

# Protocol for Nutritional **WOMEN'S HEALTH** Support

Practitioner Information - Protocol For Life Balance™ Supplements

A woman's health depends upon maintaining a balance of the many factors affecting her body's complex systems. Nutrients can influence and nourish these delicate systems, resulting in modulated and better regulated functions and structures. The individual components of this protocol can be combined for more complete support of these systems.

## Ortho Multi™ for Women

Protocol for Life Balance™'s Ortho Multi™ for Women provides nutritional support not just for general health, but where it counts for women, especially bone and hormonal health. Formulated with dong quai, royal jelly, ipriflavone, chasteberry and other special herbs and nutrients. This formulation is designed for premenopausal women. (1-15) All other women's multiples are now obsolete with the introduction of Ortho Multi™ for Women.

### Cautions and interactions

At the suggested level of intake, there are no expected side effects. This product contains iron. Accidental overdose of iron-containing product is a leading cause of fatal poisoning in children under 6 (16-17). Keep this product out of reach of children.

## Bone Strength™

Microcrystalline hydroxyapatite (MCHA) is a natural compound that makes up the crystalline matrix of bone and teeth, and is the substance that gives them their rigidity. MCHA is a source of highly absorbable calcium and phosphorus, which are the major mineral components of bone. Bone Strength™ is a comprehensive bone support product providing 1,000 mg of calcium from MCHA. (18-24) It also contains magnesium and trace minerals, as well as vitamins C, D and K to aid in the synthesis and maintenance of bone tissue. (25-31)

### Cautions and interactions

Calcium supplementation is contraindicated in those with hypercalcemia. Those who form calcium-containing kidney stones are generally advised not to take supplemental calcium. Otherwise, calcium supplements are generally well tolerated. (32)

## Borage/GLA

Borage oil is a rich source of GLA (gamma-linolenic acid). GLA is a fatty acid that supports a balanced inflammatory response. GLA has been shown to be important for lung, joint, and eye health. (33-40)

### Cautions and interactions

GLA supplements should not be used if you have a seizure disorder because there have been reports of these supplements inducing seizures. Individuals taking a class of medications called phenothiazines (such as chlorpromazine, fluphenazine, perphenazine, promazine, and thioridazine) to treat schizophrenia should not take EPO because it may interact with these medications and increase the risk of seizures.

Borage seed oil, and possibly other sources of GLA, should not be used during pregnancy because they may induce early labor.

GLA may interact with certain medications, including doxorubicin, cisplatin, carboplatin, idarubicin, mitoxantrone, tamoxifen, vincristine, vinblastine, ceftazidime, and cyclosporine. (41)

## Ultra Omega-3 (Molecularly Distilled)

The Omega-3 Fatty Acids (FAs) abundant in fish oils are known for their many health benefits associated with their ability to support a healthy, balanced inflammatory response. Numerous scientific studies have demonstrated that Omega-3 FAs are important for the modulation of prostaglandin and leukotriene synthesis. These two classes of signaling molecules are critical for the maintenance of cardiovascular health, immune system function, and joint comfort.

In addition, Omega-3 FAs are essential for the health of neuronal tissues, including the brain, and have been shown to play a role in both mood and cognition. Emerging evidence also indicates that Omega-3 FAs may be important in the maintenance of healthy body composition through a number of mechanisms. (42-59)

### Cautions and interactions

Omega-3 fatty acids may interact with aspirin or warfarin. In addition, omega-3 fatty acids may interact with cholesterol-lowering statin medications. Omega-3 fatty acids may be used as a dietary supplement if taking certain medications, including cyclosporine, and may interact with topical corticosteroid treatment.

## Additional Support

### D-Mannose, 500 mg, Progesterone Cream

D-Mannose is a simple sugar that occurs naturally in some plants, including cranberries. Although small amounts of D-Mannose are metabolized by the human body, much of it is rapidly excreted in the urine. In the bladder, D-Mannose can adhere to bacterial lectins, preventing them from sticking to the lining of the bladder. These particles can then be flushed away during urination, thereby reducing the formation of colonies within the urinary tract. Because insubstantial amounts of D-Mannose are used by the body, it does not interfere with blood sugar regulation.

Please note that D-Mannose is not an antibiotic and does not kill bacteria or remove existing bacterial colonies in the urinary tract. Please see a health practitioner for treatment of urinary tract infections.

Progesterone Cream Pump is a source of a natural hormone involved in the female menstrual cycle, pregnancy, and embryogenesis of humans. Progesterone is made in the adrenal glands, the gonads, the brain, and, during pregnancy, in the placenta. Because progesterone levels begin to decline with age, many women have turned to progesterone applications as a natural and safe way to support health. (61-63)

Protocol for Life Balance™ Progesterone Cream comes in an easy to use pump dispenser. It contains USP Grade natural Progesterone.

(Please note the label cautions and instructions!)

References available at [www.protocolforlife.com](http://www.protocolforlife.com)

**Ortho Multi™ for Women** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 2 capsules twice daily, or 1 tablet three times daily)

**Bone Strength™** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 2 twice daily)

**Borage Oil** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 2-3 daily)

**Ultra Omega-3** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 4 softgels or 1 tsp. Liquid Omega-3 daily)

### Additional Support Products:

**D-Mannose, 500 mg** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 2 three times daily)

**Progesterone Cream** \_\_\_\_\_  
(as directed)

Please note the instructions, cautions and interactions on each product package, and begin each new product separately, in turn. Use only under the supervision of a qualified health practitioner.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.