FemGuard + Balance

**FemGuard + Balance Features:**

**Chaste Berry (Vitex-agnus castus):** The most commonly used herb worldwide to provide a balancing effect on female hormones. Designs for Health, Inc. uses the highest quality standardized Chaste berry material, which helps the body to reach an improved balance of feminine hormone levels by promoting the release of follicle-stimulating hormone (FSH) in subjects with low levels of production, while prompting a reduction of FSH output in subjects with elevated production. This balancing feature is characteristic of “amphoteric” herbs, which are those herbs which raise or lower levels of a biomarker according to necessity of the individual. The overall effect on most women is an increase in progesterogenic effects, prompting more regular cycles and a more optimal hypothalamic-pituitary-ovarian axis function. Recently isolated novel flavonoids from Chaste berry exhibit antineoplastic activity[^1] and hypoprolactinemic effects.^[2][3]

**Black Cohosh (Actea racemosa, formerly Cimicifuga racemosa):** Another commonly used herbal compound in female health, it classically is used to reduce menopausal symptoms by its gentle phytoestrogen action, as well as its ability to mildly reduce the production of luteinizing hormone. Luteinizing hormone levels (LH), but not Follicle Stimulating Hormone (FSH), are significantly reduced by black cohosh extracts. Black cohosh has been shown to reduce hot flashes, night sweats, vaginal dryness and thinning, sleep disturbances, and emotional symptoms in various studies.^[4][5][6][7] Black cohosh extracts have been shown to potentiate the effects of tamoxifen. However, it has not generally been shown to possess stimulatory effects on estrogen receptor positive breast cancer cells. Black cohosh has undergone extensive study, particularly in Germany, and has been shown to reduce menopausal and premenopausal symptoms. The antispasmodic feature of this herb can also relieve the cramping associated with menstruation.

**Formulary Facts:**

<table>
<thead>
<tr>
<th>FemGuard + Balance</th>
<th>Amounts per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving size</strong></td>
<td>4 capsules</td>
</tr>
<tr>
<td><strong>Number of servings per container</strong></td>
<td>30</td>
</tr>
<tr>
<td>Black Cohosh (Cimicifuga racemosa) (root) [standardized to contain 2.5% Triterpenoids saponins]</td>
<td>100 mg</td>
</tr>
<tr>
<td>Chaste Berry Extract (Vitex agnus castus) [standardized to contain 0.5% agnusides]</td>
<td>100 mg</td>
</tr>
<tr>
<td>Turmeric (Curcuma longa) (rhizome) [standardized to contain 95% curcumin]</td>
<td>50 mg</td>
</tr>
<tr>
<td>Rosemary Extract (Rosmarinus officinalis) (leaves) [standardized to contain 7% Camosic Acid]</td>
<td>50 mg</td>
</tr>
<tr>
<td>Resveratrol (Polygonum cuspidatum) (root) [standardized to contain 20% resveratrol]</td>
<td>20 mg</td>
</tr>
<tr>
<td>Grape Seed Extract (Vitis vinifera) [standardized to contain 95% polyphenols]</td>
<td>25 mg</td>
</tr>
<tr>
<td>Catetin™ Green Tea Extract (Camellia sinensis) [standardized to contain 95% polyphenols and 60% EGCg]</td>
<td>100 mg</td>
</tr>
<tr>
<td>BioResponse DIM® [a patented, enhanced bioavailability complex containing 25% diindolylmethane, starch, diindolymethane, Vitamin E TPGS (as d-alpha tocopheryl succinate), phosphatidylcholine, silica]</td>
<td>30 mg</td>
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<tr>
<td>Chrysin</td>
<td>200 mg</td>
</tr>
<tr>
<td>Calcium D-Glucarate</td>
<td>200 mg</td>
</tr>
<tr>
<td>Vitamin B6 (as Pyridoxine HCl and Pyridoxyl-5-phosphate)</td>
<td>30 mg</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>400 mcg</td>
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<tr>
<td>Vitamin B12 (as Methylcobalamin)</td>
<td>400 mcg</td>
</tr>
<tr>
<td>Magnesium (as Di-Magnesium Malate, Buffered Glycinate Chelate)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Calcium (as Di-Calcium Malate, Bis-Glycinate Chelate)</td>
<td>100 mg</td>
</tr>
</tbody>
</table>

**Suggested Dose:** Take 2 capsules twice daily, or as directed by your health care practitioner.

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[^1]: Aids the endocrine system in balancing female hormones
[^2]: May reduce PMS and perimenopausal and menopausal symptoms
[^3]: Promotes favorable and safe conversion of estrogen
[^4]: Provides antioxidant and potentially cancer preventative effects
[^5]: Promotes healthy detoxification and elimination of excess hormones

