PureWoman™
Menopausal Comfort Brochure

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

†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.

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

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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.1

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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Please visit PureEncapsulationsPro.com to access the most up-to-date product information and availability.
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.1

Dr. Gersh’s Four Step Approach

Initial Evaluation & 30-Day Reset Program

Lifestyle Bootcamp—Six Essential Areas of Well-being

Menopausal Comfort Protocol

Personalized, Proactive Support

STEP 1

Initial Evaluation & 30-Day Reset Program

STEP 2

STEP 3

STEP 4

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**

"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. A convenient once-daily packet featuring a multivitamin/mineral, fish oil and targeted support for G.I. health and gentle detoxification processes.

<table>
<thead>
<tr>
<th>PRODUCT RECOMMENDATION*</th>
<th>OBJECTIVE</th>
<th>DOSING*</th>
</tr>
</thead>
<tbody>
<tr>
<td>G.I. Fortify (capsules)</td>
<td>Designed to support a healthy G.I. environment, bowel regularity, colon cell function and detoxification</td>
<td>3 capsules daily, between meals with 8-12 oz water</td>
</tr>
<tr>
<td>DIM Detox</td>
<td>Support for detoxification, hormone metabolism, and cellular health</td>
<td>2 capsules daily, with a meal</td>
</tr>
<tr>
<td>HM Complex</td>
<td>Promotes the body’s natural, healthy detoxification process for common, mild environmental heavy metal exposure</td>
<td>3 capsules daily, between meals</td>
</tr>
<tr>
<td>Probiotic-S</td>
<td>A broad-spectrum probiotic for healthy intestinal microflora</td>
<td>1 capsule, 1-2 times daily, with or between meals</td>
</tr>
<tr>
<td>Detox Pure Pack</td>
<td>A convenient once-daily packet featuring a multivitamin/mineral, fish oil and targeted support for G.I. health and gentle detoxification</td>
<td>1 packet daily, with a meal</td>
</tr>
</tbody>
</table>

*Please note that patients may not require all supplements listed.
*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.

Please visit PureEncapsulationsPro.com to access the most up-to-date product information and availability.

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 foods 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 lawn care 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.


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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 hypothalamic-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

<table>
<thead>
<tr>
<th>CLINICAL OBJECTIVE1</th>
<th>PRODUCT RECOMMENDATION1</th>
<th>PRODUCT FEATURES</th>
<th>DOSING1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundational Nutrients</td>
<td>O.N.E.™ Multivitamin Order Code: ONE3</td>
<td>A comprehensive, once-daily multivitamin Featuring highly bioavailable essential vitamins and minerals</td>
<td>1 capsule daily, with a meal</td>
</tr>
<tr>
<td></td>
<td>O.N.E.™ Omega Order Code: ON03</td>
<td>1,000 mg of EPA and DHA combined Extracted using supercritical CO2 technology Promotes cardiovascular, joint, skin, and cognitive health</td>
<td>1 softgel daily, with a meal</td>
</tr>
<tr>
<td>Antioxidant &amp; Detoxification</td>
<td>NAC 600 mg Order Code: NA69</td>
<td>A derivative of the amino acid cysteine Supports respiratory function, glutathione production and detoxification‡</td>
<td>1 capsule, twice daily, between meals</td>
</tr>
<tr>
<td>Menopausal Comfort</td>
<td>MenoVive Order Code: MOV6</td>
<td>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‡</td>
<td>1 capsule, twice daily, with meals</td>
</tr>
<tr>
<td>Mood &amp; Emotional Well-being</td>
<td>Emotional Wellness Order Code: EW6</td>
<td>A combination of plant-extracts, amino acids, GABA, 5-HTP and vitamin B6 Supports emotional and mental well-being and moderates occasional stress‡</td>
<td>1 capsule, twice daily, between meals</td>
</tr>
</tbody>
</table>

‡Please note that patients may not require all supplements listed.
*Dosages should be personalized to the patient at the discretion of the healthcare provider.
+Dr. Gersh is a retained advisor to Pure Encapsulations.

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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.2,3

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.4

Glucose Homeostasis
Metabolic Xtra
Order Code: MX29

Lipid Metabolism
CholesterolPure Plus II
Order Code: CHP21

Healthy Blood Flow
Nitrile Oxide Ultra (capsules)
Order Code: NXC1

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.5

Innate Immune Support
Order Code: I56

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.6,7,8

Bone Health
Calcium K/D
Order Code: CKD1

Muscle Mass
PureLean® Protein
Order Code: PLPV6

Joint Comfort
Joint Complex
Order Code: JC3

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.9,10

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 for additional product recommendations.11

