

# Endocrine system

Men and women have very different endocrine systems but both benefit from suitable supplementation in precursors and modulators.

Women, from their mid-forties on and sometimes earlier, should closely monitor their oestrogen and progesterone levels. Several of our products can help them get through what can be a challenging time. For men it is testosterone which starts to fall: Tribulus terrestris extract (code 0271, p. 47) can help restore levels of testosterone (see also: Protodioscin (code 0579, p. 97) ; LJ-100 (code 0333, p. 98); Natural TestoFormula (code H580, p. 129) and the flavonoid Chrysin (code 0366, p. 47) helps reduce its aromatisation.

Other nutrients help to stimulate thyroid function or regulate cortisol production: they can be taken equally by men and women.

## Natural Thyro Formula

90 Vegetarian Capsules

A healthy thyroid is essential for good hormone balance at any age. In many cases, it is also effective in maintaining a healthy weight balance. Natural Thyro Formula provides natural precursors (fucus is naturally rich in iodine) and biological precursors (L-tyrosine) of the thyroid hormones, combined with B vitamins, zinc, selenium and magnesium, as well as extracts of *Commiphora mukul* and *Coleus forskohlii*, which work together to make the thyroid function more effectively. Myricetin and kaempferol, two bioflavonoids, have a specific stimulant action and work to optimise the action of the other ingredients.

### Nutritional Information

Daily serving: 3 capsules Number of servings per bottle: 30	Quantity per serving
Folic acid . . . . .	100 mcg
Vitamin B12 (methylcobalamine) . . . . .	100 mcg
Selenium (L-selenomethionine) . . . . .	100 mcg
Zinc (zinc gluconate) . . . . .	10 mg
Magnesium (magnesium citrate) . . . . .	60 mg
Iodine (fucus) . . . . .	200 mcg
Myricetin (Myrica rubra) . . . . .	150 mg
Kaempferol (Sophora japonica L.) . . . . .	100 mg
Commiphora mukul (2.5% guggulsterones) . . . . .	100 mg
L-tyrosine . . . . .	300 mg
Coleus forskohlii (10% forskolin) . . . . .	100 mg

Other ingredients: vegetarian capsule, rice flour, dicalcic phosphate, maltodextrin, magnesium carbonate, magnesium oxide, starch, magnesium stearate.

**Directions:** Adults. Take three capsules a day, one with each meal.

New, more effective formulation  
with kaempferol and myricetin,  
to naturally stimulate  
the thyroid.



Female Endocrine



Male Endocrine

## DIM (Di-indolylmethane) 100 mg

120 Vegetarian Capsules

Numerous studies have shown that specific, naturally-occurring compounds isolated from cruciferous vegetables such as broccoli or cabbage, including di-indolylmethane or DIM, and its precursor, indole-3-carbinol (I3C), balance and support optimum functioning of the female and male endocrine systems.

These compounds have been shown to support oestrogen metabolism in both women and men, helping to preserve the natural hormonal balance of both sexes.

- In middle-aged or older men, it is important to reduce the conversion of testosterone into oestrogens, which then collect in the prostate. DIM has been shown to inhibit the acceleration of testosterone metabolism and in particular, its conversion to oestrogens, thus supporting optimum prostate function;
- DIM has been identified as a natural indole with the ability to assist the body's natural defences against environmental carcinogens;
- In women, DIM helps to maintain testosterone in its active free form which encourages hormonal and emotional balance.

### Nutritional Information

Daily serving: 4 capsules Number of servings per bottle: 30	Quantity per serving
D i-indolylmethane (DIM)	400 mg

Other ingredients: magnesium stearate (E390), maltodextrin.

**Directions:** Adults. Women should take one to two capsules a day, and men, three to four.

Each vegetarian capsule provides 100 mg di-indolylmethane (DIM).

Promotes healthy oestrogen  
metabolism in men and women.