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**THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.**
Resveratrol (Polygonum cuspidatum): While this herb is most known for its strong antioxidant, cardiovascular protective, and potentially anticarcinogenic properties, it is also included in this formula due to its phytoestrogenic action. Resveratrol provides general antioxidant protection, as well as a safe hormonal balancing effect, particularly in perimenopausal and menopausal women. 8-12

Turmeric (Curcuma longa), Rosemary (Rosemarinus officinalis), Grape Seed (Vitis vinifera), and Green Tea (Camellia sinensis): This combination of botanical ingredients provides a comprehensive antioxidant protective effect. Many of these compounds have been demonstrated to have potential anti-carcinogenic effects against female cancers. 13-18 Designs for Health, Inc. uses only the highest quality standardized herbs, including an unparalleled 50% EGCg green tea extract (Catetin™). A few of these herbs have even been shown to stimulate metabolism.

DIM (Diindolylmethane) and Chrysin: Included due to their ability to optimize safe aromatase conversion of estrogen to a more favorable balance of estrogen fractions. Improper aromatase conversion of estrogen has been associated with certain forms of breast and other female cancers. Dietary indoles, found in Brassica plants such as cabbage, broccoli, and Brussels sprouts, have been shown to provide potential protection against hormone-dependent cancers. Diindolylmethane (DIM) studies are showing it to be the most protective of all the indole metabolites. In a University of California, Berkeley study, 10 women between the ages of 50-70, given BioResponse™ DIM orally showed increased levels of the protective estrogen, 2 hydroxyestrone (2-OHE1), and an increase in the 2 hydroxyestrone/16 alpha hydroxyestrone (16-OHE1) ratio. This breast cancer susceptibility urine test is available through Metametrix Labs (800-221-4640). DIM has been reported to provide benefits in women with symptoms of perimenopause including PMS, painful or excessive periods, endometriosis, and even cervical dysplasia. Women on hormone replacement therapy (HRT) may also benefit from DIM supplementation with improved estrogen metabolism and less breast pain. 19-22 BioResponse™ DIM contains 3-3’-diindolylmethane, as seen in studies. More importantly, BioResponse™ DIM is a patented, microencapsulated formulation, made with a process involving phospholipids and spray drying. Without this, DIM’s crystalline structure, which is very similar to coenzyme Q10, is very difficult to absorb. Dosages chosen for this formula are adequate due to the synergism of the combined ingredients.

Calcium and Magnesium: Supplementation with these minerals has been demonstrated to reduce premenstrual syndrome (PMS) symptoms and may result in more efficient enzymatic activity, less cramping and a more healthy bone density. As in all Designs for Health, Inc. products, all minerals provided are in the form of Albion™ true chelated minerals for increased absorption. Designs for Health, Inc. uses only these minerals provided in the form of Albion™ true chelated minerals for increased absorption. This combination of botanical ingredients provides a comprehensive antioxidant protective effect. Many of these compounds have been shown to provide potential protection against hormone-dependent cancers. Diindolylmethane (PART) DIM studies are showing it to be the most protective of all the indole metabolites. In a University of California, Berkeley study, 10 women between the ages of 50-70, given BioResponse™ DIM orally showed increased levels of the protective estrogen, 2 hydroxyestrone (2-OHE1), and an increase in the 2 hydroxyestrone/16 alpha hydroxyestrone (16-OHE1) ratio. This breast cancer susceptibility urine test is available through Metametrix Labs (800-221-4640). DIM has been reported to provide benefits in women with symptoms of perimenopause including PMS, painful or excessive periods, endometriosis, and even cervical dysplasia. Women on hormone replacement therapy (HRT) may also benefit from DIM supplementation with improved estrogen metabolism and less breast pain. 19-22 BioResponse™ DIM contains 3-3’-diindolylmethane, as seen in studies. More importantly, BioResponse™ DIM is a patented, microencapsulated formulation, made with a process involving phospholipids and spray drying. Without this, DIM’s crystalline structure, which is very similar to coenzyme Q10, is very difficult to absorb. Dosages chosen for this formula are adequate due to the synergism of the combined ingredients.

Vitamins B6, B12, and folic acid: Promote proper cell differentiation, including those of the cervix, which may reduce the incidence of cervical dysplasia. Cervical cancer is a major health concern. Regular gynecological check-ups and PAP smears, combined with FemGuard + Balance, can represent a rational approach to prevention. 24-25 These B vitamins also lower homocysteine, a marker for heart disease.

How to Take FemGuard + Balance: 2 capsules with breakfast and 2 capsules with dinner, total of 4 caps daily with food. FemGuard + Balance should not be used in women with active breast cancer. Not for pregnant or lactating women.

References:
20. Thu J, Hong C, Bjeldanes LF. The influence on 3,3’-diindolylmethane on breast cancer tumor growth, Invasion and metastasis. Experimental Biology, 2001 Apr; Orlando, FL, Meeting abstract.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.