

*Women Helping Women*

LORNA  
VANDERHAEGHE INC™

# SMART SOLUTIONS



**FOR WOMEN OF ALL AGES**

[www.hormonehelp.com](http://www.hormonehelp.com)

# LORNA VANDERHAEGHE



Lorna Vanderhaeghe is Canada's leading women's health expert. For over 25 years Lorna has been providing you with the latest scientifically-backed health information so that you may achieve optimal wellness. Her degrees in nutrition and biochemistry are the foundation for her comprehensive line of Smart supplements devoted to the specific needs of women.

Care has gone into the selection of each ingredient, ensuring that every formula delivers results. No GMOs, gluten, soy, irradiated or artificial ingredients are found in Lorna's nutritional supplements. Every finished product is third party independently tested. Authentic Lorna Vanderhaeghe products bear her name and face – accept no substitutes.

Lorna cares about you and your family – you can trust her products.

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## ♥ MULTISMART™

**Complete multinutrient formula for women of all ages in a delicious, natural fruit-flavored powder; easy-to-use packets**

### Each packet contains:

Vitamin A (Palmitate) .....	1250 IU
Beta-Carotene .....	7500IU
Thiamine (Vitamin B1, Thiamine Hydrochloride) .....	30 mg
Riboflavin (Vitamin B2) .....	30 mg
Non-flushing niacin (Inositol Hexanicotinate) .....	15 mg
Niacinamide .....	15 mg
Vitamin B6 (Pyridoxal 5- phosphate) .....	30 mg
Vitamin B12 (Methylcobalamin) .....	500 mcg
Pantothenic Acid (Vitamin B5, Calcium d-pantothenate) .....	125 mg
Folate (Folic Acid) .....	500 mcg
Biotin .....	250 mcg
Vitamin C (Calcium Ascorbate) .....	300 mg
Vitamin E (d-alpha Tocopheryl Succinate) .....	100 IU
Choline (Bitartrate) .....	50 mg
Inositol .....	50 mg
Magnesium Elemental (Bisglycinate) .....	150 mg
Potassium (Citrate) .....	50 mg
Maganese (Citrate) .....	7.5 mg
Zinc (Citrate) .....	7.5 mg
Iodine (Potassium Iodide) .....	150 mcg
Chromium (III Polynicotinate) .....	100 mcg
Selenium (Selenomethionine) .....	50 mcg
Vanadium (Citrate) .....	37.5 mcg
Molybdenum (Citrate) .....	12.5 mcg
Calcium Elemental (Glycinate and Aspartate Chelate,Citrate) .....	500 mg
Vitamin D (Vitamin D3, Cholecalciferol) .....	500 IU
Silicon (Equisetum arvense L., Horsetail, aerial) .....	2 mg
Citrus Bioflavanoids (Citrus peel) (4:1Extract) .....	50 mg
(Fennel seed)(Foeniculum vulgare) (4:1 Extract) .....	25 mg
Glutamic Acid .....	25 mg
Lutein (Tagetes erecta, Marigold flower) .....	500 mcg

**Adult dosage:** Take one to two packets daily mixed in water or juice: one with breakfast and one midday or with evening meal or as directed by a health care practitioner.

VEGETARIAN FORMULA



## ♥ ADRENASMART™

**Reduce stress, improve energy and promotes uninterrupted sleep**

**Each Capsule Contains:**

Rhodiola Rosea Extract (root) (3% Salidroside) .....	100 mg
Suma (Pfaffia paniculata) (root) .....	100 mg
Siberian Ginseng (Eleutherococcus senticosus) Extract root (0.8% eleutherosides) ...	100 mg
Schisandra chinensis Berry Extract (2% Schisandrins) (2:1 from 160mg Schisandra) ..	80 mg
Ashwagandha Extract (Withania somnifera) (root) (1.5% Withanolides) .....	80 mg
(5:1 from 400mg Ashwagandha)	

