

ReoBalance™

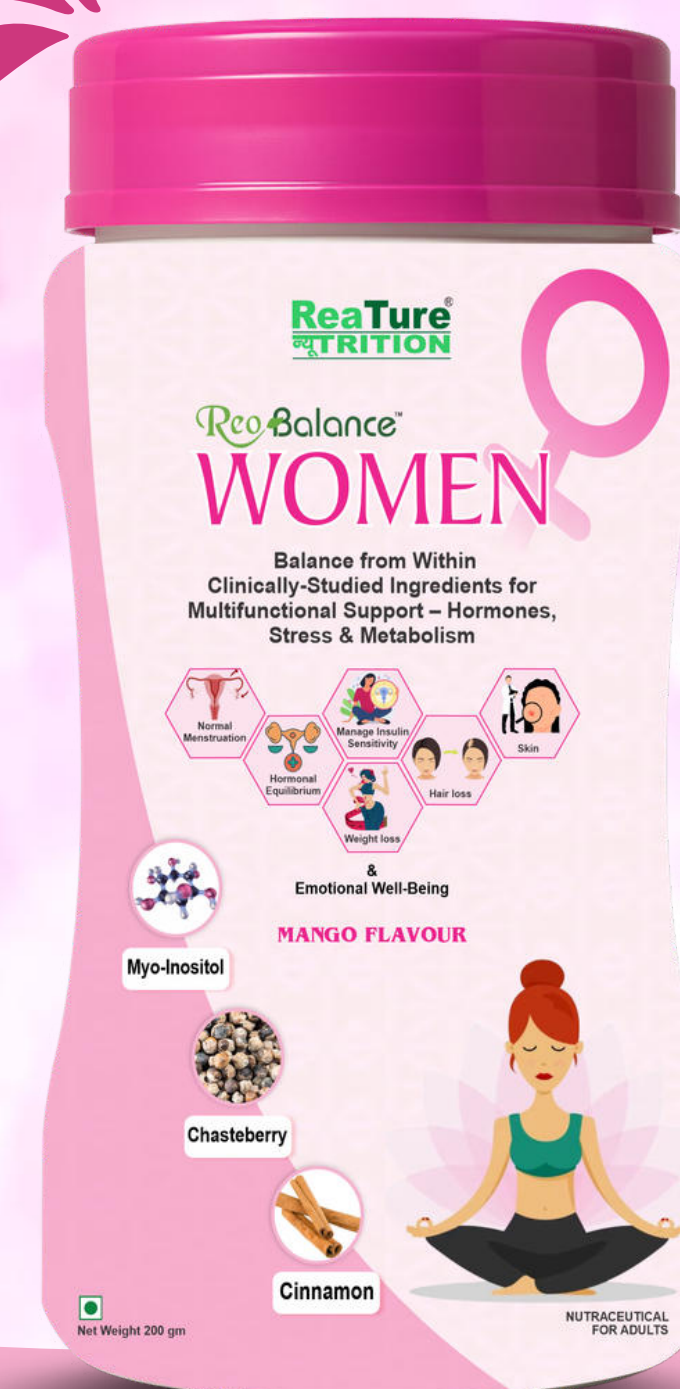
WOMEN



BALANCE FROM WITHIN

*Advanced Women's Wellness Nutraceutical
for Hormonal Balance, Metabolism & Emotional
Well-Being*

- ✓ Supports Hormonal Balance
- ✓ Helps maintain Regular Menstrual Cycle
- ✓ Supports Metabolism & Weight Management
- ✓ Promotes Healthy Skin & Hair
- ✓ Helps reduce Stress & Fatigue
- ✓ Supports Emotional Well-Being





ReoBalance WOMEN is a specially formulated women's wellness nutraceutical designed to support overall health, hormonal balance, and daily vitality.

Modern women face many challenges such as hormonal imbalance, stress, irregular cycles, fatigue, weight gain, and nutritional deficiencies. ReoBalance WOMEN is developed with a powerful blend of natural herbal extracts, essential vitamins, minerals, and plant-based nutrients that work together to support women's health from the inside.

