



# be well

## advanced nutrition for women

### Soy Solution

The 10 grams of soy found in each scoop of SoySentials® gives you more than just a healthy serving of plant-based protein.

Research shows the phytoestrogens found in soy can perform the same functions of estrogen, without the negative side effects. Phytoestrogens can help alleviate menopause symptoms such as hot flashes, night sweats and brain fog, while working synergistically with calcium for healthy bones.

Even further, soy's phytonutrients, antioxidants and protein help promote healthy cholesterol levels, maintain healthy blood sugar and reduce body fat with proper diet and exercise.

### Feel Better

For centuries, women have relied on herbs such as chasteberry, licorice root, dong quai and black cohosh to ease hot flashes, balance mood swings and promote overall feminine health.

SoySentials combines these herbs with a host of other ingredients, such as red clover, wild Mexican yam and green tea extract, and merges traditional remedies with cutting-edge science.

**CoQ10 & Grape Seed Extract:** protect cells from free radical damage, promote heart health and support the immune system.

**Calcium:** strengthens bones while reducing bone loss, and may improve ratio of good to bad cholesterol.

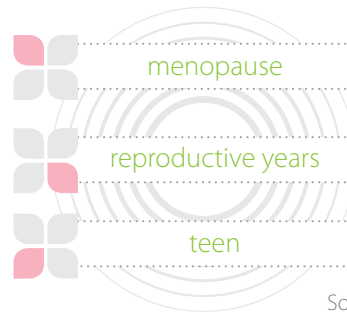
**B vitamins & Folic Acid:** help the body produce and maintain new cells, and lower cholesterol and heart disease risk.

**Vitamin E:** boosts immunity, reduces heart disease risk and promotes proper muscle and nerve function.

*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.*

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SoySentials helps you take care at every stage in life.

### LunaRich®: Soy Much Better

Heart disease is the leading cause of death among American women, killing more than a third of them. Heart attacks kill 200,000 women each year — five times more than breast cancer.

Cholesterol management is essential to heart health, and studies show that lunasin, a naturally occurring soy peptide, is the key to soy's cholesterol-lowering benefits. Reliv's exclusive LunaRich delivers more heart-healthy lunasin than any other soy powder available.

#### LunaRich improves cholesterol by:

1. Selectively disrupting a step in the production of an enzyme key to cholesterol synthesis in the liver.
2. Increasing the number of receptors available in liver cells to clear LDL cholesterol from the bloodstream.

**Love your heart with LunaRich — only from Reliv.**

For more information or to order:  
800 RELIV US (735.4887) [reliv.com/soysentials](http://reliv.com/soysentials)

