

HORMONAL BALANCE AND BEYOND

Life is a series of cycles. The seasons cycle round the year, life cycles through stages, water has its distinct cycle, and even social norms go through their distinct phases. But perhaps the most amazing cycles of all are the rhythmic systems and cycles of the human body. Some of them are visible: the sleep-wake sequence, the nail renewal cycle, and the mild illness-recovery cycle. Others are internal and by nature, more private. One of the delicate and decidedly personal is the female cyclic system.

In the days when the world was more pure, this system usually functioned well. Today, however, our food is adulterated and impure. We eat hormone-fed meats and genetically modified produce which tax our bodies and inhibit proper function. As a result, many women struggle with irregularities, dysfunction, and difficulty with fertility. Fortunately, there are nutritional and botanical supplements that can help support the body with overall hormonal balance.

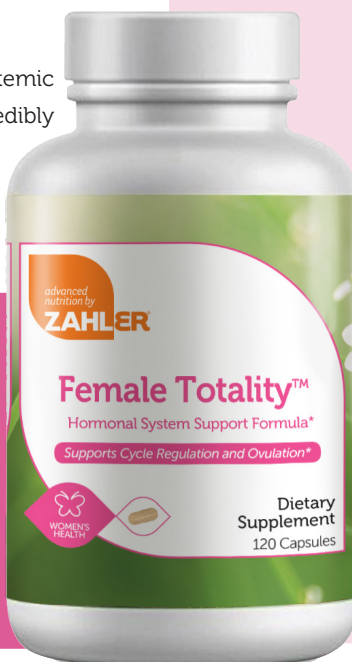
STRENGTHENING THE SYSTEM

One of the unique features of **Female Totality™** is that it addresses several varied issues including supporting cycles that are too long or too short and supporting progesterone and estrogen levels. Additionally, it provides support to counteract side effects of various medications and antibodies as well as spurs and supports the ovulatory system, strengthening and lengthening the ovulation period.

A cycle is, by definition, repetitive. As such, a systemic issue will recur with each cycle. This can be incredibly problematic and stressful. **Female Totality™** sets out to support these issues at the core so that every woman can experience cyclic health and balance.

TOTAL TOTALITY

Female Totality™ from Advanced Nutrition by Zahler is designed to balance the hormonal cycle while strengthening the entire female system. Designed for both teenagers and women, this unique formula provides vitamins, minerals, herbs and more to boost and support the entire womanly cycle.



SPECIAL SOURCES

Female Totality™ is comprised of a wide variety of vitamins and minerals along with botanicals, herbs and more. The focus on bioavailable and natural resources ensures that the nutrients provided can support and strengthen the female system and allow for proper function. While each ingredient is important on its own, it is often the combination of factors that causes issues and the combination of components that enables the system to restart and function properly.

Female Totality™ contains **Vitamins A and E** for protection from oxidation and to support ovarian and uterine health. A combination of **B vitamins** boosts cellular and neurological health, bolsters energy levels, and ensures adequate levels of Folate to sustain a pregnancy. **Iron, Vitamin D and Zinc** are often lacking and may be linked to cyclical challenges. **Iodine** helps support proper thyroid health, which is especially crucial for female regularity.



Shatavari



Holy Basil



Chaste Berry



Dong Quai

The supplement **DIM** is a derivative of cruciferous vegetables and helps support healthy estrogen metabolism. **Shatavari**, an extract from asparagus, also supports estrogen function.

Holy Basil is well-known to reduce inflammation, and **Chaste Tree Berry** mimics progesterone. **Myo-Inositol** and **Dong Quai** assist with hormonal and glucose balance. Both also help with emotional balance and calming.

Caronositol® D-Chiro-Inositol supports normal ovulation and can be especially helpful for those dealing with PCOS. It also balances and corrects levels of various important hormones produced at different points of the female cycle. At the same time, it helps support normal metabolic function.



Advanced science in each and every bottle



Using only the purest natural ingredients



Manufactured to the highest standards

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