This advanced formula helps promote hormonal harmony, metabolic balance, reproductive health, and emotional well-being, making it an ideal daily supplement for women who want to stay active, balanced, and healthy.

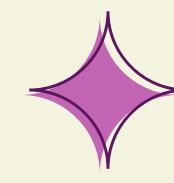
INTRODUCTION



“Complete Wellness Support for Modern Women.”



KEY INGREDIENTS



“A powerful combination of 30+ nutrients and herbal extracts designed for complete women's wellness.”

Herbal & Natural Extracts

- Ashwagandha Extract
- Shatavari Extract
- Gokshur Extract
- Chasteberry Extract
- Green Tea Extract
- Ginger Extract
- Cinnamon Extract
- Turmeric Extract
- Liquorice Extract
- Tagara Root Extract
- Fenugreek
- Agathi Extract

Essential Nutrients

- Natural Milk Calcium
- Iron
- Zinc
- Chromium
- Myo-Inositol
- Soy Isoflavones

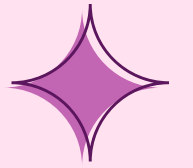
Digestive Enzymes

- Papain
- Bromelain

Vitamins

- Vitamin C
- Vitamin D3
- Vitamin B1
- Vitamin B2
- Vitamin B6
- Vitamin B9 (Folic Acid)
- Vitamin B12





MYO-INOSITOL BENEFITS

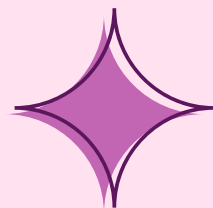


- **PCOS Management:** It is highly effective for PCOS, addressing insulin resistance (often reducing metabolic syndrome risks), lowering high androgen levels (hyperandrogenism), and restoring menstrual cycle regularity.
- **Fertility Support:** By supporting ovulation and improving oocyte (egg) quality, it enhances fertility, particularly in women with PCOS.
- **Insulin Sensitivity & Metabolic Health:** It acts as an insulin-sensitizing agent, aiding in glucose metabolism, which helps manage prediabetes, gestational diabetes, and overall metabolic syndrome.
- **Mood & Mental Health:** It may help balance neurotransmitters like serotonin and dopamine, potentially reducing anxiety, depression, and panic disorder symptoms.
- **PMS Relief:** It can help reduce PMS symptoms, including mood swings, irritability, and food cravings.



SOY ISOFLAVONES

BENEFITS



- **Menopausal Relief:** Soy isoflavones are most commonly used to reduce the frequency and severity of hot flashes and night sweats. Supplements containing at least 19 mg of genistein daily have been shown to be particularly effective, potentially reducing hot flash frequency by approximately 60%.
- **Bone Health:** They may help prevent osteoporosis by slowing bone mineral density (BMD) loss, especially in the lumbar spine. This benefit is most pronounced in the early years following the onset of menopause.
- **Heart Health:** Regular intake is linked to improved cardiovascular markers, including a modest reduction in both systolic and diastolic blood pressure. They may also help lower "bad" LDL cholesterol.
- **Breast Cancer Protection:** Epidemiological studies suggest that high soy intake, particularly starting in childhood or adolescence, is associated with a lower risk of developing breast cancer. For survivors, post-diagnosis soy consumption has been linked to a 25% reduction in tumor recurrence.
- **Metabolic & Mental Health:** Preliminary evidence suggests potential benefits for improving mood



ASHWAGANDHA EXTRACT BENEFITS



- **Stress and Anxiety Reduction:** Ashwagandha lowers cortisol (the stress hormone), which can reduce anxiety, overthinking, and mood swings.
- **Hormonal Balance:** By regulating the endocrine system, it can help stabilize the menstrual cycle and reduce symptoms of PMS, such as cramps, fatigue, and irritability.
- **Sexual Function:** Studies indicate that ashwagandha root extract may improve sexual arousal, lubrication, and satisfaction in healthy women.
- **Menopause Support:** It can alleviate perimenopausal symptoms like hot flashes and sleep disturbances by regulating estrogen and progesterone levels.
- **Fertility Support:** It may enhance reproductive health by optimizing ovarian function and reducing stress-related fertility issues.
- **Weight Management:** By lowering cortisol, it can reduce stress-induced overeating and abdominal fat accumulation.



