

Breast Health Formula

60 vegetarian capsules

Item Catalog Number: 00999

Women today face a growing number of health issues, including the need to support DNA gene structure in the breast. Detrimental factors such as the aging process, along with the daily bombardment of damaging environmental estrogen-like compounds, demonstrate the need to support a woman's breast cellular structure.

A wealth of research shows that specific plant extracts can positively influence cellular status and remove some of the anxiety that women face about maintaining a healthy balance of estrogens.

Estrogen is broken down in the body into two important metabolites. Those metabolites are the good 2-hydroxyestrone and the bad 16 alpha-hydroxyestrone. Scientists have identified nutrients like indole-3-carbinol (I3C) that can tip the delicate balance of estrogens in favor of the good form.^{1,2}

Women seeking to proactively restore their youthful hormonal balance can now take a phytonutrient-based formula that helps support healthy estrogen activity and detoxification. Some of the active ingredients in the Breast Health Formula are:

- **Phytoestrogens** — function as selective estrogen receptor modifiers that help block certain estrogen receptor sites on cells, thus preventing bad estrogen from exerting its harmful effects³
- **Plant lignans** — boost beneficial enterolactone levels that favorably alter estrogen metabolism^{4,5}
- **Cruciferous vegetable extracts and I3C** — effectively increase 2-hydroxyestrone while reducing undesirable 16 alpha-hydroxyestrone^{6,7}
- **Calcium D-Glucarate** — safely facilitates the removal of harmful estrogen from the body through inhibiting beta-glucuronidase, a bad enzyme that rips the glucuronide conjugate off the estrogen⁸⁻¹⁰
- **Vitamin D** — restores healthy genetic regulatory switching to aging cells Breast Health Formula provides nutrients that have demonstrated broad-spectrum support for preserving optimal breast health.

References

Supplement Facts

Serving Size 2 vegetarian capsules

Servings Per Container 30

Amount Per Serving

Vitamin D (as cholecalciferol)	1000 IU
Calcium (as Calcium D-Glucarate)	16.5 mg
Iodine (as potassium iodide)	2 mg
Phytoestrogens (isoflavones) and Group-B Saponins [from 111.5 mg SoySelect® soybean (<i>Glycine max</i>) 70:1 extract]	34.5 mg
Proprietary Cruciferous Vegetable Blend Broccoli (<i>Brassica oleracea l.</i>) GMO-free Extract [std. to 4% glucosinolates]Watercress (<i>Nasturtium officinale</i>) 4:1 extract (leaf)	550 mg
Sawasabi™ Wasabi(<i>Wasabia japonica</i>) powder (rhizome) [std. to 12,000 ppm Total Isothiocyanate]	
Calcium D-Glucarate	137.5 mg
Indole-3-Carbinol	100 mg
Proprietary Enterolactone Precursors Blend	25 mg
HMRlignan™ Norway spruce(<i>Picea abies</i>) lignan extract (knot wood) [std. to 90% Hydroxymatairesinol potassium acetate complex]	
Secoisolariciresinol diglucoside (SDG) [from ActiFlax™ flax lignan(<i>Linum Usitatissimum L.</i>) extract (seed)]	
DIM (3, 3-Bis (indolyl)methane)	14 mg
Other ingredients: rice flour, vegetable cellulose (capsule), magnesium stearate.	

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

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Dosage and Use

- Take two capsules daily for individuals weighing up to 160 lbs.
- Those weighing over 160 lbs., take three to four capsules daily.
- This product can be taken with or without food, or as recommended by a healthcare practitioner.

Caution

May interfere with oral contraceptives. If pregnant or intending to become pregnant, do not use this product. Do not use if taking antacids, H2-receptor blockers (e.g. Zantac®), or proton-pump inhibitors (e.g. Nexium®), as these drugs may impede the conversion of I3C to active metabolites. If you have a thyroid condition or are taking warfarin, lithium, or antithyroid medications, do not use without consulting your health care practitioner.

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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