



K04 PROGESTAID™

Supports Progesterone Metabolism and Synthesis

BENEFITS OF PRODUCT

- Supports the healthy release of luteinizing hormone and the output of progesterone
- Supports healthy estrogen/progesterone ratio balance
- Supports the body's ability to produce progesterone
- Support fertility
- Manage premenstrual syndrome

USE OF PRODUCT

This product is designed to support the healthy levels of luteinizing hormone (LH) and progesterone. Imbalances in luteinizing hormone levels lead to estrogen dominance, inability to lose weight, in ovulation, infertility, depression, and increase in other risk factors.

The proper release of LH is important for proper release of progesterone in the luteal phase. This formula contains natural compounds to support healthy menstrual cycle function and is important support during luteal phase alterations.

The research information presented here should not be construed as claims regarding performance of this product.

CHASTEBERRY (VITEX ANGUS-CASTUS) contains numerous glycosides and flavonoids that appear to have an optimizing impact in luteal phase function. In some studies it has demonstrated the ability to increase progesterone levels while lowering estrogen levels, because of its ability to increase luteinizing hormone (LH) while supporting a decrease in follicle-stimulating hormone (FSH).^{1 2 3 4}

Chasteberry is also shown to possess modulating effects on prolactin.⁵ This is important because hyperprolactinemia is associated with corpus luteum insufficiency and abnormal levels of progesterone in the second half of the menstrual cycle.⁶ Studies on Chasteberry have also demonstrated its role in normalizing abnormal cycles,⁷ improving premenstrual syndrome,^{8 9} supporting fertility,¹⁰ and optimizing luteal phase function.

SHEPHERD'S PURSE (CASSELLA BUSA-PASTORIS) contains compounds that increase

uterine tone as well as hemostatic properties. It appears to be helpful in dysfunctional uterine bleeding associated with progesterone deficiency. Shepherd's Purse has also been used to treat hemorrhoids and diarrhea.^{11 12 13 14}

OTHER NUTRIENTS: PROGESTAID™ also contains numerous nutrients in an enzyme base to enhance and support proper luteal phase function.

OTHER PRODUCTS TO CONSIDER

In addition to Progestaid™ (K04), other formulas are helpful in supporting the balance of luteal phase function. Cortisol has shown to suppress LH release. Adrenacalm™ (K16) can be used to support healthy cortisol levels. Optimal levels of estradiol, in the late follicular phase, is important for proper release of the LH. Opticrine™ (K03) may be used to elevate FSH and estradiol in these cases. Sometimes an exogenous form of progesterone may be necessary and the use of sublingual Progesterone (K20) may be advised.

Supplement Facts

Serving size 1 capsule
Servings per container 90

Amount Per Serving	% Daily Value
Vitamin A (as acetate, beta carotene)	1500 IU 30%
Vitamin D (as cholecalciferol)	100 IU 25%
Vitamin E (as mixed tocopherols)	75 IU 250%
Vitamin K (as phytonadione)	200 mcg 250%
Thiamin (as thiamin HCl)	25 mg 1666%
Riboflavin	20 mg 1176%
Niacin (as niacinamide)	20 mg 100%
Vitamin B6 (as pyridoxal 5 phosphate)	15 mg 750%
Folic Acid	200 mcg 50%
Vitamin B12 (as cyanocobalamin)	25 mcg 416%
Pantothenic Acid (as calcium pantothenate)	50 mg 500%

Shepherd's Purse (leaf) 200 mg
Chaste Tree (berry) 200 mg
Proprietary Blend: 28 mg of Betaine HCL*, Cellulase (plant enzyme)*, Peptidase (plant enzyme)*, Lipase (plant enzyme)*.
*Daily Value (DV) not established.

Other ingredients: gelatin (capsule), magnesium stearate.

DIRECTIONS

Take 1-2 capsules, 3 times a day, or as directed by your healthcare practitioner.

REFERENCE INFO

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Statements in this flyer 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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