

Focus on Women's Health



Common Nutrients Deficiencies in Women

- Iron
- Folic acid
- Vitamins B2, B6, B12
- Vitamins C and E
- Magnesium
- Selenium
- Zinc

All depleted by oral contraceptives



Fill the nutrient gaps

- Researchers collected data from over 10,000 people, including food diaries and use of daily multivitamins
- Results
 - Taking a daily multivitamin was associated with up to a **76% reduction of risk in nutrient deficiency** versus not taking a multiple
 - In particular, women **not taking a multiple** were highly likely to have inadequate/deficient intakes of zinc and the B vitamins (thiamin, riboflavin, niacin, folate, B6 and B12)
- Daily multiple use was extremely effective in closing nutrient gaps



Clinical Essentials



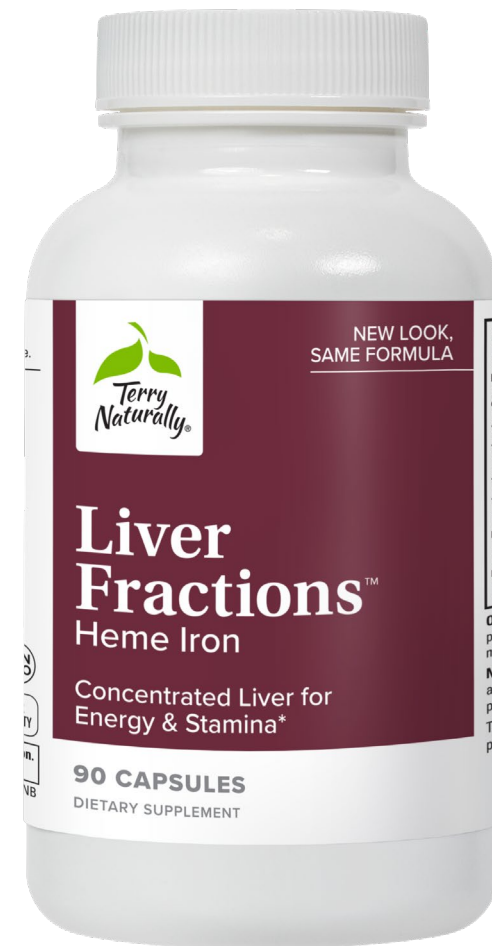
Recommendations: 2 tablets or 4 capsules daily.
Take with meals.

- **30 Premium Nutrients in their proven forms**
 - Benfotiamine
 - Boron as calcium fructoborate
 - Vitamin K as menaquinone (Mena Q7)
 - Chelated minerals and bioactive B vitamins
- **No Vitamin Aftertaste - Gentle on the Stomach**
- **Support for:**
 - Immune System
 - Energy, Heart
 - Metabolism
 - Bones
 - Mood*

MORE than 100% of the RDA:
the RDA is what prevents a
nutrient deficiency, not what is
needed for optimal health!



Heme Iron



Iron: Most Common Nutrient Deficiency

- Iron deficiency is the most common nutrient deficiency in the world
- Signs of low iron include
 - Fatigue and lack of energy
 - Pale complexion
 - Irregular heartrate
 - Sudden, unexplained anxiety
 - **Hair loss**
- Several studies have connected suboptimal iron levels or iron deficiency with hair loss, especially in women!
 - Iron deficiency-related hair loss can look like traditional male- and female-pattered balding

