



## WOMAN HEALTH CARE MARKET TRENDS

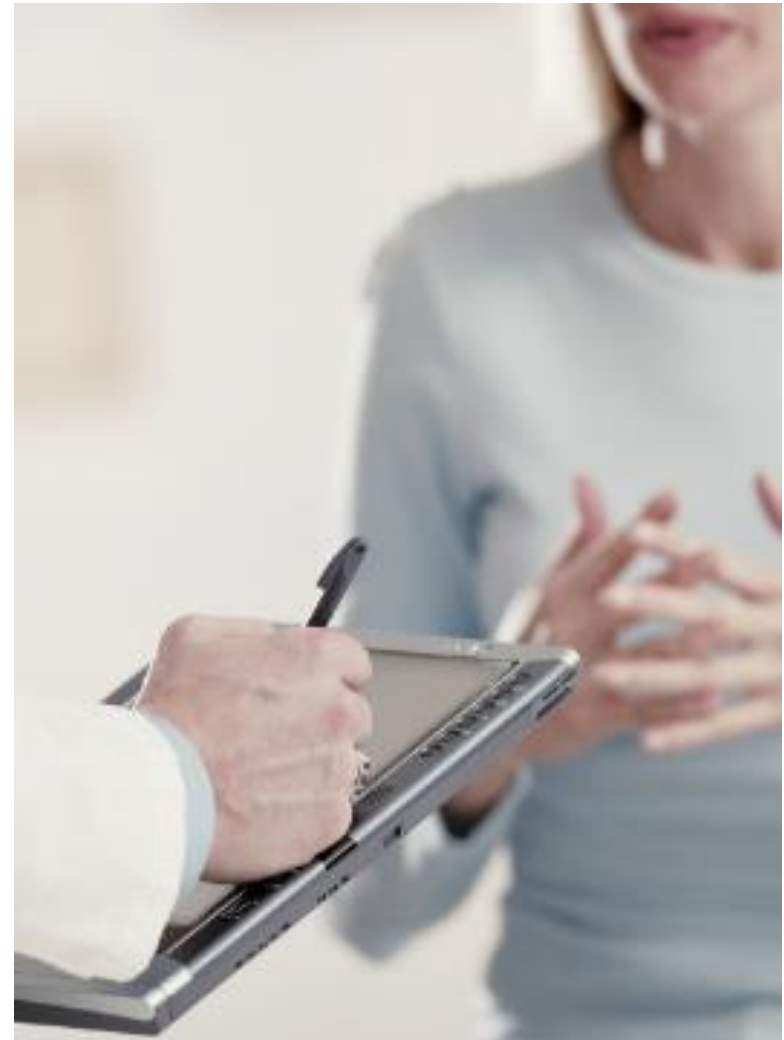


## INDUSTRY INSIGHT

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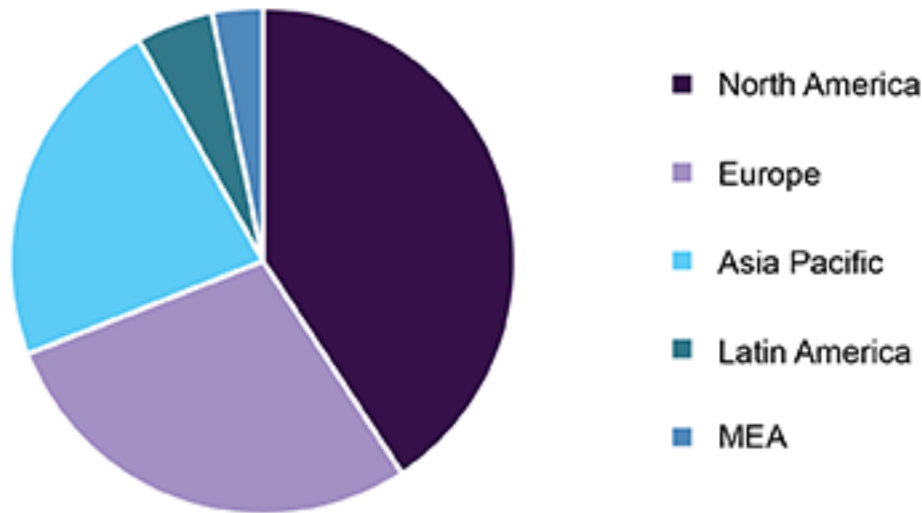
# Market Overview

- The global women's healthcare market is projected to reach USD 17.8 billion by 2024 from USD 9.6 billion in 2019, at a CAGR of 13.2% during the forecast period (2019–2024).
- Women are at a higher risk of diseases such as osteoporosis, osteoarthritis, anemia, menstrual health-related disorders, depression, and obesity.
- Hence, increasing incidences of these conditions is likely to boost the market growth in the coming years.



# Women's Health Market Share, By Region, 2019 (%)

- Asia Pacific is projected to grow at the fastest rate over the forecast period.
- This is attributed to the rising awareness about women's wellbeing and health, growing prevalence of osteoarthritis, infertility, and other disorders due to stress, and various government programs for increasing health awareness.



