



HORMONE SUPPORT FORMULA

Advanced Antioxidant Support*

Hormone Support Formula is a unique antioxidant formulation designed to enhance detoxification and promote hormone balance in both men and women.

About the Formula

• **DIM** is a plant-derived compound that enhances estrogen metabolism causing a beneficial shift in the balance of estrogen, testosterone, and progesterone in men and women. Hormone balance is necessary for prostate, ovarian, uterine, cervical, and breast health.

• **Indole 3 carbinol (I3C)** is a phytochemical found naturally in cruciferous vegetables like broccoli, cabbage, brussels sprouts, and kale. I3C is closely related to DIM, as I3C is transformed by the action of stomach acid into DIM. I3C and DIM increase the activity of certain liver enzymes which can help to eliminate toxins and carcinogens. Therefore there is speculation that these compounds from cruciferous vegetables have a cancer-protective effect, particularly for breast and prostate cancer. Some research supports this assertion, showing inhibition of tumor growth and angiogenesis.

• The sex hormones include estrogen (which includes several types), progesterone, and testosterone. Certain types of estrogen are considered to be more beneficial than other types, and healthy metabolism of estrogen is associated with fewer health risks. Estrogen is produced in both women and men, and inadequate estrogen metabolism is associated with hormonal imbalance in both sexes. I3C and DIM can improve estrogen metabolism. I3C is known to improve the ratio of estrogen types, resulting in decreased breast cancer risk.

• **Green tea (and its active polyphenolic component EGCG)** is derived from the same plant as black and oolong teas: *Camellia sinensis*. Green tea, unlike black and oolong tea, is not fermented after being picked therefore the active components of the herb remain unchanged. Green tea is an antioxidant, stimulates detoxification, improves the lipid profiles, has anti-cancer and immune-stimulating effects, and may help prevent prostate cancer.

• **Curcumin** is derived from the spice turmeric. It scavenges free radicals and also may have an indirect antioxidant effect by stimulating the synthesis of glutathione. Curcumin also has the reputation of being anti-inflammatory and protective of the digestive tract. Many in vitro studies show that curcumin has anti-cancer properties.

• **Resveratrol** is a polyphenolic compound most associated with grapes, red grape juice, and red wine. Some in vitro and animal studies show that resveratrol inhibits cancer cells and increases lifespan. It is also said to improve cardiovascular health and improve blood flow to the brain.

• **Tocotrienols** are members of the vitamin E family of nutrients. Tocotrienols possess antioxidant properties against lipid peroxidation. Therefore they are used in the prevention of atherosclerosis and maintaining a healthy cardiovascular system. Some research suggests tocotrienols may confer a cancer-protective effect.

• **Wasabi** has been shown in animal and in vitro studies to relieve oxidative stress, increase collagen synthesis, improve atopic dermatitis (eczema), and inhibit tumor cell growth and metastasis.

• **Bioperine (black pepper fruit extract)** is thought to enhance the absorption of other nutrients, like curcumin, into the bloodstream.

Supplement Facts

Serving Size: 3 capsules

Each capsule contains:

Curcumin	600 mg
Green Tea (50% EGCG) Extract	400 mg
DIM (diindolylmethane)	150 mg
Indole 3 Carbinol	150 mg
Wasabi (<i>Wasabia japonica</i>)	100 mg
Resveratrol	400 mg
Yielding Trans-Resveratrol	100 mg
Tocotrienols	50 mg
Bioperine® (black pepper fruit extract)	10 mg

Other ingredients: *vegetable cellulose, rice flour, vegetable stearate.*

Warning: *If you are pregnant, nursing, or taking blood-thinning medication, consult your health care practitioner before taking this or any nutritional product.*

Suggested Use: *As a dietary supplement, take 3 capsules per day with food, or as directed by your health care practitioner.*

Evolved Science - New York

724 Fifth Avenue, 10th Floor

New York, NY 10019

t: 212-873-3420 / f: 212-937-2279

www.eshealth.com