

WOMEN OVER 40

FOOD COMPOUND VITAMIN

Vitamin, Mineral & Herbal Formula



Nutritional Support *for*
Vitality & Radiance

Formulated to help Lessen the Effects of Time

Balancing & Rejuvenating Herbs

Protective Antioxidants



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Product Rationale
By Cynthia Pileggi



RIGHTFOODS™ *WOMEN OVER 40*

Rationale

Somewhere between the ages of 40 and 55 most women will experience the cessation of their menstrual cycle and will proceed into the next cycle of her life, menopause.

The primary concerns associated with menopause are:

- Osteoporosis.
- Hot Flashes - In the US 65-80% of menopausal women experience hot flashes before and during menopause.
- Headaches.
- Atrophic Vaginitis - Drying of the mucous membranes can lead to painful intercourse, increased susceptibility to infection, vaginal itching and burning.
- Bladder Infections.
- Cold hands and feet.
- Forgetfulness and diminished concentration.
- Hypothalamus dysfunction perhaps resulting in stress, loss of sleep, reduced libido, and mood swings.

It is interesting to note that Asian and Mediterranean women generally pass through the menopause years effortlessly. Western women suffer from many of the above symptoms during those same menopause years. Current research indicates that diet and nutrition play a vital role in explaining the differences between the two cultural groups. For centuries Asian and Mediterranean cultures have enjoyed the benefits of consuming whole foods rich in the beneficial compounds isoflavones and phyoestrogens. RIGHTFOODS™ *WOMEN OVER 40* incorporates the wisdom of these cultures using nutrients and herbs to facilitate a smooth transition for a woman through menopause and into her own “wisdom years”

VITAMINS

Vitamins A, B Complex, C and E: Support health of vaginal walls, assist in vaginal dryness and enhance general well being.

Vitamin A with Beta-Carotene: Both forms of Vitamin A are important and provide health benefits. Carotenoids have protective antioxidant properties. Some women (those with diabetes, liver dysfunction, etc.) do not efficiently convert beta-carotene to vitamin A, hence the inclusion of both in this formula.

Health benefits: Vitamin A, first identified in 1913, assists in the growth of the body and tissue differentiation. It functions in the creation of epithelial cells that make up the skin, mucous membranes and blood vessel walls. Vitamin A is crucial to vision and functions in the retina of the eye. The human retina has four types of Vitamin A containing photo-pigments present in the rods and cones of the retina. Deficiencies of Vitamin A can create night blindness and lead to xerophthalmia, a condition that leads to blindness.

Beta Carotene is one of several hundred carotenoids compounds that give yellow, red and orange fruits their color. Beta Carotene is one of the best known and is called provitamin A. Beta Carotene supports the functions of the eyes, the skin and is necessary for growth and

general well being. Beta carotene is converted to Vitamin A as needed by the liver. Research indicates that Beta Carotene may enhance the functions of the thymus gland and stimulate interferon's actions, enhancing the immune system.

B Complex: Supports metabolic functions related to energy production, fat, carbohydrate and protein metabolism. The complete B-complex is necessary to the proper functioning of the nervous system, muscles in the GI tract, health of the hair, skin, eyes, mouth and liver. Lower levels of b-complex vitamins are often found in menopausal women.

B-1: Thiamine is important to functioning of the Krebs cycle, which enables the body to manufacture energy from glucose. B-1 is shown to effect emotional well being.

B-2: Riboflavin functions within enzymes systems involved in metabolism of carbohydrates, fats and proteins. B-2 is important to cell respiration and to regenerating glutathione. Glutathione is the most important cellular antioxidant enzyme.

B-3: Niacin is involved in all functions of the B complex. Found to benefit insulin secretion and cholesterol management. B-3 supports mental well being.

B-5: Pantothenic Acid is utilized in energy production, in the manufacture of adrenal hormones and red blood cells.

B-6: Pyridoxine is important to formation of the body's proteins and structural compounds, chemical transmitters in the nervous system, prostaglandins and red blood cells. B-6 assists in modulating hormonal balance and immune function. It also helps minimize water retention/edema.

B-12: Important to prevent pernicious anemia. 100 mcg is recommended for vegetarians. Aging may increase our need for B-12 supplementation. This essential vitamin works with folic acid in the production of DNA, red blood cells, and the myelin sheath that surrounds the nerves.

Folic Acid: Works with B-12 in many vital functions. Folic acid is critical to DNA synthesis and cellular division.

