

EstrAval®

*Natural Estrogen-
Replacement During and
After Menopause**

EstrAval helps you cope with menopausal challenges by replacing lost estrogen with an exclusive combination of natural plant estrogens from soy, dong quai, and black cohosh. You'll get your energy back and enjoy life again without the risks of hormones.*
Isn't your body worth a natural solution?



Studies have continually shown that soy reduces the occurrence of hot flashes and helps maintain the normal function of female body systems.*

High Soy Concentrate

- *EstrAval's* soy extract is highly concentrated with *isoflavones*—the operative natural ingredient.

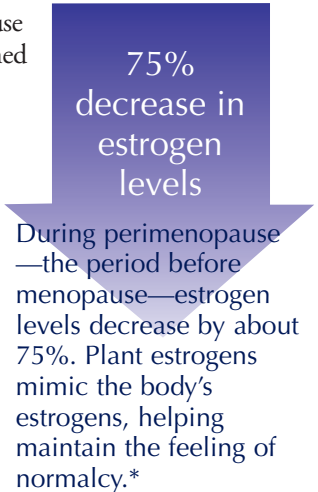
Black Cohosh, Dong Quai

- Natural ingredients with estrogen-like effects help maintain well-being during menopause.*

Works Naturally

- Unlike other options, *EstrAval* works naturally with the body's own systems.

Menopause is defined as the period of natural cessation of menstruation, usually occurring between the ages of 40 and 55. The time of change around menopause, however, can last several years. This time is marked by a drastic loss in *estrogen*, or what is commonly referred to as the “female hormone.” Estrogen, however, isn’t simply a hormone related to reproduction. It affects at least 300 of the body’s systems.¹



With a unique formulation consisting of extracts of soybean, black cohosh, and dong quai, *EstrAval* gives a woman’s body the tools it needs to sustain health and well-being through this natural change.*

Plant Estrogens

Researchers have discovered that several plants contain “plant estrogens,” or what are called *phytoestrogens*. These estrogens are similar to those in a woman’s body, though not as potent. The soybean is rich in a unique group of phytoestrogens called *isoflavones*. Isoflavones look and act similar to estrogen. They mimic the actions of estrogen to help maintain the normal function of female body systems—and to help reduce the occurrence of hot flashes.^{2*}

Several studies have shown soy’s natural health benefits for menopausal women.*

Benefits of *EstrAval*:

- Mimics natural estrogen, helping to maintain well-being*
- Scientifically researched, highest quality plant extracts checked for quality and potency
- Concentrated w/40% isoflavones

- 1) SOY:**
Rich in plant estrogens called *isoflavones*. These look and act like human estrogens, thus they can “link up” with estrogen receptors, and help maintain the normal function of female body systems.*
- 2) BLACK COHOSH:**
Contains plant estrogens that act similar to those in soy. Clinical studies have shown this extract to support female systems during menopause.*
- 3) DONG QUAI:**
Has a long history of use during menopause. Shown in studies to have estrogen-like effects.*

EstrAval contains 150 mg of soy extract, of which 40% is pure isoflavones.

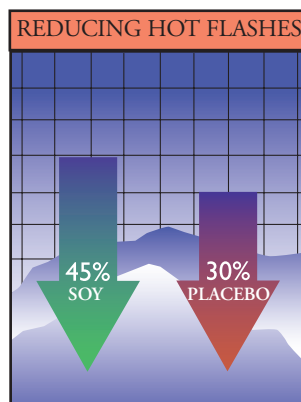
Black Cohosh/Dong Quai

In laboratory studies, black cohosh has been found to contain several compounds that bind to estrogen receptors. Clinical studies, as well, have shown it to help maintain positive body equilibrium during and after menopause.^{3*} Dong quai has also been found to have estrogen-like effects and to help maintain well-being during menopause.^{4*}

EstrAval: For A Smooth Change

Though menopause is a natural biological event in a woman’s life, after which she can expect to live for 30, 40, or 50 more years, it does mark a drastic change in a woman’s body. With natural phytoestrogens in a unique combination, *EstrAval* helps the body maintain a normal, healthy function both before and after the actual menopause occurs.* *EstrAval*: because you have a lot of living to do.

*Numerous clinical studies show soy’s natural health benefits for menopausal women.**



*EstrAval delivers compounds similar to the body’s own estrogen, helping maintain a feeling of balance and equilibrium to women experiencing menopause.**



¹ Furman C.S., *Turning Point* (New York: Oxford University Press, 1995).
² “Soy in A.M. May Relieve Sweats in P.M.,” *Environmental Nutrition* (February 1977).
³ Warnecke, “Influencing Menopausal Symptoms with a Phytotherapeutic Agent,” *Med. Welt*. 36 (1985), 871-4.
⁴ Harada M., Suzuki M., Ozaki Y., “Effect of Japanese Angelica root and Peony root on Uterine Contraction in the Rabbit in Situ,” *J. Pharm. Dyn.* 7 (1989), 304-11.

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