GOKSHUR EXTRACT BENEFITS

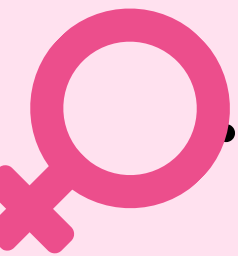
- **Supports Hormonal Balance & PCOS:** Gokshur is widely used to manage symptoms of Polycystic Ovary Syndrome (PCOS) by helping to balance hormone levels and regulate menstrual cycles. It contains steroidal saponins that may help regulate ovulation and improve ovarian health.
- **Enhances Libido and Sexual Wellness:** Studies indicate that gokshur can significantly boost sexual desire and arousal in women, particularly in those who are postmenopausal. It may also help reduce pain during intercourse and increase overall sexual satisfaction.
- **Urinary Tract and Kidney Support:** As a natural diuretic, gokshur helps flush out toxins and may prevent recurrent UTIs. It is also traditionally used to reduce water retention, bloating, and the risk of developing kidney stones.
- **Manages Menopausal Symptoms:** Research suggests that regular supplementation can help alleviate common menopause-related issues, such as hot flashes, night sweats, mood swings, irritability, and vaginal dryness.
- **Boosts Energy and Stamina:** Its adaptogenic properties help the body cope with stress, reducing fatigue and improving physical strength and endurance. This makes it a popular natural supplement for active women looking to manage daily exhaustion.
- **Antioxidant and Skin Benefits:** Rich in antioxidants, gokshur helps protect cells from free radical damage. Traditionally, it has also been used to treat skin conditions like acne—often linked to hormonal imbalances—and to promote a healthier



GINGER EXTRACT BENEFITS ✨



- **Menstrual Relief:** Clinical studies suggest ginger is as effective as common painkillers like ibuprofen and mefenamic acid in reducing the severity and duration of period cramps (dysmenorrhea). It works by inhibiting the production of prostaglandins that trigger uterine contractions.
- **Pregnancy Support:** Ginger is an **American Academy of Obstetrics and Gynecology** (ACOG)-approved non-pharmaceutical remedy for morning sickness. It helps reduce the frequency and severity of nausea and vomiting during the first trimester.
- **Menopause Management:** Research indicates that daily ginger supplementation can significantly improve physical symptoms such as hot flashes and night sweats while supporting mood balance through its phytoestrogen content.
- **Reproductive Wellness:** Ginger may help balance sex hormones (LH, FSH, and estrogen) in conditions like Polycystic Ovary Syndrome (PCOS), potentially improving fertility and regulating cycles.
- **Breast Health:** Emerging evidence highlights ginger's role in inhibiting the growth and migration of breast cancer cells and reducing chemotherapy-induced



FENUGREEK EXTRACT BENEFITS



- **Breast Milk Production:** Fenugreek is widely used as a natural galactagogue to boost milk supply in breastfeeding mothers. Some studies have shown that nursing mothers drinking fenugreek tea can significantly increase milk volume, with some observing results in as little as 24 to 72 hours.
- **Menstrual Discomfort:** The herb's anti-inflammatory and analgesic properties can help alleviate painful menstrual cramps (dysmenorrhea) and reduce the need for additional painkillers.
- **Hormonal Balance & PCOS:** Fenugreek contains compounds like diosgenin that help balance hormones. It may improve insulin sensitivity, which is crucial for managing symptoms of Polycystic Ovary Syndrome (PCOS) and regulating irregular menstrual cycles.
- **Menopause Support:** Supplementing with fenugreek extract can ease perimenopausal and postmenopausal symptoms such as hot flashes, night sweats, and vaginal dryness by supporting shifting hormone levels.
- **Sexual Wellness:** Standardized extracts (like Libifem) have been shown to increase libido and sexual desire in healthy women by naturally supporting estradiol and testosterone levels.
- **Skin and Hair Health:** Rich in antioxidants and nutrients like iron and protein, fenugreek is often used to stimulate hair growth, reduce dandruff, and combat skin issues like acne or premature aging.



