

PureWomanTM

Menopausal Comfort Brochure[‡]



Featuring an Exclusive Protocol developed by
Dr. Felice L. Gersh, M.D.⁺

⁺Dr. Gersh is a retained advisor to Pure Encapsulations.

[‡]These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

pure
encapsulations[®]



Supporting Your Patients Through Menopause

The loss of ovarian-produced estrogen and progesterone is predominantly responsible for the effects of menopause. Restoring these hormones to physiologic, premenopausal levels using conventional interventions is a common clinical objective. However, recreating the exact ovarian function and hormonal rhythms of a healthy premenopausal woman is not currently possible, and for some women, these interventions may not be appropriate.

For these reasons, additional modalities are often needed to support female health throughout the menopausal years. This PureWoman™ brochure will introduce you to Dr. Felice Gersh, a board-certified integrative OB/GYN and women's health expert. Included are lifestyle recommendations and evidence-based supplement protocols that Dr. Gersh uses to support the health and well-being of women at all stages of menopause.†



PureWoman™

Developed with expert

Felice L. Gersh, M.D.+

Felice L. Gersh, M.D., is an award-winning physician, board-certified in both OB/GYN and Integrative Medicine. She has special expertise in the use of female hormones, the impact of environmental toxicants on metabolic and reproductive functions, and on all aspects of lifestyle medicine. She graduated from Princeton University and the University of Southern California School of Medicine. She completed her OB/GYN residency at Kaiser Hospital in Los Angeles and was fellowship-trained in integrative medicine at the University of Arizona School of Medicine.



“The unique health issues faced by women are often minimized and overlooked; perhaps the most egregious example is menopause. But no longer can we view menopause as simply the loss of fertility and periods. It is the beginning of a huge metabolic shift, which we must recognize and address to support the health and well-being of the woman for years to come.”

- DR. FELICE GERSH

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Targeting the Whole Woman At Every Stage of Life

What makes women unique? The complex interplay of hormones, their receptors, and dietary, lifestyle, and environmental factors as they converge on every organ system in the female body. PureWoman™ recognizes these complex relationships and the science behind them, empowering practitioners with nutritional supplements and education to bring a new level of health and wellness to female patients at all stages of life.

This PureWoman™ brochure explores Dr. Gersh's holistic approach of supporting menopausal comfort and healthy aging.†

Dr. Gersh's Four Step Approach

STEP 1	Initial Evaluation & 30-Day Reset Program
STEP 2	Lifestyle Bootcamp—Six Essential Areas of Well-being
STEP 3	Menopausal Comfort Protocol
STEP 4	Personalized, Proactive Support

