

MEXICAN YAM EXTRACT with PUMPKIN SEED EXTRACT



**RESTORE
HORMONAL
BALANCE and
MORE!**

NATURAL SUPPORT FOR HORMONAL BALANCING, LIBIDO, BLADDER CONTROL, MOOD ENHANCING, ANXIETY, and IMPROVED SLEEP.

Natural Balance® MEXICAN WILD YAM EXTRACT with PUMPKIN SEED EXTRACT combines two of the most beneficial hormonal balancing supplements available in a concentrated form.

MEXICAN WILD YAM EXTRACT (10:1): is one of the most commonly used natural supplements to re-establish hormonal balance. It has long been used for its benefits in reproductive health, including pre-menstrual syndrome and menopausal problems. The most common wild yam benefits include those that are related to female complications. The antispasmodic property helps with menstrual cramps. It is also used for nausea during pregnancy. In general, it is a good tonic for the female system because it can help balance out the hormones.

PUMPKIN SEED EXTRACT (4:1) (water - soluble): is becoming one of the best defenses against several menopausal problems. Pumpkin Seed Extract contains L-tryptophan, a substance which is highly effective in treatment of irritability, mood swings and depression. Pumpkin Seed Extract is a rich source of zinc which helps in preventing osteoporosis – the most common after affect of menopause. It is a rich source of magnesium which helps correct several menopause related imbalances.

INCONTINENCE and URINARY FREQUENCY a PROBLEM ?

In women, stress incontinence (involuntary loss of urine during physical activity such as sneezing or exercise) is

usually caused by a weakening of the bladder sphincter and pelvic floor muscles. Shrinkage (atrophy) of tissues where the bladder and urethra meet also contributes to the problem. Hormonal changes occurring after menopause are thought to be an underlying cause of these anatomical changes in the bladder sphincter that lead to urinary incontinence.

Urinary frequency becomes more common with advancing age, with nearly half of people over 60 reporting to suffer from nocturia (two or more episodes of urination during the night).

Urinary incontinence is defined as an involuntary loss of urine. It represents a major social and hygiene problem in the aging population. About 48% of women and 17% of men over age 70 suffer urinary incontinence.

Overactive bladder affects one in six adults over age 40, and is defined as having an urgent need to empty the bladder during the day-night.

Pumpkin Seed are shown to be a safe, natural, approach which has demonstrated remarkable benefits in human clinical trials. In a breakthrough discovered by Japanese scientists, a natural plant extract combination has been shown to reduce incontinent episodes by up to 79%, 1 **daytime urination** by up to 39%, 2 and **nighttime urination** by up to 68%. 3.

Libido Health : Research shows Pumpkin seeds have also been shown to boost the female sex drive and increase lubrication.



The Difference You Can Feel™ Brand
Available at your local health food store.