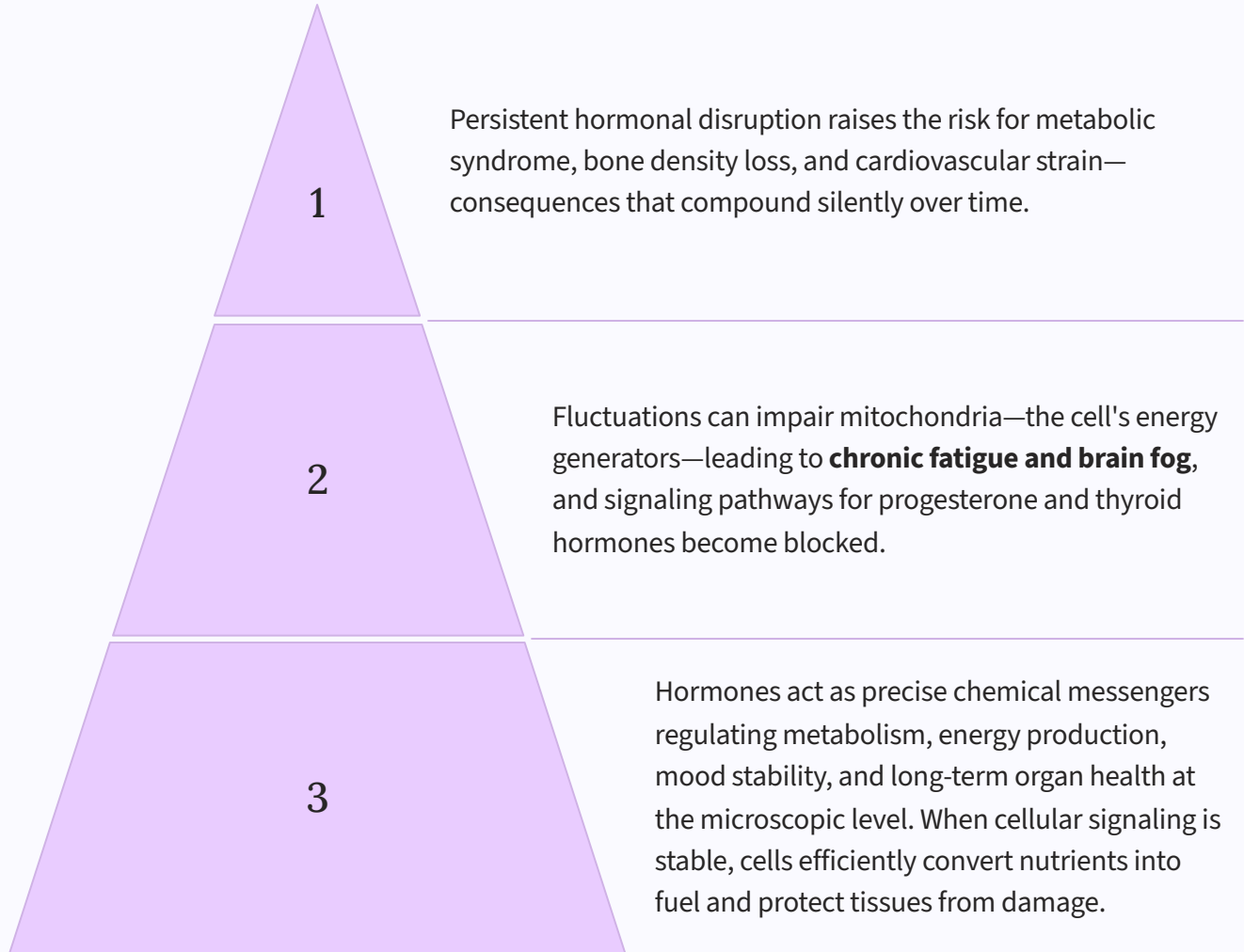




Women's Wellness Guide

Navigating Hormonal Balance with Purpose and Science

Why Cellular Hormone Balance Matters





Core Body Systems Affected by Hormonal Balance

Energy & Metabolism

Thyroid signals and insulin manage how individual cells burn fuel, dictating daily vitality and weight control.

Mental & Emotional Health

Estrogen, progesterone, and cortisol influence brain chemistry, affecting focus, stress resilience, and mood stability.

Bone & Heart Structure

Estrogen and testosterone preserve structural strength in bones and keep blood vessels flexible and healthy.

DIM, Choline, Potassium & Glutathione: The Foundation Four



DIM

A natural compound from cruciferous vegetables that modulates estrogen metabolism, combats estrogen dominance, and regulates excess androgens.



Choline

An essential nutrient interacting with estrogen to support women's metabolism, brain function, liver health, and reproductive vitality.



