

# WOMEN'S COMPREHENSIVE FORMULA

You work hard every day – businesswoman, lover, best friend, mother, grandmother, homemaker, life partner, care giver, recreational athlete – no wonder you're often so exhausted. But a good night's sleep and you're ready to go again. Before you go, make sure there's nothing missing from your nutritional bag. Let's check and see....

If you packed your **Women's Comprehensive Formula**, you have your ---



**Ultra-potency vitamins and minerals**, including all the **B-vitamins**, **vitamin C**, the **fat-soluble vitamins (D,E,K)**, **calcium**, **phosphorus**, **magnesium**, **iodine**, **zinc**, **selenium**, **copper**, **manganese**, **chromium**, **molybdenum** and **trace minerals** to keep your bones going strong.<sup>1-10</sup>



**EPA and DHA fish oils** to support cardiovascular health,<sup>11-30</sup> brain health,<sup>11,15,17,31</sup> quick thinking<sup>32,33</sup> and a strong and sturdy skeleton.<sup>14,25,34-43</sup>



**Soy isoflavones** to support the health and function of your heart and cardiovascular system,<sup>44-50</sup> immune system,<sup>51</sup> bones,<sup>49,52-54</sup> teeth and gums<sup>55</sup> and metabolism of sugar.<sup>56,57</sup> (Bonus – soy isoflavones also may be able to calm perimenopausal vasomotor symptoms such as hot flashes and night sweats.<sup>58,59</sup>)

**Choline**, a special B-vitamin that is required for the maintenance of many functions of the nervous system, including nerve-to-nerve and nerve-to-muscle communication.<sup>60</sup>



**Ginkgo biloba extract** for additional clarity of thought.<sup>61,62</sup>

**Alpha-Lipoic acid**, a powerful antioxidant that decreases the amount of aging-causing oxidizing chemicals in the blood and tissues.<sup>63</sup>

**Lutein and zeaxanthin** to support optimal visual acuity and color vision.<sup>64</sup> When it comes to lutein and zeaxanthin, the more you eat, the more gets in your eyes.<sup>65-67</sup>

**Dong quai** (*Angelica sinensis*) and **Fo-ti** (*Polygonum multiflorum*) extracts for phytoestrogenic support of healthy menstrual cycling.<sup>68</sup>

**Vitamin B6** for calming of premenstrual symptoms.<sup>69-71</sup>



**Women's Comprehensive Formula** supports every system a woman needs for a full, rewarding, happy life.

## **Women's Comprehensive Formula**

*Because life's too good to let it slip by*

1. Stevenson M, Jones ML, De Nigris E, Brewer N, Davis S, Oakley J. A systematic review and economic evaluation of alendronate, etidronate, risedronate, raloxifene and teriparatide for the prevention and treatment of postmenopausal osteoporosis. *Health Technol Assess* 2005;9:1-160.
2. Papaioannou A, Kennedy CC, Cranney A, Hawker G, Brown JP, Kaiser SM, Leslie WD, O'Brien CJ, Sawka AM, Khan A, Siminoski K, Tarulli G, Webster D, McGowan J, Adachi JD. Risk factors for low BMD in healthy men age 50 years or older: A systematic review. *Osteoporos Int* 2008;Aug 29 (DOI 10.1007/s00198-008-0720-1).

