

BALANCE PRODUCT INFO SHEET



Description

Regular support for menstrual health.

Ingredients

Vitex agnus castus, also known as chaste berry, has widely been used for an array of complaints associated with menstruation. Chaste berry has been approved by the German Commission E Monograph for the use of irregularities of the menstrual cycle, premenstrual complaints, and mastodynia. In a study done with 2,447 women with various menstrual complaints (1,016 PMS, 734 corpus luteal insufficiencies, 320 uterine myomas, and 167 menopausal symptoms) after an average of 5 months vitex supplementation, the efficacy was rated at 90% with 31% of women reporting absence of previous complaints.

Peony is a herb with a traditional history, historically used by Native Americans. Peony contains different active compounds, one of which is paeonolide. Paeonolide has been found to have anti-inflammatory properties, and may be useful in menstrual cramping. Peony also helps to support normal DHEA, prolactin, and progesterone levels.

The major active component in licorice root is glycyrrhizin. Glycyrrhizin has estrogenic and anti-estrogenic capabilities. Licorice plays a role in supporting the adrenal glands, and is one of the likely modes that licorice helps with menstrual symptoms.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

1 capsule contains	Amount Per Serving	% Daily Value
Paeonia lactiflora Root Powder	400 mg	*
Licorice Root Extract (Standardized to contain 12% Glycyrrhizin)	200 mg	*
Chaste Berry Extract 10:1	20 mg	*

* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

ID #578060 ~ 60 Capsules

Dosage

SUGGESTED USE: As a dietary supplement, 1 capsule per day or as recommended by your health care professional.

Contraindications

Herbal products may cause mild stomach upset or an allergic reaction. Move dose closer to meals or cease product if symptoms persist.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.