



**SIMPLY FORMULATED
TO DELIVER MORE.**

ESTRO BENEFITS™

Hormone Support for Men and Women*

- Helps promote hormone balance*
- Maintains healthy estrogen metabolism*
- Supports breast and prostate health*
- Helps the body expel unwanted substances*
- Promotes optimal cellular division*
- Nourishes bone health*

Hormonal balance is important for both women and men. Hormones help us look our best, and feel vibrant and strong.* However, they must be balanced in order to enjoy the benefits. A normal balance of hormones promotes a healthy prostate and healthy breast tissue.* Due to the importance of hormone balance for all people, DaVinci® Laboratories created Estro Benefits™, a dietary supplement that contains nutrients and botanicals researched for their ability to promote hormonal health.*

Helps Promote Healthy Estrogen Metabolism*

Ingredients like green tea extract and Diindolylmethane (DIM®) ensure estrogen is metabolized through a health-promoting pathway.* HMRLignan™ is a plant-derived substance that promotes favorable estrogen metabolism.* It can work with DIM® to ensure used estrogen is eliminated from the body through a beneficial pathway.* Many of the ingredients in Estro Benefits™ support breast and prostate health, including vitamin D3, vitamin E, and trans-resveratrol.* These agents support healthy cell division, a critical decision point when cells decide to thrive or die.*

Helps Defend Against Environmental Challenges*

Calcium D-glucarate is an important part of the body's natural detoxification process.* It looks for toxins in the body—including unwanted environmental substances—and attaches to them, so they can be eliminated from the body.* Calcium D-glucarate also assists with the metabolism of estrogen and helps safely dispose of used estrogen.*

Helps Maintain Balanced Testosterone Levels*

Green tea extract and trans-resveratrol promote healthy testosterone metabolism.* They minimize levels of 5-alpha reductase, the enzyme that helps convert testosterone to dihydrotestosterone (DHT).* Research has identified the polyphenol epigallocatechin-3-gallate (EGCG) as the most active agent in green tea¹. Calcitriol (1,25-dihydroxyvitamin D3), the hormonally active metabolite of vitamin D, also supports healthy aromatase levels and optimum hormone balance.*

Supports Bone Health*

The ingredients in Estro Benefits™ work double-time to promote strong bones as well as healthy hormone metabolism.* As people age, their bone health naturally begins to deteriorate. Vitamin D3 helps the body absorb calcium and aids in formation, growth, and repair of bones, and Vitamin D is also important for healthy cell division.*

Estro Benefits™ is recommended for:

- Promoting hormonal balance for men and women*
- Breast and prostate support*
- Fine-tuning estrogen and/or testosterone metabolism*
- Elimination of unwanted environmental substances*
- Encouraging healthy aging*
- Supporting optimal cellular function and cell division*

Suggested Use: As a dietary supplement, take 2 capsules daily, or as directed by your healthcare practitioner.

| Supplement Facts | | |
|---|---------------|---|
| Serving Size 2 Capsules | | |
| Servings Per Container 30 | | |
| Amount Per Serving | % Daily Value | |
| Vitamin D3 (as Cholecalciferol) 25 mcg (1,000 IU) | 125% | |
| Vitamin E (as d-alpha Tocopheryl Succinate) 33.5 mg | 223% | |
| Calcium (as Ca D-Glucarate) 50 mg | 4% | |
| DIM® | | |
| (a proprietary enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as tocophersolan, phosphatidylcholine, silica.) 100 mg | | * |
| Green Tea (<i>Camellia sinensis</i>) Leaf Extract 250 mg | | * |
| yielding EGCG 175 mg | | |
| HMRLignan™ (a Norway Spruce (<i>Picea abies</i>) Standardized Lignan Extract) 30 mg | | * |
| Trans-Resveratrol (from Japanese Knotweed (<i>Polygonum cuspidatum</i>) Root Extract) 50 mg | | * |
| *Daily Value not established. | | |

Other Ingredients: hypromellose (capsule), microcrystalline cellulose, silica, vegetarian leucine.

Warning: If pregnant, nursing, or planning to become pregnant do not take this product.

DIM® is a Registered trademark of, and is licensed from, BioResponse, LLC, Boulder CO US Patent # 6,086,915HMRLignan™ is a trademark used under sublicense from Linnea S. A.

¹New insights into the mechanisms of polyphenols beyond antioxidant properties; lessons from the green tea polyphenol, epigallocatechin 3-gallate

VEGETARIAN / GLUTEN FREE / SOY FREE

*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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