Biotin: Functions in fat and amino acid production and utilization. It has a beneficial effect and provides nutritional support to the scalp, hair and nails.

Choline: Essential to the manufacture of the vital neurotransmitters acetylcholine, phosphatidylcholine and other components of cell membranes. Choline is important to fat metabolism.

Inositol: Functions closely with choline in production of cell membranes.

Vitamin C: Primary role is collagen production. Also critical to functioning of the immune and nervous systems, and adrenal function. Vitamin C provides powerful antioxidant protection, promotes wound healing and red blood cell formation. Vitamin C plays a role in both protein and calcium metabolism. As we age the sex glands develop a greater need for the vitamin C complex and will draw it from other tissues, leaving those tissues vulnerable.

Bioflavonoids: “Nature’s biological response modifiers”. Bioflavonoids have the ability to modify the body’s reaction to allergens, viruses and carcinogens. Important for strengthening capillaries and veins. Bioflavonoids function as powerful antioxidants. Research has shown flavonoids to be anti-inflammatory, liver protective, anti-tumor, antimicrobial, antioxidant, antiviral, supportive to the immune system, and strengthening to the entire cardiovascular system. Bioflavonoids also have an estrogenic effect. Bioflavonoids may help reduce the heavy bleeding which often accompanies menopause. Regular use of bioflavonoids and bioflavonoid rich herbs helps with many of the symptoms of menopause: Vaginal lubrication, minimizing hot flashes, strengthening the bladder and providing cardiovascular support.

Vitamin D3: Adequate levels are needed as Vitamin D is important to the regulation of calcium absorption. D3 is the active hormonal form of vitamin D.

Vitamin E: Primary function is that of a cellular antioxidant. Vitamin E is important to immune function. Vitamin E assists in the utilization of estrogen stores in adrenal and adipose tissue. In the late 1940’s several studies found vitamin E to be effective in reducing hot flashes and also improved blood supply to the vaginal wall. A study published in 1949 showed that Vitamin E was about 50% effective in treating post-menopausal women who had atrophic vaginitis (H.C. McLaren “Vitamin E in the Menopause” *Br Med Jr.* (1949) 1378-81).

Vitamin K: Important in manufacturing of clotting factors and for bone building.

MINERALS

Calcium: Vital to the structure of bones and teeth, contraction of muscles, enzyme activity, regulation of the heart beat, release of neurotransmitters and the clotting of blood.

Magnesium: Primary function is that of enzyme activation, with participation in more than 300 enzymatic reactions in the body. Magnesium plays a critical role in energy production, bone and muscle structure and their functions. Important role in the sodium/potassium pump and in calcium metabolism.

Boron: According to a study by the USDA, Boron is important to maintaining bone and joint function and as a preventative to osteoporosis. Boron is found to reduce the excretion of calcium and magnesium. It is important to the production of the active form of Vitamin D, D3, and to the activity of estrogen hormones.

Zinc: Functions in many enzyme systems and body functions. Important to immune function, wound healing, sexual function, sensory function and skin health.

GTF Chromium: Important to blood sugar control mechanisms.

Manganese: Important to functioning of many enzyme systems including: blood sugar control, thyroid hormones, SOD production and energy metabolism.

Iron: Essential to the hemoglobin molecules of red blood cells and their functions in oxygen transportation. Iron is also important to production of DNA and energy production.

Selenium: Primary function is as a component of the vital antioxidant enzyme glutathione peroxidase that works with Vitamin E to prevent free radical damage to cells. Selenium is important for hormone balance.

Molybdenum: Functions as a component of several detoxification enzymes.

Potassium: An essential electrolyte that functions in the maintenance of water balance, heart, muscle, kidney, adrenal and nerve function.

Copper: Functions in several key enzymatic reactions in the body.

Vanadium: Functions in hormone, cholesterol and blood sugar metabolism.

Iodine: Primary function is in the production of thyroid hormones.

PABA: Part of the vitamin B complex, which also assists in the formation of red blood cells. It also stimulates intestinal bacteria to produce folic acid.

Silicon: Silicon is an important aspect of connective tissue. It is a component of skin, all tissues, and cartilage. Silicon affects the uptake of calcium.

TONIC WHOLE HERB EXTRACTS

“Whole plant extracts, artfully and scientifically prepared, provide the most complete range of the plant’s chemistry and synergy and therefore exercise the most holistic influence on the physiology.” *Naturopathic Handbook of Herbal Formulas*, Herbal Research Publications, Inc., Ayer, MA., pg. 14 (1996).

