



Estro Balance

Comprehensive Support for Healthy Estrogen Balance*

Estro Balance provides bioavailable micronutrients, antioxidants, and phytoestrogens to promote healthy estrogen balance.* Estro Balance is formulated to support healthy molecular and cellular functions that balance estrogen metabolism for overall health and wellness.*

How Estro Balance Works

Estrogen is an aromatic compound with two pathways for metabolism responsible for a variety of functions in the body.¹ An imbalance in this process leads to either too low or too high estrogen levels.¹ Estro Balance contains powerful nutrients for supporting healthy estrogen metabolism.*

Folate is a nutrient involved in one-carbon metabolism and many other biochemical processes.^{2,3} Folate supports healthy estrogen balance by promoting healthy homocysteine levels.*³

Broccoli raffinane contains glucosinolates that convert into a variety of breakdown products to promote healthy gut microbiota.*^{4,5} Broccoli raffinane has phytochemical constituents to support estrogen metabolism at a cellular level.*⁶

Diindolylmethane (DIM) is a bioactive metabolite found in cruciferous vegetables.⁷ DIM affects molecular activities related to estrogen metabolism by supporting multiple signaling pathways impacting cellular health.*⁷

N-acetyl l-cysteine (NAC) is an antioxidant involved in estrogen metabolism at a cellular level.*^{8,9} NAC supports healthy stress response as it relates to estrogen production.*⁹

HMR is an estrogenic lignan that supports signaling pathways and healthy cellular functions.*^{10,11} HMR promotes healthy endocrine function by supporting healthy estrogen balance.*¹¹

Estro Balance Supplementation

The ingredients in Estro Balance are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for supporting healthy estrogen balance.*

Clinical evidence and research cited herein show that the ingredients in Estro Balance may:

- Support healthy estrogen balance*
- Support healthy endocrine function*
- Support cardiovascular health*
- Promote healthy stress response*
- Promote overall health and well-being*



Form: 60/120 Capsules

Serving Size: 2 Capsules

Ingredients	Amount	%DV
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	200 mcg DFE	50%
Broccoli Raffinate (seed; <i>Brassica oleracea</i> ; enzyme activated broccoli standardized to at least 20 mg sulforaphane glucosinolates)	500 mg	**
Diindolylmethane (DIM) (BioResponse DIM® Complex) [starch, diindolylmethane, vitamin E (as tocophersolan), phosphatidyl choline, silica.]	150 mg	**
N-Acetyl L-Cysteine (NAC)	150 mg	**
HMR (7-hydroxymatairesinol potassium acetate complex) (HMRlignan™)	72 mg	**

Other Ingredients:

Hyromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

BioResponse DIM® is a proprietary, enhanced bioavailability complex containing diindolylmethane licensed from BioResponse, L.L.C., Boulder, Colorado.

HMRlignan™ is a trademark of Linnea, SA.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

Directions:

Take two capsules daily or as directed by your healthcare practitioner.

Caution: Do not use if you are pregnant, nursing, or may become pregnant. If taking medication, consult your healthcare practitioner before use. Harmless changes in urine color may occur while using this product. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A cGMP FACILITY

* 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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