



Formulation Features

- Hormone balancing activity from isoflavone constituents
- Promotes estrogen- and progesterone-like activity
- Provides calming nervous system support

Female Hormone Support

Estro-Px provides comprehensive herbal support during times of rapid hormonal changes such as the menopausal phase.

This unique combination of herbal extracts contains a high level of phytoestrogens that promote estrogen-like activity in the body.

At the foundation of Estro-Px is a traditional Thai herb called Kwao Krua (*Pueraria mirifica*). Since a stronger concentration of *Pueraria mirifica* is recommended to maximize its beneficial influence on hormonal status and related symptoms, we prepared this formula with a 100:1 extraction ratio.

In addition to its multiple mechanisms of action on female hormone function, Estro-Px also offers calming support during emotional swings associated with fluctuating hormone levels.

Supplement Facts

Serving Size: 2 capsules		Servings Per Container: 37	
	Amount Per Serving	% Daily Value	
Vitamin B12(methylcobalamin)	2 mg	333%	
Folic Acid	2 mg	500%	
Pueraria mirifica extract 100:1	400 mg	†	
Vitex berry, O	300 mg	†	
Beta-Sitosterol	200 mg	†	
Red Clover flower, O	200 mg	†	
Lemon Balm herb, O	100 mg	†	
Black Pepper extract 50:1	10 mg	†	
Minimum Constituent Bio Marker Per Dose			
Puerarin	0.25 mg		
Each 2 capsules are extracted from 41,300 mg of herbs			
O=Certified Organic		† Daily Value not established	

Other Ingredients: Vegetable Capsule (cellulose)



Herbal Foundation of "Estro-Px"

PUERARIA MIRIFICA

Contains a wide variety of bioactive compounds that have been re-searched individually and collectively to promote hormonal balance. These include isoflavones such as puerarin, daidzein, and genistein as well as the phytoestrogen miroestrol.

BETA-SITOSTEROL

A commonly occurring natural plant sterol known to reinforce a stable hormone level profile.

VITEX BERRY

This Mediterranean fruit is known for its ability to naturally act on the pituitary and hypothalamus to preserve a healthy estrogen to progesterone ratio.

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

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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

- Eliminate as much physical, emotional, and environmental stress as possible
- Maintain a balanced blood sugar level throughout the day
- Choose dietary items that are high in phytoestrogens (e.g., legumes, soy items, flaxseeds)
- Exercise regularly and get plenty of rest

REFERENCES:

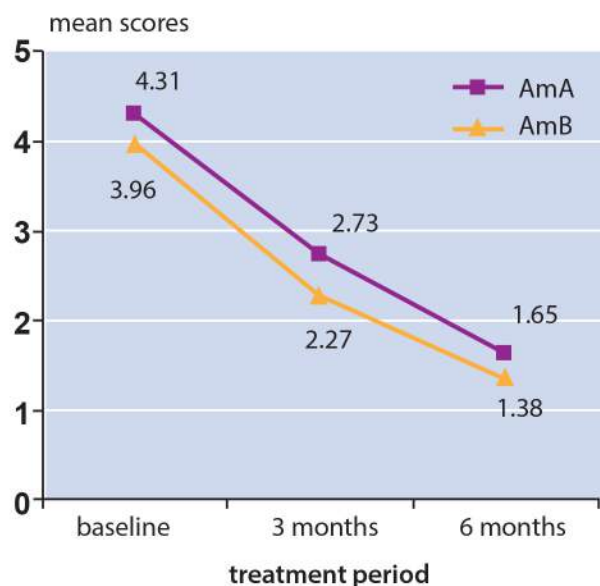
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Significant Reduction of Vasomotor symptoms in menopausal women (n=52) comparing two doses of *Pueraria mirifica* extract (Low Dose: Arm A and High Dose: Arm B) over a 6 month period.



Arch Gynecol Obstet (2011) 284:411-419

Women were randomly allocated into two groups receiving either low-dose *Pueraria mirifica* 25 mg tablet (Arm A) or high-dose *Pueraria mirifica* 50 mg (Arm B) for six months. Both dosages significantly and similarly decreased vasomotor symptoms such as hot flashes in menopause.