OestroClear

Hormonal Metabolism and Liver Support

Orthoplex White Label OestroClear is a high-quality, soy-free formulation designed to support healthy oestrogen metabolism. It features a carefully-selected combination including the equivalent of 12.5g of *Linum usitatissimum*, the richest natural source of the lignan secoisolariciresinol diglucoside (SDG) - standardised to 62.5mg. It also contains high sulforaphane-yielding broccoli sprout and activated B vitamins.

Together with Rosemary, Turmeric and minerals, OestroClear supports healthy oestrogen metabolism and liver function.

- ✓ GMO free lignans/Secoisolariciresinol diglucoside (SDG)
- ✓ High sulforaphane-yielding broccoli sprout powder
- ✓ Activated B Vitamins
- ✓ Vegan Friendly
- ★ **Contains Calcium d-glucarate**



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Pack Size: 60 tablets

Recommended Dose: Take 1 tablet twice daily, or as recommended by your registered healthcare practitioner.

Storage: Store below 30°C in a cool, dry place, away from direct sunlight.

✓ Full disclosure of excipients in every formulation

Indications

- *Linum usitatissimum* contains secoisolariciresinol diglucoside (SDG) which may modulate oestrogen metabolism in healthy postmenopausal women
- SDG can be converted by bacteria in the intestines into the phytoestrogen lignans enterolactone and enterodiol
- The lignans present in flaxseed can help to support healthy ageing in postmenopausal women
- Zinc is essential for reproduction, for the metabolism of reproductive hormones (including oestrogen and progesterone), ovulation and fertilisation
- Maintains and supports the health of the liver

Excipients

Calcium saccharate (300mg Calcium d-glucarate), calcium hydrogen phosphate dihydrate, microcrystalline cellulose, povidone, croscarmellose sodium, crospovidone, colloidal anhydrous silica, magnesium stearate, maltodextrin, hypromellose, macrogol 400, chlorophyllin-copper complex, carnauba wax.

Warnings

This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. If symptoms persist consult your healthcare practitioner. Vitamin and mineral supplements should not replace a balanced diet.

Each Tablet Contains

Linum usitatissimum seed ext. dry conc.	125mg
equiv. *Linum usitatissimum* seed (Dry)	12.5g
equiv. Lignans-Secoisolariciresinol diglycoside (SDG)	62.5mg
Brassica oleracea var. italica sprout powder	50mg
Reynoutria japonica root ext. dry std.	20mg
equiv. *Reynoutria japonica* root (Dry)	1.6g
equiv. Resveratrol	10mg
Curcuma longa rhizome ext. dry std.	75mg
equiv. *Curcuma longa* rhizome (Dry)	1.5g
equiv. Curcuminoids	48.8mg
Rosmarinus officinalis leaf ext. dry conc.	200mg
equiv. *Rosmarinus officinalis* leaf (Dry)	1g
Choline bitartrate	100mg
Potassium iodide	98µg
equiv. Iodine	74.9µg
Selenomethionine	188µg
equiv. Selenium	75µg
Molybdenum trioxide	93.3µg
equiv. Molybdenum	62.5µg
Zinc citrate dihydrate	31.2mg
equiv. Zinc	10.1mg
Riboflavin sodium phosphate	7.5mg
equiv. Riboflavin	5.63mg
Nicotinamide	50mg
Pyridoxal 5-phosphate	5mg
equiv. Pyridoxine	3.42mg
Calcium folinate	216µg
equiv. Folinic acid	200µg
Hydroxocobalamin	250µg

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

Technical Information

What is Secoisolaridresinol Diglycoside (SDG)?

Lignans are one of the three main classes of phyto-oestrogens, along with isoflavones and coumestans. Secoisolariciresinol diglycoside (SDG) is a type of plant lignan found in many fruits, vegetables and legumes. Linum usitatissimum seed, otherwise known as flaxseed, is the richest natural source of SDG, containing up to 100 times more SDG than other food sources.

In the gastrointestinal tract, SDG is converted by bacteria into the phyto-oestrogen lignans enterolactone and enterodiol. These enterolignans mediate most of the effects of SDG and flaxseed. SDG also plays an important role in gut health by supporting the preferential development of healthy gut and colon microbiota.

