



DYNAMIC

# HORMONE BALANCE

Comprehensive Nutritional Support for Healthy Estrogen Balance\*

SPICED CHAI



## Dynamic Hormone Balance Supplementation

Dynamic Hormone Balance is a comprehensive blend of evidence-based ingredients that support healthy estrogen balance and endocrine function.\* This naturally flavored formula provides key herbal extracts, bioactive micronutrients, lignans, isoflavones, and antioxidants shown in clinical settings to help balance healthy estrogen levels.\*

Proper estrogen balance is key for supporting healthy mood, well-being, energy levels, and a multitude of other functions in the body.\* When estrogen is too low or too high, a variety of health issues can manifest.

Research suggests that the nutrients found in Dynamic Hormone Balance:

- Support healthy estrogen balance\*
- Support healthy endocrine function\*
- Support balanced moods and well-being\*
- Promote healthy immune function\*
- Promote healthy inflammatory markers\*
- Comes in three delicious flavors; spiced chai, caramel macchiato, and chocolate

## How the Ingredients in Dynamic Hormone Balance Work

Dynamic Hormone Balance features a carefully crafted spectrum of essential micronutrients, antioxidants, amino acids, prebiotic fiber, and bioactive protein for supporting gastrointestinal integrity and function.\*

Foundation ingredients in Dynamic Hormone Balance include diindolylmethane (DIM), calcium D-glucarate, flax lignans, resveratrol, and isoflavones (from kudzu extract and red clover extract), which research has shown act on specific enzymes in the body that mediate a healthy estrogen response.\*<sup>1,2</sup>

Specifically, DIM has been shown to act on certain enzymes that support estrogen balance in the body.\*<sup>2,3</sup>

Similarly, flax lignans and isoflavones appear to act on enzymes favoring metabolism of estrogens to inactive metabolites.\*<sup>4</sup> Calcium D-glucarate complements the Dynamic Hormone Balance foundation ingredients by promoting a healthy balance of estradiol and estrogen precursors.\*<sup>5</sup>

Dynamic Hormone Balance is rounded out with a precise blend of endocrine-supporting antioxidant compounds, such as resveratrol, EGCG (from green tea), curcumin, and grape seed extract.\* These ingredients appear to support estrogen balance in the body, acting as phytoestrogens that interact with estrogen receptors.\*<sup>6,7,8</sup> These select antioxidants are also well-known for supporting human health and longevity, particularly by encouraging healthy cardiovascular and immune function.\*<sup>9,10,11</sup>

## Why Use Dynamic Hormone Balance?

Dynamic Hormone Balance is an ideal nutritional supplement for individuals looking to support their estrogen balance and endocrine function.\* This formula is rich in plant-based nutrients and micronutrients that have been thoroughly researched and demonstrated to be effective in clinical settings for a variety of health issues, particularly estrogen imbalance.\*

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

# Supplement Facts

Serving Size: About 1 Scoop

Servings Per Container: About 14

Ingredients:	Amount	%DV*
Calories	120	
Total Fat	2 g	3%*
Saturated Fat	0.5 g	3%*
Total Carbohydrate	9 g	3%*
Dietary Fiber	5 g	18%*
Protein	15 g	
Vitamin A (as retinyl palmitate)	375 mcg RAE	42%
Vitamin C (ascorbic acid)	60 mg	67%
Vitamin D (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl acetate)	134 mg	893%
Riboflavin	0.85 mg	65%
Niacin (as niacinamide)	10 mg NE	63%
Vitamin B6 (as pyridoxal-5-phosphate)	5 mg	294%
Folate (BioFolate®) (as calcium L-5-methyltetrahydrofolate)	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	10 mcg	417%
Biotin	150 mcg	500%
Pantothenic Acid (as calcium-d-pantothenate)	5 mg	100%
Choline (as choline bitartrate)	50 mg	9%
Calcium (as calcium citrate and from calcium-d-glucarate)	590 mg	45%
Iron (as ferrous fumarate and from cocoa powder)	8.2 mg	46%
Phosphorus (as dipotassium phosphate)	115 mg	9%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium citrate)	200 mg	48%
Zinc (as zinc gluconate)	7.5 mg	68%
Copper (as copper gluconate)	1 mg	111%
Manganese (as manganese sulfate)	1 mg	43%
Chromium (as chromium picolinate)	100 mcg	286%
Sodium	40 mg	7%

Ingredients:	Amount	%DV*
Potassium (as dipotassium phosphate and from cocoa powder)	377 mg	8%
Flax Seed Extract	2 g	**
Calcium-D-Glucarate	1.5 g	**
Turmeric Extract [root; <i>Curcuma longa</i> (standardized to 95% curcuminoids)]	200 mg	**
EGCG [epigallocatechin-3-p-gallate (from green tea leaf extract; <i>Camellia sinensis</i> )]	125 mg	**
Resveratrol (from Japanese knotweed root; <i>Polygonum cuspidatum</i> )	125 mg	**
Grape Seed Extract ( <i>Vitis vinifera</i> )	100 mg	**
DIM (diindolylmethane)	100 mg	**
Kudzu Extract [root; <i>Pueraria lobata</i> (standardized to 40% isoflavones)]	62.5 mg	**
Red Clover Extract [flower; <i>Trifolium pratense</i> (standardized to 8% isoflavones)]	25 mg	**

**Other Ingredients:** Organic Brown Rice Protein Concentrate, Natural Flavors, Cocoa Bean Powder Processed With Alkali, Luo Han Guo Fruit (Monk Fruit) Extract, Silica.

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**Directions:** Mix 1 scoop in 8-10 ounces of water as a dietary supplement once or twice daily as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, taking medication, or have a history of breast cancer, consult your healthcare practitioner before use. Keep out of reach of children.

## References:

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\* 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.



NON-GMO



GLUTEN-FREE



DAIRY-FREE



PRODUCED IN A  
cGMP FACILITY

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