

Nutritional Strategies for Women's Health.



Balance and movement—the keys to women's health

Like the ocean tides, women's hormones have a monthly ebb and flow. In the midst of these cyclical changes, women's bodies work to maintain a delicate balance between hormone levels and ratios. Predictable hormonal tides and balance between various hormones and their metabolites are the keys to a healthy menstrual cycle, optimal well-being, and graceful aging.

Your guide to managing women's health challenges

In this clinical guide, you'll find product descriptions, recommendations, and a quick reference tool on the back explaining how to effectively support:♦

- Overall health and wellness
- Preconception through nursing
- Estrogen balance and hormone cycles
- Menstrual and reproductive health
- Premenstrual symptoms
- Early menopause
- Age-related health concerns
- Breast and cervix health

Metagenics' commitment to clinical excellence

Metagenics is dedicated to providing premium quality nutraceuticals and medical foods that represent the forefront of natural health science. This commitment is reflected in our use of extensive clinical testing procedures and NPA, NSF, and TGA GMP-certified manufacturing.

Safety
Research
Efficacy

Nutritional support for hormone balance, vitality & wellness*

Estrogen Balance

Estrium®

Clinically Tested Medical Food for Premenstrual Syndrome



Estrium is a medical food in powdered beverage form with a low-allergy-potential rice protein base that has been clinically shown to promote healthy estrogen metabolism and balance, particularly through supporting hydroxylation and methylation.

Patient benefits:

Women of all ages experiencing the following symptoms related to their menstrual cycles may benefit from using Estrium:

- ▶ Abdominal discomfort
 - ▶ Occasional irritability
 - ▶ Feeling bloated
 - ▶ Minor back, joint, and muscle pain
 - ▶ Joint stiffness
 - ▶ Temporary weight gain
 - ▶ Breast tenderness
 - ▶ Feeling sad or blue
- Modulates the effects of circulating estrogens with non-soy phytoestrogens from kudzu and flax
 - Features a high quality, easily digestible rice protein concentrate
 - Fortified with antioxidants, fiber, and a variety of well-researched ingredients
 - Combines with a specially designed dietary program as outlined in the Estrium Patient Guide

Recommended uses:

- PMS
- Estrogen and progesterone balance concerns
- Hormone-related symptoms

Recommendations: Blend or shake two scoops with 8 ounces of juice, soy, almond, rice, or organic cow's milk, or water.

Form: 1 lb 6 oz (630 g) Powder Container (14 servings)

Health & Wellness

Wellness Essentials™ for Women

Ideal Daily Foundation Nutrition in Easy-to-Use Packets*



Finding it impossible to get your patients to use 4 different supplements for ideal foundation nutrition? Overcome this difficulty—with Wellness Essentials for Women. Delivering 4 supplements in 2 convenient packets daily, this formula is perfect for women aged 18 and beyond.*

Patient benefits:

- Supports energy levels and overall health*
- Supports healthy hormone balance and metabolism*
- Helps maintain a positive mood*
- Supports cardiovascular health*
- Helps maintain healthy bone density*
- Promotes healthy immunity*
- Provides powerful antioxidant protection*

Recommended uses:

- Daily health maintenance*
- Energy and mood support*
- Female health concerns*

4 Supplements in 2 Convenient Packets:

- **Multigenics® Intensive Care Formula**—Comprehensive multivitamin/mineral formula for health and energy*
- **E Complex-1:1™**—A healthy balance of alpha and gamma-tocopherols similar to that found in plant foods
- **EPA-DHA Extra Strength®**—Enteric-coated omega-3 fatty acids for nearly all body systems*
- **Cal Apatite® with Magnesium**—Purity-certified microcrystalline hydroxyapatite concentrate (MCHC), providing all the nutritional factors naturally found in strong, healthy bones*

Preconception through Nursing

Wellness Essentials™ for Pregnancy

Once-Daily Nutritional Support Packets for Before, During, and After Pregnancy*



Wellness Essentials for Pregnancy is the ultimate, science-based combination of key vitamins, minerals, and omega-3 fatty acids. Current research strongly suggests that women need to consume omega-3s from preconception through nursing to support fetal development, a smooth pregnancy, and a positive mood.*