Chastetree Berry (*Vitex agnus-castus*)

Vitex works with the pituitary gland to modulate hormonal balance. Vitex is a normalizing herb for the reproductive system. Revered Herbalist, David Hoffmann says, “Vitex will always enable what is appropriate to occur.” Vitex has stimulating action on the pituitary gland. Studies show that it increases the production of luteinizing hormones, enhancing the progesterone cycle, while also normalizing the estrogen cycle. Vitex is a tonic herb that is most effective when taken for extended periods of time.

Wild Yam Root (*Dioscorea villosa*)

Valued for regulating hormone production. Scientists discovered in the Wild Yam root a substance known as diosgenin, which can be converted in the laboratory into sex steroids and corticosteroids. Wild Yam provides plant steroids and saponins for production of both progesterone and cortisone. It acts to regulate the ratio of progesterone to estrogen. Wild Yam is a tonic for the liver.

Eleuthero Root (*Eleutherococcus senticosus*)

A primary adaptogen, supportive of the adrenal glands and the immune system. Research indicates a beneficial effect on blood pressure and cholesterol levels. Supportive to the nervous system, mental functions and believed to aid depression. Eleuthero Root is rejuvenative herb revered by the Chinese for increasing longevity, improving general health and memory. A study on Eleuthero Root’s effect on mental performance in radiotelegraphic operators was completed in 1996. Results showed a reduction in mistakes by 50% in those taking Eleuthero Root compared to the control group whose accuracy was almost unchanged. This could be highly beneficial for women suffering diminished concentration during menopause.

Turmeric Root (*Curcuma longa*)

A powerful liver protector and antioxidant. Shown to have anti-inflammatory action. Turmeric

supports the cardiovascular system, including the lowering of cholesterol and the inhibition of platelet aggregation. Turmeric purifies the blood and stimulates the formation of new blood tissue. It has been used as a spice and carminative for the digestive system for centuries. Research indicates Turmeric has cardiogenic and anti-tumor activity.

Hawthorn Berry (*Crataegus laevigata*)

Considered the premier cardiovascular tonic. The whole Hawthorn plant should be used together to achieve therapeutic results, rather than an isolated constituent – an example of herbal synergy. Rich in strengthening flavonoids, Hawthorn is beneficial to connective tissue. Also rich in flavonoid compounds including: flavonglycosyls, hyperoside, rutin, oligomeric pterocyanidines. Hawthorn contains monosaccharides that cross the cell membrane easily and are sources of energy fuel for the heart muscle. Hawthorn is helpful to reduce night sweats, hot flashes, irritability, and anxiety. This food herb is also supportive of connective tissue.

Saw Palmetto Berry (*Serenoa repens*)

Indicated as preventing atrophy of ovarian, vaginal, breast and bladder tissue. This berry supports the health and tone of the entire genital-urinary system. Saw Palmetto Berry also supports tone and overall condition of the ovaries.

Licorice Root (*Glycyrrhiza glabra*)

In traditional Chinese medicine Licorice is called the “harmonizer” or “peacemaker”. Containing estrogenic properties and other steroidal properties, it is useful for balancing and regulating hormone production. Licorice has a marked effect on endocrine function. It is a highly supportive tonic ‘food’ for the adrenal glands.

Nettle Leaf (*Urtica dioica*)

One of our richest nutritional herbs, with high concentrations of vitamins and minerals, Nettle is easily assimilated by the body. Long revered by Native Americans and Europeans as a highly beneficial female tonic, Nettle strengthens and supports the whole body. Nettle is a rich source of chlorophyll and acetylcholine. It supports the urinary system and has a slight diuretic action.

Wild Green Oat Seed & Herb (*Avena sativa*)

Nourishing and strengthening to the nervous system, Oats are useful in nervous exhaustion, stress, and depression. Wild Green Oat is a restorative for the endocrine, nervous, musculoskeletal and immune systems. It is a nutritive, tonic food.

Ginkgo Leaf (*Ginkgo biloba L.*)

Research shows powerful antioxidant activity and support of memory. Ginkgo is an important medicinal plant for circulation. Ginkgo biloba extract has been shown to improve blood flow to the hands and feet in human clinical trials. Research indicates that Ginkgo is beneficial for depression, cerebral insufficiency, peripheral vascular insufficiency, vascular fragility, and impotence. Ginkgo is rich in flavone glycosides. Long term use is recommended for optimal results.

