

Woman's Choice

Dietary supplement for women.

As women approach age 35 and beyond, they 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, daidzain 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 menopause symptoms such as hot flashes. Research suggests that the low Japanese breast cancer mortality rate may, in part, be due to consumption of food containing soy isoflavones. In addition to breast cancer, soy isoflavones may help reduce the risk of several types of cancer, including lung, colon and rectal 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 could easily 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 healthy cholesterol levels. 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 Program 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.

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.*



SUPPLEMENT FACTS

Serving Size: 1 tablet
Servings Per Container: 30

	Amount Per Serving	% Daily Value**
Calcium (as dicalcium phosphate)	124 mg	12
Dried Red Clover Extract (1% biochanin) (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.

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

Ordering Details:

30 tablets per bottle

#3013 (case of 12)

#0166 (HAP or unit) \$22.95