Women's Health Library

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- Ultimate One
- CoQ10
- Omega 3 Fatty Acids
- Greens N' Things
- Chewable Calcium & D
  or
- Liquid Cal-Mag-Zinc

Hormone Balancing:

- Black Cohosh
- Menopause Formula

Herbal Support:

- St. John's Wort
- Valerian Root Extract

These supplements may be purchased on our store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Ultimate Extract Herbs

No one needs to tell you that all herbs are not created equal. The prices alone are a good indication that something must be different from line to line. It could be how they're grown and harvested, the methods used in manufacturing, whether the herb is cut and sifted or a powdered extract, whether part or all of the plant is used, or a myriad of other possibilities.

What's important is being sure the herbs you choose are high quality herbs – time and time again -- so you get a product that works. That's why we rely on the trade marked Ultimate Extract® process to prepare our herbs for market. Whether a standardized or a semi-purified product, each extraction method used provides a high quality herbal extract ensuring maximum herbal nutrition. Not just this time, but every time.

Here's a brief overview of what it means to be classified as an Ultimate Extract® herb:

Ultimate Extracts® are selected by experienced, reliable sources both overseas and domestically. These cultivated quality plants are harvested at peak, verified for their botanical identity and plant part. Our standardized products are lab evaluated to confirm quality and profile of the active constituents in each batch. Organic crops are chosen when they are consistently available.

The Ultimate Extract® process uses the best method to release the active constituents of the whole herb, without destroying active ingredients. After draining the liquid from the marc (insoluble plant fiber), the extract concentration level is verified on standardized products. Finished product combines the marc and extracts material whenever feasible and is tested twice to confirm the absence of bacterial contamination. Because the cell walls are broken during processing, these concentrated active ingredients are made more bio-available to the body.

We package our herbs in a complete moisture barrier, to preserve freshness and potency. Then we add a best-by date to assure you of the potency period. As for the potency itself, we use quantitative chemical analysis for our standardized products to assure the extract contains a specific percentage of a known marker or reference compound to guarantee its potency and identity.

For ultimate herb quality, consider products from our superior quality line of herbal products:

- **Black Cohosh** - menopause support for women
- **Menopause Formula** - an herbal support formula for menopause
- **St. John's Wort standardized extract** - promotes mental well-being
- **Valerian Root extract** - promotes rest and relaxation