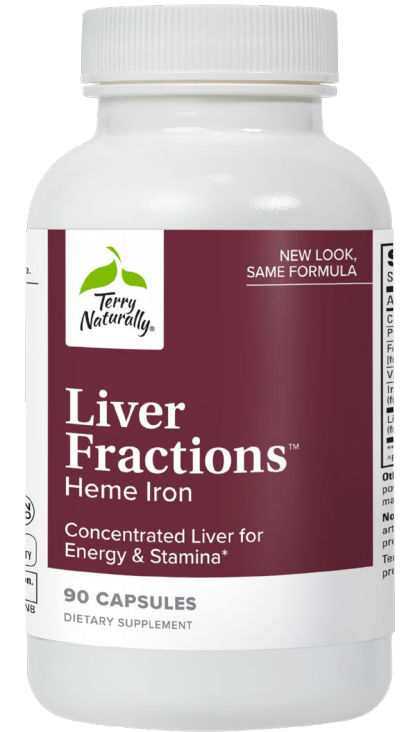


Evaluating Iron Sources

- **Ferrous Sulfate** – poorly absorbed and frequently causes constipation and bloating
 - 50% of people prescribed supplemental ferrous sulfate stop taking it because of the adverse effects
- **Heme iron (from liver extract)**
 - Most bioavailable form: up to 33% absorption versus 2% or less for iron salts
 - Well tolerated; few, if any, adverse effects
 - Lower dosages effective
- **Chelated iron**
 - Raises hemoglobin and ferritin levels
 - Not as well absorbed as heme iron, but still 3-4 times more bioavailable than iron salts
 - Significantly fewer issues with adverse effects, especially regarding bloating and constipation
 - Preferred by patients in comparison trials

Liver Fractions

- **Two premium sources of iron**
- **Heme iron** from liver concentrate (bovine)
 - Most bioavailable liver source – up to 33% absorbable
 - Sourced from Argentina – cattle raised without the use of chemical sprays, pesticides, or antibiotics
- **Chelated iron** for easy absorption without stomach upset
- Plus **B12** and **Folate** in their active forms for energy and stamina*



SUPPLEMENT FACTS		
Serving Size: 2 Capsules Servings Per Container: 45		
Amount Per 2 Capsules:		%DV
Calories	5	
Protein	1 g	2%^
Folate	340 mcg DFE (200 mcg) [from (6S)-5-methyltetrahydrofolic acid, glucosamine salt]†	85%
Vitamin B12 (as methylcobalamin)	1,000 mcg	41,667%
Iron (from Ferrochel® ferrous bisglycinate chelate)	5 mg	28%
Liver Fractions (from liver concentrate, containing natural heme iron)	1,300 mg	**

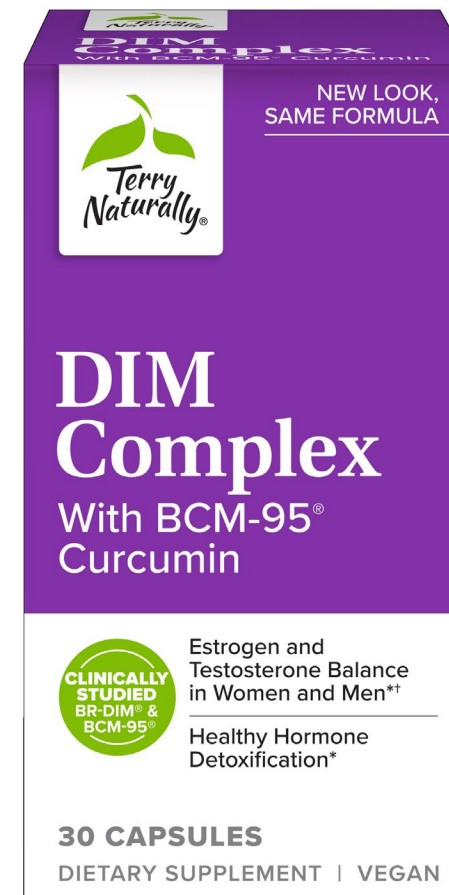
**Daily Value (DV) not established. †US Patent No. 7,947,662.
^Percent Daily Values (DV) are based on a 2,000 calorie diet.

Recommendations: 2 capsules, twice daily

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

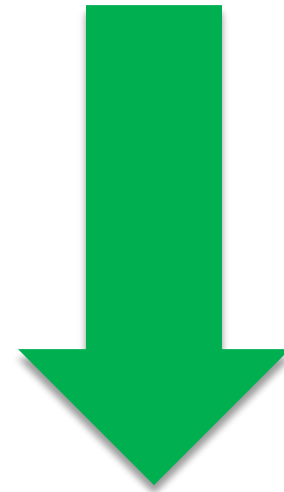


Hormones



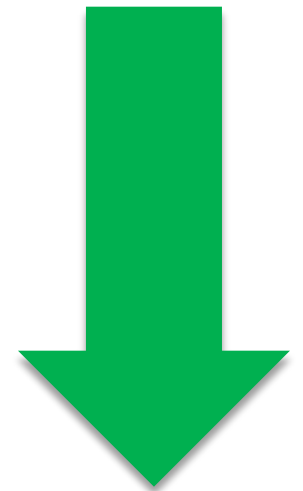
Boost Black Cohosh with Rhodiola

- Combination of black cohosh and rhodiola versus black cohosh alone (in low and high doses) in 220 women with menopause symptoms
- Results: combination more effective than either dose of black cohosh alone!