**Suggested Use:** 1 to 2 capsules taken midday with a snack.

VEGETARIAN FORMULA



## ♥ ESTROSMART™

**Balanced hormones, healthy breasts, endometriosis, fibroids, effortless periods**

**Each 2 Capsules Contain:**

**Medicinal Ingredients:**

Calcium D-glucarate .....	150 mg
Indole-3-carbinol (plant sourced) .....	150 mg
Green Tea Extract (Camellia sinensis) (90% Polyphenols) .....	100 mg
(30:1 from 3000 mg of Green tea – caffeine-free)	
Turmeric (Curcuma longa L) (95% Curcumin) .....	50 mg
Di-indolymethane (DIM) .....	50 mg
Rosemary Leaf Extract (Rosmarinus officinalis L) (6% Carnosic Acid) .....	25 mg
Sulforaphane (from Broccophane™ broccoli sprout extract) .....	200 mcg

**Suggested Use:** Adults (12 years and older) 2 capsules daily with food for prevention, hormonal acne, effortless periods, fibrocystic breasts and balanced hormones or as directed by a health practitioner. 4 capsules daily with food for endo, fibroids, cysts, flooding periods, or as directed by a health practitioner.

VEGETARIAN FORMULA





## ♥ ESTROSMART PLUS™

**Balanced hormones, effortless periods, PMS, hormonal acne and improved fertility**

### Each 2 Capsules Contain:

Calcium D-glucarate .....	150 mg
Indole-3-carbinol (plant sourced) .....	150 mg
Green Tea Extract (Camellia sinensis) (leaf) (90% Polyphenols) .....	100 mg
(30:1 from 3000mg of Green tea – caffeine-free)	
Chastetree Berry Extract (Vitex Angus castus) (Fruit) .....	80 mg
Turmeric (Curcuma Longa L.) (Rhizomes) (95% Curcumin) .....	50 mg
Di-indolymethane (DIM) .....	50 mg
Rosemary Extract (Rosmarinus Officinalis L)(Leaf) (6% Carnosic Acid) .....	25 mg
Zinc (Citrate) (elemental) .....	6 mg
Sulforaphane (from Broccophane™ broccoli sprout extract) .....	200 mcg

**Suggested Use:** Adults (12 years and older) 2 – 4 capsules daily with food for prevention, hormonal acne, effortless periods, fibrocystic breasts, fertility and balanced hormones or as directed by a health practitioner.

VEGETARIAN FORMULA

## ♥ GLUCOSMART™

**Blood sugar control; stops male facial hair growth; halts skin tags; helps PCOS; reduces belly fat, controls male hormones**

### Each Capsule Contains:

D-Chiro-Inositol (Chirositol™) (Carob Pods, Geratonic Siliqua) .....	600 mg
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**Suggested Use:** 1 capsule daily with food or as directed by a healthcare practitioner.

VEGETARIAN FORMULA



## ♥ IRONSMART™

**Helps to prevent & treat iron deficiency anemia, helps in the proper function and formation of red blood cells. Improves energy and mental performance, stops hair loss and peeling nails associated with iron deficiency**

### Each Teaspoon (5mL) Contains:

Iron (Iron Pyrophosphate, Lipofer™) (Elemental) .....	10 mg
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### Suggested Use:

Adults (12 and over):	1 – 3 teaspoons (5 – 15mL) daily with food.
Children: (4-11 years):	1 teaspoon (5mL) daily with food.
Adult Female > 19	2 teaspoons
Adult Female > 50	1 teaspoon
Breastfeeding	1 teaspoon
Pregnancy	3 teaspoons

Double Strength. Delicious caramel taste. Does not constipate. Improves hemoglobin and ferritin levels fast.

VEGETARIAN FORMULA





## ♥ LOVE Personal Lubricant™

**Latex condom friendly; non-staining; free of parabens, toxic preservatives, mineral oil, animal products or petroleum ingredients**

### **Formula:**

Water, Glycerin, Hydroxyethyl Cellulose, Sodium Benzoate, Citrus Grandis (Grapefruit) Seed Extract, Tetrasodium EDTA, Turnera Diffusa Leaf extract.

