

# dōTERRA Women Phytoestrogen Lifetime 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 Lifetime 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 maintaining hormone balance 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 health-care 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.

### 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.



\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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 maintain healthy hormonal 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 Lifetime Complex

dōTERRA Women Phytoestrogen Lifetime Complex is an all-natural dietary supplement formulated to support healthy hormone levels in women.\* Phytoestrogen Lifetime Complex includes a standardized extract 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 maintain a healthy hormone metabolism.

### PRIMARY BENEFITS

- Provides supplemental dietary phytoestrogens that help balance and support normal hormone levels\*
- Provides nutritional support for managing estrogen metabolism\*
- Can be used to complement a program of eating right, exercising, and hormone therapy to help minimize the uncomfortable symptoms of PMS and transition through menopause\*

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

- Supports healthy bones, heart, breast tissue and other body structures and functions as a woman ages\*
- Includes a potent soy extract standardized to 64 percent isoflavone content with a minimum of 50 percent genistein, scientifically substantiated to provide health benefits in 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\*
- All-natural formula made with sodium lauryl sulfate-free HPMC vegetable capsules

### DIRECTIONS FOR USE

Pre- and peri-menopausal women, take one (1) to two (2) capsules daily with food or as needed. Post-menopausal women, take two (2) capsules daily with food, ideally formulated to be taken with dōTERRA Women Bone Nutrient Lifetime Complex™, dōTERRA ClaryCalm® monthly essential oil blend, and 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 Lifetime Complex™ is safe for use by women from late teens through all phases of life to maintain hormonal balance naturally\*. Phytoestrogens, such as those found in soybeans and in our dōTERRA Women Phytoestrogen Lifetime 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.\*

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: Is Phytoestrogen Lifetime Complex non-GMO and gluten free?

A: Yes, the Phytoestrogen Lifetime Complex is non-GMO and gluten free.

Q: Is there benefit for a man to take this product?

A: The Phytoestrogen product is primarily targeted for women. However, Dr. Hill discussed at the dōTERRA 2013 Convention that although the predominate male sex hormone is testosterone, men still need estrogen and progesterone in low quantities for optimal physiologic functioning. Estrogen overproduction can become a concern for men because fat cells produce estrogen and because of exogenous exposure to xenoestrogens. The purpose of the phytoestrogen supplement is to naturally help balance hormone levels and help the body deal with estrogen metabolism. Although men do not experience menopause or a monthly cycle, hormones still play a critical role in their optimal health. In this sense, men can benefit from taking this product.

## COMPLEMENTARY PRODUCTS

- Lifelong Vitality Pack
- Bone Nutrient Lifetime Complex™
- ClaryCalm®
- Microplex MVP™
- dōTERRA Daily Nutrient Pack™

## 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.

3

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Supplement Facts

Serving Size: 2 vegetable capsules  
Servings per container: 30

	Amount Per Serving	% DV
Soy extract (standardized to 64% isoflavones with a minimum 50% genistein content)	150 mg	**
Flax seed extract (standardized to 40% lignan content)	120 mg	**
Pomegranate extract (standardized to 40% ellagic acid content)	100 mg	**

\*\* Daily Value not established

Other Ingredients: Flaxseed powder, vegetable hypromellose, silica.

4