Female Endocrine



Male Endocrine

## Relora® 250 mg

### 90 Vegetarian Capsules

Relora® is a patented complex of specific extracts of *Phellodendron amurense* and *Magnolia officinalis* (the latter is used in Chinese herbal medicine to restore emotional and physical well-being) which helps to balance cortisol levels ("cortisone"). Cortisol is a hormone produced by the adrenal cortex glands. High levels of cortisol have been linked to a range of unwanted health issues.

- Relora® has been the subject of several human studies which have supported its efficacy, confirming its ability to promote natural, healthy sleep and to restore mental and emotional balance and well-being.
- Relora® does not lead to dependency, can be given for long periods and is free from side effects. However, as no studies have yet been conducted on pregnant or breast-feeding women, it should be avoided by such individuals.

#### Nutritional Information

Daily serving: 3 capsules Number of servings per bottle: 30	Quantity per serving
Relora®	750 mg

Other ingredients: magnesium stearate, maltodextrin, silicon dioxide.  
Relora® is a registered trademark of Next Pharmaceuticals Inc.

**Directions:** Adults. Take one vegetarian capsule three times a day.

Each vegetarian capsule contains 250 mg Relora®.

**Regulates cortisol production to reduce cravings and ease bulimia.**



Male Endocrine



Female Endocrine • Weight

**Directions:** Women over 40 take one or two capsules per day according to your needs

## Soy Isoflavones 135 mg

### 60 Vegetarian Capsules

Soya extracts standardised for isoflavones are considered a major advance in the maintenance of general, longterm health. Numerous scientific studies show that daily consumption of significant amounts of soya:

- may significantly boost the immune system;
- supports bone health and density;
- helps to maintain a healthy lipid profile, thus aiding cardiovascular health;
- possesses compounds that operate along some of the same pathways as oestrogen, thus helping to balance the female endocrine system.

To obtain these benefits, you need to consume around 50-100 mg a day of the main soya isoflavones, in particular, genistein (the most active and best-assimilated isoflavone) and daidzein.

## Seducent™

### 10 ml

The body naturally sends out sexual messengers called pheromones which are hormonal "smells" so subtle that you don't even notice them, but so powerful that they can alter your body language and lead to an instinctive response from the opposite sex. Pheromones are Nature's most irresistible sexual signals and exist in all species: plants, insects, mammals and human beings.

According to William Regelson, MD, professor of Medicine at the University of Richmond, Virginia and author of the bestsellers *Super Hormone Promise* and *"Melatonin Miracle"*: "Increasing pheromone production does more than induce an immediate attraction... Their [pheromone's] principal role is to bring us closer for reproduction. Pheromones govern attractiveness, empathy and sexual interactivity."

- Seducent™ contains the first active human pheromone, identified and synthesized from the skin of young men and women in good health by a multi-disciplinary scientific team, after 20 years of research;
- Seducent™ is not a perfume, nor an aromatherapy product: it is a powerful hormonal signal which stimulates the limbic system ("primitive brain") and which is aimed at specific receptors situated in the nose: the vomer-nasal organ;
- As Seducent™ does not need to be digested nor carried by the blood, its effect can be felt almost immediately. Apply Seducent™ under the nose to directly influence the region of the brain which controls emotions, moods and desires.

#### Ingredients

Pheromones, SD39C alcohol, perfume.

**Directions:** Seducent™ is packaged in a small, smart and practical roll-on dispenser. Apply a few drops under your nose: its effect lasts under your nose: its effect lasts for about 4 hours. Each bottle allows for around 3 months of multi- daily use.

**Pheromones, instinctive and powerful hormonal signal!**



Female Endocrine



Male Endocrine

#### Nutritional Information

Daily serving: 2 capsules Number of servings per bottle: 30	Quantity per serving
Two vegetarian capsules (270 mg) provide over 40% (at least 110 mg) phyto-oestrogens including at least 20% genistein, at least 10% daidzein and around 10% other isoflavones.	

Other ingredients: magnesium stearate (E572), maltodextrin, silicon dioxide (E551).  
Soy isoflavones are extracted from guaranteed non-genetically modified soya.

**Directions:** Adults. For general preventive purposes, or to achieve specific results, take one vegetarian capsule twice a day.

