

Natural Estrogen with Pomegranate Extract

60 caplets

Item Catalog Number: 00712

Natural Estrogen with Pomegranate Extract is one answer to the concerns of maintaining healthy hormone function. A review of the published literature reveals some interesting findings about how plant-derived estrogens can provide safe and effective support for such menopausal complaints as hot flashes.³⁸⁻⁵⁵

Derived from organically grown fruit, the pomegranate extract in this formula has the same ratio of polyphenols as you'd find in the whole fruit and all the benefits you'd get from the juice without the sugar, calories, and additives. Punicalagins, the main polyphenol responsible for pomegranate's health properties, have been shown to be a powerful antioxidant.⁵⁶ In fact, the health effects from the juice and the seeds work synergistically, providing an array of health benefits.

Cruciferous vegetables (broccoli, cauliflower, brussels sprouts, etc.) are a rich source of glucosinolates and their hydrolysis products, including indoles and isothiocyanates. Scientists have identified specific extracts from cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, etc.) that modulate hormones in a way that helps maintain healthy cell division. For instance, animal studies have shown that the cruciferous vegetable extract indole-3-carbinol (I3C) modulates estrogen hormones by favorably changing the ratio of protective 2-hydroxyestrone versus the damaging 16-hydroxyestrone.⁵⁷ 2-Hydroxyestrone has demonstrated anti-estrogenic and anti-proliferative activity. I3C also induces phase I and II detoxifying enzymes that can help neutralize estrogen metabolites and xenobiotic estrogen-like environmental chemicals.⁵⁸ Human studies support the beneficial role of I3C and di-indolyl-methane (DIM), a compound converted by the body from I3C, in positively altering estrogen metabolism.⁵⁹ I3C and DIM have been shown to affect the proliferation of cells containing DNA damage and induce DNA repair proteins.

The glucosinolates are major constituents of cruciferous vegetables that have been shown to promote normal apoptosis and induce the expression of the beneficial p53 gene via an estrogen-independent action.⁶⁰

HMRlignan™ contains lignans, plant polyphenols which may possess antioxidant, fluid balancing, and immunomodulatory activities.⁶¹ A naturally occurring plant lignan, 7-hydroxymatairesinol (HMR), HMRlignan™ major component, is a precursor to the mammalian lignan enterolactone, a human lignan found throughout the body that acts to protect the body from excess estrogen and its unwanted effects. Enterolactone may also limit excess cell growth in specific tissues and metastasis, and has also been linked to beneficial effects in aging women.⁶²⁻⁶⁷ Thus, the addition of the phytonutrient HMRlignan™ may prove beneficial to human health.

Also included in the formula is a soy extract, SoySelect®, that significantly enhances the bioavailability of isoflavones because of its double standardized isoflavones and Group-B Saponins. Soy flavones are phytoestrogens that weakly mimic the action of estrogen. Soy phytoestrogens are very complex. They bind to estrogen receptors and either enhance or diminish the effects of the hormone.

This formulation of Natural Estrogen with Pomegranate Extract contains broccoli extract and HMRlignan™ in addition to phytoestrogens and other plant extracts, all of which have proven to provide optimal female hormonal support.

References

Supplement Facts

Serving Size 2 caplets

Servings Per Container 30

Amount Per Serving

SoySelect® soybean (Glycine max) 70:1 Extract [standardized to 13% isoflavones (52 mg), 18% Group-B Saponins (72 mg)]	400 mg
Broccoli (<i>Brassica oleracea</i> L.) Super Concentrate Extract (plant) [standardized to 4% glucosinolates (12 mg)]	300 mg
Pomella® Pomegranate (<i>Punica granatum</i>) Extract (fruit) [standardized to 30% Punicalagins (60 mg)]	200 mg
Black cohosh extract (<i>Cimicifuga racemosa</i>) (root and rhizome) [standardized to 2.5% triterpene glycosides (1 mg)]	40 mg
HMRlignan™ Norway spruce (<i>Picea abies</i>) lignan extract (knot wood) [standardized to 90% Hydroxymatairesinol potassium acetate complex (27 mg)]	30 mg
Dong quai extract (<i>Angelica sinensis</i>) (root) [std. to 1% ligustilide (.25 mg)]	25 mg

Licorice extract (*Glycyrrhiza glabra*) (root) 25 mg
Vitex extract (*Vitex agnus-castus*) (fruit) [std. to 5% vitexicarpin (1 mg)] 20 mg

Other ingredients: dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, vegetable stearate, pharmaceutical glaze.

Contains soybeans. Contains corn.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

SoySelect® is a registered trademark of Indena S.p.A.

Pomella® is a trademark of Verdure Sciences, Inc.

HMRlignan™ is a trademark used under sublicense from Linnea S.A.

Dosage and Use

- Take two caplets in the morning with or without food, or as recommended by your healthcare practitioner.
- Natural Estrogen should be taken cyclically: three weeks on and one week off, beginning on the 5th day of the menstrual cycle for premenopausal women, and every day for postmenopausal women.
- Those taking any estrogenic product should include as part of their diet cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, and/or cauliflower.
- Women should also use a natural progesterone cream when taking this product.

Caution

Consult with your physician before using this product if you are taking anti-seizure, anti-depressant or psychiatric medications, or certain types of blood pressure (e.g. calcium channel blockers) medications. Do not take in case of pregnancy, lactation, or estrogen-dependent tumors.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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