

**JUST  
BE  
WELL** **SUPER FOOD**

# HORMONE SUPPORT



## Hormone Support Supplementation

Hormone Support is a comprehensive blend of evidence-based ingredients that support healthy estrogen balance and endocrine function.\* This naturally flavored formula provides key herbal extracts, bioactive micronutrients, lignans, isoflavones, and antioxidants which have been shown in clinical settings to help balance healthy estrogen levels.\*

Proper estrogen balance is key for supporting healthy mood, well-being, energy levels, and a multitude of other functions in the body.\* As such, when estrogen is too low or too high, a variety of health issues can manifest.

Research suggests that the nutrients found in Hormone Support:

- Support healthy estrogen balance\*
- Support healthy endocrine function\*
- Support mood and well-being\*
- Help you meet daily micronutrient requirements
- Include kudzu extract, DIM, red clover extract, resveratrol, and 1.5 g calcium D-glucarate per serving
- Comes in two delicious flavors; spiced chai and caramel macchiato

## How the Ingredients in Hormone Support Work

Hormone Support features a carefully crafted spectrum of essential micronutrients, antioxidants, amino acids, prebiotic fiber, and bioactive protein for supporting gastrointestinal integrity and function.\*

Foundation ingredients in Hormone Support include diindolylmethane (DIM), calcium D-glucarate, flax lignans, resveratrol, and isoflavones (from kudzu extract and red clover extract), which research has shown act on specific enzymes in the body that mediate a healthy estrogen response.\*<sup>1,2</sup>

Specifically, DIM has been shown to act on certain enzymes that support estrogen balance in the body.\*<sup>2,3</sup>

Similarly, flax lignans and isoflavones appear to act on enzymes favoring metabolism of estrogens to inactive metabolites.\*<sup>4</sup> Calcium D-glucarate complements the Hormone Support foundation ingredients by promoting a healthy balance of estradiol and estrogen precursors.\*<sup>5</sup>

Hormone Support is rounded out with a precise blend of endocrine-supporting antioxidant compounds, such as resveratrol, EGCG (from green tea), curcumin, and grape seed extract.\* These ingredients appear to further support estrogen balance in the body, acting as phytoestrogens that interact with estrogen receptors.\*<sup>6,7,8</sup> These select antioxidants are also well-known for supporting human health and longevity, particularly by encouraging healthy cardiovascular and immune function.\*<sup>9,10,11</sup>

## Why Use Hormone Support?

Hormone Support is an ideal nutritional supplement for individuals looking to support their estrogen balance and endocrine function.\* This formula is rich in plant-based nutrients and micronutrients that have been thoroughly researched and demonstrated to be effective in clinical settings for a variety of health issues, particularly estrogen imbalance.\*

For more information, visit: [www.justbewell.info](http://www.justbewell.info)

# Supplement Facts

Serving Size: About 1 Scoop

Servings Per Container: About 14

Ingredients:	Amount	%DV*	Ingredients:	Amount	%DV*
Calories	115		Potassium (as dipotassium phosphate, from pea protein and cocoa powder)	413 mg	9%
Total Fat	3 g	4%*	Flax Seed Extract	2 g	**
Saturated Fat	0.5 g	2%*	Calcium-D-Glucarate	1.5 g	**
Total Carbohydrate	7 g	3%*	Turmeric Extract [root; <i>Curcuma longa</i> (standardized to 95% curcuminoids)]	200 mg	**
Dietary Fiber	3 g	12%*	EGCG [epigallocatechin-3-p-gallate (from green tea leaf extract; <i>Camellia sinensis</i> )]	125 mg	**
Protein	16 g		Resveratrol (from Japanese Knotweed root; <i>Polygonum cuspidatum</i> )	125 mg	**
Vitamin A (as retinyl palmitate)	375 mcg RAE	42%	Grape Seed Extract ( <i>Vitis vinifera</i> )	100 mg	**
Vitamin C (ascorbic acid)	60 mg	67%	DIM (diindolylmethane)	100 mg	**
Vitamin D (as cholecalciferol)	10 mcg	50%	Kudzu Extract [root; <i>Pueraria lobata</i> (standardized to 40% isoflavones)]	62.5 mg	**
Vitamin E (as d-alpha tocopheryl acetate)	134 mg	893%	Red Clover Extract [flower; <i>Trifolium pratense</i> (standardized to 8% isoflavones)]	25 mg	**
Riboflavin	0.85 mg	65%			
Niacin (as niacinamide)	10 mg NE	63%			
Vitamin B6 (as pyridoxine HCl)	25 mg	1,471%			
Folate (Quatrefolic®) (as (6s)-5-methyltetrahydrofolic acid, glucosamine) (240 mcg folic acid)	400 mcg DFE	100%			
Vitamin B12 (as methylcobalamin)	10 mcg	417%			
Biotin	150 mcg	500%			
Pantothenic Acid (as calcium-d-pantothenate)	5 mg	100%			
Choline (as choline bitartrate)	50 mg	9%			
Calcium (as calcium citrate and from calcium-d-glucarate)	530 mg	41%			
Iron (as ferrous fumarate, from pea protein and cocoa powder)	8.5 mg	47%			
Phosphorus (as dipotassium phosphate)	115 mg	9%			
Iodine (as potassium iodide)	75 mcg	50%			
Magnesium (as magnesium citrate)	200 mg	48%			
Zinc (as zinc gluconate)	7.5 mg	68%			
Copper (as copper gluconate)	1 mg	111%			
Manganese (as manganese sulfate)	1 mg	43%			
Chromium (as chromium picolinate)	100 mcg	286%			
Sodium (from pea protein)	170 mg	7%			

