



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Breast Health Complete

Now with Metafolin® L-5-MTHF

## INTRODUCED 2007

### What Is It?

Breast Health Complete combines nutrients, lignans and herbal extracts to support general breast health and comfort.\*

### Uses For Breast Health Complete

**Breast Cell Health:** Diindolylmethane is a metabolite of the compound indole-3-carbinol found in cruciferous vegetables. BioResponse DIM® is a highly absorbable form of diindolylmethane. In a double blind, randomized clinical trial, BioResponse DIM® revealed potential support for maintaining the function of healthy breast cells. Another randomized placebo-controlled crossover trial found that it promoted statistically significant breast comfort. Flaxseed and Norwegian spruce are important sources of the lignans secoisolariciresinol diglucoside (SDG) and 7-hydroxymatairesinol (HMR), respectively. Dietary lignans are converted in the body to enterolactone, providing healthy nutritional support for overall health. Vitamins and minerals including folic acid, vitamin D and methyl-selenocysteine also provide nutritional support for general breast health while curcumin, sulforaphane and green tea support healthy, normal breast cell function. Folic acid is provided in this formula as Metafolin®, the naturally occurring universally metabolized form of folate. Metafolin® is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF). L-5-MTHF is the predominant, naturally occurring form of folate in food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations.\*

### What Is The Source?

Vitamin D<sub>3</sub> is derived from lanolin. Folic acid (Metafolin®, L-5-MTHF) is synthetic. Selenium is derived from earthen ore. HMRLignan™ contains 7-hydroxymatairesinol derived from Norway Spruce. Flax lignan complex is derived from flax seed and standardized to

contain 4% secoisolariciresinol diglucoside (SDG). Diindolylmethane complex† consists of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine (derived from soy) and silica, and is standardized to contain 25% diindolylmethane. Green tea extract is derived from *Camellia sinensis* leaf and standardized to contain 65% total tea catechins, 23% epigallocatechin gallate (EGCG) and 7% caffeine. Turmeric extract†† is derived from *Curcuma longa* root and standardized to contain 95% curcuminoids. Broccoli sprout concentrate (20:1) is derived from *Brassica oleracea italica* and standardized to contain a minimum of 800 mcg sulforaphane. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

HMRLignan™ is a trademark of Linnea Inc.

†BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

††Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

### Recommendations

Pure Encapsulations recommends 3 capsules per day, in divided doses, with meals.

### Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Flaxseed may cause gastrointestinal symptoms, including bloating, flatulence, abdominal pain, diarrhea or constipation. In rare cases, green tea can cause dizziness, insomnia, agitation or fatigue. Turmeric is not recommended for individuals with bile duct obstruction. Consult your physician for more information.

(continued)

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

For educational purposes only. Consult your physician for any health problems.

## Are There Any Potential Drug Interactions?

Selenium and green tea may be contra-indicated with anticoagulant medications. Green tea extract may also interfere with the absorption and effectiveness of a number of other medications, including certain heart, anti-diarrhea, cold and hay fever medications. Consult your physician for more information.

### Breast Health Complete

three vegetable capsules contain  V 00

vitamin D <sub>3</sub> .....	400 i.u.
folate (as Metafolin®, L-5-MTHF) .....	400 mcg.
selenium (methyl-selenocysteine) .....	100 mcg.
flax lignan complex (seed) .....	1,250 mg.
(standardized to contain 4% secoisolariciresinol diglucoside (SDG)) .....	50 mg.
HMRlignan™ (containing 7-hydroxymatairesinol (Norway Spruce)) ...	10 mg.
diindolylmethane complex† .....	100 mg.
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane) .....	25 mg.
green tea (Camellia sinensis) extract (leaf) .....	100 mg.
(standardized to contain 65% total tea catechins, 23% epigallocatechin gallate (EGCG) and 7% caffeine)	
turmeric (Curcuma longa) extract (root)†† .....	250 mg.
(standardized to contain 95% curcuminoids)	
broccoli (Brassica oleracea italica) sprout concentrate .....	200 mg.
(20:1) (whole plant) (standardized to contain a minimum of 800 mcg sulforaphane)	
vitamin C (as ascorbyl palmitate) .....	30 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

Contains soy (phosphatidylcholine)

**Not to be taken by pregnant or lactating women.**

**3 capsules daily, in divided doses, with meals.**



— Your Trusted Source —

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