



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 which have been 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.* As such, 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 mood and well-being*
- Help you meet daily micronutrient requirements
- Include kudzu extract, DIM, red clover extract, resveratrol, and 1.5 g calcium D-glucarate per serving
- Comes in two delicious flavors; spiced chai and caramel macchiato

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.*^{1,2}

Specifically, DIM has been shown to act on certain enzymes that support estrogen balance in the body.*^{2,3}

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

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 further support estrogen balance in the body, acting as phytoestrogens that interact with estrogen receptors.*^{6,7,8} These select antioxidants are also well-known for supporting human health and longevity, particularly by encouraging healthy cardiovascular and immune function.*^{9,10,11}

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

Supplement Facts

Serving Size: About 1 Scoop

Servings Per Container: About 14

Ingredients:	Amount	%DV*	Ingredients:	Amount	%DV*
Calories	115		Potassium (as dipotassium phosphate, from pea protein and cocoa powder)	413 mg	9%
Total Fat	3 g	4%*	Flax Seed Extract	2 g	**
Saturated Fat	0.5 g	2%*	Calcium-D-Glucarate	1.5 g	**
Total Carbohydrate	7 g	3%*	Turmeric Extract [root; <i>Curcuma longa</i> (standardized to 95% curcuminoids)]	200 mg	**
Dietary Fiber	3 g	12%*	EGCG [epigallocatechin-3-p-gallate (from green tea leaf extract; <i>Camellia sinensis</i>)]	125 mg	**
Protein	16 g		Resveratrol (from Japanese Knotweed root; <i>Polygonum cuspidatum</i>)	125 mg	**
Vitamin A (as retinyl palmitate)	375 mcg RAE	42%	Grape Seed Extract (<i>Vitis vinifera</i>)	100 mg	**
Vitamin C (ascorbic acid)	60 mg	67%	DIM (diindolylmethane)	100 mg	**
Vitamin D (as cholecalciferol)	10 mcg	50%	Kudzu Extract [root; <i>Pueraria lobata</i> (standardized to 40% isoflavones)]	62.5 mg	**
Vitamin E (as d-alpha tocopheryl acetate)	134 mg	893%	Red Clover Extract [flower; <i>Trifolium pretense</i> (standardized to 8% isoflavones)]	25 mg	**
Riboflavin	0.85 mg	65%			
Niacin (as niacinamide)	10 mg NE	63%			
Vitamin B6 (as pyridoxine HCl)	25 mg	1,471%			
Folate (Quatrefolic®) (as (6S)-5-methyltetrahydrofolic acid, glucosamine) (240 mcg folic acid)	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)	530 mg	41%			
Iron (as ferrous fumarate, from pea protein and cocoa powder)	8.5 mg	47%			
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 (from pea protein)	170 mg	7%			

Other Ingredients: Pea Protein Isolate, Brown Rice Protein Concentrate, Natural Flavors, Stevia Leaf Extract, Cocoa Bean Powder Processed With Alkali, Guar Gum, Silicon Dioxide.

Quatrefolic® is a registered trademark material of Gnosis SpA. Patent No. 7,947,662.

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: Do not use if pregnant or nursing. Consult your healthcare practitioner before use if taking medications or other nutritional supplements. 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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