

WHY IRON MATTERS FOR WOMEN

Iron is an essential mineral that helps your body make healthy red blood cells and carry oxygen where it's needed. It's especially important for women during their childbearing years. Deficiency can lead to fatigue, weakened immunity, difficulty concentrating, and paleness. If left unchecked, iron deficiency can lead to iron-deficiency anaemia, which may increase the risk of complications during pregnancy, reduce mental sharpness, and impact your overall vitality.

HEME IRON in **polypeptide** form is sourced from animals. Closely matching our body's own iron, it provides optimal absorption in the intestines while being gentle on the stomach. **11 MG** capsule for flexible dosing.

PORCINE-SOURCED



BOVINE-SOURCED
from BSE-free
cattle

Vegan-friendly options



IRON BISGLYCINATE 35 MG is chelated with two glycine amino acids and combined with a high dose of folate and B12 for enhanced bioavailability, without the common digestive side effects.

ULTRA IRON 30 MG provides a high concentration of iron ascorbate paired with vitamin C to maximize absorption and speed up iron replenishment. It is ideal for rapid correction of low iron while still being gentle on the stomach.



PREMENSTRUAL SYNDROME (PMS)

PMS affects nearly half of women of reproductive age, often causing symptoms like mood swings, irritability, fatigue, bloating/cramps, breast tenderness, and cravings in the days leading up to menstruation. For about 20% of women, symptoms are severe enough to interfere with daily life, impacting relationships, work performance, and emotional wellbeing.



PMS RELIEF is a comprehensive formula designed to ease the emotional and physical symptoms associated with PMS. It features eight plant-based extracts—Vitex agnus-castus (chaste tree), red clover, dong quai, cramp bark, Siberian ginseng, dandelion root, corn silk, and milk thistle—chosen to help balance hormones, relax uterine muscles, reduce water retention, and support liver and adrenal function. Together, they offer effective, natural support for monthly comfort and emotional wellbeing.

BLACK COHOSH supports hormonal balance during PMS by acting on serotonin and hormone pathways. It helps ease mood swings, irritability, and cramps through its calming, antispasmodic, and hormone-supportive effects.



To ensure these products are right for you, always read and follow the label.

All ingredients are tested for potency and quality in an ISO 17025-accredited laboratory.



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EVERY AGE, EVERY STAGE



ELEVATING WOMEN'S WELLNESS

40 YEARS
New Roots
HERBAL
MAKING LIFE BETTER

URINARY TRACT INFECTIONS (UTIs)

UTIs affect up to 50–60% of women at least once in their lifetime, with bacteria like *Escherichia coli* being the most common cause. UTIs often result from sexual activity, poor hygiene, or a weakened immune system, and typical symptoms include burning during urination, urgency, pelvic discomfort, and cloudy or strong-smelling urine.

Cranberry v. D-Mannose: What's the Difference?



CRANBERRY contains proanthocyanidins (PACs), which interfere with bacterial adhesion. Ideal for long-term maintenance or as part of a broader women's health routine.

D-MANNOSE is a type of sugar that *E. coli* binds to instead of the bladder wall. It works more directly and quickly, making it a great option for frequent UTIs or when symptoms start to appear.



D-MANNOSE & CRANBERRY with *L. rhamnosus* Probiotic combines cranberry, D-mannose, and a targeted probiotic to help block *E. coli* adhesion, support a healthy microbiome, and reduce the risk of recurring UTIs. It is a complete formula for lasting urinary tract support.

YEAST INFECTION

In contrast, yeast infections—which impact about 75% of women at some point—are caused by an overgrowth of *Candida* yeast. They are often triggered by antibiotic use, hormonal shifts, or high sugar intake, and present with itching, thick white discharge, and vaginal irritation, without urinary pain or urgency.



CANDIDA STOP is an oral supplement with a targeted formula of 11 active ingredients including caprylic acid, garlic, oregano, grapefruit seed extract, black walnut, and pau d'arco. It is designed to help control yeast overgrowth and support intestinal balance.

UNDERSTANDING MENOPAUSE

Up to 85% of women experience symptoms like hot flashes, mood swings, poor sleep, and fatigue. These changes often stem from estrogen imbalances and can affect daily life.



MENOPEACE is formulated with six plant-based actives to help balance hormones and support the body through common menopausal changes. It helps regulate estrogen and progesterone for a smoother transition.

BLACK COHOSH supports hormonal balance during menopause, helping relieve hot flashes, mood swings, brain fog, and sleep issues by calming the nervous system and supporting serotonin pathways.



INDOLE-3-CARBINOL supports estrogen metabolism and balance.

PREGNANCY SUPPORT: BEFORE, DURING, AND AFTER

Balance hormones and nourish your body for conception with key nutrients like folate and vitamin D. During pregnancy, support baby's growth with folate, iron, omega-3s, and prenatal vitamins. After birth, ingredients like B vitamins and fenugreek help with recovery and breast milk production.



myo-INOSITOL is a key nutrient to support hormonal balance, ovulation, and healthy ovarian function: it is ideal during preconception. myo-Inositol also supports blood sugar regulation and may benefit early pregnancy health.

ACTIVE FOLATE helps reduce the risk of neural-tube defects when taken prior to conception and during early pregnancy.



PRENATAL contains 23 essential, biologically active vitamins and minerals for prenatal, pregnancy, postnatal, and breast-feeding stages.

MUM MA MILKSTREAM is formulated with five nutrient-rich botanicals renowned to promote lactation and enhance the nutritional quality of breast milk.



SCAN FOR MORE INFO →