



**DrEl**

# Progesterone Support\*

## Life-Long Support for Menstrual Regularity and Menopausal Health\*

- Helps maintain a regular menstrual cycle\*
- Supports testosterone levels\*
- Promotes healthy blood sugar and insulin\*
- Supports healthy ovaries\*
- Support for mild mood and sleep changes\*

Staying calm, cool, and collected and ready to take on everyday challenges is critical for today's woman. Whether you're a woman in her 30s who wants to start a family or a woman who wants hormonal support after menopause, **Progesterone Support\*** was designed especially for you.\* Its star ingredient is Chasteberry (*Vitex agnus castus*), a botanical that does double duty to support menstrual regularity and menopausal health.\* Other heavy-hitter ingredients like inositol, chromium, alpha lipoic acid and CoQ10 join forces to help balance hormones and shore up ovarian health.\*

## Helps Maintain Menstrual Regularity\*

Chasteberry in **Progesterone Support\*** supports a regular menstrual cycle and may support fertility.\* In addition, it can help to keep your mood happy and calm, especially during challenging times of the month.\* It helps to decrease mild mood changes, cramps, and edema associated with the menstrual cycle.\* Chasteberry accomplishes this by influencing levels of hormones involved in the menstrual cycle such as progesterone, prolactin, and estrogen.\*

## Supports Testosterone\*

Excess testosterone can lead to features such as facial hair on women.\* Inositol can help counteract excess testosterone levels.\* Chasteberry in **Progesterone Support\*** helps to maintain lower levels of testosterone by increasing the activity of aromatase, an enzyme that breaks down testosterone and changes it into estrogen.\*

## Support Ovarian and Metabolic Health\*

Maintaining healthy insulin metabolism is key to supporting ovarian health and keeping your body sleek and slim.\* Ingredients like inositol, chromium, and alpha-lipoic acid powerfully help regulate insulin and blood sugar activity and promote a healthy body weight.\* Meanwhile, CoQ10 and ALA rejuvenate egg quality by nourishing mitochondria, the powerhouses of our cells.\*

## Improved Vitality at Any Age\*

This unique formula from DaVinci® Laboratories optimizes blood sugar, promotes hormone balance, and supports mitochondrial health.\* That makes it a valuable tool in supporting health before, during, and after menopause.\* Better hormonal balance helps reduce mild and occasional irritability.\* It supports energy levels and promotes a good night's rest.\*

## Progesterone Support\* is recommended for:

- Menstrual cycle support\*
- Cyclical breast tenderness\*
- Emotional challenges during PMS or menopause\*
- Fertility\*
- Maintaining balanced hormones before, during, or after menopause\*
- Mild physical discomfort with PMS\*
- Ovarian health\*

## Supplement Facts

### Serving Size: 4 Capsules

### Amount Per Serving

Chromium (as Cr Polynicotinate)†	250 mcg
Inositol (as Myo-inositol)	2,000 mg
Chasteberry ( <i>Vitex agnus castus</i> ) Fruit Extract	400 mg
Alpha Lipoic Acid	250 mg
Coenzyme Q10	100 mg

†ChromeMate® brand niacin-bound chromium.

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

**Warning:** Do not take if pregnant, nursing or planning to become pregnant. If you have any pre-existing conditions or are taking any medications consult your healthcare practitioner before using.

**Suggested Use:** As a dietary supplement, take 4 capsules daily, or as directed by your healthcare practitioner.

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