Memory Pro
Order Code: MEP21

CurcumaSorb Mind
Order Code: MCM26

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.12

G.I. Fortify® (capsules)
Order Code: GIF21

Probiotic-S
Order Code: PPRB6-00

Probiotic G.I.
Order Code: PG26

Poly-Prebiotic Powder
Order Code: PPRP1

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.12

G.I. Fortify® (capsules)
Order Code: GIF21

Probiotic-S
Order Code: PPRB6-00

Probiotic G.I.
Order Code: PG26

Poly-Prebiotic Powder
Order Code: PPRP1

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

Quick Reference Table

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

<table>
<thead>
<tr>
<th>Formula</th>
<th>Order Code</th>
<th>Page</th>
<th>Product Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>G.I. Fortify (capsules)</td>
<td>GIFC1</td>
<td>16</td>
<td>Designed to support a healthy G.I. environment, bowel regularity, colon cell function and detoxification‡</td>
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<tr>
<td>Probiotic-5</td>
<td>PRB6</td>
<td>19</td>
<td>5-strain blend; broad-spectrum probiotic support for healthy intestinal microflora‡</td>
</tr>
<tr>
<td>DIM Detox</td>
<td>DD6</td>
<td>14</td>
<td>Support for detoxification, hormone metabolism, and cellular health†</td>
</tr>
<tr>
<td>HM Complex</td>
<td>HMC1</td>
<td>16</td>
<td>Promotes the body’s natural, healthy detoxification process for common, mild environmental heavy metal exposure‡</td>
</tr>
<tr>
<td>Detox Pure Pack</td>
<td>DPPB3</td>
<td>17</td>
<td>A convenient once-daily packet featuring a multivitamin/mineral, fish oil and targeted support for G.I. health and gentle detoxification‡</td>
</tr>
<tr>
<td>O.N.E.™ Multivitamin</td>
<td>ONE1</td>
<td>18</td>
<td>Once-daily nutrient essentials with sustained-release CoQ10†</td>
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<tr>
<td>O.N.E.™ Omega</td>
<td>ONO6</td>
<td>19</td>
<td>1,000 mg supercritical CO2-extracted, triglyceride-form EPA and DHA in a convenient, once-daily dose‡</td>
</tr>
<tr>
<td>NAC 600 mg</td>
<td>N6063</td>
<td>18</td>
<td>Supports respiratory function, glutathione production and detoxification‡</td>
</tr>
<tr>
<td>MenoVive</td>
<td>MOV6</td>
<td>17</td>
<td>Support for menopausal health and comfort, mood, libido, mental sharpness and cardiovascular function‡</td>
</tr>
<tr>
<td>Emotional Wellness</td>
<td>EW1</td>
<td>16</td>
<td>Supports emotional and mental well-being and moderates occasional stress‡</td>
</tr>
</tbody>
</table>

Connect with Dr. Gersh

Practice:
Integrative Medical Group of Irvine
Irvine, California 92604

Social Media:
Instagram: @dr.felicegersh
Twitter: @DrFeliceGersh
Facebook: @felicegershmd

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

**DIM Detox**

**SUPPORT FOR DETOXIFICATION, HORMONE METABOLISM, AND CELLULAR HEALTH**

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 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.¹

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**Detox Pure Pack**

**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 I 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 taurine⁵
- Supports G.I. cell health and detoxification with l-glutamine, omega-3 fatty acids, and chlorella⁶
- 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 function⁶
- **EPA/DHA essentials** 1 softgel capsule
  - Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support⁷
- **Liver-G.I. Detox®** 2 vegetarian capsules
  - Dual support for both liver and gastrointestinal detoxification⁷
- **NAC (N-Acetyl-Cysteine)** 1 vegetarian capsule
  - Promotes glutathione synthesis to support detoxification and liver health⁷
- **Taurine** 1 vegetarian capsule
  - Amino acid for cardiovascular and detoxification support⁸
  - 1 pocket (daily) with a meal for gentle, daily detoxification support⁸

**1 pocket (8 capsules) contains**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity</th>
<th>Order Code</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt; 5 mg</td>
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</tr>
<tr>
<td>Vitamin A (as beta carotene)</td>
<td>3,750 mcg</td>
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<tr>
<td>Vitamin C (as ascorbyl palmitate)</td>
<td>100 mg</td>
<td></td>
<td></td>
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<tr>
<td>Vitamin D (as cholecalciferol) (D₃)</td>
<td>10 mcg (400 IU)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin E (as alpha-tocopherol succinate and natural tocopherols)</td>
<td>134 mg</td>
<td></td>
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<tr>
<td>Thiamin (as thiamin HCl) (B₁)</td>
<td>50 mcg</td>
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<tr>
<td>Riboflavin (as vitamin B₂ and 2% riboflavin 5’-phosphate) (activated B₂)</td>
<td>34.7 mg</td>
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<tr>
<td>Niacin (as niacinamide and 42% inositol hexaniocotinate (no-flush niacin))</td>
<td>86 mg</td>
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<tr>
<td>Vitamin B₆ (as pyridoxine HCl and 40% pyridoxal 5’-phosphate (activated B₆))</td>
<td>20.9 mg</td>
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<tr>
<td>Folate (as Metafolin®) (L-5-MTHF)</td>
<td>867 mcg DFE (400 mcg L-5-MTHF)</td>
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<tr>
<td>Vitamin B₁₂ (as methylcobalamin)</td>
<td>500 mcg</td>
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<td></td>
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</tbody>
</table>

