

# Balance Her Out™

A SUPPORT FOR FEMALE HORMONAL BALANCE\*

Maximize your potential for vibrant, healthy skin and hair with Balance Her Out™, a unique formula that supports hormonal balance and healthy estrogen metabolism.\* Hormones play an important role in hair fullness, and in skin elasticity, hydration, and radiance. They can affect hair follicle growth, and how oily or healthy your skin looks. By harnessing the power of carefully selected nutrients and herbs, Balance Her Out™ is designed to promote optimal hormonal balance and support healthy inflammatory responses, antioxidative status, and detoxification — all contributing to luxurious hair and skin.\*



F6B120-DFB | 120 capsules



## Recommended Use

Take 4 capsules per day or as directed by your health-care practitioner.

**Warning:** Do not use if pregnant or nursing

## BENEFITS\*

1

PROMOTES RADIANT-LOOKING HAIR AND SKIN

2

SUPPORTS HORMONAL BALANCE AND HEALTHY ESTROGEN METABOLISM

3

PROMOTES A HEALTHY INFLAMMATORY RESPONSE

4

SUPPORTS ANTIOXIDANT STATUS

5

PROMOTES HEALTHY DETOXIFICATION

## JUST THE FACTS

- **Diindolylmethane (DIM)** – Naturally found in cruciferous vegetables, such as broccoli, cauliflower, and Brussels sprouts. Promotes healthy estrogen status.\*
- **Black Cohosh and Chaste Tree Extracts** – Unique herbal ingredients with a long history of medicinal use. Promote estrogen and progesterone balance (the two primary sex hormones in women), cognitive function, overall mood, and healthy inflammatory responses.\*
- **Calcium D-Glucarate** – Promotes healthy detoxification, supporting the excretion of potentially toxic compounds and excess estrogen.\*
- **Vitamins B6, B9, B12, and Magnesium** – Support the health of your skin, hair, and nails.\* Promote healthy energy production, antioxidant status, cellular and genetic health, and healthy immune responses.\*
- **Resveratrol, Chrysin, Green Tea Extract, and Broccoli Seed Extract** – Beneficial plant compounds and extracts that support healthy aging, antioxidant status, healthy inflammatory responses, immune function, and estrogen metabolism.\*

## Supplement Facts

Serving Size 4 capsules  
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	30 mg	1765%
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	680 mcg DFE	170%
Vitamin B-12 (as Methylcobalamin)	400 mcg	16667%
Calcium (from Calcium D-Glucarate USP)	50 mg	4%
Magnesium (as Di-Magnesium Malate)	50 mg	12%
Calcium D-Glucarate USP	400 mg	*
Chrysin	200 mg	*
Chaste Tree Extract ( <i>Vitex agnus castus</i> )(fruit) [standardized to contain 0.5% agnusides]	200 mg	*
Green Tea Extract ( <i>Camellia sinensis</i> )(leaf) [standardized to contain 95% polyphenols and 45% EGCG]	100 mg	*
Diindolylmethane (DIM)	100 mg	*
Black Cohosh Extract ( <i>Actaea racemosa</i> )(root) [standardized to contain 2.5% triterpene glycosides]	100 mg	*
Broccoli Blend [Broccoli Powder Extract ( <i>Brassica oleracea</i> L.)(seed)(TrueBroc®), Mustard Powder ( <i>Sinapis alba</i> )(seed)]	50 mg	*
Trans Resveratrol (Veri-te™)	20 mg	*

\*Daily Value not established.

Consult with your health-care practitioner about your specific circumstances and any questions you may have regarding this product.

\*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.

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