



HORMONAL BALANCE™

Ora Hormonal Balance™ contains a synergistic blend of adaptogens and tonic herbs, Tremella and Vitamin B6 to help with the regulation of hormonal activity.



Maca root



KSM-66® Organic Ashwagandha



Shatavari



Tremella mushroom



Shilajit



Cacao

NUTRITIONAL INFORMATION

SERVINGS PER PACKAGE: 30

SERVING SIZE: 5g

Average Quantity	per serve	% RDI	per 100g
Energy	75 kJ		1504 kJ
Protein	0.5 g		12.6 g
Fat, total – saturated	0.5 g 0.3 g		9.0 g 6.8 g
Carbohydrate sugars	2.8 g 0.5 g		56.8 g 11 g
Sodium	1.3 mg		28.3 mg
Pyridoxine (Vit B6)	5.0 mg	312%	100 mg
<i>Lepidium meyenii</i> (Maca) root powder	1000 mg		20.0 g
<i>Asparagus racemosus</i> (Shatavari) root ext. equiv. dry root	200 mg 1000 mg		4.0 g 20.0 g
Tremella mushroom fruiting body powder	160 mg		3.2 g
<i>Lactobacillus acidophilus</i>	1.5 Billion CFU		30 Billion CFU
<i>Withania somnifera</i> (Ashwagandha KSM-66®) root ext. equiv. dry root	200 mg 2500 mg		4.0 g 50.0 g

KSM-66® is a registered trademark of Ixoreal Biomedical Inc

- ✓ 30 serves per bottle
- ✓ Delicious natural Dutch chocolate flavour or French vanilla flavour
- ✓ ACO certified organic

Key Benefits

Ora Hormonal Balance™ is suitable for adults seeking functional food support for:

- Addressing hormonal imbalances
- Stress leading to low libido
- Stamina and energy
- Maintaining general health and wellbeing

Why Choose Hormonal Balance™

- Two next-level taste profiles: a natural Dutch chocolate flavour and a natural French vanilla flavour. Best enjoyed shaken (not stirred!) with your favourite plant-based milk and can be served cold or warm.
- ACO Cert. Organic Food, with ingredients at evidence-based doses.
- Formulation includes breakthrough new ingredients – Shilajit and Tremella.
- 100% vegan formulation.

Co-Creating Wellness™

Ora recommends a holistic approach in combination with Ora Curcumin BioComplex™. Try the following to enhance results:

- Read Lara Briden's 'Hormone Repair Manual'
- Support healthy hormone production with a B-vitamin complex and Magnesium when required
- Consume mineral-rich foods and healthy fats
- Ensure healthy thyroid function
- Maintain a healthy weight
- Schedule time for yourself every day

Combines Well With

- Ora Mag³ Mood™
- Ora Profound Sleep™



Ingredients

Organic *Lepidium meyenii* (Maca) root powder
Organic Cacao Powder
Organic Banana Resistant Starch Powder
Organic Shatavari (*Asparagus racemosus*) root ext
Organic Ashwagandha KSM-66® (*Withania somnifera*) root ext

Organic Shilajit
Organic Tremella fruiting body powder
Lactobacillus acidophilus

Natural flavours:
Chocolate or vanilla flavours
Coconut milk powder
Cocoa powder

Sweeteners: Erythritol, Stevia
Stabiliser: Xanthan gum
Microbial nutrient: Pyridoxine hydrochloride

No added yeast, soy, added sugars, lactose, gluten, artificial colourings, dairy, or animal products

Traceable Ingredients

We take pride in selecting only the highest quality ingredients from all over the world and believe in being transparent about the ingredients we use. The ingredients in Ora Hormonal Balance™ are sourced from the following regions of the world:

