



Endocrine

PhytoEstrin™

Supports women's health



USANA's PhytoEstrin supplement contains herbs such as chasteberry powder and black cohosh, which can help relieve symptoms associated with menopause.

THE BENEFITS OF PHYTOESTRIN

Natural approaches to maintaining health before, during, and after menopause have become popular over the last few years. For many women, regular exercise, a proper diet, nutritional supplementation with vitamin E, vitamin B5, and calcium, and botanical preparations of estrogen-like compounds—such as those found in PhytoEstrin—may help relieve menopausal symptoms.

Some authorities theorize that high levels of soy isoflavones in Asian diets contribute to Asian women transitioning through menopause more easily than those women living in Western cultures. Soy isoflavones are biologically active chemical compounds from plants such as grains, legumes, fruits, and vegetables that bind to the same estrogen receptor sites and behave similarly to human estrogen.

THE SCIENCE OF PHYTOESTRIN

For centuries, chasteberry, a shrub native to Mediterranean Europe and Central Asia, has been used to help support women's health, particularly symptoms of peri- and post-menopause. And over the last 50 years, scientific studies have supported the use of chasteberry in supporting women's health. Chasteberry has been found effective in easing menopausal symptoms, and is a mixture of iridoids, flavonoids, and glycosides.

Black cohosh, a plant native to eastern North America, has also been in use for many years, particularly in Native American traditional medicine, to support women's health and ease menopausal symptoms. Dong quai, a dried root found in China, has been used extensively in Asia for supporting women's health as well.

THE USANA DIFFERENCE

PhytoEstrin is a broad-spectrum, botanical formulation containing phytoestrogens from five different sources, including a guaranteed 14 mg of soy isoflavones to help maintain women's health. PhytoEstrin also contains a unique combination of herbs that complement the activity of the soy isoflavones: black cohosh, dong quai, licorice-root extract, and chasteberry powder. Together with isoflavones, these herbs provide support through menopausal symptoms during the peri- and post-menopausal years.

References

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ITEM #129

RECOMMENDED USE: HELPS RELIEVE SYMPTOMS ASSOCIATED WITH MENOPAUSE. HELPS TO RELIEVE PREMENSTRUAL SYMPTOMS. / **USAGE RECOMMANDÉ:** AIDE À SOULAGER LES SYMPTÔMES ASSOCIÉS À LA MÉNOPAUSE OU LES SYMPTÔMES PRÉMENSTRUELS.

DURATION OF USE: CONSULT YOUR PHYSICIAN FOR USE BEYOND 4-6 WEEKS. / **DURÉE D'UTILISATION:** CONSULTEZ VOTRE MÉDECIN POUR UNE UTILISATION AU-DELÀ DE QUATRE À SIX SEMAINES.

RECOMMENDED DOSAGE FOR ADULT WOMEN: TAKE THREE (3) TABLETS DAILY. TAKE A FEW HOURS BEFORE OR AFTER TAKING OTHER MEDICATIONS OR HEALTH CARE PRODUCTS. / **DOSE RECOMMANDÉE POUR FEMMES ADULTES:** PRENDRE TROIS (3) COMPRIMÉS PAR JOUR, PRENDRE QUELQUES HEURES AVANT OU APRÈS LA PRISE D'AUTRES MÉDICAMENTS OU PRODUITS DE SOINS DE SANTÉ.

EACH TABLET CONTAINS:		CHAQUE COMPRIMÉ CONTIENT :
MEDICINAL INGREDIENTS:		INGRÉDIENTS MÉDICINAUX
SOYBEAN POWDER (EQUIVALENT TO 14 mg SOY ISOFLAVONES, 8.68 mg AI*)	35 mg	POUDRE DE SOJA (ÉQUIVALENT À 14 mg D'ISOFLAVONES DE SOJA, 8,68 mg AI*)

BLACK COHOSH EXTRACT (CIMICIFUGA RACEMOSA, STANDARDIZED TO 2.5% TRITERPENE GLYCOSIDES)	50 mg	EXTRAIT D'ACTÉE RACÉMIFORME (CIMICIFUGA RACEMOSA, NORMALISÉ À 2,5 % DE GLYCOSIDES TRITÉRPENIQUES)
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CHASTEERRY POWDER (VITEX AGNUS-CASTUS)	50 mg	POUDRE DE GATTILIER (VITEX AGNUS-CASTUS)
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LICORICE ROOT EXTRACT (GLYCYRRHIZA GLABRA)	30 mg	EXTRAIT DE RACINE DE RÉGLISSE (GLYCYRRHIZA GLABRA)
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DONG QUA EXTRACT (ANGELICA SINENSIS)	15 mg	EXTRAIT D'ANGÉLIQUE CHINOISE (ANGELICA SINENSIS)
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* AGLYCONE ISOFLAVONE EQUIVALENTS / ÉQUIVALENTS AGLYCONES D'ISOFLAVONES

NON-MEDICINAL INGREDIENTS: DEXTRATES, ASCORBYL PALMITATE, SODIUM CARBOXYMETHYL CELLULOSE, SILICON DIOXIDE, DEXTRIN, MALTODEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE. / INGREDIENTS NON MÉDICINAUX : DEXTRATES, PALMITATE D'ASCORBYLE, CARBOXYMETHYLCELLULOSE SODIQUE, DIOXYDE DE SILICUM, DEXTRINE, MALTODEXTRINE, DEXTROSE, LÉCITHINE DE SOJA, CITRATE DE SODIUM.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLACON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF: YOU ARE PREGNANT OR NURSING.

