EndoAxis

# Formula 7

## FEMALE DEPLETE BLEND

Blended to support and optimize testosterone and estrogen balance.

## AT A GLANCE

Low testosterone and low estrogen levels in women can lead to a variety of health issues, affecting both physical and emotional wellbeing. These hormonal imbalances can result from factors such as aging, certain medical conditions, some medications, stress, and lifestyle choices.

Women require estrogen for bone health, brain health, neurotransmitter balance and cardiovascular support, while testosterone can support dopamine levels, energy, motivation, libido, and metabolism. When levels of both these hormones are low, the overall vitality and well-being of our female clientele can decline.

Our formulation blends herbs and nutrients shown to support hormonal response and balance in women with low testosterone and low estrogen based on current scientific research.

### Meet Harmonize

Blended with female hormone balance in mind, these products work to harmonize and support healthy hormone levels.

Scan to view all formulas.

## KEY BENEFITS

Improves the activity and receptor response to testosterone and estrogens in the body

Targets hormonal response both through ovarian and adrenal health

Works to improve vitality and longevity through hormone restoration

## FORMULA ANALYSIS

***Cimicifuga racemose***

*Cimicifuga racemose* (Black Cohosh) has been used for centuries in Western herbal medicine for the alleviation and support of peri and postmenopausal hormonal changes, as well as for fertility support[1]. Numerous studies reveal the benefits of Black Cohosh, including alleviation of hot flashes[2], bone enhancing benefit, and mood supporting aspects of the herb. Preliminary clinical evidence suggests that black cohosh might increase osteoblast activity, seen within just 12 weeks of treatment[3].

Several additional studies reveal that black cohosh might act as a partial agonist at serotonin, opioid and dopamine receptors including 5HT-1A, 5HT-1D, mu opiate receptors and DRD2[4][5]. This effect could play a role in reducing menopausal symptoms, while also supporting mood and sleep regulation.

***Trigonella foenum-graecum***

*Trigonella foenum-graecum* (Fenugreek) has been used in traditional herbal medicine for centuries to treat concerns such as low libido, fatigue, mood changes and impaired muscle mass. It contains active saponins, namely fenugreekogenin, diosgenin and protodioscin, which have been suggested to influence hormone levels and potentially impact testosterone production and hormone balance in menstruating women[6], while also reducing menopausal symptoms in healthy postmenopausal women.[7] There have even been studies demonstrating improvement in bone mineral density between subjects using Fenugreek and controls.[8]

***Rosmarinus officinalis***

*Rosmarinus officinalis* (Rosemary) is rich in polyphenolic compounds, including rosmarinic acid and carnosic acid, which have been shown to reduce oxidative stress and protect cells from damage caused by free radicals[9], lending itself as a valuable ingredient for hormone regulation and support. Rosemary has been shown to enhance cognitive function and memory through the inhibition of acetylcholinesterase[10], which can be of particular interest when hormones are declining. The ursolic acid in rosemary has been linked to mood-regulating effects and anxiolytic properties[11], providing a natural support to mitigating low mood, anxiety and insomnia as it relates to hormonal shifts.

***Leonurus cardiaca***

*Leonurus cardiaca* (Motherwort) has traditionally been used for conditions related to heart health, including high blood pressure and arrhythmia regulation. However, more recent review on the constituents of Motherwort reveals it's very important role in female hormone imbalance. The aerial parts contain phenylpropanoids, flavonoids and phenolic acids in addition to sterols and tannins that can influence the nervous system, digestive disorders, skin inflammation, and even climacteric symptoms and amenorrhea[12]. The mechanisms underlying motherwort's effects on female hormone imbalance are multifaceted. It is proposed to influence hormonal balance through interactions with the hypothalamic-pituitary-adrenal (HPA) axis, which regulates stress responses and hormone secretion. Motherwort's potential to modulate stress-related hormone levels could indirectly impact reproductive hormone balance.[13]

## SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings Per Container 60

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Vitamin A (as beta carotene) (from Mixed-Carotene blend) | 20 mcg RAE | 2% |
| Vitamin C (as ascorbic acid) | 150 mg | 167% |
| Vitamin E (as d-alpha tocopheryl succinate) | 10 mg | 67% |
| Vitamin $B_6$ (as pyridoxal 5-phosphate) | 10 mg | 588% |
| Vitamin $B_{12}$ (as hydroxocobalamin) | 125 mcg | 5213% |
| Calcium (as calcium citrate tetrahydrate) | 15.8 mg | 1% |
| Magnesium (as 50% magnesium glycinate and 50% magnesium malate) | 13.1 mg | 3% |
| Zinc (as zinc picolinate) | 0.5 mg | 5% |
| Organic Gelatinized Maca (*Lepidium peruvianum chacon*) (root) powder | 250 mg | † |
| Tribulus (*Tribulus terrestris*) (fruit) extract (std. to 40% saponins) | 100 mg | † |
| Milk Thistle (*Silybum marianum*) (seed) extract 80% | 100 mg | † |
| Black Cohosh (*Cimicifuga racemosa*) (whole plant) extract 4:1 | 37.5 mg | † |
| Chastetree (*Vitex agnus-castus*) (fruit) extract (0.5% agnuside) | 25 mg | † |
| Shatavari (*Asparagus racemosus*) (root) extract (20% saponins) 10:1 | 15 mg | † |
| Rosemary (*Rosmarinus officinalis*) (leaf) extract (NLT 8% Carnosic Acid, NLT 0.5% Carnosol and NLT 2.5% Rosmarinc Acid) | 12 mg | † |
| Chinese Thoroughwax (*Bupleurum chinense*) (root) extract 5:1 | 10 mg | † |
| Fenugreek (*Trigonella foenum-graecum*) (seed) extract [50% Saponins with UV] 20:1 | 10 mg | † |
| Motherwort (*Leonurus cardiaca*) (whole herb) extract 10:1 | 10 mg | † |
| Alfalfa (*Medicago sativa*) (leaves and stem) extract 10:1 | 5 mg | † |
| Mixed-Carotene (from palm fruit (*Elaeis guineensis*)) | 2 mg | † |
| Alpha-Carotene | 0.02 mg | † |
| Gamma-Carotene | 0.2 mcg | † |
| Lycopene | 0.06 mcg | † |

† Daily Value not established

**Other ingredients:** Vegetable capsule (hypromellose), microcrystalline cellulose, and magnesium stearate.

## SUGGESTED USE

Take 2 capsules 2 times a day with a meal or as directed by your healthcare practitioner.

CAUTION: Do not use if pregnant or nursing. Consult your physician before use if you have a medical condition, or taking any medication. Do not use product if the safety seal is broken or damaged. Keep out of reach of children.

## MADE WITHOUT

Corn, soy, or wheat.

## REFERENCES


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***These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**