**Other Ingredients:** Pea Protein Isolate, Brown Rice Protein Concentrate, Natural Flavors, Stevia Leaf Extract, Cocoa Bean Powder Processed With Alkali, Guar Gum, Silicon Dioxide.

Quatrefolic® is a registered trademark material of Gnosis SpA. Patent No. 7,947,662.

**Directions:** Mix 1 scoop in 8-10 ounces of water as a dietary supplement once or twice daily as directed by your healthcare practitioner.

**Caution:** Do not use if pregnant or nursing. Consult your healthcare practitioner before use if taking medications or other nutritional supplements. Keep out of reach of children.

## References:

1. Michnovicz, J. J., Adlercreutz, H., & Bradlow, H. L. (1997). Changes in levels of urinary estrogen metabolites after oral indole-3-carbinol treatment in humans. *Journal of the National Cancer Institute*, 89(10), 718-723.
2. Chen, I., McDougal, A., Wang, F., & Safe, S. (1998). Aryl hydrocarbon receptor-mediated antiestrogenic and antitumorigenic activity of diindolylmethane. *Carcinogenesis*, 19(9), 1631-1639.
3. Leong, H., Riby, J. E., Firestone, G. L., & Bjeldanes, L. F. (2004). Potent ligand-independent estrogen receptor activation by 3, 3'-diindolylmethane is mediated by cross talk between the protein kinase A and mitogen-activated protein kinase signaling pathways. *Molecular Endocrinology*, 18(2), 291-302.
4. Vitale, D. C., Piazza, C., Mellilli, B., Drago, F., & Salomone, S. (2013). Isoflavones: estrogenic activity, biological effect and bioavailability. *European journal of drug metabolism and pharmacokinetics*, 38(1), 15-25.
5. Lampe, J. W., Li, S. S., Potter, J. D., & King, I. B. (2002). Serum  $\beta$ -glucuronidase activity is inversely associated with plant-food intakes in humans. *The Journal of nutrition*, 132(6), 1341-1344.
6. Gehm, B. D., McAndrews, J. M., Chien, P. Y., & Jameson, J. L. (1997). Resveratrol, a polyphenolic compound found in grapes and wine, is an agonist for the estrogen receptor. *Proceedings of the National Academy of Sciences*, 94(25), 14138-14143.
7. Goodin, M. G., Fertuck, K. C., Zacharewski, T. R., & Rosengren, R. J. (2002). Estrogen receptor-mediated actions of polyphenolic catechins in vivo and in vitro. *Toxicological Sciences*, 69(2), 354-361.
8. Breithofer, A., Graumann, K., Scicchitano, M. S., Karathanasis, S. K., Butt, T. R., & Jungbauer, A. (1998). Regulation of human estrogen receptor by phytoestrogens in yeast and human cells. *The Journal of steroid biochemistry and molecular biology*, 67(5-6), 421-429.
9. Nagao, T., Hase, T., & Tokimitsu, I. (2007). A green tea extract high in catechins reduces body fat and cardiovascular risks in humans. *Obesity*, 15(6), 1473-1483.
10. Bradamante, S., Barenghi, L., & Villa, A. (2004). Cardiovascular protective effects of resveratrol. *Cardiovascular drug reviews*, 22(3), 169-188.
11. Aggarwal, B. B., & Harikumar, K. B. (2009). Potential therapeutic effects of curcumin, the anti-inflammatory agent, against neurodegenerative, cardiovascular, pulmonary, metabolic, autoimmune and neoplastic diseases. *The international journal of biochemistry & cell biology*, 41(1), 40-59.

**JUST  
BE  
WELL** SUPER FOOD

\* 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.



NON-GMO



GLUTEN-FREE



DAIRY-FREE



PRODUCED IN A  
cGMP FACILITY

For more information, visit: [www.justbewell.info](http://www.justbewell.info)