3. Cranney A, Weiler HA, O'Donnell S, Puil L. Summary of evidence-based review on vitamin D efficacy and safety in relation to bone health. *Am J Clin Nutr* 2008;88:513S-519S.
4. US Food and Drug Administration. *Guidance for Industry. A Food Labeling Guide*. Center for Food Safety and Applied Nutrition, College park, MD, April 2008 (<http://www.cfsan.fda.gov/guidance.html>).
5. US Food and Drug Administration. Food Labeling; Health Claims; Calcium and Osteoporosis, and Calcium, Vitamin D and Osteoporosis. Final rule. *Fed Reg* 2008;73:56477-56487.
6. Adami S, Giannini S, Bianchi G, Sinigaglia L, Di Munno O, Fiore CE, Minisola S, Rossini M. Vitamin D status and response to treatment in post-menopausal osteoporosis. *Osteoporos Int* 2008;Jun 13 (DOI 10.1007/s00198-008-0650-y).
7. Carpenter TO, DeLucia MC, Zhang JH, Bejnerowicz G, Tartamella L, Dziura J, Petersen KF, Befroy D, Cohen D. A randomized controlled study of effects of dietary magnesium oxide supplementation on bone mineral content in healthy girls. *J Clin Endocrinol Metab* 2006;91:4866-4872.
8. Dimai HP, Porta S, Wirnsberger G, Lindschinger M, Pamperl I, Dobnig H, Wilders-Truschnig M, Lau KH. Daily oral magnesium supplementation suppresses bone turnover in young adult males. *J Clin Endocrinol Metab* 1998;83:2742-2748.
9. New SA, Bolton-Smith C, Grubb DA, Reid DM. Nutritional influences on bone mineral density: A cross-sectional study in premenopausal women. *Am J Clin Nutr* 1997;65:1831-1839.
10. Sojka JE, Weaver CM. Magnesium supplementation and osteoporosis. *Nutr Rev* 1995;53:71-74.
11. von Schacky C, Harris WS. Cardiovascular benefits of omega-3 fatty acids. *Cardiovasc Res* 2007;73:310-315.
12. Siscovick DS, Raghunathan TE, King I, Weinmann S, Wicklund KG, Albright J, Bovbjerg V, Arbogast P, Smith H, Kushi LH, et al. Dietary intake and cell membrane levels of long-chain n-3 polyunsaturated fatty acids and the risk of primary cardiac arrest. *JAMA* 1995;274:1363-1367.
13. Albert CM, Campos H, Stampfer MJ, Ridker PM, Manson JE, Willett WC, Ma J. Blood levels of long-chain n-3 fatty acids and the risk of sudden death. *N Engl J Med* 2002;346:1113-1118.
14. Das UN. Can essential fatty acids reduce the burden of disease(s)? *Lipids Health Dis* 2008;7:9 (doi:10.1186/1476-511X-7-9).
15. Barre DE. The role of consumption of alpha-linolenic, eicosapentaenoic and docosahexaenoic acids in human metabolic syndrome and type 2 diabetes--a mini-review. *J Oleo Sci* 2007;56:319-325.
16. Wang C, Harris WS, Chung M, Lichtenstein AH, Balk EM, Kupelnick B, Jordan HS, Lau J. n-3 Fatty acids from fish or fish-oil supplements, but not alpha-linolenic

acid, benefit cardiovascular disease outcomes in primary- and secondary-prevention studies: A systematic review. *Am J Clin Nutr* 2006;84:5-17.

17. Burr ML, Fehily AM, Gilbert JF, Rogers S, Holliday RM, Sweetnam PM, Elwood PC, Deadman NM. Effects of changes in fat, fish, and fibre intakes on death and myocardial reinfarction: Diet and reinfarction trial (DART). *Lancet* 1989;2:757-761.
18. Yokoyama M, Origasa H; JELIS Investigators. Effects of eicosapentaenoic acid on cardiovascular events in Japanese patients with hypercholesterolemia: Rationale, design, and baseline characteristics of the Japan EPA Lipid Intervention Study (JELIS). *Am Heart J* 2003;146:613-620.
19. Breslow JL. n-3 fatty acids and cardiovascular disease. *Am J Clin Nutr* 2006;83(Suppl):1477S-1482S.
20. Bang HO, Dyerberg J, Hjoorne N. The composition of food consumed by Greenland Eskimos. *Acta Med Scand* 1976;200:69-73.
21. He K, Song Y, Daviglius ML, Liu K, Van Horn L, Dyer AR, Greenland P. Accumulated evidence on fish consumption and coronary heart disease mortality: A meta-analysis of cohort studies. *Circulation* 2004;109:2705-2711.
22. Hooper L, Thompson RL, Harrison RA, Summerbell CD, Ness AR, Moore HJ, Worthington HV, Durrington PN, Higgins JP, Capps NE, Riemersma RA, Ebrahim SB, Davey Smith G. Risks and benefits of omega 3 fats for mortality, cardiovascular disease, and cancer: Systematic review. *BMJ* 2006;332:752-760.
23. Khan F, Elherik K, Bolton-Smith C, Barr R, Hill A, Murrie I, Belch JJ. The effects of dietary fatty acid supplementation on endothelial function and vascular tone in healthy subjects. *Cardiovasc Res* 2003;59:955-962.
24. Bucher HC, Hengstler P, Schindler C, Meier G. N-3 polyunsaturated fatty acids in coronary heart disease: A meta-analysis of randomized controlled trials. *Am J Med* 2002;112:298-304.
25. Calder PC. n-3 polyunsaturated fatty acids, inflammation, and inflammatory diseases. *Am J Clin Nutr* 2006;83(Suppl):1505S-1519S.
26. Nagakura T, Matsuda S, Shichijyo K, Sugimoto H, Hata K. Dietary supplementation with fish oil rich in omega-3 polyunsaturated fatty acids in children with bronchial asthma. *Eur Respir J* 2000;16:861-865.
27. Dry J, Vincent D. Effect of a fish oil diet on asthma: Results of a 1-year double-blind study. *Int Arch Allergy Appl Immunol* 1991;95:156-157.
28. Chung MK. Omega-3 Fatty Acid supplementation for the prevention of arrhythmias. *Curr Treat Options Cardiovasc Med* 2008;10:398-407.
29. Marchioli R, Barzi F, Bomba E, Chieffo C, Di Gregorio D, Di Mascio R, Franzosi MG, Geraci E, Levantesi G, Maggioni AP, Mantini L, Marfisi RM, Mastrogiuseppe G, Mininni N, Nicolosi GL, Santini M, Schweiger C, Tavazzi L, Tognoni G, Tucci C, Valagussa F; GISSI-Prevenzione Investigators. Early protection against sudden death by n-3 polyunsaturated fatty acids after myocardial infarction: Time-course