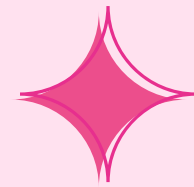


SHATAVARI EXTRACT BENEFITS

- **Hormonal Balance & Menstrual Health:** Shatavari helps regulate menstrual cycles and eases symptoms of PMS, such as cramps, bloating, and mood swings. Its cooling properties are traditionally used to manage heavy bleeding.
- **Fertility Support:** It is believed to strengthen the uterus, improve egg quality, and support healthy ovulation. Its antioxidant properties help protect reproductive cells from oxidative stress.
- **Menopause Relief:** The phytoestrogens in Shatavari can mimic estrogen to alleviate common menopausal discomforts, including hot flashes, night sweats, and vaginal dryness.
- **Lactation (Breast Milk Production):** As a natural galactagogue, it helps increase breast milk supply in nursing mothers by boosting prolactin hormone levels.
- **PCOS Management:** Recent clinical research indicates that standardized Shatavari extract can significantly improve symptoms of Polycystic Ovary Syndrome (PCOS), including irregular cycles, fatigue, and "brain fog".
- **Stress & Anxiety Reduction:** As an adaptogen, it lowers cortisol (the stress hormone) and supports neurotransmitters like serotonin to promote emotional stability.



CINNAMON EXTRACT BENEFITS



- **Menstrual Relief (Dysmenorrhea)**
- **Pain Reduction:** Cinnamon possesses anti-spasmodic properties that can significantly reduce the severity and duration of menstrual cramps (primary dysmenorrhea).
- **Reduced Bleeding & Nausea:** Studies indicate it may help lower the amount of menstrual bleeding and reduce common associated symptoms like nausea and vomiting during the first 72 hours of the cycle.
- **PCOS Management**
- **Hormonal Balance:** It may help balance hormones by increasing progesterone and decreasing androgens like testosterone.
- **Menstrual Cyclicity:** Regular supplementation has been linked to more frequent and regular menstrual cycles and improved ovulation in women with PCOS.
- **Insulin Sensitivity:** Cinnamon acts as an insulin sensitizer, helping to lower fasting blood sugar and insulin resistance, which are key drivers of PCOS symptoms.
- **Metabolic & Weight Support**
- **Weight Management:** By improving metabolism and insulin sensitivity, it may aid in reducing body weight and BMI, particularly in women with metabolic disturbances.
- **Cholesterol Control:** Supplementation can help lower "bad" LDL cholesterol and triglycerides while potentially maintaining "good" HDL levels.
- **Skin Health**
- **Acne Control:** Due to its antibacterial and anti-inflammatory properties, cinnamon can be used topically (often mixed with honey) to manage acne and reduce redness.
- **Bone Health**
- **Osteoporosis Prevention:** It contains essential minerals like calcium and magnesium, which are vital for maintaining skeletal health and preventing bone weakening.



CHASTEBERRY EXTRACT BENEFITS

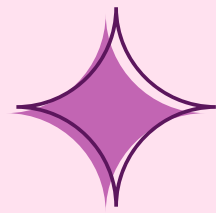
- **PMS Symptom Relief:** This is one of its most well-researched uses. It has been shown to reduce physical and emotional symptoms, including:
- **Breast pain and tenderness** (cyclic mastalgia).
- **Mood changes such as irritability, depressed mood, and anxiety.**
- **Physical discomforts like bloating, constipation, and migraines.**
- **Menstrual Cycle Regularity:** By lowering elevated prolactin levels and supporting the production of progesterone, chasteberry helps normalize the luteal phase of the menstrual cycle. This is particularly helpful for women with irregular periods or secondary amenorrhea.
- **Fertility Support:** It may improve chances of conception in women with "luteal phase defects" (a shortened second half of the cycle). Studies suggest it can help balance the estrogen-progesterone ratio, which is critical for maintaining a pregnancy.
- **Menopause Support:** Although evidence is more mixed than for PMS, some women report relief from menopausal symptoms like hot flashes, night sweats, and sleep disturbances. This effect may be due to its phytoestrogen content, which mimics estrogen in the body.
- **Hormonal Acne Management:** By stabilizing hormone fluctuations that trigger breakouts, chasteberry is often used as a natural remedy for acne, though more modern research is needed to confirm these traditional claims

