



Estro-Logic®

Nature's Harmony® Estro-Logic® contains natural plant derivatives, rich in isoflavones, which the body can use to maintain normal estrogen levels. The herbal materials in Estro-Logic® are all high quality, guaranteed standardized plant extracts, providing greater potency, consistency and therefore, effectiveness.

PRODUCT CODE: 339171

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Provides safe and natural relief of menopausal symptoms by nourishing the hormonal system and promoting an overall sense of well-being. May help to reduce hot flashes, insomnia, fatigue, anxiety and other minor symptoms associated with menopause.	Capsule	Take one capsule twice daily with meals.

DESCRIPTION:

Nature's Harmony® Estro-Logic® offers women a natural alternative to hormone replacement therapy (HRT). This product was formulated by Dr. Kathleen Fry, MD, a gynecologist who practices holistic medicine, and Claudia Wingo, RN, a medical herbalist. This patented formula contains natural plant estrogens from soybeans, called isoflavones, combined with the following safe and effective herbs: black cohosh, chaste tree berry, wild yam, sage, vervain, astragalus and motherwort.

Recommended Daily Allowance: N/A

Food Sources: N/A

Causes of Deficiency: Insufficient estrogen production in the body.

Symptoms of Deficiency: Fatigue, hot flashes, absent-mindedness, vaginal dryness, moodiness, anxiety and/or depression, heart palpitations and sleep disturbances.

Complementary Nutrients: Vitamins B12, C and E; choline; iron; omega-3 fatty acids; aged garlic extract and herbs such as valerian and ginkgo biloba.

HOW IT WORKS:

Nature's Harmony® Estro-Logic® contains natural plant estrogens from soybeans, called isoflavones, that mimic estrogen activity. They help normalize hormones to alleviate menopause discomfort, with greatly reduced side effects compared with other estrogen treatments.

Estro-Logic® is formulated with an array of herbs that assist not only hormonal regulation and balance, but also healthy digestion and liver, nerve and heart function.



DID YOU KNOW...

Black cohosh comes from the same plant family as buttercup. Native Americans have used black cohosh root for many years in herbal remedies to treat colds, arthritis, malaria, sore throats, weakness, diarrhea, lung conditions, female infertility, menstrual problems, labour pains and miscarriage.

Estro-Logic®

RESEARCH:

Ingredients have been proven effective in extensive medical studies. Results from the most recent clinical study showed that women taking Estro-Logic® were more likely to experience significant improvements for such symptoms as fatigue, hot flashes, absent-mindedness, vaginal dryness, moodiness, anxiety and/or depression, heart palpitations and sleep disturbances associated with menopause than women on HRT.

SIDE EFFECTS:

Nature's Harmony® Estro-Logic® is a safe supplement with little or no side effects. Black cohosh may cause mild stomach upset.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not take Nature's Harmony® Estro-Logic® if pregnant or breastfeeding, or if contemplating pregnancy in the near future. Consult a health care practitioner prior to use if you have hormone-sensitive conditions such as endometriosis or uterine fibroids, or you are taking birth control pills or other prescription medications.

OTHER CONSIDERATIONS:

When chaste tree berry extracts are taken at the same time as oral contraceptives or female hormone replacement therapy (HRT), they may interfere with the way the body uses the hormones, and, as a result, the HRT or oral contraceptives may not be as effective.

LABEL:

Natures Harmony®
Estro-Logic®
Équilibre naturel d'oestrogènes
Soulagement naturel des symptômes ménopausiques
60 capsules

Usage recommandé: Procure un soulagement sûr et naturel des symptômes de la ménopause en nourrissant le système hormonal et en suscitant un sentiment général de bien-être. Peut aider à réduire les bouffées de chaleur, l'insomnie, la fatigue, l'anxiété et autres symptômes mineurs associés à la ménopause.

Dose recommandée (adultes): Prendre 1 capsule au repas, deux fois par jour.

