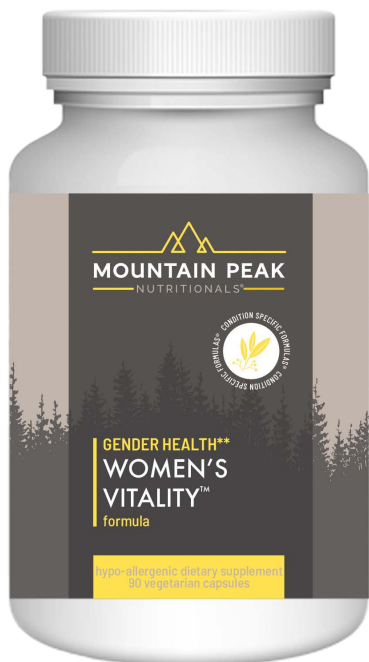


TECHNICAL DATA SHEET



GENDER HEALTH WOMEN'S VITALITY™

Helps maintain a healthy hormone balance.

Women's Vitality formula is specifically designed to give support to women experiencing occasional feelings of hot flashes, sleeplessness, night sweats, diminished interest in intimacy, mood swings, cramping, and other occasional discomforts resulting from hormonal fluctuations associated with menstrual cycles and changes related to perimenopause and menopause. The primary concern is centered on the hypothalamus-hypophysis axis, which requires the enabling of the body to normalize luteinizing hormones, while supporting normal estrogen and progesterone activity. **Women's Vitality** formula contains a combination of specific botanicals and nutrients that have been both clinically shown and traditionally utilized for supporting women's health and vitality. Dong quai, black cohosh, passionflower, chaste tree and wild yam all contain active constituents that promote normal hormone balance and restoration.

Supplement Facts

Serving size: 3 capsules

Servings per container: 30

Amount per serving		%DV
Magnesium (as Magnesium Citrate)	45 mg	11%
<i>Women's Vitality Proprietary Blend</i>	1645 mg	*
Passionflower extract (herb)(Passiflora spp), Burdock extract (root)(Arctium spp), Chaste tree extract (fruit)(Vitex agnus-castus), Licorice extract (root)(Glycyrrhiza spp), Wild Yam extract (root)(Dioscorea spp), Soy Isoflavone Complex, Black Cohosh extract (rhizome & root)(Cimicifuga racemosa), Dong Quai extract (root)(Angelica sinensis)		

* Daily Value not established.

Other ingredients: vegetarian capsules (hypromellose, purified water), silicon dioxide

Contains: soy (soybean)

INGREDIENTS:

Black Cohosh

Black cohosh and its applicable parts are the rhizome and root. The active constituents of black cohosh include phytosterin, isoferulic acid, fukinolic acid, caffeic acid, salicylic acid, sugars, tannins, long-chain fatty acids, and triterpene glycosides, including acetin, cimicifugoside, and 27-deoxyacetin (1). Black cohosh has been widely used in Native American culture for centuries for reducing occasional discomfort associated with menstrual cramps and hot flashes (2). Black cohosh functions by modulating healthy levels of luteinizing hormone (LH) that supports healthy levels of estrogen.

Soy Isoflavones

Soy isoflavones are phytochemicals that contain genistein and daidzein. In clinical trials, genistein and daidzein have demonstrated a strong activity and are considered significant phytoestrogens. Isoflavones help balance the normal activity of estrogens in the body. In keeping with our commitment to environmental awareness, our soy isoflavones are certified non-GMO.

Passionflower

Passionflower contains several active constituents, including the flavonoids: apigenin, luteolin, quercetin, kaempferol, and vitexin (10). In combination with other menopausal botanicals, passionflower acts as a hormone restorative. The chemicals in passionflower also support sleep and discomfort from muscle spasms.

Replaces all previous versions: 7.8.22

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.

Chaste Tree

The active constituents of chasteberries are the essential oils, iridoid glycosides, flavonoids, and diterpenes (3). The chasteberry plant constituents may support the pituitary gland to produce more luteinizing hormone, which increases progesterone production. Preliminary research revealed chasteberry as possibly having estrogen and progestin activity (4). Chasteberry appears to be selective for beta estrogen receptors.

Wild Yam

Wild yam and its applicable parts are the root and rhizome. The tubers of the Dioscorea species contain the glycoside diosgenin that has similar properties as progesterone and DHEA. Diosgenin supports normal estrogen-induced bile flow (5). Wild yam extract may support estradiol binding to estrogen receptors and induction of transcription activity in estrogen-responsive cells (6).

Licorice Root

Licorice has antispasmodic, mild laxative, and soothing properties. The constituents glycyrrhizin and glycyrrhetic acid inhibit 11-beta-hydroxysteroid dehydrogenase, an enzyme located in the aldosterone receptor cells of the cortical collecting duct (7). Glycyrrhizin may support the breakdown of cortisol produced by the body. Licorice flavonoids supports healthy liver cells, which enable better utilization of available hormones.

Burdock Root

Burdock and its applicable parts are the root, seed, and leaf. Extracts of burdock root appear to support healthy immunological activity (8). Burdock root contains volatile oils, lignans, polysaccharides, phytosterols and sesquiterpene lactones. Burdock root appears to support the liver's bioelimination pathways due to its antioxidant activity (9).

Dong Quai

Dong quai has been used for thousands of years in traditional Chinese medicine. There is a long list of reported health benefits found in taking dong quai (*Angelica senensis*). Dong quai is also known as "female ginseng" and appears to be a potent adaptogen. It has been historically used for supporting feelings of discomfort related to PMS and menopausal symptoms and may help support bone health.

Magnesium

Magnesium is the second most plentiful cation in the intracellular fluid and the most plentiful cation in the body. Magnesium is involved with more than 300 enzyme systems. About a third of skeletal magnesium is on the surface of the bone and acts as a reservoir to maintain the extra cellular magnesium concentration. The remaining two-thirds of magnesium in bone is a constituent of bone crystals and is not readily available as a magnesium source (11). Magnesium deficiency leads to impairment of osteoblast (bone building cells) function, according to research. There is also evidence that magnesium deficiency increases the formation and activity of osteoclasts (bone resorbing cells).

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

mountainpeaknutritionals.com
email us: support@mtnpeaknutrition.com



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