



# EQUOLIBRIUM™

## Prostate DHT Binder

Achieve balance and protect your prostate with Equolibrum.

A feeling of balance provides an inherent sense of control in life. When prostate health becomes unbalanced, sleep patterns and urinary function are impacted. Equolibrum brings balance back to your urinary routine by supporting healthy prostate function and cell replication. Exclusively from Nature's Sunshine, this unique formula harnesses the power of equol, the only known molecule that binds directly to dihydrotestosterone (DHT) without triggering the side effects often found with other prostate health products.

### BENEFITS

- Supports healthy prostate function and urinary flow without side effects\*
- Helps improve sleep duration\*
- Supports healthy prostate cell replication\*

Nature's Sunshine is the exclusive provider of equol for prostate health in the direct sales industry.

### KEY INGREDIENTS

- **Equol**—this unique molecule binds directly to DHT, preventing DHT from attaching to prostate receptor sites. NO other molecule protects the prostate in this way without triggering side effects (like enzyme-blocking products can).

### HOW IT WORKS

As a result of normal processes, testosterone is converted to another hormone called dihydrotestosterone (DHT). This happens with the help of 5-alpha reductase enzyme. DHT then binds to receptor sites in the prostate gland, influencing growth of this gland. This process, while normal and natural, can affect maturing men as prostate growth can impact the urinary system.

Equol is the only known molecule that binds directly to DHT, preventing DHT from binding to the prostate. This encourages healthy prostate cell replication. Other prostate products block the enzyme that converts testosterone to DHT. The blocking process can yield prostate health benefits, but it also leads to side effects brought on when the blocked beneficial enzyme is prevented from participating in other key body functions.

In addition to binding to DHT, equol also binds and acts as an agonist to the estrogen receptor beta, which down-regulates the abundance of the androgen receptor, further reducing cellular proliferation.

### RECOMMENDED USE

Take 1 capsule twice daily. (Contains 6 mg equol/capsule). Best results are seen after 3–6 months of use.

### COMPLEMENTARY PRODUCTS

Men's Formula w/Lycopene, PS II®, Saw Palmetto, Herbal Pumpkin

## FREQUENTLY ASKED QUESTIONS (FAQs)

### WHAT IS EQUOL?

Equol is a naturally occurring flavonoid found in many plants and commonly found in soy. It is a powerful antioxidant. Nature's Sunshine's Equolibrum uses a nature-identical source of equol derived from non-GMO daidzein.

### WHY IS BINDING TO DHT BETTER THAN BLOCKING THE FORMATION OF DHT ALTOGETHER?

Many other prostate products work by blocking the 5-alpha reductase enzyme, which plays a key role in the conversion of testosterone to DHT. This is an effective way to prevent the formation of DHT, however it also prevents this important enzyme from completing numerous other beneficial tasks in the body, which can lead to negative side effects.

### CAN I TAKE EQUOLIBRIUM WHILE I'M TAKING A PRESCRIPTION MEDICATION FOR PROSTATE HEALTH?

As with all nutritional supplements, we recommend you consult your physician prior to taking Equolibrum.

### IS THERE A MINIMUM AGE FOR USING THIS PRODUCT?

No. Equolibrum can be used by men of any age who need prostate support.

### HOW LONG WILL IT TAKE TO SEE RESULTS?

As with most supplements, results can take time as the active ingredients perform their functions in the body. Every man's body chemistry is different, and some men may notice results sooner than others. Although some men may notice benefits in as little as 4–6 weeks, best results are typically seen after 3–6 months of use.

## KEY SCIENTIFIC STUDIES

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Gardner CD, Oelrich B, Liu JP, Feldman D, Franke AA, Brooks JD. 2009. Prostatic soy isoflavone concentrations exceed serum levels after dietary supplementation. *Prostate* 69(7):719–726.

Hamilton-Reeves JM, Rebello SA, Thomas W. 2007. Isoflavone-rich soy protein isolate suppresses androgen receptor expression without altering estrogen receptor-expression or serum hormonal profiles in men at high risk of prostate cancer. *Journal of Nutrition* 137(7):1769–1775.

Hedlund TE, Maroni PD, Ferucci PG, Dayton R, Barnes S, Jones K, Moore R, Ogden LG, Wahala K, Sackett HM, Gray KJ. 2005. Long-term dietary habits affect soy isoflavone metabolism and accumulation in prostatic fluid in Caucasian men. *J Nutr* 135:1400–1406.

Lephart ED. 2013. Severe and moderate BPH symptoms in mid-aged men improved with isoflavonoid-Equol treatment: Pilot intervention study. *Open Journal Urology* 3:21–27.

Lephart, ED. 2014. Review: Anti-Oxidant and Anti-Aging Properties of Equol in Prostate Health (BPH). *Open Journal of Endocrine and Metabolic Diseases* 4, 1–12.

Lund TD, Munson DJ, Haldy ME, Setchell KDR, Lephart ED, Handa RJ. 2004. Equol is a novel anti-androgen that inhibits prostate growth and hormone feedback. *Biol Reprod* 70:1188–1195.

Prins GS, Korach KS. 2008. The Role of Estrogens and Estrogen Receptors in Normal Prostate Growth and Disease. *Steroids* 73(3): 233–244.

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Capsule	% Daily Value
Equol	6 mg *

\*Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, vegetable capsule (hypromellose, water), magnesium stearate.

**GLUTEN-FREE**

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

