

TL MAtrix (anciennement Hormone Balance TL)

An evidence-based blend of herbal extracts designed to naturally lower testosterone levels in cases of androgen excess, such as polycystic ovarian syndrome.



Convient aux végétaliens

Sans blé

Sans gluten

Sans produits laitiers

Sans colorants, arômes ou agents de conservation artificiels

Sans soya

Sans levure

Sans produits d'origine animale

Sans sucre

- **TL Matrix** is an evidence-based, herbal formulation designed to help reduce hyperandrogenism and excess testosterone levels in any population, especially those with PCOS
- Licorice root has been demonstrated to lower testosterone levels in healthy women while also improving PCOS markers in animal studies
- White peony inhibits the production of testosterone by promoting aromatase activity; it has also been studied alongside licorice root to reduce testosterone levels in women with PCOS
- Cinnamon has been demonstrated to improve cycle regularity, antioxidant status and lipid profiles in women with PCOS
- Reishi mushroom is capable of blocking the conversion of testosterone into dihydrotestosterone through the inhibition of 5-alpha reductase
- Spearmint has been found to improve self-reported measures of hirsutism in women,

possibly as a result of reduced free testosterone levels

- In women with documents hyperandrogenism, stinging nettle may reduce testosterone levels, improve acne and menstrual cycle irregularity

Polycystic Ovarian Syndrome (PCOS) is a condition that affects up to 10% of women during their reproductive years. It is characterized by a variety of signs and symptoms such as ovarian cysts, irregular menstrual cycles and bleeding patterns, insulin resistance, fertility challenges and excess androgens. These high levels of androgens, in combination with hormonal changes, can lead to hirsutism, acne, oily skin, male pattern baldness and weight gain. Women with PCOS experience a lower quality of life as a result.

Fortunately, there are medications, natural health products, nutritional interventions and lifestyle habits that can be implemented to support PCOS and its symptoms. Specifically, a number of

therapeutic herbal extracts have been identified to address symptoms of excess androgens:

Glycyrrhiza glabra: More commonly known as licorice root, *Glycyrrhiza glabra* is one of the best studied natural therapies for lowering testosterone levels in women. Multiple animal studies have demonstrated that licorice root can prevent a rise in the LH/FSH ratio, a known biomarker for PCOS. These studies have also shown that licorice root can decrease ovarian cysts, increase fertilization rates and improve embryo development in PCOS-induced female rats. One human study in healthy women showed that licorice root can significantly reduce testosterone levels. Additionally, a human clinical trial found it to reduce the unwanted diuretic effect of spironolactone, a medication used in the treatment of PCOS related hyperandrogenism.

Paeonia lactiflora: White peony's active ingredient, paeoniflorin, inhibits the production of testosterone by promoting aromatase activity and converting testosterone into estrogen. Paeoniflorin has also been shown to normalize production of progesterone in dexamethasone treated cells. Interestingly, white peony is often studied alongside licorice root in the traditional Chinese medicine (TCM) formula known as 'Shao-Yao-Gan-Cao-Tang'. This blend has been shown to reduce testosterone levels in PCOS patients. A separate TCM formula called 'Unkei-to', a complex of 12 different herbal extracts that includes both licorice root and white peony, has also been demonstrated to lower and help normalize LH levels in women with PCOS. Collectively, white peony shows strong promise in treating androgen dominant conditions.

Cinnamomum verum: This culinary herb is also a component of the aforementioned 'Unkei-to' TCM formula. While cinnamon may be contributing to the success of Ukei-to, it deserves attention in and of its own right for PCOS management. For example,

animal research has found that cinnamon is effective for reducing testosterone levels in PCOS-induced states. Moreover, one double-blind, placebo controlled study of 84 women with PCOS found that 1.5 grams of daily cinnamon supplementation for 12 weeks improved antioxidant status and lipid profiles. Another randomized study of 45 women with PCOS over 6 months showed cinnamon supplementation to improve menstrual cyclicity.

Ganoderma lucidum: Reishi mushroom, although used largely for its immunomodulating capabilities, has also found a role within the anti-androgen space through its ability to significantly reduce levels of 5-alpha reductase. By blocking this enzyme, reishi is able to prevent the conversion of testosterone into the more potent dihydrotestosterone (DHT). In fact, one study compared reishi to 18 other medicinal mushrooms and found it was the most potent 5-alpha reductase inhibitor of the group.

