

Safely Rejuvenate your Skin, Hair, Nails and Bones.

Starting at age 21, collagen diminishes 1% per year.

By age 30, the signs of reduced collagen on skin, hair and nails become visible and the effect on bones and joints can be measurable. BioSil's patented ch-OSA® complex helps your body to generate its own collagen to provide support for fewer fine lines and wrinkles; stronger, healthy and thicker hair; stronger nails; denser and more flexible bones.



Because Hot Flashes and Night Sweats are never welcome.

During menopause and peri-menopause, up to 80% of all women will experience mild to moderate symptoms and up to 15% will experience severe symptoms.

The term menopause means one year with no menstrual cycle. Peri-menopause is the 10-15 years leading up to menopause. Both can result in unwelcome symptoms. **MenoSense®** contains natural ingredients to help relieve symptoms such as hot flashes, night sweats, poor sleep, irritability, nervousness, headaches and moodiness. **MenoSense®** is approved by Health Canada for treatment of symptoms of menopause including hot flashes and night sweats.



What's so natural about PMS, Crankiness and Acne?

Up to 80% of all women are expected to experience symptoms of PMS during their reproductive years.

Take a well-balanced, natural approach to excessive estrogen – the most common cause of hormonal imbalance. Resulting from exposure to factors such as birth control pills, pesticides and other environmental toxins, the symptoms can include PMS, endometriosis, fibrocystic breast disease, heavy and painful periods and hormonal acne. **EstroSense®** is recommended by health professionals and contains natural ingredients to help reduce the symptoms of estrogen dominance.



PROUD SPONSOR OF



Available at your local Health Food Store or go to **PNO.CA** to find a store near you.



Preferred Nutrition

find us on





Healthy Hormone Balance

Marita Schauch, BSc, ND

Healthy hormonal balance is essential for a woman's quality of life during her reproductive and menopausal years. Disruptions in hormone balance can lead to menstrual disorders such as irregular periods and heavy bleeding, PMS, as well as menopausal symptoms later in life. It is estimated that 80% of all women experience symptoms of PMS during their reproductive years.

Resist Estrogen Dominance

One of the most prominent causes of PMS related symptoms, hormonal acne, endometriosis, uterine fibroids, fibrocystic breast disease and breast, uterine or ovarian cancer, is excessive estrogen exposure from both endogenous (estrogens that are made inside the body) and exogenous (estrogens from outside the body) sources.

Two major sources of exogenous estrogens are the birth control pill and hormone replacement therapy. These hormones are considered "foreign" which the body does not recognize to be identical to its own hormones. These foreign hormones can create damaging by-products and metabolites which can put a lot of stress on the liver. Other major sources of exogenous estrogens are environmental toxins found in pesticides, herbicides, plastics, refrigerants, and industrial solvents which have the ability to mimic the harmful estrogens in the body. Additionally, hormones used to fatten livestock and promote milk production are found in meat and milk products, thereby increasing our exposure to environmental estrogens even more. Another good reason to buy organic!

Estrosense® with Milk Thistle seed extract is a unique natural formula, recommended by health professionals, that helps maintain healthy hormone balance. It supports liver detoxification of "bad" estrogens and harmful xenoestrogens preventing estrogen dominance conditions and reducing the risk of women's cancers.

What people like you are saying about EstroSense...

Acne Cleared Up!... *I've taken **EstroSense** for some time. It's a wonderful product and has cleared up my acne, which I had for years.* M.M.

Migraine Free! *For ten years I suffered from migraines with my menstrual cycle. .. The first month that I started taking **EstroSense** the migraines disappeared. It has been four months and I am still migraine free!!!* S.H.

"God-send" for PMS sufferer *I am 45 years old and have had years and years of hormone imbalance and horrible problems with PMS...I cannot begin to tell you how much better I have been feeling...I am telling every woman I know who suffers from these issues about your product (**EstroSense**) – it has been a god-send!* K.M.



Preferred Nutrition PNO.CA

find us on

