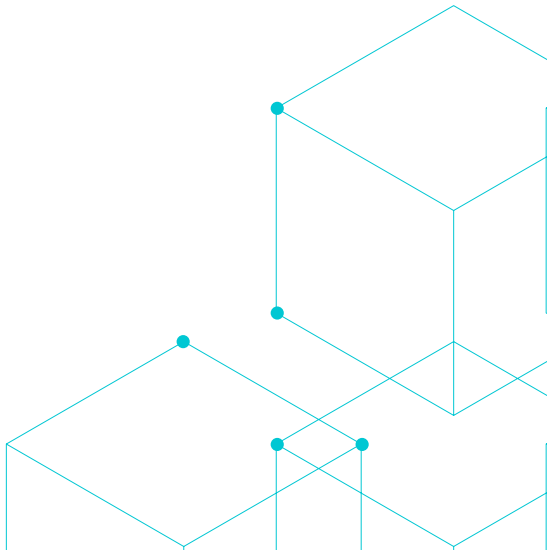
youtrients™
YOUR DNA'S SUPPLEMENTS

FEMALE HORMONE E SUPPORT

Doctor's Reference Sheet



FEMALE HORMONE E SUPPORT

Doctor's Reference Sheet

Clinical Phenotypes

- Supports healthy estrogen metabolism
- Supports detoxification of hydroxy-estrogen metabolites
- Supports health of estrogen sensitive tissues
- May improve weight loss
- May reduce premenstrual symptoms

INGREDIENTS:

The CYP19A1 gene is responsible for producing the aromatase enzyme which converts androgens to estrogens. When a fast version of this gene is present, individuals are predisposed to higher estrogen levels or estrogen dominance. Estrogen dominance and associated toxicities is the leading cause of infertility, mood imbalances and several other women's health concerns. DIM (3,3'-diindolylmethane) is an antioxidant supporting detoxification systems and is a potent aromatase enzyme inhibitor. DIM is a bioactive metabolite found in broccoli, kale, Brussels sprouts and other cruciferous vegetables.

When estrogen is metabolized, there are three common metabolites, the favorable 2-hydroxyestradiol (2-OHE) and the harmful 4-hydroxyestradiol (4-OHE) and 16 alpha-hydroxyestradiol (16 alpha-OHE) metabolites. The CYP1A1/CYP1A2 enzyme pathway is responsible for the production of 2-OHE, whereas CYP1B1 and CYP3A4 are responsible for 4-OHE and 16 alpha-OHE, respectively. Beyond its aromatase inhibition properties, DIM supports the 2-OHE metabolite pathway. Importantly, a primary concern associated with 4-OHE is its oxidant, inflammatory and estrogenic metabolites. Like DIM, Sulfuraphane is a natural compound found in cruciferous vegetables and is associated with improved anti-oxidation and detoxification.

Calcium D-Glucarate is calcium attached to d-glucaric acid, a natural substance found in fruits and vegetables and also produced in small amounts by mammals. When taken orally, calcium d-glucarate helps to eliminate toxins such as estrogen metabolites in two ways. First, the orally ingested calcium d-glucurate converts into glucaric acid, which then binds to toxins to channel them through the liver for elimination. Second, calcium d-glucarate indirectly inhibits beta-glucoronidase. This enzyme is produced by intestinal bacteria and breaks the bond between glucaric acid and toxic estrogen metabolite. By inhibiting beta-glucoronidase, calcium d-glucarate improves the elimination of toxic estrogen metabolites.

The CYP17A1 gene is also important in determining the estrogen status of an individual. It is responsible for the enzymatic conversion of progesterones into androgens. Accordingly, a combination of fast CYP17A1 and CYP19A1 can exaggerate estrogen dominance. Resveratrol is a bioflavonoid found in red wine with several health benefits. Preliminary research suggests that resveratrol exhibits both CYP17A1 and CYP19A1 inhibitory properties.

SUPPLEMENT FACTS

Serving Size 1 Capsule

Green Tea Extract (50% EGCG)	400 mg
Resveratrol	150 mg
DIM (3,3'-Diindolylmethane)	65 mg
Calcium D- glucarate	150 mg

OTHER INGREDIENTS:

Vegetable Cellulose Capsules, [b]Organic Nu-Flow®

a) Broccophane® is a registered trademark of Bioriginal Food & Science Corporation

b) Organic Nu-Flow® is a registered trademark of RIBUS, Inc.

Custom Compounded for Clinicians by Youtrients

DIRECTIONS:

Level 1: Take 1 capsule once daily with food, or as directed by your healthcare practitioner.

Level 2: Take 1 capsule twice daily with food, or as directed by your healthcare practitioner.

STORAGE:

Keep in a cool, dry place out of reach of children.

DOES NOT CONTAIN:

Wheat, gluten, yeast, corn, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors/sweeteners or preservatives.

CAUTIONS:

Consult your healthcare provider prior to use, especially if you have a liver disorder or have symptoms of low estrogen.

Stop use if you develop symptoms such as yellowing of the skin or eyes, stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite and consult a healthcare practitioner.

Individuals taking medications and/or other supplements should discuss potential interactions with their health practitioner.

Do not use if pregnant or breastfeeding.

Do not use if seal has been tampered with or damaged.

Do not exceed recommended dose.

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