

Estera™ Phase II

WOMEN'S TRANSITIONS FORMULA



Positioning Statement

Estera™ Phase II contains a patent-pending blend of phytoestrogens, which are plant based compounds that bind to the body's estrogenic receptors. They should be incorporated into a woman's diet from an early age for benefits throughout life. Estera™ Transitions also contains flaxseed powder lignans and indole 3-carbinol (I3C) that work with the liver to help promote a healthy ratio of estrogen metabolites. Black cohosh works with other Estera™ ingredients to help relieve symptoms associated with menopause. Studies have shown that these ingredients can relieve common symptoms like hot flashes, vaginal dryness, occasional anxiousness, and mild mood swings.*

Concept

Normal Hormone Fluctuations. Hormones are involved in almost every function of the body—from the reproductive cycle to how fast your heart beats and your skin grows and wrinkles, from how much you remember and how sharp your thinking is to how much energy you have on any given day. They affect how your bones and muscles grow or disintegrate, where your body stores fat, and the strength and direction of all your emotions. During perimenopause, it is essential for women to understand the impact of normal hormone fluctuations on their quality of life. As estrogen and progesterone begin to decline in perimenopause, hormones begin to fluctuate dramatically. Scientists have evidence that estrogen levels will ultimately drop 40 to 60 percent, while progesterone can decline even more dramatically. It is clear that nutrition and exercise can significantly affect health during perimenopause and that poor nutrition and a sedentary lifestyle parallel a tremendous increase in symptoms during this phase of life.

Hormone Metabolites. The liver is responsible for safely metabolizing and excreting chemicals from your body. The normal metabolism of hormones in your body results in a unique ratio of two different metabolites: 2-hydroxyestrone and 16-alpha-hydroxye-

strone. The ratio of these metabolites, which are produced by the liver, is unique to every woman. It is important to incorporate diet and lifestyle choices that help the liver increase production of healthy metabolites such as 2-hydroxyestrone and decrease production of undesirable metabolites such as 16-alpha-hydroxyestrone. By incorporating healthy choices at an early age, a woman will receive health benefits throughout her life.

Perimenopausal Symptoms. Occasional bleeding through the menstrual cycle, achy joints, hot flashes, a temporary and minor decrease in the ability to concentrate or recall information, changes in sexual desire, sweating, frequent urination, recurrent awakening at night, vaginal dryness, night sweats, occasional anxiousness, and mild mood swings are just a few of the symptoms generally associated with the perimenopausal years. In addition to these, some women experience many symptoms associated with PMS. While some may only experience minor symptoms or none at all, some women suffer from one or multiple symptoms that can last from eight to ten years.*

Primary Benefits

- Provides powerful phytoestrogens—plant based compounds that bind to the body's estrogen receptors. These should be incorporated into a woman's diet from an early age to support bone strength and heart health and decrease the occurrence of hot flashes and other related health concerns later in life*
- A combination of flaxseed powder lignans and I3-C promote a healthy balance of estrogen metabolites*
- Offers relief from symptoms associated with perimenopause, including, but not limited to, occasional bleeding throughout the menstrual cycle, hot flashes, anxiousness, and mild mood swings*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Estera™ Phase II

What Makes This Product Unique?

- Estera™ Phase II Women's Transitions Formula is the first in the industry to provide a patent-pending combination of ingredients that addresses all three primary health concerns for women in perimenopause*
- Key ingredients are provided at levels found to be effective in clinical trials*
- Contains a proprietary source of soy isoflavones—64% soy isoflavones with genistein—a high potency soy extract on the market that retains the natural isoflavone ratio of soybeans*
- Contains pomegranate, a complementary phytoestrogen and a novel flavonoid with one of the highest ORAC antioxidant values found in nature*
- Contains a patent-pending blend of phytoestrogens and enzyme inducers*
- Estera™ is a product line developed for women by women

Who Should Use This Product?

This product is designed to benefit women during perimenopausal years. Women who are pregnant or lactating, or taking a prescription medication, should consult a physician before using this product.

Did You Know?

- Menopausal transition is commonly referred to as perimenopause
- During perimenopause, periods may become less regular and menopausal symptoms begin to appear
- Perimenopause usually begins about two to four years before the last menstrual period and lasts for about one year after the last period
- Menopause is marked by a woman's last menstrual period
- Postmenopausal women are at greater risk for bone and cardiovascular concerns

Frequently Asked Questions

Why does this product contain soy isoflavones?

Soybeans naturally contain isoflavones, which are potent phytoestrogens. The two predominant isoflavones in soybeans are genistein and daidzein. Genistein is the most well-researched phytoestrogen available on the market, with a number of clinical studies substantiating its health benefits in women.

How is genistein standardized in Estera™?

Isoflavones are found naturally in soy products. However, the level of isoflavones in soy products varies based on harvesting, manufacturing, and preparation methods. Therefore, to provide a consistent intake of phytoestrogens in your daily diet, Pharmanex provides a proprietary standardized 64% isoflavone extract with 40% genistein. Soy products currently on the market are only standardized to 40%

isoflavones or less. While extracts higher than 64% are rare, this high concentration of genistein can disrupt soy's natural isoflavone ratio.

Key Scientific Studies

1. Setchell KDR, Lydeking-Olsen E. Dietary phytoestrogens and their effect on bone: evidence from in vitro and in vivo, human observational, and dietary intervention studies. *Am J Clin Nutr*, 2003;78(suppl):593s–609s.
2. Cotter AC, Cashman KD. Genistein appears to prevent early postmenopausal bone loss as effectively as hormone replacement therapy. *Nutr Rev*, 2004; 61(10):346–51.
3. Atkinson C, Compston JE, Day NE, Dowsett M, Bingham SA. The effects of phytoestrogen isoflavones on bone density in women: a double-blind, randomized, placebo-controlled trial. *Am J Clin Nutr*, 2004;79(2):326–33.
4. Michnovicz JJ, Adlercreutz H, Bradlow HL. Changes in levels of urinary estrogen metabolites after oral indole-3-carbinol treatment in humans. *J Natl Cancer Inst*, 1997;89(1):718–723.
5. Morabito N, Crisafulli A, et al. Effects of genistein and hormone replacement therapy on bone loss in early postmenopausal women: a randomized, double-blind, placebo-controlled study. *J Bone Min Res*, 2002;17;1904–1912.

Supplement Facts

Serving Size One Capsule

Amount Per Serving		%Daily Value*
Black Cohosh (Cimicifuga Racemosa) Extract (4:1) Roots 2.5% Triterpene Glycosides	40 mg	*
Pomegranate (Punica Granatum) Extract (55:1) 2.5% minimum ellegic acid	40 mg	*
Lignans (from Flaxseed)	20 mg	*
Genistein (from 64% Soy Isoflavone Extract)	15 mg	*
Broccoli Powder (with Indole 3-Carbinol)	150 mg	*

*Daily Value not established.

Other Ingredients: Gelatin, Dietary Indoles, Magnesium Stearate, Silicon Dioxide.

Directions for Use

As a dietary supplement, take one (1) capsule with eight (8) ounces of liquid daily. Store in a cool, dry place.

Warning

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

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