**Source: Grand View Research, 2020**





## KEY MARKET TRENDS

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# Bone Strength and Joint Health at all Ages

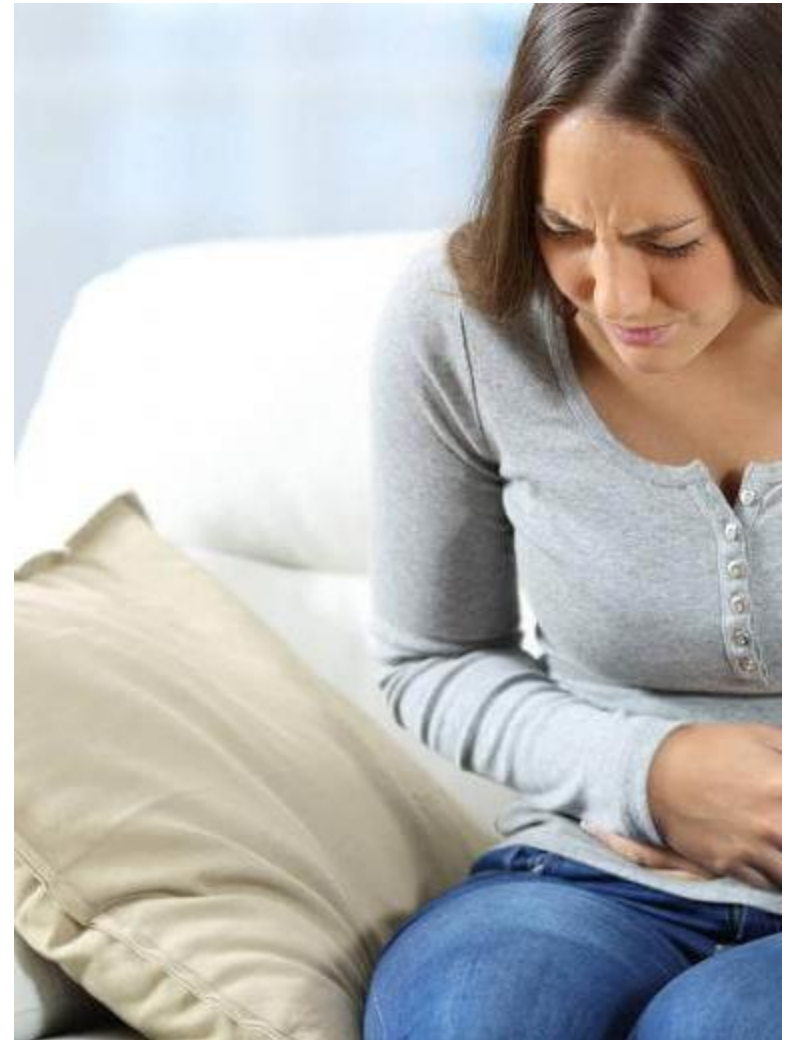
- According to the International Osteoporosis Foundation (IOF), the worldwide prevalence of osteoporosis among women was over 200.0 million in 1990, which is anticipated to reach 680.0 million by 2050.
- The rising number of patients for osteoporosis and rheumatoid arthritis is leading the manufacturers to produce collagen-based candies, supplements, and drinks.
- The product offerings of the market revolve around major ingredients including vitamins, calcium, collagen, magnesium, glucosamine, chondroitin and omega-3.



**Sources: Orbis Research, 2019; Mordor Intelligence, 2019; Grand View Research, 2020**

# Digestive Wellness

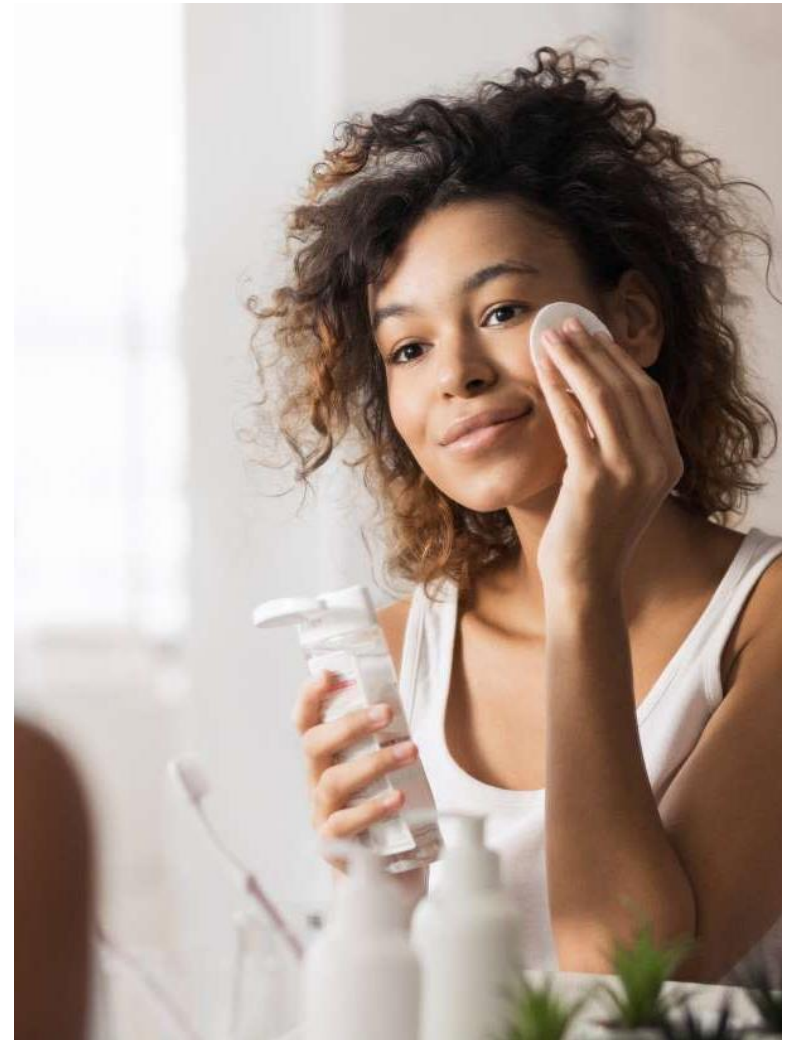
- Studies have revealed that irritable bowel syndrome (IBS) is more common in women than men. As for the IBS subtype, IBS with constipation is significantly more prevalent among women than men (Kim & Kim, 2018).
- Fructans, probiotics, prebiotics, fibre and digestive enzymes support digestive health in many ways.
- In particular, probiotics alleviates digestive disorder such as diarrhea, IBS and constipation, and the benefits are usually noticed shortly after consumption.
- For women who has concern with urinary and vaginal health, it is suggested that probiotics could reduces incident of yeast infections and vaginitis effectively.



