Women's Health Library

Women's Health Review

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

Hormone Balancing:

- **Progesterone Cream**
- **Menopause Formula**
- **Black Cohosh**
- **Soy-Protein Powder**
- **Alpha Lipoic Acid**

These supplements may be purchased on our store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Health is a proactive choice, and a choice that should reflect the specific needs of your body. There are dietary supplements to give women options designed specifically to meet these various needs. Whether your needs are for prenatal support, help making the transition through PMS or menopause, post-menopausal prevention, or you are just looking for improvement in your overall health, we offer products that let you address your health requirements.

Female Health Ages 18-45

It is important for women of childbearing age to meet daily nutritional requirements, especially for vitamins and minerals such as calcium, iron and folic acid. It is during these years that women prepare for future health, building stores of calcium supporting the prevention of osteoporosis as well as maintaining an intake of folic acid to prevent birth defects in future pregnancies. Additionally, nearly 20% of all women and 50% of pregnant women are iron deficient causing anemia. This condition leads to fatigue, pale skin, weakness, headache and can lower immune response to infection. Because normal dietary intake rarely supplies the required amount of crucial nutrients, in planning for pregnancy, it is necessary to supplement these vitamins and minerals at least 3-6 months prior to conception. Even if you are not planning for pregnancy, our formulas provide optimal levels of nutrients for overall female health during these important years.

- **Balance Progesterone Cream** promotes balance between estrogen, testosterone and progesterone. It is necessary to protect women of all ages from the diseases associated with aging and the symptoms of PMS (Pre-menstrual Syndrome) and Menopause. Recent studies point to Estrogen Dominance (low progesterone levels) and its link to breast cancer.

Anti-Aging

Women past the childbearing years face the beginning effects of aging. As we successfully advance into maturity, we begin to notice differences in our appearance. Nutrients play different roles during this stage in a woman's life.

- **Alpha Lipoic Acid** promotes anti-aging benefits as well as healthy blood sugar. Grape seed extract, Pomegranate powder and Cranberry help quench free radical destruction that may contribute to wrinkle formation. Bilberry, Lutein and Zeaxanthin assist eye health while soy provides phytoestrogen benefits during the perimenopausal period.

Menopausal Health

A normal biological event, menopause marks the end of a woman's reproductive years by curtailing the body's production of estrogen and progesterone leading to the end of a menstrual cycle. The average age at the onset of menopause is 51, beginning with the associated symptoms. While a woman's hormones fall out of sync, there are nutritional measures that can help blunt the negative effects. In addition, during this time, women no longer require supplemental iron.

- **Menopause Formula** :
  A unique blend of herbs designed to provide relief from the common symptoms of menopause. This combination was founded in traditional Chinese and Native American herbalism.

- **Black Cohosh**:
  Standardized extract associated with the relief of menopausal symptoms. Has the ability to mimic the effects of the hormone estrogen and is a common supplement in natural hormone balancing therapy.

- **Non-GMO Soy Protein Powder**:
  Contains soy isoflavones, phytoestrogens beneficial in promoting hormonal balance Certified IPP (Identity Preservation Program), Non-GMO (non-genetically modified) meaning soybean crops are free of DNA modification. An alternative source of protein in delicious vanilla and chocolate flavor

- **5-HTTP**:
  A precursor to serotonin, 5-HTP is safe and a natural solution to varying symptoms of Serotonin Deficiency Syndrome often associated with PMS and menopause. A great supplement for depression, insomnia, anxiety, and much more. Studies show that 50mg work as well as or better than standard prescription strength antidepressant medications but without all of the side effects.

We offer a full line of superior quality supplements for women. See our website or product catalog for more details.