

Femme Active – Complete Hormonal Balance for Women



Femme Active is a composite formula for women and is particularly well suited to the female athlete who is looking for the promotion of lean muscle mass and weight management, and looking to decrease sport induced inflammation, while at the same time, taking care of health and beautification from within. While superfoods such as Ashwagandha and Maca are the foundational ingredients, there are a slew of additional superfoods and extracts which create the most composite low GI female hormonal balance meal available today.

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Snapshot:

For inner beauty and fitness

Gain: all the amino acids & antioxidants to build & repair:

- Lean muscle mass
- Skin, hair, nails, bones

Reduce:

- Hormonal imbalance
- Obesity
- Stress & anxiety

- **Sustained Energy**
- **Awesome Sleep**
- **A Leaner You**
- **Release Your Inner Smile with Improved Mood**

How it Works:

Whey Protein - Benefits: Supports muscle repair and growth, provides essential amino acids, and may help regulate blood sugar levels.

Hormonal Impact: Supports production of neurotransmitters and can influence insulin levels.

Collagen Peptides - Benefits: Promotes joint health, skin elasticity, and muscle recovery. Also supports heart health.

Hormonal Impact: Supports gut health, which is crucial for hormone regulation.

Oat Flour and Oat Fibre - Benefits: Provides complex carbohydrates and soluble fiber for sustained energy and digestive health.

Hormonal Impact: Helps regulate blood sugar levels and supports healthy digestion, indirectly benefiting hormonal balance.

Rice Starch - Benefits: Provides a source of carbohydrates for energy.

Hormonal Impact: Helps maintain energy levels, indirectly supporting hormone balance.

Beta Hydroxybutyric Acid (BHB) - Benefits: An alternative energy source to glucose and encourages fat metabolism.

Hormonal Impact: Can influence insulin sensitivity and energy metabolism.

Calcium Lactate - Benefits: Supports bone health and muscle function.

Hormonal Impact: Important for maintaining hormonal balance, especially during menstrual cycles.

Magnesium Sulphate - Benefits: Supports muscle function, relaxation, and energy production.

Hormonal Impact: Plays a role in regulating the stress hormone cortisol.

MSM (Methylsulfonylmethane) - Benefits: Reduces inflammation and supports joint health.

Hormonal Impact: Supports overall body function and recovery, indirectly benefiting hormone regulation.

Potassium Chloride - Benefits: Supports electrolyte balance and muscle function.

Hormonal Impact: Essential for proper cellular function and hormone secretion.

Amla Extract - Benefits: Rich in antioxidants and vitamin C, supports immune function.

Hormonal Impact: Helps reduce oxidative stress, which can positively impact hormone balance.

Ashwagandha Extract - Benefits: Adaptogen that helps reduce stress and anxiety.

Hormonal Impact: Can lower cortisol levels and support thyroid function.

Maca Extract - Benefits: Known to enhance energy, stamina, and libido.

Hormonal Impact: Can help balance oestrogen and progesterone levels.

Pomegranate Extract (90% Ellagic Acid) - Benefits: Rich in antioxidants, supports cardiovascular health.

Hormonal Impact: Can influence oestrogen levels and support hormonal health.

Tulsi Extract - Benefits: Adaptogen that supports stress reduction and immune function.

Hormonal Impact: Can help lower cortisol levels.

Sage Extract (75% Ursolic Acid) - Benefits: Known for anti-inflammatory and cognitive benefits.

Hormonal Impact: May influence oestrogen balance and reduce menopausal symptoms.

Bacillus Coagulans (MTCC 5856) - Benefits: Probiotic that supports gut health.

Hormonal Impact: A healthy gut can influence overall hormonal balance.

Sceletium - Benefits: Known for mood-enhancing properties.

Hormonal Impact: Can support neurotransmitter balance, influencing mood and stress levels.

Vitamins (A, B1, B2, B3, B5, B6, B9, B12, C, D, E) - Benefits: Essential for overall health, energy production, and immune function.

Hormonal Impact: Each vitamin has specific roles in hormone production and regulation.

Biotin - Benefits: Supports skin, hair, and nail health.

Hormonal Impact: Involved in energy metabolism and can influence blood sugar levels.

Stevia - Benefits: Natural sweetener with no calories.

Hormonal Impact: Does not spike insulin levels, supporting stable blood sugar.

Zinc - Benefits: Supports immune function, skin health, and protein synthesis.

Hormonal Impact: Important for reproductive health and hormone production.

Selenium - Benefits: Antioxidant that supports immune function and thyroid health.

Hormonal Impact: Essential for thyroid hormone metabolism.

Copper - Benefits: Supports iron absorption and cardiovascular health.

