



## FEMGUARD+BALANCE™

SUPPORT FOR FEMALE HORMONE BALANCE  
120 VEGETARIAN CAPSULES | NPN80073619 | FGB120-CN



### FEMGUARD+BALANCE™ FEATURES:

**Chaste Tree Extract (*Vitex agnus castus*):** The most commonly used herb worldwide for providing a balancing effect on female hormones. This balancing feature is characteristic of 'amphoteric' herbs, which raise or lower levels of a biomarker according to the necessity of the individual. The overall effect on most women is an increase in progesterogenic effects, prompting more regular cycles and a more optimal hypothalamic-pituitary-ovarian axis function. Isolated novel flavonoids from chaste tree have been found to exhibit antineoplastic activity<sup>1</sup> and hypoprolactinemic effects.<sup>2,3</sup>

**Black Cohosh (*Actaea racemosa*):** Another commonly used herbal compound in female health; it is classically used to reduce menopausal symptoms due to its gentle phytoestrogen action, as well as its ability to mildly reduce the production of luteinizing hormone (LH). Luteinizing hormone levels are significantly reduced by black cohosh extracts, whereas FSH levels are not. Black cohosh has been shown to reduce hot flashes, night sweats, vaginal dryness and thinning, sleep disturbances, and emotional symptoms in various studies.<sup>4-7</sup> Black cohosh has undergone extensive study, particularly in Germany, and has been shown to reduce menopausal and premenopausal symptoms. The antispasmodic feature of this herb can also relieve the cramping associated with menstruation.

**Resveratrol (*Polygonum cuspidatum*):** While this herb is most known for its strong antioxidant, cardiovascular protective, and potentially anticarcinogenic properties, it is also included in this formula due to its phytoestrogenic action. Resveratrol provides general antioxidant protection, as well as a safe hormonal balancing effect, particularly in perimenopausal and menopausal women.<sup>8-12</sup>

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**Green Tea Extract (*Camellia sinensis*):** This extract is standardized to contain 98% polyphenols and 45% EGCG, which is thought to be green tea's most significant active component. The polyphenolic compounds in green tea have potent antioxidant properties, and in animal and human epidemiological studies, green tea consumption has been shown to help reduce the incidence and severity of certain cancers, including breast cancer.<sup>13,14</sup>

**DIM (Diindolylmethane) and Chrysin:** These two ingredients are included due to their ability to optimize safe aromatase conversion of estrogen to a more favourable balance of estrogen fractions. Improper aromatase conversion of estrogen has been associated with certain forms of breast and other female cancers. DIM has been reported to provide benefits in women with symptoms of perimenopause including PMS, painful or excessive periods, endometriosis, and even cervical dysplasia. Women on hormone replacement therapy (HRT) may also benefit from DIM supplementation with improved estrogen metabolism and breast pain reduction.<sup>15-17</sup>

**Calcium and Magnesium:** Supplementation with these minerals has been demonstrated to reduce premenstrual syndrome (PMS) symptoms and may result in more efficient enzymatic activity, less cramping and healthier bone density.<sup>18,19</sup> As with all Designs for Health products, the minerals provided are in forms which allow for a high level of bioavailability.

**Vitamins B6, B12, and Folate:** These nutrients are included to promote proper cell differentiation, including those of the cervix, which may reduce the incidence of cervical dysplasia. Cervical cancer is a major health concern. Regular gynecological check-ups and PAP smears, combined with FemGuard+Balance™, can represent a positive approach to cancer prevention.<sup>20,21</sup> These B vitamins also lower homocysteine, a marker for heart disease. The folate in this product is in the bioidentical, bioactive form, 5-methyltetrahydrofolate.

