

Product Information Sheet



Female Health

EstroBalance™

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Metabolic Food for Healthy Oestrogen Metabolism

EstroBalance is a mango flavour low allergy-potential powdered mix that provides a combination of macro- and micronutrients specially selected for their ability to support optimal hormone balance. It features fortified rice protein, natural phytoestrogens, antioxidants and fibre, along with all essential vitamins and minerals and a variety of well-researched ingredients that support healthy oestrogen metabolism and healthy hormone cycles.

Ingredients:

Each 3-scoop serving typically provides:

Calories	200 kcals
Protein	15 g
Total Carbohydrate	25 g
Simple	5 g
Dietary fibre	4 g
Fat	6 g
Potassium (as citrate)	350 mg
Sodium	50 mg
Vitamin A (as beta-carotene) (2132IU)	646 µg RE*
Vitamin A (as retinyl palmitate) (1584IU)	480 µg
Vitamin C (as ascorbic acid)	160 mg
Vitamin D (as cholecalciferol) (100IU)	2.5 µg
Vitamin E (as d-alpha tocopheryl succinate) (45IU)	30 mg
Vitamin K (phytonadione)	40 µg
Vitamin B1 (as thiamin HCl)	1.1 mg
Vitamin B2 (as riboflavin)	1.4 mg
Vitamin B3 (as niacinamide)	16 mg
Vitamin B6 (as pyridoxine HCl)	2.8 mg
Vitamin B12 (as cyanocobalamin)	2.5 µg
Biotin	150 µg
Folic acid	400 µg
Pantothenic acid (as d-calcium pantothenate)	6 mg
Phosphorous	513 mg
Iron (as gluconate)	9 mg
Calcium (as citrate)	300 mg
Iodine (as potassium iodide)	75 µg
Magnesium (as citrate and oxide)	240 mg
Zinc (as citrate)	10 mg
Selenium (as selenomethionine)	55 µg
Copper (as gluconate)	1 mg
Chromium (as picolinate)	80 µg
Molybdenum (as sodium molybdate)	50 µg
L-Lysine	17.5 mg
L-Threonine	17.5 mg
Isoflavones (from kudzu)	25 mg
Flaxseed Extract	350 mg
Choline (bitartrate)	450 mg
N-Acetyl-Cysteine	100 mg
Turmeric Extract (<i>Curcuma longa</i>)	210 mg

Other ingredients:

Carrageenan
Cellulose gum
Natural flavours
Natural mango flavour
Olive oil
Pure crystalline fructose
Rice protein isolate
Rice syrup solids
Silicon dioxide
Xanthan

Features:

Nutritionally supports oestrogen metabolism, with added effectiveness when combined with a specially designed dietary programme as outlined in the EstroBalance Patient Guide (available on Nutri website).

Comes with a Quick Start Guide.

Features high quality rice protein concentrate produced via a patented process and fortified with amino acids, resulting in a complete, high quality and easily digestible vegetable protein.

Provides non-soy phytoestrogens from kudzu and flax, which modify the effects of circulating oestrogens.

Can be enjoyed as a meal replacement and mixes easily with water or juice.

Delicious mango flavour.

Recommendation: Blend, shake or briskly stir 3 measuring scoops (approx 46 grams) into 8-12 ounces of water or juice.

Serving Size: 3 scoops (46g)

Servings Per Container: 14

Caution:

Not recommended during pregnancy or whilst breastfeeding.

This product contains vitamin A. Do not exceed 750µg of vitamin A (as retinol) per day if pregnant or likely to become pregnant except on the advice of a doctor or antenatal clinic.

NB: This product has not been tested for interactions with oral contraceptive medications, the effectiveness of which cannot be assured during use of EstroBalance.

Product Code: 3551

Package Size: 14 servings (644g)