analysis of the results of the Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto Miocardico (GISSI)-Prevenzione. *Circulation* 2002;105:1897-1903.

30. Serhan CN, Hong S, Gronert K, Colgan SP, Devchand PR, Mirick G, Moussignac RL. Resolvins: A family of bioactive products of omega-3 fatty acid transformation circuits initiated by aspirin treatment that counter proinflammation signals. *J Exp Med* 2002;196:1025-1037.
31. Iso H, Rexrode KM, Stampfer MJ, Manson JE, Colditz GA, Speizer FE, Hennekens CH, Willett WC. Intake of fish and omega-3 fatty acids and risk of stroke in women. *JAMA* 2001;285:304-312.
32. Kidd PM. Omega-3 DHA and EPA for cognition, behavior, and mood: Clinical findings and structural-functional synergies with cell membrane phospholipids. *Altern Med Rev* 2007;12:207-227.
33. van Gelder BM, Tijhuis M, Kalmijn S, Kromhout D. Fish consumption, n-3 fatty acids, and subsequent 5-y cognitive decline in elderly men: The Zutphen Elderly Study. *Am J Clin Nutr* 2007;85:1142-1147.
34. Kremer JM. n-3 fatty acid supplements in rheumatoid arthritis. *Am J Clin Nutr* 2000;71(Suppl):349S-351S.
35. van der Tempel H, Tulleken JE, Limburg PC, Muskiet FA, van Rijswijk MH. Effects of fish oil supplementation in rheumatoid arthritis. *Ann Rheum Dis* 1990;49:76-80.
36. Watkins BA, Li Y, Lippman HE, Seifert MF. Omega-3 polyunsaturated fatty acids and skeletal health. *Exp Biol Med* 2001;226:485-497.
37. Sakaguchi K, Morita I, Murota S. Eicosapentaenoic acid inhibits bone loss due to ovariectomy in rats. *Prostaglandins Leukot Essent Fatty Acids* 1994;50:81-84.
38. Schlemmer CK, Coetzer H, Claassen N, Kruger MC. Oestrogen and essential fatty acid supplementation corrects bone loss due to ovariectomy in the female Sprague Dawley rat. *Prostaglandins Leukot Essent Fatty Acids* 1999;61:381-390.
39. Fernandes G, Bhattacharya A, Rahman M, Zaman K, Banu J. Effects of n-3 fatty acids on autoimmunity and osteoporosis. *Front Biosci* 2008;13:4015-4020.
40. Kremer JM, Jubiz W, Michalek A, Rynes RI, Bartholomew LE, Bigaouette J, Timchalk M, Beeler D, Lininger L. Fish-oil fatty acid supplementation in active rheumatoid arthritis. A double-blinded, controlled, crossover study. *Ann Intern Med* 1987;106:497-503.
41. Kremer JM, Lawrence DA, Jubiz W, DiGiacomo R, Rynes R, Bartholomew LE, Sherman M. Dietary fish oil and olive oil supplementation in patients with rheumatoid arthritis. Clinical and immunologic effects. *Arthritis Rheum* 1990;33:810-820.
42. Kremer JM, Lawrence DA, Petrillo GF, Litts LL, Mullaly PM, Rynes RI, Stocker RP, Parhami N, Greenstein NS, Fuchs BR. Effects of high-dose fish oil on rheumatoid arthritis after stopping nonsteroidal antiinflammatory drugs. Clinical and immune correlates. *Arthritis Rheum* 1995;38:1107-1114.

