

## dōTERRA Women Phytoestrogen Essential Complex

Made with SLS-free vegetable capsules

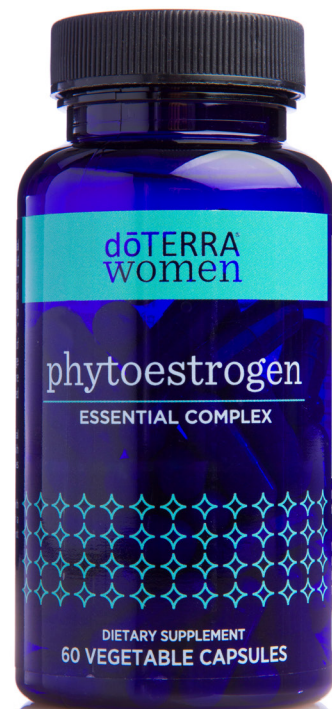
### PRODUCT DESCRIPTION

Beginning as a young adult, almost every function of a woman's body is controlled by hormones. A balance of normal hormone levels will influence a woman's good health and emotional well-being from her early teens to her transition through menopause. dōTERRA Women Phytoestrogen Essential Complex is a blend of standardized plant phytoestrogens that support hormone balance gently and naturally. It also includes concentrated flax seed lignans to promote healthy metabolism. Eating right, exercising, and balancing hormone levels can help reduce uncomfortable issues associated with PMS and the transition through menopause, and will provide additional support for healthy bones, heart, breast tissue, and other body structures and function as a woman ages.

### CONCEPT

Maintaining good health and vitality throughout life requires eating right, exercising, managing stress, and avoiding exposure to toxins in addition to other healthy lifestyle choices. Choosing natural, complementary wellness products as part of an overall healthcare strategy can also support wellness as we age. Women have particular health needs that may require specific and targeted dietary and lifestyle choices. If not addressed early in life, these specific health requirements can lead to uncomfortable and persistent issues associated with hormone cycles and aging.

Almost every function in a woman's body is controlled by hormones. Estrogen and progesterone are particularly important hormones for women and will influence a woman's good health and emotional well-being throughout her lifetime. High estrogen production in young women can result in significant issues related to menstruation, while the production of too little estrogen as a woman ages can impact many aspects of a woman's reproductive health and can be a contributing factor to the health challenges that some women experience during and after menopause. Balancing healthy estrogen levels will help minimize monthly hormone swings and the hormone fluctuations associated with menopause.



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**Hormone Metabolites**

Hormones are metabolized in the liver creating bioactive metabolites. Maintaining a healthy ratio of estrogen metabolites in the body is critical to a woman's health. Current research shows that an imbalance of certain metabolites can negatively impact a woman's health as she ages. Leading an active lifestyle and eating a diet rich in essential nutrients and foods containing natural phytoestrogens can help keep the by-products of estrogen metabolism in healthy balance.

**Phytoestrogens**

Phytoestrogens are compounds found in plants that have similar properties to estrogen produced in the body. The size and shape of phytoestrogen molecules are similar to estrogen and can bind with estrogen beta receptors in cells. Beta receptors are predominately found in skin, bone, and cardiovascular tissues where increased estrogen activity has positive health benefits, while beta receptors are low in tissues of the breasts and uterine areas where over exposure to estrogen may be of concern. In addition to producing gentle estrogenic effects in the body, phytoestrogens can help balance hormones and hormone metabolites by blocking estrogens from binding to cells.

**dōTERRA Women Phytoestrogen Essential Complex**

dōTERRA Women Phytoestrogen Essential Complex is a natural dietary supplement formulated to support healthy hormone levels in women. Phytoestrogen Essential Complex includes standardized extracts of soy that provides supplemental plant-sourced phytoestrogens that have gentle estrogenic activity. It also includes a standardized extract of pomegranate for antioxidant support and flax seed lignans that help to healthfully manage the potentially harmful metabolite by-products of hormone metabolism. Eating right, exercising, and balancing hormone levels can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and, more importantly, support healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.