Mentha spicata: Commonly known as spearmint, *Mentha spicata* has been shown to decrease free testosterone while increasing LH, FSH and estradiol. These hormonal improvements were thought to be responsible for generating the reductions seen in patient-reported measures of hirsutism. A separate study of 21 females with either diagnosed PCOS or idiopathic hirsutism found that two cups of mint tea daily for 5 days in the follicular phase of their menstrual cycle led to reduced free testosterone levels. A follow-up study with 41 females showed promising outcomes through reductions in patient reported measures of hirsutism, in addition to reductions in free and total testosterone, after 30 days of spearmint tea ingestion.

Urtica dioica: Stinging nettle is best known for its anti-inflammatory, antihistamine and analgesic actions, hence its common use in allergy complexes. However, it has also demonstrated testosterone lowering actions in both men (used in benign

prostatic hyperplasia) and women. In women with documented hyperandrogenism, 300-600 mg/day has been shown to reduce total and free testosterone levels while improving acne, oily skin and menstrual cycle regularity after 4 months time.

Collectively, **TL Matrix** combines all of these therapeutic herbal extracts into one effective testosterone lowering product for women experiencing symptoms of hyperandrogenism or any individual with excess testosterone levels. *Vitex agnus-castus* is added for its progestogenic support and its ability to manage premenstrual syndrome (PMS) symptoms, reduce cyclical breast pain and reduce hyperprolactinemia.

Chaque capsule végétales contient

Réglisse	250mg
(racine, <i>Glycyrrhiza glabra</i>) normalisé à 20% glycyrrhizin	
Pivoine blanche	175mg
(racine, <i>Paeonia lactiflora</i>) extrait 5:1 équivalent à 875mg de racine sèche, normalisé à 10% paeoniflorin	
Ortie	75mg
(racine, <i>Urtica dioica</i>)	
Menthe lancéolée	50mg
(feuille, <i>Mentha spicata</i>) extrait 4:1 équivalent à 200mg de feuille sèche	
Cannelle	37,5mg
(écorce de branche et de pousse, <i>Cinnamomum verum</i>) extrait 10:1 équivalent à 375mg d'écorce sèche	
Reishi	37,5mg
(corps fructifère, <i>Ganoderma lucidum</i>) extrait 10:1 équivalent à 375mg de fruit sec, normalisé à 30% polysaccharides	
Vitex	10mg
(fruit, <i>Vitex agnus-castus</i>) extrait 12:1 équivalent à 120mg de fruit sec	

Ingrédients non médicinaux

Farine de riz brun, hypromellose, stearate de magnésium

Indications

Utilisé en phytothérapie pour aider à soulager les affections inflammatoires du tractus gastro-intestinal telles que la gastrite chez les adultes. Source d'antioxydants qui aident à protéger contre les radicaux libres.

Mode d'emploi

Adultes (18 ans et plus) - Prendre 2 capsules, 2 fois par jour. Prenez avec de la nourriture. Consulter un professionnel de soins de santé pour un usage de plus de 4 à 6 semaines.

Mises en garde et avertissements

Ne pas utiliser ce produit si • vous êtes enceinte • vous êtes allaitez • vous tentez de concevoir à moins d'avoir consulté un professionnel de soins de santé. • vous avez des saignements excessifs pendant vos règles • vous souffrez d'hypokaliémie • vous souffrez d'hypertension artérielle • vous souffrez de troubles rénaux • vous souffrez de troubles cardiovasculaires. Ne pas utiliser si vous prenez • des diurétiques thiazidiques • des glucosides cardiotoniques • des corticostéroïdes • des laxatifs stimulants ou tout autre médicament pouvant aggraver le déséquilibre des électrolytes. Consulter un professionnel de soins de santé avant d'en faire l'usage si • vous avez le diabète • vous souffrez d'un trouble du foie • vous avez des carences • vous avez des refroidissements. Consulter un professionnel de soins de santé avant d'en faire l'usage si vous prenez des médicaments contenant des hormones tels que • des préparations de progestérone • des contraceptifs oraux • ou si vous suivez une hormonothérapie de remplacement. Consulter un professionnel de la santé si les symptômes persistent ou s'aggravent. Cesser l'utilisation si • une hypersensibilité/allergie se manifeste. Garder hors de la portée des enfants.

Rangement

Ne pas utiliser si le sceau de sécurité est brisé.