



VEGETARIAN

WOMEN'S TRANSITION™ MENOPAUSE

GLUTEN FREE

HORMONAL BALANCING FORMULA Standardized Black Cohosh, Vitex & Dong Quai

Thoughtful selection of traditional women's herbs provided in carefully selected amounts makes Women's Transition™ Menopause truly excel.

The formulating clinicians at the PIONEER® brand developed Women's Transition™ Menopause in concert with a group of internationally recognized professional herbalists and holistic physicians.¹ Out of their vast experience and skill in botanical medicine, this potent herbal supplement was born.

CONSIDER THESE PIONEER® ADVANTAGES:

1. Deep-Acting. The use of some herbs can yield quick but superficial results, requiring long-term usage for continued effect. PIONEER® Women's Transition™ Menopause instead contains deep-acting herbs intended to provide nutritive support to help correct underlying imbalances by addressing the body's metabolic functioning. Deep-acting herbs may take 1-6 months to produce results, but often require a shorter total usage period.

2. Concentrated & Standardized Herbal Extracts. The PIONEER® clinicians often favor the use of standardized extracts in dietary supplements to guarantee the presence of scientifically specified levels of active ingredients. However, some herbs have yet to be sufficiently researched to identify and verify the active plant principles that can be used as standardization markers. In these cases, PIONEER® selects concentrated, non-standardized herbs.

3. Herbal Support in Meaningful Potencies. PIONEER® Women's Transition™ Menopause contains preferred potencies of the following high quality herbs:

• BLACK COHOSH (Cimicifuga racemosa) Black cohosh is among the best known of women's support herbs. Its use is backed by a number of scientific studies indicating superior efficacy. To provide comparable levels of actives as suggested by clinical research to result in significant benefit, Women's Transition™ Menopause contains 150 mg of standardized black cohosh extract per 2 tablet serving.² Black Cohosh was introduced to western herbalism by Native American women who valued it highly. Standardized to 2.5% total triterpene glycosides, 0.7% [1 mg per serving] deoxyactein.

• CHASTE TREE (Vitex agnus-castus) Native to the Mediterranean and now grown in Central Asia, Vitex has been used by women for centuries. Research is extensive, with many experimental and clinical reports referencing its potential effectiveness.³⁴ Vitex is a slow and

deep-acting tonifier that helps provide nutritive support for normal female balance. Standardized to 0.5% agnusides, 0.6% aucubin.

• DONG QUAI (Angelica sinensis) Used in China since ancient times, Dong Quai has been referred to as the "female ginseng." This antispasmodic herb is suggested to help provide women with nutritive support for healthy endocrine balance. Standardized to 1% ligustilides.

• LICORICE (Glycyrrhiza glabra) Highly regarded in Chinese medicine for more than 5000 years, Licorice has long been a favorite of Western herbalists as well. In addition to its potent phytoestrogen effects, licorice has been researched for its potential influence on serotonin and cortisol metabolism and may provide nutritive support for healthy mood and stress response.⁵ Standardized to 8% glycyrrhizic acid.

• MOTHERWORT (Leonurus cardiaca) This bitter herb, also known as Heartwort, is intended to provide nutritive support for normal heart rhythm and is noted to have calming and uterine tonic properties. It contains flavonoids, catechins and other active constituents.

• ALFALFA EXTRACT (Medicago sativa) A highly nourishing herb, alfalfa provides naturally-occurring minerals, vitamins, protein, saponins and phytoestrogens (coumestans).

4. Gamma-Oryzanol. This well researched, naturally-occurring constituent of rice bran oil contains the phytoosterols beta-sitosterol and campesterol. It has been used by menopausal Japanese women for over three decades.⁶

Table with 3 columns: Ingredient, Amount per Serving, %DV. Includes Total Carbohydrate, Dietary Fiber, Black Cohosh, Chaste Tree, Dong Quai, Licorice, Alfalfa, Motherwort, and Gamma-Oryzanol.

REFERENCES 1. A series of teleconferences between James Lemkin, ND and Mary Bove, ND, Subhuti Dharmananda, PhD, David Hoffman, BSc (Hons), MNIMH, Tori Hudson, N., and Donald Yance, CNMH, July 24-30, 1995; 2. Pockaj BA, et al. Pilot evaluation of black cohosh for the treatment of hot flashes in women. Cancer Invest. 2004;22(4):515-21 AND mayoclinic.com; 3. Winterhoff, H. Vitex agnus-castus (Chaste Tree): Pharmacological and Clinical Data, in Phytomedicines of Europe - Chemistry and Biological Activity; Lawson LD and Bauer R, ed. 1998: 299-308; 4. Milewicz A, Gejdel E, et al. Vitex Agnus Castus extract in the treatment of luteal phase defects due to hyperprolactinemia. Arzneimittelforschung 1993 Jul;43(7):752-6; 5. Ofir R, et al. Inhibition of serotonin re-uptake by licorice constituents. J Mol. Neurosci. 2003 Apr;20(2):135-40; 6. Ishihara M, et al. Clinical effect of gamma-oryzanol on climacteric disturbance - on serum lipid peroxides. Nippon Sanka Fujinka Gakkai Zasshi. 1982 Feb;34(2):243-51.

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