**PRIMARY BENEFITS**

- Provides supplemental dietary phytoestrogens that help balance and support normal hormone levels
- Can be used to complement a program of eating right and exercise to support a woman in all cycles of her lifetime
- Supports healthy bones, heart, breast tissue, and other body structures and functions as a woman ages
- Includes soy extract standardized to 64% isoflavone content to support the health needs of women
- Contains a flax seed extract standardized to 40 percent lignans, which is helpful in managing estrogen metabolism
- Formulated with a standardized pomegranate extract providing powerful antioxidant support
- Natural formula made with sodium lauryl sulfate-free HPMC vegetable capsules

**DIRECTIONS FOR USE**

Pre- and peri-menopausal women, take 1 to 2 capsules daily with food or as directed by a healthcare professional. Post-menopausal women, take 2 capsules daily with food; ideally formulated to be taken with dōTERRA Women Bone Nutrient Essential Complex, dōTERRA Women ClaryCalm® monthly essential oil blend, and dōTERRA Lifelong Vitality Pack®.

**CAUTIONS**

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Does not contain wheat or milk products. This product is complementary to, but not a replacement for hormone replacement therapies.

## FAQS

**Q: At what age should a woman start using phytoestrogen?**

**A:** dōTERRA Women Phytoestrogen Essential Complex is safe for use by women from early teens through all phases of life to balance hormones naturally. Phytoestrogens, such as those found in soybeans and in our dōTERRA Women Phytoestrogen Essential Complex, have been shown to be protective and supportive of healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.

**Q: Is there such a thing as taking too much phytoestrogen and becoming unbalanced?**

**A:** No. Research shows phytoestrogens don't lower estrogen levels, but can help balance out the effects of estrogen produced by the body and support health as estrogen production declines post menopause. Follow suggested use and consult healthcare provider.

**Q: Is this formula truly a natural whole food supplement?**

**A:** Every ingredient in this product is derived from a whole food source. The genistein comes from whole soy beans, the lignin from flax seed, and the ellagic acid from pomegranate.

**Q: Can this product be considered GMO-free and gluten-free?**

**A:** dōTERRA Women Phytoestrogen Essential Complex is free of genetically modified material and does not contain gluten.

## COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack®
- Bone Nutrient Essential Complex
- ClaryCalm®
- Microplex VMz®

## KEY STUDIES

Marini H, Minutoli L, Polito F, et al. Effects of the phytoestrogen genistein on bone metabolism in osteopenic postmenopausal women. *Ann Intern Med.* 2007;146:839-847.

Spence JD, Thornton T, Muir AD, Westcott ND. The effect of flax seed cultivars with differing content of alpha-linolenic acid and lignans on responses to mental stress. *J Am Coll Nutr.* 2003;22:494-501.

Patade A, Devareddy L, Lucas E, et al. Flaxseed reduces total and LDL cholesterol concentrations in Native American postmenopausal women. *J Womens Health.* 2008;17:355-366.

Sreeja S, Kumar TRS, Lakshmi BS, Sreeja S. Pomegranate extract demonstrate a selective estrogen receptor modulator profile in human tumor cell lines and in vivo models of estrogen deprivation. *J Nutr Biochem.* 2012;23:725-732.

Usta C, Ozdemir S, Schiariti M, Puddu PE. The pharmacological use of ellagic-acid rich pomegranate fruit. *Int J Food Sci Nutr.* 2013;DOI: 10.3109/09637486.2013.798268.

**NUTRITION INFORMATION**

Serving Per Package: 30

Serving Size: 2 Vegetable Capsules (1.16 g)

	<b>Per Serving</b>
Energy	4 Kcal
Protein	0.1 g
Total Fat	0.2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Total Carbohydrates	0.4 g
Sugars	0 g
Dietary Fiber	0.3 g
Sodium	0 mg

**Ingredients:** Flaxseed Powder, Hydroxypropyl Methylcellulose, Soy, Pomegranate Extract, Flaxseed Extract, flavor enhancer (Maltodextrin), anti-caking agent (Silicon Dioxide)

**Contains: Soy**