**Sources: Kim & Kim, 2018; Bryant, 2019; New Nutrition Business, 2019**

# Beautiful Skin from Within

- Women are typically more attuned to health and beauty care than men in general.
- Healthy skin is an excellent barrier maintaining balance between the internal and external environment of the body.
- Vitamins, carotenoids, tocopherols, flavonoids and a variety of plant extracts have been reported to possess potent antioxidant properties and have been widely used in the skin care industry either as topically applied agents or oral supplements in an attempt to prolong youthful skin appearance.

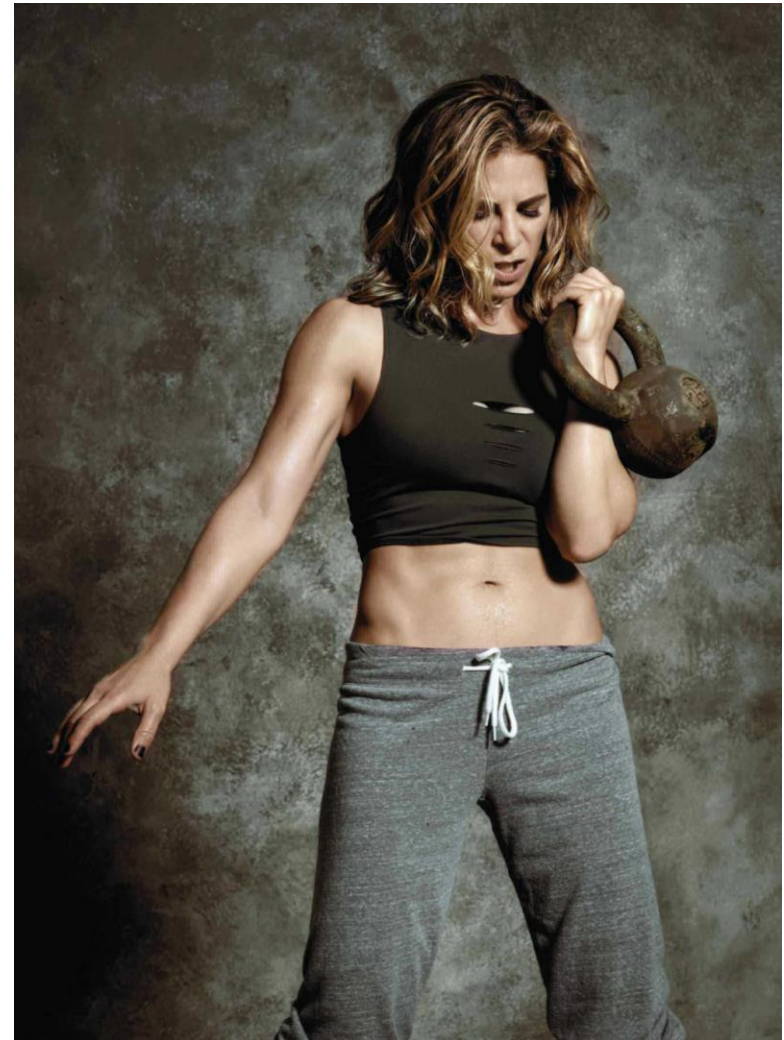


**Sources: Schagen et al., 2012; Jobsky, 2014; Szyszkowska et al., 2014**



# Protein Power

- Protein supplements are extensively in demand and integral part of active lifestyle.
- In past few years, protein supplements for women witnessed strong demand owing to prevalence of 'strong not skinny' trend and rising recognition of women's resistance training.
- Strong demand for protein supplements are likely to trigger more innovations surrounding proteins containing wide range of amino acids and specific target such as weight loss, and muscle building.



**Sources: New Nutrition Business, 2019; Goldstein Research, 2020**

# Healthy Hormonal Balance

- Changes in dietary habits, stress, and consumption of alcohol are the key factors responsible for hormonal imbalance among women.
- Common ingredients in natural preparations include cranberry extract, *oenotherabiennis* (evening primrose) oil, glycine max, *cimicifuga racemose* (black cohosh) extract, maca extract, L-carnitine and others.
- They improve the physical and emotional health of menopausal women and help to overcome hormonal imbalance.
- Present study also proved that vitex agnus castus (chasteberry) is efficient in reversing the adverse effects of hormonal imbalance of polycystic ovary syndrome (PCOS).



**Sources: Saul, 2017; Ermenlieva et al., 2018; Grand View Research, 2020**



## MARKET EXAMPLES

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# Bone Strength and Joint Health at all Ages



## Bonjour Enriched Milk Bread

4 slices of Bonjour Milk Bread provide as much calcium as 1 glass of milk.

Growing children, pregnant and breast feeding mothers have added calcium needs.

Sufficient calcium throughout life helps build and maintain strong bones. Enjoy Bonjour Enriched Milk Bread to meet your daily calcium needs.

