

### Body Harmony

Headaches, bloating, mood swings, premenstrual syndrome (PMS), insomnia, weight gain, hot flashes, hair loss, lack of energy—does any of this sound familiar to you?

If you're a woman, chances are at least one of these symptoms is all too familiar and, in many cases, is caused by hormone imbalance.

A woman's body changes throughout her lifetime. Many of those changes are due to varying hormone levels that happen at different stages in life. Natural progesterone derived from extracts of wild yam and other plant sources may be used to support the endocrine system as it relates to hormone imbalances that may include PMS, fibrocystic breasts, post- and perimenopause, and bone density loss.

FemRite is a unique female balancing cream that contains a rich blend of natural progesterone wild yam and soy extract. Its scientifically based formula provides women with a natural alternative for the support of healthy hormone levels, balance and overall personal wellness.

### Key Points

- **Supports healthy hormone levels:** A key to hormone balance is the knowledge that when estrogen becomes the dominant hormone and progesterone is deficient, the estrogen becomes toxic to the body; thus supplementing with natural progesterone has a balancing effect on estrogen.<sup>1</sup> Natural progesterone has a chemical structure identical to that of the hormone produced by a woman's ovary. It is made from naturally occurring plant steroids found in wild yam and soy. It has few side effects and can be consistently utilized by your body.
- **Convenient delivery system:** FemRite's topical delivery allows great flexibility by allowing you to use as much or as little cream as your body needs. It is formulated to absorb quickly through the skin into the fat layer under the skin and then into the bloodstream.

### Did you know?

Natural progesterone has been shown to stimulate osteoblast-mediated new bone formation.<sup>1</sup>

Some physiological effects of progesterone include: protects against fibrocystic breasts, helps to use fat for energy, acts a natural antidepressant, restores sex drive; helps protect against certain types of cancer.<sup>1</sup>

### Technical Point

- Use FemRite with 4Life's RiteStart formula and BioGenistein Plus® for optimal health support and complete hormonal balance.

1. Lee, John R., M.D. and Hopkins, Virginia: "What Your Doctor May Not Tell You About Menopause, The Breakthrough book on Natural Progesterone." Warner Books, Inc., New York, New York: 1996.



**DIRECTIONS:** Apply 1/8 to 1/4 teaspoon to soft tissue areas of the body such as wrists, neck, breast, buttocks, inner thighs and inner arms. Rotate to different areas from time to time. Apply as needed.

**INGREDIENTS:** Purified Water, Wild Yam Extract (*Dioscorea villosa*), Glyceryl Stearate, Cetyl Alcohol, Glycerin, Sodium Behenoyl Lactylate, USP Natural Progesterone (from soy), Aloe Barbadensis Leaf Juice, Cucumber (*Cucumis sativus*) Extract, Jojoba (*Simmondsia Chinensis*) Seed Oil, Hybrid Sunflower Seed Oil (*Helianthus annuus*), Avocado (*Persea gratissima*) Extract, Sodium PCA, Sodium Hyaluronate, Hydrolyzed Glycosaminoglycans, Sodium Lactate, Sorbitol, Proline, Tocopheryl Acetate, Disodium EDTA, Propylene Glycol, Diazolidinyl Urea, Methylparaben, Propylparaben.

### Ordering Information

Item # 22520 - 2 oz bottle

Item # 22521 - 12 for the price of 11