



can bind to both estrogen and androgen receptors.<sup>12,13</sup> Its unique action as a phytoestrogen allows it to bind estrogen receptors weakly to buffer estrogen dominance, particularly estrogen from outside sources (xenoestrogens). It has also been shown to prolong the half-life of cortisol, bolstering the body's stress response system. In addition, licorice has also been shown to support healthy bone mineral density in postmenopausal women<sup>14</sup> and to inhibit serotonin re-uptake, which is essential for supporting a healthy mental outlook.<sup>15</sup>

### Gamma Oryzanol†

Gamma oryzanol (ferulic acid) is a natural compound extracted from rice bran oil. Gamma oryzanol was first shown to be effective for relieving hot flashes in the early 1960s.<sup>16</sup> Numerous studies have highlighted the benefits of gamma oryzanol for menopausal complaints. An initial study found that 300 mg/day of gamma oryzanol over 38 days was able to reduce, by half, menopausal symptoms in 67% of the women studied.<sup>17</sup> A more recent study of 40 women given a dose of 300 mg/day of gamma oryzanol showed a reduction in menopausal symptoms in 85% of female subjects.<sup>18</sup> In addition to helping with symptoms of menopause, gamma oryzanol has also been shown to be effective in maintaining healthy cholesterol and triglyceride levels.<sup>19</sup>

### Dong Quai†

Considered by many as the woman's herb, Dong quai (*Angelica sinensis*) is native to China and Korea, where it is considered as a "female ginseng" due to its ability to reduce painful menstruation, support a regular and healthy menstrual cycle, and reduce menopausal symptoms, including hot flashes. The dried roots of *Angelica sinensis* contain coumarins, flavonoids and essential oils as active phytoestrogen constituents. Dong Quai works most optimally when in synergy with other botanicals to support menstrual regularity and help nourish dry and thin vaginal tissues from menopause.<sup>20</sup>

### Directions

2 capsules per day in divided doses or as recommended by your health care professional.

### Does Not Contain

Gluten, yeast, artificial colors and flavors.

### Cautions

Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

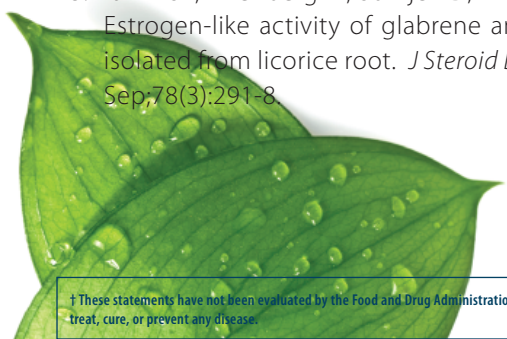
V4		
<b>Supplement Facts</b>		
Serving Size 2 Capsules		
Servings Per Container 30		
	Amount Per Serving	% Daily Value
Gamma Oryzanol	300 mg	*
Black Cohosh Root Extract (Standardized to contain 2.5% Triterpene Glycosides)	160 mg	*
Dong Quai Root Extract	75 mg	*
Licorice Root Extract (Standardized to contain 12% Glycyrrhizin)	75 mg	*
<i>trans</i> -Resveratrol (from <i>Polygonum cuspidatum</i> (Roots))	4 mg	*
* Daily Value not established.		



† 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.

## References

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