

## CLINICAL APPLICATIONS

- *Helps Maintain a Healthy Menstrual Cycle*
- *Promotes Progesterone to Estrogen Balance*
- *Supports Normal Prolactin Levels*
- *Promotes Healthy Testosterone Levels*

# WOMEN'S HEALTH

**BM Balance** addresses the need for healthy hormone levels with a robust natural formula that helps maintain a healthy menstrual cycle, as well as healthy progesterone-to-estrogen balance and optimal prolactin levels. The main ingredient in **BM Balance** is chaste tree berry extract, or Vitex, which has a long history of use in gently supporting hormone balance and has an excellent safety profile. Each capsule includes 200 mg licorice root extract, 200 mg *Peonia lactiflora* root extract and a 20 mg clinical dose of chaste tree berry extract.

### Overview

Up to 3 out of every 4 women experience hormonal changes during their childbearing years.<sup>1</sup> The female cycle is based upon biological rhythms involving the hypothalamus, pituitary, ovaries, uterus and biofeedback loops from the adrenal and thyroid glands. The monthly cycle consists of 3 phases: the follicular phase, the ovulatory phase and the luteal phase. Since a healthy menstrual cycle depends on hormonal balance and normal levels of prolactin, disruptions in the rhythm of these organs will result in challenges to the normal cycle. **BM Balance** provides 20 mg of chaste tree berry extract, which abundant research and years of use have shown to support normal levels of prolactin, which promotes cycle regularity.<sup>2</sup> In addition, the combination of *Peonia* and licorice support and promote overall female hormonal balance.

### Chaste Berry Extract (Vitex)<sup>†</sup>

Often used alone for menstrual support, chaste tree berry has a long history of providing support for healthy menstrual cycles. A multicenter, double-blind, placebo-controlled, parallel-group study randomized 162 female patients (18-45 years) to either placebo or different doses of a chaste tree

(8, 20 and 30 mg) over 3 menstrual cycles. Symptom severity was assessed by patients using scales for irritability, mood alteration, anger, headaches, bloating and breast fullness. They found that the treatment was well tolerated and improvement in total symptom score in the 20 mg group was significantly higher than in the placebo and 8 mg treatment group.<sup>3</sup> In another randomized, placebo-controlled, double-blind study, 134 patients answered a self-assessment questionnaire about their mood and hormonal discomfort. After receiving 40 drops of Vitex extract or matching placebo, for 6 days before menses for 6 consecutive cycles, significant improvement was found among those who used Vitex extract compared with placebo.<sup>4</sup> Similar results were found in a third randomized trial of 178 women given Vitex over 3 cycles.<sup>5</sup>

### Licorice and Peony<sup>†</sup>

Widely used together in clinical trials to help maintain normal DHEA, prolactin and prostaglandin levels, licorice and peony help support healthy progesterone secretion and estrogen balance.<sup>6</sup> Studies have shown this combination of botanicals supports normal DHEA-S levels,<sup>7</sup> decrease prostaglandin production and normalize prolactin levels.<sup>8,9</sup>

Licorice root extract is also important in supporting adrenal health.<sup>10</sup> Glycyrrhizin and its metabolites are known to slow down enzymes that convert cortisol to its inactive form cortisone. The similarity in structure of glycyrrhetic acid to that of cortisol accounts in part for the glucocorticoid activity of glycyrrhizic acid.<sup>11</sup> Licorice has also been found to reduce serum testosterone by blocking 17-hydroxysteroid dehydrogenase and 17-20 lyase, making it useful in protocols for balancing testosterone levels.<sup>12</sup>

<sup>†</sup>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.

## Directions

1 capsule per day or as recommended by your health care professional.

## Does Not Contain

Gluten, yeast, artificial colors and flavors.

## Cautions

Do not take if you are pregnant or nursing. Consult your physician for more information.

## Supplement Facts<sup>v5</sup>

Serving Size 1 Capsule  
Servings Per Container 60

1 capsule contains	Amount Per Serving	% Daily Value
Licorice Root Extract (Standardized to contain 12% Glycyrrhizin complex)	200 mg	*
White Peony Root Extract ( <i>Paeonia lactiflora</i> )	200 mg	*
Chaste Berry Extract	20 mg	*

\* Daily Value not established

ID# 578060 60 Capsules

## References

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