Alfalfa Concentrate (*Medicago sativa*)

High mineral content especially calcium, magnesium and trace minerals including Boron. Alfalfa is a tonic, abundant in nutrients including: Vitamins K, C, A, E, Folic Acid and other B vitamins, flavonoids, phytoestrogens and chlorophyll. Alfalfa’s phyto-estrogenic food compounds include isoflavones, coumestrol, genistein and formononetin. Research on Alfalfa indicates that it stimulates estrogen production. This tonic nourishes the blood and the liver. Research suggests that it is useful for hot flashes and for cholesterol reduction.

Kudzu Root (*Pueraria lobata*), Ge-Gen

Considered a mild tonic that assists in replenishing body fluids. Used as a food in China, it is a rich source of isoflavone compounds, including daidzein, and puerarin. Kudzu is useful for high blood pressure with potent antioxidant activity and is found to be up to 100 times the antioxidant activity of Vitamin E. Kudzu has been traditionally used to treat alcoholism.

NUTRIENT POTENTIATOR'S**Ginger Root** (*Zingiber officinale*)

Traditionally known as the delivery herb, Ginger enhances the effectiveness of other herbs and increases nutrient bioavailability. Research indicates Ginger is a digestive aid rich in proteolytic enzyme activity that increases bile production. Ginger is a powerful antioxidant with adaptogenic properties. It aids peripheral circulation and is balancing to the prostaglandins which are important in menopause, PMS, arthritis, cardiovascular disease, and inflammation. Thought to be an aphrodisiac.

Chamomile Flower (*Matricaria recutita*)

A gentle nervine with anti-spasmodic, carminative, anti-inflammatory and anti-microbial properties. Chamomile is traditionally used for anxiety, insomnia, menopausal depression, and for many other purposes. It is a sattvic herb, balancing to the emotions and considered beneficial for all constitutions.

Fennel Seed - Studies show that Fennel helps to quell spasms and reduce inflammation of the mucous membranes. Fennel extracts are estrogenic and may enhance libido. This culinary herb promotes the functioning of the kidneys, liver and spleen.

ADVANCED WHOLE FOOD EXTRACTS & ANTIOXIDANT FACTORS**Reishi Mushroom Mycelia Extract** (*Ganoderma lucidum*)

Many companies use Reishi and other therapeutic mushrooms, in non-extracted forms. Chitin (kite-in) polymers in mushrooms cement the walls together and form bonds our digestive enzymes can't breakdown. These mushrooms, when properly extracted, are a valuable source of nutrients including all the essential amino acids, linoleic acid, minerals, B vitamins, vitamin D, carbohydrates, fiber and polysaccharides. Polysaccharides are a group of food compounds found in certain botanical species, which possess powerful therapeutic benefits. Reishi contains active polysaccharides and other powerful adaptogenic compounds called Triterpenes. These Triterpenes have shown to assist in lowering blood pressure, assisting in cholesterol management and supporting liver function. Reishi supports the central nervous system, helps with insomnia and is a beneficial cardiovascular tonic. Reishi's potent anti-oxidant activity acts as a free radical scavenger. This revered tonic has been used for its anti-aging properties for centuries.

Shiitake Mushroom Extract (*Lentinus edoes*)

Commonly used as a food, Shiitake contains the polysaccharide compound lentinan. Research indicates it strengthens the body's natural resistance, and enhances interferon and helper T-cells in the body. Shiitake research has indicated its ability to lower blood cholesterol and to have significant anti-tumor activity.

Full Spectrum Grape Extract w/ 400 PPM Resveratrol

Our full spectrum Grape extract is made from the skin, seed and stem of the plant. This extract contains the health-enhancing food compounds: polyphenols, cyanidins, anthocyanidins, catechins, resveratrol and proanthocyanidols. Grape extract demonstrates powerful antioxidant and free radical scavenging properties beneficial to the cardiovascular system and overall physiological support. It is used in the treatment of venous and capillary disorders including venous insufficiency, varicose veins and capillary fragility.

Cranberry Extract

Research indicates that the phenol compounds called proanthocyanins in Cranberry have powerful antioxidant action and protective properties that support the urinary tract. Recent studies have shown that the compounds found in Cranberry juice reduce the ability of E. coli to adhere to the lining of the bladder and urethra. For bacteria to infect the urinary tract, they must first adhere to this mucosal lining. The conclusion drawn was that Cranberry greatly reduces the risk of infection and helps the body fight off existing infection.