PMS SYMPTOM RELIEF



GREEN TEA EXTRACT

BENEFITS



- **Polycystic Ovary Syndrome (PCOS):** GTE may improve insulin sensitivity and reduce excessive androgen (testosterone) production, which can help address symptoms like acne and excessive hair growth. Some studies show it may also enhance ovulation and reduce cyst formation.
- **Uterine Fibroids:** Research indicates that high-dose GTE (800 mg daily) can significantly reduce total fibroid volume and improve the severity of symptoms.
- **Endometriosis:** In animal models, EGCG has shown anti-angiogenic (reducing blood vessel growth) and anti-fibrotic effects, which may help regress endometriotic lesions and reduce their development.
- **Dysmenorrhea:** Regular consumption of green tea is associated with lower prevalence and severity of menstrual cramps, likely by modulating pathways that reduce uterine contractility.





TAGARA ROOT EXTRACT BENEFITS



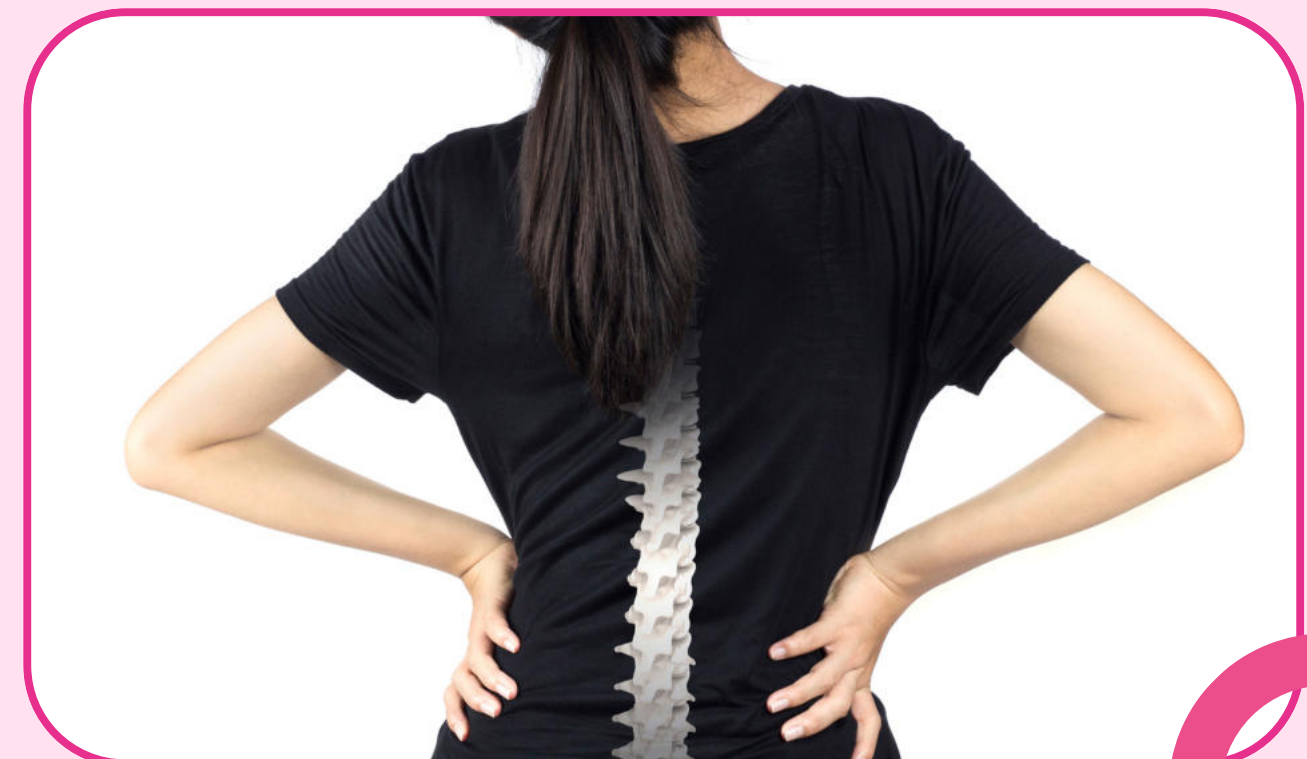
- **Menopausal Symptom Relief:** Tagara contains phytoestrogens (estrogen-like constituents) that may help manage common menopausal symptoms such as hot flashes, night sweats, and vaginal dryness. Studies on related valerian species have shown significant reductions in both the frequency and severity of hot flashes.
- **Menstrual Cramp Management:** Due to its antispasmodic and analgesic (pain-relieving) properties, Tagara can help relax uterine muscles and reduce the severity of abdominal pain and cramps during menstruation.
- **PMS and Emotional Support:** It is used to alleviate physical and emotional symptoms of Premenstrual Syndrome (PMS), including irritability, anxiety, mood swings, and bloating.
- **Sleep and Anxiety:** Tagara acts on the GABAergic system in the brain to reduce nervous excitability. This helps combat insomnia, restlessness, and chronic stress, which are frequently reported during hormonal shifts like menopause.
- **Postpartum Support:** In some Ayurvedic traditions, Tagara is included in formulations to help restore strength and increase breast milk supply in postpartum women.