**Indications:**

- Support for healthy detoxification⁸

**Daily Packet**

**With Metafolin® L-5-MTHF**

**With Metafolin® L-5-MTHF**

**BioResponse DIM®** from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863. 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.

**From the Manufacturer**

Please visit PureEncapsulationsPro.com to access the most up-to-date product information and availability.

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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 pyridium 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:

Calcium 5 mg
Total carbohydrate 1 g
Dietary fiber 1 g
Pyridium powder (hull) 1,100 mg
Flax (Linum usitatissimum) powder (seed) 400 mg
L-glutamine (as pyridoxal 5' phosphate) 500 mg
Aloe vera (Aloe barbadensis) juice (inner fillet) 100 mg
Chlorella (Chlorella spp.) powder (cracked cell wall) 100 mg
Other ingredients: vegetable capsule (cellulose, water), ascorbyl palmitate

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 ANTI-OXIDANT 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. Sulfuraphane, from broccoli sprout concentrates, 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
Sulforaphane (as part of modified citrus pectin) 5 mg
Potassium (as part of modified citrus pectin) 70 mg
PectaSol-C™ modified citrus pectin 1,000 mg
Chlorella (Chlorella spp.) powder (cracked cell wall) 300 mg
Broccoli (Brassica oleracea) juice (seed extract) 270 mg
Alpha lipoic acid (thioctic acid) 100 mg
Other ingredients: vegetable capsule (cellulose, water)‡, ascorbyl palmitate

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 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 (Humulus lupulus) extract (female cone) (standardized to contain 0.15% 8-prenylnaringenin) 42.5 mg
Ashwagandha (Withania somnifera) extract (root) (standardized to contain 2% withanolides) 125 mg
Macca (Lepidium meyenii) extract (tuber) 250 mg
Rhodiola (Rhodiolus rosea) extract (root) 50 mg (standardized to contain 3% total rosavins and 1% salidroside)
Grape (Vitis vinifera) seed extract (seed) (standardized to contain 92% polyphenols) 50 mg
resVida® resveratrol (as trans-resveratrol) 12.5 mg
Other ingredients: vegetable capsule (cellulose, water), hypolipidemic 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

†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.
NAC (N-Acetyl-L-Cysteine) 600 mg

SUPPORTS RESPIRATORY FUNCTION, GLUTATHIONE PRODUCTION AND DETOXIFICATION:
N-Acetyl-L-Cysteine (NAC) is a derivative of the dietary amino acid L-cysteine. NAC has a high affinity for lung tissue, which it supports through mucolytic and antioxidant action. NAC supports tissue levels of glutathione, a key component of the antioxidant defense system.¹

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

Each (size 0) vegetarian capsule contains:
N-Acetyl-L-cysteine (free-form) 600 mg

Liver & Detoxification

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, plant fiber (cellulose), ascorbyl palmitate, potato starch

NAC 600 mg Quantity Order Code
360 NA63
180 NA61
90 NA69

O.N.E.™ Multivitamin

With Metafolin® L-5-MTHF

ONCE-DAY NUTRIENT ESSENTIALS WITH SUSTAINED-RELEASE COQ10

Indications:
• Men and women age 18 and over

Vitamin Distinctions:
• Provides vitamins A, B, C, D and E in highly bioavailable forms
• Includes Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:
• Convenient one-capsule per-day dosing
• Antioxidant complex includes alpha lipoic acid and a blend of CoQ10, and sustained-release water-soluble MicroActive® QH²
• Choline and inositol for healthy cognitive function³
• Supports cellular health with 500 mcg lycopene and 50 mcg (2,000 IU) vitamin D³ vitamin D³ helps maintain muscular and retinal health with 3 mg lutein and 500 mcg zeaxanthin⁴

1 capsule daily, with a meal.