Hormonal Impact: Plays a role in the formation of haemoglobin and collagen.

Iodine - Benefits: Essential for thyroid function.

Hormonal Impact: Crucial for the production of thyroid hormones, which regulate metabolism. Anecdotally – the incidence of breast cancer and low Iodine levels is 100% correlated.

In summary

These ingredients collectively support various aspects of health, including energy production, stress management, immune function, inflammation management, and hormonal balance, which are all crucial for women.

2 great companion products:

1. Evergreen – The foundation of longevity and anti-aging

Promote overall health homeostasis (Homeostasis is a physiological process that keeps the internal environment of a living organism stable and balanced):

- Telomere health (DNA protection)
- Production of NAD+ Coenzymes
- Klotho protein abundance for brain health

Whilst of utmost importance for anti-aging and longevity, the Evergreen formula assists with many more aspects of overall health and keeps your body energised and your mind focussed.



2. NuGlow – The beautification foundation of anti-aging



Promotes the production of collagen and the delivery of amino acids to the parts of the body that require various amino acid profiles for optimal function. The formula also include Lutein to help the skin and eyes recover from UV and Blue UV damage.

- Improve collagen levels in the body
- Improve elasticity and youthfulness of the skin
- Better hair, nails and bone strength and joint health
- Stronger arterial walls – important for heart health, blood flow, and athletic endurance.
- Bounce back from UV damage.

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More detail you may enjoy reading:

Ashwagandha

Scientific Name: Withania somnifera

Primary Benefits:

1. **Stress and Anxiety Reduction:** Ashwagandha is known for its ability to lower cortisol levels, the body's primary stress hormone. By reducing cortisol, it helps alleviate stress and anxiety, promoting a sense of calm and well-being.
2. **Improved Sleep Quality:** It can enhance sleep quality, which is crucial for overall health and hormone regulation.
3. **Hormonal Balance:** Ashwagandha may help balance hormones, particularly in reducing symptoms of menopause and menstrual irregularities. It supports the endocrine system, which is responsible for hormone production and regulation.
4. **Thyroid Health:** It supports thyroid function, which is essential for metabolism and energy regulation.
5. **Enhanced Sexual Function:** Ashwagandha has been shown to improve sexual function and libido in women, possibly by reducing stress and enhancing hormonal balance.
6. **Boosted Immune System:** It has immune-boosting properties, helping the body resist infections and illnesses.
7. **Anti-Inflammatory and Antioxidant Properties:** Ashwagandha helps reduce inflammation and oxidative stress, which are linked to various chronic diseases.

Maca

Scientific Name: Lepidium meyenii

Primary Benefits:

1. **Hormonal Balance:** Maca is known for its ability to balance oestrogen and progesterone levels, which can help alleviate symptoms of PMS, menopause, and other hormonal imbalances.
2. **Enhanced Fertility:** It has been traditionally used to enhance fertility in women, possibly by regulating hormonal balance.

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3. **Increased Energy and Stamina:** Maca can boost energy levels and improve stamina, making it beneficial for active women and athletes.
4. **Improved Mood:** It may help improve mood and alleviate symptoms of depression and anxiety, potentially due to its impact on hormonal balance.
5. **Libido and Sexual Function:** Maca is often used to enhance libido and sexual function. It is believed to improve sexual desire and overall sexual well-being.
6. **Bone Health:** Some studies suggest that maca may support bone density and health, which is important for women, especially post-menopause.
7. **Antioxidant Properties:** Maca contains antioxidants that help fight oxidative stress, protecting the body from free radical damage.

Combined Benefits for Women

- **Menopause Relief:** Both ashwagandha and maca can help alleviate menopausal symptoms such as hot flashes, mood swings, and sleep disturbances.
- **Stress and Hormonal Regulation:** Together, they can provide a comprehensive approach to managing stress and supporting hormonal health, which is crucial for maintaining overall well-being.
- **Enhanced Physical and Mental Performance:** Their combined effects on energy, stamina, and mood can be particularly beneficial for women who lead active lifestyles or are involved in high-performance activities.

More about NAD+ Coenzymes:

NAD+ (nicotinamide adenine dinucleotide) homeostasis refers to the balance and regulation of NAD+ levels within cells. NAD+ is a crucial coenzyme involved in various metabolic processes, including energy production, DNA repair, and cell signaling.

Maintaining NAD+ homeostasis is essential for several reasons:

1. **Energy Metabolism:** NAD+ plays a key role in cellular respiration, where it helps convert nutrients into energy.
2. **DNA Repair:** NAD+ is involved in repairing damaged DNA, which is vital for maintaining genetic stability.
3. **Cell Signaling:** NAD+ acts as a substrate for enzymes that regulate cellular processes, including aging and stress responses.