**Ingredients:** Wheat Flour (Unbleached), Sucrose, Skimmed Milk Powder, Common Salt, Dextrose, Vegetable Oil (Palm), Baker's Yeast, Yeast Nutrients (Ammonium Sulphate, Sodium Chloride, Calcium Sulphate), **Emulsifiers**, Honey, **Flavouring**, **Thiamine (Vitamin B1)**, **Riboflavin (Vitamin B2)**, Niacin (Vitamin B3), **Iron** (Hydrogen Reduced Iron), **Calcium Propionate**.



# Bone Strength and Joint Health at all Ages



## Simply Orange® Pulp Free with Calcium & Vitamin D

The great taste of the grove, with calcium, an essential mineral that helps build and maintain strong bones and teeth.

Also contains an excellent source of vitamin D, to help your body absorb more calcium.

**Ingredients:** Orange Juice, Less than 1% of: **Calcium Phosphate\*** and **Calcium Lactate\*** (Calcium Sources), **Vitamin D3\***.

\*Ingredients not found in regular orange juice.

# Bone Strength and Joint Health at all Ages

## Joint Juice Glucosamine and Chondroitin Supplement Drink

Each bottle contains 1,500 mg of glucosamine, 200mg chondroitin plus Vitamin C and Vitamin D

25 calories per bottle

Helps keep joints healthy and happy

Once-a-day formula

**Ingredients:** Glucosamine, Chondroitin, **Vitamin C**, **Vitamin D**, Filtered Water, Sugar, Contains 1% or less of the following: Sugar, **Citric Acid**, Natural **Flavour**, Blueberry Juice Concentrate, Fruit & Vegetable Juices for Colour, **Potassium Sorbate** (to retain freshness), **Sucralose**, **Acesulfame Potassium**.



# Bone Strength and Joint Health at all Ages

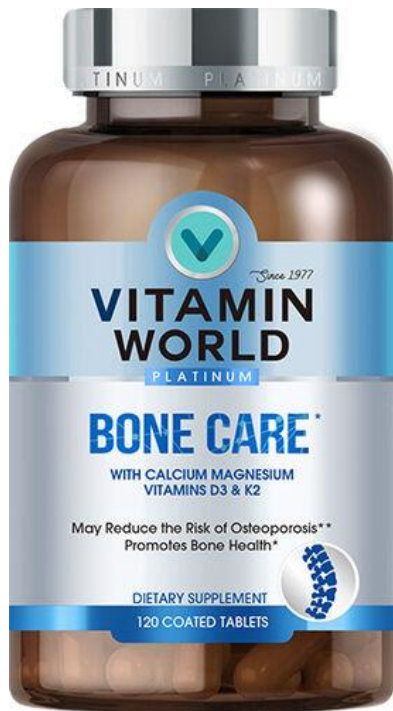
## Cal Cheese High Calcium Cheese Wafer

**Wafer Ingredients:** Wheat Flour, Glucose Syrup, Vegetable Fat (Coconut and/or Palm), **Emulsifier** [Mono and Diglycerides of Fatty Acid (E471)], Leavening Agent [Sodium Bicarbonate (E500i)], Salt, Milk Protein, **Stabiliser** [Di-potassium Phosphate (E340i)]

**Cream Ingredients:** Sugar, Vegetable Oil (Palm-contains Antioxidant BHA), Non-Dairy Creamer [Glucose Syrup, Vegetable Oil, **Sodium Caseinate**, **Stabiliser** (Di-potassium Phosphate), **Emulsifier** (Mono and Diglycerides of Fatty Acids), Anticaking Agent (**Silicon Dioxide**), **Whey Powder**, **Maltodextrin**, Milk Powder, Cheddar Cheese Powder (1.4%), Salt, Mineral (**Calcium Carbonate**), **Emulsifier** [**Soy Lecithin** (E322)], Cheese Flavour (Artificial), Natural Carmine CI 75470 Colour (E120), Synthetic Beta-Carotene CI 40800 Colour (E160 a (i)), **Vitamins** (**A**, **B1**, **B2**, B6, **B12**).



# Bone Strength and Joint Health at all Ages



## Vitamin World World Platinum Bone Care with Calcium Magnesium Vitamins D3 & K2

Comprehensive Formula Promotes Bone Health

May Reduce the Risk of Osteoporosis

Magnesium Strengthens Bone Structure

Vitamin K2 Optimizes Calcium Utilization

Supports Cardiovascular Function and Arterial Health

**Ingredients:** **Vitamin D** (as D3 Cholecalciferol), **Vitamin K2** (as MenaQ7-**Menoquinone-7**), **Calcium** (as **Calcium Carbonate**), **Magnesium** (as **Magnesium Oxide**).

**Other Ingredients:** Microcrystalline Cellulose, **Tocopherol**, **Vitamin C** Palmitate, **Sodium Ascorbate**, **Maltodextrin**, Modified Starch, Vegetable Oil, Medium Chain Triglyceride Oil. Contains < 2% of: Croscarmellose Sodium, Stearic Acid, Vegetable Magnesium Stearate, **Silicon Dioxide**, Hydroxypropylmethyl Cellulose, Polyethylene Glycol.



# Bone Strength and Joint Health at all Ages



## So Good™ Almond Milk Unsweetened

Can be enjoyed by the glass, on cereal, or in your favourite recipe.

It's a good source of calcium and a source of vitamin E, B2 and B12.

It's low in fat and saturated fat, and is also lactose, gluten and dairy free.

**Ingredients:** Filtered Water, **Almonds** (2.5%), Mineral (**Calcium**), **Emulsifier** (Sunflower **Lecithin**), Natural **Flavour**, Salt, Mineral Salt (Sodium Bicarbonate), **Vegetable Gum (Gellan)**, **Antioxidant (Ascorbic Acid)**, **Vitamins (B12, B2, B1)**.