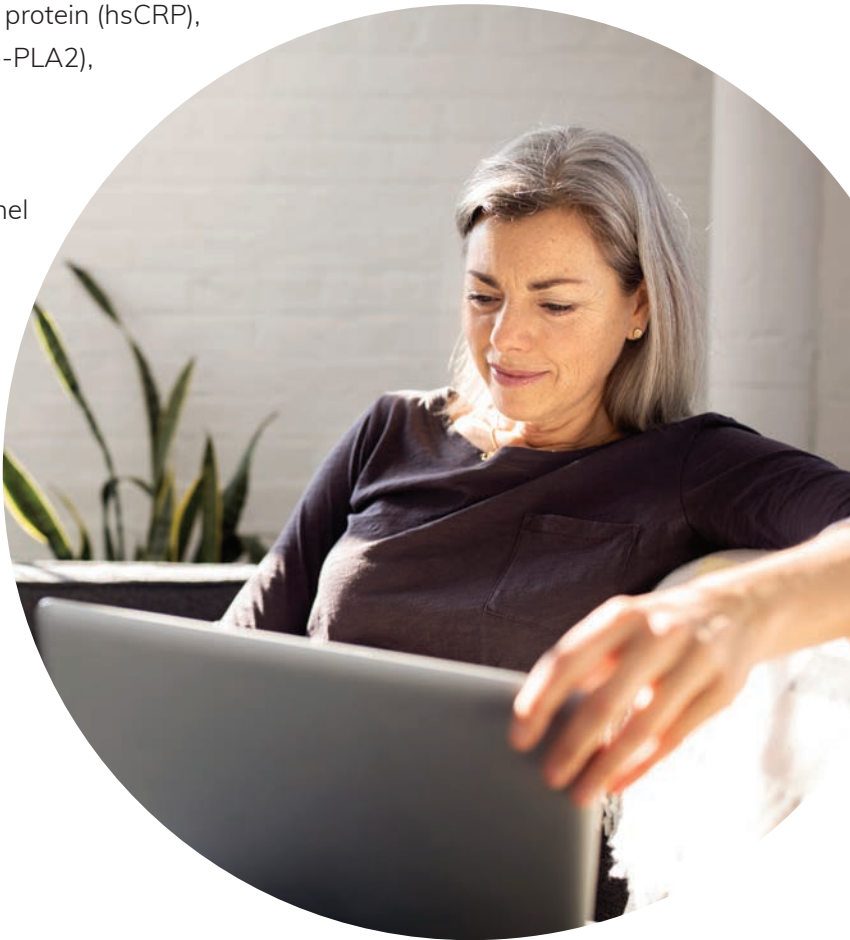
STEP 1

Initial Evaluation & 30-Day Reset Program

Initial Evaluation

Simultaneously with the reset program, I perform a baseline evaluation and order foundational lab testing. Each patient's evaluation includes a comprehensive assessment of current symptoms, past and present medical history, laboratory and imaging studies, and a discussion of the patient's unique goals and priorities. I recommend a large array of laboratory tests to provide me with the information necessary to create personalized, precision support plans for each patient:

- **General Health Status:** complete blood count (CBC), comprehensive metabolic panel (CMP)
- **Immune Markers:** high-sensitivity C-reactive protein (hsCRP), lipoprotein-associated phospholipase A2 (Lp-PLA2), oxidized LDL, homocysteine
- **Metabolic & Glucose Regulation:** insulin, hemoglobin A1c (HbA1c), advanced lipid panel
- **Hormones:** estradiol, progesterone, DHEAS, total testosterone, follicle stimulating hormone (FSH), luteinizing hormone (LH)
- **Thyroid:** comprehensive thyroid panel
- **Nutrients:** vitamin B₁₂, folate, 25 OH vitamin D, omega-3, CoQ₁₀, copper, zinc, magnesium and ferritin
- **Genetic Variations:** PureGenomics®
- **Other tests as indicated by medical history**



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30-Day Reset Program: Elimination Diet & Detoxification and Gut Support Protocol[‡]

“Every patient who enters my practice undertakes a month-long program consisting of an elimination diet and a combination of supplements to support gut health and detoxification processes. This initial program serves as a crucial “reset” for my patients.”
- DR. FELICE GERSH

Elimination Diet

The gut is involved in a complex relationship with the surrounding immune system. As a result, the consumption of certain foods can drive immune activity. An elimination diet is one of the few ways to reliably identify food sensitivities. Removing these reactive foods from the diet and creating a personalized dietary plan facilitates gut health and can help balance systemic immune activity. I advise my patients to follow a standard elimination diet.

Detoxification and Gut Support Protocol

No nutritional program would be complete without the inclusion of support for liver health and detoxification processes. Endocrine-disrupting chemicals (EDCs) and other environmental toxicants are ubiquitous in our modern world and can affect estrogen-regulated pathways and other crucial functions throughout the body. I use the following combination of supplements to support gut health and detoxification processes.[‡]

PRODUCT RECOMMENDATION [^]	OBJECTIVE	DOSING [*]
G.I. Fortify (capsules)[‡] Order Code: GIFC1	Designed to support a healthy G.I. environment, bowel regularity, colon cell function and detoxification [‡]	3 capsules daily, between meals with 8-12 oz water
DIM Detox Order Code: DD6 or HM Complex Order Code: HMC9	Support for detoxification, hormone metabolism, and cellular health [‡] Promotes the body's natural, healthy detoxification process for common, mild environmental heavy metal exposure [‡]	2 capsules daily, with a meal 3 capsules daily, between meals
Probiotic-5 Order Code: PRB6	A broad-spectrum probiotic for healthy intestinal microflora [‡]	1 capsule, 1-2 times daily, with or between meals
Detox Pure Pack Order Code: DPPB3	A convenient once-daily packet featuring a multivitamin/mineral, fish oil and targeted support for G.I. health and gentle detoxification [‡]	1 packet daily, with a meal

[^]Please note that patients may not require all supplements listed.
^{*}Dosages should be personalized to the patient at the discretion of the healthcare provider.
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STEP 2

Lifestyle Bootcamp— Six Essential Areas of Well-being

“Lifestyle medicine encourages and supports patients to make healthy choices in key areas, such as diet, exercise, environmental toxicants, sleep, stress and relationships. A healthy lifestyle is especially important for menopausal women, with several factors contributing to age of onset and the severity of menopausal symptoms, including diet, BMI, exercise, smoking and alcohol consumption.¹⁻³ Lifestyle factors have a profound effect on health!

