

Hormone Hero

Comprehensive Cycle & Mood Support For
Reproductive Years and Early Perimenopause

60 HARD CAPSULES | AUST L 444314



Vitality Solutions™
SUPPLEMENTS

Clinical expertise to elevate your health

Hormone Hero is a practitioner-formulated blend designed to assist menstrual cycle regulation, emotional wellbeing, and female reproductive health during times of hormonal fluctuation.

This formula works at the level of pituitary signalling, stress adaptation, liver metabolism, and endocrine regulation – helping maintain healthy reproductive hormone balance across the menstrual cycle.

Menstrual Cycle Regulation

Vitex is traditionally used in Western herbal medicine to assist regulation of the menstrual cycle and relieve symptoms of premenstrual tension.

Angelica, **Shatavari** and **Peony** are traditionally used to support female reproductive system health and cyclical balance. Peony also contributes to hormonal stability in women experiencing cyclical skin changes.

Stress & Neuroendocrine Support

Ashwagandha and **Lemon Balm** are traditionally used to relieve symptoms of stress and support emotional wellbeing. By assisting the body's stress response, they help maintain stability across the menstrual cycle.

Hormone Metabolism & Elimination Support

Reproductive hormones are processed through multi-phase liver pathways before elimination. After liver processing (Phase I and Phase II), hormones are transported into the digestive tract for removal.

Calcium D-glucarate assists Phase II conjugation and helps inhibit beta-glucuronidase activity – an enzyme produced by certain gut bacteria that can undo this processing and allow hormones to be reabsorbed instead of eliminated.

Milk Thistle and **Broccoli** extract provide antioxidant support and contribute to healthy liver detoxification processes.

Metabolic & Thyroid Support

Zinc and **Chromium** assist carbohydrate metabolism and help maintain healthy androgen levels, which may be relevant in women experiencing hormonal skin concerns or mild androgen-related cycle irregularity.

Iodine and **Selenium** support healthy thyroid gland function and thyroid hormone production, contributing to overall metabolic regulation.

Pantothenic acid (Vitamin B5) supports energy production and general health and wellbeing.

Clinical summary

Hormone Hero may be suitable for women experiencing:

- ✓ Symptoms of premenstrual tension.
- ✓ Irregular or stress-associated menstrual cycles.
- ✓ Hormonal skin concerns.
- ✓ Early perimenopausal symptoms with ongoing cycles.
- ✓ Mild androgen-related presentations where cycles are still occurring.

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Capsule Size: 0



Stack me!

Generate synergistic effects that enhance benefits and boost performance.

Every Vitality Solutions supplement is purposefully formulated to work in harmony – designed with stacking in mind.

TUMMY KIND

FREE OF
HEAVY METALS



VEGETARIAN
AND
VEGAN
FRIENDLY

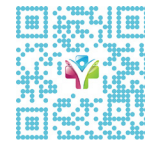


Blended, encapsulated and packaged in Australia using superior-quality, ethically sourced ingredients.



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SCAN TO
VIEW OUR
FULL RANGE

ACTIVE INGREDIENTS PER HARD CAPSULE

Angelica polymorpha Equiv. dry root	125 mg 2.5 g
Paeonia lactiflora Equiv. dry root	750 µg 75 mg
Vitex agnus-castus Equiv. dry fruit	100 mg 1 g
Withania somnifera Equiv. dry root	75 mg 1.5 g
Asparagus racemosus Equiv. dry root	150 mg 1.5 g
Melissa officinalis Equiv. dry leaf	10 mg 100 mg
Silybum marianum Equiv. dry fruit	2.86 mg 200.2 mg
Brassica oleracea var. italica Equiv. dry sprout	10 mg 100 mg
Zinc (as zinc glycinate)	7.5 mg
Chromium (as chromium picolinate)	25 µg
Iodine (as potassium iodide)	75 µg
Selenium (as selenomethionine)	37.5 µg
Pantothenic acid (as calcium pantothenate)	3 mg

FUNCTIONAL EXCIPIENTS

Calcium D-glucarate 100 mg per capsule.

DIRECTIONS FOR USE

Adults: Take 1 capsule twice daily with water, or as directed by your healthcare practitioner.
Store below 25 °C in a cool, dry place away from sunlight. Do not use if cap seal is broken.

NO ADDED

Gluten, dairy, soy, artificial colours, flavours or sweeteners.

WARNINGS

If symptoms persist, talk to your health professional.

Vitex agnus-castus may affect hormones and medicines such as oral contraceptives.
Consult your health professional before use.

This product contains selenium which is toxic in high doses.
A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.

If pregnant, breastfeeding, or considering becoming pregnant, consult your health professional before use.

INDICATIONS

Angelica polymorpha & Paeonia lactiflora - Traditionally used in Chinese medicine to relieve menstrual cycle irregularity and nourish blood.

Vitex agnus-castus - Traditionally used in Western herbal medicine to regulate a healthy menstrual cycle and relieve symptoms of premenstrual tension and menopause.

Withania somnifera & Asparagus racemosus - Traditionally used in Ayurvedic medicine as rejuvenating tonics and adaptogens to help the body adapt to stress and support female reproductive system health.

Melissa officinalis - Traditionally used in Western herbal medicine to relieve symptoms of stress.

Silybum marianum & Brassica oleracea var. italica - Provide antioxidant activity and help reduce free radicals formed in the body.

Chromium, Iodine & Selenium - Assist carbohydrate metabolism and support healthy thyroid gland function and thyroid hormone production.

Pantothenic acid (Vitamin B5) & zinc - Support energy production, immune system health and skin health.

INTERNAL SURVEY OUTCOMES

In structured in-practice surveys conducted within the Vitality Solutions™ patient population, respondents using supplements from the Vitality Supplements™ range, including Hormone Hero, reported the following outcomes:

- 96% reported improvement in mood
- 76% reported improvement in bloating
- 60% reported improvement in menstrual cycle regulation
- 57% reported improvement in acne
- 53% reported improvement in hot flashes
- 88% reported overall effectiveness
- 72% reported no side effects.

These findings reflect real-world patient-reported experience within a clinical setting and are not derived from controlled clinical trials. Individual responses vary.