• YOU ARE CURRENTLY HAVE OR PREVIOUSLY HAD BREAST CANCER AND/OR BREAST TUMOURS OR IF YOU HAVE A PREDISPOSITION TO BREAST CANCER, AS INDICATED BY AN ABNORMAL MAMMOGRAM AND/OR BIOPSY, OR A FAMILY MEMBER WITH BREAST CANCER.

• YOU ARE TAKING THIAZIDE DIURETICS, CARDIAC GLYCOSIDES, CORTICOSTEROIDS, STIMULANT LAXATIVES OR OTHER MEDICATIONS WHICH MAY AGGRAVATE ELECTROLYTE IMBALANCE.

• YOU ARE TAKING HORMONE REPLACEMENT THERAPY (HRT), INCLUDING THYROID HORMONE REPLACEMENT THERAPY.

• YOU ARE TAKING HORMONE-CONTAINING MEDICATIONS SUCH AS PROGESTERONE PREPARATIONS, ORAL CONTRACEPTIVES OR HORMONE REPLACEMENT THERAPY.

ENSURE YOU ARE UP TO DATE ON MAMMOGRAMS AND GYNAECOLOGICAL EVALUATIONS PRIOR TO USE. CONSULT YOUR PHYSICIAN PRIOR TO USE IF:

• YOU ARE TAKING BLOOD THINNERS.

• YOU HAVE A HISTORY OF HORMONAL OR GYNAECOLOGICAL DISEASE, INCLUDING OVARIAN CANCER.

• YOU ARE TAKING HORMONE REPLACEMENT THERAPY (HRT), INCLUDING THYROID HORMONE REPLACEMENT THERAPY.

• YOU ARE TAKING HORMONE-CONTAINING MEDICATIONS SUCH AS PROGESTERONE PREPARATIONS, ORAL CONTRACEPTIVES OR HORMONE REPLACEMENT THERAPY.

CONSULT YOUR PHYSICIAN IF:

• YOU ARE TAKING A PRESCRIPTION DRUG OR HAVE A MEDICAL CONDITION.

• YOUR MENOPAUSAL OR PREMENSTRUAL SYMPTOMS PERSIST OR WORSEN.

• YOU HAVE A LIVER DISORDER OR DEVELOP SYMPTOMS OF LIVER TROUBLE.

DISCONTINUE USE AND CONSULT YOUR PHYSICIAN IF YOU EXPERIENCE BREAST PAIN, DISCOMFORT AND/OR TENDERNESS, OR IF YOU EXPERIENCE A RECURRENCE OF MENSTRUATION AND/OR UTERINE SPOTTING.

GARDER HORS DE LA PORTÉE DES ENFANTS. NE PAS UTILISER SI:

• VOUS ÊTES ENCEINTE OU ALLAITÉZ.

• VOUS AVEZ DÉJÀ EU UN CANCER DU SEIN ET (OU) DES TUMEURS MAMMAIRES OU SI VOUS AVEZ UNE PREDISPOSITION AU CANCER DU SEIN, RÉVÉLÉE PAR UNE MAMMOGRAPHIE ANORMALE ET (OU) UNE BIOPSIE, OU UN MEMBRE DE LA FAMILLE ATTEINT DE CANCER DU SEIN.

• VOUS PRENEZ DES DIURÉTIQUES THIAZIDIQUES, GLYCOSIDES CARDIAQUES, CORTICOSTÉROÏDES, LAXATIFS STIMULANTS OU D'AUTRES MÉDICAMENTS QUI PEUVENT AGGRAVER LE DÉSÉQUILIBRE DES ÉLECTROLYTES.

• VOUS SOUFFREZ D'HYPOKALÉMIE, D'HYPERTENSION ARTÉRIELLE, OU D'UN TROUBLE RÉNAL OU CARDIOVASCULAIRE.

VOUS DEVRIEZ PASSER OU AVOIR PASSÉ RÉCEMMENT UNE MAMMOGRAPHIE ET UN EXAMEN GYNÉCOLOGIQUE AVANT D'UTILISER CE PRODUIT. CONSULTEZ VOTRE MÉDECIN AVANT DE L'UTILISER SI:

• VOUS PRENEZ DES ANTICOAGULANTS.

• VOUS AVEZ DES ANTECÉDENTS DE TROUBLE HORMONAL OU GYNÉCOLOGIQUE, Y COMPRIS LE CANCER DES OVAIRES.

• VOUS SUIVEZ UN TRAITEMENT HORMONAL SUBSTITUTIF (THS), Y COMPRIS L'ADMINISTRATION D'HORMONES THYROÏDIENNES DE REMPLACEMENT.

• VOUS PRENEZ DES MÉDICAMENTS CONTENANT DES HORMONES COMME DES PRÉPARATIONS DE PROGESTÉRONNE OU DES CONTRACEPTIFS ORAUX. CONSULTEZ VOTRE MÉDECIN SI:

• VOUS PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE OU SOUFFREZ D'UN PROBLÈME DE SANTÉ.

• DES SYMPTÔMES MÉNOPAUSIQUES OU PRÉMENSTRUELS PERSISTENT OU S'AGGRAVENT.

• VOUS SOUFFREZ D'UN TROUBLE HÉPATIQUE OU DE SYMPTÔMES QUI Y SONT LIÉS. CESSEZ D'UTILISER CE PRODUIT ET CONSULTEZ VOTRE MÉDECIN EN CAS DE DOULEURS MAMMAIRES, D'INCONFORT ET (OU) DE SENSIBILITÉ AU TOUCHER, DE RÉAPPARITION DES MENSTRUATIONS ET (OU) DE PERTES UTERINES SANGLANTES.

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