**71%
Reduction in
Menopause
Symptoms**

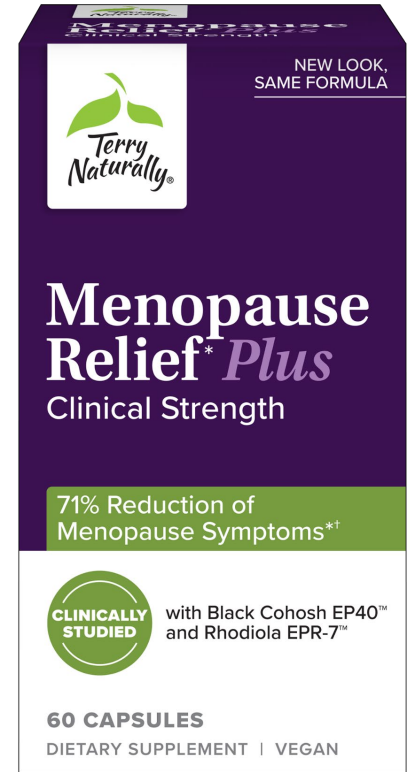
**Up to a 75%
reduction in the
severity of hot
flashes**





Menopause Relief* Plus

- **Clinically studied combination for menopause**
 - EP40 Black Cohosh and EPR-7 Rhodiola
- **71% reduction in menopause symptoms***
 - Hot flashes, night sweats, fatigue*
- **An alternative to estrogen and soy**
 - Safe for women with a history of breast cancer



Recommendations: 2 capsules daily. Some women will experience relief in a short period of time, others may require a full 12 weeks for optimal results.

SUPPLEMENT FACTS		
Serving Size: 2 Capsules		
Servings Per Container: 30		
Amount Per 2 Capsules (Veg):		%DV
Proprietary Complex	413 mg	**
Rhodiola (<i>Rhodiola rosea</i>) Root Extract (EPR-7™) standardized to contain ≥ 3% rosavins and ≥ 1% salidroside, Black Cohosh (<i>Cimicifuga racemosa</i>) Rhizome Extract (EP40™)		
** Daily Value (DV) not established		

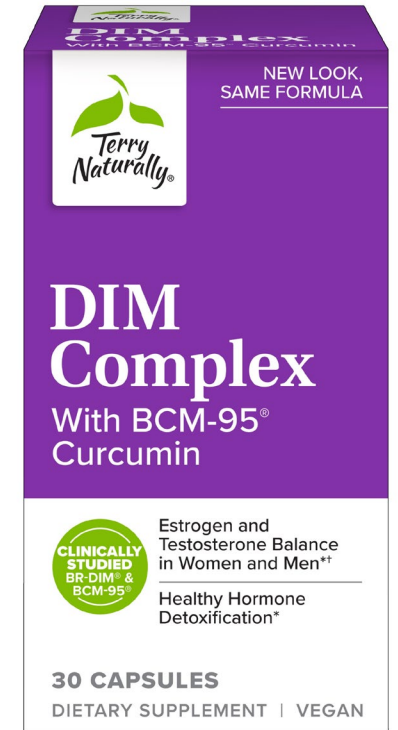
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Directing Estrogen

DIM Complex with BCM-95

- **PMS, perimenopause and menopause symptom relief***
 - Over 80% of menstruating women have one or more significant PMS symptoms
- **Features BioResponse DIM[®] (BR-DIM)- the only DIM that has been used in human clinical trials**
 - Patented delivery system to enhance bioavailability
- **Combined with BCM-95[®] curcumin and VX1[®] grape seed OPCs for triple-action power**
- **Not just for women – DIM is great for men as well!**

