



Formula 10

A robust blend of herbs and minerals to support androgen balance.

AT A GLANCE

Elevated testosterone in the presence of low estrogen suggests an imbalance of aromatization, which can be the result of inflammation, insulin resistance, thyroid disorders, medications and most commonly in the classic presentation of PCOS.

Estrogen is required for follicular development and egg maturation and supports endometrial health, bone health, brain health and even cardiovascular health.

Our formulation goals focus on providing a novel blend of herbs, nutrients and amino acids that support ovarian health and follicular development, optimize enzymatic expression of key androgen dominant-related genes, and target the primary routes of hormone detox to regulate hormone activity.

Meet Harmonize

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



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KEY BENEFITS



Nutritive herbs to support ovulatory health and follicular development



Targeting SRD5A genes (5 α -reductase) to optimize hormone balance



A harmonizing blend of herbs and minerals designed to support conversion of testosterone into estrogen via CYP19A1

FORMULA ANALYSIS

Glycyrrhiza glabra

Glycyrrhiza glabra (licorice root) is well-known for its adaptogenic qualities. Lesser known is the role Licorice can play in enhancing CYP19A1 activity[1], reducing 5 α -reductase response, and acting as a phytoestrogen to support ovarian health and follicular development[2], making it a primary herb used in the treatment of PCOS and other androgen-dominant conditions. The active constituents of licorice include glycyrrhizic acid and glycyrrhetic acid, which have demonstrated various pharmacological properties, including anti-inflammatory, anti-oxidative, and antiandrogenic effects, as well as a role in improving insulin sensitivity, likely through enhancing glucose uptake and inhibiting hepatic gluconeogenesis [3].

Peaonia lactiflora

Peaonia lactiflora (white peony) has a rich history of use in traditional medicine, particularly in China. It contains bioactive compounds, including paeoniflorin and paeonol, which have demonstrated various pharmacological properties, including anti-inflammatory, antioxidative, and anti-androgenic effects. These properties make peony an interesting candidate for the management of PCOS[4]. Peony compounds have been shown to exert anti-androgenic effects by inhibiting 5 α -reductase activity, the enzyme responsible for converting testosterone to its more potent form, dihydrotestosterone (DHT), while also primarily improving the activity of CYP19A1 (aromatase)[5].

Cimicifuga racemosa

Cimicifuga racemosa (Black Cohosh) is a North American herb which contains bioactive compounds, including triterpene glycosides and flavonoids, which have demonstrated pharmacological properties, including anti-inflammatory, anti-oxidative, and anti-androgenic effects.[6] There is evidence of improved follicular development and enhanced fertility outcomes in women with androgen excess, including PCOS.[7]

Zinc

Zinc is an essential mineral involved in numerous biochemical reactions in the body. Zinc is a cofactor for multiple enzymes, including those involved in DNA synthesis, immune function, and hormonal regulation. Deficiencies in zinc have been linked to PCOS-related complications. Numerous studies have demonstrated benefit from the use of zinc to address insulin resistance, inflammation and oxidative stress related to excess androgen production, as well as an enhanced role on reducing 5 α -reductase expression and regulating hormone metabolism.[8][9]

L-Carnitine

L-carnitine is essential for the transport of long-chain fatty acids into the mitochondria for β -oxidation, thereby promoting energy production[10]. In PCOS, insulin resistance often leads to impaired mitochondrial function, and L-carnitine supplementation may enhance mitochondrial efficiency and reduce oxidative stress [11]. Additionally, L-carnitine has been shown to improve insulin sensitivity and modulate inflammatory pathways, providing a potential dual mechanism for PCOS management [12]. 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 [13]. 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)	22.5 mcg RAE	3%
Vitamin B ₆ (as pyridoxal 5-phosphate)	5 mg	294%
Zinc (as zinc picolinate)	0.5 mg	5%
German Chamomile (<i>Matricaria recutita</i>) (flower) powder	175 mg	†
Betaine anhydrous	150 mg	†
N-acetyl-L-cysteine	100 mg	†
Spearmint (<i>Mentha spicata</i>) (leaf) powder	100 mg	†
Lady's Mantle (<i>Alchemilla vulgaris</i>) (aerial parts) powder	100 mg	†
Yarrow (<i>Achillea millefolium</i>) (aerial parts) powder	100 mg	†
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	100 mg	†
Fo-Ti (He-Shou-Wu) (<i>Polygonum multiflorum</i>) (root) powder	50 mg	†
Black Cohosh (<i>Cimicifuga racemosa</i>) (rhizome & root) extract	50 mg	†
Alpha Lipoic Acid (as R-lipoic acid)	50 mg	†
Dandelion (<i>Taraxacum officinale</i>) (root) extract 4:1	25 mg	†
Dong-Quai (<i>Angelica sinensis</i>) (root) extract 4:1	25 mg	†
Licorice (<i>Glycyrrhiza glabra</i>) (root) powder	25 mg	†
White Peony Root (Bai-Shao) (<i>Paeonia lactiflora</i>) (root) extract 4:1	25 mg	†
Burdock (<i>Arctium lappa</i>) (root) extract 10:1	12.5 mg	†
Mixed-Carotene (from palm fruit (<i>Elaeis guineensis</i>))	2.25 mg	†
Alpha-Carotene	0.025 mcg	†
Gamma-Carotene	0.25 mcg	†
Lycopene	0.075 mcg	†

† Daily Value not established

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

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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.**