Potassium

A fundamental intracellular electrolyte that stabilizes insulin, soothes the nervous system, and eases PMS and menopausal discomfort.



Glutathione

The body's "master antioxidant," concentrated in the liver, which flushes used hormones, protects egg quality, and reduces systemic inflammation.



DIM & Choline: Estrogen Metabolism & Brain Support



DIM: Favorable Estrogen Metabolism

DIM guides the liver to process estrogen via the safer **2-hydroxyestrone (2-OH) pathway**, reducing estrogen dominance symptoms like heavy cycles, painful periods, and breast tenderness. Its mild anti-androgen properties also help clear hormonal cystic acne.



Choline: Brain, Liver & Reproductive Health

Estrogen activates the gene for internal choline production. When estrogen drops at menopause, choline deficiency risk rises—threatening liver function and cognitive clarity. Choline produces **acetylcholine** for memory and focus, prevents liver fat buildup, and supports fetal brain and spinal cord development during pregnancy.

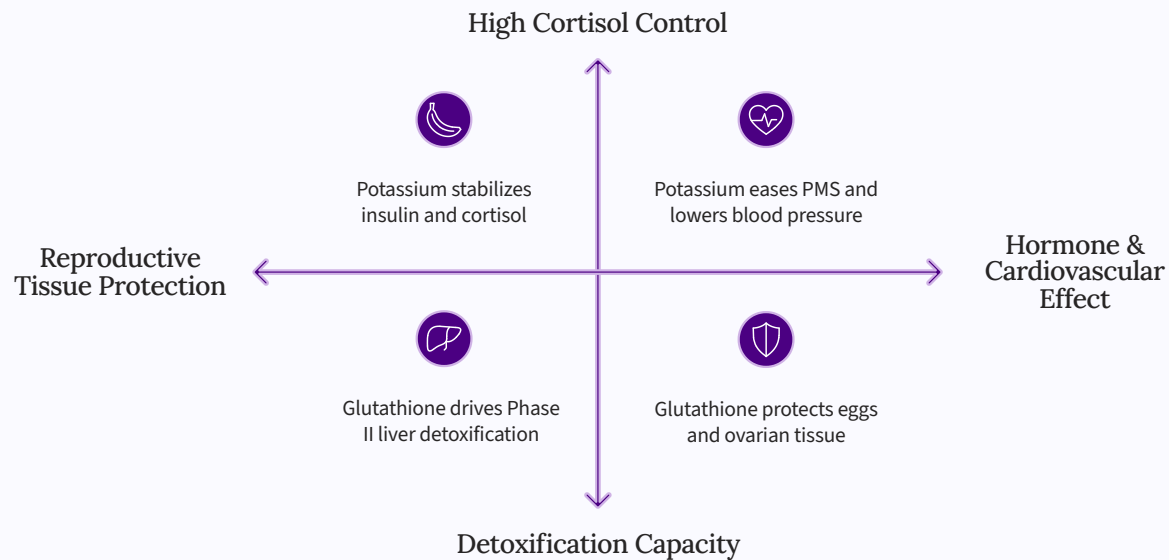


Choline: Heart & Metabolic Support

Collaborates with B vitamins to lower homocysteine levels for cardiovascular protection, and prevents fat accumulation in the liver—a key concern for women managing conditions like PCOS.

Potassium & Glutathione: Cellular Defense

Two powerful allies targeting **stress pathways and oxidative damage** at the cellular level.



Potassium blunts cortisol overproduction to protect progesterone reserves, while glutathione suppresses systemic inflammation that blocks thyroid and progesterone signaling—together stabilizing erratic mood swings and fatigue.



Betaine, L-Arginine, L-Carnosine & Lutein: Synergistic Support



Betaine (TMG)

A vital methyl donor that powers the COMT enzyme to neutralize active estrogen into safe, water-soluble forms. Prevents estrogen dominance linked to PMS, heavy periods, and fibroids. Also lowers homocysteine to protect cardiovascular and early pregnancy health.



L-Arginine

A direct precursor to nitric oxide that relaxes blood vessels, enhancing oxygen delivery to the uterus and ovaries. Helps thicken the uterine lining for fertility and counters vaginal dryness and low libido throughout the menstrual cycle and menopause.



L-Carnosine

A dipeptide that neutralizes advanced glycation end-products (AGEs)—sugar-protein bonds that age ovarian tissues prematurely and damage egg quality. Its anti-inflammatory properties show promise for managing reproductive disorders like endometriosis.



Lutein

A carotenoid that preferentially accumulates in the ovaries, stabilizing the luteal phase by supporting the corpus luteum—the gland that produces progesterone after ovulation. Also scavenges free radicals inside developing follicles to safeguard egg quality.

