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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule in the morning with or without food, or as recommended by your healthcare practitioner. Natural Estrogen should be taken cyclically: three weeks on and one week off, beginning on the 5th day of the menstrual cycle for premenopausal women, and every day for postmenopausal women.

Those taking any estrogenic product should include as part of their diet cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, and/or cauliflower. Women should also use a natural progesterone cream when taking this product.

CAUTION: Do not take in case of pregnancy, lactation, or estrogen-dependent tumors.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

*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.

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LifeExtension®

Natural Estrogen Without Soy Isoflavones



For Healthy Female Hormone Support*

Dietary
Supplement

30 Vegetarian
Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value
Broccoli Super Concentrate extract (plant and sprout) [providing glucosinolates]	300 mg **
Lifenol™ Hops (<i>Humulus lupulus</i>) extract (flower) [standardized to 0.12% 8-prenylnaringenin (144 mcg)]	120 mg **
HMRLignan™ Norway spruce (<i>Picea abies</i>) lignan extract (knot wood) [standardized to 90% Hydroxymatairesinol potassium acetate (50 mg)]	56 mg **
Dong quai extract (root) [std. to 1% ligustilide (0.25 mg)]	25 mg **
Licorice extract (root)	25 mg **
Vitex (<i>Vitex agnus-castus</i>) extract (fruit) [std. to 5% flavonoids (1 mg)]	20 mg **

**Daily Value not established.

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, silica, vegetable stearate, stearic acid.

Manufactured for: **Quality Supplements and Vitamins, Inc.**
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To report a serious adverse event or obtain
product information, contact 1-866-280-2852.