



Hormone Balance 60 cap

Proprietary blend 495mg : Pine Pollen, Cyperus Root, Maca Root Extract, Turmeric Root Extract , Astragalus Root, Ashwagandha Root, Shilijat, Vitamin B3

Embrace Equilibrium with ‘Hormone Balance’: Masterfully crafted, this potent concoction weaves together the restorative powers of Pine Pollen, the grounding essence of Cyperus Root, and the revitalizing spark of Maca Root. Infused with the golden purity of Turmeric Extract, the deep resilience of Astragalus Root, the calming strength of Ashwagandha, and the mountain-born vigor of **Shilajit**, each element is harmonized with a touch of Vitamin B3 for a daily dose of wellness.

Shilajit balances hormones by acting as an adaptogen that modulates cortisol (the stress hormone), delivering bioavailable trace minerals (like magnesium and zinc), and promoting cellular energy.

Primary Hormone-Balancing Effects

- **Regulates Sex Hormones:** It supports the modulation of estrogen and progesterone, which can ease PMS symptoms, irregular menstrual cycles, and menopausal transitions. In men, it is clinically shown to boost testosterone and DHEA levels.
- **Lowers Cortisol:** As an adaptogenic resin, it helps the body cope with chronic stress. High cortisol suppresses sex hormones, so managing it helps stabilize the overall hormonal environment.
- **Enhances Nutrient Absorption:** Shilajit’s high fulvic acid content helps cells better absorb the essential vitamins and minerals required for optimal hormone production.
- **Improves Energy & Mitochondrial Function:** By boosting cellular energy (ATP), it reduces fatigue and vitality issues often tied to hormonal fluctuations.