

## Estro Balance

Comprehensive Support for  
Healthy Estrogen Balance\*

### Estro Balance Supplementation

Estro Balance provides support for healthy molecular and cellular functions needed to balance estrogen hormone metabolism. The formula uses several highly bioavailable and clinically proven trademarked ingredients, including BioFolate®, BioResponse DIM® Complex, and HMRIignan™, to help support balanced estrogen for men and women.\*

The ingredients in Estro Balance are supported by research on promoting healthy estrogen balance.\*

Clinical evidence and research cited herein show that the ingredients in Estro Balance may:

- Support healthy estrogen balance\*
- Support healthy endocrine function\*
- Support cardiovascular health\*
- Promote healthy stress response\*
- Promote overall health and well-being\*

### How Estro Balance Works

Estrogen is an aromatic compound with two pathways for metabolism responsible for a variety of functions in the body.<sup>1</sup> An imbalance in this process leads to either too low or too high estrogen levels, impacting male and female hormonal metabolism.\*<sup>1</sup>

BioFolate® is the metabolically active form of folic acid, a nutrient involved in one-carbon metabolism and many other biochemical processes that support estrogen balance by promoting healthy homocysteine levels.\*<sup>2,3</sup>

Broccoli raffinane contains glucosinolates that convert into a variety of breakdown products to promote healthy gut microbiota, which is also involved in hormone metabolism at a cellular level.\*<sup>4,5,6</sup>

BioResponse DIM® Complex is a highly bioavailable microencapsulated form of diindolylmethane (DIM) with clinically proven absorption rates.\*<sup>7,8</sup> DIM affects molecular activities related to estrogen hormone metabolism, particularly breast and prostate health, by supporting multiple signaling pathways impacting cellular health.\*<sup>7,8</sup>



## How Estro Balance Works Continued

N-acetyl L-cysteine (NAC) is an antioxidant involved in estrogen metabolism at a cellular level to support healthy stress response as it relates to estrogen production.<sup>♦9,10</sup>

HMRlignan™ is a highly bioavailable and easily digested pure estrogenic lignan that supports signaling pathways and healthy cellular functions.<sup>♦11,12</sup> HMR promotes healthy endocrine function by supporting healthy estrogen balance.<sup>♦12</sup>

# Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30/60

| Ingredients   | Amount Per Serving | %DV* |
|---|--------------------|------|
| Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)   | 200 mcg DFE        | 50%  |
| Broccoli Raffinate<br>(seed; <i>Brassica oleracea</i> ; enzyme activated broccoli standardized to at least 20 mg sulforaphane glucosinolates) | 500 mg             | **   |
| BioResponse DIM® Complex<br>[starch, diindolylmethane (DIM), vitamin E (as tocophersolan), phosphatidyl choline, silica.]                     | 150 mg             | **   |
| N-Acetyl L-Cysteine (NAC)   | 150 mg             | **   |
| HMR (7-hydroxymatairesinol potassium acetate complex) (HMRlignan™)  | 72 mg              | **   |

**Other Ingredients:** Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

BioResponse DIM® is a proprietary, enhanced bioavailability complex containing diindolylmethane licensed from BioResponse, L.L.C., Boulder, Colorado.

HMRlignan™ is a trademark of Linnea, SA.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

**Directions:** Take two capsules daily or as directed by your healthcare practitioner.

**Caution:** Do not use if you are pregnant, nursing, or may become pregnant. If taking medication, consult your healthcare practitioner before use. Harmless changes in urine color may occur while using this product. Keep out of reach of children.

### References:

1. Cavaliere EL et al. *J Steroid Biochem Mol Biol.* 2011;125(3-5):169-180.
2. Maruti, SS et al. *Am J Clin Nutr.* 2008;89(2):624-633.
3. Forges T et al. *Hum Reprod.* 2007;13(3):225-238.
4. Capuano E et al. *Curr Pharm Des.* 2017;23(19):2697-2721.
5. Cartea ME et al. *Phytochem Rev.* 2008;7(2):213-229.
6. Zelig MA. *J Med Food.* 2009;1(2).
7. Thomson CA et al. *Cancer Epid Biomar.* 2017;26(3):435.
8. Thomson OA et al. *Breast Cancer Res Treat.* 2017;165(1):97-107.
9. Venugopal D et al. *J Steroid Biochem Mol Biol.* 2008;109(1-2):22-30.
10. Delgobo M et al. *J Nutr Biochem.* 2019;67:190-200.
11. Kiyama R. *Trends Food Sci Technol.* 2016;54:186-196.
12. Kiyama R. *Environ. Int.* 2015;83:11-40.

♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)