NAD, Nattokinase, Spermidine, TUDCA & Boron

NAD+ levels in the ovaries decline with age, directly impacting egg quality and increasing early menopause risk. Precursors like NR or NMN can protect ovarian reserves, regulate reproductive hormone synthesis, and mitigate insulin resistance in PCOS.

NAD+
Mitochondrial Energy & DNA Repair

Nattokinase, a fibrin-dissolving enzyme from fermented soybeans, alleviates endometriosis, uterine fibroids, and heavy periods. It also improves microcirculation for women on hormonal contraceptives and lowers cardiovascular markers in postmenopausal women.

Nattokinase
Fibrin Breakdown & Blood Flow

Spermidine triggers cellular autophagy (clean-up), preventing follicular atresia to preserve ovarian function. In estrogen-deprived models, it mimics protective estrogenic cellular effects and helps mitigate perimenopausal brain fog and poor sleep.

Spermidine
Autophagy & Ovarian Preservation

TUDCA accelerates bile flow to clear old estrogen metabolites that would otherwise be reabsorbed, causing estrogen dominance. It also improves liver and muscle insulin sensitivity by up to 30%, directly aiding hormonal weight gain and PCOS.

TUDCA
Bile Flow & Liver ER Stress Relief

Boron extends the half-life of active hormones in the bloodstream, significantly increasing free estrogen and testosterone in women to prevent tissue dryness and low libido. It also maximizes estrogen utility to protect against postmenopausal osteoporosis.

Boron
Hormone Bioavailability & Bone Density



Adaptogens & Botanicals: Taurine, Rhodiola, Shatavari & Ashwagandha

Taurine

Supports liver bile acid production to clear excess estrogen, improves insulin sensitivity for PCOS, and mimics GABA to soothe the nervous system and lower anxiety.

Shatavari

An Ayurvedic female rejuvenative with phytoestrogenic steroidal saponins that assist menopausal comfort, support the menstrual cycle, and may reduce hot flashes, mood swings, and night sweats.

Rhodiola Rosea

Mitigates stress-driven cortisol spikes, combats mental burnout and brain fog, and stabilizes the HPA axis during perimenopause and PMS phases.

Ashwagandha

Lowers serum cortisol, improves deep sleep quality, mildly stimulates T3 and T4 thyroid production, and eases stress-driven reproductive irregularities throughout the cycle.

These four work by modulating the nervous system, assisting estrogen clearance pathways, and buffering cortisol spikes that disrupt reproductive and thyroid balance.



Royal Jelly, Astaxanthin & Spirulina



Royal Jelly: Direct Hormonal Support

Contains 10-HDA, a unique fatty acid that binds to estrogen receptors as a natural phytoestrogen. Has shown to significantly reduce hot flashes, anxiety, and sleep disturbances in postmenopausal women. Also supports oocyte maturation and ovarian tissue regulation in PCOS.



Astaxanthin: Ovarian Defense

A red-orange carotenoid that activates the Nrf2 pathway to neutralize free radicals in ovarian tissues, improving egg quality and fertility outcomes. Also gently inhibits aromatase to balance estrogen and progesterone, and reduces insulin resistance and inflammation in PCOS.



Spirulina: Nutritional Foundation

Delivers bioavailable non-heme iron to combat menstrual fatigue without digestive distress. Rich in B-vitamins, magnesium, and GLA to support liver hormone clearance and ease menstrual cramps. Its active pigment **phycocyanin** supports postmenopausal heart health by lowering blood pressure and LDL cholesterol.

Lion's Mane, Pine Bark & Dong Quai

Three ingredients targeting hormonal health through **entirely distinct** neurological, vascular, and phytoestrogenic pathways.



Our formulation contains a wide variety of ingredients—each chosen for its distinct biological mechanism to address the full spectrum of female endocrine health, from cognitive clarity to pelvic circulation.





Your Hormonal Wellness Journey Starts Now

Understand the Root Cause

Recognize that cellular hormone imbalance—not just surface symptoms—is what drives fatigue, brain fog, mood shifts, and menstrual irregularities.

Nourish the Whole System

Use synergistic compounds—DIM, glutathione, adaptogens, and carotenoids—to address each phase of hormonal life: menstruation, fertility, perimenopause, and beyond.

Target Key Pathways

Support liver detoxification, antioxidant defenses, pelvic circulation, and adrenal stress response simultaneously for comprehensive hormonal resilience.

Sustain Long-Term Balance

Consistent nutritional support builds the cellular foundation for lasting vitality, protecting ovarian reserves, bone density, and cardiovascular health as hormones shift.

The science is in your hands. The opportunity is now. Nourish your cells with purpose, and watch your vitality multiply.