



HEALTHY HORMONES†

A DIETARY SUPPLEMENT TO SUPPORT HORMONE
BALANCE.†

A dietary supplement to support hormonal balance in men and women.*

Healthy Hormones† is a blend of DIM® combined with Vitamin D3, Vitamin E, Calcium D-Glucarate, Indol-3-Carbinol, Green Tea Extract, HMRlignan™, and Trans-Resveratrol.

Healthy Hormones† is a state of the art formula that supports hormone balance and cellular health in both men and women.*

Healthy Hormones† Supports:

- Hormone balance in both men and women*
- Normal Apoptosis*
- Cellular health*

About the ingredients:

Indol-3-Carbinol (I-3-C) supports cellular health.* It has been shown to support a shift in estrogen metabolism towards less estrogenic metabolites thus reducing the risk of estrogen sensitivities.* Because I-3-C helps to maintain healthy hormonal balance for both men and women it may provide support for the health of the breast, prostate, and other reproductive organs.* Indol-3-Carbinol occurs naturally in cruciferous vegetables such as broccoli, cabbage, cauliflower, brussel sprouts, collard greens and kale.

Diindolylmethane or DIM® patented form of Diindolylmethane from BioResponse is a plant compound that supports estrogen metabolism in both men and women.* DIM® and I-3-C have been found to support normal apoptosis to help the body regulate defective cells.*

Vitamin D3 is essential for the formation, growth, and repair of bones and for normal calcium absorption and immune function.* It also supports cellular differentiation and supports normal apoptosis.*

Vitamin E is a powerful antioxidant that helps protect cells.* Defective cells are believed to result from oxidative damage to DNA caused by free radicals. Antioxidants - such as vitamin E - help protect against the damaging effects of free radicals*.

Calcium D-Glucarate helps to support the glucuronidation detoxification pathway.* Glucuronidation enables the body to rid itself of foreign elements including xenoestrogens, pollutants and toxins. It is a process by which glucuronic acid is conjugated (joined) to various toxins in the liver so that they can be excreted through the bile or urine. It also removes "used" hormones and synthetic hormones from the body.* Glucuronidation, is a major means of converting most drugs, steroids, and many toxic and "environmental" substances to metabolites that can be excreted into the urine or bile.*

Green Tea Extract comes from the tea plant, *Camellia sinensis*, which is an excellent source of potent polyphenols/bioflavonoids with powerful antioxidant properties.* Research has identified the polyphenol epigallocatechin-3-gallate (EGCG) as the most active agent in Green Tea.*

HMRlignan™ provides powerful antioxidant protection, helps protect against cellular damage caused by free radicals.* HMRlignan™ is also beneficial in supporting healthy hormonal balance.*

Trans-Resveratrol is the active form of resveratrol. It is a natural polyphenol with powerful antioxidant activity that supports the body's ability to protect its cells against dangerous free radicals that can contribute to prostate problems.* Studies with resveratrol indicate that this polyphenol inhibits the activity of aromatase and enzyme that converts testosterone to estrogen.*

Supplement Facts

Serving Size: 2 Capsules

Amount Per Serving

Vitamin D3 (as Cholecalciferol)	1000 IU
Vitamin E (as d-alpha Tocopheryl Succinate)	50 IU
Calcium (as Ca D-Glucarate)	50 mg
Indol-3-Carbinol	200 mg
DIM® (a patented enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as d-alpha tocopheryl succinate, soy phosphatidylcholine, silica)	100 mg
Green Tea (<i>Camellia sinensis</i>) Leaf Extract yielding EGCG	250 mg 175 mg
HMRlignan™ (a Norway Spruce (<i>Picea abies</i>) Standardized Lignan Extract)	30 mg
Trans-Resveratrol (from <i>Polygonum cuspidatum</i> Root Extract)	50 mg

Other Ingredients: vegetable cellulose (capsule), rice flour, vegetarian leucine.

Contains: Soy.

DIM® and BioDIM® are registered trademarks of, and are licensed from, BioResponse, LLC, Boulder CO US Patent # 6,086,915
HMRlignan™ is a trademark used under sublicense from Linnea S.A.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 2 capsules daily, or as directed by your healthcare practitioner.

Distributed by
New England Family Health Center
Weston, MA 02493
781-237-8505
www.drbarrytaylor.com

02GP952.060

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.

Copyright© 2009. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.