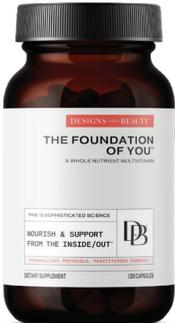


# Hormonal Support for Women

Hormonal balance is essential for women's physical and emotional health throughout their lifecycle. Hormones orchestrate complex and interconnected aspects of physiology, which, if unbalanced, can lead to dysfunction in women. Balanced sex hormones in women (primarily estrogen and progesterone) promote healthy menstruation, pregnancy, and lactation. Moreover, they play a supportive role in cardiovascular, bone, urinary, digestive, cognitive, and immune health.<sup>1,2</sup> Factors like diet, lifestyle choices, genetics, and the potential presence of immune and microbial imbalances can influence a woman's hormone production. Inflammation, environmental stressors, and oxidative stress are also associated with hormonal imbalances.<sup>1,3-6</sup> Disruptions in normal hormone synthesis and activity may manifest in a range of conditions for women, including estrogen dominance, polycystic ovary syndrome (PCOS), endometriosis, premenstrual syndrome (PMS), dysmenorrhea, and infertility.<sup>7</sup> It may also disrupt the health of a woman's hair and skin.<sup>8-10</sup> Supporting hormonal balance through targeted lifestyle, dietary, and nutrient interventions can help to achieve lifelong wellness for women.\*

## DIET AND LIFESTYLE CONSIDERATIONS

- Recommend high intakes of cruciferous vegetables (e.g., bok choy, broccoli, Brussels sprouts, cabbage) to support healthy estrogen metabolism.<sup>11-13</sup>
- Ensure adequate fiber intake (25 to 30 g/day) to support stable blood sugar metabolism and elimination of hormone metabolites.<sup>14-16</sup>
- Ensure adequate zinc intake (8 mg/day; 11 mg/day during pregnancy; 12 mg/day during lactation) through rich sources such as oysters, liver, beef, pork, crab, and egg yolks. Zinc supports the normal metabolism of androgen hormones, estrogen, progesterone, and insulin.<sup>4,17-19</sup>
- Advise moderating alcohol and caffeine intake.<sup>20,21</sup>
- Recommend stress management techniques for a healthy hypothalamic-pituitary-adrenal-gonadal axis.<sup>5,22,23</sup>
- Promote moderate physical activity (endurance, resistance, yoga, tai chi) to promote healthy sex hormone status.<sup>24</sup>
- Suggest avoiding potential xenoestrogens and endocrine disruptors (e.g., phthalates, bisphenol A, and parabens) through organic foods, personal care products, and household cleaners.<sup>25,26</sup>

		
<p><b>Balance Her Out™</b></p> <p><b>Dose:</b> 4 capsules per day with a meal (divided dosing recommended)</p> <p><b>Duration:</b> 12 weeks; re-test. Monitor hormones with doctor</p> <p><b>Description:</b> This product targets female hormonal balance by providing chaste tree extract, black cohosh, diindolylmethane (DIM), and chrysin to help promote normal estrogen metabolism.* Calcium-D-glucarate and broccoli and mustard seeds promote the proper elimination of excess estrogens.* Resveratrol and EGCG from green tea promote antioxidant support.* Magnesium and calcium help support bone and hormone health.*</p> <p><b>Warnings:</b> Do not use if pregnant or nursing.</p>	<p><b>The Foundation of You™</b></p> <p><b>Dose:</b> 4 capsules per day with a meal (divided dosing recommended)</p> <p><b>Duration:</b> 12 weeks; re-assess</p> <p><b>Description:</b> A strategically formulated multivitamin, mineral, and phytonutrient blend specifically designed to mimic the nutrient intakes found in an optimal evolutionary human diet.* In addition to key vitamins and chelated minerals, this formula includes select phytonutrients shown to support healthy physiology and optimal hormonal balance, such as broccoli extract, quercetin, lutein, lycopene, resveratrol, wild blueberry, citrus bioflavonoids, and more.*</p> <p><b>Warnings:</b> If taking a blood thinning medication, consult a health-care practitioner before use.</p>	<p><b>Calm the Storm™</b></p> <p><b>Dose:</b> 2 softgels per day with a meal. May require more based on dietary intake and essential fatty acid blood tests.</p> <p><b>Duration:</b> 12 weeks; re-assess</p> <p><b>Description:</b> Calm the Storm™ is our highest concentration of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in a balanced 1-to-1 ratio, sourced sustainably and enhanced for absorption.* Optimal omega-3 fatty acid status helps to promote hormonal balance due to their role in promoting healthy inflammatory responses.* Too much inflammation can disrupt normal sex hormone activity, balance, and function.</p> <p><b>Warnings:</b> Consult your health-care practitioner before use if you are taking blood thinner medication or if you are planning to have surgery.</p>

<https://www.designsforhealth.com/api/library-assets/literature-reference---dfb-women-protocol-references>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

\*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.