

PRODUCT INFORMATION Meal Replacements

ESTRIUM - ESTOBALANCE (VANILLA WHEY)



Estrium WHEY is a delicious whey protein powder designed to provide multifunctional, targeted nutritional support for women in their reproductive years.

- Features non-soy phytoestrogens and concentrated flaxseed lignans to support hormone balance.
- Supplies whey protein to support lean body mass and immune health.
- Provides turmeric to provide multidimensional support.
- Provides targeted B vitamins and vitamin E to support cardiov ascular health.
- Delivers calcium and vitamin D to support bone health.
- The advanced nutritional support of low-calorie, low-glycemic-index Estrium WHEY, along with a healthy diet and regular exercise, may have a positive impact on overall health.

Recommended dose:

Blend, shake, or briskly stir about 2 level scoops (45 grams) of Estrium Whey into 8 fluid ounces of chilled water twice daily, or as directed by your healthcare practitioner.

Serving Size: About 2 Scoops (45 g)

Calories 170

Calories from Fat 20

Total Fat 2 g

Saturated Fat 0.5 g

Cholesterol <5 mg

Total Carbohydrate 25 a

Dietary Fiber 2 a

Sugars 19 g

Protein 15 a

Vitamin A (as retinyl palmitate) 1250 IU

Vitamin A (as beta-carotene) 2500 IU

Vitamin C (as ascorbic acid) 60 mg

Vitamin D (as cholecalciferol) 40 IU

Vitamin E (as d-alpha tocopheryl succinate) 300

IU

Thiamin (as thiamin HCI) 0.75 mg

Riboflavin 0.85 mg

Niacin (as niacinamide) 10 mg

Vitamin B6 (as pyridoxine HCl) 50 mg

Folate (as folic acid) 400 mcg

Vitamin B12 (as cyanocobalamin) 30 mca

Biotin 150 mcg

Pantothenic Acid (as D-calcium pantothenate) 5

ma

Calcium (as calcium citrate) 350 mg

Iron (as ferrous fumarate) 9 mg

Phosphorus (as dipotassium phosphate) 260 mg

lodine (as potassium iodide) 75 mcg

Magnesium (as citrate) 240 mg

Zinc (as zinc oxide) 7.5 mg

Copper (as gluconate) 1 mg

Manganese 80 mcg

Chromium (as chromium polynicotinate) 100

mcg

Sodium 95 mg

Potassium (as dipotassium phosphate and

potassium iodide) 350 ma

Inflavones (from kudzu extract) 25 mg

Flaxseed Hull (providing 70 mg of flax lignans)

1.84 g

Choline (as choline bitartrate) 450 mg

Turmeric Rhizome Extract (*Curcuma longa*) [standardized to 95% (200 mg) curcuminoids] 210 mg

Other Ingredients: Whey protein concentrate (milk), fructose, natural flavors, rice syrup solids, olive oil, xanthan gum, guar gum