Patient benefits:

- Guarantees daily consumption of vitamins, minerals, and purity-certified omega-3 fatty acids to:
 - ▶ Support fetal growth and development*
 - ▶ Encourage a smooth pregnancy*
 - ▶ Support a positive mood*
- Features 1 mg of folate to support fetal neurological health*
- Supports fetal brain development with choline and DHA*
- Provides balanced levels of natural antioxidants to support immune health*
- Supports muscle relaxation and may help ease nighttime limb movement and pregnancy associated leg cramps with calcium and magnesium*

Recommended uses:

- Preconception*
- Pregnancy*
- Nursing*

5 Supplements in 1 Convenient Packet:

- **Advanced Prenatal Multivitamin**—Vitamin and mineral formula designed for easy digestion and assimilation
- **Calcium Formula**—Calcium and magnesium to support muscle relaxation*
- **Choline**—Nutritional support for fetal brain development*
- **EPA-DHA Extra Strength® Lemon-Flavored**—Omega-3s for numerous health benefits*
- **DHA**—Nutritional support for fetal brain development*

Estrogen Balance

EstroFactors®

*Estrogen Balance Support & Hormone-Related Symptom Relief**



EstroFactors is a nutraceutical that captures some of the featured ingredients in Estrium, only in tablet form. This formula promotes healthy estrogen metabolism by addressing multiple aspects of estrogen metabolism and excretion, most notably hydroxylation and methylation.*

Patient benefits:

- Relieves common symptoms related to PMS, such as cramping, irritability, and breast tenderness when used as part of a nutritional program*
- Relieves common menopausal complaints, including hot flashes and occasional mood swings*
- May support breast health by promoting the hydroxylation and methylation of estrogen*
- Provides natural selective estrogen receptor modulators (SERMs) to lessen the impact of the more potent forms of estrogen*
- Features L-5-methyl tetrahydrofolate, providing an advantage for those with genetic variations in folate metabolism*

Recommended uses:

- Estrogen balance concerns*
- Hormone-related symptoms*

Three Tablets Supply: Vitamin A (50% as Betatene® mixed carotenoids, 50% as retinyl palmitate) 2500 IU, Vitamin D (as cholecalciferol) 200 IU, Vitamin E (as d-alpha tocopheryl acetate) 200 IU, Vitamin K 40 mcg, Vitamin B₆ (as pyridoxine HCl) 50 mg, Folate (as L-5-methyl tetrahydrofolate)[†], folic acid, and 5-formyl tetrahydrofolate) 800 mcg, Vitamin B₁₂ (as methylcobalamin and cyanocobalamin) 30 mcg, Isoflavones [from a proprietary blend of red clover flowering top extract (*Trifolium pratense*) and kudzu root extract (*Pueraria lobata*)] 100 mg, Turmeric Rhizome Extract (*Curcuma longa*) 210 mg, Rosemary Leaf Extract (*Rosmarinus officinalis*) 200 mg, Resveratrol (from *Polygonum cuspidatum* root extract) 2 mg, Trimethylglycine (as betaine HCl) 200 mg, Chrysin 90 mg

Recommendations: Three tablets daily with a meal.

Form: 90 and 180 Tablet Bottles

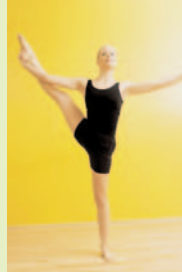
Featuring Actifolate®, a proprietary blend of active folates.

[†]As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

Premenstrual Symptoms

Fem Premenstrual®

*Relief of Premenstrual Symptoms**



Specifically designed for women of child bearing age, Fem Premenstrual's two-in-one combination of *xiao yao san*—a traditional Chinese medicine (TCM) formula to promote a healthy premenstrual phase—and targeted nutrients provides well-rounded support to relieve common symptoms associated with the menstrual cycle.*

Patient benefits:

- Delivers the formula *xiao yao san* in the ingredient levels and forms consistent with TCM*
- Provides magnesium and selected herbs to help support muscular contraction and relaxation and a sense of well-being prior to menstruation*
- Designed to help relieve common premenstrual symptoms by supporting healthy liver and adrenal function*
- Provides nutritional support for a healthy stress response*