Ingredient	Organic Certification	Location
Organic <i>Lepidium meyenii</i> (Maca)	USDA, NOP, EU, JAS	Grown and sustainably harvested in the Andean highlands of Peru
Organic Cacao Powder,	USDA, EU	Peru
Organic Banana Resistant Starch Powder	ACO, EU, USDA, NOP	Piura region – Peru
Organic <i>Asparagus racemosus</i> (Shatavari)	USDA, EU	India.
Organic (<i>Withania somnifera</i>) Ashwagandha KSM-66®	USDA, Canada Organic	Cultivated on farms in the state of Rajasthan in India, extracted in India.
Organic Shilajit	USDA, EU	Wild collected - India
Organic Tremella Mushroom	NOP and EU	Grown on hardwood chips & organic rice, organic rice bran. Qingyuan County, Zhejiang Province - China
<i>Lactobacillus acidophilus</i>	Conventional grade	Fermented and manufactured – QLD - Australia
Chocolate flavour	Conventional grade	Switzerland
Vanilla flavour	Conventional grade	Australia
Organic Coconut milk powder	NSAA	Vietnam and Thailand
Cocoa powder	Conventional grade	Cocoa sourced from Ivory coast, Ghana and Cameroon, manufactured in the Netherlands
Erythritol	Conventional grade	Shandong province, China
Stevia	Conventional grade	Cultivated on manufacturer owned and controlled farms- China. Extracted in Xián – China
Xanthum gum	Conventional grade	From fermented pea protein. Manufactured in Ordos city, Inner Mongolia
Vitamin B6	Conventional grade	Produced in Shanghai – China at an EU and China GMP certified, CEP and US FDA approved facility

Find Out More

Ora Hormonal Balance™ contains a synergistic blend of adaptogenic and tonic ingredients which support the body's response to life's stressors, to support healthy hormonal balance, while also providing a good source of Vitamin B6 which contributes to normal hormonal activity, nervous system and psychological function, and the reduction of tiredness and fatigue.

Shilajit - is a natural plant-based substance formed over centuries by the gradual decomposition of certain plants by the action of microorganisms. Shilajit is composed mainly of humic substances and is particularly rich in fulvic acid (a substance with antioxidant, anti-inflammatory, cognitive enhancing and energetic balance restoring properties) which is thought to contribute to shilajit's health and wellbeing effects. Historically shilajit has been consumed by the people of Nepal and North India as part of their diet, with children usually taking it with milk in their breakfast.

Lepidium meyenii - or Maca root has been grown and consumed as a food crop and aphrodisiac in the Peruvian Andes for centuries. Maca root is traditionally used to enhance virility and fertility and to support energy, stamina and endurance.

Asparagus racemosus - the word Shatavari is commonly described as “the woman who acquires 100 husbands”. It is a renowned reproductive tonic with a capacity to extend fertility and endurance. In Ayurveda this plant is also referred to as the “Queen of Herbs” as it is thought to encourage love and passion. It is the primary Ayurvedic revitalising herb for females.

Tremella mushroom - has been a staple in Chinese cuisine for centuries. Tremella is rich in dietary fibre, protein, minerals, antioxidants and also high in vitamin D. Tremella has also been traditionally used by Chinese and Japanese herbalists as a potent Qi/ tonic for thousands of years. It is thought to nourish the lungs, kidneys, heart, brain, stomach, and often taken as a tonic for the immune system. Tremella's polysaccharides have been shown to stimulate the production of the antioxidant enzyme superoxide dismutase (SOD) in the brain and liver. SOD helps to protect and regenerate and prevent wrinkling and sagging of the skin.


Directions For Use

Mix 5 grams (approx. 1 heaped metric teaspoon) into water or your favourite milk alternative and enjoy the great taste and nourishing goodness. Can be taken hot or cold. Store in a cool dry place away from direct sunlight.


Pack size: 150g oral powder

Product Code: HORBAL150-ORA (Chocolate) or HORBALV150-ORA (Vanilla)

Serving Size


5 grams
(approx. 1 heaped
metric teaspoon)



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