



FEMMENESSENCEPRO HARMONY

Hormone Balance, Menstrual and Reproductive Health*

DESCRIPTION:

FemmenessencePRO HARMONY contains MacaHarmony® a certified organic maca (*Lepidium peruvianum*) with a proprietary combination of phenotypes specifically for women in their reproductive years to support hormone balance, menstrual and reproductive health. In addition, concentration and bioavailability have been proven critical for efficacy and results. MacaHarmony® is concentrated through a proprietary manufacturing process, which concentrates the full spectrum of active constituents in maca up to ten times higher than what is found in normal raw maca, and maximizes the bioavailability increasing water solubility from 68% in raw maca to 99% in FemmenessencePRO HARMONY. MacaHarmony® contains Maca-GO® and a proprietary combination of other maca phenotypes for fertility.^{1,5}

FUNCTIONS:

FemmenessencePRO HARMONY is an adaptogenic product that supports normal hormonal balance for women in their reproductive years. FemmenessencePRO HARMONY does not introduce any hormones into the body, rather it works to support regulation of the entire hormone profile through the hypothalamus-pituitary-adrenal axis.*

FemmenessencePRO HARMONY is for women who want to balance their hormones naturally, support menstrual and reproductive health.

FemmenessencePRO HARMONY supports:

- ✓ Regular menstrual cycles*
- ✓ Optimal fertility*
- ✓ Normal hormonal balance*
- ✓ Energy levels*
- ✓ Mood*

DOSAGE and RECOMMENDATIONS:

Standard dose: 1 capsule, twice daily, away from meals. First dose in the AM before breakfast. Second dose early in the afternoon. Not to be taken beyond late afternoon as may interfere with sleep.

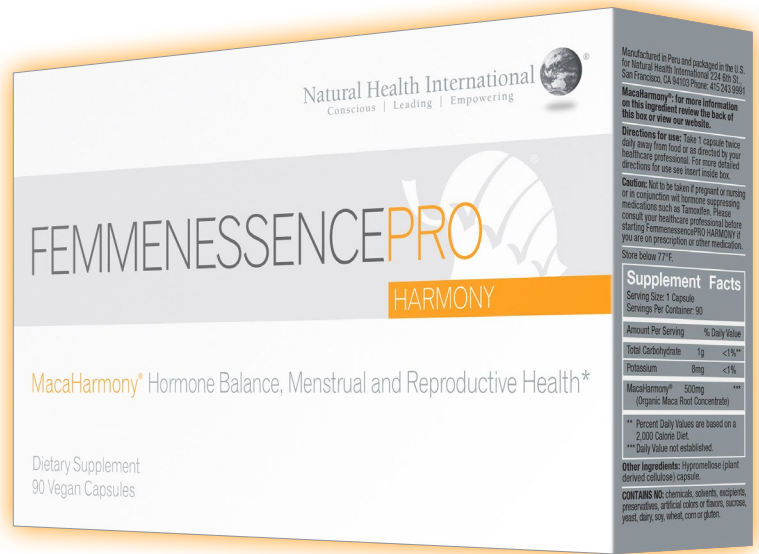
Light dose: For women who are more sensitive to higher clinical dosages consider: 1 capsule in the AM.

Strong dose: For women who need more support 2 capsules, twice daily and consult your healthcare professional for additional support.

Maintenance dose: After 4-8 months of use, if the body has been rebalanced, reduce the dose used to half the original dose.

Dosing break: In order to help the body reset itself, take 1 week break after 4 months of use, then take 1 week break every 2-3 months or as directed by your healthcare professional. Please note: Every woman needs different dosing and breaks. Our standard protocol is to take breaks; however, some women get better results by not taking breaks, instead reducing the dose and using continually. For more guidance please contact our medical team.

Result Timing: It can take between 1-4 cycles to rebalance the system.



PRODUCT INFO:

Product Size: 90 (500mg) Vegan Capsules
Product Code: FEMPRO-03
Professional Price: \$28.00
List Price: \$14.00

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

Amount Per Serving	Daily Value %	
Total Carbohydrate	1g	<1%**
Potassium	8mg	<1%
MacaHarmony® (Organic Maca Root Concentrate)	500mg	***

** Percent Daily Values are based on a 2,000 Calorie Diet.
 *** Daily Value not established.

OTHER INGREDIENTS: Plant derived cellulose (capsule).

SIDE EFFECTS: There are currently no known side effects.

INTERACTIONS: There are currently no known adverse reactions when taken in conjunction with other medications. However, we advise FemmenessencePRO HARMONY should not be taken in conjunction with hormone suppressing medications such as Tamoxifen.

