

WomanPrime®

(Vitamin E derived from soy)



Item # 72540
120 Vegetarian Capsules

The Possible Benefits of WomanPrime®, a Dietary Supplement

- Supports adrenal function, and may enhance estrogen production*
- Provides nutrients with mild estrogenic effects, such as ginseng and black cohosh*
- May help inhibit breakdown of estrogen in the liver*

“WomanPrime is a safe, natural, gentle way to support a woman during the time of menopause.”
– Dr. Devaki L. Berkson

Description

WomanPrime® was developed especially for women by three preeminent medical practitioners, Dr. Jonathan Wright, Dr. Alan Gaby and Dr. Devaki Berkson. During perimenopause, the body’s estrogen production can decline significantly, and the adrenal glands become more important as a source of estrogen at this time. WomanPrime® provides adrenal support, and enhances estrogen metabolism in three ways: by increasing production through adrenal gland support; by providing natural compounds that have estrogenic activity; and by helping to inhibit the breakdown of estrogen in the liver.*

Vitamin C is important in the production of adrenal hormones, for maintaining bone mineral density in postmenopausal women, and as an antioxidant nutrient.* It also is a key component of collagen and elastin found in the blood vessel walls. **Hesperidin** is a bioflavonoid that supports vascular integrity and healthy capillary permeability.* **Vitamin E** is an important oil-soluble antioxidant that prevents damage to cellular tissues and membranes throughout the body.* It is known to have anticoagulant, neuroprotective, immunomodulatory and cell membrane-stabilizing actions.* **Vitamin A** is an important part of the epithelial tissues that line the glands and organs, and has been shown to support

women’s health in a variety of ways.* The Nurses’ Health Study, which evaluated the health of 72,000 postmenopausal women, found that even high amounts of vitamin A did not increase risk of hip fracture for women getting estrogen support.* **Folic acid** takes part in the transmission of the genetic code to newly formed cells and is essential for correct cellular division.* It is now recognized as an essential nutrient during pregnancy, and studies suggest it has importance for women’s health in general.* **Vitamin B12** is another nutrient that is key for cellular growth. **Pantothenic acid** helps the body produce neurotransmitters, and is essential to the production of adrenal hormones. **Vitamin B6** is essential for more than 100 enzyme reactions in the body, and supports functions important in female health.* **PABA** helps form red blood cells, and functions as a hormone potentiator, delaying the breakdown of estrogen and other hormones by the liver.*

Magnesium takes part in the enzymatic regulation of temperature, energy production, nerve impulse transmission and muscle contraction.* It is needed for proper calcium metabolism and the health of bones and teeth.* A recent study involving postmenopausal women showed that magnesium may be important for the heart rate, utilization of

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oxygen and healthy cardiovascular function.* **Selenium** is a key part of an important antioxidant enzyme and works synergistically with vitamin E to prevent free radical damage.* **Boron** is important for vitamin D and mineral metabolism, and for bone health, potentially reducing the loss of calcium in postmenopausal women.* There is also evidence that it can provide support for estrogen levels.* **Adrenal** substance supports adrenal function, helping to support calcium metabolism, circulation, and production of estrogen precursors.* **Panax (Korean)**

ginseng has long been used to support the capacity to deal with physical and emotional stress.* It has been shown to help regulate blood sugar within normal levels, improve energy and stamina, support brain function, as well as have a mild estrogenic effect.* **Black cohosh**, traditionally used in China and by Native Americans for a variety of conditions including women's health issues, has of late been studied for its estrogenic qualities.* The extract has been shown to positively affect menopausal and postmenopausal complaints.*

Serving Size: 2 Capsules

Servings Per Container: 60

Amount Per Serving:

Vitamin A (as Vitamin A Palmitate)	2500 IU
Vitamin C (as Ascorbic Acid)	50 mg
Vitamin E (as D-alpha-Tocopheryl Acid Succinate)	250 IU
Vitamin B6 (as Pyridoxine Hydrochloride)	12.5 mg
Folic Acid	400 µg
Vitamin B12 (as Cyanocobalamin)	10 µg
Pantothenic Acid (as Calcium Pantothenate)	140 mg
Magnesium (as Magnesium Aspartate)	16 mg
Selenium (as Selenomethionine)	25 µg
Boron (as Boron Citrate)	500 µg
Hesperidin	250 mg
PABA (Para-Aminobenzoic Acid)	150 mg
Adrenal	62 mg
Korean Ginseng (Root) Extract	50 mg
Black Cohosh (Root) Extract	50 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose, magnesium stearate, silicon dioxide.

Suggested Use: As a dietary supplement, 1 or 2 capsules one or two times daily with meals, or as directed by a healthcare practitioner.

Selected references

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