

Estera® Balance contains a patent-pending blend of phytoestrogens. Phytoestrogens are plant based compounds that bind to the body's estrogenic receptors. They should be incorporated into a woman's diet from an early age for benefits throughout life. Estera® Balance also contains flax lignans and other ingredients that work with the liver to promote a healthy balance of estrogen metabolites. Chasteberry, evening primrose oil, and borage seed oil work with Estera® ingredients to help relieve common PMS symptoms.\*

**DIRECTIONS FOR USE:** As a dietary supplement, take two (2) softgels daily, preferably one with your morning and evening meals. Store in a cool, dry place.

**WARNINGS:** Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product. Discontinue 2 weeks prior to and after surgery. Discontinue use and consult a physician if any adverse reactions occur.

Do not use if safety seal is broken or missing.

\*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.

BATCH NO.:

EXP. DATE:



 PHARMANEX®

 Estera®

Phase I  
Women's balance formula

DIETARY SUPPLEMENT  
60 SOFTGELS



## Supplement Facts

Serving Size 2 Softgels

Servings Per Container 30

| Amount Per Serving                                         | % Daily Value |       |
|------------------------------------------------------------|---------------|-------|
| Vitamin B <sub>6</sub> (Pyridoxine Hydrochloride)          | 50 mg         | 2941% |
| Evening Primrose Oil                                       | 500 mg        | *     |
| Borage Seed Oil                                            | 250 mg        | *     |
| Chasteberry Fruit ( <i>Vitex agnus/ castus</i> L.) Extract | 250 mg        | *     |
| Diindolylmethane (an indole)                               | 100 mg        | *     |
| Pomegranate Fruit ( <i>Punica granatum</i> ) Extract       | 40 mg         | *     |
| Lignans (from Flaxseed)                                    | 15 mg         | *     |
| Genistein (from 64% Soy Isoflavone Ext.)                   | 10 mg         | *     |

\*Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, Glycerine, Soy Oil, Beeswax, Caramel.

**CONTAINS Soy.**



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