



Vitality for Women

Herbal & Nutritional Support

Daily **Vitality for Women** provides herbal and nutritional support for optimal hormonal health in women. Hormonal imbalances in women can affect many aspects of daily life with symptoms that include:

- Severe menstrual cramps
- Hot flashes
- Low energy, sex drive and insomnia
- Poor concentration and depression

Hormonal imbalances can also lead to loss of muscle mass, increase the risk of obesity, and ultimately contribute to major diseases such as cardiovascular disease and diabetes.

Ingredients Include:

Vitamin D₃: Probably the most critical vitamin for women over their lifespan. Vitamin D deficiencies are very common and are associated with osteoporosis, heart disease, and auto-immune disorders.

Dong Quai Extract: Worldwide, Dong Quai is one of the more popular herbal ingredients for women. Ligustilide from Dong Quai helps age-related cognitive impairment and it acts on the serotonergic system in the brain.

Wild Yam, Kudzu, & Licorice Extract: These extracts are a rich sources of plant sterols including diosgenin and other phytoestrogens. All have long histories of use by post-menopausal women in Asia³.

Chasteberry Extract: Has been studied for multiple women's health issues from pre-menstrual syndrome (PMS) to menopause. For more information see the clinical trial published in the British Medical Journal.⁴

Motherwort: The most commonly prescribed Chinese medicinal herb for women in Taiwan. Its benefits go far beyond just women's health and it is one of the best herbal tonics available for overall health and vitality⁵.

DHEA: A precursor to steroid hormones such as estrogen. Modest doses of DHEA may facilitate the natural production of steroid hormones.

References

1. Hajirahimkhan A, Dietz BM, Bolton JL (2013) Botanical modulation of menopausal symptoms: mechanisms of action? *Planta Med* 79:538-553.
2. Xin J, Zhang J, Yang Y, Deng M, Xie X (2013) Radix angelica sinensis that contains the component z-ligustilide promotes adult neurogenesis to mediate recovery from cognitive impairment. *Current Neurovascular Research*: 10(4):304-15.
3. Wu Wh, Liu, LY, Chung CJ et al. (2005) Estrogenic effect of yam in healthy postmenopausal women. *Journal of the American College of Nutrition* 24:235-243.
4. Schellenberg R. (2001) Treatment of the premenstrual syndrome with agnus castus fruit extract: prospective, randomized, placebo controlled study. *British Medical Journal* 322:134-137.
5. Wojtyniak K, Szymanski M, Matlawska I. (2012) Leonurus cardiac L. (Motherwort): A review of its phytochemistry and pharmacology. *Phytotherapy Research Online* DOI 10.1002/ptr.4850

Description:

Daily **Vitality for Women** is a blend of natural ingredients for natural hormonal support from women throughout the life cycle. Each bottle contains 60 capsules.

Capsule Size:



Bottle: 175 cc green PETE bottle with a 45 mm lid, inner freshness seal, and outer tamper evident band.

| Supplement Facts | Amount per Serving | % Daily Value |
|--|--------------------|---------------|
| Serving Size: 2 Capsules | | |
| Vitamin D3 (400 IU) | 400 IU | 100% |
| Dong Quai Ext. (1% Ligustilides) | 300 mg | * |
| Wild Yam (16% Diosgenin) | 300 mg | * |
| Kudzu (40% Isoflavones) | 300 mg | * |
| Licorice Root (3% Glycyrrhizin) | 200 mg | * |
| Chaste Berry Ext. (5% Vitexin) | 40 mg | * |
| Motherwort 4:1 Ext. | 40 mg | * |
| DHEA | 20 mg | * |

*Daily Value Not Established

Other Ingredients: vegetarian capsules



Directions:

Take 2 capsules one time per day.

Precautions:

Daily **Vitality for Women** is a very safe product when used as directed. However, herbal products have the potential for allergic reactions in some people, if symptoms appear discontinue use and contact a physician if serious. **Vitality for Women** does not treat or prevent any disease or symptoms but rather provides optimal nutrition so the body can have nutritional support for maintaining ideal hormonal balance.

*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.



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