



Category 11  
Specialty Formulas



**GOODFORYOU**

GOOD FOR LIFE

**Female Balance**

90 Caps #103295

**Description: Female Balance:** Hypoallergenic, contains no yeast, wheat, corn, soy, milk, sugar, or preservatives. Helps resolve PMS symptoms, irregular cycles, heavy or infrequent periods. Helps in cases of infertility caused by hormonal imbalances. Useful during menopause.

### Contents / Ingredients

**Borage Oil Powder** 14% of Borage oil is saturated fat, 16% is Oleic Acid, 35% Linoleic Acid, and 22% Gamma-Linolenic Acid. Borage is considered a **medicinal oil**. Every cell is programmed to selectively incorporate the different fatty acids it needs to maintain optimal functions. These functions maintain **homeostasis** in the internal environment of the cell and, on a larger scale, the human body as a whole. In other words, with the disturbance in cellular membrane structure or function, virtually all cellular processes are disrupted. Without a healthy membrane, cells lose their ability to hold water, vital nutrients, and electrolytes. They also lose their ability to communicate with other cells and be controlled by regulating hormones. They simply do not function properly.

**Wild Yam Root** Provides the building blocks for many complex glandular manufacturing processes. It has traditionally been used to treat muscle spasms and inflammatory conditions. The body manufactures a wide variety of compounds out of the building blocks provided by Wild Yam root. This could explain the **balancing effects** it has on the digestive and reproductive system.

**Vitamin B6** Controls the formation or function of niacin, red blood cells, bile salts, and numerous hormones, including those involved with growth, human sexuality, and skeletal structure.

**Folic Acid** Maintains the nervous system, intestinal tract, sex organs, white blood cells, and normal patterns of growth. The use of oral contraceptives typically increases the body's demands for this vitamin.

**Dong Quai Root** Used extensively for the treatment of menstrual diseases in women. It can be used for hemorrhages of all kinds. This herb is used to increase blood flow to the reproductive organs in females. It is useful as a **menstrual balancer**, aphrodisiac and postpartum healer.

**Vitex Agnus Castus Extract** Clinical studies are revealing that Vitex may be useful in treating PMS and other menstrual problems, as well as **uterine fibroids**, breast tenderness, low milk flow in nursing women, and even **infertility**. Although studies demonstrate that Vitex has the ability to affect and regulate hormone levels, the plant does not actually contain hormones. Like many herbs, Vitex works more indirectly than drug therapies, in this case by acting on the pituitary gland to help the body regain its own **natural hormonal balance**.

**Black Cohosh** Improves and balances the hormones, reducing the symptoms of hot flushes, night sweats, headaches and palpitations. Also very helpful in treating insomnia, nervousness, irritability, and depression.

**Cramp Bark Powder** Reduces inflammation, cramping, and blood flow.

### Traditional Therapeutic Action

#### Supplement Facts

Serving Size 1 Capsule	Amount Per Serving	% Daily Value
Vitamin B-6 (as pyridoxine HCl)	17 mg	850%
Folic Acid	133 mcg	33%
Borage Oil Powder (15 mg GLA) (Borago officinalis) (seed)	108 mg	(*)
Wild Yam Root Extract (Dioscorea villosa) (root) (6% Diosgenin)	75 mg	(*)
Dong Quai Extract (Angelica sinensis) (root) (5:1 extract)	50 mg	(*)
Vitex agnus castus extract (fruit) (0.5% Agnusides)	50 mg	(*)

(\*) Daily Value not established.

Other ingredients: rice flour, cramp bark, silica, magnesium stearate, black cohosh.

Female Balance is hypoallergenic and contains no yeast, wheat, gluten, corn, soy, milk, sugar, salt, or preservatives.

**SUGGESTED DOSAGE:** As a dietary supplement for women, take 1 capsule 3 times daily with meals.

**CAUTION:** This product should not be consumed during the first week of the menstrual period. Not intended for pregnant or lactating women

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.