



WOMEN'S FORMULA

Naturally eases the common symptoms of PMS and menopause.



Recommended Usage:
Take 3 capsules daily.

Storage:
Store closed in a cool, dry location.

Shelf Life:
2 years

Item#: US60017
Women's Formula 90 count



Uncomfortable symptoms of PMS and/or menopause include abdominal bloating, fatigue, headaches, pain or cramping, mood swings, water retention, acne, and hot flashes. These symptoms are related to natural hormonal changes and specific nutritional needs. Infinity2 Women's Formula - a natural blend of herbs, enzymes, vitamins and minerals - is designed specifically with a woman's needs in mind.

I need Women' Formula if...

- I experience symptoms of PMS.
- I want relief from the symptoms of menopause.
- I need extra nutritional support for hormone balance.

Benefits:

- Relieves the common symptoms of PMS and menopause.
- Provides nutritional support for hormonal balance.
- Moderates mood swings to help you feel yourself at all times.

What Makes Women's Formula Superior?

Women's Formula provides a complete balance of all the nutrients required to naturally ease the common symptoms of PMS and menopause.

- Provides a proprietary herbal blend to relieve the symptoms of PMS and menopause.
- Provides nutritional support for hormonal balance, including B vitamin complex and important minerals.
- Contains a custom formulated Chelate Activated Enzyme Delivery System (CAeDS®) ensuring the nutrients in this supplement are delivered to the cells of the body for guaranteed cellular nutrition and maximum effectiveness.
- Natural, highest quality ingredients, and completely vegetarian.
- Contains no gluten, MSG, salt, sugar, artificial colors, flavors, sweeteners, or chemical preservatives, additives, or fillers.

Allergens:

Contains no major allergens.
(Contains no milk, egg, wheat, soy, peanuts, nuts, corn, fish or shellfish.)

Drug/Nutrient Interactions:

For a detailed list of potential interactions see the Drug/Nutrient Interactions section at the end of the Technical Information portion of this document. Consult with your health practitioner and/or pharmacist if you are using any medications.

Special Considerations/Contraindications:

Women's Formula is not recommended for use during pregnancy or lactation. If you have had breast cancer or are undergoing treatment for breast cancer, consult a physician before using this product.



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Supplement Facts	
Serving Size 3 Capsules Servings Per Container 30	
Amount Per Serving	% DV
Vitamin B6	30 mg 1500%
Folic Acid	210 mcg 53%
Vitamin B12	21 mcg 350%
Calcium (as calcium amino acid chelate)	75 mg 8%
Magnesium (as magnesium chelazome®)	36 mg 9%
Zinc (as zinc chelazome®)	2.9 mg 20%
Copper (as copper chelazome®)	0.1 mg 5%
Manganese (as manganese chelazome®)	0.15 mg 8%
Protease 6.0	30,000 HUT †
Women's Formula Proprietary Blend	561 mg †
Vegetarian Yeast, Chlorella Algae, Black Cohosh (root), Wild Yam (root), Red Clover (tops), Blackstrap Molasses, Shiitake Mushroom, Chaste Tree (fruit) Extract, Red Clover (aerial part) 5:1 Extract.	
CAeDS® for Women's Formula	897 †
Calcium Amino Acid Chelate, Magnesium Chelazome®, Protease, Pectinase, Zinc Chelazome®, Cellulase, Amylase, CereCalase® (hemicellulase, beta-glucanase, phytase), Lipase, Glucoamylase, Copper Chelazome®, Manganese Chelazome®.	
† Daily Value (DV) not established.	

Other ingredients: Vegetable fiber, water.
Albion International, Inc. patent 5882685.
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Formulated by Infinity2 Health Sciences, Inc.

Women's Formula Technical Information

It is estimated that as many as 70 to 75 percent of all women experience some premenstrual symptoms at one time or another, and all women will experience one or more of the symptoms associated with menopause. Uncomfortable symptoms of PMS and/or menopause include abdominal bloating, fatigue, headaches, pain or cramping, mood swings, water retention, acne, and hot flashes. Proper diet, nutritional supplements, and exercise can help minimize and potentially eliminate most of the unpleasant side effects of PMS and menopause. These symptoms are related to natural hormonal changes and it is well established that women have specific nutritional needs related to these changes.

Infinity2 has created a unique formula specifically designed to give nutritional support for hormonal balance. Infinity2 Women's Formula utilizes a proprietary blend of vitamins, minerals and herbs to combat the common symptoms of PMS and menopause.

Proprietary Herbal Blend

Infinity2's proprietary herb blend utilizes centuries of experience in herbal medicine by combining chaste tree, red clover, wild yam, and black cohosh. These herbs have a history of traditional use as remedies for all types of complaints in hormone-related disorders, particularly for women.

Black Cohosh is a well researched herb used to relieve the symptoms of PMS and menopause. Numerous studies have demonstrated that black cohosh is an effective herbal remedy for calming hot flashes, vaginal dryness, and other discomforts of menopause (11; 17; 23; 25; 27; 34; 35; 39; 41; 43; 48). In fact, one study showed black cohosh was as effective as estrogen in reducing overall menopause symptoms (68). Traditionally, Native Americans used black cohosh to induce menstruation, relieve menstrual cramps, and facilitate labor and delivery (11). Black cohosh also contains ingredients that have been found to relieve muscle spasms and pain (25).

