

Estrium® Medical Food

Nutritional Support for Symptoms Related to
Premenstrual Syndrome

Estrium is a low-allergy-potential, powdered medical food that provides a combination of macro- and micronutrients specially selected for their ability to promote optimal hormone balance. It features fortified rice protein, natural phytoestrogens, antioxidants, and fiber, along with all essential vitamins and minerals and a variety of well-researched ingredients that support healthy estrogen metabolism and healthy hormone cycles. Women who are experiencing the following symptoms related to their hormone cycles may benefit by using Estrium:

- Abdominal discomfort
 - Minor back, joint, and muscle pain
 - Breast tenderness
 - Feeling bloated
 - Feeling sad or blue
 - Occasional irritability
 - Joint stiffness
 - Temporary weight gain
 - Water retention/swelling
- Nutritionally supports estrogen metabolism, with added effectiveness when combined with a specially designed dietary program as outlined in the Estrium Patient Guide.
 - Features high quality rice protein concentrate fortified with the limiting amino acids threonine and lysine, resulting in a complete, high quality, and easily digestible vegetable protein.
 - Provides non-soy phytoestrogens from kudzu and flax, which modify the effects of circulating estrogens.
 - Can be enjoyed as a meal and mixes easily with water or juice.
 - Delicious **Tropical Mango** flavor.
 - New streamlined dietary plan.

Serving Size: 2 Scoops (45 g)

Servings Per Container: 14

Nutritional information per serving:

Calories	160
Fat	3 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	50 mg
Potassium (as dipotassium phosphate and potassium iodide)	350 mg
Total Carbohydrate	23 g
Dietary Fiber	4 g

Protein	15 g
Vitamin A (as retinyl palmitate)	1,250 IU
Vitamin A (as beta-carotene)	2,500 IU
Vitamin C (as ascorbic acid)	60 mg
Calcium (as calcium citrate)	350 mg
Iron (as ferrous fumarate)	9 mg
Vitamin D (as cholecalciferol)	40 IU
Vitamin E (as d-alpha tocopheryl succinate)	300 IU
Thiamin (as thiamin HCl)	0.75 mg
Riboflavin	0.85 mg
Niacin (as niacinamide)	10 mg
Vitamin B ₆ (as pyridoxine HCl)	50 mg
Folate (as folic acid)	400 mcg
Vitamin B ₁₂ (as cyanocobalamin)	30 mcg
Biotin	150 mcg
Pantothenic Acid (as D-calcium pantothenate)	5 mg
Phosphorus (as dipotassium phosphate)	260 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (as magnesium citrate)	240 mg
Zinc (as zinc gluconate)	7.5 mg
Copper (as copper gluconate)	1 mg
Manganese	1 mg
Chromium (as chromium polynicotinate)	100 mcg
L-Lysine	17.5 mg
L-Threonine	17.5 mg
Isoflavones (from kudzu)	25 mg
Defatted Flaxseed Meal	1 g
Choline (as choline bitartrate)	250 mg
Turmeric Rhizome Extract (<i>Curcuma longa</i>)	210 mg
[standardized to 95% (200 mg) curcuminoids]	
Trimethylglycine	200 mg

Other Ingredients: Rice protein concentrate, rice syrup solids, fructose, olive oil, natural flavors, xanthan, carrageenan, cellulose gum, and pueraria root extract.

Recommendations: Blend or shake two level scoops into 8 ounces of juice, soy, almond, rice, or organic cow's milk, water, or as directed by your healthcare practitioner.

Form: 22.2 oz (630 g) Powder Container

▲ Ⓐ See Caution and FDA Warning on page 9.

Warning: This product has been formulated to nutritionally support female patients who have symptoms associated with their hormone cycles. It has not been tested for interactions with oral contraceptive medications, and the effectiveness of oral contraceptives for birth control cannot be ensured during use of Estrium.

This product contains **no** high fructose corn syrup.