



▼ INGREDIENTS

| Supplement Facts | |
|--|-----------------|
| Serving Size: 2 capsules | |
| Amount Per Serving | %Daily Value |
| Indole-3-Carbinol (IC3)..... | 30mg * |
| Diindolylmethane (DIM)..... | 12mg * |
| Lactobacillus reuteri..... | 1 billion cfu * |
| Lactobacillus rhamnosus..... | 1 billion cfu * |
| Endocrine Herbalomic Blend..... | 732 mg * |
| <i>Humulus lupulus</i> (Ext); <i>Angelica gigas Nakai</i> (Ext); <i>Chrysin</i> ; <i>Cynanchum wilfordii</i> (Ext); <i>Phlomis umbrosa</i> (Ext); <i>Lycium barbarum</i> (Ft); Broccoli Concentrate; <i>Angelica sinensis</i> (Ext); Magnesium succinate; <i>Urtica dioica</i> (Rt); <i>Pueraria lobata</i> (Ext)(Diadzin); <i>Bupleurum chinense</i> (Rt); <i>Paeonia lactiflora</i> (Rt); <i>Schisandra chinensis</i> (Rt); <i>Atractylodes macrocephala</i> (Rt); <i>Wolfiporia cocos</i> (Hb); <i>Vitex agnus-castus</i> (Ext); <i>Picea abies</i> (Ext); <i>Glycyrrhiza glabra</i> (Ext)(DGL); <i>Vitis vinifera</i> (Ext) (OPC); <i>Rosmarinus officinalis</i> (Hb); RNA/DNA Adrenal Tissue Factors; <i>Rheum raphaniticum</i> (Ext) | |
| *Daily Value Not Established | |
| Other Ingredients: Gelatin, Leucine, Silica and Dextrose | |

▼ DOSAGE

- 1 - 3 capsules, twice a day, or as directed.

▼ PACKAGING

- **Capsules:** 60 capsules/eco-bottle.

▼ PERSPECTIVE

As science uncovers the multifaceted aspects of female hormone health, the natural health perspective grows to encompass the intestinal and vaginal microbiomes, the neurological regulatory processes (circadian and lunar cycling), and the interrelatedness of the complex endocrine gland hormones (adrenal, thyroid, pituitary, hypothalamus, uterus, ovaries, pineal). As must be the case, Nature's best support comes from botanicals that support the body's self-regulation of hormone cycles and relationships.

▼ LIFESTYLE



#843 Femicrine (Female Endocrine)

Features adaptogenic and female hormone supportive botanicals and nutrients combined to support the many aspects of the body's normal female endocrine cycle. Features insights from both the Western (Herbalomic™) and Eastern (Traditional Chinese Medicine) herbal traditions. Designed to accommodate the cyclical and epigenetic aspects of female hormone rhythms. Supports the normal body processes to regulate its hormonal cycles and balance.

▼ INDICATIONS

- PMS-type occurrences
- Climacteric support
- Menopause support
- Peri-menopause preparation for menopause
- Non-hormonal menopausal symptom relief
- Youthful female vitality programs
- Uterine and ovarian nutrition

▼ KEY COMPONENTS

- **Humulus lupulus** – Often cited as muscle supportive, relaxant, and a digestion-supportive herb. Has a well established botanical history of supporting normal female hormone cycle balance.
- **Angelica gigas Nakai** – From Oriental and Korean Traditional Medicine, this botanical has been used to support the gynecological system for centuries.
- **Chrysin** – A bioflavonoid (flavone) found in passion flowers, chamomile, mushrooms and honeycomb.
- **Cynanchum wilfordii** – Bai Shou Wu. A root used in China and Korea. One of the most famous traditional medicines often employed as a blood tonic to enrich vitality.
- **Phlomis umbrosa** – Used in China for thousands of years in herbal teas and tonics as a part of many purification formulas, as well as part of TCM protocols for menstrual issues including flushes of heat, nervousness, dryness, and moodiness.
- **Lactobacillus reuteri & Lactobacillus rhamnosus** Two of the world's most documented probiotic species that support normal female health and normal, healthy vaginal flora.
- **Lycium barbarum** – Often cited in weight loss articles, the Wolfberry (Gogi Berry) is considered a national treasure in Tibet. Rich in nutrients, especially nascent Vitamin C, it boasts powerful antioxidant properties.
- **Broccoli Concentrate** – Provides glucosinolates, the sulfur/nitrogen "mustard-tasting" component of cruciferous vegetables. Research is investigating the cell-process normalizing contributions of the entire brassica family of vegetables.
- **Angelica sinensis (Dong Quai)** – Dang Gui. Historically celebrated as an adaptogenic female tonic. Often touted to support natural libido and normal female menses.
- **I3C (Indole-3-carbinol)** – Produced by the breakdown of the glucosinolate glucobrassicin, in cruciferous vegetables.
- **Bupleurum chinense** – Chai Hu/Bei Chai Hu. A famous Chinese herb used by women wishing to support their healthy hormonal and psychological

processes.

- **Schisandra chinensis** – Wu Wei Zi. The five flavored seed. Traditionally supports kidney jing (essence) which governs the reproductive energy.
- **Picea abies (Norway Spruce)** – Contains Hydroxymatairesinol potassium acetate, a phyto-estrogenic molecule shown in scientific studies to support the female body's break down of estrogen into the beneficial estrogen pathways.
- **DIM (Diindolylmethane)** – A cruciferous vegetable compound with beneficial action on cell membrane estrogen receptors.
- **Rheum raphaniticum (Rhubarb)** – Provides raphantin and desoxyraphantin. Clinically proven ingredient for non-hormonal menopausal symptom relief.

▼ CONTRAINDICATIONS

Pregnant, nursing, or on fertility medication such as clomiphene. Contains over 25 ingredients synergistically blended. [Check with your midwife, physician or health care practitioner.]

▼ CLINICIAN CONSENSUS

Pre-Menstrual General Support

- #843** Femicrine - Female Endocrine
- #24** Fpms - Female Health
- #854** Neurosyn - Neuro-Cognitive & Memory Support

▼ BACKGROUND

Based on recent, published scientific studies, Dr. Shayne Morris, a nutrimental expert, applied that research toward supporting female cycle hormonal balance. Coupled with Herbalomic™ research that demonstrates efficacious botanical influence over cellular epigenetic responses, Dr. Morris combined natural nutrients, nutraceutical/metabolic ingredients, and herbal "activation" factors into a synergistic blend of focused, broad-spectrum nutrition.

▼ SYNERGISTIC CONSIDERATIONS

- **#22** F+ - Female Plus
- **#39** Gf - Thyroid
- **#850** MoRS - Methylation Donor
- **#73** Mpr - Prostate/Ovatum
- **#854** - Neurosyn - Neuro-Cognitive & Memory Support
- **#31** Ga - Adrenal
- **#24** Fpms - Female Health
- **#820** Epic - Metabolic Antioxidant
- **#840** EVENTA - Cellular Enzyme Corrector
- **#184** ROX - Super Antioxidant w/ Resveratrol

▼ INFORMATION RESOURCES

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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