Each (size 00) vegetarian capsule contains:

· Vitamin A as vitamin A acetate and 73% beta carotene 1,125 mcg
· Vitamin E as d-α-tocopheryl succinate 20 mg
· Vitamin E as α-tocopherol-acetate 180 mg
· Vitamin E as d-calcium pantothenate 50 mcg (2,000 IU)
· Vitamin E as d-α-tocopheryl succinate 20 mg
· Vitamin E as thiamin HCl (B1) 3 mg
· Riboflavin (as vitamin B2 and 43% riboflavin-5’ phosphate (activated B2)) 3 mg
· Niacin (as niacinamide) 20 mg
· Vitamin B6 (as pyridoxine HCl and 38% pyridoxal 5’ phosphate (activated B6)) 4 mg
· Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE [400 mcg L-5-MTHF]
· Vitamin B12 (as cyanocobalamin) 500 mcg
· Biotin 300 mcg
· Panthenic acid (as calcium pantothenate) (B5) 10 mg
· Choline (as choline bitartrate) 25 mg
· Iodine (as potassium iodide) 150 mcg
· Zinc (as zinc citrate) 25 mg
· Selenium (as selenomethionine) 70 mcg
· Manganese (as manganese citrate) 2 mg
· Chromium (as chromium picolinate) 200 mcg
· Molybdenum (as TRAACS® molybdenum glycinate chelate) 75 mcg
· Boron (as boron glycinate) 1 mg
· Inositol 25 mg
· CoQ10 (as CoQ10 and as 18% from MicroActive® CoQ10-cyclodextrin complex) 50 mg
· Alpha lipoic acid 50 mg
· Formulated lutein 3 mg
· Zeaxanthin 500 mcg
· Lycopene 500 mcg

Other ingredients: gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch

Memory & Mood

Additional PureWoman™ products include:

Metabolic Xtra
MX29
CholesterolPure Plus II®
CHP21
Nitric Oxide Ultra
NXC1
Memory Pro
MEP21
CurcumaSorb Mind
MCL46
G.I. Fortify³
GIFC1
Probiotic-5
PRB6
SunButyrate™-TG liquid
BTGL

Poly-Prebiotic powder
PPRP1
Innate Immune Support
IS6
Balanced Immune
BIM6
Calcium K/D
CKD1
Magnesium (glycinate)
MG1
PureLean® Protein
PLPV6
RENUAL
RNL6
Joint Complex (single dose)⁵
JC3

O.N.E.™ Omega

1,000 MG SUPERCRITICAL CO2-EXTRACTED, TRIGLYCERIDE-FORM EPA AND DHA IN A CONVENIENT, ONCE-DAILY DOSE

O.N.E.™ Omega offers 1,000 mg of EPA/DHA in each softgel, twice the potency of other fish oils, providing powerful omega-3 fatty acid support for cardiovascular, joint, cognitive and skin health. Each softgel contains fish oil produced through a unique solvent-free, supercritical CO2-based extraction method. This method utilizes a low-temperature, oxygen-free process to prevent oxidation reactions, resulting in a pure, concentrated fish oil.¹

1 capsule daily, with a meal.

Each (size 22) softgel capsule contains:

Calories 12
Total fat 2 g
Fish oil concentrate 1,250 mg
(from anchovies, jack, herring, smelt, salmon, mackerel, squid)
Providing:
EPA (eicosapentaenoic acid) 600 mg
DHA (docosahexaenoic acid) 400 mg

Other ingredients: gelatin capsule (gelatin, glycine, water), natural mixed tocophers

Memory & Mood

This formula requires refrigeration to maintain culture viability.

Probiotic-5

Allergen-Free

5-STRAIN BLEND, BROAD-SPECTRUM PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA

This dairy and soy-free formula provides 10 billion CFU of the beneficial bacteria Lactobacillus acidophilus, Lactobacillus rhamnosus, Bifidobacterium bifidum and Bifidobacterium lactis. L. acidophilus and B. longum have been shown to promote healthy cytokine production in the colon and maintain healthy G.I. barrier function, in part by supporting the mucosal lining of the G.I. tract. Several trials have also revealed that mixed probiotic supplementation helps maintain intestinal flora, support healthy yeast balance, and promote G.I. comfort. A study involving elderly individuals indicated that a mixture of lactobacilli and bifidobacteria maintained healthy gut ecology. Studies also suggest that probiotic support improves immune health, enhancing B cell, T cell and NK cell function.⁶

1 capsule, 1–2 times daily, between meals.

Each (size 0) vegetarian capsule contains:

Poly-Prebiotic powder
PPRP1
Innate Immune Support
IS6
Balanced Immune
BIM6
Calcium K/D
CKD1
Magnesium (glycinate)
MG1
PureLean® Protein
PLPV6
RENUAL
RNL6
Joint Complex (single dose)⁵
JC3

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Please visit PureEncapsulationsPro.com to find the latest research on all products mentioned in this brochure.

Please visit us at PureEncapsulations.com for more information on this and other products.

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PureWoman™

Targeting The Whole Woman
At Every Stage Of Life

Access hundreds of research-based FREE-FROM products—from the #1 most recommended brand by healthcare professionals.¹

Visit PureEncapsulationsPro.com/PureWoman

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