



FemGuard-HF™

Helps Diminish Mild Hot Flashes Caused by Menopause*



WOMEN'S HEALTH*



FemGuard-HF™ is designed to help diminish mild hot flashes caused by menopause.* Menopause, a natural stage of the aging process for women that typically begins around the age of 50, can bring about unwanted physical changes that can affect a woman's quality of life. FemGuard-HF™ combines various nutritional compounds to support menopausal comfort during this transitional phase of life.* FemGuard-HF™ may also promote healthy aging, a healthy inflammatory response, healthy hormonal and neurotransmitter balance, and bone health.*

The fluctuation and eventual decline of estrogen (a sex hormone) during menopause are understood to be the primary cause of hot flashes. Hot flashes are a common complaint of menopausal women and are often triggered by stress, warm environments, low blood sugar, or alcohol consumption. They are sudden and temporary sensations of warmth, typically on the chest, neck, and face, often accompanied by sweating. They can occur as frequently as hourly and persist for months or even years.

FemGuard-HF™ may help promote healthy estrogen homeostasis and balance during menopause, which may help to diminish mild hot flashes.* FemGuard-HF™ features two phytoestrogens, genistein and HMRIignan®, and vitamin E isomers as delta- and gamma-tocotrienols. Phytoestrogens are estrogen-like compounds that can be found in various plant-based foods like flaxseeds, beans, berries, broccoli, and garlic. In addition to supporting healthy estrogen balance, genistein may also help to maintain healthy bone strength.*

FemGuard-HF™ also includes gamma-oryzanol and taurine to support healthy aging, menopausal comfort, and neurotransmitter balance.* Gamma-oryzanol is derived from rice bran oil, and taurine is an amino acid found solely in animal-based foods, such as meat, seafood, fish, and milk.

Benefits*

- Supports menopausal comfort
- Helps diminish mild hot flashes caused by menopause
- Supports bone health
- Supports neurotransmitter and hormonal balance

Recommended Use

Take 2 capsules per day or as directed by your health-care practitioner.

Highlights

- Features the phytoestrogens genistein and HMRIignan® and vitamin E tocotrienols to help diminish mild hot flashes caused by menopause*
- Delivers gamma-oryzanol and taurine to support overall menopausal comfort and neurotransmitter balance*
- Features a non-soy-derived genistein
- Contains DeltaGold® delta- and gamma-tocotrienols
- Gluten-free, dairy-free, soy-free, and non-GMO

ZPTED FGHF 7/23

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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