

FemGuard + Balance™

Supports PMS comfort and female hormone balance*

CD FGB120 | 120 Vegetarian Capsules

FemGuard + Balance™ supports female hormonal balance in reproductive-aged women with a comprehensive blend of research-backed herbs and nutrients that work through complementary mechanisms.* This female-focused formula may help promote comfort associated with premenstrual syndrome (PMS), maintain healthy estrogen and progesterone balance, and support overall women's health.* Due to the well-rounded role of FemGuard + Balance™ in supporting female hormone balance, this product may also benefit peri- and postmenopausal women.*



WOMEN'S HEALTH*



Supports female hormonal balance*



Promotes PMS comfort*



Supports healthy estrogen metabolism*



Promotes a healthy inflammatory response*



Supports antioxidant status*



Promotes healthy methylation and detoxification*

Supplement Facts

Serving Size 4 capsules
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	30 mg	1765%
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	680 mcg DFE	170%
Vitamin B-12 (as Methylcobalamin)	400 mcg	16667%
Calcium (from Calcium D-Glucarate USP)	50 mg	4%
Magnesium (as Di-Magnesium Malate)	50 mg	12%
Calcium D-Glucarate USP	400 mg	*
Chrysin	200 mg	*
Chaste Tree Extract (<i>Vitex agnus castus</i>)(fruit) [standardized to contain 0.5% agnusides]	200 mg	*
Green Tea Extract (<i>Camellia sinensis</i>)(leaf)[standardized to contain 95% polyphenols and 45% EGCG]	100 mg	*
Diindolylmethane (DIM)	100 mg	*
Black Cohosh Extract (<i>Actaea racemosa</i>)(root, rhizome)[standardized to contain 2.5% triterpene glycosides]	100 mg	*
Broccoli Blend [Broccoli Extract (<i>Brassica oleracea</i>)(seed), Mustard Powder (<i>Sinapis alba</i>)(seed)]	50 mg	*
Trans Resveratrol (Veri-te™)	20 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, sunflower lecithin, silicon dioxide, vegetable stearate.

Recommended Use: Take 4 capsules per day or as directed by your health-care practitioner.

Decaffeinated green tea extract is used in this product.

Warning: Do not use if pregnant or nursing.

Consult with your health-care practitioner about your specific circumstances and any questions you may have.

JUST THE FACTS:

Compare supplement facts to the leading brands

- **Calcium D-Glucarate** – Supports your body's natural elimination of “used” estrogen to help maintain healthy estrogen balance.*
- **Magnesium and Vitamin B6** – Help promote PMS comfort, mood balance, and emotional well-being.*
- **DIM** – Helps support healthy estrogen metabolism by promoting beneficial estrogen metabolic pathways.*
- **Chaste Tree and Black Cohosh** – Traditional botanicals that support women's hormone balance throughout the menstrual cycle and promote comfort during PMS, as well as menopause.*
- **Broccoli Seed Extract and Mustard Seed Powder** – Work together to produce sulforaphane, a beneficial plant compound that supports healthy estrogen metabolism, normal detoxification pathways, and cellular health.*
- **Chrysin** – Helps support healthy estrogen metabolism while promoting antioxidant status.*
- **Green Tea Extract and Resveratrol** – Plant compounds that further promote antioxidant status, healthy inflammatory responses, and overall cellular health.*
- **Folate and Vitamin B12** – Help your body produce energy, support the formation of healthy new cells, and promote healthy methylation — a natural process that helps cells function properly by supporting their energy production, DNA health, normal hormone metabolism, and many other essential cellular processes.*

To gain an in-depth look into your 24-hour hormone balance and regulation, including cortisol and female sex hormones, talk with your health-care practitioner about [Designs for Health Hormone Spotlight™ functional wellness testing](#).

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

The Designs for Health Spotlight™ functional wellness tests are not diagnostic and are not eligible for coverage under Medicare, Medicaid, or medical insurance. DFH Spotlight™ testing must be ordered or authorized by a qualified health-care provider registered with DFH. Please reach out directly to your practitioner to express your interest in any of the Spotlight tests.

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