- **Diet:** After my 30-Day Reset Program, I encourage patients to eat a vegan, or near-vegan diet. In addition, the newest scientific data on our circadian rhythm shows that when we eat is just as important as what we eat. Time-restricted eating presents food to the body when it is best suited for digestion, glucose regulation, and optimal metabolic function.
- **Exercise:** There are countless benefits to exercise. I encourage patients to find an enjoyable physical activity and stick with it. The key is consistency!
- **Environmental toxicants:** I recommend natural, non-toxic house hold cleaners, make-up, toiletries and lawncare products. When possible, eating organic food is always preferable. Air and water filters are a must.
- **Sleep:** I advise patients to avoid exposure to blue-light (from electronic screens) for at least one hour before bedtime and to create a bedroom environment conducive to sleep (cool, dark and quiet).
- **Stress:** I recommend biofeedback with guided meditations, deep breathing, progressive relaxation, journaling and gratitude practices.
- **Relationships:** I encourage patients to prioritize time with loved ones and provide self-care regularly. Healthy relationships have a powerful and positive influence on health.



1. Baker FC, Lampio L, Saaresranta T, Polo-Kantola P. Sleep Med Clin. 2018;13(3):443-456.
2. Pérez JA, García FC, Palacios S, Pérez M. Maturitas. 2009 Jan 20;62(1):30-6.
3. Zhang L, Ruan X, Cui Y, Gu M, Mueck AO. Clin Interv Aging. 2020 Nov 16;15:2195-2208.

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Supporting Menopausal Comfort



The menopausal transition (or perimenopause) often spans several years (on average 4) and consists of hormonal fluctuations, changes in vasomotor function, and desynchronization of the hypothalamus-pituitary-ovarian axis. During this time, women often present with hot flashes, night sweats, fatigue, sleep disturbances, brain fog, palpitations, weight gain, emotional changes and vaginal dryness. While symptoms can become more common or severe after menopause, many women begin to experience symptoms several years prior to the cessation of menstruation. Over the course of the menopausal transition, it is estimated that 90% of women seek support for menopausal discomfort.¹

Each woman’s journey into menopause is unique. Following my month-long program, I meet with each patient to personalize their plan and address specific discomforts and menopausal symptoms. To support the most prevalent symptoms, I developed the PureWoman™ Menopausal Comfort Protocol to support healthy mood, libido, detoxification, mental sharpness and to moderate occasional hot flashes.[‡]



1. Guthrie JR, Dennerstein L, Taffe JR, Donnelly V. Healthcare-seeking for menopausal problems. Climacteric 2003;6:112–117
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PureWoman™ Menopausal Comfort Protocol[‡]

Developed with Dr. Felice L. Gersh M.D.⁺

The PureWoman™ Menopausal Comfort Protocol is intended to be used throughout the menopausal transition and during the subsequent postmenopausal years. Duration of use should be based on each patient’s individual needs, and adjustments may be needed as patients advance into postmenopause.

CLINICAL OBJECTIVE [‡]	PRODUCT RECOMMENDATION [^]	PRODUCT FEATURES	DOSING*
Foundational Nutrients	O.N.E.™ Multivitamin Order Code: ONE3	A comprehensive, once-daily multivitamin Featuring highly bioavailable essential vitamins and minerals	1 capsule daily, with a meal
	O.N.E.™ Omega Order Code: ONO3	1,000 mg of EPA and DHA combined Extracted using supercritical CO ₂ technology Promotes cardiovascular, joint, skin, and cognitive health [‡]	1 softgel daily, with a meal
Antioxidant & Detoxification	NAC 600 mg Order Code: NA69	A derivative of the amino acid cysteine Supports respiratory function, glutathione production and detoxification [‡]	1 capsule, twice daily, between meals
Menopausal Comfort	MenoVive Order Code: MOV6	A blend of plant extracts formulated to provide a broad-range of support for menopausal health and comfort, as well as mood, libido, mental sharpness and cardiovascular function [‡] Moderates occasional hot flashes [‡]	1 capsule, twice daily, with meals
Mood & Emotional Well-being	Emotional Wellness Order Code: EW6	A combination of plant-extracts, amino acids, GABA, 5-HTP and vitamin B ₆ Supports emotional and mental well-being and moderates occasional stress [‡]	1 capsule, twice daily, between meals

