

Woman's Choice

Dietary supplement for women.

As women approach age 35 and beyond, they can experience a variety of symptoms, some of which are related to declining estrogen levels. This normal occurrence often causes discomfort, including sleep disturbance. Studies suggest that isoflavones may help women meet nutritional needs during this time of life. Isoflavones have a chemical structure similar to the body's natural estrogen, which may account for these effects.

There are three primary isoflavones in soybeans: genistein, daidzein and glycitein. In various experimental models, isoflavones have exhibited properties that suggest they may help lower the risk of cancer, heart disease, osteoporosis and may help relieve menopausal symptoms such as hot flashes. Research suggests that the low Japanese breast cancer mortality rate may, in part, be due to consumption of foods containing soy isoflavones. In addition to breast cancer, soy isoflavones may help reduce the risk of several other types of cancer, including lung, colon and prostate cancer.

Woman's Choice is rich in natural sources of isoflavones, including Black Cohosh, Red Clover extract and Kudzu Root. It also contains antioxidants that assist the body's defense against the effects of free radicals.*

Discussion Points

- A perfect herb for "boomers": With the baby-boomer generation seeking more natural alternatives to health care, black cohosh easily could become one of the top-selling herbs in the world. It's already one of the biggest sellers in Europe, which has enjoyed the health-enhancing benefits of this herb for years.
- Have you had your isoflavones today?: If you want to stay healthy, the answer should be "yes." Isoflavones offer numerous health benefits, such as helping to maintain cholesterol levels that are already within a healthy range. Also, preliminary studies show that soy isoflavones may increase bone mass.*
- Combine with other products: Woman's Choice can be used in conjunction with the Thermojetics® Weight-Management Programs and Herbalife's entire line of nutritional products.

Did You Know?

Of all the phytochemicals that exist in the foods we eat, perhaps none has received as much attention as a group of phytochemicals found almost exclusively in soybeans—isoﬂavones. Isoﬂavones are being studied by scientists, medical experts and nutritionists throughout the world. In the past three years alone, more than 1,000 medical and scientific papers have been published on isoflavones alone.

The wild red clover plant is high in isoflavones and has been used to help a wide variety of conditions.

Like red clover, kudzu root also is high in isoflavones. It has been popular for centuries in traditional Chinese medicine and has been recommended for allergies, headache and angina.

Fast Facts

- Contains a special blend of isoflavones from red clover, soy and kudzu, along with antioxidant-rich black cohosh, that may promote hormone balance.*
- Includes bone-building calcium.

* 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.



SUPPLEMENT FACTS

Serving Size: 1 tablet

Servings per container: 30 tablets

	Amount Per Serving	% Daily Value*
Calcium (as dicalcium phosphate)	124 mg	12%
Dried Red Clover Extract (1% biochanins) (aerial)	50 mg	†
Dried Kudzu Extract (40% isoflavones) (root)	30 mg	†
Dried Soy Extract (38% isoflavones) (bean)	30 mg	†
Bio-absorption Complex-5 Lecithin, Vitamin C (as ascorbyl palmitate), Plant Cellulose Enzyme, Cinnamon Powder (bark) and Dried Black Pepper Extract (from Bioperine®) (NLT 95% piperine) (fruit).	23 mg	†
Dried Black Cohosh Extract (8% triterpene glycosides) (root)	10 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Silicon Dioxide, Hydroxypropyl Methylcellulose, Magnesium Stearate, Hydroxypropyl Cellulose, Polysorbate 80 and Polyethylene Glycol 3350.

Suggested Serving: Take one tablet two times per day.
Notice: Not recommended for pregnant or lactating women.

Ordering Details

#0166

\$22.95