



Eve's Harmony™ Product Specifications

Logos Nutritionals is proud to introduce **Eve's Harmony™**, a revolutionary new women's health formula designed to relieve common symptoms associated with perimenopause, menopause, PMS and hormonal imbalances.

Are Your Hormones Driving You Crazy?

Menopause is a natural and important part of every woman's life. For some, it can occur as early as 35, whereas for others as late as 65 years of age. Most women begin to experience menopause symptoms by their mid forties. Forty-five million women are menopausal in the United States today, and another 3.5 million women will become menopausal this year. Based on life expectancy trends, women face the prospect of spending the last one-third to one-half of their lives in a state of hormonal imbalance. The quality and quantity of life for these women will largely be determined by how well they and their doctors manage their hormone replacement needs.

Common Symptoms of Menopause

- **Hot Flashes**
- **Night Sweats, Insomnia or Sleeplessness**
- **Mood Swings, Loss of Libido**
- **Depression, Anxiety, Nervousness or Irritability**
- **Memory Lapses or Loss**
- **Irregular Heartbeat or Palpitations**
- **Vaginal Dryness, Breast Tenderness**
- **Headaches, Muscle and Joint Pain**
- **Hair Loss or Thinning, Increase in Facial Hair**

For many women, menopause also marks an increased risk of **heart disease** and bone loss or **osteoporosis**. It is important to note that most of the above symptoms may also be attributed to other underlying conditions such as thyroid disease, diabetes, pituitary or adrenal disorders... so if you are having menopausal symptoms, see your doctor. Because of the many symptoms and discomfort associated with menopause, it is no wonder that many women dread this natural transition. Fortunately, **Eve's Harmony™** provides a safe and natural alternative to drugs and prescription hormones for relief of menopause symptoms.

Eve's Harmony™ – What's in it for you?

Soy Isoflavones have potent antioxidant properties that may reduce the long term risk of cancer by preventing free radical damage to DNA. If during menopause the body's natural level of estrogen drops, isoflavones can compensate for this by binding to the estrogen receptor sites, thereby easing menopausal symptoms. Because isoflavones compete with estrogen for the same receptor sites, they can also reduce the health risks of excess estrogen. Recent studies have shown that soy isoflavones can reduce menopause symptoms and increase bone density in women.

Black Cohosh has been used by generations of Native Americans to naturally treat hot flashes and other menopause symptoms. Standardized extracts of black cohosh have been proven in studies to alleviate the discomfort of menopause quickly and reliably.

Dong Quai has been used for centuries to relieve a myriad of menopausal symptoms, from regulating the menstrual cycle to easing hot flashes and vaginal dryness. It is also said to promote blood circulation and alleviate pain. Its internal moisturizing properties include a mild natural laxative effect which can help relieve constipation.

Licorice is traditional herbal remedy with an ancient history and worldwide usage. Modern research has confirmed its value as a soother and detoxifier of the liver. The triterpenes of licorice are metabolized in the body to molecules that closely resemble adrenal cortex hormones, which may in part explain its anti-inflammatory effects.

Vitex Berry has been used for centuries in Europe for hormonal imbalances in women. It works on the hypothalamus and pituitary glands by increasing luteinizing hormone (LH) production and mildly inhibiting the release of follicle stimulating hormone (FSH). The result is a shift in the ratio of estrogen to progesterone in favor of progesterone. This ability to influence progesterone levels makes Vitex berry an excellent herb for regulating menstruation and treating infertility.

Red Clover is a potent plant source of isoflavones and other phytoestrogens that have been used extensively to treat the symptoms of menopause. It is also reported to be useful for easing coughs, bronchitis, eczema, and sore throat.

Sage extract is treasured by Chinese herbalists for its ability to strengthen the digestive system. A member of the mint family, sage is known to reduce the frequency of hot flashes. It also has antimicrobial, anti-spasmodic and antioxidant properties.

False Unicorn is perhaps the most well known and widely used Native American herb for toning and strengthening the female reproductive system. This herb is often used to treat delayed or absent menstruation as well as ovarian pain.

Squaw Vine is a Native American herb that has an extensive history of use for all types of uterine complaints. It has documented diuretic, tonic and astringent properties.

Blessed Thistle is an annual plant native to the Mediterranean region that is a common component in bitters formulas to treat digestive issues.

Red Raspberry contains polyphenol antioxidants as well as vitamins A and C, which ranks the raspberry near the top of all fruits for antioxidant (ORAC) strength.

Stake Your Claim to Good Health!

Good health is about making good choices. For many reasons, the inevitable approach of menopause strikes fear and dread into the hearts of most women. Fortunately, women whose quality of life has been robbed by hormonal imbalances can with one simple choice – adding **Eve's Harmony** to their daily diet – restore normalcy to their lives. With the **Logos Satisfaction Guarantee** you have nothing to lose but misery and frustration, so try a bottle of **Eve's Harmony** today!

LOGOS NUTRITIONALS

Eve's Harmony

Nutrients to Help Regulate Hormones Naturally

60 Capsules | Dietary Supplement

SUGGESTED USE: As a dietary supplement, take two (2) Capsules daily with a meal. Best results may be seen after 4 to 5 weeks of use. Do not exceed two capsules daily.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. If you are taking a birth control pill, are considering becoming pregnant or have questions about the advisability of taking this product, consult your physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, fish and crustacean shellfish.

KEEP THIS AND ALL OTHER DIETARY SUPPLEMENTS OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER BOTTLE CAP IS MISSING OR BROKEN. STORE IN A COOL, DRY PLACE.

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

We back our products with an Unconditional Satisfaction Guarantee! Questions or Comments - Call 800-556-5530 Or visit our Website: www.logosnutrionals.com Manufactured Exclusively for LOGOS NUTRITIONALS, LLC. P.O. Box 1215, Snellville, GA 30078 © 2009 LOGOS

Supplement Facts
Serving Size 2 Capsules

| Amount Per Serving | %Daily Value |
|--------------------------------|--------------|
| Soy Isoflavones | 30mg * |
| Black Cohosh (2.5% extract) | 160mg * |
| Dong Quai (1% extract) | 150mg * |
| Licorice (1% extract) | 150mg * |
| Vitex Berry (herb powder) | 100mg * |
| Red Clover (1% extract) | 400mg * |
| Sage Extract | 200mg * |
| False Unicorn (herb powder) | 50mg * |
| Squaw Vine (herb powder) | 20mg * |
| Blessed Thistle (herb powder) | 50mg * |
| Red Raspberry Extract | 50mg * |
| Mexican Wild Yam (10% extract) | 75mg * |

*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, stearic acid and microcrystalline cellulose.

ALLERGEN WARNING: CONTAINS SOY (SOY ISOFLAVONES).

Lot#:
Manufacture Date:
Best if used by:

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The products and the claims made herein have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent disease. The information provided is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional.

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