Recommended uses:

- Premenstrual cramps*
- Other common premenstrual symptoms*
- Liver support*

Three Tablets Supply: Vitamin C (as ascorbic acid) 100 mg, Vitamin B₆ (as pyridoxine hydrochloride) 38 mg, Pantothenic Acid (as D-calcium pantothenate) 38 mg, Magnesium (as magnesium citrate and magnesium bis-glycinate)[†] 100 mg, Choline (as choline bitartrate) 75 mg, Taurine 150 mg, A 5:1 Herbal Extract Blend of 1000 mg Bupleurum Root (*Bupleurum Chinense*), Chinese Peony Root (*Paeonia lactiflora*), Dong Quai Root (*Angelica sinensis*), Bai-Zhu Atractylodes Root (*Atractylodes macrocephala*), Poria Sclerotium (*Poria cocos*), Ginger Rhizome (*Zingiber officinale*), Chinese Licorice Root (*Glycyrrhiza uralensis*), Chinese Mint Leaf (*Mentha haplocalyx*)

Recommendations: Three tablets twice daily for 10 days prior to menstruation.

Form: 60 Tablet Bottle (Vegetarian)

[†]As MetaMag™, our proprietary fully reacted magnesium amino acid chelate: U.S. Patent # 5,516,925 Albion®.

Menstrual Health

Chasteberry Plus®

*Support for Menstrual & Reproductive health**



Chasteberry Plus is designed for women throughout their premenopausal years to relieve premenstrual syndrome (PMS)-related symptoms and help maintain reproductive health. Featuring chasteberry fruit, black cohosh root, and ashwagandha root, this formula also helps to address underlying issues such as healthy hormone balance, relaxation, and stress response.*

Patient benefits:

- May help support the metabolism of progesterone, a hormone important to healthy fertility, ovarian function, and overall reproductive health*
- Helps relieve PMS-related water retention, cramping, breast tenderness, and mild mood swings*
- Supports a regular menstrual cycle*
- Supports relaxation and a healthy stress response*

Recommended uses:

- Progesterone and fertility concerns*
- PMS-related water retention, breast tenderness, and mild mood swings*
- PMS-related menstrual cramps*
- Menstrual cycle regularity*

One Tablet Supplies: Chasteberry Fruit Extract 10:1 (*Vitex agnus-castus*) 100 mg, Black Cohosh Root & Rhizome Extract (*Actaea racemosa*)[†] 40 mg, Ashwagandha Root Extract (*Withania somnifera*) 60 mg

Recommendations: One tablet twice daily.

Form: 60 Tablet Bottle (Vegetarian)

[†]Also known as *Cimicifuga racemosa*.

Premenopause

Fem EstroPlex[®]

Early Menopause Support[♦]

Designed for women experiencing the first signs or symptoms of fluctuating hormone levels—such as mild mood swings—this formula features premium quality extracts of traditionally used and research-based herbs such as chasteberry, dandelion, and motherwort.[♦]



Patient benefits:

- May help support healthy ovarian function, progesterone metabolism, and regular menstrual cycles[♦]
- Provides nutrients that support the adrenal glands' adaptive response, which may help contribute to healthy hormone metabolism[♦]
- Provides traditional herbal support for liver and kidney function[♦]
- Provides herbs used traditionally to ease tension and support relaxation[♦]

Recommended uses:

- Hormone fluctuations[♦]
- Menstrual cycle support[♦]
- Mild mood swings[♦]
- Mild tension[♦]

Three Tablets Supply: Vitamin C (as ascorbic acid) 300 mg, Vitamin E (as d-alpha tocopheryl succinate) 100 IU, Vitamin B₆ (as pyridoxine hydrochloride) 50 mg, Pantothenic Acid (as D-calcium pantothenate) 300 mg, Rutin 800 mg. A Proprietary Herbal Extract Blend of 1050 mg Dandelion Root 4.5:1 Extract (*Taraxacum officinale*), Chasteberry Fruit Extract (*Vitex agnus-castus*), Valerian Root Extract (*Valeriana officinalis*), Motherwort Aerial Parts 6.5:1 Extract (*Leonurus cardiaca*), Nettle Root 10:1 Extract (*Urtica dioica*)

Recommendations: Three tablets daily.