[^]Please note that patients may not require all supplements listed.
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Personalized, Proactive Support for Healthy Aging



As menopause progresses, sustained low levels of estrogen can disrupt estrogen-regulated systems throughout the body, resulting in many conditions commonly associated with aging. To support longevity and health after menopause, consider targeted supplementation as part of a comprehensive wellness plan.^{†1}



Cardiometabolic Health

During the many years of menopause, cardiometabolic function can decline as systems become dysregulated. For example, fat is redistributed from the periphery to the abdomen, which is associated with many metabolic changes related to insulin function, lipid metabolism and adipokine secretion. Menopause is also associated with changes in blood flow and cardiovascular status.²⁻⁵

Lifestyle interventions—especially diet and exercise—are important for healthy aging and cardiometabolic function. In addition, I developed the PureWoman Cardiometabolic Protocol to support these patients. A few key products are listed below.[‡]

Glucose Homeostasis[‡] Metabolic Xtra Order Code: MX29	Lipid Metabolism[‡] CholestePure Plus II[‡] Order Code: CHP21	Healthy Blood Flow[‡] Nitric Oxide Ultra (capsules) Order Code: NXC1
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Cognitive Health

The central nervous system is greatly impacted by menopause. Estrogen promotes neuronal growth, survival, and function in the central nervous system. It is also involved in regulating the brain's unique immune system and may contribute to learning, memory and information retrieval.^{6,7}

A healthy plant-based diet augmented by a tailored program of supplementation, regular exercise, restorative sleep, stress management techniques, and a healthy circadian rhythm can substantially support cognitive function. Refer to my Menopausal Cognitive Protocol, available at PureEncapsulationsPro.com/PureWoman for additional product recommendations.[‡]

Memory Pro Order Code: MEP21	CurcumaSorb Mind Order Code: MCUM6
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Gut Health

Estrogen plays a crucial role in maintaining gut health: from modulating the body's relationship with the microbiome to maintaining tight junctions in the epithelium of the GI tract. A healthy, fiber and polyphenol-rich, plant-based diet along with timed eating habits can support gut and microbiome health. I also recommend probiotics, prebiotics, polyphenols and Pure Encapsulations® exclusive SunButyrate™-TG.^{†8}

G.I. Fortify[‡] (capsules) Order Code: GIFC1	Probiotic-5 Order Code: PRB6 -or-
SunButyrate™-TG liquid Order Code: BTGL	Probiotic G.I. Order Code: PGI6
	Poly-Prebiotic Powder Order Code: PPRP1



Immune Function

Estrogen plays an important role in modulating the immune system, supporting healthy immune system activation, and subsequent immune-resolution. Loss of ovarian estradiol leads to alterations in immune response. For my menopausal patients, I often look for ways to support and balance immune function.^{†9}

Innate Immune Support Order Code: IIS6
Balanced Immune Order Code: BIM6



Musculoskeletal Health

Estrogen is involved in the regulation of all components within the musculoskeletal system, including bone, muscle and joint. To maintain the health of these key structures, physical activity is essential. I also recommend supplemental protein, magnesium, calcium, and vitamins D and K to support muscle mass, joint comfort and bone health.^{†10,11}

Bone Health[‡] Calcium K/D Order Code: CKD1	Muscle Mass[‡] PureLean® Protein Order Code: PLPV6	Joint Comfort[‡] Joint Complex Order Code: JJC3
Magnesium (glycinate) Order Code: MG1	RENUAL Order Code: RNL6	



1. Davis SR, Lambrinoudaki I, Lumsden M, et al. Nat Rev Dis Primers. 2015 Apr 23;1:15004.
2. Davis SR, Castelo-Branco C, Chedraui P, et al. Climacteric 15, 419–429 (2012).
3. Barton, M. Curr. Opin. Lipidol 24, 214–220 (2013).
4. Hage, F. G. & Oparil, S. Curr. Opin. Cardiol 28, 411–416 (2013).
5. Lisabeth, L. & Bushnell, C. Lancet Neurol. 11, 82–91 (2012).
6. Luine, V. N. Horm. Behav. 66, 602–618 (2014).
7. Weber, M. T., Maki, P. M. & McDermott, M. P. J. Steroid Biochem. Mol. Biol. 142, 90–98 (2014).

