



— Your Trusted Source —

# ProSoothe II

Introduced 2010



## What Is It?

ProSoothe II provides a comprehensive nutrient and botanical approach to support mood, cravings, menstrual comfort and edema associated with the menstrual cycle.\*

## Uses For ProSoothe II

**Menstrual Comfort and Support:** Traditionally used and clinically studied, chaste tree provides significant beneficial support for the hypothalamus and pituitary via its balancing effects on hormone secretion. Research suggests that it mediates healthy luteinizing hormone (LH) and follicle-stimulating hormone (FSH) secretion and helps balance estrogen and progesterone. It also moderates prolactin secretion. Zinc's role in cyclical hormone function is linked to its ability to maintain healthy prolactin secretion. Calcium plays a role in healthy smooth muscle function and cyclical comfort. Vitamin D has similar effects, attributed to its ability to promote healthy calcium levels, cyclic hormone function and neurotransmitter activity. Healthy intracellular magnesium levels have been associated with maintaining positive mood during the luteal phase. Magnesium also plays an important role in nervous system sensitivity, providing support for muscle comfort, breast comfort and occasional anxiety associated with the menstrual cycle. A number of studies indicate the positive effect of vitamin B<sub>6</sub> on premenstrual mood as well as its crucial role in enhancing the effect of magnesium. Vitamin E research suggests that it helps lessen breast tenderness as well as nervous tension and fatigue associated with the menstrual cycle. Relora<sup>®</sup> may help diminish stress-related sugary snack cravings and support emotional wellness while rhodiola supports energy and mental function.\*

## What Is The Source?

Calcium, magnesium and zinc are derived from the lime of rock. d-Alpha tocopherol succinate (vitamin E) is derived from highly purified soybean oil. Vitamin D<sub>3</sub> is derived from lanolin. Chaste tree extract is derived from Vitex agnus-castus fruit. Pyridoxal 5' phosphate (activated B<sub>6</sub>), malate and picolinate are synthetic. Relora<sup>®</sup> is derived from a proprietary blend of patented extracts from *Magnolia officinalis* bark and *Phellodendron amurense* bark. *Rhodiola rosea* extract is derived from the root and standardized to contain 3% total rosavins and a minimum of 1% salidroside. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose. Modified food and corn starch are derived from corn.

## Recommendations

Pure Encapsulations recommends 2–4 capsules daily, in divided doses, with meals. May be used daily or during the luteal phase only, as directed by your health professional.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Rare reported side effects include GI upset, headache, itching, rash, insomnia, weight gain or irregular menstrual bleeding. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Chaste tree could alter the effectiveness of hormone replacement therapy or oral contraceptives. Because of dopaminergic actions, there is concern that chaste tree may interfere with dopaminergic agonists and dopamine antagonists. Calcium should be taken separately from certain antibiotics, bisphosphonates and thyroid medications. Consult your physician for more information.

## ProSoothe II

two vegetarian capsules contain  v 00

calcium (as DimaCal <sup>®</sup> di-calcium malate).....	100 mg
vitamin D (as cholecalciferol) (D <sub>3</sub> ).....	400 iu
vitamin E (as d-alpha tocopherol succinate).....	200 iu
magnesium (as di-magnesium malate).....	100 mg
pyridoxal 5' phosphate (activated B <sub>6</sub> ).....	50 mg
chaste tree (vitex agnus-castus) extract (fruit).....	200 mg
Relora <sup>®</sup> .....	270 mg

proprietary blend of:

patented magnolia ( <i>magnolia officinalis</i> ) extract (bark) and phellodendron ( <i>phellodendron amurense</i> ) extract (bark) rhodiola ( <i>rhodiola rosea</i> ) extract (root).....	50 mg
(standardized to contain 3% total rosavins and min. 1% salidroside)	
ascorbyl palmitate (fat-soluble vitamin C).....	20 mg

other ingredients: modified food and corn starch, silicon dioxide, hypo-allergenic plant fiber  
**2–4 capsules daily, in divided doses, with meals. May be used daily or during the luteal phase only, as directed by your health professional.**

DimaCal<sup>®</sup> is a registered trademark of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904.

Relora<sup>®</sup> is a trademark of Next Pharmaceuticals, Inc. U.S. Patent 6,582,735.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.