



Lorna Vanderhaeghe, MS, is Canada's leading women's health expert and has been researching nutritional medicine for over 25 years. With degrees in nutrition and biochemistry, she is the author of 10 books including *A Smart Woman's Guide to Hormones* and *A Smart Woman's Guide to Weight Loss*. She has a monthly newsletter which you can read and sign up for at her website.

ESTROsmart™ plus

What to expect from this product:

- ♥ Maintains healthy estrogen-to-progesterone balance
- ♥ Eliminates PMS and balances mood
- ♥ Makes periods effortless (regulates cycle)
- ♥ Maintains healthy PAP smears
- ♥ For those with PCOS and ovarian cysts
- ♥ Improves fertility by normalizing ovulation
- ♥ Eliminates hormonal acne
- ♥ Halts abnormal cell growth including breast lumps, fibroids, cysts, endometriosis and a thickened uterine lining
- ♥ Halts the conversion of good estrogens (2-hydroxyestrone) to bad estrogens (16-hydroxyestrone)



NUTRIENTS FOR HORMONAL BALANCE

Calcium D-glucarate is a powerful detoxifier of excess and toxic estrogens. It helps the body get rid of toxic substances through the liver. It is also a powerful antioxidant that increases the activity of other antioxidants such as vitamin C and carotenoids. Early research shows that it lowers the risk of breast, colon, prostate, lung and liver cancers.

Indole-3-carbinol (I3C) is an anti-cancer plant nutrient found in cruciferous vegetables. It halts the conversion of good estrogens to bad estrogens and helps to break down cancer-causing estrogens into non-toxic forms. I3C maintains a healthy cervix, protects against HPV cervical lesions and controls abnormal cell growth in those with uterine fibroids, endometriosis, ovarian cysts and breast lumps.

Green Tea Extract contains polyphenols, catechins and flavonoids, which are shown to be protective against estrogen-related cancers. Green tea inhibits cancer by blocking the formation of cancer-causing compounds. It also increases detoxification and is essential for weight loss.

www.hormonehelp.com

Chastetree Berry, also known as Vitex, is a well-researched herb that indirectly increases progesterone and helps to regulate the menstrual cycle. Vitex is useful in the treatment of menstrual abnormalities, PMS, hormonal acne, menopausal complaints and infertility.

Curcumin is a powerful anti-inflammatory and it works to inhibit all stages of cancer formation: initiation, promotion and progression. It is a potent antioxidant and a powerful liver detoxifier.

DIM helps to break down cancer-causing estrogens into non-toxic forms. It is a powerful antioxidant and also helps to support the healthy detoxification of excess hormones. DIM is one of the products created by the breakdown of I3C in the body.

Rosemary Extract, a potent antioxidant, protects cells from cancer-causing agents, inhibits the growth of cancer cells and helps to detoxify toxic estrogens.

Zinc helps to balance hormones and is used to treat hormonal acne. PMS sufferers are more likely to have low zinc status. Zinc is also needed for healthy muscle contraction and menstrual regulation.

Sulforaphane from BroccoPhane® broccoli sprout extract stimulates the body's production of detoxification enzymes that eliminate toxic estrogens. Sulforaphane is a powerful antioxidant and anti-cancer agent that also stops brown (aging) spots on the skin.

FORMULA:

EACH 2 CAPSULES CONTAIN:

Calcium D-glucarate	150 mg
Indole-3-carbinol (Plant sourced)	150 mg
Green Tea Extract (Camellia sinensis) (90% polyphenols)	100 mg
(30:1 from 3000 mg of green tea - caffeine-free)	
Chastetree Berry Extract (Vitex agnus - castus) (Fruit)	80 mg
Turmeric (Curcuma longa L)	50 mg
Diindolymethane (DIM)	50 mg
Rosemary Leaf Extract (Rosmarinus officinalis L) (6% Carnosic acid)	25 mg
Zinc (Citrate) (Elemental)	6 mg
Sulforaphane (from BroccoPhane® broccoli sprout extract)	200 mcg

This product does not contain irradiated rice flour, artificial preservatives, colors or sweeteners, dairy, soy, wheat or yeast. **VEGAN-FRIENDLY. GLUTEN-FREE.**

SUGGESTED USAGE:

- Adults (12 years and older) Take 2 – 4 capsules daily with food for prevention, hormonal acne, effortless periods, fibrocystic breasts, fertility and balanced hormones or as directed by a health practitioner.

ALL FORMULAS ARE THIRD PARTY INDEPENDENTLY TESTED FOR QUALITY AND POTENCY.