

Natural Female Support  
**30 vegetarian capsules**  
 Item Catalog Number: 01221

For many years, women had limited options for relieving menopausal symptoms. Those who advocated safer approaches were vindicated when clinical studies confirmed that synthetic estrogen-progestin drugs increase risk of breast cancer, stroke and other diseases.<sup>33</sup>

Fortunately, natural plant-based extracts have been discovered that reduce menopausal discomforts and support healthy estrogen metabolism during menopause and beyond. These findings have resulted in a proprietary formulation combining a patented hops extract with a super-standardized lignan (HMRlignan™).

This patented hops extract contains a phytoestrogen (8-prenylnaringenin) that offers natural female support during menopause.<sup>34</sup> In two human clinical trials with this special hops extract, menopausal women experienced significantly fewer hot flashes along with improvement in a variety of other menopausal discomforts.<sup>35,36</sup> This hops extract (called Lifenol™) has been combined with HMRlignan™ (containing hydroxymatairesinol) to make it even more useful. A recent study indicated that postmenopausal women using 50 mg HMRlignan™ daily over eight weeks experienced a 53.5% reduction in hot flashes as well as a reduction in other common menopausal complaints.<sup>37</sup> In addition, clinical data suggests that a lignan-rich diet supports breast health.

Natural Female Support offers powerful nutritional support to help decrease menopausal complaints and maintain healthy estrogen metabolism during menopause.

## References

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 30

#### Amount Per Serving

Lifenol® Hops ( <i>Humulus lupulus</i> ) extract (cone) [standardized to 0.12% 8-prenylnaringenin (144 mcg)]	120 mg
HMRlignan™ Norway spruce ( <i>Picea abies</i> ) lignan extract (knot wood) [standardized to 90% Hydroxymatairesinol potassium acetate complex (50 mg)]	56 mg

Other ingredients: rice flour, hydroxypropyl methylcellulose (capsule), magnesium stearate.

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

Lifenol® is a trademark of Naturex Inc.

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

### Dosage and Use

- Take one capsule daily in the morning with or without food, or as recommended by a healthcare 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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