Ingredients médicinaux: Chaque capsule contient:
Extrait de racine d'actée à grappes noires (Cimicifuga racemosa) (normalisé à 2.5% de glucosides iridopictols)..... 100 mg
Isoflavones de fève de soja (Glycine max) (normalisé à 40% d'isoflavones)..... 50 mg
Extrait de racine d'igname sauvage (Dioscorea villosa) (normalisé à 6% d'aponines au total)..... 33.3 mg
Extrait de baie de villex (Vitis agnus-castus) à 4:1..... 25 mg
Extrait de feuille de sauge (Salvia officinalis) à 4:1..... 12.5 mg
Extrait de plante entière de verveine (Verbena officinalis) à 7:1..... 12.5 mg
Extrait de racine d'astragale (Astragalus membranaceus) à 5:1..... 12.5 mg
Extrait de feuille d'agripaume (Ligustrum lucidum) à 4:1..... 12.5 mg
Ingrédients non médicinaux: cellulose, dioxyde de silicium, stéarate de magnésium, gélatine.

Information sur les risques: Ne pas utiliser si vous êtes enceinte ou allaitante ou pour quiconque envisage de devenir enceinte dans un avenir rapproché. Toute personne qui souffre d'un trouble hormonosensible, comme d'une endométriose ou d'un fibrome utérin, qui prend un contraceptif oral ou tout autre médicament sur ordonnance doit consulter un praticien de soins de santé avant de prendre ce produit. Si vous avez des antécédents de troubles du foie, prenez ce produit sous la supervision d'un praticien de soins de santé.

Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, sulfites, ni colorants, arômes ou agents de conservation artificiels.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

Natures Harmony®
Estro-Logic®
Natural Estrogen Balance
Natural Relief of Menopausal Symptoms
60 Capsules

Recommended Use: Provides safe and natural relief of menopausal symptoms by nourishing the hormonal system and promoting an overall sense of well-being. May help to reduce hot flashes, insomnia, fatigue, anxiety and other minor symptoms associated with menopause.

Recommended Dose (Adults): Take 1 capsule with a meal twice daily.

Medicinal Ingredients: Each capsule contains:
Black cohosh (Cimicifuga racemosa) root extract (STD to 2.5% iridopictol glucosides)..... 100 mg
Soybean (Glycine max) isoflavones (STD to 40% isoflavones)..... 50 mg
Wild Yam (Dioscorea villosa) root extract (STD to 6% total saponins)..... 33.3 mg
Sage (Salvia officinalis) leaf 4:1 extract..... 25 mg
Vitis agnus-castus berry 4:1 extract..... 12.5 mg
Chastetree (Vernonia officinalis) whole plant 7:1 extract..... 12.5 mg
Astragalus (Astragalus membranaceus) root 5:1 extract..... 12.5 mg
Motherwort (Leonurus cardiacifolia) leaf 4:1 extract..... 12.5 mg
Non-medicinal Ingredients: Cellulose, silicon dioxide, magnesium stearate, gelatin.

Risk Information: Do not use if pregnant or breastfeeding, or if contemplating a pregnancy in the near future. Consult a health care practitioner prior to use if you have hormone sensitive conditions such as endometriosis, uterine fibroids, take birth control pills or prescription medications. If you have a history of liver problems, use under the supervision of a health care practitioner.

This product does not contain corn, dairy, egg, gluten, shellfish, sulfites, or artificial colours, flavours or preservatives.

Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPÉRICULE INTÉRIEUR EST BRISÉ.
www.naturesharmony.com 1-877-929-2548

SunOpta Inc. 6 Lumière Crescent
Acton, ON L1J 2K3

A Proud Canadian Company
Une compagnie canadienne fière de l'être.

ESTRO-LOGIC® is a registered trademark of / est une marque déposée de Wikunaga of America Co., Ltd.

UPC CODE/NO: 7 73370 39171 9

3539771 01 02