



HER ENERGY

NPN 80035474

Promotes healthy estrogen balance

The Ultimate line is about improving lives, one body at a time, by correcting and maintaining metabolism and hormone balance as well as providing stress and immune support. Effective nutrient supplementation can often be the missing piece to optimal health. Our supplements are carefully formulated to provide the Ultimate in abundant energy, metabolism, health, and longevity.

Product summary

Ultimate Her Energy promotes healthy estrogen metabolism in women who are starting to feel the effects of estrogen dominance. It features indole-3-carbinol (I3C), sulforaphane, calcium *D*-glucarate, and milk thistle, while also providing potent antioxidant support from quercetin, turmeric, holy basil, and citrus bioflavonoids to protect the body's cells and maintain good health.

Benefits

- Source of antioxidants for the maintenance of good health
- Features I3C to promote estrogen metabolism
- Supports a healthy estrogen balance
- Non-GMO, gluten-free, and vegan-friendly formula

Research

As women approach perimenopause, they often experience a shift in estrogen metabolism. (1) This shift can alter their balance in estrogen metabolite ratios, leading to an overabundance of harmful estrogens. (1) Although changes in hormone metabolism are considered part of the normal aging process, imbalanced estrogen levels can negatively impact overall health and well-being. Some estrogen metabolites, such as 16 α -hydroxyestrone and 4-hydroxyestrone, can also increase a woman's risk of chronic illnesses. (2,3)

Certain herbs, flavonoids, spices, and plant extracts are used to maintain healthy estrogen metabolite ratios and provide antioxidant protection to support women's health and energy as they age. Cruciferous vegetables, such as broccoli, contain the anti-carcinogenic compounds I3C and sulforaphane. I3C has been shown to promote healthy estrogen metabolism by shifting the balance of estrogen metabolites in the body toward the beneficial form called 2-hydroxyestrone, while inhibiting the production of harmful forms. (2) In a clinical trial, women were supplemented with 400 mg (6–7 mg/kg) of I3C per day for two months. Urine samples confirmed that supplementation significantly increased women's levels of the beneficial catechol estrogens and lowered their levels of endogenous estradiol and estrone. (4) A 5.5 year prospective study confirmed that a metabolic pathway leading to a higher ratio of 2-hydroxyestrone to 16 α -hydroxyestrone is associated with a 40% lower risk of breast cancer in premenopausal women. (3)

Milk thistle has been used for centuries to support liver function, the liver's ability to eliminate toxins, and antioxidant defence. (5) The seeds of the milk thistle plant contain silymarin, a mixture of active analytes that support liver function by fighting oxidative stress and stimulating the production of glutathione, a key antioxidant. The German Commission E also recommends milk thistle for liver malfunctions, such as toxin-induced liver damage, cirrhosis, and chronic inflammatory liver conditions. (6)

Small amounts of *D*-glucarate are made naturally by the body and are also acquired by eating oranges, apples, grapefruits, and cruciferous vegetables. (7) It plays an important role in increasing glucuronidation, the process where the liver detoxifies and eliminates chemical carcinogens, steroid hormones, and other toxins. It also helps the body excrete unhealthy estrogens and other toxins that may otherwise be reabsorbed. (7)

Ultimate Her Energy combines potent antioxidants to neutralize free radicals and protect against oxidative damage. Curcumin is the main antioxidant and anti-inflammatory compound in turmeric. A placebo-controlled study supplemented healthy middle-aged people with 80 mg of curcumin per day for four weeks. Curcumin notably increased markers of cardiovascular health and antioxidant status, while also lowering markers of stress and liver injury. (8)

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Quercetin, an antioxidant bioflavonoid found in fruits and vegetables, as well as citrus bioflavonoids, help improve the body's antioxidant status and are used therapeutically for scavenging free radicals and protecting against oxidative stress. (9,10) Holy basil, also known as tulsi, is an adaptogenic herb used to promote stamina and endurance, while strengthening resistance to physical, mental, chemical, and metabolic stress. Its high concentration of antioxidant phenolic compounds are considered responsible for many of holy basil's protective benefits. (11)

BioPerine® Black Pepper Extract is standardized to 95% piperine, an active alkaloid that improves the bioavailability of nutrients that may otherwise be difficult to absorb. (12)

Ingredients

Each vegetarian capsule contains:

Quercetin (<i>Sophora japonica</i>) (flower bud).....	50 mg
Indole-3-Carbinol.....	75 mg
Broccoli (<i>Brassica oleracea</i>) (0.1% sulforaphane) (floret and stalk).....	25 mg
Citrus Bioflavonoids (<i>Citrus limon, sinensis, paradiisei, reticulata, aurantiifolia</i>) (fruit peel).....	200 mg
Turmeric (<i>Curcuma longa</i>) (95% curcuminoids) (rhizome).....	25 mg
Calcium D-Glucarate.....	50 mg
Holy Basil Extract 20:1 (<i>Ocimum sanctum</i>) (2% ursolic acid) (leaf).....	37.5 mg
BioPerine® Black Pepper Extract (<i>Piper nigrum</i>) (95% piperine) (fruit).....	1.25 mg
Milk Thistle Extract (<i>Silybum marianum</i>) (60% silymarin) (seed).....	25 mg

Non-medicinal ingredients: Vegetarian capsule (cellulose, purified water), rice starch, vegetable-grade magnesium stearate (lubricant).

Recommended adult female dose: 2 capsules 2 times daily with food, a few hours before or after taking other medications, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 6 weeks.

Caution: Consult a health care practitioner prior to use if you have gallstones, stomach ulcers, or excess stomach acid, or are taking any prescription medications. Consult a health care practitioner prior to use if you have a liver disorder or develop liver-related symptoms (e.g., abdominal pain, jaundice, dark urine). If you have or develop symptoms of low estrogen such as irregular menstruation, joint pain, hot flashes, night sweats, mood changes, vaginal dryness, or changes in libido, discontinue use and consult a health care practitioner. Discontinue treatment and consult a health care practitioner if symptoms of unsteadiness, nausea, headaches, tremor, imbalance, irritable bowel, constipation, skin rash, joint pain, or hot flashes appear. Consult a health care practitioner if you are taking CYP1A2 metabolized drugs. Hypersensitivity, such as allergy, has been known to occur, in which case discontinue use. Do not use if you are pregnant or breastfeeding or if you are trying to conceive (may induce temporary contraceptive effects in both men and women). Do not use if you are on anticoagulants or antiplatelet drugs, if you have a bile duct obstruction, or if you are diabetic. Keep out of reach of children.

This product does not contain artificial preservatives, colours, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.



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