43. Belch JJ, Ansell D, Madhok R, O'Dowd A, Sturrock RD. Effects of altering dietary essential fatty acids on requirements for non-steroidal anti-inflammatory drugs in patients with rheumatoid arthritis: A double blind placebo controlled study. *Ann Rheum Dis* 1988;47:96-104.
44. Mateos-Aparicio I, Redondo Cuenca A, Villanueva-Suárez MJ, Zapata-Revilla MA. Soybean, a promising health source. *Nutr Hosp* 2008;23:305-312.
45. Chacko BK, Chandler RT, D'Alessandro TL, Mundhekar A, Khoo NK, Botting N, Barnes S, Patel RP. Anti-inflammatory effects of isoflavones are dependent on flow and human endothelial cell PPARgamma. *J Nutr* 2007;137:351-356.
46. Taku K, Umegaki K, Sato Y, Taki Y, Endoh K, Watanabe S. Soy isoflavones lower serum total and LDL cholesterol in humans: A meta-analysis of 11 randomized controlled trials. *Am J Clin Nutr* 2007;85:1148-1156.
47. Goodman-Gruen D, Kritz-Silverstein D. Usual dietary isoflavone intake is associated with cardiovascular disease risk factors in postmenopausal women. *J Nutr* 2001;131:1202-1206.
48. Atteritano M, Marini H, Minutoli L, Polito F, Bitto A, Altavilla D, Mazzaferro S, D'Anna R, Cannata ML, Gaudio A. Effects of the phytoestrogen genistein on some predictors of cardiovascular risk in osteopenic, postmenopausal women: A two-year randomized, double-blind, placebo-controlled study. *J Clin Endocrinol Metab* 2007;92:3068-3075.
49. Droke EA, Hager KA, Lerner MR, Lightfoot SA, Stoecker BJ, Brackett DJ, Smith BJ. Soy isoflavones avert chronic inflammation-induced bone loss and vascular disease. *J Inflamm* 2007;4:17.
50. McVeigh BL, Dillingham BL, Lampe JW, Duncan AM. Effect of soy protein varying in isoflavone content on serum lipids in healthy young men. *Am J Clin Nutr* 2006;83:244-251.
51. Sakai T, Kogiso M. Soy isoflavones and immunity. *J Med Invest* 2008;55:167-173.
52. Tsuang YH, Chen LT, Chiang CJ, Wu LC, Chiang YF, Chen PY, Sun JS, Wang CC. Isoflavones prevent bone loss following ovariectomy in young adult rats. *J Orthop Surg* 2008;3:12.
53. Marini H, Minutoli L, Polito F, Bitto A, Altavilla D, Atteritano M, Gaudio A, Mazzaferro S, Frisina A, Frisina N, Lubrano C, Bonaiuto M, D'Anna R, Cannata ML, Corrado F, Adamo EB, Wilson S, Squadrito F. Effects of the phytoestrogen genistein on bone metabolism in osteopenic postmenopausal women: A randomized trial. *Ann Intern Med* 2007;146:839-847.
54. Crisafulli A, Altavilla D, Squadrito G, Romeo A, Adamo EB, Marini R, Inferrera MA, Marini H, Bitto A, D'Anna R, Corrado F, Bartolone S, Frisina N, Squadrito F. Effects of the phytoestrogen genistein on the circulating soluble receptor activator of nuclear factor kappaB ligand-osteoprotegerin system in early postmenopausal women. *J Clin Endocrinol Metab* 2004;89:188-192.

