

Phytoestrogens — How Do They Work?

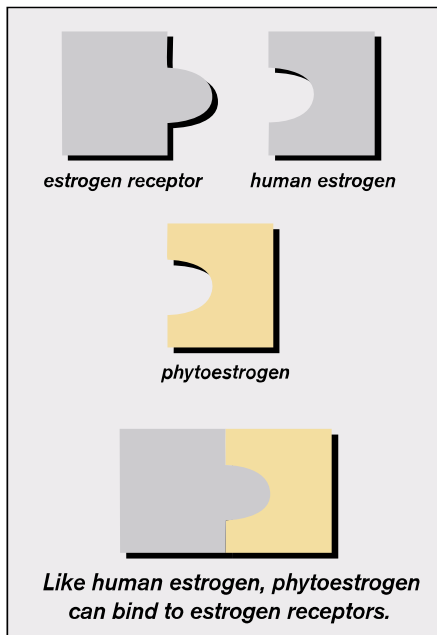
Phytoestrogens occur in significant amounts in specific plants and are remarkably similar in molecular structure to the female hormone estrogen. They are thought to exert estrogen-like activity in the body, thus helping regulate the normal hormonal fluctuation that occurs during menopause.

Who Might Benefit from Menopause Balance Complex*?

- Women, usually between 45 and 55 years of age, who are experiencing changes associated with the transitional period of menopause, such as hot flashes, mood swings, and insomnia.
- Younger women who have undergone induced menopause due to surgery or other causes and are experiencing changes associated with the transitional period of menopause, such as hot flashes, mood swings, and insomnia.

How Does Menopause Balance Complex* Work?

Phytoestrogens or plant estrogens like those in Menopause Balance Complex are believed to produce clinical benefits during menopause by influencing hormone-regulatory mechanisms. During menopause, when hormones fluctuate, plant estrogens can bind to estrogen receptors on the surface of many cells of the body, thereby exerting a mild estrogen-like effect.



How Do I Use Menopause Balance Complex*?

The recommended daily serving of Menopause Balance Complex* is two capsules daily.

Two Menopause Balance Complex* softgel capsules supply a concentrated source of these beneficial phytonutrients and phytoestrogens:

Black Cohosh Extract	80 mg
(standardized to contain 2.5% total triterpene glycosides as 27-deoxyactein)	
Soy Isoflavones	30 mg
Flaxseed Extract	333 mg
Flaxseed Oil	600 mg
Phytofem® Enhanced Proprietary Blend	100 mg
Dong Quai Extract	
Red Clover Extract	
Licorice Extract	

ShakleeGuard® to ensure product freshness

A daily serving of Menopause Balance Complex supplies 30 mg of isoflavones (genistein, daidzein, and glycitein), compounds that are currently the subject of scientific research for their role in the many health benefits associated with soy.

Menopause Balance Complex, taken along with a serving of either Energizing Protein or Shaklee Instant Protein® Soy Mix, easily provides the level of isoflavones showing promise in supporting hormonal balance during menopause.

What Are the Phytoestrogens in Menopause Balance Complex*?

Black cohosh contains compounds that appear to act on the hypothalamus and vasomotor centers of the brain, areas that help regulate bodily functions such as temperature control, sleep patterns, and a sense of emotional well-being.*

Phytoestrogens present in soy and flaxseed may also influence a woman’s transition to menopause because these compounds are similar in chemical structure to the estrogen produced by the body.*

Menopause Balance Complex* also provides phytoestrogens from dong quai, red clover, and licorice.

*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.