8. Shieh A, Epeldegui M, Karlamangla AS, Greendale GA. JCI Insight. 2020;5(2):e134092.
9. McCarthy M, Raval AP. J Neuroinflammation. 2020 Oct 23;17(1):317.
10. Boyle, W. J., Simonet, W. S. & Lacey, D. L. Nature 423, 337–342 (2003).
11. Khadilkar SS. J Obstet Gynaecol Ind. 2019;69(2):99-103.
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Summary

Menopause is a significant life event associated with many physiologic changes. Dr. Gersh's 4-step approach is designed to support comfort throughout the menopausal transition and proactively address the organ systems affected by the decline in estrogen.

“The menopausal transition can be comfortable and life after menopause healthy and productive. In my practice, I apply a holistic approach to support the many organ systems affected by menopause and ensure that my patients sustain their health and well-being during and throughout the years following the menopausal transition.”

- DR. FELICE GERSH

More Educational Resources at Your Fingertips

Find additional protocols, product information, on-demand lectures and more at PureEncapsulationsPro.com/PureWoman

Pure Encapsulations®: Nutritional Supplements You Can Trust

At Pure Encapsulations, we've spent the last 30 years researching, innovating, and developing our comprehensive line of premium supplements to bring you uniquely formulated products made with high-quality and pure ingredients, backed by verifiable science. And what we leave out of our products is just as important as what we put in. That's why Pure Encapsulations offers a comprehensive line of supplements **FREE FROM** unnecessary additives and many common allergens, providing your patients with everything they need, and nothing they don't—**that's goodness encapsulated.**

Our supplements are FREE FROM:



Wheat, Soy*, Dairy*, Eggs



Tree Nuts & Peanuts




Gluten



Artificial Colors, Flavors & Sweeteners



Coatings & Shellacs



GMO

GMOs††




Unnecessary Binders, Fillers & Preservatives



Mg Stearate

Magnesium Stearate



Trans Fat & Hydrogenated Oils

*Except where labeled.
†Visit PureEncapsulations.com for more information about our GMO policy.

Quick Reference Table

Find the ingredients and descriptions for all products mentioned in this brochure using the Quick Reference Table below.

FORMULA ORDER CODE	PAGE	PRODUCT FEATURES
G.I. Fortify (capsules) Order Code: GIFC1	16	Designed to support a healthy G.I. environment, bowel regularity, colon cell function and detoxification†
Probiotic-5 Order Code: PRB6	19	5-strain blend; broad-spectrum probiotic support for healthy intestinal microflora†
DIM Detox Order Code: DD6	14	Support for detoxification, hormone metabolism, and cellular health†
HM Complex Order Code: HMC1	16	Promotes the body's natural, healthy detoxification process for common, mild environmental heavy metal exposure†
Detox Pure Pack Order Code: DPPB3	17	A convenient once-daily packet featuring a multivitamin/mineral, fish oil and targeted support for G.I. health and gentle detoxification†
O.N.E.™ Multivitamin Order Code: ONE1	18	Once-daily nutrient essentials with sustained-release CoQ10†
O.N.E.™ Omega Order Code: ONO6	19	1,000 mg supercritical CO2-extracted, triglyceride-form EPA and DHA in a convenient, once-daily dose†
NAC 600 mg Order Code: NA63	18	Supports respiratory function, glutathione production and detoxification†
MenoVive Order Code: MOV6	17	Support for menopausal health and comfort, mood, libido, mental sharpness and cardiovascular function†
Emotional Wellness Order Code: EW1	16	Supports emotional and mental well-being and moderates occasional stress†

Connect with Dr. Gersh

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Twitter: [@DrFeliceGersh](https://twitter.com/DrFeliceGersh)
Facebook: [@felicegershmd](https://www.facebook.com/felicegershmd)