SPECIFICATION: MacaHarmony® (*Lepidium peruvianum*)

Identification:	Specifications	Results	Test Method
Glucosinolates as sinigrin	not less than 0.3 %	Complies	TLC
Vitamins:			
Vitamin C	> 20 mg/100g	Conforms	HPLC
Niacin	> 10 mg/100g	Conforms	HPLC
Vitamin B	> 3 mg/100g	Conforms	HPLC
Riboflavin	> 0.8 mg/100g	Conforms	HPLC
Carotene	> 0.25mg/100g	Conforms	HPLC
Macroelements:			
Potassium	> 1500 mg/100g	Conforms	Spectroscopy
Calcium	> 350 mg/100g	Conforms	Spectroscopy
Phosphorus	> 300 mg/100g	Conforms	Spectroscopy
Sulphur	> 250 mg/100g	Conforms	Spectroscopy
Microelements			
Magnesium	> 90 mg/100g	Conforms	Spectroscopy
Sodium	> 10 mg/100g	Conforms	Spectroscopy
Iron	> 10 mg/100g	Conforms	Spectroscopy
Silica	< 10 mg/100g	Conforms	Spectroscopy
Aluminium	< 9 mg/100g	Conforms	Spectroscopy
Zinc	> 2 mg/100g	Conforms	Spectroscopy
Manganese	> 2 mg/100g	Conforms	Spectroscopy
Titanium	< 2 mg/100g	Conforms	Spectroscopy
Rubidium	< 1.5mg/100g	Conforms	Spectroscopy
Heavy Metals:			
Arsenic	< 0.50 mg/kg	Conforms	Spectroscopy
Tin	< 2.00 mg/kg	Conforms	Spectroscopy
Cadmium	< 0.10 mg/kg	Conforms	Spectroscopy
Lead	< 0.50 mg/kg	Conforms	Spectroscopy
Mercury	< 0.02 mg/kg	Conforms	Spectroscopy

MANUFACTURING: FemmenessencePRO HARMONY is manufactured under strict Good Manufacturing Processes (GMP) with full Kosher and UsDA, EU (European Union) and JA (Japanese) Organic certification.



EXCIPIENT FREE: This product CONTAINS NO chemicals, solvents, excipients, preservatives, artificial colors or flavors, sucrose, yeast, dairy products, wheat or corn starch or gluten.



STORAGE: Store below 77°F. Don't freeze. Keep out of reach of children.

PACKAGING: All products are packaged in oxygen barrier blister packs to maintain optimal quality and recycled boxes using vegetable based inks.

**REFERENCES:**

1. Meissner H.O., Reich-Bilinska H., Kedzia B., Mscisz A. Pre-Gelatinised maca (*Lepidium peruvianum* chacon) As non-Hormonal Herbal Remedy to Treat menopausal symptoms in Pre- and Post-menopausal Women. Basic & Clinical Pharmacology & Toxicology. 2005; Vol. 97, supp I (1): 48.
2. Meissner H.O., Kapczynski W., Mscisz A., Lutomski J. Use of Gelatinized maca (*Lepidium peruvianum*) in Early Postmenopausal Women – a Pilot study. International Journal of Biomedical Science. 2005; 1 (1): 33-45.
3. Meissner H.O., Kedzia B., Mrozikiewicz P.m., Mscisz A. short and Long-Term Physiological Responses of male and Female Rats to Two Dietary levels of Pre-Gelatinized maca (*Lepidium peruvianum* chacon). International Journal of Biomedical Science. 2006; 1 (2): 61-78.
4. Meissner H.O., Mrozikiewicz P., Bobkiewicz-Kozłowska T., et al. Hormone-balancing Effect of Pre-Gelatinized Organic maca (*Lepidium peruvianum* chacon): (Part I.) Biochemical and Pharmacodynamic study on maca using clinical Laboratory model on Ovariectomized Rats. International Journal of Biomedical Science 2006: Vol. 2, no. 3. 100.
5. Meissner H.O., Mscisz A., Reich-Bilinska H., et al. Hormone-Balancing Effect of Pre-Gelatinized Organic maca (*Lepidium peruvianum* chacon): (II) Physiological & symptomatic responses of early-postmenopausal women to standardized doses of maca in Double Blind, Randomized, Placebo-controlled, multi-centre clinical study. International Journal of Biomedical Science, Dec. 2006: vol. 2 no. 4, 360 – 374.
6. Meissner H.O., Mscisz A., Reich-Bilinska H., et al. Hormone-Balancing Effect of Pre-Gelatinized Organic maca (*Lepidium peruvianum* chacon): (III) clinical responses of early-postmenopausal women to maca in double blind, randomized, Placebo-controlled, crossover configuration, outpatient study. International Journal of Biomedical Science., Dec. 2006: vol. 2 no. 4, 375 – 394.
7. Meissner H.O., Reich-Bilinska H., Mscisz A., Kedzia B. Therapeutic effect of *Lepidium peruvianum* chacon (Pre-Gelatinised maca) used as a non-hormonal alternative to HRT in Peri-menopausal women - clinical Pilot study. International Journal of Biomedical Science 2006: Vol. 2, no. 2. 143.