# Digestive Wellness

## Oh My Gutness Original Sparkling Fermented Water Kefir

A new, delicious, light and refreshing sparkling fruit drink, fermented with Water Kefir grains to help keep your gut healthy.

**Ingredients** for Original Flavour: Purified water, Organic Evaporated Cane Juice (Cane Sugar, Transformed during Fermentation), Organic Apple & White Grape Juice, Natural Flavouring: Bergamot (0.29%), Organic **Stevia Tea Extract** (0.05%), Carbon Dioxide, Water Kefir Grains (Sieved before Bottling), **Lactic Acid** (Fermented), **Bacillus** Coagulans.



Varieties: Original, Atlantic Raspberry, Ginger Lemon, Real Cola

# Digestive Wellness

## Wonder Drink Prebiotic Kombucha

It has the goodness of tea and organic acids, which are perfectly complemented by organic, plant-based XOS prebiotic fibre to support gut health.

**Ingredients** for Apple Mint Flavour: Filtered Water, Organic Kombucha (Made from Yeast and Bacteria Cultured Sweetened Organic Black Tea), Organic Apple Juice Concentrate, Organic Cane Sugar, Organic Brewed Green Tea, Organic **Prebiotic Fibre** (Xylo-oligosaccharides), Natural Flavours (Including Mint Oil), Organic **Stevia Leaf Extract**.



Varieties:Ginger Peach, Tropical Mango, Apple  
Mint

# Digestive Wellness



## Nature's Garden Keto Snack Mix

Designed to be eaten by the handful, our Keto packs are packed with probiotic to help your digestive system and contribute to weight loss.

**Ingredients:** **Almonds**, Pepitas, Dried Cheddar Cheese (Pasteurised Milk, Cheese Culture, Salt, Annatto (Vegetable Colour), **Bifidobacterium Lactis B420**), Pecans, Macadamia Nuts, Sunflower Oil.



# Digestive Wellness

## PB2 Pre + Probiotics Peanut Butter Powder

Because of its powdered form, it's easy to incorporate PB2 into all of your favourite peanut butter recipes – bake, blend and mix.

Prebiotics and Probiotics are added to support digestive health. This product delivers 1 billion CFU of probiotic per serving.

**Ingredients:** Roasted Peanuts, **Inulin**, Salt, **Bacillus** Coagulans GBI-30 6068, Monk Fruit Extract.



# Digestive Wellness



Varieties: Salted Peanut Butter with Chocolate and Coconut, Sunflower Butter with Vanilla + Chia, Salted Almond Butter with Vanilla and Hemp

## Uplift Gut Happy Cookies

We do not pump our products with one type of tummy hurting cheap fibre, but rather offer a uniquely nourishing blend that is supported by science to truly support your immune, digestive and gut health.

**Ingredients** for Salted Almond Butter with Vanilla and Hemp Seeds: Toasted Lupin Flour\*, Soluble Tapioca Fibre\* (Resistant Starch), Blanched **Almonds**, Palm Fruit Oil\*, Coconut Sugar\*, Almond Flour, Tigernut Flour\*, Coconut Milk Powder\*, Faba Bean Protein, Natural **Flavour** (Mushroom Extract), Hulled Hemp\*, **Sunflower Lecithin**\*, Coconut Oil\*, Sea Salt, Cinnamon, Peanut Butter\*, **Inulin** (Probiotic Carrier), Water, Dried Kiwi\*, Natural **Flavour**\* (Vanilla), Monk Fruit Extract, **Probiotic** (**Bacillus** Coagulans GBI-30 6086).

\*Organic ingredients

# Digestive Wellness

## Billion Cheers Probiotic Prebiotic Drink

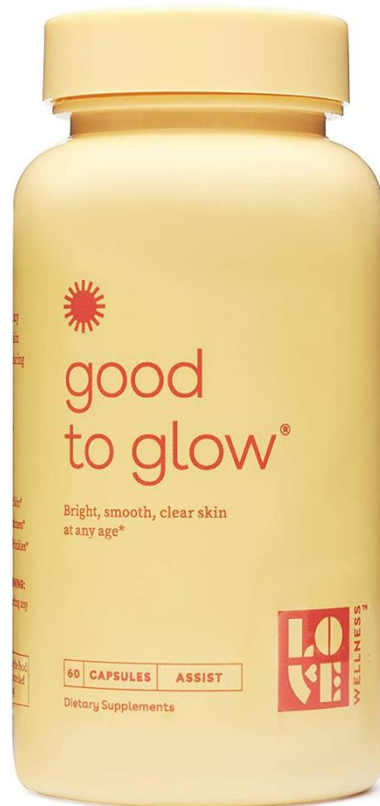
Billion Cheers Probiotic drink is designed with 25 billion CFU live cultures from 4 probiotic strains to replenish the beneficial bacteria to help restore digestive balance and promote digestive and immune health.

Comes with smart prebiotic fibre to flourish the healthy bacteria inside the gut and maintain a favourable intestinal flora.

**Ingredients:** *Lactobacillus paracasei*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Bifidobacterium lactis*, Iso-maltooligosaccharides, Citric Acid, Sucralose, Stabilisers (INS 415), Anticaking Agent (INS 551).



# Beautiful Skin from Within



## Love Wellness Good to Glow Skin Care Supplement

Collagen a protein in your body to help support skin health. Biotin a water-soluble B-vitamin that supports your hair, skin and nails. Ashwagandha high levels of antioxidants to help keep skin vibrant. Plus, More!

