



Formula 9

A blend of herbs and minerals blended to help support optimal estrogen and androgen levels, when androgens are robust.

AT A GLANCE

When both androgens and estrogens are elevated, there becomes a concern for up-regulated CYP17A1, 3bHSD and CYP19A1 activity. This can be associated with PCOS, although it may also be driven by environmental and dietary impacts. Dysregulation of these enzymes may lead to simultaneous androgen and estrogen excess, driven by oxidative stress, inflammation, and insulin resistance.

Our herbal-mineral blend is well-tailored to inflammatory hormone excess presentations, especially those with dual hormone excess, by targeting key mechanisms including hormonal metabolism, insulin regulation, ovarian health, and inflammatory signaling.

Clinical outcomes will be enhanced when used alongside dietary and lifestyle interventions addressing inflammation, stress, and insulin sensitivity.

Although we omit Myoinositol from this blend, we include it as an “Add-On” product found in Formula 25, which has the evidence-based ratio of a 40:1 blend of myo and d-chiro inositol, which can help further regulate insulin activity and ovarian health.



KEY BENEFITS



A harmonizing blend of herbs and minerals designed to balance the inflammation that can result in up-regulated CYP17A1 and CYP19A1 gene expression



Nutritive herbs to support ovulatory health and follicular development



Nutrients provided to help improve blood sugar balance

FORMULA ANALYSIS

Achillea millefolium

Achillea (Yarrow) contains flavonoids, such as apigenin and luteolin, that exhibit anti-inflammatory and antioxidant activities and are thought to modulate pathways involved in PCOS pathogenesis[1]. Existing research suggests potential benefits in regulating menstrual cycles, reducing hyperandrogenism, and improving insulin sensitivity[2], while also reducing severity of concerning symptoms such as acne vulgaris in women struggling with PCOS[3].

Matricaria chamomilla

Matricaria chamomilla (Chamomile) is well-known for its anti-inflammatory and calming influence on our cells, but a growing body of research demonstrates the role chamomile can play to help regulate hormones and reduces the oxidative stress associated with elevated estrogens and androgens. The primary flavonoid, Apigenin, is credited with the majority of the influence on our tissues, reducing the influence of xenoestrogens, acting as an anti-inflammatory and reducing oxidative stress[4]. Apigenin plays a significant role in reducing hyperandrogenic activity[5], while chamomile whole herbs has been shown to reduce dyslipidemia and improve blood sugar regulation[6], making it a key herb in our blend targeting elevated estrogens and androgens.

Mentha spicata

Mentha spicata (Spearmint) has long been used in traditional herbal formulations to reduce high androgen activity and to reduce oxidative stress, supporting menstrual regulation for women struggling with oligomenorrhea in the context of high androgens[7]. Emerging research has begun to focus on its role as an insulin-sensitizing agent, making it an even more powerful herb in our inflammatory high androgen formulation[8].

Alchemilla vulgaris

Alchemilla vulgaris (Lady's Mantle) has historically been used for menstrual concerns in women of reproductive age. The research demonstrates 24 different constituents. These constituents include chlorogenic and gallic acids, quercetin glycosides, salicylic acid, and phytosterols to name a few.[9] They are the constituents attributed to the anti-inflammatory and liver-protective benefits associated with Lady's Mantle, and may also reduce menstrual discomfort and menstrual irregularities.[10]

L-Carnitine

L-carnitine is essential for the transport of long-chain fatty acids into the mitochondria for β -oxidation, thereby promoting energy production[11]. In PCOS, insulin resistance often leads to impaired mitochondrial function, and L-carnitine supplementation may enhance mitochondrial efficiency and reduce oxidative stress [12]. Additionally, L-carnitine has been shown to improve insulin sensitivity and modulate inflammatory pathways, providing a potential dual mechanism for PCOS management [13]. In addition to its metabolic effects, L-carnitine may exert positive influences on reproductive outcomes in PCOS. Enhanced ovulatory function, improved menstrual regularity, and increased pregnancy rates have been observed in women receiving L-carnitine supplementation [14]. These effects may be attributed to the role of L-carnitine in reducing hyperandrogenism and promoting a more favorable hormonal milieu.

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%
Magnesium (as 50% magnesium glycinate and 50% magnesium malate)	17.6 mg	4%
Riboflavin (as riboflavin 5-phosphate sodium)	15 mg	1154%
Vitamin B ₆ (as pyridoxal 5-phosphate)	10 mg	588%
Zinc (as zinc picolinate)	0.5 mg	5%
Trimethylglycine (as betaine anhydrous)	250 mg	†
German Chamomile (<i>Matricaria recutita</i>) (flower) extract	175 mg	†
N-acetyl-L-cysteine	100 mg	†
Yarrow (<i>Achillea millefolium</i>) (aerial parts) powder	100 mg	†
Lady's Mantle (<i>Alchemilla vulgaris</i>) (aerial parts) powder	100 mg	†
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	84.8 mg	†
Alpha Lipoic Acid (as R-lipoic acid)	50 mg	†
Spearmint (<i>Mentha spicata</i>) (leaf) powder	50 mg	†
Dandelion (<i>Taraxacum officinale</i>) (root) extract 4:1	25 mg	†
Mixed-Carotene (from palm fruit (<i>Elaeis guineensis</i>))	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), magnesium stearate, microcrystalline cellulose and silicon dioxide.

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.

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

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Meet Harmonize

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



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