Soy 1% Isoflavones/Genistein

In China and Singapore, only 14% of women experience hot flashes during menopause compared to 70 to 80% in North America and Europe. Scientists believe that this may be explained to some extent by differences in soy intake. When estrogen levels are low, the soy isoflavones genistein and daidzein bind to estrogen receptors in the body. This probably accounts for many of soy's effects on menopausal related problems. A recent study tested 150 herbs and found soy to be one of the top seven estrogen receptor-binding plants.

Researchers believe that isoflavones are safer than hormone replacement therapy (HRT) because they are 1000 times weaker in action than estrogen. Studies show that isoflavones bind to estrogen receptors but do not fully stimulate their nuclei, suggesting that their action is both milder and safer.

One study found that women who consume enough soy foods to provide about 200 mg of isoflavone demonstrated an increase in the superficial walls that line the vagina. This increase offsets the vaginal drying and irritation that is common in postmenopausal women.

Lower levels of estrogen increase a woman's risk of developing osteoporosis during and after menopause. According to population studies, the rate of hip fracture in Hong Kong is one-third that of the United States, a fact that researchers attribute mainly to a high intake of soy foods. Two studies attributed soy's effects on bone health to isoflavones. One of the studies found that a diet of soy protein with a high concentration of isoflavones significantly improved bone mineral density and content in the lumber spine, compared with a soy diet lower in isoflavones and a diet of non-fat dry milk without isoflavones.

Alpha Lipoic Acid

A highly active antioxidant, which is effective against water and fat-soluble free radicals. Alpha lipoic acid is involved in the conversion of carbohydrates to energy. It may help to boost energy levels and reduce muscle fatigue.

WHOLE FOODS

Lecithin

A natural component of every cell. Naturally containing 56-60% Linoleic Acid, 6-8% Linolenic Acid, Choline, fatty acids and phosphorus. It is important to fat emulsification and enhances nutrient bioavailability. Lecithin assists in the emulsification and management of cholesterol. It is also beneficial to the liver, nervous system and kidneys.

Hydrilla verticillata

A fresh water rooted algae, especially rich in Calcium, Magnesium, Beta-Carotene, with abundant Trace Minerals, Polysaccharides, Amino Acids, Micro and Macronutrients. Antioxidant and detoxifying activity.

Sea Vegetables *Laminaria digitata*

Nutrient rich source of: Calcium, Magnesium, Iodine, Potassium, Iron, Phosphorus, Manganese, Zinc, Selenium, Chromium and Trace Minerals. Laminaria is shown in scientific research, to be a preventative to breast cancer. It provides important detoxifying and antioxidant properties, including the enhancement of Vitamin E activity.

Japanese research shows it possesses cardiogenic and hypotensive effects. Laminaria helps relieve vaginal dryness, incontinence and hot flashes. It also supports the endocrine, cardiovascular and urinary systems. Sea vegetables also have adaptogenic properties.

Complete Active Range™ Whole Food Extracts

Provides the necessary food factors to maximize nutrient utilization. No nutrient works without the presence of food. These are the foods that assist the utilization of all the vitamins and minerals in this formula.

There are seven different classes of food compounds, each differentiated by the compound's organic structure. Research has shown a diet that includes foods from all seven classes is vital to achieve optimal health because each food compound class exhibits unique health-promoting activities in the body. In fact, several studies have validated the importance of incorporating a broad range of foods rich in compounds from each class to reduce the risk of numerous age-related health conditions. Based on this knowledge RightFoods™ selected a variety of whole foods rich in food compounds from each class. RightFoods™ refers to this comprehensive blend of whole foods as the Complete Active Range™. The Complete Active Range™ is achieved by combining at least 26 nourishing whole foods to provide a complete spectrum of food compounds and other food factors necessary for nutrient utilization.

The Foods That Make The Vitamins Work

Terpenes (Carotenoids: Kelp 3:1, Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); **Phenols** (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Grape Extract 3:1, Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Soy 4:1, Kudzu 10:1); **Amines** (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1, Ginger 5:1); **Polysaccharides** (Rice Bran 3:1, Reishi 7:1, Shiitake 3:1), (Pectin: Apple 3:1); **Organosulfurs** (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); **Lipids** (Omega-3: Flax 3:1), (Sterols:

Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); **Organic Acids** (Ellagic Acid: Black Currant 3:1), (Courmaric Acid: Green Pepper 5:1)

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