



What Women Need

extraction process, which ensures maximum preservation of phytonutrients. It contains predominantly full spectrum tocotrienols and other phytonutrients, such as alpha-tocopherol, plant squalene, phytosterols, co-enzyme Q10 (CoQ10) and mixed carotenoids that are naturally extracted together with tocotrienols.

ExcelVite's product was created with EVNol SupraBio, a patented self-emulsifying delivery system specifically designed to provide consistent and enhanced oral absorption of tocotrienols. In addition, it contains a mixture of oil and food emulsifiers at an optimum ratio that will self-emulsify in the gastrointestinal tract. There, physiological processes generate conditions essential for optimal absorption of each tocotrienols into the plasma.

This novel delivery system results in a rapid and consistent absorption of tocotrienols independent of dietary fat or food intake. "Clinical study on healthy human volunteers confirmed the efficacy of SupraBio system, which increases the rate and absorption of each individual tocotrienols by an average of 250 percent," See noted.

In addition, the largest human clinical study for tocotrienol published in the journal *STROKE*, involved 121 subjects and found that EVNol SupraBio supplementation for two years at 200 mg twice daily slows down the development of white matter lesions (WMLs) in human brain. WMLs are closely related to vascular events of the brain and are indications of fragile brain vascular network, and an independent prognostic measure of future stroke risk. Tocotrienols can also help maintain healthy level of blood cholesterol, since its ability to signal the degrada-

tion of the rate-limiting liver enzyme (HMG CoA-reductase) involved in cholesterol reduction, according to See. In a human trial involving EVNol SupraBio, it was shown that it might reduce arterial stiffness in healthy adults after two months when taking oral supplementation of 50 mg of d-mixed-tocotrienols, twice daily. "Since arterial stiffness is an independent risk factor of cardiovascular disease, it is conceivable that improvement in arterial compliance (reduced arterial stiffness) may reduce the risk of CVD (cardiovascular disease)."



ExcelVite manufactures the ingredient that has been put in Carlson Labs' Tocomin SupraBio (containing EVNol SupraBio), Doctor's Best Tocotrienols (containing EVNol SupraBio), Life Extension Super-Absorbable Tocotrienols with EVNol SupraBio, Jarrow Formulas TOCO-SORB with EVNol SupraBio, Healthy Origins Tocomin SupraBio 50 mg (Tocotrienol Complex),

VitaCost Tocomin Suprabio and Allergy Research Group Tocomin SupraBio Tocotrienols.

Dr. Nicholas Perricone, dermatologist at the Yale Medical Center, published the *New York Times* best seller, *The Wrinkle Cure* discussing the use of tocotrienols in cream to promote skin health and prevent aging. Alpha-tocotrienol has been shown that it is 40 to 60 percent more potent than that of alpha-tocopherol, which is regular vitamin E, in preventing lipid peroxidation. According to See, the higher recycling efficiency from chromanoxyl radicals can uniform distribution in the cell membrane and better interact with lipid radicals. The overall result, he said, is that tocotrienols are more efficient than tocopherols in scavenging and quenching the free radicals.

Pregnancy

Pregnancy is a part of a woman's human nature. But, according to the CDC there are 6.7 million (10.9 percent) women ages 15-44 with impaired fecundity, the impaired ability to become pregnant or carry a baby. Suzanne Munson, MS, vice president of product development and compliance at Washington-based Fairhaven Health, LLC, the main cause of

female fertility issues is due to ovarian dysfunction that can lead to the complete absence of ovulation, infrequent ovulation or impaired egg quality. There have been primary areas of research on PCOS (polycystic ovary syndrome) and reproductive toxicology, and found that environmental factors can contribute to decreased fertility. "Because PCOS is now the leading cause of female infertility, and the causes of PCOS are not well understood, researchers are motivated to learn more about the condition," she explained. "Similarly, the area of reproductive toxicology is growing rapidly as connections continue to be made between exposure to environmental toxins and risk of fertility issues.

Nutrient deficiencies can also negatively impact egg quality and menstrual cycle regularity, therefore, there is a large market for vitamin, mineral and herbal supplementation to support female fertility. Munson lists different supplements available for women. These include, Vitex Agnus-castus, CoQ10, L-arginine, myo-inositol, vitamin D, folic acid and iron.

