

Women's Health

Health is a proactive choice, and a choice that should reflect the specific needs of your body. There are dietary supplements to give women options designed specifically to meet these various needs. Whether your needs are for prenatal support, support to make the transition through menopause, post-menopausal supplements, or just overall female health, we offer products that let you address your health requirements.

Female Health Ages 18-45

It is important for women of childbearing age to meet daily nutritional requirements, especially for vitamins and minerals such as calcium, iron and folic acid. It is during these years that women prepare for future health, building stores of calcium supporting the prevention of osteoporosis as well as maintaining an intake of folic acid to prevent birth defects in future pregnancies. Additionally, nearly 20% of all women and 50% of pregnant women are iron deficient causing anemia. This condition leads to fatigue, pale skin, weakness, headache and can lower immune response to infection. Because normal dietary intake rarely supplies the required amount of crucial nutrients, in planning for pregnancy, it is necessary to supplement these vitamins and minerals at least 3-6 months prior to conception. Even if you are not planning for pregnancy, our formulas provide optimal levels of nutrients for overall female health during these important years. We offer:

Women's Multi :

- A food rich supplement, this vegetarian supplement is formulated to specifically meet the nutritional needs of women
- Contains lutein, L-tyrosine, lavender extract, chaste berry extract and several other nutrients critical to women's health.

Prenatal Multi :

- Formula provides the nutrients and vitamins needed to support the extra demands pregnancy places on a woman's body
- Includes recommended levels of calcium, zinc, folic acid, and iron to support the health of mother and baby Ideal prior to, during, and after pregnancy

CranMax[®] Cranberry :

- Demonstrated to promote urinary tract health and provide antioxidant support
- Concentrated, making a single capsule more beneficial than 10oz of cranberry juice

Calcium Citrate with Vitamin D :

- Calcium citrate has been found to be the most efficiently absorbed form of calcium available, and mixed with vitamin D makes for an outstanding bone support product

The above products are just a few recommended to help women maintain optimal health and to meet the unique needs of their bodies.

Anti-Aging

Women past the childbearing years face the beginning effects of aging. As we successfully advance into maturity, we begin to notice differences in our appearance. Nutrients play different roles during this stage in a woman's life. Alpha Lipoic Acid promotes anti-aging benefits as well as healthy blood sugar. Grape seed extract, Pomegranate powder and Cranberry help quench free radical destruction that may contribute to wrinkle formation. Bilberry, Lutein and Zeaxanthin assist eye health while soy provides phytoestrogen benefits during the perimenopausal period. Containing all of these nutrients, we feature a multivitamin to meet your specific needs:

Women's 45+ :

Contains key vitamins and minerals, as well as nutrients observed in studies to support maturing female health, including a variety of special antioxidants

Menopausal Health

A normal biological event, menopause marks the end of a woman's reproductive years by curtailing the body's production of estrogen and progesterone leading to the end of a menstrual cycle. The average age at the onset of menopause is 51, beginning with the associated symptoms. While a woman's hormones fall out of sync, there are nutritional measures that can help blunt the negative effects. In addition, during this time, women no longer require supplemental iron. We feature several supplements that meet the specific needs of menopausal women. These include:

Iron Free Multi Caps :

- A comprehensive iron-free multivitamin that includes 100% natural carotenoids and plant enzymes to meet the nutritional needs of women post-menopause

Menopause Formula :

- A unique blend of herbs designed to provide relief from the common symptoms of menopause

- A combination founded in traditional Chinese and Native American herbalism

Black Cohosh :

- Standardized extract associated with the relief of menopausal symptoms
- Ability to mimic the effects of the hormone estrogen
- Common supplement in natural hormone balancing therapy

Non-GMO Soy Protein Powder :

- Contains soy isoflavones, phytoestrogens beneficial in promoting hormonal balance Certified IPP (Identity Preservation Program), Non-GMO (non-genetically modified) meaning soybean crops are free of DNA modification
- Alternative source of protein in delicious vanilla flavor

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