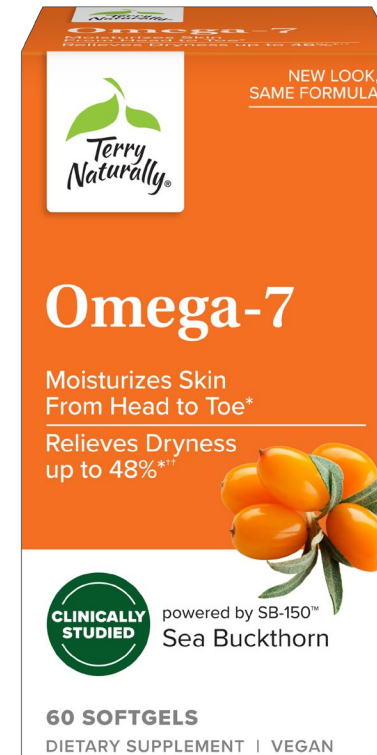


SUPPLEMENT FACTS		
Serving Size: 1 Capsule Servings Per Container: 30		
Amount Per 1 Capsule (Veg):		%DV
Proprietary Complex	250 mg	**
Curcumin (<i>Curcuma longa</i>) Rhizome Extract (BCM-95 [®] /Curcugreen [®]) enhanced with turmeric essential oil and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), French Grape (<i>Vitis vinifera</i>) Seed Extract (VX1 [®]) standardized to contain ≥ 99% polyphenols and ≥ 80% OPCs (Tannin Free)		
BR-DIM [®]	120 mg	**
(a proprietary, enhanced bioavailability complex containing starch, a minimum 25% diindolylmethane [30 mg], Vitamin E, phosphatidylcholine, silica)		
**Daily Value not established		

Recommendations: 1 capsule daily with food. May increase to 1 capsule twice daily, or as desired.

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Skin and Hair*



SB-150: Not Your Ordinary Sea Buckthorn Oil

- SBA-150 provides 150 mg of omega-7 from the sea buckthorn berry
- Hand harvested
- Supercritical CO₂ extraction: gentle, no dangerous solvents, no solvent residues



Omega-7

Omega-7 Dry Eye Relief*

- **Rare Omega-7 Fatty Acid**
 - Sea buckthorn oil contains higher levels of omega-7 than any other food source
 - Supercritical CO₂ extraction – no harsh solvents
 - Fish sources use harsh extraction methods
- **For multiple body systems**
 - Shown in clinical research to support mucous membranes in the mouth, eyes, and GI tract as well as support heart function*
 - Relieves skin dryness*

**150 mg of Omega-7
in every softgel!**

Recommendations: 1 softgel daily. For advanced support, may take 1 softgel up to 4 times daily.

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SUPPLEMENT FACTS		
Serving Size: 1 Softgel		
Servings Per Container: 60		
Amount Per 1 Softgel:		%DV
Calories	5	
Total Fat	0.5 g	< 1%†
Proprietary Blend	500 mg	**
Containing Sea Buckthorn (<i>Hippophae rhamnoides</i>) Berry Pulp and Seed Oil (SB-150™) via CO ₂ extraction providing 150 mg of omega-7		
**Daily Value (DV) not established.		
†Percent Daily Values (DV) are based on a 2,000 calorie diet.		



Hair Renew Formula

- Award-winning product for healthy hair*
- Features millet seed oil plus additional nourishing nutrients for hair follicles*
 - Millet seed oil standardized for the key compound, miliacin
- Improves dry, brittle hair; great for thinning hair*

**Testimonial:
No more
old lady hair!**



SUPPLEMENT FACTS		
Serving Size: 2 Softgels		Servings Per Container: 30
Amount Per 2 Softgels:	%DV	
Calories	10	
Total Fat	1 g	1% [†]
Vitamin A (as retinyl palmitate)	1,200 mcg (4,000 IU)	133%
Vitamin E (as natural mixed tocopherols)	30 mg (45 IU)	200%
Riboflavin (as Vitamin B2)	4 mg	308%
Vitamin B6 (as pyridoxal-5-phosphate)	20 mg	1,176%
Folic Acid	680 mcg DFE (400 mcg folic acid)	170%
Biotin	5,000 mcg	16,667%
Pantothenic Acid (Vitamin B5) (as calcium pantothenate)	20 mg	400%
Zinc (from zinc gluconate)	10 mg	91%
Millet (<i>Panicum miliaceum</i>) Seed Oil (CO ₂ Extraction)	400 mg	**
standardized to contain ≥ 4 mg of miliacin		
Horsetail (<i>Equisetum arvense</i>) Aerial Extract	100 mg	**
standardized to deliver ≥ 7 mg of silica		
L-Cysteine	100 mg	**
L-Methionine	100 mg	**

Recommendations: 2 softgels daily for 30 days, then reduce to 1 per day thereafter. May continue with 2 softgels per day for enhanced benefits.


