

FEMME FORTE – FAST FACTS

Femme Forte – Functional Protein Smoothie for Female Wellness

Femme Forte is a premium, protein-rich, low-carb smoothie powder formulated specifically to support **female hormonal balance, vitality, body composition, and total body wellness**. Designed for daily nourishment, it combines **complete proteins, adaptogenic botanicals, metabolic enhancers, superfoods**, and a comprehensive **vitamin-mineral spectrum** to fuel energy, reduce stress, support skin and joint health, and aid digestion and immune defence — all in one convenient, great-tasting drink.



How Femme Forte Works – Ingredient Breakdown



Base Macronutrients & Functional Protein Blend

- **Whey Protein** – High-quality, complete protein source rich in essential amino acids, supporting lean muscle mass, satiety, recovery, and metabolism.
- **Collagen Peptides** – Promotes skin elasticity, joint strength, hair and nail health; also supports gut integrity and hormonal balance.
- **Oat Flour + Oat Fibre** – Provides slow-digesting carbohydrates and soluble fibre to stabilize blood sugar, improve digestion, and support cholesterol balance.
- **Rice Starch** – Acts as a gentle binder and a slow-release carbohydrate for sustained energy without glucose spikes.



Metabolic & Recovery Enhancers

- **Magnesium (Citrate & Sulphate)** – Supports energy production, nerve function, hormone regulation (esp. PMS relief), and reduces muscle cramps.
- **BHB (Beta-Hydroxybutyric Acid)** – A ketone body that enhances fat metabolism, provides clean cellular energy, and improves cognitive clarity.
- **Calcium Lactate** – A bioavailable calcium source to support bone health, muscle contraction, and nerve signaling.
- **MSM (Methylsulfonylmethane)** – Anti-inflammatory compound that supports joint health, reduces oxidative stress, and promotes skin clarity.
- **Potassium Chloride** – Vital electrolyte for hydration, muscle function, blood pressure regulation, and hormonal balance.



Adaptogens & Hormone Harmonizers

- **Ashwagandha Extract** – A powerful adaptogen that supports stress resilience, cortisol balance, thyroid health, and energy.
- **Tulsi (Holy Basil) Extract** – Supports adrenal health, immune balance, and offers anti-inflammatory and mood-lifting benefits.
- **Sage Extract (75% Ursolic Acid)** – A natural phytoestrogen that supports cognitive clarity, thermogenesis, and hormonal balance during perimenopause and beyond.
- **Sceletium Tortuosum** – Enhances mood, reduces anxiety and mental fatigue, and supports emotional balance.
- **Amla (Indian Gooseberry) Extract** – Rich in vitamin C and antioxidants, supporting skin glow, immunity, and hair vitality.
- **Moringa Extract** – A micronutrient-dense botanical providing iron, calcium, antioxidants, and anti-inflammatory support.
- **Pomegranate Extract (90% Ellagic Acid)** – Potent antioxidant that supports hormonal detox, skin repair, and protects against oxidative stress.

Hydration + Joint + Skin Support

- **Hyaluronic Acid** – Deep hydration for skin and joints; promotes smooth skin texture and joint lubrication.
- **MSM** – Doubles as a connective tissue support compound, aiding collagen production alongside joint comfort.

Gut & Digestive Health

- **Bacillus Coagulans (MTCC 5856)** – A heat-stable probiotic that improves gut flora balance, digestion, and immune system function.
- **Guar Gum + Xanthan Gum** – Natural fibre-based thickeners that support gut motility and satiety.
- **Stevia** – A natural, non-nutritive sweetener that doesn't spike blood sugar.

Micronutrients – Full Spectrum Vitamin & Mineral Complex

- **Vitamin A** – Essential for skin regeneration, immune defense, and hormonal signaling.
- **Vitamin B Complex (B1–B3, B5–B6, B9, B12)** – Supports energy metabolism, mood regulation, nervous system health, and hormonal enzyme function.

- **Vitamin C** – Powerful antioxidant for skin, immunity, collagen synthesis, and iron absorption.
 - **Vitamin D** – Regulates calcium balance, mood, immune health, and hormonal receptor function.
 - **Vitamin E** – Protects cells from oxidative stress, supports skin health, and hormonal stability.
 - **Biotin** – Vital for hair, skin, and nail strength; also supports metabolic health and glucose regulation.
 - **Zinc** – Supports immunity, hormone production (esp. progesterone), skin health, and wound healing.
 - **Selenium** – A key antioxidant for thyroid health, detoxification, and estrogen metabolism.
 - **Copper** – Assists in collagen synthesis, iron metabolism, and energy production.
 - **Iodine** – Essential for healthy thyroid function and hormonal balance.
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Key Benefits of Femme Forte

- **Hormonal Harmony** – Adaptogens and micronutrients regulate cortisol, estrogen, and thyroid function.
- **Metabolic Activation** – BHB and minerals promote fat utilization, sustained energy, and reduced sugar cravings.
- **Muscle & Skin Support** – Protein, collagen, and silica-rich botanicals nourish muscles, joints, and connective tissue.
- **Mood & Stress Relief** – Scelletium, Ashwagandha, and Tulsi help reduce anxiety and emotional fatigue.
- **Digestive & Immune Support** – Fibre, probiotics, and antioxidants protect the gut and immune barrier.
- **Hair, Skin, Nails** – Biotin, zinc, MSM, and collagen promote beauty from within.