



Estro-Px

Female hormone support

Estro-Px provides comprehensive herbal support during times of rapid hormonal changes such as menopause. Certified Organic sage (*Salvia officinalis*) is included in this formula for enhanced clinical efficacy, providing rosmarinic acid and polyphenols and supports healthy acetylcholinesterase (AChE) enzyme function. This unique combination of herbal extracts contains high levels of naturally-occurring plant substances that bind to estrogen receptor sites and support estrogen-like activity.

Formulation Features

- Supports healthy progesterone and estrogen activity
- Solvent-free, carbon dioxide extracted organic sage reduces frequency and intensity of mild menopausal symptom
- Unique botanical formula combined with co-factor nutrients

Formula

Each/Chaque vegi capsule contains

Vitamin(e) B12(methylcobalamin)	1 mg
Folic Acid (folate)	1 mg
Vitex/Chaste Tree (<i>Vitex agnus</i>), 0.25% agnusides, 0	350 mg
Sage Leaf (<i>Salvia officinalis</i>), 0	180 mg
Red Clover/Trefle rouge flower (<i>trifolium pratense</i>), 0	75 mg
Black Pepper/Poivre noir (<i>piper nigrum</i>)	5 mg

Minimum Constituent Bio Marker

Agnusides	0.85 mg
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0=Certified Organic

Non-Medicinal Ingredients: hypromellose vegi capsule

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95% of our herbs and herbal extracts are certified organic.

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Supplementation

- Take one to two capsules twice daily or as directed by your physician. Can be taken with or without food.
- Consider adding adrenal and/or thyroid supplementation, as these glands also play an important role in hormone balance, especially during menopause.

Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

REFERENCES:

Virojchaiwong P, Suvithayasiri V, Itharat A. *Arch Gynecol Obstet*. 2011 Aug; 284(2): 411-9.

Manonai J, Chittacharoen A, Udomsubpayakul U, Theppisai H, Theppisai U. *Menopause*. 2008 May-Jun; 15(3): 530-5.

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Chaste Tree (*Vitex agnus*) supports healthy endocrine function and supports hormonal production and activity.

Red clover (*Trifolium praense*) provides phytoestrogens rich herbs.

Black pepper (*Piper nigrum*) enhances the bioavailability of the ingredients.

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