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PureWoman™ Products

DIM Detox

SUPPORT FOR DETOXIFICATION, HORMONE METABOLISM, AND CELLULAR HEALTH¹

The glucosinolates in broccoli, including indole-3-carbinol and sulforaphane, help support healthy detoxification. BioResponse DIM® provides 25 mg per serving of a highly absorbable form of diindolylmethane, an important metabolite of indole-3-carbinol. These compounds promote healthy estrogen metabolism and cell cycle activity. Calcium-D-glucarate targets beta-glucuronidase enzyme activity, promoting healthy hormone detoxification through the glucuronidation pathway. Lignans, such as 7-hydroxymatairesinol (HMR), are converted in the body to enterolactone. Research indicates that dietary intake of lignans and healthy serum enterolactone levels provide support for cellular, heart, breast, bone and cognitive health. Silymarin, alpha lipoic acid and n-acetyl-l-cysteine act to support phase II detoxification enzyme activity in the liver and offer antioxidant support for cellular protection. Taurine, glycine and methionine promote phase II detoxification pathways and healthy cell metabolism.†



2 capsules daily, with a meal.		
Two (size 00) vegetarian capsules contain:		
BioResponse DIM® diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	100 mg	
Calcium-D-glucarate	100 mg	
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardized to contain a minimum of 400 mcg sulforaphane)	100 mg	
HMRlignan™ (from Norway spruce knot wood) (containing 7-hydroxymatairesinol)	10 mg	
Alpha lipoic acid (thioctic acid)	200 mg	
N-Acetyl-l-cysteine (free-form)	200 mg	
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	150 mg	
l-Methionine (free-form)	200 mg	
Glycine (free-form)	100 mg	
Taurine (free-form)	100 mg	
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate		

HMRlignan™ is a trademark of Linnea Inc.

BioResponse DIM® and DIMPRO® are trademarks of BioResponse, L.L.C., Boulder, CO.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

Liver & Detoxification



DIM Detox	Quantity	Order Code
	60	DD6

Detox Pure Pack

- Daily Packet
- With Metafolin® L-5-MTHF

Indications:

- Support for healthy detoxification¹

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Promotes phase II detoxification in the liver with broccoli, curcumin, silymarin and amino acids¹
- Maintains liver health with glutathione, NAC, alpha lipoic acid and other antioxidant nutrients¹
- Enhances healthy hepatic fat metabolism and bile flow with artichoke and taurine¹
- Supports G.I. cell health and detoxification with l-glutamine, omega-3 fatty acids, and chlorella¹
- Convenient, once-daily packet

Each Packet Contains:

UltraNutrient® 3 vegetarian capsules

- Best-selling multivitamin/mineral complex with enhanced support for healthy detoxification and liver cell function¹

EPA/DHA essentials 1 softgel capsule

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support¹

Liver-G.I. Detox⁺ 2 vegetarian capsules

- Dual support for both liver and gastrointestinal detoxification¹

NAC (N-Acetyl-l-Cysteine) 1 vegetarian capsule

- Promotes glutathione synthesis to support detoxification and liver health¹

Taurine 1 vegetarian capsule

- Amino acid for cardiovascular and detoxification support¹

1 packet daily (8 capsules), with a meal for gentle, daily detoxification support.¹		
1 packet (8 capsules) contains		
Calories		10
Total fat		1 g
Cholesterol		< 5 mg
Vitamin A (as beta carotene)		3,750 mcg
Vitamin C (as ascorbyl palmitate)		30 mg
Vitamin D (as cholecalciferol) (D₃)		10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)		134 mg
Thiamin (as thiamin HCl) (B₁)		50 mg
Riboflavin (as vitamin B₂ and 28% riboflavin 5' phosphate (activated B₂))		34.7 mg
Niacin (as niacinamide and 42% inositol hexaniacinate (no-flush niacin))		86 mg
Vitamin B₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B₆))		20.9 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	
Vitamin B₁₂ (as methylcobalamin)		500 mcg

Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B₅)	200 mg
Calcium (as calcium citrate/malate)	150 mg
Magnesium (as magnesium aspartate)	100 mg
Zinc (as zinc picolinate)	12.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	250 mcg
Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	722 mcg
Coenzyme Q₁₀	25 mg
Hawthorn (<i>Crataegus spp.</i>) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg
Ginger (<i>Zingiber officinale</i>) extract (root) (standardized to contain 5% gingerols)	50 mg
Setria® glutathione (reduced form)	25 mg
Alpha lipoic acid (thioctic acid)	150 mg
N-Acetyl-l-cysteine (free-form)	700 mg
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	175 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	200 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardized to contain a minimum of 400 mcg sulforaphane)	100 mg
Artichoke (<i>Cynara scolymus</i>) extract (leaf)	125 mg
Taurine (free-form)	1,225 mg
Glycine (free-form)	225 mg
l-Glutamine (free-form)	225 mg
l-Methionine (free-form)	100 mg
Chlorella (<i>Chlorella spp.</i>) powder (cracked cell wall)	200 mg
Fish oil concentrate (from anchovies, sardines, mackerel) Providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water)

