

ProgestaLift

Hormone Balance and Mood Support

Orthoplex White ProgestaLift is a unique powerful combination of botanicals and nutrients to offer women support across their reproductive lifespan - from the cyclical symptoms of premenstrual syndrome (PMS) like acne, poor memory and mood changes to cycle irregularity and fertility and menopausal support.

Now vegan-friendly, ProgestaLift contains a new potent *Vitex agnus castus* extract standardised and independently tested for three active constituents. The boutique quality *Vitex* extract has been carefully selected to include standardisation of the flavonoid casticin and the iridoid glycosides aucubin and agnuside. *Melissa officinalis* (Lemon Balm) has been added to the formula to provide women with clinically proven and effective relief of PMS symptoms as well as support for healthy moods, mild anxiety and sleep.

- ✓ Therapeutic at one capsule per day
- ✓ Unique and potent standardised *Vitex agnus castus*
- ✓ Independently tested for the flavonoid casticin and the Iridoid glycosides aucubin and agnuside.
- ✓ Contains a high quality *Melissa officinalis* extract

Indications

- Relief of pre-menstrual symptoms/syndrome
- Supports nervous system health and relieves symptoms of stress and mild anxiety
- Relieves menstrual cycle irregularity and irregular periods

Excipients

Vitamin A palmitate calcium hydrogen phosphate dihydrate, colloidal anhydrous silica, leucine, vegetable capsule (Vcap®).

Warnings

If you are pregnant, or considering becoming pregnant, do not take Vitamin A supplements without consulting your doctor or pharmacist. When taken in excess of 3000 micrograms retinol equivalents, Vitamin A can cause birth defects. The recommended daily amount of Vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men. If symptoms persist consult your healthcare practitioner. Vitamin supplements should not replace a balanced diet. If you are concerned about the health of yourself or your baby, talk to your health practitioner.

Contraindications

Retinoids
Pregnancy & lactation not advised

Information taken from Natural Medicines Database and accurate as of September 2019



- ✓ Gluten Free
- ✓ Dairy Free
- ✓ Egg Free
- ✓ Soy Protein Free
- ✓ Vegan
- ✓ Vegetarian

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Pack Size: 30 capsules and 60 capsules

Adult Dose: Take 1 capsule daily, or as recommended by your registered healthcare practitioner.

Storage: Store below 25°C in a cool, dry place, away from direct sunlight.



Full disclosure of excipients in every formulation

Each Capsule Contains

<i>Vitex agnus-castus</i> fruit (Dry Herb Equiv)	1g
equiv. Agnuside	1.21mg
equiv. Aucubin	1.53mg
equiv. Casticin	50mcg
<i>Melissa officinalis</i> leaf (Dry Herb Equiv)	1.2g
<i>Petroselinum crispum</i> leaf (Dry Herb Equiv)	100mg
<i>Perilla frutescens</i> leaf (Dry Herb Equiv)	200mg
Retinol palmitate	1.37mg
equiv. Vitamin A (2500IU)	750mcg RE*
Riboflavin sodium phosphate	25mg
equiv. Riboflavin	19mg
Nicotinamide	50mg
equiv. Vitamin B3	50mg
Calcium pantothenate	55mg
equiv. Pantothenic acid	50.6mg
Pyridoxal 5-phosphate	50mg
equiv. Pyridoxine	31.9mg
Quercetin	125mg

* RE - Retinol Equivalents

Please note Orthoplex White products can only be purchased if you are an Orthoplex White approved customer. This medicine may not be right for you. Read the warnings before purchase. If symptoms persist talk to your health professional.



www.bioconcepts.com.au



Technical Information

The menstrual cycle is a natural hormonal process that occurs in women from puberty to menopause to prepare for a possible pregnancy. A regular cycle indicates the body is functioning normally however, many women experience pre-menstrual syndrome (PMS), fertility challenges and irregular periods.