**Ingredients:** Vitamin C (Ascorbic Acid), Vitamin E (as D-Alpha Tocopheryl Succinate), Biotin, Zinc (as Zinc Picolinate), Polypodium Leucotomos Herb Extract, Collagen Hydrolysate (Bovine), Organic Saw Palmetto Berry Powder, Organic Ashwaganda Root Powder, Alpha Lipoic Acid, Trans-Resveratrol (from Japanese Knotweed Root Extract)

**Other Ingredients:** Hypromellose Capsule, Microcrystalline Cellulose, and Magnesium Stearate.



# Beautiful Skin from Within

## LQ Advanced Skin Care

This high strength liquid supplement is scientifically formulated to help support and maintain healthy skin.

**Ingredients:** Water, **Marine Hydrolysed Collagen (Fish)**, Orange Concentrated Juice, Acerola Concentrated Juice with **Vitamin C**, Acerola Natural Flavour, Acidity Regulator: **Citric Acid**, Orange Natural **Flavour**, Grape Extract (*Vitis vinifera*) assayed in Resveratrol, Turmeric Rhizome Extract (*Curcuma longa*), Sodium Hyaluronate, Preservative: **Potassium Sorbate**, Aloe Vera Concentrated Gel, Zinc Gluconate, N-acetyl-D-glucosamine, Sweetener: **Sucralose**, Choline-Stabilised Orthosilicic Acid, **Nicotinamide (Vitamin B3)**, Sodium Selenate, Retinyl Acetate (**Vitamin A**), **Calcium Pantothenate (Vitamin B5)**, **Biotin (Vitamin B7)**.

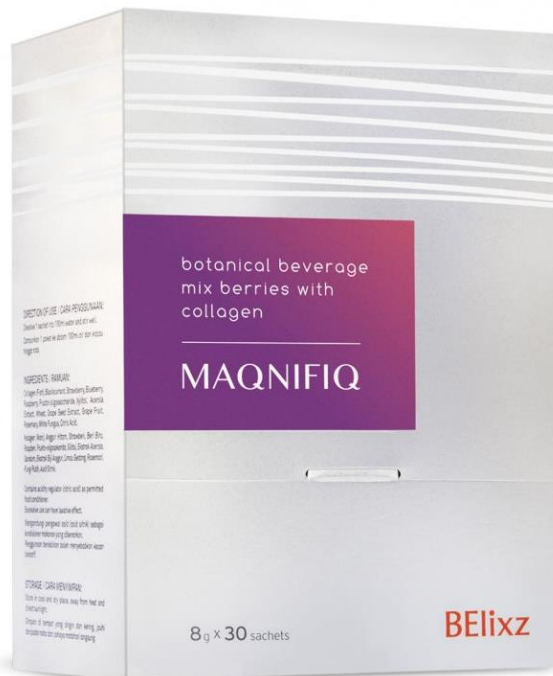


# Beautiful Skin from Within

## MAQNIFIQ Botanical Beverage Mix Berries with Collagen

Its rejuvenating collagen formula enhances your skin's ability from within – to have you feeling and looking at your magnificent best, always.

**Ingredients:** Collagen, Blackcurrant, Strawberry, Blueberry, Raspberry, Fructo-oligosaccharide, Xylitol, Acerola Extract, Wheat, Grape Seed Extract, Grape Fruit, Rosemary, Tremella, Citric Acid.



# Beautiful Skin from Within

## NxN Acne Elixir Supplement

Nourishes skin from the inside out, helping to clarify the skin and create a healthy-looking glow.

**Ingredients:** Vitamin A (As Palmitate), Vitamin C (From Ascorbic Acid), Vitamin E (As dl-Alpha Tocopheryl Acetate), Vitamin B5, Zinc (As Zinc Amino Acid Chelate), Chromium (From Chromium Picolinate), Vitex Chasteberry Extract, Bilberry Fruit Extract (25%), Ashwagandha Root Extract, Theanine, Strawberry Juice Powder, Blackberry Juice Powder, Organic Rice Solids, Citric Acid, Natural Strawberry Lemonade Flavour, Beet Juice Powder, Malic Acid, Stevia Extract and Lo Han Guo Extract.



# Beautiful Skin from Within



## Moon Juice Beauty Dust

Add to matcha, tea, milk, water, or smoothies.

This formula contains ingredients that help the body to preserve collagen protein, enhance elasticity of the skin, and cope with stress with a tart berry flavour.

**Ingredients:** Beauty Dust® Proprietary Blend (Lycium (Goji) Berry Powder, Schisandra Berry Powder, Rehmannia Root Extract, Ashwagandha Root and Leaf Extract, Amla Berry Extract, Pearl Extract, **Stevia Leaf Extract** (Reb A).



# Beautiful Skin from Within

## OLLY Skin Ultra Softgels

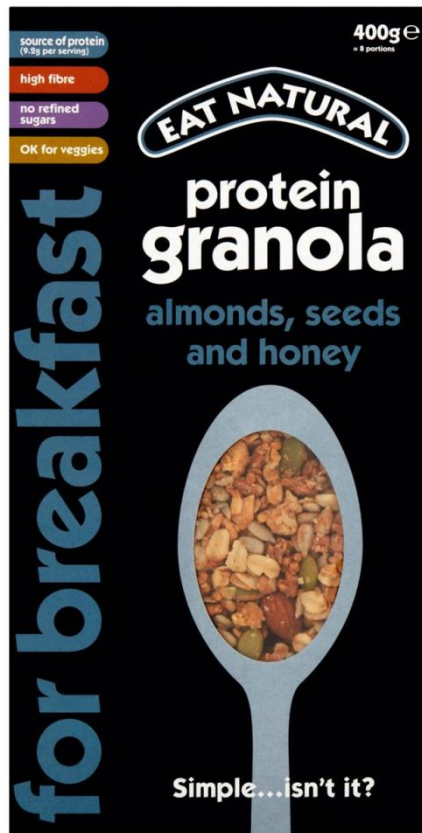
Outshine yourself. These beauty besties are packed with age-defying ingredients that help reduce the appearance of fine lines and wrinkles for that coveted youthful glow.

