

# FemBalance



## Clinical Applications

- Promotes Favorable & Safe Conversion of Estrogen\*
- Aids the Endocrine System in Balancing Female Hormones\*
- May Reduce PMS, Perimenopause & Menopausal Symptoms\*
- Provides Antioxidant & potentially Cancer Preventative Effects\*
- Promotes Healthy Detoxification & Elimination of Excess Hormones

*FemBalance is a comprehensive blend of vitamins, minerals, and botanical extracts designed to support healthy female hormone levels, both during menstruation and through menopause.*

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

## Discussion

**FemBalance** is a comprehensive blend of vitamins, minerals, and botanical extracts designed to support healthy female hormone levels, both during menstruation and through menopause. Imbalances in hormones—most commonly, excess estrogen variants and/or reduced progesterone levels—can be responsible for the physical discomfort and mood changes occasionally associated with PMS, including cramping, breast tenderness, water retention, and mild depression.

### **FemBalance includes:**

#### **Chaste Tree Extract and Black Cohosh**

These two herbs are widely recognized for their balancing effects on female hormones. Chaste tree extract is considered an “adaptogenic herb,” with the ability to help normalize hormone levels. Black cohosh has a long history of efficacy for reducing occasional hot flashes, vaginal dryness, night sweats, and other symptoms that can make the transition through menopause somewhat uncomfortable.

#### **Calcium D-Glucarate**

Supports the liver’s role in detoxifying and eliminating excess estrogen.

**DIM (diindolylmethane) and Brassica oleracea** – These vegetable extracts from the Brassica family (which includes broccoli and cabbage) help maintain safe estrogen levels by aiding the conversion of dangerous estrogen fractions to more favorable metabolites and by promoting restoration of healthy hormone ratios. DIM may also be helpful in reducing the occasional symptoms associated with a woman’s monthly cycle, such as bloating and breast tenderness due to excess estrogen buildup.

**Resveratrol and Green Tea Extract** – These natural herbal extracts demonstrate powerful antioxidant and anti-inflammatory properties which support the body’s natural defenses against oxidative damage and play a role in reducing the cramping that sometimes accompanies PMS.

**Calcium and Magnesium** – In addition to their familiar roles in bone health, these minerals are required for proper muscle contraction and relaxation. As such, a proper balance of the two can reduce occasional cramps, tension, and other physical pain sometimes associated with the monthly cycle.

**Vitamins B6, B12, and Folate** – Healthy cell signaling and function, including that of breast and cervical cells, depends on adequate levels of these vitamins. They are also required for proper metabolism of homocysteine, which is related to good cardiovascular health.

The minerals are in forms that are easily absorbed by the body, making them highly bioavailable and effective.

This product contains a unique blend of safe, naturally occurring folates, unlike the synthetic folic acid found in most common multivitamins and folic acid supplements.

The Brassica oleracea in this product is especially rich in sulforaphane glucosinolate, the precursor to sulforaphane. This is the substance in cruciferous vegetables responsible for boosting natural antioxidant capacity and aiding liver detoxification of hormones.

**\*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.**



Distributed by: Adaptogen Research  
625 Barksdale Road, Suite 113  
Newark, DE 19711

**FemBalance**



### Supplement Facts

Serving Size 4 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin B-6 (Pyridoxal-5-Phosphate)	30 mg 1500%	Green Tea Extract	100 mg *
Folate	400 mcg 100%	(Camellia sinensis) leaf (standardized to contain 98% polyphenols and 43% EGCG)	
(as Quatrefolate® (6S)-5-methyltetrahydrofolate, glucosamine salt 800 mcg)		Diosquithane (DM)	100 mg *
Vitamin B-12 (as Methylcobalamin)	400 mcg 6667%	Black Cohosh Extract	100 mg *
Calcium (as Calcium D-Glucurate)	50 mg 5%	(Actinorhizomisa) root	
Magnesium	50 mg 13%	(standardized to contain 2.5% triterpene glycosides)	
(as Di-Magnesium Malate)		Broccoli Seed Extract	100 mg *
Calcium D-Glucurate	400 mg **	(Brassica oleracea italica) seed (standardized to contain 8% sulforaphane glucosinolate)	
Chrysin	200 mg *	Trans Resveratrol	20 mg *
Quercetin Extract	200 mg *	(from 40 mg Polygonum cuscutaria root)	
(Filer agrifolia) fruit			
(standardized to contain 0.5% agrazinins)			

**Other Ingredients:** Cellulose (capsule), microcrystalline cellulose, sunflower lecithin, silicon dioxide, vegetable stearate.

### Suggested Use

Take four capsules per day, or as directed by your health care practitioner. FemBalance should not be used in women with active breast cancer. Not for pregnant or lactating women..

### Caution

Keep out of reach of children.



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