Form: 90 and 270 Tablet Bottles (Vegetarian)

Menopause

Selestro[™]

Menopause Symptom Relief & Age-Related Health Support[♦]

Selestro relieves menopausal symptoms and addresses certain age-related health concerns by featuring clinically effective levels of both black cohosh and soy isoflavones.[♦]



Patient benefits:

Relieves menopausal symptoms including:[♦]

- ▶ Hot flushes/night sweats
- ▶ Occasional sleep disturbances
- ▶ Occasional irritability
- ▶ Mild mood swings
- ▶ Short menstrual cycles

Addresses age-related health concerns such as:[♦]

- ▶ Breast health
- ▶ Blood lipid levels
- ▶ Bone health

Supports estrogen-sensitive tissues by:[♦]

- ▶ Supplying phytonutrients that may promote the formation of the protective 2-hydroxyestrone (2-OH) over more potent estrogen metabolites
- ▶ Providing natural selective estrogen receptor modulators (SERMs)

Recommended uses:

- Hot flushes[♦]
- Other common menopausal symptoms[♦]
- Age-related health concerns[♦]
- Estrogen concerns[♦]

One Tablet Supplies: Soybean Concentrate[†] 100 mg (total isoflavones 40 mg), Black Cohosh Root & Rhizome Extract (*Actaea racemosa*^{††}) 80 mg (total triterpene glycosides 2 mg)

Recommendations: One tablet one to two times daily.

Form: 60 Tablet Bottle (Vegetarian)

[†]Derived from non-genetically engineered, identity-preserved soybeans.

^{††}Also known as *Cimicifuga racemosa*.

Also Available: *Black Cohosh Plus[®]* featuring black cohosh, motherwort, and lemon balm.

Breast Health

Meta 13C[®]

Estrogen-Sensitive Tissue Support[♦]

Especially for women concerned about breast health, this unique, highly stabilized formula promotes healthy estrogen metabolism and activity by featuring indole-3-carbinol (I3C). I3C allows for a spectrum of beneficial metabolites to be produced. Diindolylmethane (DIM) is just one of the metabolites.[♦]



Patient benefits:

- Helps protect estrogen-sensitive tissues—such as those of the breast and cervix[♦]
- Promotes the formation of “good,” protective 2-OH via its influence on hydroxylation pathways[♦]
- Supports the detoxification of estrogens, and may also support healthy metabolism of other steroid hormones and xenoestrogens[♦]
- Provides rosemary extract to reduce oxidation and help ensure potency
- I3C equivalency of roughly 130 raw Brussels sprouts per daily dose
- Shelf-life evaluations guarantee stability

Recommended uses:

- Breast and cervix health maintenance[♦]
- Estrogen balance concerns[♦]

Each Capsule Supplies: Indole-3-Carbinol 150 mg,

Rosemary Leaf Extract (*Rosmarinus officinalis*) 50 mg

Recommendations: One capsule twice daily with food.

Form: 60 and 180 Capsule Bottles

Finding Hormone Balance: Clinical Concerns for Women

From puberty to menopause, women experience changes in their levels and ratios of sex hormones, including estrogen and progesterone. To complicate matters, estrogen is broken down to at least three types: estradiol, estrone, and estriol. Ultimately, estradiol and estrone are metabolized and converted into 2-hydroxyestrone (2-OH)—which confers weaker estrogenic activity—or 16 α -hydroxyestrone (16 α -OH), a more potent estrogen metabolite. The levels and ratios of hormones and their respective metabolites have a strong impact on women's health.

Adrenal glands. The adrenal glands produce a small but significant amount of sex hormones and control the body's energy output and ability to adapt to stress.

Liver. The liver plays an important role in the hydroxylation and excretion of estrogen and works to maintain healthy estrogen levels and estrogen metabolite balance.

