

FemGuard + Balance™

Support for female hormone balance

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- Aids the endocrine system in balancing female hormones
- May reduce PMS, perimenopausal and menopausal symptoms
- Promotes favorable and safe conversion of estrogen
- Provides antioxidant and potentially cancer preventative effects
- Promotes healthy detoxification and elimination of excess hormones

FemGuard + Balance™ Features:

Chaste Tree Extract (*Vitex agnus castus*): The most commonly used herb worldwide for providing a balancing effect on female hormones. This balancing feature is characteristic of 'amphoteric' herbs, which raise or lower levels of a biomarker according to the necessity of the individual. The overall effect on most women is an increase in progesterogenic effects, prompting more regular cycles and a more optimal hypothalamic-pituitary-ovarian axis function. Isolated novel flavonoids from chaste tree have been found to exhibit antineoplastic activity¹ and hypoprolactinemic effects.^{2, 3}

Black Cohosh (*Actaea racemosa*): Another commonly used herbal compound in female health; it is classically used to reduce menopausal symptoms due to its gentle phytoestrogen action, as well as its ability to mildly reduce the production of luteinizing hormone (LH). Luteinizing hormone levels are significantly reduced by black cohosh extracts, whereas FSH levels are not. Black cohosh has been shown to reduce hot flashes, night sweats, vaginal dryness and thinning, sleep disturbances, and emotional symptoms in various studies.⁴⁻⁷ Black cohosh extracts have been shown to potentiate the effects of tamoxifen. However, it has not generally been shown to possess stimulatory effects on estrogen receptor positive breast cancer cells. Black cohosh has undergone extensive study, particularly in Germany, and has been shown to reduce menopausal and premenopausal symptoms. The antispasmodic feature of this herb can also relieve the cramping associated with menstruation.

Resveratrol (*Polygonum cuspidatum*): While this herb is most known for its strong antioxidant, cardiovascular protective, and potentially anticarcinogenic properties, it is also included in this formula due to its phytoestrogenic action. Resveratrol provides general antioxidant protection, as well as a safe hormonal balancing effect, particularly in perimenopausal and menopausal women.⁸⁻¹²

Supplement Facts

Serving Size 4 capsules
 Servings Per container 30

| Amount Per Serving | % Daily Value | Amount Per Serving | % Daily Value |
|---------------------------------------------------------------------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------|---------------|
| Vitamin B-6 (as Pyridoxine HCL 20 mg; Pyridoxal-5-Phosphate 10 mg) | 30 mg 1500% | Diindolylmethane (DIM) | 100 mg * |
| Folate (NatureFolate™ blend) | 400 mcg 100% | Black Cohosh Extract (<i>Actaea racemosa</i>)(root) | 100 mg * |
| Vitamin B-12 (as Methylcobalamin) | 400 mcg 6667% | [standardized to contain 0.5% triterpene glycosides] | |
| Calcium (as Calcium D-Glucarate, DimaCal® Di-Calcium Malate, TRAACS® Calcium Glycinate Chelate) | 124 mg 12% | Chaste Tree Extract (<i>Vitex agnus castus</i>)(fruit) | 100 mg * |
| Magnesium (as Di-Magnesium Malate, TRAACS® Magnesium Glycinate Chelate Buffered) | 50 mg 13% | [standardized to contain 0.5% agnusesides] | |
| Calcium D-Glucarate | 200 mg * | Turmeric (<i>Curcuma longa</i>)(root) | 50 mg * |
| Phosphatidylcholine (from soy lecithin) | 200 mg * | [standardized to contain 95% curcuminoids] | |
| Chrysin | 200 mg * | Rosemary Extract (<i>Rosmarinus officinalis</i>)(leaf) | 50 mg * |
| Green Tea Extract (<i>Camellia sinensis</i>)(leaf) [standardized to contain 98% polyphenols and 45% EGCG] | 100 mg * | [standardized to contain 7% carnosic acid] | |
| BroccoRaphanin® (<i>Brassica oleracea italica</i>)(seed) [standardized to contain 10% sulforaphane glucosinolate] | 100 mg * | Trans Resveratrol (from 40 mg <i>Polygonum cuspidatum</i> (root)) | 20 mg * |
| | | Grape Seed Extract (<i>Vitis vinifera</i>)(seed) [standardized to contain 95% proanthocyanidins] | 25 mg * |

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, vegetable stearate, silicon dioxide.

Turmeric (*Curcuma longa*), Rosemary (*Rosmarinus officinalis*), Grape Seed (*Vitis vinifera*), and Green Tea (*Camellia sinensis*): This combination of botanical ingredients provides a comprehensive antioxidant protective effect. Many of these compounds have been demonstrated to have potential anti-carcinogenic effects against female cancers.¹³⁻¹⁸ Designs for Health uses only the highest quality standardized herbs, including an unparalleled 50% EGCg green tea extract.

DIM (Diindolylmethane) and Chrysin: These two ingredients are included due to their ability to optimize safe aromatase conversion of estrogen to a more favorable balance of estrogen fractions. Improper aromatase conversion of estrogen has been associated with certain forms of breast and other female cancers. Dietary indoles, present in Brassica plants such as cabbage, broccoli, and Brussels sprouts, have been shown to provide potential protection against hormone-dependent cancers. Diindolylmethane (DIM) studies show it to be the most protective of all the indole metabolites. DIM has been reported to provide benefits in women with symptoms of perimenopause including PMS, painful or excessive periods, endometriosis, and even cervical dysplasia. Women on hormone replacement therapy (HRT) may also benefit from DIM supplementation with improved estrogen metabolism and breast pain reduction.¹⁹⁻²²

Calcium and Magnesium: Supplementation with these minerals has been demonstrated to reduce premenstrual syndrome (PMS) symptoms and may result in more efficient enzymatic activity, less cramping and healthier bone density. As with all Designs for Health products, the minerals provided are in the form of Albion™ true chelated minerals for increased bioavailability.^{22, 23}

Vitamins B6, B12, and Folate (as NatureFolate™ blend): These nutrients are included to promote proper cell differentiation, including those of the cervix, which may reduce the incidence of cervical dysplasia. Cervical cancer is a major health concern. Regular gynecological check-ups and PAP smears, combined with FemGuard + Balance™, can represent a positive approach to cancer prevention.²⁴⁻²⁵ These B vitamins also lower homocysteine, a marker for heart disease.

How to Take: Take four capsules per day, or as directed by your health care practitioner. FemGuard + Balance™ should not be used in women with active breast cancer. Not for pregnant or lactating women.

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