In the past, black cohosh was believed to be a phytoestrogen, a plant-based substance that has actions similar to estrogen. However, newer research indicates that black cohosh does not have general estrogen-like actions (24; 42; 61). Instead, it appears to be a selective-estrogen receptor modifier (SERM), meaning it only mimics estrogen in certain tissues. Research indicates that black cohosh acts like estrogen in the brain (reducing hot flashes), bone (potentially fighting osteoporosis), and vagina (reducing vaginal dryness), but not in the breast or uterus (24; 42; 60; 61; 66; 68). Because of this unique ability, black cohosh has been researched for its potential anti-cancer benefits and in vitro data indicates that black cohosh does not stimulate breast cancer growth (46; 53; 57; 70). Commission E, a German regulatory agency, considers black cohosh useful in the management of premenstrual syndrome, dysmenorrhea, and nervous conditions associated with menopause (10).

Chaste Berry (*Vitex agnus castus*) or "monk's pepper" is the fruit of the chaste tree. The dark brown, peppercorn-size fruit has been used for more than 2,500 years to treat various conditions. In ancient Egypt, Greece, and Rome

it was used for a variety of gynecologic conditions (58). Its modern use as an extract began in the 1950s when a German pharmaceutical company first produced a standardized extract. Today it is a standard European treatment used by family physicians and gynecologists and is approved by the German Commission E as a treatment for irregularities of the menstrual cycle, cyclic breast tenderness, and PMS. Studies indicate that chaste berry works by decreasing the production of prolactin in the pituitary, helping to balance estrogen and progesterone levels (36; 37; 49; 50; 58; 62; 67). More than 30 trials in Europe have shown that chaste berry is an effective and well-tolerated treatment for the symptoms of PMS (9; 14; 22; 29; 31; 33; 44; 47; 51; 55; 55; 58; 59; 64; 67), and appears to be as effective as some prescription medications in relieving the physiological symptoms of PMS (4).

Red clover has been cultivated since ancient times, and today is used to reduce symptoms of menopause and PMS. The active component of red clover appears to be isoflavones (phytoestrogens) that mimic estrogen activity. Several clinical studies have found that red clover is effective in reducing the symptoms of menopause (6; 7; 13; 28; 32; 45; 54; 63), and may be beneficial in improving bone density (65), cholesterol, and triglyceride levels in post-menopausal women (3; 18; 32; 52). In contrast to conventional hormone replacement therapies (HRT), red clover supplements do not appear to increase the density of breast tissue (2).

Wild yam (*Dioscorea* species) supplies naturally occurring precursors for DHEA (26), which supports the body's ability to balance hormone function and avoid cramps and other premenstrual problems. Wild yam also contains large amounts of a compound called dioscin, which has anti-inflammatory activity (12; 26).

Protease for inflammation

In addition to the anti-inflammatory benefits included in the proprietary herbal blend, protease was added to this unique formula as a general anti-inflammatory to further assist in reducing the symptoms of PMS and menopause that can result from inflammation associated with alterations in hormonal status (5; 21; 38; 40). Numerous studies have demonstrated the ability of protease enzymes to assist in healing and reducing inflammation (15; 16; 16; 19; 20; 30; 56).

Vitamin & Mineral Blend

In addition to the proprietary herbal blend, Infinity2 Women's Formula contains a proprietary blend of vitamins and minerals specifically designed to replenish nutrients needed for hormonal support. The B vitamins are particularly important in supporting hormone production and activity. Researchers have found that vitamin B6 (pyridoxine) supports hormonal balance and relieves menstrual cramps when taken in high amounts (8; 69). Vitamin B12 (cyanocobalamin) and folic acid are often depleted in cases of hormonal imbalance, and these nutrients are the regulating ingredients in the biochemical process by which blood cells are generated and are needed for the thymus to produce T-cells (1).



Women's Formula Technical Information (Continued)

All three of these key vitamins are found in the Infinity2 Women's Formula, and are combined with natural, whole food sources of these nutrients to ensure that all the natural co-factors are present. Some of the richest natural sources of B vitamins were included in the formula. Chlorella algae contains some analogues of vitamin B12 and enhances the body's ability to form healthy blood cells. It, along with rice bran and nutritional vegetarian yeasts (the richest, most well known natural source for the B vitamins), combine to form the most complete natural source of B vitamins for hormonal support. This unique formula also provides calcium and magnesium to support hormone production and bone health. These important minerals, along with a natural source of vitamin D - shiitake mushroom (*Lentinus edodes*), combine to provide additional nutritional support for women.

The Ideal Supplement For Hormonal Support
 Infinity2's Women's Formula provides full support for hormonal balance. The unique combination of herbs, nutrients, and enzymes reduce the symptoms of PMS and menopause. CAeDS® (Chelate Activated Enzyme Delivery System) was added to assure there are no barriers to absorption, assimilation and utilization of the key vitamins, minerals and phytonutrients of the formula. Furthermore, the unique CAeDS® system in Infinity2's Women's Formula ensures the active components of the herbal blend have maximum effect to assist with hormonal balance.

The CAeDS® Difference
 CAeDS® is a highly sophisticated nutrient delivery system that ensures the rich nutrients in Infinity2 products are absorbed and delivered to the cells of the body. The powerful combination of Infinity2's premium quality ingredients, advanced formulations, and a cellular nutrient delivery system makes it virtually impossible for any other company to match the effectiveness of our products. Simply put, CAeDS® guarantees cellular nutrition for maximum effectiveness!

Drug/Nutrient Interaction Details:

If you are taking:

- **Blood thinning drugs** such as Coumadin (warfarin), heparin, Plavix (clopidogrel), Ticlid (ticlopidine), Trental (pentoxifylline) or even aspirin: red clover should only be used under a physician's supervision.
- **Bromocriptine or drugs that affect the pituitary:** it is possible that chaste berry might interfere with their action.
- **Cisplatin (a chemotherapy drug):** black cohosh might reduce its effectiveness.
- **Doxorubicin or docetaxel (breast cancer treatments):** black cohosh may increase the effectiveness of these medications.

Consult with your health practitioner and/or pharmacist if you are using any medications.

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