



Women's Multiple

Pure Advantage Women's Multiple is a balanced multiple vitamin, mineral and antioxidant formula designed specifically for women. It contains a full spectrum of essential nutrients, including a rich supply of B vitamins, mixed carotenoids, antioxidants and other micronutrients to help alleviate stress, boost energy levels and prevent hot flashes. It's also enhanced with a blend of hormone-balancing herbs such as Black Cohosh root, Dong Quai root extract, Wild Yam root extract as well as a proprietary isoflavone blend.

B Vitamins help promote energy levels and reduce stress. Enhance circulation, optimizes cognitive activity & brain function. B's are therapeutic for cramping problems since they increase blood flow to peripheral tissues. They also help in maintaining sodium and potassium balance, which benefits those who suffer from water retention.

Mixed carotenoids help provide anti-oxidant protection. Anti-oxidants fight free radical damage, which speeds up the aging process. Carotenoids yield beta-carotene and other disease-preventive nutrients. Along with other vitamins, carotenoids assist in immune function.

CoQ10 helps the body suppress the immune system's detoxification of dangerous substances, ease depression and fatigue and improve energy levels.

Hormone balancing herbs such as black cohosh and wild yam and dong quai contain phytochemicals and nutrients with beta-carotene, B vitamins, calcium and magnesium and other nutrients.

Black cohosh helps lower blood pressure and cholesterol. It benefits cardiovascular and circulatory function. It relieves menstrual cramps and reduces menopausal symptoms, morning sickness and pain.

Dong quai acts as a mild sedative, laxative and diuretic. It helps reduce pain and improves blood function. Dong quai is good for strengthening the reproductive system. It assists the body in using hormones. It is used to treat hot flashes, menopausal symptoms, premenstrual syndrome and vaginal dryness.

Wild Yam was traditionally used by Native Americans to relieve labor pains, morning sickness, colic, asthma, rheumatism, joint pain and gastritis. Wild yam has been used by herbalists to help relax muscles. Wild Yam may also provide relief for menstrual cramps and endometriosis. It is beneficial for hypoglycemia, irritable bowel syndrome, gallbladder disorders, kidney stones, neuralgia and rheumatism.

Licorice root also reduces muscle spasms, promotes adrenal gland function, and has estrogen and progesterone-like effects. It helps with chronic fatigue, depression and upper respiratory issues.

Motherwort is traditionally used to reduce childbirth pain and has tranquilizing effects. It helps with menstrual and menopausal symptoms such as vaginitis, and is good for headaches and insomnia.

Milk thistle protects the liver from toxins and stimulates production of new liver cells.

Sage is good for hot flashes and other symptoms of estrogen deficiency. It is used to dry up milk when women wish to quit nursing.

Vervain promotes menstruation and is helpful for mild depression, headaches and insomnia. It strengthens nervous system function.

SoyLife's health benefits and safety are confirmed by over 30 scientific studies. SoyLife is unique because its isoflavones are from soy germ. The soy germ is the part of the plant where the isoflavones are naturally concentrated. By keeping the isoflavones in their natural matrix, the efficacy of isoflavones is enhanced. Scientific research shows that soy isoflavones increase bone density in post-menopausal women. Two prominent isoflavones; genistein and daidzein, have been suggested to have estrogen-like activity in bone metabolism.

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