



NutriDyn™

# PeriMenopause Support

Support for Balanced Hormones  
During Perimenopause\*

PRACTITIONER EXCLUSIVE

## PeriMenopause Support Supplementation

PeriMenopause Support is a comprehensive herbal formula aimed at promoting healthy and balanced hormones during the time leading up to menopause.\* Perimenopause can last for many years with numerous symptoms leading up to permanent cessation of ovarian function. PeriMenopause Support promotes healthy responses to the vasomotor, sleep, mood, and cognitive functions commonly experienced during this phase of mid-life.\*<sup>1,2</sup>

Supplementation with PeriMenopause Support may include these benefits:

- Support for balanced hormones\*
- Support for healthy vasomotor response\*
- Support for balanced moods\*
- Promotes cognitive performance and brain health\*
- Supports restful sleeping habits and patterns\*
- Supports healthy bone metabolism\*
- Promotes healthy stress response\*

## How PeriMenopause Support Works

Perimenopause signals the end of the reproductive years for women. Progesterone and estrogen begin to wane while the menstrual cycle becomes irregular and hormonal responses increase.<sup>3,4</sup> Hot flashes are the most common sign of this transition but some women may experience sleep disruptions, concerns with cognitive performance, and mood disturbances.<sup>3</sup>

The foundational ingredients of PeriMenopause Support are a proprietary herbal blend known as EstroG-100® containing *Angelica gigas nakai* root, *Cynanchum wilfordii* root, and *Phlomis umbrosa* root. The coumarin compounds in *Angelica gigas nakai* root help support healthy stress responses and may promote healthy nerve and cognitive functions.\*<sup>5,6</sup> The high contents of total phenol and total flavonoids found in *Cynanchum wilfordii* root support healthy vasomotor responses.\*<sup>7,8</sup> The phytoestrogens found in *Phlomis umbrosa* root help support healthy bone metabolism.\*<sup>9,10</sup>



For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

The formula is complemented with ashwagandha root and milk thistle seed. Ashwagandha supports healthy stress response due to its adaptogenic activity and anxiolytic effect.\*<sup>11,12</sup> Ashwagandha contains constituents such as withanolides, sitoindosides, and alkaloids, to support the cells healthy oxidative stress response.\*<sup>11,12</sup> Silymarin-rich milk thistle also supports healthy stress response and may promote cognitive performance and brain health.\*<sup>13,14</sup>

## Why Use PeriMenopause Support?

Research cited herein suggests that the nutrients in PeriMenopause Support may help support balanced female hormones leading up to a woman's time of reproductive transition and promote overall health and well-being.\*

### References:

1. Sherman, S. (2005). Defining the menopausal transition. *The American Journal of Medicine*, 118(12), 3-7.
2. Johnson, A., Roberts, L., & Elkins, G. (2017). Complementary and alternative medicine for menopause. *Journal of Evidence-Based Integrative Medicine*, 24, 1-14.
3. Santoro, N. (2016). Perimenopause: From research to practice. *Journal of Women's Health*, 25(4).
4. Gadgil, N. D., & Kulkarni, A. A. (2019). An understanding and comprehensive approach towards perimenopausal stress: A review. *International Ayurveda Publications*, 4(1).
5. Sowndhararajan, K., & Kim, S. (2017). Neuroprotective and cognitive enhancement potentials of *Angelica gigas nakai* root: A review. *Scientia Pharmaceutica*, 85(21).
6. Cho, J. H., Kwon, J. E., Cho, Y., Kim, I., Kang, S. C. (2015). Anti-inflammatory effect of *Angelica gigas* via heme oxygenase (HO)-1 expression. *Nutrients*, 7, 4862-4874.
7. Lee, G., Choi, C.-Y., & Jun, W. (2016). Effects of aqueous extracts of *Cynanchum wilfordii* in rat models for postmenopausal hot flush. *Nutrition and Food Science*, 21(4), 373-377.
8. Wu, C.-D., Zhang, M., He, M.-T., Gu, M.-F., & Lin, M. (2017). Selection of solvent for extraction of antioxidant components from *Cynanchum auriculatum*, *Cynanchum bungei*, and *Cynanchum wilfordii* roots. *Food Science Nutrition*, 7, 1337-1343.
9. Han, S.-H., Lee, T.-H., Jang, J.-Y., Song, H.-K., Hong, S.-K., Kim, Y.-R., & Han, B.-S. (2015). Mixture of extracts of *Cynanchum wilfordii* and *Phlomis umbrosa* does not have an estrogenic effect in ovariectomized rats. *Korean Journal of Food Science and Technology*, 47(5), 667-672.
10. Lee, J. E., Lee, H., Kim, M. H., & Yang, W. M. (2019). Osteogenic effects of *Phlomis umbrosa* via up-regulation of Runx2 in osteoporosis. *Biomedical Reports*, 10, 17-22.
11. Head, K. A., & Kelly, G. S. (2009). Nutrients and botanicals for treatment of stress: Adrenal fatigue, neurotransmitter imbalance, anxiety, and restless sleep. *Alternative Medicine Review*, 14(2), 114-143.
12. Verma, S. K., & Kumar, A. (2011). Therapeutic uses of *Withania somnifera* (ashwagandha) with a note on withanolides and its pharmacological actions. *Asian Journal of Pharmaceutical and Clinical Research*, 4(1).
13. Kittur, S., Wilasrusmee, S., Pedersen, W. A., Mattson, M. P., Straube-West, K., Wilasrusmee, C., Jubelt, B., & Kittur, D. S. (2002). Neurotrophic and neuroprotective effects of milk thistle (*Silybum marianum*) on neurons in culture. *Journal of Molecular Neuroscience*, 18.
14. Kim, J.-L., Kim, Y.-H., Kang, M.-K., Gong, J.-H., Han, S.-J., & Kang, Y.-H. (2013). Antiosteoclastic activity of milk thistle extract after ovariectomy to suppress estrogen deficiency-induced osteoporosis. *BioMed Research International*.

# Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

Ingredients:	Amount	%DV*
Estro G-100® Blend ( <i>Angelica gigas nakai</i> root extract, <i>Cynanchum wilfordii</i> root extract, <i>Phlomis umbrosa</i> root extract)	500 mg	*
Ashwagandha Root Powder	500 mg	*
Milk Thistle Seed Powder	100 mg	*

**Other Ingredients:** Microcrystalline cellulose, vegetable stearic acid, dicalcium phosphate, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, resin.

EstroG-100® is a registered trademark of Helios Corp.

**Directions:** Take one tablet daily with food at the same time of day or as directed by your healthcare practitioner.

**Caution:** Do not use if pregnant or nursing. This product is not recommended for individuals with known or suspected estrogen-dependent cancer. If taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



PRODUCED IN A  
cGMP FACILITY



NON-GMO



GLUTEN-FREE



DAIRY-FREE