- Aids the endocrine system in balancing female hormones
- May reduce PMS, perimenopausal and menopausal symptoms
- Promotes favourable and safe conversion of estrogen
- Promotes healthy detoxification and elimination of excess hormones

#### Medicinal Ingredients (per capsule):

Calcium D-glucarate (Calcium D-saccharate).....	100 mg
Chastetree ( <i>Vitex agnus-castus</i> -Fruit) (0.5% Agnuside).....	50 mg
Chrysin (Dihydroxyflavone).....	50 mg
Black cohosh ( <i>Actaea racemosa</i> -Root, Rhizome) (2.5% Triterpene glycosides) .....	25 mg
Broccoli ( <i>Brassica oleracea var.italica</i> -Seed) (6% Glucoraphanin) .....	25 mg
DIM (Diindolylmethane) .....	25 mg
Green tea extract ( <i>Camellia sinensis</i> -Leaf) (98% Polyphenols, 45% Epigallocatechin 3-gallate 40:1).....	25 mg
Magnesium (Di-Magnesium Malate) .....	12.5 mg
Vitamin B6 (Pyridoxal 5-phosphate).....	7.5 mg
Resveratrol (trans-Resveratrol, <i>Reynoutria Japonica</i> - Root) .....	5 mg
Folate (Quatrefolic® [6S]-5-Methyltetrahydrofolate, glucosamine salt 200 mcg).....	100 mcg
Vitamin B12 (Methylcobalamin).....	100 mcg

**Non-Medicinal Ingredients:** Hypromellose, microcrystalline cellulose, sunflower lecithin, silicon dioxide, magnesium stearate (vegetable source). **Recommended Dose:** Adults: Take 4 capsules per day, or as directed by your health care practitioner. Take with food a few hours before or after taking other medications. Consult a health care practitioner for use beyond 12 weeks.

# FemGuard+Balance™

FemGuard+Balance™ is a comprehensive blend of vitamins, minerals, and botanical extracts designed to support healthy female hormone levels, both during menstruation and through menopause. Imbalances in hormones—most commonly, excess estrogen variants and/or reduced progesterone levels—can be responsible for the physical discomfort and mood changes occasionally associated with PMS, including cramping, breast tenderness, water retention, and mild depression.

**FemGuard+Balance™ contains a synergistic blend of nutrients designed to aid the body's natural hormonal balance in several ways:**

- **Chase Tree Extract and Black Cohosh** – These two herbs are widely recognized for their balancing effects on female hormones. Chaste tree extract is considered an “adaptogenic herb,” with the ability to help normalize hormone levels. Black cohosh has a long history of efficacy for reducing occasional hot flashes, vaginal dryness, night sweats, and other symptoms that can make the transition through menopause somewhat uncomfortable.
- **Calcium D-Glucarate** – Supports the liver's role in detoxifying and eliminating excess estrogen.
- **DIM (diindolylmethane) and BroccoRaphanin®** – These vegetable extracts from the Brassica family (including broccoli and cabbage) help maintain safe estrogen levels by aiding the conversion of dangerous estrogen fractions to more favorable metabolites and by promoting restoration of healthy hormone ratios. DIM may also be helpful in reducing the occasional symptoms associated with a woman's monthly cycle, such as bloating and breast tenderness due to excess estrogen buildup.
- **Turmeric, Rosemary, Resveratrol, and Green Tea Extract** – These natural herbal extracts demonstrate powerful antioxidant and anti-inflammatory properties which support the body's natural defenses against oxidative damage and play a role in reducing the cramping that sometimes accompanies PMS.
- **Calcium and Magnesium** – In addition to their familiar roles in bone health, these minerals are required for proper muscle contraction and relaxation. As such, a proper balance of the two can reduce occasional cramps, tension, and other physical pain sometimes associated with the monthly cycle.
- **Vitamins B6, B12, and Folate** – Healthy cell signaling and function, including that of breast and cervical cells, depends on adequate levels of these vitamins. They are also required for proper metabolism of homocysteine, which is related to good cardiovascular health.

## **What makes FemGuard+Balance™ unique?**

- The minerals are Albion™ chelates, which means they are in a form that is easily absorbed by the body, making them highly bioavailable and effective.
- This product contains a unique blend of safe, naturally occurring folates, unlike the synthetic folic acid found in most common multivitamins and folic acid supplements.
- The Brassica oleracea in this product is produced using a patented process, making it especially rich in sulforaphane glucosinolate, the precursor to sulforaphane. This is the substance in cruciferous vegetables responsible for boosting natural antioxidant capacity and aiding liver detoxification of hormones.

**Recommended Dose:** Take four capsules per day, or as directed by your health care practitioner. Take with food a few hours before or after taking other medications. Consult a health care practitioner for use beyond 12 weeks.

**Does not contain gluten.**



TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (877) 414-9388, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.CA](http://WWW.DESIGNSFORHEALTH.CA)

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