NATURAL MILK CALCIUM BENEFITS



- **Bone Health & Osteoporosis Prevention:** Milk provides calcium, phosphorus, and protein, which together help build peak bone mass in adolescence and slow bone loss after menopause.
- **PMS Symptom Relief:** Adequate calcium intake is linked to reduced severity of premenstrual syndrome (PMS) symptoms, including mood swings, anxiety, bloating, and water retention.
- **Weight Management:** High levels of dietary calcium may promote fat breakdown and inhibit fat absorption, potentially aiding in weight loss and preventing obesity.
- **Pregnancy & Lactation Support:** Calcium requirements increase significantly during pregnancy (up to 1,200–1,300 mg/day) to support fetal skeletal development and prevent maternal bone density loss.
- **Heart & Nerve Function:** Calcium is vital for regulating heartbeats, blood clotting, and proper nerve signaling.





IRON BENEFITS



1. Enhanced Energy and Physical Performance

- **Combats Fatigue:** Iron is essential for producing hemoglobin, which carries oxygen to your cells. Sufficient levels help manage unexplained fatigue and lethargy, even in those who are not clinically anemic.
- **Fuel for Mitochondria:** Beyond oxygen transport, iron is a key component of enzymes in the mitochondria (the cell's "powerhouse"). It helps convert nutrients into ATP, the body's primary energy currency.

2. Reproductive and Hormonal Health

- **Fertility Support:** Research indicates that adequate iron levels are crucial for regular ovulation. Some studies suggest women taking iron supplements have a significantly lower risk of ovulatory infertility.
- **Pregnancy and Fetal Development:** During pregnancy, iron needs nearly double to 27 mg per day to support the expansion of the mother's blood volume and the growth of the fetus and placenta.

3. Cognitive and Mental Well-being

- **Mental Focus:** Iron is vital for brain function. Restoring low levels can improve concentration, attention span, and overall cognitive performance.

4. Appearance and Immune Defense

- **Hair and Skin Health:** Iron supports collagen synthesis and oxygen delivery to the scalp and skin. Maintaining healthy levels can prevent iron-deficiency-related hair loss and brittle nails while promoting a vibrant skin tone.

