

# Comprehensive Daily Nutrition. Targeted Estrogen Balance Support.♦

By offering ideal nutritional support for women in their reproductive years through perimenopause, the specific nutrients in Estrium WHEY complement recommended dietary changes in the Estrium Patient Guide for promoting healthy hormone cycles.♦

Each delicious serving provides high quality protein, carbohydrates, dietary fiber, plus an enhanced micronutrient profile to provide targeted hormonal support and promote overall wellness.♦

## High Quality, Bioavailable Whey Protein

Estrium WHEY contains high quality whey protein isolates suitable for those who are lactose intolerant. Research suggests that whey protein has immune-enhancing properties and promotes a healthy body composition (healthy lean mass-to-fat ratio).♦

## Balanced Hormone Support & Symptom Relief♦

Estrium WHEY provides key nutrients that may help modulate pathways of estrogen metabolism and detoxification to promote healthy hormone balance during the reproductive years through perimenopause.♦

- Non-soy phytoestrogens and concentrated flaxseed hull (equal to approximately one tablespoon of whole flaxseed) support estrogen activity and excretion
- Magnesium, calcium & vitamin E have been associated with premenstrual symptom relief
- Folic acid and vitamin B<sub>12</sub> support healthy methylation pathways and assist Phase 1 liver detoxification of estrogen
- Turmeric provides antioxidant protection against oxidative stress resulting from Phase 1 liver detoxification of estrogen

Offer a safer, natural way to address women's special needs with Estrium WHEY.  
*Order today!*

## Estrium WHEY

### Nutrient Profile:

Protein.....	35% of calories
Carbohydrate.....	54% of calories
Fat.....	11% of calories

### Nutritional Information Per Serving:

	% DV
Serving Size .....	2 scoops (45 g)
Serving Per Container .....	14
Calories .....	170
Calories from Fat.....	20
Total Fat.....	2 g 3%*
Saturated Fat .....	0.5 g 2%*
Cholesterol.....	5 mg
Total Carbohydrate.....	25 g 8%*
Dietary Fiber.....	2 g 8%*
Sugars .....	19 g
Protein.....	15 g 30%*

### Each Serving Contains:

	% RDI
Vitamin A (as retinyl palmitate).....	1250 IU 25%
Vitamin A (as beta-carotene) .....	2500 IU 50%
Vitamin C (as ascorbic acid).....	60 mg 100%
Vitamin D (as cholecalciferol).....	40 IU 10%
Vitamin E (as d-alpha tocopheryl succinate).....	300 IU 1000%
Thiamin (as HCl) .....	0.75 mg 50%
Riboflavin .....	0.85 mg 50%
Niacin (as niacinamide) .....	10 mg 50%
Vitamin B <sub>6</sub> (as pyridoxine HCl).....	50 mg 2500%
Folate (as folic acid).....	400 mcg 100%
Vitamin B <sub>12</sub> (as cyanocobalamin).....	30 mcg 500%
Biotin.....	150 mcg 50%
Pantothenic Acid (as D-calcium pantothenate).....	5 mg 50%
Calcium (as calcium citrate).....	350 mg 35%
Iron (as ferrous fumarate).....	9 mg 50%
Phosphorus (as dipotassium phosphate).....	260 mg 26%
Iodine (as potassium iodide) .....	75 mcg 50%
Magnesium (as citrate) .....	240 mg 60%
Zinc (as zinc oxide) .....	7.5 mg 50%
Copper (as gluconate) .....	1 mg 50%
Manganese .....	80 mcg 4%
Chromium (as chromium polynicotinate).....	100 mcg 83%
Sodium.....	95 mg 4%
Potassium	
(as dipotassium phosphate and potassium iodide).....	350 mg 10%
Isoflavones (from kudzu extract).....	25 mg **
Flaxseed Hull (providing 70% of flax lignans).....	1.84 g **
Choline (as choline bitartrate).....	450 mg **
Turmeric Rhizome Extract	
( <i>Curcuma longa</i> ) [standardized to 95% (200 mg) curcuminoids].....	210 mg **

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established

**Other Ingredients:** Whey protein isolate (milk), fructose, natural flavors, rice syrup solids, olive oil, xanthan, carrageenan, and cellulose gum. Contains: milk.

**Directions:** Blend, shake, or briskly stir 2 level scoops (45 grams) of Estrium WHEY into 8 fluid ounces of chilled water twice daily, or as directed by your healthcare practitioner.

**Form:** 22.5 oz (1 lb 6.5 oz) (630 g)

Call your Metagenics Representative or Customer Service to Order

East Coast **800-638-2848**, Chicago **847-438-9420**,

Canada **800-268-6200**, all other areas **800-692-9400**

♦ 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.



Estrium WHEY is researched, developed, and manufactured by

# Estrium<sup>®</sup> WHEY

Multifunctional Nutritional Support  
for Women<sup>♦</sup>



## Patient Benefits:

- ▶ Supports women with hormone-related symptoms through perimenopause<sup>♦</sup>
- ▶ Promotes healthy hormone balance with non-soy phytoestrogens<sup>♦</sup>
- ▶ Promotes immune health and lean body mass with high quality whey protein<sup>♦</sup>
- ▶ Supports bone health with calcium and vitamin D<sup>♦</sup>
- ▶ Provides multidimensional antioxidant protection with a broad spectrum of nutrients<sup>♦</sup>
- ▶ Supports cardiovascular and liver health with targeted B vitamins, choline & vitamin E<sup>♦</sup>
- ▶ Promotes compliance with a delicious vanilla flavor

The scientifically formulated nutrition you trust combined with high quality, bioavailable whey protein.