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

*FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Setria® is a registered trademark of KYOWA HAKKO BIO CO., Ltd.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

Contains fish (anchovies, sardines, mackerel)		
Multivitamins, Vitamins & Minerals		
		
Detox Pure Pack	Quantity	Order Code
	30 packets	DPPB3

Emotional Wellness†

SUPPORTS EMOTIONAL AND MENTAL WELL-BEING AND MODERATES OCCASIONAL STRESS†

5-hydroxytryptophan and l-tyrosine are key precursors for the synthesis of several neurotransmitters responsible for a healthy emotional outlook, including serotonin, dopamine, epinephrine and norepinephrine. These neurotransmitters are involved in the regulation of endocrine and brain activity in addition to sleep/wake cycles. Research suggests that l-tyrosine may also support cognitive function and memory under stressful conditions. A healthy level of the inhibitory neurotransmitter GABA is also associated with positive mood. Research suggests that both GABA and l-theanine enhance alpha wave production in the brain, promoting relaxation. Complementary support for relaxation is provided by passionflower, while *Rhodiola rosea* supports cognitive and mental function under stressful conditions. Vitamin B₆ is a cofactor that plays an important role in supporting positive emotional health.†

1 capsule, 1-3 times daily, between meals.

Each (size 00) vegetarian capsule contains:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	6.7 mg
5-Hydroxytryptophan	100 mg
l-Tyrosine (free-form)	100 mg
GABA (gamma-aminobutyric acid)	200 mg
l-Theanine	100 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	100 mg
Passionflower (<i>Passiflora incarnata</i>) extract (aerial parts) (standardized to contain 3.5% vitexins)	85 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Suntheanine® is a registered trademark of Taiyo International, Inc.

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.

Memory & Mood



Emotional Wellness†	Quantity	Order Code
	120	EW1
	60	EW6

G.I. Fortify (capsules)†

PureGI™ product line

DESIGNED TO SUPPORT A HEALTHY G.I. ENVIRONMENT, BOWEL REGULARITY, COLON CELL FUNCTION AND DETOXIFICATION†

- Maintains bowel regularity and supports healthy bowel movement frequency with psyllium and flax†
- Supports short chain fatty acid (SCFA) production to promote a healthy G.I. environment, microflora balance, and colon cell health†
- Promotes healthy intestinal cellular integrity and enhances the protective mucosal lining with l-glutamine, an important energy source for the G.I. tract in times of stress or increased metabolic demand†
- Enhances healthy G.I. detoxification with fiber and chlorella†

3 capsules daily, between meals with 8-12 oz water, or as directed by a health professional. Daily water intake should be increased when consuming this product.

Three (size 00) vegetarian capsules contain:

Calories	5
Total carbohydrate	1 g
Dietary fiber	1 g
Psyllium powder (husk)	1,100 mg
Flax (<i>Linum usitatissimum</i>) powder (seed)	400 mg
l-Glutamine (free-form)	500 mg
Aloe vera (<i>Aloe barbadensis</i>) extract (inner fillet) (standardized to contain 10% polysaccharides)	100 mg
Chlorella (<i>Chlorella</i> spp.) powder (cracked cell wall)	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Gastrointestinal



G.I. Fortify (capsules)†	Quantity	Order Code
	120	GIFC1

HM Complex

PROMOTES THE BODY’S NATURAL, HEALTHY DETOXIFICATION PROCESS FOR COMMON, MILD ENVIRONMENTAL HEAVY METAL EXPOSURE WHILE SUPPORTING ANTIOXIDANT DEFENSES†

The unique characteristic of PectaSol-C® modified citrus pectin versus other pectins is that it has a low molecular weight. This allows it to pass through the intestinal barrier and work systemically where it has the potential to bind to low levels of heavy metals from common, mild environmental exposure and facilitates their excretion. Modified citrus pectin does not appear to alter excretion of other minerals, including calcium, magnesium, and zinc. Chlorella has a long history of traditional use in supporting the body's natural detoxification process, particularly helping to regulate common heavy metal exposure and distribution in tissues. Sulforaphane, from broccoli sprout concentrate, promotes Nrf2-mediated signaling. Nrf2 controls the expression of numerous genes responsible for detoxification and protection against oxidative

stress. As part of a cysteine-rich metal-binding protein, zinc exhibits similar properties. In addition, NAC provides important support for detoxification by maintaining glutathione concentrations. l-Methionine also plays a role in glutathione production and phase II detoxification pathways in the liver. Preclinical studies suggest that alpha lipoic acid may help to moderate heavy metal induced oxidative stress.*

3 capsules daily, between meals, or as directed by a health professional.

