WomanPrime®

(Vitamin E derived from soy)

Item # 72540
Available in bottles of 120 capsules

The Possible Benefits of WomanPrime®, a Dietary Supplement

- Supports adrenal function, and may enhance estrogen production
- Provides nutrients with mild estrogenic effects, such as ginseng and black cohosh
- May help inhibit breakdown of estrogen in the liver

"*WomanPrime is a safe, natural, gentle way to support a woman during the time of menopause.*"
– Dr. Devaki L. Berkson

Description

WomanPrime® was developed especially for women by three preeminent medical practitioners, Dr. Jonathan Wright, Dr. Alan Gaby and Dr. Devaki Berkson. During perimenopause, the body's estrogen production can decline significantly, causing conditions such as hot flashes, vaginal dryness, spotting, breast tenderness, heart palpitations, bloating, nervous tension, night sweats and insomnia. The adrenal glands become more important as a source of estrogen at this time. WomanPrime® provides adrenal support, and enhances estrogen metabolism in three ways: by increasing production through adrenal gland support; by inhibiting the breakdown of estrogen in the liver; and by providing natural compounds that have estrogenic activity.

Vitamin C is important in the production of hormones for responding to stress, for maintaining bone mineral density in postmenopausal women, and as an antioxidant and anti-inflammatory nutrient. It also is a key component of collagen and elastin found in the blood vessel walls, and can help prevent excessive capillary permeability, which may help regulate hot flashes. **Hesperidin** is a bioflavonoid that also supports vascular integrity and control of excessive capillary permeability (1-7). **Vitamin E** is an important oil-soluble antioxidant that prevents damage to cellular tissues and membranes throughout the body. Besides showing some benefit for women's conditions such as PMS and cervical dysplasia, vitamin E has been shown to beneficially affect hot flashes (8-10). **Vitamin A** is an important part of the epithelial tissues that line the glands and organs of the body, and has been shown to support women's health in a variety of ways. The Nurses' Health Study, which evaluated the health of 72,000 postmenopausal women, found that even high amounts of vitamin A did not increase risk of hip fracture for women getting estrogen support (11-14).

Folic acid takes part in the transmission of the genetic code to newly formed cells and is essential for correct cellular division. It is now recognized as an essential nutrient during pregnancy, and studies show its importance for women's health in general, including supporting the health of the uterus and the brain (15-18). **Vitamin B12** is another nutrient that is key for cellular growth. Both B12 and **pantothenic acid** are essential for the metabolism of protein, carbohydrates and fat. Pantothenic acid also helps the body produce neurotransmitters, and is essential to the production of adrenal hormones and function of the adrenal gland (19-21). **Vitamin B6** is essential for more than 100 enzyme reactions in the body, and supports functions important in female health (22-23). **PABA** helps form red blood cells, and functions as a hormone potentiator, delaying the breakdown of estrogen and other hormones by the liver. It has been shown to potentiate the action of cortisone (24).

Magnesium takes part in the regulation of temperature, energy production and nerve impulse transmission, involving hundreds of enzyme reactions in the body. It is needed for proper calcium metabolism and the health of bones and teeth. It is involved in muscle contraction, and has been used in people with cramping, headache and

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PMS. A recent study involving postmenopausal women showed that low magnesium increased the heart rate and the need for oxygen, with decreased cardiovascular function (25-29). **Selenium** is a key part of an important antioxidant enzyme and works synergistically with vitamin E to prevent free radical damage. **Boron** is important for vitamin D and mineral metabolism, and for bone health, and has been shown to reduce the loss of calcium in postmenopausal women. There is also evidence that it can provide support for estrogen levels (30-34).

Adrenal substance supports adrenal function, helping to support proper hormone levels, calcium metabolism, and circulation. **Korean ginseng** has long been used to support capacity to deal with physical and emotional stress. It has been shown to help regulate blood sugar, improve energy and stamina, support brain function, as well as have a mild estrogenic effect that may benefit hot flashes (35-38). **Black cohosh**, traditionally used in China and by Native Americans for a variety of conditions including women's health issues, has of late been studied for its estrogenic qualities. The extract has been shown to positively affect menopausal and post-menopausal complaints (39-42).

Each capsule contains:

Vitamin A (as Vitamin A Palmitate)	1250 IU
Vitamin C (as Ascorbic Acid)	25 mg
Vitamin E (as D-alpha-Tocopheryl Acid Succinate)	125 IU
Vitamin B6 (as Pyridoxine Hydrochloride)	6.25 mg
Folic Acid	200 mcg
Vitamin B12	5 mcg
Pantothenic Acid (as Calcium Pantothenate)	70 mg
Magnesium (as Magnesium Aspartate)	8.25 mg
Selenium (as Selenomethionine)	12.5 mcg
Boron (as Boron Citrate)	250 mcg
Hesperidin	125 mg
PABA (Para-Aminobenzoic Acid)	75 mg
Adrenal	31 mg
Korean Ginseng extract	25 mg
Black Cohosh extract	25 mg

Other ingredients: Cellulose, magnesium stearate, silicon dioxide.

Suggested Use: As a dietary supplement, 1 or 2 capsules one to two times per day with meals, or as directed by a healthcare practitioner.

Selected References (complete references available upon request)

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