



BioFem HRT

Serving Size 1 capsule
Servings Per Container 60

Amount Per Serving

Red Clover (Trifolium pratense 8% Extract)	230 mg
Black Cohosh (Cimicifuga racemosa 2.5% Extract)	200 mg
Wild Yam (Dioscorea villosa 10:1)	200 mg
Dong Quai (Angelica sinensis 6:1)	100 mg
Pregnenolone	10 mg
Ferulic Acid	25 mg

SUGGESTED DOSE: As a dietary supplement, take 1-4 capsules per day or as directed by your healthcare professional.

REFERENCES:

1. Nestel PJ, Pomeroy S, Kay S, et al. Isoflavones from red clover improve systemic arterial compliance but not plasma lipids in menopausal women. *J Clin Endocrinol Metab* 84:895-898, 1999.
2. Biggs DR, Lane GA. Identification of isoflavones colyicosin and pseudobaptigenin in *Trifolium pratense*. *Phytochemistry* 17:1683-1684, 1978.
3. Baber R, Templeman C, Moreton T. A study of clover extract as a treatment of menopausal symptoms. *Abstract presented at the 1st Australasian Menopause Society Congress, October 1998, Perth, Western Australia.*
4. Liske E. Therapeutic efficacy and safety of *Cimicifuga racemosa* for gynecological disorders. *Adv Ther* 15:45-53, 1998.
5. Duker EM et al. Effects of extracts from *Cimicifuga racemosa* on gonadotropin release in menopausal women and ovariectomized rats. *Planta Med* 57(5):420-4, 1991.
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7. Lehmann-Willenbrock E et al. [Clinical and endocrinologic examinations of climacteric symptoms following hysterectomy with remaining ovaries.] *Zent Gynakol* 110:611-8, 1988 (in German)

BIO FEM HRT

NUTRITIONAL SUPPORT FOR MENOPAUSAL & POST-MENOPAUSAL WOMEN

- Special blend of herbs for nutritional support of menopausal and post-menopausal women
- Natural and plant-based hormonal support

RED CLOVER (TRIFOLIUM PRATENSE) provides a plant source of phytoestrogen isoflavones (genistein, daidzein, formononetin, and biochanin). These isoflavones are typically found in the diet of Asian, Mediterranean, and Central American peoples. The actions of these isoflavones include antioxidant actions, inhibition of various enzymes, and support of various steroidal reproductive hormones. *Trifolium* isoflavones have been shown to reduce the frequency and severity of hot flashes, promote emotional well-being, and assist in bone health maintenance.

BLACK COHOSH (CIMICIFUGA RACEMOSA) main indications for use are climacteric (menopausal) complaints and premenstrual and dysmenorrheic neurovegetative disorders. Patients with symptoms of hot flashes, vaginal dryness and mucosal thinning, night sweats, and sleep / emotional disturbances have shown positive benefit with the use of Black Cohosh. Luteinizing hormone levels (LH), but not Follicle Stimulation Hormone (FSH), are significantly reduced with *Cimicifuga* extracts. *Cimicifuga* extracts may be a suitable alternative to estrogens in women having a partial, and possibly even a complete, hysterectomy. *Cimicifuga* extracts have been shown to potentiate the effects of tamoxifen and do not possess stimulatory effects on estrogen receptor positive cells. Black Cohosh may help prevent bone loss. Extracts were shown to stimulate bone formation even in ovariectomized rats.

WILD YAM (DIOSCOREA VILLOSA) is used industrially as the active agent in the half-synthesis of steroid hormones such as progesterone. It has anti-spasmodic actions. A common use is for uterine cramping.

REFERENCES:

8. Nesselhut T, Borth S, Kuhn W. Influence of Cimicifuga racemosa extracts with estrogen-like activity on the in vitro proliferation of mamma carcinoma cells. *Arch Gynecol Obstet* 254:817-8, 1993.
9. Li JX et al. Effects of Cimicifuga rhizoma on serum calcium and phosphate levels in low calcium dietary rats and on bone mineral density in ovariectomized rats. *Phytomed* 3(4):379-385, 1996.
10. Yaozy C et al. Analysis of the ingredients of Angelical Sinensis. *Kexue Tongbao (Foreign Lang. Ed.)* 29:560-62, 1984.
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BIOFEM HRT

DONG QUAI (ANGELICA SINENSIS) does not appear to have estrogenic actions, rather it appears to enhance estrogen regulation. Its traditional use is as a blood tonic, enhancing the circulation and providing energy, vitality, and improved resistance to disease.

PREGNENOLONE is a natural steroidal hormone found in animal tissues. It is a precursor for the biosynthesis of steroid hormones dehydroepiandrosterone (DHEA) and progesterone. In the ovary, pregnenolone is the precursor to estrogens and progesterone. In the testes, pregnenolone is the precursor to testosterone. In the adrenal glands, pregnenolone is the precursor to aldosterone, DHEA, and cortisol. Pregnenolone is also synthesized in the brain where it acts as a neurosteroid.

FERULIC ACID from gamma-oryzanol has been shown to reduce elevated levels of FSH, LH, and prolactin following ovariectomy in rats. According to Kupperman's index of menopausal symptoms, the symptoms of climacteric disturbance were successfully treated in 85% of the cases.

Not recommended for use during pregnancy or lactation, or during therapy with reproductive hormones including estrogen, progesterone, and androgen due to possible competitive inhibition.