VITAMIN C & D3 BENEFITS ✨

- **Immune System Support:** Both vitamins are crucial for immune function. They help fight infections and enhance the immune response to viruses and pathogens.
- **Bone Health and Osteoporosis Prevention:** Vitamin D3 is essential for calcium absorption, crucial for preventing osteoporosis in women, especially post-menopause.
- **Hormonal Balance and Fertility:** Vitamin C helps increase progesterone levels, supporting reproductive health, while Vitamin D3 assists in managing conditions like PCOS and managing menstrual health.
- **Skin Health and Aging:** Vitamin C promotes collagen synthesis, which keeps skin healthy and reduces skin cell degradation.
- **Heart and Metabolic Health:** Vitamin D3 contributes to cardiovascular health, reduces inflammation, and regulates blood sugar levels, reducing the risk of heart disease.
- **Pregnancy Support:** Vitamin D3 is vital during pregnancy for the mother and fetal skeletal development, reducing risks of complications like preeclampsia.



TURMERIC EXTRACT BENEFITS



- **Menstrual Cramps & PMS:** Turmeric works as an anti-inflammatory and antispasmodic, reducing prostaglandins that cause pain. It may also improve mood by regulating serotonin and dopamine.
- **Hormonal Balance & Reproductive Health:** Research shows curcumin can help reduce high androgen levels in PCOS (Polycystic Ovary Syndrome), support healthy follicles, and potentially improve ovarian function.
- **Menopause Support:** Acting as a natural phytoestrogen, turmeric can help manage menopause symptoms, including hot flashes, mood swings, and joint pain.
- **Joint Pain and Arthritis:** It is highly effective in reducing knee pain and stiffness associated with osteoarthritis, a common concern for older women.
- **Metabolic Health & Weight Management:** It can aid in managing insulin sensitivity and improve digestion.
- **Skin Health:** Its antioxidant properties help address skin flare-ups and promote healthier skin.



AGATHI EXTRACT BENEFITS



- **Menstrual & Hormonal Support:** Traditionally used in Ayurveda, Agathi is believed to help regulate the menstrual cycle and balance hormonal activity. It is specifically noted for addressing uterus-related issues like menorrhagia (heavy bleeding) and leucorrhea.
- **Pregnancy & Fetal Development:** The plant is a rich source of folate, an essential nutrient for normal fetal development during pregnancy. Its high biotin content also supports embryonic growth.
- **Lactation:** In some cultures, Agathi is recommended for lactating mothers to help boost breast milk production due to its high nutrient density.
- **Bone Health & Osteoporosis Prevention:** Women are at higher risk for osteoporosis as they age. Agathi contains extraordinary amounts of calcium (approx. 1130 mg per 100g) and phosphorus, which improve bone mineral density and strengthen skeletal structure.
- **Anemia Prevention:** Its iron content helps boost red blood cell production, addressing fatigue and anemia, which commonly affect women.
- **Beauty & Hair Care:** As a natural source of biotin, Agathi extract stimulates keratin production to reduce hair fall and improve hair thickness. Its antioxidants also protect against premature skin aging and wrinkles.



LIQUORICE EXTRACT

BENEFITS ✨



- **Menopause Relief:** Phytoestrogens in licorice mimic estrogen, which can help balance levels during menopause. Studies show it can significantly reduce the frequency and severity of hot flashes.
- **PCOS Management:** Licorice has anti-androgenic properties, meaning it can help lower elevated male hormones like testosterone. It is often used as an adjuvant therapy for Polycystic Ovary Syndrome (PCOS) to improve insulin sensitivity and regulate menstrual cycles.
- **PMS & Menstrual Cramps:** Its antispasmodic and anti-inflammatory effects can provide relief from menstrual cramps, bloating, and mood swings associated with Premenstrual Syndrome (PMS).
- **Vaginal Health:** Topical licorice cream has been shown to improve symptoms of vaginal atrophy and maintain healthy pH levels in postmenopausal women.