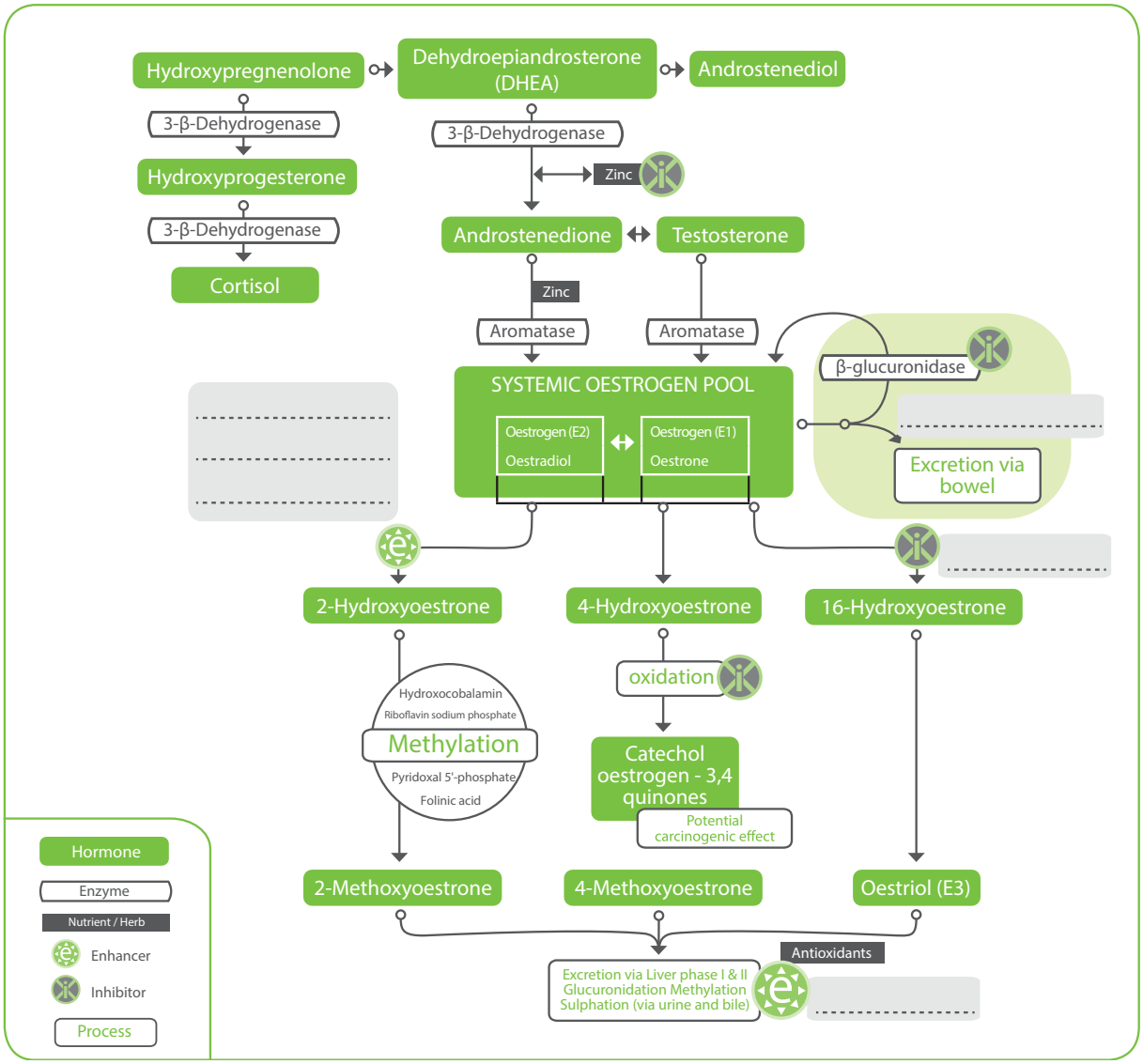
In certain population groups such as healthy postmenopausal women, SDG may modulate oestrogen metabolism and support healthy ageing. Additionally SDG may help protect and support healthy cardiac function while at the same time remaining important for the reduction of total cholesterol and LDL-C, and the improvement of HDL-C. The flaxseed extract in OestroClear has been carefully selected for its purity, potency and GMO-free status. It has also been screened for heavy metals, microorganisms and has been confirmed to be radiation-free.

High Sulforaphane-yielding Broccoli Sprout

Not all broccoli sprouts are the same. To produce sulforaphane, broccoli sprouts must contain the myrosinase enzyme required to convert glucoraphanin into sulforaphane upon consumption. Certain extracts and some sprout powders may not contain these enzymes. OestroClear utilises only GMO-free, 100% whole broccoli sprout powder grown under controlled conditions, without herbicides, pesticides or other harmful chemicals. The broccoli is harvested at its peak bioactive concentration and dried and milled using a proprietary technology designed to optimise the concentration of the enzymes glucoraphanin and myrosinase while deactivating the inhibitors. This results in a high sulforaphane-yielding broccoli sprout powder.

References available upon request

Figure 1: Nutraceutical regulation of oestrogen metabolism



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