

Golden Life™



# Opti Woman

Women's Multivitamin & Mineral

30 - 60 Film Coated Tablets



medicine to combat fatigue and improves body stamina and mental responses. It is an adaptogen compound that helps in relieving stress .It can also improve physical performance during periods of high intensity exercise and boosts immune system.



**Milk thistle** has been used for years as an herbal remedy for a variety of ailments, particularly liver, kidney, and gall bladder problems. The main content of the herb is a flavonoid called silymarin that protects the liver from toxins. Silymarin has antioxidant and anti-inflammatory properties and it may help the liver repair itself by growing new cells.



## Presentation:

30 - 60 Film Coated Tablets

## Administration:

Oral, take one tablet with meal.

### References:

-Bradly P Jacobs, Cathi Dennehy, Gilbert Ramirez, **Milk thistle for the treatment of liver disease** *The American Journal of Medicine*, Volume 113, Issue 6, 15 October 2002, Pages 506–515

-Emilia Nocerino, Marianna Amato, **The aphrodisiac and adaptogenic properties of ginseng**, *Department of Experimental Pharmacology, University of Naples "Federico II"*,2000. 49, 80131 Naples, Italy

Supplement Facts		
Composition per tablet		RDA%
Vitamin B1	20 mg	>100
Vitamin B2	20 mg	>100
Vitamin B3	50 mg	>100
Vitamin B5	30 mg	>100
Vitamin B6	20 mg	>100
Vitamin B12	50 mcg	>100
Biotin	50 mcg	>100
Folic Acid	400 mcg	100
Beta-carotene	50 mg	*
Vitamin C	100 mg	>100
Vitamin E	50 IU	>100
Vitamin D3	400 IU	67
Ca (Calcium carbonate)	200 mg	20
Fe (Ferrous fumarate)	25 mg	>100
Zn (Zinc gluconate)	15 mg	>100
Se (Selenomethionine)	50 mcg	91
Mg (Magnesium oxide)	50 mg	16
Mn (Manganese sulphate)	2 mg	>100
Cr (Chromium picolinate)	30 mcg	120
Cu (Copper gluconate)	375 mcg	42
Iodine (Potassium iodide)	764 mcg	>100
Silica	15 mg	*
Inositol	25 mg	*
Siberian ginseng	40 mg	*
Milk thistle	57 mg	*

\*Recommended daily allowance (RDA) not Stablished.

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to vitamin A and potent antioxidant that improves vision, preventing and slowing the progression of age-related cataract and keeps healthy skin. It has also been used to reduce the risk of breast cancer in women before menopause.

### **Calcium and Vitamin D3**

In addition to bones and teeth protection, recent studies show that enough intake of Calcium and D3, could also help control overweight and obesity.

### **Magnesium and Manganese**

The two vital mineral which are important in more than 300 chemical reactions that keep the body working properly including: energy production, protein synthesis, muscle and nerve function. Magnesium regulates blood pressure and controls blood glucose. It also Promotes hair and bone health, relieves muscle spasms and helps beat stress.

Magnesium significantly reduces fluid retention, weight gain, swelling of extremities, breast tenderness, spasm and depression in women with **premenstrual syndrome** and could be effective in chronic fatigue.

Magnesium has also been reported to be effective in reducing the symptoms of menstrual migraine headaches.

### **Chromium**

An essential nutrient that is needed for the metabolism of sugar and without it insulin is less effective in controlling blood sugar levels. It helps insulin take glucose into the cells, decreases fat tissue, increases lean body mass and controls body weight. It may enhance glucose tolerance and weight control in **PCO** women.

In **PMS**, where many of the symptoms are similar to symptoms of blood sugar imbalance, it is crucial that you have enough of this nutrient. Without enough chromium, glucose levels get

higher because insulin's action is blocked. Insulin brings down the level of glucose. This ability of chromium to help with cravings is especially important if one of your main premenstrual symptoms involves appetite changes.

### **Zinc and Selenium**

Two antioxidants mineral that are essential for the effective operation of the immune system, support exercise performance, improve hair growth, keep healthy bone, enhance libido and fertility. Thyroid function depends on Selenium. It catalyzes the conversion of the prohormone thyroxine (T4) to the active form of triiodothyronine (T3). Selenium also protects cells against oxidative stress-induced pro-inflammatory gene expression and helps reduce symptoms of arthritis, lupus, psoriasis and eczema.

### **Iodine**

It is a trace mineral for the normal functioning of the thyroid gland as it is an essential nutrient required for the synthesis of thyroid hormones. Thyroid hormones affect almost every cell in the body and regulate oxygen use, metabolic rate, cellular metabolism and control body weight.

### **Copper**

This trace mineral plays an important role in red blood cell formation, enhances thyroid function, boosts immunity and collagen formation.

### **Inositol**

This vitamin B-like substance has an important role in intracellular signaling, increases fat metabolism and hair care. It also could help treat depression along with folic acid.

### **Siberian ginseng**

*Eleutherococcus senticosus*, commonly known as Siberian ginseng, is an herb used in traditional



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## Women's Multivitamin & Mineral

Our body cannot absorb all the nutrients found in the food we eat, so a daily multivitamin mineral is much like a nutritional insurance policy. It ensures the recommended daily allowance (RDA) for specific vitamins and minerals are obtained. Our specially formulated Women's Multivitamin Mineral provides support for women's hectic lifestyle by helping to fill nutritional gaps in the diet and boost everyday nutrition levels.

### Indications:

- Boosts energy levels, Supports metabolism and thyroid function
- Helps prevent anemia and meets Iron requirement
- Relieves PMS symptoms
- Keeps healthy skin, bone, hair & nails
- Supports immune system
- Relieves stress, Enhances female sexual desire
- Supports liver detoxification and helps regenerate hepatic cells.



### Ingredients:

#### B vitamins

Play an important role in the metabolic processes of all living cells by serving as coenzymes in the metabolism of carbohydrates, proteins and fats to produce energy. Also the normal function and maintenance of the nervous system relies on the presence of the B-group vitamins for the production of hormones and neurotransmitters.

Vitamins B6, B12 and Folic acid along with Iron are necessary for blood formation and normal cognition. Also 400 mcg folic acid meets the needs of all women in childbearing ages to prevent Spina bifida.

Vitamin B6 also could help relieve depression, anxiety, forgetfulness, bloating, fluid retention and breast tenderness in women with **premenstrual syndrome** through increases serotonin and dopamine's levels, the most important "feel good" neurotransmitters. Because serotonin is involved in mood, memory and sleep, vitamin B6 deficiency can cause symptoms such as irritability, forgetfulness, insomnia, anxiety and moodiness.

#### Iron

The most important nutrients for red blood cell formation, energy production through electron transfer chain, well-being and normal cognition. Ferrous fumarate salt has an iron content of 32.87%, with better absorption, and less chances of getting gastro-intestinal problems. 27 mg of ferrous fumarate helps prevent and treatment of iron deficiency anemia.

#### Vitamin C and E

The most important antioxidants that Protect body against free radical damages and prevent from cardiovascular disease and cancer. They Keep healthy skin and hair and boost immune system. Smoking depletes the body vitamin C. Vitamin E may alleviate **PMS** symptoms like pain and breast tenderness by reducing the production of prostaglandins. vitamin E can also help provide relief for emotion-type symptoms such as depression and anxiety as well as craving and cramps.

#### β-Carotene

It is a strongly colored red-orange pigment abundant in plants and fruits, it is a precursor (inactive form)