**Ingredients:** Vitamin C (As Ascorbic Acid), Hyaluronic Acid, Lutein (From Marigold Flower), Zeaxanthin (From Marigold Flower).

**Other Ingredients:** Safflower Oil, Gelatin, Glycerin, Beeswax, Natural Flavour, Sunflower Lecithin, Water, Colouring from spirulina, Titanium Dioxide.



# Protein Power



## Eat Natural For Breakfast Protein Granola

By sticking in a few exciting bits and bobs, like roasted chickpeas, every bowlful packs a whopping 9.2g of protein.

You can enjoy this granola at any time of the day or night. It's delicious with milk, yoghurt or maybe some fresh fruit, berries or even ice cream. Indoors, outside, by yourself or shared with someone special straight from the box ...it's up to you.

**Ingredients:** Whole Grain Oats 26%, Mixed Seeds 25% (Sunflower Seeds 16%, Pumpkin Seeds 8%, Linseeds 1%), Honey 15%, Rapeseed Oil, **Almonds** 7%, **Pea Protein**, Roasted Chickpeas 5%, Shredded Coconut.

# Protein Power



## P28 The Original High Protein Bread

Made with 100% whey isolate - the highest quality source of protein. A rich source of 8 essential amino acids that your body needs for growth, energy, and vibrant health.

P28 makes it easy to get a perfect balance of protein and carbs in every meal. 28 grams protein in two slices.

**Ingredients:** Water, Whole Wheat Flour, P28 Blend (**Whey Protein Isolate**, Wheat Protein Isolate, Wheat Gluten, Soybean Oil), Sugar, Contains 2% or less of: **Corn Starch**, **Wheat Starch**, Molasses, **Yeast**, Oat Groats, Raisin Juice Concentrate, Sunflower Seeds, Flaxseed, Millet, Cracked Wheat, Sea Salt, Cultured Wheat Starch, Cultured Sugar, Vinegar, **Lactic Acid**, Cinnamon, **Enzymes**, **Guar Gum**, Rebiana (**Stevia Extract**).

# Protein Power

## Zone Perfect High Protein Shake

30 grams of protein to support muscle tone and strength and to help you feel fuller longer.

Without the Extra: 150 Calories, 1g of sugar, and low in fat, so you can get the protein you want without the extra carbs and calories.

**Ingredients:** Water, Milk Protein Isolate, Calcium Caseinate. Less than 2% of: Natural & Artificial **Flavours**, Sunflower Oil, **Inulin**, **Maltodextrin**, **Sucralose**, **Acesulfame Potassium**, Cellulose Gel, Cellulose Gum, **Carrageenan**, and Vitamin & Mineral Blend (**Potassium Phosphate**, Sodium Phosphate, **Sodium Ascorbate [Vit. C]**, Sodium Chloride, **Zinc Gluconate**, **dl-Alpha-Tocopheryl Acetate [Vit. E]**, **Niacinamide [Vit. B3]**, Manganese Gluconate, Calcium **Pantothenate [Vit. B5]**, **Vitamin A Palmitate**, **Pyridoxine Hydrochloride [Vit. B6]**, **Thiamine Hydrochloride [Vit. B1]**, **Riboflavin [Vit. B2]**, Chromium Chloride, **Folic Acid**, **Beta-Carotene**, **Vitamin D3**, **Biotin [Vit. B7]**, Sodium Molybdate, Sodium Selenite, Potassium Iodide, **Phylloquinone [Vit. K1]**, **Cyanobobalamin [Vit. B12]**).



Varieties: Chocolate Marshmallow  
and Vanilla Ice Cream



# Protein Power



Varieties: Peanut Butter  
Cup, Creamy Vanilla,  
Frosty Chocolate,  
Cookies & Creme

## MET-Rx High Protein Shake

Each nutritionally advanced, ready-to-drink protein shake is packed to the max with 51 grams of protein that helps support muscle.

Contains slow-digesting proteins for extended muscle support.

**Ingredients** for Peanut Cutter Cup Flavour: Water, Metamyosyn® VPR Protein Blend (Calcium Caseinate, Milk Protein Concentrate, **Whey Protein Concentrate**), Natural and Artificial **Flavours**, Peanut Butter, Cocoa (Processed with Alkali), Cellulose Gel, Vitamin and Mineral Blend (**Tricalcium Phosphate**, Sodium Phosphate, **Sodium Ascorbate**, **Sodium Citrate**, **dl-Alpha Tocopheryl Acetate**, **Niacinamide**, **Vitamin A Palmitate**, **d-Calcium Pantothenate**, Ferrous Sulfate, Phytonadione, Manganese Sulfate, **Cholecalciferol**, **Zinc Oxide**, **Pyridoxine Hydrochloride**, **Thiamin Hydrochloride**, **Riboflavin**, **Copper Sulfate**, **Cyanocobalamin**, **Folic Acid**, **Biotin**, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenite), **Sucralose**, Dipotassium Phosphate, Cellulose Gum, **Acesulfame Potassium**, **Sodium Hydroxide**, **Carrageenan**.

