



# PhytoBalance II

Introduced 2017



## What Is It?

PhytoBalance II is a blend of standardized herbal extracts designed to provide multifaceted support for the body during the hormonal changes that occur during menopause. This formula naturally promotes healthy estrogen-like activity and may reduce hot flashes.\*

## Features Include

- Supports the body during periods of hormonal changes\*
- Targets menopausal comfort\*
- Promotes vascular health for cardiovascular and cognitive support\*
- Made with hypoallergenic, vegan ingredients

## Uses For PhytoBalance II

**Menopause Support:** This unique formula contains phytoestrogens, natural substances in plants that bind to estrogen receptor sites and exhibit weak estrogen-like activity. Black cohosh helps maintain healthy levels of luteinizing hormone, allowing for optimal comfort and physical well-being. Preliminary studies suggest that sage extract helps support menopausal comfort, including hot flashes and night sweating. Vitex helps maintain healthy prolactin secretion, and may also promote healthy dopamine levels. Grape seed extract is included to support cardiovascular and cognitive health. Research suggests the proanthocyanidins from grape seed promote menopausal comfort, as well as vascular integrity to support healthy blood flow.\*

## What Is The Source?

Black cohosh extract is derived from *Cimicifuga racemosa* root and standardized to contain 2.5% triterpene glycosides. Sage extract is derived from *Salvia officinalis* leaf and standardized to contain 12% ursolic acid. Licorice extract is derived from *Glycyrrhiza glabra* root and standardized to contain 20% glycyrrhizic acid. Motherwort extract is derived from *Leonurus cardiaca* whole herb. Chaste tree extract is derived from *Vitex agnus-castus* berry. Grape extract is derived from *Vitis vinifera* seed and standardized to contain 92% polyphenols.

## Recommendations

Pure Encapsulations® recommends 1 capsule daily, between meals, or as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Black cohosh, licorice or chaste tree can cause G.I. upset, or in rare cases headache, itching, rash, insomnia, fatigue, weight gain or irregular menstrual bleeding. There have been rare case reports of liver toxicity from black cohosh combination formulas. If you have any health condition, particularly a liver condition, consult your health professional before use. Your health professional may decide to monitor liver function while taking this product.

## Are There Any Potential Drug Interactions?

Grape seed and licorice may react with blood thinning medications. Individuals on blood pressure or antidiabetes medications may require monitoring. Chaste tree may be contraindicated for individuals using hormone replacement therapy or oral contraceptives, it is recommended to use this formula cautiously in patients with hormonal disorders and those using estrogen therapy. Motherwort may be contraindicated with antidepressant medications. Licorice may be contraindicated with oral corticosteroid medications. Consult your physician for more information.

## PhytoBalance II

each vegetarian capsule contains  v 00

black cohosh (*Cimicifuga racemosa*) extract (root)..... 100 mg  
 (standardized to contain 2.5% triterpene glycosides)  
 sage (*Salvia officinalis*) extract (leaf)..... 80 mg  
 (standardized to contain 12% ursolic acid)  
 licorice (*Glycyrrhiza glabra*) extract (root) ..... 80 mg  
 (standardized to contain 20% glycyrrhizic acid)  
 motherwort (*Leonurus cardiaca*) extract (herb) ..... 80 mg  
 chaste tree (*Vitex agnus-castus*) extract (berry) ..... 40 mg  
 grape (*Vitis vinifera*) extract (seed).....120 mg  
 (standardized to contain 92% polyphenols)  
 other ingredients: vegetarian capsule (cellulose, water), hypoallergenic  
 plant fiber (cellulose), maltodextrin, tri-calcium phosphate

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