



Hormonal Health

Hormones play a significant role in keeping the body healthy and functioning properly. They share an intimate relationship with many nutrients and, working together, help support physiological balance. Women's hormonal needs fluctuate in response to the changing seasons of their lives and the physical and emotional demands that accompany life's changes. The following whole food supplements are formulated to help maintain women's health and balance during these different phases of life.

***Symplex® F** contains Protomorphogen™ extracts that support the healthy functioning of the adrenal, thyroid, and pituitary glands and the reproductive organs. These glands support the body's hormonal system, cardiovascular and muscle function, central nervous system response to stress, energy production, basal metabolism rate, and protein synthesis.**

***Cataplex® E** combines the complete vitamin E complex with selenium to provide powerful antioxidant protection. The combination of vitamin E with selenium boosts antioxidant activity to help keep the heart and cardiovascular system healthy. Cataplex E helps support the reproductive, nervous, hematopoietic, cardiovascular, muscular, endocrine, skin, immune, and renal systems.**

***Pituitrophin PMG®** helps support the healthy functioning of the pituitary gland. The pituitary gland is often referred to as the "master gland of the body." It is an endocrine gland that stores and secretes a number of hormones. These hormones support many bodily processes, including the various metabolic activities of the adrenal and thyroid glands. The pituitary gland also stimulates the production of gonadotrophic hormones in both males and females.**

 **Standard Process®**
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MEDIHERB®
INNOVATIVE HERBAL SOLUTIONS

***Trace Minerals-B₁₂™** contains kelp and buckwheat, which provide a variety of trace minerals as well as vitamins A and C and some of the vitamin B complexes. Kelp also contains potassium, iodine, iron, phosphorus, manganese, magnesium, calcium, copper, zinc, and many other trace minerals. Buckwheat provides the vitamin P complex, a source of rutin and other bioflavonoids. Rutin enhances absorption of the vitamin C complex, promotes healthy circulation, supports bile production, and helps maintain healthy capillaries. The trace minerals contained in this product are important to the endocrine glands—iodine for the thyroid and manganese for the pituitary. Zinc is important for reproductive system health.**

The following MediHerb products also support hormonal health.

***LivCo®** contains Schisandra fruit, Rosemary leaf, and Milk Thistle seed. These herbs support the liver as it metabolizes circulating toxins and female hormones. The breakdown of female hormones by the liver assists in alleviating symptoms normally associated with the menstrual cycle.**

***Chaste Tree** has been used traditionally in Europe by women for a variety of common female conditions. Clinical trials support its efficacy in addressing temporary headaches associated with the onset of menses. The unique activity of Chaste Tree in supporting female hormone balance makes it an excellent choice before and during the menses.**