# Protein Power



## YoFiit's Miylk10

YoFiit creates the first plant-based milk substitute using chickpeas, peas and vegan omega 3 oil, boasting 10 g of protein & 1000 mg of omega 3.

It can be used as the sole ingredient in one's smoothie because it can effectively accomplish so many functions such as replacing almond milk alternative, replacing a protein powder as well as omega 3 oil.

**Ingredients:** Chick Pea Base (Water, Organic Ground Chick Pea), Non-GMO **Pea Protein**, Organic Flax Seed Oil, **Calcium**, Natural **Flavour**.

# Protein Power

## YoPro Nut Protein Bar

The perfect post workout snack to keep you fueled for longer without compromise!

**Ingredients** for Apple Cinnamon Flavour: Corn **Fibre**, Peanut Butter (19%), **Hydrolysed Collagen**, Sultanas (Contains Vegetable Oil), Soy Nuggets (**Soy Protein Isolate**, Tapioca Starch, Salt), Organic Glycerine, Dried Apples (2%), Rolled Oats, Yoghurt Powder (1%), Linseeds, Sea Salt, Natural **Flavour**, Cinnamon (0.2%).



Varieties: Salted Caramel, Mixed Berries, Apple Cinnamon

# Healthy Hormonal Balance



## Women's Hormone Support Formula

Designed specifically for women that are searching for estrogen support, estrogen balance, mood support, period cramp relief, and overall well-being.

**Ingredients:** Vitamin E (as D-Alpha Tocopheryl Succinate), Dong Quai (*Angelica sinensis*) Root Extract, Diindolymethane (DIM), BioPerine® Black Pepper Fruit Extract.

**Other Ingredients:** Hypromellose, Rice Flour, Magnesium Stearate, Silica, Gellan Gum.



# Healthy Hormonal Balance



## MegaFood Daily Maca Plus for Women

Support your vitality with the help of our easy-to-mix powder supplement, enriched with the superfood power of maca.

**Ingredients:** Body Nourishing Blend (Organic MacaRoot, Organic Motherwort Aerial Parts), Daily Balance Blend (Chaste Tree Berry, Organic Ashwagandha Root), Dandelion Root.

**Other Ingredients:** Organic **Brown Rice**.

# Healthy Hormonal Balance

## NingXia Red®

For optimal hormonal wellness and PMS support

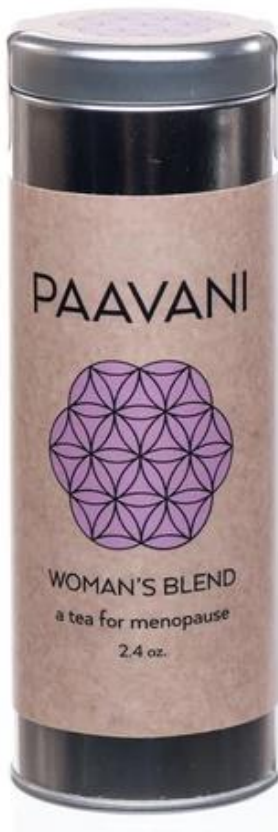
This sweet and tangy drink's formula includes wolfberry, which is touted for its health benefits.

**Ingredients:** Proprietary NingXia Red Blend [Ningxia Wolfberry Puree (*Lycium barbarum*), Blueberry Juice Concentrate (*Vaccinium corymbosum*), Plum Juice Concentrate (*Prunus domestica*), Cherry Juice Concentrate (*Prunus avium*), Aronia Juice Concentrate (*Aronia melanocarpa*), Pomegranate Juice Concentrate (*Punica granatum*)], Proprietary Essential blend [Grape (*Vitis vinifera*) Seed Extract, Orange EO (*Citrus sinensis*), Yuzu EO (*Citrus junos*), Lemon EO (*Citrus limon*), Tangerine EO (*Citrus reticulata*)].

**Other ingredients:** Tartaric Acid, Natural Blueberry Flavour, Pure Vanilla Extract, Malic Acid, Pectin, Sodium Benzoate, Natural Stevia Extract.



# Healthy Hormonal Balance



## Paavani Woman's Blend Tea

Offers Ayurvedic relief to the many symptoms of menopause including: hormonal imbalance, hot flashes & sleep disruption.

**Ingredients:** Chasteberry\*, Black Cohosh\*, Shatavari\*, Licorice\*, Indian Sarsaparilla\*, Peppermint\* & Sage\*

\*Certified Organic

# Healthy Hormonal Balance

## OZiva Plant Based HerBalance for PCOS

A combination of 21 Plant Based Wholefoods designed to assist in regulating Hormonal Balance and support Menstrual Cycle in Women.

**Ingredients:** Hormonal Blend [Shatavari Extract, Chasteberry Extract, Punarnawa Extract, Ashoka Extract, Pomegranate Powder, Amla Powder, *Rhodiola Rosea* Extract, Red Raspberry Extract, Shilajit Extract, Anantmool Extract, Aloevera Extract, Vitamin B8 (Inositol), Chromium], Digestive Blend [Papain, Bromelain].

**Other Ingredients:** Pomegranate Powder, Fennel Seed Powder, Green Mango Powder, Lemon Powder, Tamarind Powder, Black Salt, Pink Salt.





# Healthy Hormonal Balance



## Theralogix Ovasitol Inositol Powder Supplement

Take two servings per day—one in the morning and one in the evening. Stir Ovasitol powder into water or any hot or cold non-carbonated beverage until dissolved, then drink.

Studies show that inositol supports healthy hormone levels, regular menstrual cycles, and healthy ovulatory function.

**Ingredients:** Myo-Inositol and D-Chiro Inositol.

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THANK YOU