

Suggested Use: Take 1 Packet daily with a meal or as recommended by your health-care practitioner.

Tamper Evident: Use only if bottle is sealed.

If pregnant, consult your health-care practitioner before using this product.

Store tightly sealed in a cool, dry place.

†This product uses Indena S.p.A.'s curcumin phytosome (Meriva®) and green tea phytosome (Greenselect®). Meriva and Greenselect are registered trademarks of Indena S.p.A.

†† These ingredients are complexed with Time-Sorb®, a time-release matrix.

Manufactured for:
Gottfried Institute
2625 Alcatraz Ave. #369
Berkeley, CA 94705
(888) 893-6586
www.saragottfriedmd.com

GOTPK107_04



The HORMONE CURE

SARA GOTTFRIED, MD

HORMONE BALANCING ESSENTIALS ONCE DAILY NUTRIENT PACKS

DIETARY SUPPLEMENT

30 SINGLE SERVING PACKETS



Supplement Facts

Serving Size: One Packet of 4 Capsules and 1 Gelcap
Servings Per Container: 30 Packets

One Packet Contains 4 Capsules and 1 Gelcap:

Each Packet Contains:	% DV	Each Packet Contains:	% DV
Calories	10	Zinc (as Zinc Picolinate)	7.5 mg 50%
Calories from Fat	10	Selenium (as L-Selenomethionine)	100 mcg 143%
Total Fat	1 g 2%**	Copper (as Copper Picolinate)	750 mcg 38%
Vitamin A (6,250 IU from Mixed Carotenes and 1,250 IU as Palmitate)	7,500 IU 150%	Manganese (as Manganese Picolinate)	3 mg 150%
Vitamin C (as Ascorbic Acid)	425 mg 709%	Chromium (as Chromium Chelidamate Arginate)	100 mcg 84%
Vitamin D (as Vitamin D3)	500 IU 125%	Molybdenum (as Molybdenum Picolinate)	50 mcg 67%
Vitamin E (as d-Alpha Tocopheryl)	200 IU 667%	Potassium (as Potassium Citrate-Malate)	45 mg 2%
Vitamin K (as Vitamin K1)	50 mcg 63%	EPA (Eicosapentaenoic Acid) (from Fish Oil)	300 mg *
Thiamin (as Thiamin HCl)	20 mg 1,334%	DHA (Docosahexaenoic Acid) (from Fish Oil)	200 mg *
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	5.5 mg 324%	GLA (Gamma Linolenic Acid) (from Borage Oil)	40 mg *
Niacin (65 mg as Niacinamide and 15 mg as Niacin)	80 mg 400%	Choline Citrate	50 mg *
Vitamin B6 (as Pyridoxal 5'-Phosphate)	5 mg 250%	Curcumin Phytosome†, †† (Curcuma longa extract (root) / Phosphatidylcholine complex)	50 mg *
Folate (250 mcg as Calcium Folate and 250 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	500 mcg 125%	Green Tea Phytosome†, †† (Camellia sinensis extract (leaf) / Phosphatidylcholine complex)	50 mg *
Vitamin B12 (112.5 mcg as Adenosylcobalamin and 112.5 mcg as Methylcobalamin)	225 mcg 3,750%	Quercetin Phytosome (Sophora japonica concentrate (leaf) / Phosphatidylcholine complex from Sunflower)	50 mg *
Biotin	200 mcg 67%	Trans-Pterostilbene††	50 mg *
Pantothenic Acid (as Calcium Pantothenate)	206.5 mg 2,065%	Trans-Resveratrol††	50 mg *
Calcium (as Calcium Citrate-Malate)	150 mg 15%	Boron (as Boron Picolinate)	1.5 mg *
Magnesium (as Magnesium Citrate-Malate)	142.5 mg 36%	Vanadium (as Vanadium Picolinate)	50 mcg *

*Daily Value (DV) not established.
**Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide, High and low viscosity hydroxypropyl methylcellulose and MagnesiumCitrateLaurate (Time-Sorb††), Gelatin (bovine), Purified Water and Glycerin (vegetable source) gelcap, Vitamin E (mixed tocopherols).

Contains ingredients derived from soy (phytosomes) and fish (fish oil = anchovy, sardine, mackerel).