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Bladder and Urinary Tract*

NEW LOOK, SAME FORMULA




SagaPro® Bladder Health*

For Men & Women




CLINICALLY STUDIED ANGELICA Supports Healthy Bladder Strength and Function*

60 CAPSULES
DIETARY SUPPLEMENT | VEGAN



Urinary Tract Intensive Support™*



URINARY TRACT HEALTH with Cranberry, D-Mannose & Vitamin C

60 CAPSULES
1 Month Supply
DIETARY SUPPLEMENT | VEGAN

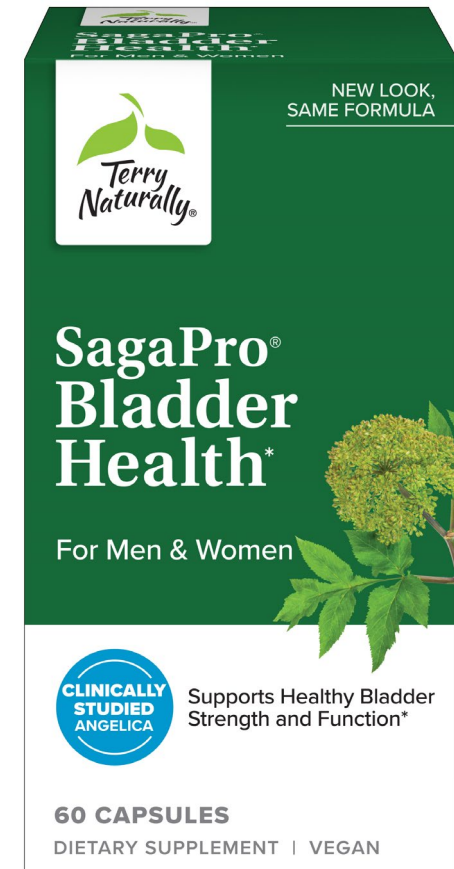
SagaPro

- **Better Bladder Function***
 - Day and night support
- **For men and women**
- **A EuroPharma exclusive!**
 - Water extract of Angelica leaves
 - Plants grow wild in the pure air and plentiful sunlight of Iceland
 - Sustainably harvested on an organically certified island in the north of Iceland

Recommendations: 1 capsule daily. When starting to use SagaPro, it's recommended to take 1 capsule twice daily for the first two or three days.

†In subgroups of participants with specific bladder and urination characteristics

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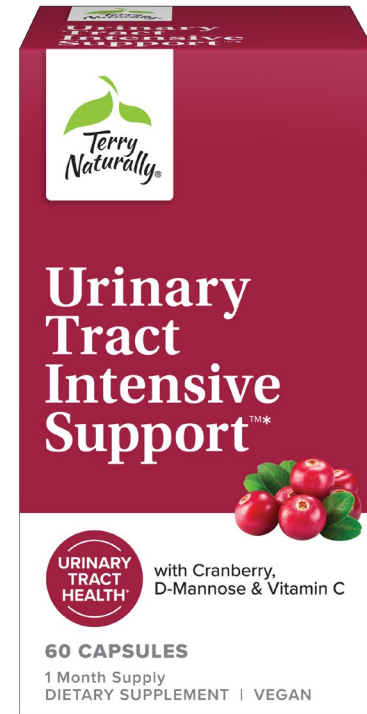
SUPPLEMENT FACTS		
Serving Size: 1 Capsule		
Servings Per Container: 30		
Amount Per 1 Capsule (Veg):		%DV
Angelica	100 mg	**
<i>(Angelica archangelica)</i> Leaf Extract (aqueous extraction)		
** Daily Value not established		

Urinary Tract Intensive Support*

- **Triple action support for urinary tract health***
 - healthy bladder walls
 - healthy pH levels in the urinary tract
 - no adverse effects on normal microflora*
- **Three proven ingredients**
 - standardized whole cranberry powder: 6% quinic acid, one of cranberry's most beneficial compounds
 - plus D-mannose and vitamin C
- **Urinary tract, kidney, and bladder support for both men and women***

Recommendations: 2 capsules daily.

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SUPPLEMENT FACTS		
Serving Size: 2 Capsules		
Servings Per Container: 30		
Amount Per 2 Capsules (Veg):	%DV	
Calories	5	
Total Carbohydrate	1 g	< 1%†
Vitamin C (as ascorbic acid)	500 mg	556%
Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Powder standardized to ≥ 6% quinic acid	500 mg	**
D-Mannose	500 mg	**

**Daily Value (DV) not established.
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