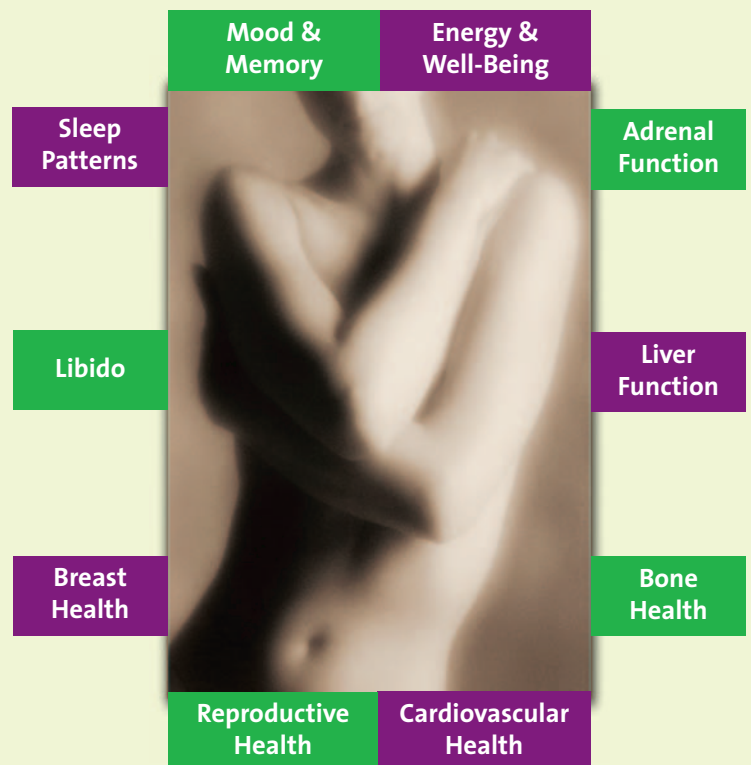
Bone health. Estrogen, androgen, and progesterone play an important role in bone remodeling and maintaining healthy bone density.

Cardiovascular health. A decline in estrogen levels is correlated with cardiovascular health concerns after the onset of menopause.

Reproductive health. Higher levels of progesterone are associated with fertility and a healthy libido.

Breast health. A higher ratio of 2-OH to 16 α -OH has been associated with enhanced breast health.

Mood and memory. The brain responds to hormones produced in the reproductive system, influencing mood, cognitive function, and a sense of well-being.



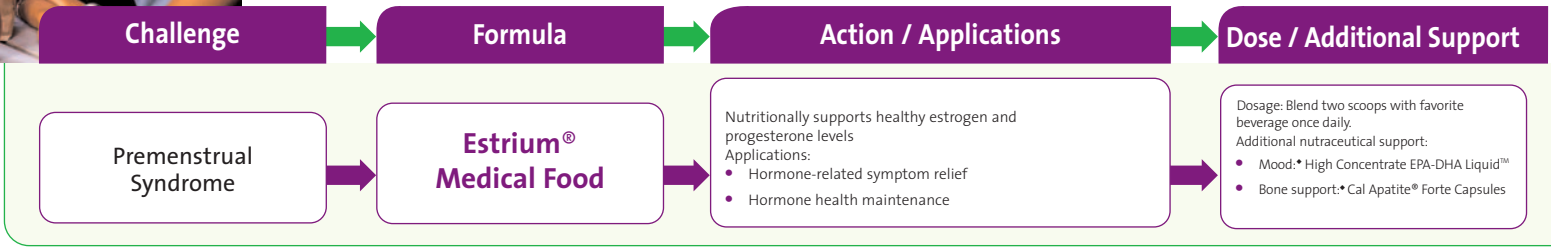
Body Composition. A decline in sex hormone levels can negatively impact body composition and fat distribution, causing an increase in centrally located adipose tissue.

Metagenics offers a comprehensive line of effective **women's health formulas** for a variety of concerns.



Natural approaches to women's health[♦] from Metagenics.

Which should you choose for your patients?



Nutraceutical Support



For more information visit us online at www.metagenics.com or contact our Technical Support Department.

♦ These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, or prevent any disease.



These certifications for Good Manufacturing Practices demonstrate the Metagenics commitment to purity and quality.

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