Vitex Agnus-castus promotes hormonal balance and menstrual cycle regularity by decreasing prolactin levels in the body, as well as level hormones that lead to healthy pregnancy. CoQ10 helps the energy production of living cells in the egg, and prevents oxidative stress. L-arginine works as an amino acid to boost fertility by promoting blood flow to the uterus, ovaries and vagina, while also increasing the production of cervical mucus, enhancing the libido and improving sensation from sexual stimulation, which all play a part in improving the chances of conception.

Myo-inositol, a member of the vitamin B complex, can improve insulin sensitivity to help support fertility, promote hormonal balance, ovulation and regular menstrual cycles. Another vitamin, vitamin D, has been recommended to women of childbearing age, especially when trying to conceive, since science found that vitamin deficiency has been associated with impaired fertility, endometriosis and polycystic ovary syndrome. Part of the vitamin D family, folic acid helps pregnancy and

fetal development by decreasing the risk of neural tube birth defects like spina bifida, and has shown to reduce other birth defects like congenital heart conditions. Lastly, Munson found that iron may also be beneficial when pregnant because it helps the blood cells carry oxygen in a woman and their developing baby. It may also support energy, a healthy growth and strong teeth and bones.

Fairhaven Health provides practitioners with a variety of fertility supplements to offer their patients. FertilAid for Women is the company's dietary supplement containing a full prenatal vitamin with herbs (including Vitex) known to promote hormonal balance and cycle regularity. FertileCM helps to promote the production of fertile quality cervical fluid. OvaBoost is a dietary supplement targeting egg quality and include, melatonin, folate, myo-inositol and a blend of antioxidants intended to promote egg quality. FertilTea is another product in an herbal medicinal tea form to promote hormonal balance and overall reproductive health. Lastly, FertileDetox is a dietary supplement helping to support the body's detoxification systems.



In addition to vitamins and minerals, probiotics have been shown to provide support for pregnant and nursing woman. "Incredible advances have been made and countless hours in research and clinical trials have demonstrated that the gut plays a very powerful role in transforming woman's health," explained Natasha Trenev, president and founder of Natren, Inc., the original probiotic company in Westlake Village, CA. Research shows that probiotics are important for the infant's gut microbiota and the factors from Mom that contribute to a unique "blueprint" that Mom passes to the baby during pregnancy, delivery, nursing and growth, she continued.

Seventy percent of the immune system is found in the digestive tract, and with friendly bacteria like probiotics, the human body is able to promote healthy proper

digestion. Supplementing with probiotics for woman's health is no secret, in fact, "more and more medical practitioners are becoming familiar with the abundance of probiotic research and they're recommending probiotics to their patients too," Trenev said.

Perhaps one of the most exciting areas of probiotic research at the moment pertains to infant gut health. According to Trenev, there has been ongoing institutional and product research to support this area of health and wellness. "For example, an article published in *Pediatric Research* in January 2015, out of a group at the University of California, Davis, just named *Bifidobacteria infantis* 'the champion colonizer of the infant gut,' since it supports the digestion and consumption of any human milk oligosaccharide structure. In addition, it may also be used as an anti-inflammatory in premature intestinal cells and it has been shown to decrease intestinal permeability. Together, these properties protect the baby from exposure to potentially harmful items that pass through the delicate infant gut. "Natren has always been very careful and very selective with the particular genus, species and strains of bacteria we use as probiotics and research like this proves the importance of really understanding what bacteria we utilize to achieve the right probiotic effect," she said.

Natren offers other products that are designed specifically for women, including Gynatren, a dual-action probiotic health system designed for feminine health needs, which uses the probiotic *Lactobacillus acidophilus*, NAS super strain. This probiotic is a naturally occurring human strain already found in a woman's digestive, urinary and vaginal tracts. The company also offers Healthy Start System, a beginner's probiotic kit and the company's flagship probiotic, Healthy Trinity, which has been benefiting women for more than 20 years. In addition, the company has recently added a vegan option to its Life Start line for infants, toddlers and expectant or nursing mothers; this entire Life Start line is based on the probiotic bacteria *Bifidobacterium infantis*.

California-based Nordic Naturals also offers products



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