Each vegetarian capsule contains 135 mg soya isoflavones.

**Isoflavones at a dose that can prevent and relieve menopause symptoms.**



Female Endocrine

Warning: Do not take if allergic to soya.

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## Natural Progesterone Cream

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56.7 g (2 oz)

**This is one of the first natural progesterone creams with a liposomal penetration system. Liposomes are lipidic microspheres which help transfer active ingredients through the skin layers much more easily than the large molecules found in traditional creams. Thus, when the cream is applied to the skin, natural progesterone is quickly absorbed into the subcutaneous fat, then more slowly into the blood stream without being intercepted by the liver. Natural progesterone greatly helps to restore balance, both physically and emotionally, to the female endocrine system at all stages of life.**

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### Ingredients

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Each pot of 56 g contains 1 g of natural Progesterone of pharmaceutical quality, extracted from soy, and provides 24 to 48 applications.

Demineralised water, aloe barbadensis leaf juice, sweet almond oil, acetyl alcohol, glycerol stearate, potassium stearate, natural soya progesterone (529 mg per 30 g), stearic acid, tocopherol acetate (natural vitamin E), soya sterols, arnica extract, green tea, black tea, calendula, lavender, wild yam and soya isoflavones, cupuaçu butter, bisabol, soya tocopherols, retinyl palmitate, ceramide 3, hyaluronic acid, phenoxyethanol, ethyl hexyl glycerine, benzylic alcohol, perfume. Certified Organic.

### The first natural progesterone on a liposomal support.

**Directions:** Adult Women. Apply 1/4 to 1/2 teaspoon twice daily to the neck, chest, behind the knees or the underside of arms or thighs. Avoid the mucous membranes. Change site of application each time. Premenopausal women can use the cream daily during the last two weeks of their cycle. Post-menopausal women can alternate two weeks of use and two weeks of abstention, or use daily if necessary. The best results are observed after regular use. Adults. Take one vegetarian capsule three times a day.



Female Endocrine

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## Phyto Progesterone Cream

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56,7 g

**Phyto Estrogen Cream addresses the second essential hormonal need of peri-and post-menopausal women and contains the finest phyto-oestrogens, in the right amounts and in a standardised form.**

Each ounce (28 g) of cream contains 60 mg soy isoflavones and 100 mg red clover extract, as well as the herbs Cimicifuga racemosa (Black cohosh) and Dong Quai (Angelica sinensis). It is also the first cream to contain pomegranate juice extract, a natural source of oestrone. The liposomal delivery system is ideal for this product, ensuring the best possible absorption.

### Phyto- estrogen cream, natural supplement with progesterone.

Warning: Contains peanuts and soy.

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## Natural Progesterone Spray

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Spray 28 ml

**Natural Progesterone Spray provides a simple way of taking natural progesterone transdermally, with a precise, 6 mg dose per spray. It offers a key advantage over creams in that the user can administer exactly the right dose to restore desirable physiological levels of progesterone. It also carries no risk of bacterial contamination.**

• Natural Progesterone Spray contains natural progesterone, in a vitamin E-enriched liposome base. No heating is involved in the manufacturing process in order to prevent damage to the delicate natural structure of the molecules.

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### Ingredients

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Each bottle contains 960 mg natural progesterone (around 160 sprays), providing between one and four months' use.

Each spray contains 6 mg natural progesterone.

Ingredients: caprylic/capric triglycerides, ethyl alcohol, USP progesterone/vitamin E.

**Directions:** Adult Women - Apply one to five sprays daily to the skin, varying the site of application over the course of the month. Menstruating or peri-menopausal women should start on days 12-15 of their menstrual cycle and stop on day 26 (counting from day 1 of their period). Post-menopausal women, or those who have had a hysterectomy, can alternate two weeks' use with two weeks' abstinence, and repeat to mimic their premenopausal cycle.