Three (size 00) vegetarian capsules contain:

Zinc (as zinc citrate)	10 mg
Selenium (as selenomethionine)	100 mcg
Sodium (as part of modified citrus pectin)	50 mg
Potassium (as part of modified citrus pectin)	70 mg
PectaSol-C® modified citrus pectin	1,000 mg
Chlorella (<i>Chlorella</i> spp.) powder (cracked cell wall)	300 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant)(standardized to contain a minimum of 1,000 mcg sulforaphane)	250 mg
N-Acetyl-l-cysteine (free-form)	300 mg
l-Methionine (free-form)	200 mg
Alpha lipoic acid (thioctic acid)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

PectaSol-C® is a registered trademark of EcoNugenics®, Inc.

Liver & Detoxification



HM Complex	Quantity	Order Code
	180	HMC1
	90	HMC9

MenoVive

PureWoman™ product line

Formulated with Felice Gersh, M.D.*

BROAD-RANGE SUPPORT FOR MENOPAUSAL HEALTH AND COMFORT, MOOD, LIBIDO, MENTAL SHARPNESS AND CARDIOVASCULAR FUNCTION†

HMRlignan™ contains the lignan 7-hydroxymatairesinol, a precursor to enterolactone, which has been associated with a healthy estrogen-to-progesterone ratio and cellular health. As a result, lignans have demonstrated supportive roles in moderating hot flashes as well as promoting breast, uterine, cervical, bone and cognitive health. Importantly, dietary intake of lignans and healthy serum enterolactone levels are also positively associated with healthy cardiovascular function. Lifenol® hops extract contains 8-prenylnaringenin (8-PN), offering support for menopausal comfort, antioxidant defense and bone health. Two randomized, double-blind, placebo-controlled studies indicated that Lifenol hops extracts provided support for general menopausal discomfort, night sweats and hot flashes. Questionnaire results scored at six to eight weeks after supplementation suggest that hot flashes were reduced by three to four times compared to placebo. Ashwagandha, rhodiola and maca extracts are adaptogens offering support for positive mood and relaxation. Two randomized controlled trials indicated that

*Dr. Gersh is a retained advisor to Pure Encapsulations.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

ashwagandha offers support for occasional stress and promotes healthy sleep, cognitive function and relaxation. In addition to promoting emotional well-being, maca also offers support for sexual function. While rhodiola has long been known to support endurance, recent research suggests that it may act as a selective estrogen receptor modulator to support cognitive, cardiovascular and bone health related to menopause. Grape seed extract and resveratrol support menopausal comfort, as well as bone, cognitive and cardiovascular health. In a randomized controlled trial, resveratrol supplementation decreased menopausal symptom intensity in 78.6% of patients. Numerous studies suggest grape seed polyphenols promote healthy blood vessel relaxation and antioxidant defenses to promote cardiovascular health.†

1 capsule, twice daily, with meals.

Each (size 00) vegetarian capsule contains:

HMRlignan™ (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	36 mg
Lifenol® hops (<i>Humulus lupulus</i>) extract (female cone) (standardized to contain 0.15% 8-prenylnaringenin)	42.5 mg
Ashwagandha (<i>Withania somnifera</i>) extract (root) (standardized to contain 2.5% withanolides)	125 mg
Maca (<i>Lepidium meyenii</i>) extract (tuber)	250 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg
resVida® resveratrol (as trans-resveratrol)	12.5 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Not to be taken by pregnant or lactating women.

HMRlignan™ is a trademark of Linnea Inc.

Lifenol® is a trademark of Naturex.

resVida® is a trademark of DSM.

Women’s Formulas



MenoVive	Quantity	Order Code
	60	MOV6

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Targeting The Whole Woman
At Every Stage Of Life[†]



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¹ Among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020

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