55. Tanaka K, Sasaki S, Murakami K, Okubo H, Takahashi Y, Miyake Y, Freshmen in Dietetic Courses Study II Group. Relationship between soy and isoflavone intake and periodontal disease: The Freshmen in Dietetic Courses Study II. *BMC Public Health* 2008;8:39.
56. Cederroth CR, Vinciguerra M, Gjinovci A, Kühne F, Klein M, Cederroth M, Caille D, Suter M, Neumann D, James RW, Doerge DR, Wallimann T, Meda P, Foti M, Rohner-Jeanrenaud F, Vassalli JD, Nef S. Dietary phytoestrogens activate AMP-activated protein kinase with improvement in lipid and glucose metabolism. *Diabetes* 2008;57:1176-1185.
57. Villegas R, Gao Y-T, Yang G, Li H-L, Elasy TA, Zheng W, Shu XO. Legume and soy food intake and the incidence of type 2 diabetes in the Shanghai Women's Health Study. *Am J Clin Nutr* 2008;87:162-167.
58. Umland EM. Treatment strategies for reducing the burden of menopause-associated vasomotor symptoms. *J Manag Care Pharm* 2008;14(Suppl):14-19.
59. Carroll DG. Nonhormonal therapies for hot flashes in menopause. *Am Fam Physician* 2006;73:457-464.
60. Zeisel SH. Choline: Critical role during fetal development and dietary requirements in adults. *Annu Rev Nutr* 2006;26:229-250.
61. Sierpina VS, Wollschlaeger B, Blumenthal M. Ginkgo biloba. *Am Fam Physician* 2003;68:923-926.
62. Ernst E. The risk-benefit profile of commonly used herbal therapies: Ginkgo, St. John's Wort, Ginseng, Echinacea, Saw Palmetto, and Kava. *Ann Intern Med* 2002;136:42-53.
63. Hagen TM, Ingersoll RT, Lykkesfeldt J, Liu J, Wehr CM, Vinarsky V, Bartholomew JC, Ames AB. (R)-alpha-lipoic acid-supplemented old rats have improved mitochondrial function, decreased oxidative damage, and increased metabolic rate. *FASEB J* 1999;13:411-418.
64. Whitehead AJ, Mares JA, Danis RP. Macular pigment: A review of current knowledge. *Arch Ophthalmol* 2006;124:1038-1045.
65. Curran-Celentano J, Hammond BR Jr, Ciulla TA, Cooper DA, Pratt LM, Danis RB. Relation between dietary intake, serum concentrations, and retinal concentrations of lutein and zeaxanthin in adults in a Midwest population. *Am J Clin Nutr* 2001;74:796-802.
66. Mares JA, LaRowe TL, Snodderly DM, Moeller SM, Gruber MJ, Klein ML, Wooten BR, Johnson EJ, Chappell RJ; CAREDS Macular Pigment Study Group and Investigators. Predictors of optical density of lutein and zeaxanthin in retinas of older women in the Carotenoids in Age-Related Eye Disease Study, an ancillary study of the Women's Health Initiative. *Am J Clin Nutr* 2006;84:1107-1122.
67. Burke JD, Curran-Celentano J, Wenzel AJ. Diet and serum carotenoid concentrations affect macular pigment optical density in adults 45 years and older. *J Nutr* 2005;135:1208-1214.

68. Oerter Klein K, Janfaza M, Wong JA, Chang RJ. Estrogen bioactivity in fo-ti and other herbs used for their estrogen-like effects as determined by a recombinant cell bioassay. *J Clin Endocrinol Metab* 2003;88:4077-4079.
69. Wyatt KM, Dimmock PW, Jones PW, Shaughn O'Brien PM. Efficacy of vitamin B-6 in the treatment of premenstrual syndrome: Systematic review. *BMJ* 1999;318:1375-1381.
70. Kendall KE, Schnurr PP. The effects of vitamin B6 supplementation on premenstrual symptoms. *Obstet Gynecol* 1987;70:145-149.
71. Williams AL, Cotter A, Sabina A, Girard C, Goodman J, Katz DL. The role for vitamin B-6 as treatment for depression: A systematic review. *Fam Pract* 2005;22:532-537.



PHYSICIANS WELLNESS  
P R O D U C T S



68. Oerter Klein K, Janfaza M, Wong JA, Chang RJ. Estrogen bioactivity in fo-ti and other herbs used for their estrogen-like effects as determined by a recombinant cell bioassay. *J Clin Endocrinol Metab* 2003;88:4077-4079.
69. Wyatt KM, Dimmock PW, Jones PW, Shaughn O'Brien PM. Efficacy of vitamin B-6 in the treatment of premenstrual syndrome: Systematic review. *BMJ* 1999;318:1375-1381.
70. Kendall KE, Schnurr PP. The effects of vitamin B6 supplementation on premenstrual symptoms. *Obstet Gynecol* 1987;70:145-149.
71. Williams AL, Cotter A, Sabina A, Girard C, Goodman J, Katz DL. The role for vitamin B-6 as treatment for depression: A systematic review. *Fam Pract* 2005;22:532-537.



---

---

Physicians Wellness Products™

---

---