ZINC EXTRACT BENEFITS



- **Hormonal and Menstrual Health**
- **Cycle Regulation:** Zinc is essential for the proper secretion and function of key reproductive hormones like follicle-stimulating hormone (FSH) and luteinizing hormone (LH), which govern the menstrual cycle and ovulation.
- **PMS and Cramp Relief:** Supplementation can significantly reduce the severity of primary dysmenorrhea (menstrual cramps) and premenstrual syndrome (PMS) symptoms. It works by inhibiting prostaglandin synthesis, which reduces uterine contractions and inflammation.
- **Physical Maintenance and Well-being**
- **Skin and Hair Health:** Zinc's anti-inflammatory properties help treat acne, rosacea, and eczema. It supports collagen synthesis for skin repair and helps prevent hair loss by supporting follicle health.
- **Bone Density:** Post-menopause, women are at higher risk for osteoporosis as estrogen levels drop. Zinc assists in bone mineralization and production, helping to maintain density.
- **Mood Regulation:** Low zinc levels are linked to depression and anxiety. It helps regulate neurotransmitters like GABA and serotonin, which stabilize mood and reduce stress.



✦ PAPAIN & BROMELAIN BENEFITS ✦

- **Reduced Inflammation & Joint Health:** Both enzymes, particularly bromelain, act as anti-inflammatory agents that can help manage symptoms of arthritis, joint stiffness, and reduce overall systemic inflammation.
- **Improved Digestive Health:** They help break down proteins, aiding in better digestion and potentially reducing gas, bloating, and symptoms of IBS.
- **Post-Surgical and Injury Recovery:** Bromelain helps reduce pain, swelling, and edema after surgeries (like dental or gynecological procedures) and speeds up the healing of injuries or burns.
- **Menstrual/Reproductive Health Support:** Bromelain is known to help reduce inflammation associated with menstrual cramping.
- **Skin Care & Immune System:** Papain is often used for skin conditions like psoriasis and helps heal rashes or insect bites. Both support the immune system and promote wound healing.



CHROMIUM BENEFITS ✨

- **Polycystic Ovary Syndrome (PCOS) Management:** Chromium supplementation can lower free testosterone levels, decrease insulin resistance, improve menstrual regularity, and aid in ovulation for women with PCOS.
- **Weight and Metabolism Management:** It helps in weight management by potentially reducing hunger, cravings, and binge-eating, especially in women with depression or binge-eating disorder.
- **Improved Metabolic Health:** It supports metabolism by lowering LDL (bad) cholesterol and triglycerides while potentially raising HDL (good) cholesterol.
- **Bone and Cardiovascular Health in Menopause:** Chromium may aid in preventing bone loss in menopausal women by slowing calcium loss. It also helps manage cardiovascular risk factors.
- **Energy and Mood Stabilization:** By regulating blood sugar levels, chromium can minimize spikes and crashes, reducing associated fatigue and mood swings



CHROMIUM
Cr



B-COMPLEX VITAMINS (B1, B2, B6, B9, B12)



Vitamin B1 (Thiamine)

- **Energy Production:** Helps convert carbohydrates into usable energy.
- **Nerve Support:** Essential for proper functioning of the heart, muscles, and nervous system.

Vitamin B2 (Riboflavin)

- **Antioxidant Activity:** Acts as an antioxidant to protect cells from damage and support the immune system.
- **Migraine Relief:** High doses may reduce the frequency and duration of migraine attacks, which are more common in women.

Vitamin B6 (Pyridoxine)

- **Mood and Sleep:** Helps produce neurotransmitters like serotonin and dopamine, which regulate mood and may alleviate symptoms of depression and anxiety.

Vitamin B9 (Folate/Folic Acid)

- **Pregnancy & Fetal Health:** Crucial for preventing major birth defects of the brain and spine.

Vitamin B12 (Cobalamin)

- **Neurological Health:** Maintains the protective myelin sheath around nerves and supports overall brain function and memory.
- **Anemia Prevention:** Works with Folate to produce healthy red blood cells; a deficiency can lead to megaloblastic anemia, causing extreme fatigue and weakness.

ReoBalance™
WOMEN



THANK YOU

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