### Natural progesterone in a practical and dose-precise form.



Female Endocrine

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### Ingredients

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**Each pot of 56.7 g (2 ounces) contains:**

Purified water; liposomal soy isoflavone extract; lecithin phospholipid; aloe vera leaf gel; caprylic/capric triglyceride (emollient) and glyceryl stearate (emulsifier); glycerin; cetearyl alcohol and ceteareth-20 (emulsifiers); cetyl alcohol (emollient); stearic acid; tocopheryl acetate (natural vitamin E); cocoa seed butter; phenoxyethanol (preservative); pomegranate seed juice extract; red clover flowering tops extract; black cohosh root extract; dong quai root extract; grapefruit seed extract; dolicil and sorbic acid (preservatives); xanthan gum; rosemary oil and natural cherry-almond fragrance.

**Directions:** Adult Women. Apply half a teaspoon twice a day to the neck, chest, inner arms or thighs. Do not use on mucous membranes. Individual needs may vary. This cream can be used every day.



Female Endocrine

## Chrysrine (Passion Flower Extract) 500 mg

90 Tablets

The powerful flavonoid chrysin (5,7-Dihydroxyflavone extracted from the plant *Passiflora coerulea*) is a unique supplement to support male health and sexual vitality in later years, notably due to its aromatase inhibiting effect. It is also used by male athletes and body builders.

- Chrysin's bioavailability is relatively low but can be significantly improved if accompanied by a Bioperine® supplement – a black pepper extract standardised in piperine – (see Code 0111 for this product) which improves its absorption at little extra cost.

### Nutritional Information

	Quantity per serving
Daily serving: 4 tablets	
Number of servings per bottle: 22.5	
Chrysin (5,7-dihydroxyflavone)	2 g

Other ingredients: microcrystalline cellulose, magnesium stearate, silicon dioxide.

**Naturally inhibits conversion of testosterone into oestrogens.**

**Directions:** For adult males only. Take two tablets in the morning and/or two in the evening, together with 10 mg Bioperine® per dose if desired, or as advised by your therapist.

Each tablet contains 500 mg chrysin.



Male Endocrine

## Natural Estrogen

60 Vegetarian Capsules

Natural Estrogen is a sophisticated formulation made with plant extracts which have been shown to be particularly effective in helping to maintain hormonal and emotional balance as the years progress.

### Nutritional Information

	Quantity per serving
Daily serving: 2 capsules	
Number of servings per bottle: 30	
Phyto-estrogens (including genistein, daidzein and glycitein, from 270 mg of soya extract providing 40% isoflavones)	110 mg
Cimicifuga racemosa (black cohosh) (2.50% triterpene glycosides)	40 mg
Angelica sinensis (dong quai 1% Ligustilide)	50 mg
Vitex agnus castus (chasteberry 5% vitexin)	40 mg

All the ingredients of Natural Estrogen are standardised or concentrated to ensure optimum biological activity.

Other ingredients: rice flour, magnesium stearate.

## Tribulus terrestris 500 mg

90 Vegetarian Capsules

*Tribulus terrestris* has been used in India for centuries to support and restore normal sexual function.

- The first modern clinical studies on *Tribulus terrestris* were conducted at the Institutes of Endocrinology and Gynaecology of Bulgaria, and were confirmed by studies carried out later on in the USA.
- Sports person also use *Tribulus terrestris* to increase endurance and boost muscle mass development.

### Nutritional Information

	Quantity per serving
Daily serving: 3 capsules	
Number of servings per bottle: 30	
Saponins (1,500 mg extract of <i>Tribulus terrestris</i> standardised in 40% saponins)	600 mg

Other ingredients: silicon dioxide (E551), magnesium stearate (E372), maltodextrin.

**Directions:** Adults. Take two to three vegetarian capsules per day (during meals) according to your needs or on the advice of your therapist. For adult males only.

Each capsule contains 500 mg of *Tribulus terrestris*

**Naturally increases testosterone production.**



Male Endocrine

Ayurveda - Sexual Vitality

**Directions:** Women over 40 take one or two capsules per day according to your needs

**Powerful, natural and synergistic phyto-oestrogens and hormone modulators.**



Female Endocrine

Warning: Contains soya derivatives.