

Shaklee®

# product brief

Women's Health



## Menopause Balance Complex\*

For Hormonal Balance during Menopause\*

### What Is Menopause Balance Complex\*?

Based on more than 40 years of clinical use in Europe and recent scientific studies, Shaklee scientists have created this absolutely unique formula. Menopause Balance Complex is a natural, concentrated source of phytoestrogens from various plants and herbs proven to help regulate hormonal balance in women during the transitional period of menopause.\*

Shaklee Menopause Balance Complex contains black cohosh, a well-researched herb that helps regulate hormonal balance in women during the transitional period of menopause, along with phytoestrogens from soy and flaxseed.\* Similar in structure to human estrogen, soy isoflavones and flaxseed lignans can bind to estrogen receptors, thereby exerting an estrogen-like effect.\* Menopause Balance Complex\* also provides phytoestrogens from dong quai, red clover, and licorice.

### What Is Menopause?

A completely natural biological event, menopause is the time in a woman's life that signals the end of her childbearing years. Several years prior to menopause marks a time of transition — a time where a woman's ovaries begin to produce less of the reproductive hormones, estrogen, and progesterone.



**Menopause Balance Complex\***  
60 capsules  
#20645

### Why Do So Many “Changes” Happen During Menopause?

The fluctuation in the level of hormones causes a “chain reaction” of effects on a woman's body chemistry. That's because hormones like estrogen are involved in hundreds of bodily processes, including the regulation of:

- Normal body temperature
- Normal sleep patterns
- Balancing one's mood and sense of well-being

### Does Science Support a Natural Approach to Menopause?

Scientific studies suggest that along with a healthy diet and lifestyle, consuming phytoestrogens (plant estrogens) may compensate for some of the reduced production of hormones during menopause.

### Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving	
Calories 10	Calories from Fat 10
% Daily Value	
Total Fat 1 g	2%**
Black Cohosh Extract 80 mg	†
<i>(Cimicifuga racemosa)</i> (root) (Standardized to contain 2.5% total triterpene glycosides as 27-deoxyactein)	
Soy Isoflavones 30 mg	†
Flaxseed Extract 333 mg	†
<i>(Linum usitatissimum)</i> (seed)	
Flaxseed Oil 600 mg	†
Phytofem® Enhanced Proprietary Blend 100 mg	†
Dong Quai Extract ( <i>Angelica sinensis</i> ) (root), Red Clover Extract ( <i>Trifolium pratense</i> ) (herb), Licorice Extract ( <i>Glycyrrhiza glabra</i> ) (root)	

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

† Daily values not established.

**Other Ingredients:** Soybean Oil, Beeswax, Soy Lecithin, ShakleeGuard® (Ascorbyl Palmitate, mixed Tocopherol concentrate, Rosemary extract) to maintain quality, in a gelatin capsule (Gelatin, Glycerin, Water, Annatto).

\*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.