harmonizing herbs, magnesium and vitamin B6 that can help women ease through this feminine transition, as well as relieve occasional symptoms commonly experienced during the peak years of this natural stage of life.◊

### Isoflavones for Vasomotor Instability

Feminine Balance is a comprehensive nutritional supplement formula designed for the unique needs of women, who are approaching midlife and to help ease some of the effects of menopause.

Menopause, the cessation of the monthly female menstrual cycle, occurs naturally in the age range of between 40 and 60, with the majority of women experiencing its onset near the age of 50. Menopause is a process that ordinarily takes several years to complete after the first signs of physical changes begin to appear.

Women who have not had a menstrual period for a year are considered post-menopausal. Although this phase of profound physiological shift often opens the door to many positive life changes and opportunities, it can be quite uncomfortable for a period of time. Exercise and improved stress management are helpful during menopause, presumably because they improve function of the adrenal glands.

### Hot Flashes

Menopause signals a dramatic change in a woman's body. Many women going through menopause experience

hot flashes (or flushes), which include profuse sweating, occasional irritability and fatigue, as well as other physical changes and discomforts.

At this stage, a woman experiences firsthand the battle of two opposing forces within her, the decrease in the hormone production by the ovaries and the increase of ovary stimulating pituitary hormones.

Hot flashes, medically called vasomotor instability, are caused by intermittent dramatic increases in blood flow to the skin, which raises its temperature by as much as 10-15 degrees within a few seconds. Hot flashes are usually accompanied by profuse sweating, and when these hot flashes occur at night, they often disrupt sleep.

A number of food plants and herbs contain compounds called isoflavones (also known as phytoestrogens) that are plant compounds with weak estrogen like effects. Considerable research has focused on the effects of isoflavone containing foods, such as kudzu root.

Several randomized trials have shown that increased dietary intake of isoflavone rich foods and/or supplements, providing between 40 and 160 mg a day, in women with menopausal symptoms, has resulted in improved

vasomotor stability as well as overall improved quality of life.<sup>o</sup>

### Harmonizing Herbs and Nutraceuticals

Feminine Balance blends harmonizing herbs (Eleuthero, Turmeric, Licorice Root, Boswellia, Kudzu Root,

Hops Extract and Asparagus racemosus), and key nutraceuticals Magnesium (as Citrate and Malate) and Pyridoxine. This unique formulation is designed to ease the transition into the menopausal years and help maintain high levels of health and vitality into the years beyond.<sup>o</sup>

#### REFERENCES:

1. Asparagus Racemosus (Shatavari). Gomase VS and Sherkhane AS. Isolation, structure elucidation and biotransformation studies on secondary metabolites from *Asparagus racemosus*. Int J Microbiology Res, 2 (1), 2010; 07-09; 2010.
2. Boswellia. Mikhaeil BR, Maatooq GT, Badria FA, Amer MM. Chemistry and immunomodulatory activity of frankincense oil. Z Naturforsch [C]. 2003 Mar-Apr; 58 (304): 230-8.
3. Curcumin (Turmeric) and Genistein (component of Kudzu Isoflavones). Verma SP, Salamone E, Goldin B. Curcumin and genistein, plant natural products, show synergistic inhibitory effects on the growth of human breast cancer MCF-7 cells induced by estrogenic pesticides. Biochem Biophy Res Commun 1997 Apr 28; 223 (3).
4. Hops. Heyerick A, Vervarcke S, Depyre H, et al. The first prospective, randomized, double-blind, placebo-controlled study on the use of a standardized hops extract to alleviate menopausal discomforts. Maturitas; 54 (2): 164-75; 2006.
5. Hops. Lukaczer D, Darland G, Tripp M, et al. Study on the use of a standardized hop extract to alleviate menopausal discomforts. Maturitas. ... Eur J Med Res. 2008 May 26;13(5):200-4.
6. Licorice. Harguchi H, Youshida N, Ishikawa H, et al. Protection of mitochondrial functions against oxidative stresses by isoflavans from *Glycyrrhiza glabra* (licorice). J Pharm Pharmacol 2000 Feb; 52 (2).

Supplement Facts		Serving Size / 5 Tablets		Servings Per Container / 48	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value		
Vitamin B-6 (Pyridoxine HCl)	6 mg 353%	Kudzu ( <i>Pueraria lobata</i> (Willd.) Ohwi) Root Extract (40% Kudzu Isoflavones)	500 mg *		
Magnesium (Total)	150 mg 36%	Licorice ( <i>Glycyrrhiza glabra</i> L.) Root Extract (Deglycyrrhizinated)	200 mg *		
Eleuthero ( <i>Eleutherococcus senticosus</i> (Rupr. et Maxim.) Maxim.) Root Extract	400 mg *	Shatavari ( <i>Asparagus racemosus</i> Willd.) Root Extract	200 mg *		
Hops ( <i>Humulus lupulus</i> L.) Strobile (Flower) Extract	100 mg *	Turmeric ( <i>Curcuma longa</i> L.) Roots and Rhizomes	400 mg *		
Boswellia Serrata ( <i>Boswellia serrata</i> Roxb.; Indian Frankincense) Gum Exudates	400 mg *	*Daily Value not established.			

INGREDIENTS: Magnesium Citrate, Magnesium Malate Trihydrate, Kudzu (*Pueraria lobata* (Willd.) Ohwi) Root Extract (40% Kudzu Isoflavones), Eleuthero (*Eleutherococcus senticosus* (Rupr. et Maxim.) Maxim.) Root Extract, Turmeric (*Curcuma longa* L.) Roots and Rhizomes, Boswellia Serrata (*Boswellia serrata* Roxb.; Indian Frankincense) Gum Exudates, Licorice (*Glycyrrhiza glabra* L.) Root Extract (Deglycyrrhizinated), Shatavari (*Asparagus racemosus* Willd.) Root Extract, Microcrystalline Cellulose, Croscarmellose Sodium, Hops (*Humulus lupulus* L.) Strobile (Flower) Extract, PhytoZyme<sup>®</sup> proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, and Zucchini), Stearic Acid, Magnesium Stearate, Vitamin B-6 (Pyridoxal-5-Phosphate), and Silica.

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WARNING: Contains Licorice Root Extract (Deglycyrrhizinated). Do not use if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication. Store and keep out of reach of young children.

Formulated in the exclusive PhytoZyme<sup>®</sup> base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for "extra" phytonutrient cofactors.

Allergy Information: This product is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals. Suitable for Vegetarians.

**DIRECTIONS:** Initially, take five tablets two times a day. For maintenance, many women may take three or four tablets two times a day.

<sup>o</sup>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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