



dōTERRA Women

# Phytoestrogen

Lifetime Complex



Made with SLS-free  
vegetable capsules

## Product Description

Beginning as a young adult, almost every function of a woman's body is controlled by hormones. A balance of normal hormone levels will influence a woman's good health and emotional well-being from her early teens to her transition through menopause. dōTERRA Women Phytoestrogen Lifetime Complex™ is a blend of standardized plant phytoestrogens that support hormone balance gently and naturally. It also includes concentrated flax seed lignans to help manage the potentially harmful by-products of estrogen metabolism. Eating right, exercising, and balancing hormone levels can help reduce uncomfortable symptoms associated with PMS and the transition through menopause, and will provide additional support for healthy bones, heart, breast tissue, and other body structures and function as a woman ages.

## Concept

Maintaining good health and vitality throughout life requires eating right, exercising, managing stress, and avoiding exposure to toxins in addition to other healthy lifestyle choices. Choosing natural, complementary wellness products as part of an overall healthcare strategy can also support wellness as we age. Women have particular health needs that may require specific and targeted dietary and lifestyle choices. If not addressed early in life, these specific health requirements can lead to uncomfortable and persistent symptoms associated with hormone cycles and aging, and can increase a woman's risk of early onset of degenerative conditions.

Almost every function in a women's body is controlled by hormones. Estrogen and progesterone are particularly important hormones for women and will influence a woman's good health and emotional well-being throughout her lifetime. High estrogen production in young women can result in significant issues related to menstruation, while the production

of too little estrogen as a woman ages can impact many aspects of a woman's reproductive health and can be a contributing factor to the health challenges that some women experience during and after menopause. Balancing estrogen levels will help minimize monthly hormone swings and the hormone fluctuations associated with menopause.

### *Hormone Metabolites*

Hormones are metabolized in the liver creating bioactive metabolites. Maintaining a healthy ratio of estrogen metabolites in the body is critical to a woman's health. Current research shows that an imbalance of certain harmful metabolites can increase a woman's risk of certain types of cancers as she ages. Leading an active lifestyle and eating a diet rich in essential nutrients and foods containing natural phytoestrogens can help keep the by-products of estrogen metabolism in healthy balance.

### *Phytoestrogens*

Phytoestrogens are compounds found in plants that have similar properties to estrogen produced in the body. The size and shape of phytoestrogen molecules are similar to estrogen and can bind with estrogen beta receptors in cells. Beta receptors are predominately found in skin, bone, and cardiovascular tissues where increased estrogen activity has positive health benefits, while beta receptors are low in tissues of the breasts and uterine areas where over exposure to estrogen may be of concern. In addition to producing gentle estrogenic effects in the body, phytoestrogens can help balance hormones and hormone metabolites by blocking estrogens from binding to cells.

### *dōTERRA Women Phytoestrogen Lifetime Complex™*

dōTERRA Women Phytoestrogen Lifetime Complex™ is an all-natural dietary supplement formulated to support healthy hormone levels in women. Phytoestrogen Lifetime Complex includes standardized extracts of soy and pomegranate that provide supplemental plant-sourced phytoestrogens that have gentle estrogenic activity. It also includes a standardized extract of flax seed lignans that help manage the potentially harmful metabolite by-products of hormone metabolism. Eating right, exercising, and balancing hormone levels can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and, more importantly, support healthy bones, heart, breast tissue, and other body structures and function as a woman ages.\*

## **Primary Benefits**

- Provides supplemental dietary phytoestrogens that balance and support normal hormone levels by binding with estrogen receptors in cells\*
- Provides nutritional support for managing harmful estrogen metabolites including the metabolite by-products of hormone replacement therapies\*
- Can be used to complement a program of eating right, exercising, and hormone therapy to help minimize the uncomfortable symptoms of PMS and transition through menopause\*
- Supports healthy bones, heart, breast tissue and other body structures and functions as a woman ages\*

## What Makes This Product Unique?

- Includes a potent soy extract standardized to 64% isoflavone content with a minimum of 50% genisteine, scientifically substantiated to provide health benefits in women
- Contains a flax seed extract standardized to 40% lignans which are helpful in managing estrogen metabolites
- Formulated with a standardized pomegranate extract providing supplemental phytoestrogens and powerful antioxidant support
- All-natural formula made with sodium lauryl sulfate-free HPMC vegetable capsules

## Who Should Use this Product?

dōTERRA Women Phytoestrogen Lifetime Complex™ is safe for use by women from early teens through all phases of life to balance hormones naturally. It is ideally formulated to be taken with dōTERRA Women Bone Nutrient Complex™, dōTERRA Women Solace™ monthly essential oil blend, and Lifelong Vitality Pack.

## Directions for Use

Pre and peri-menopausal women, take one (1) to two (2) capsules daily with food or as needed. Post-menopausal women, take two (2) capsules daily with food.

## Cautions

Pregnant or lactating women and people with known medical conditions should consult a physician before using. Does not contain wheat or milk products. This product is complimentary to but not a replacement for hormone replacement therapies.

**dōTERRA Women  
Phytoestrogen Lifetime Complex**  
60 HPMC Vegetable Capsules

**Item code: 3526**

**Consultant price: \$39.50 (39.50 PV)**

**Preferred Member price: \$42.13**

**Suggested retail price: \$52.67**

## Supplement Facts

Serving Size: 2 vegetable capsules

Servings per Container: 30

Amount Per Serving		% DV
Soy extract (standardized to 64% isoflavones with a minimum 50% genistein content)	150 mg	**
Flax seed extract (standardized to 40% lignan content)	120 mg	**
Pomegranate extract (standardized to 40% ellagic acid content)	100 mg	**

\*\* Daily Value not established

Other Ingredients: Flaxseed powder, vegetable hypromellose, silica.

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