Contains botanicals and nutrients such as B6, Vitex and Melissa, all scientifically supported as effective and safe in relieving symptoms of PMS, including promoting healthy mood balance

PMS includes psychological and physical symptoms occurring in the late luteal phase of the menstrual cycle and may present as; irritability, anger, tearfulness, poor memory, tiredness, bloating, breast tenderness and acne.¹ Seventy to 80% of menstruating women report at least one premenstrual symptom, however, about 10% of women, can experience PMS symptoms serious enough to affect their functioning and quality of life.²

Vitex agnus castus provides relief from somatic symptoms of PMS¹ which are known to cause distress and interfere with daily life. In a clinical trial, Vitex supplementation caused a significant reduction in PMS symptoms ($P < 0.0001$).³

Melissa officinalis has traditionally been used as a mild sedative, carminative and antispasmodic and now new research supports its use in women with PMS. A clinical trial, including 100 schoolgirls, found supplementation of 1200mg daily (600mg BD) of Melissa for three consecutive months significantly reduced the intensity of physical, psychological and social symptoms of PMS, with benefits lasting three months after the intervention.⁴

Perilla frutescens contains the flavonoid apigenin which exerts antidepressant properties by directly effecting neurotransmitter levels, thought to be via dopaminergic mechanisms in the brain^{5,6} while Vitamin B6 reduces the overall symptoms of PMS symptoms.⁷

Contains botanicals and nutrients to support normal reproductive health

Optimal nutrition supports healthy hormonal balance and plays a role in reproductive health in readiness for conception. We have included carefully considered botanicals and nutrients in Progestalift to support reproductive health.

Vitex has been demonstrated to improve a range of reproductive conditions by normalising the luteal phase and hormone levels.⁹ Other key nutrients, Vitamins A and B2, support normal reproductive function.^{10,11}

Vitex agnus castus is considered a well researched and effective fertility-promoting herb in women with a range of clinical

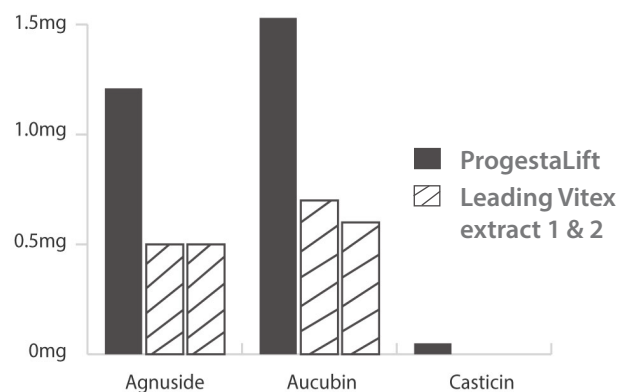
presentations. A 2017 study that included 61 women found Vitex had a beneficial effect on ovulation, increased endometrial thickness and pregnancy rate in these women.¹²

Riboflavin sodium phosphate (B2) and Vitamin A (retinol) are necessary for normal reproduction. Vitamin B2 is depleted by the oral contraceptive pill¹³ and deficiencies can lead to changes to the biosynthetic pathways that lead to production of steroid hormones.¹⁰ Vitamin A plays a role in the formation of the corpus luteum, ovarian steroidogenesis and oocyte maturation.¹¹

Vitex supports healthy regular menstrual cycle

Irregular periods may be caused by hormonal imbalances or other underlying conditions. Traditionally Vitex has been used to promote menstruation¹⁴ and its activity of normalising progesterone levels via dopaminergic activity can address menstrual irregularities.⁹

Results from independent, third-party test conducted by Australia's most respected phytochemical laboratory on Vitex agnus castus contained in ProgestaLift. Comparison to levels reported by two leading practitioner brands.



Test	Results (% w/w)
Agnuside*	1.21
Aucubin**	1.53
Casticin***	0.05

*Assay by LCMS (single ion monitoring @ 269m/z)

**Assay by LCMS (single ion monitoring @ 149m/z)

***Assay by LCMS (single ion monitoring @ 375m/z)

References available upon request.