**Directions:** Apply desired amount of LOVE to genital area. Latex condom compatible.

VEGETARIAN FORMULA

## ♥ MAGSMART™

**Supports the heart and nervous system. For restless leg syndrome, twitching muscles, restful sleep, and muscle aches and pains.**

**Servings per container: 30**

**Each Tablespoon/Scoop (6.7g) Contains:**

Malic acid .....	1563 mg
Taurine .....	500 mg
L-Glutamine .....	500 mg
Elemental Magnesium (bisglycinate) .....	280 mg
Inulin .....	270 mg
Vitamin E (d-alpha tocopheryl acetate) .....	100 IU
Potassium (aspartate) .....	57 mg
Vitamin B6 (pyridoxine hydrochloride) .....	50 mg
Vitamin B1 (thiamine hydrochloride) .....	25 mg
Vitamin B3 (niacinamide).....	20 mg
Calcium (dicalcium phosphate dihydrate) .....	18 mg
Folic acid .....	150 mcg
Molybdenum (citrate) .....	60 mcg
Selenium (selenomethionine) .....	25 mcg
Vitamin B12 (methylcobalamin) .....	20 mcg

**Suggested Use:** Mix 1 to 2 scoops in water or juice as directed. New improved delicious natural lemon flavor.

VEGETARIAN FORMULA





## ♥ MENOSMART PLUS™

**For the reduction of hot flashes, night sweats and the symptoms of menopause**

**Each Capsule Contains:**

Dong Quai Extract (Angelica sinensis) (4:1 from 400mg of Dong Quai)	100 mg
Chasteberry Extract (Vitex agnus-castus) (0.6% Aucubin) (10:1 from 800mg of Chasteberry)	80 mg
Black Cohosh (Cimicifuga racemosa) Extract	80 mg
2mg of triterpene glycosides measured as 27-deoxyactein	
Sage Leaf (Salvia Officinalis)	75 mg
Gamma-Oryzanol (from rice bran oil)	75 mg
Hesperidin (Citrus Sinensis, pericarp)	75 mg

**Suggested Use:** 2 capsules at breakfast and 2 at bedtime or as directed by a health care practitioner. Menopause symptoms usually subside in one year.

VEGETARIAN FORMULA



## ♥ SEXSMART™

**For men and women. Stimulates, enhances blood flow, promotes sexual energy**

**Each Capsule Contains:**

L-Arginine Hydrochloride	333 mg
Tribulus terrestris Extract (aerial parts) (45% Steroidal saponins)	50 mg
Choline (Bitartrate)	25 mg
Pantothenic Acid (Calcium pantothenate)	25 mg
Ginkgo biloba Extract (leaf) (24% Ginkgo flavonglycosides/ 6% Terpene lactones)	13 mg
Eurycoma longifolia (root)	8 mg

**Suggested Use:** Women take 3 capsules taken together daily with food. Men take 6 capsules several hours before performing or as directed by a health care practitioner.

VEGETARIAN FORMULA



## ♥ SLEEPSMART™

**Relieves nervousness, promotes deep restful sleep, stops night time waking**

### Each Capsule Contains:

Valerian (Valeriana Officinalis L.) (root) Extract (0.8% Valerinic Acid) .....	200 mg
Hops (Humulus Lupulus) (Strobile) Extract (4:1 from 200mg Hops) .....	50 mg
Passionflower (Passiflora Incarnata) (Herb top) Extract .....	50 mg
Chamomile (Matricaria Chamomilla) (Flower) Extract (4:1 from 200 mg Chamomile) ....	50 mg
Melatonin (Pineal Gland Porcine) .....	3 mg

**Suggested Use:** 1 capsule before bed or as directed by a healthcare practitioner.

VEGETARIAN FORMULA



## ♥ THYROSMART™

**Supports optimal thyroid health, improves energy and metabolism.  
Supports healthy weight management and body temperature.**

### Each 2 Capsules Contains:

Tyrosine .....	500 mg
Ashwagandha Extract (Withania somnifera) Root.....	150 mg
(1.5% Withanolides) (5:1 from 750mg Ashwagandha)	
Commiphora mukul (Guggul) (Oleo-Gum Resin) Extract .....	120 mg
(2.5% Guggulsterones)	
Pantothenic acid (Calcium d-Pantothenate) .....	100 mg
Copper (Gluconate) .....	500 mcg
Manganese (Citrate) .....	500 mcg
Iodine (Potassium Iodide) .....	100 mcg

**Suggested Use:** 2 capsules with breakfast or as directed by a health care practitioner.

VEGETARIAN FORMULA



## ♥ URISMART™

**For the prevention and treatment of urinary tract infections, promotes healthy gut flora, supports Candida balance**

### Each Capsule Contains:

CranMax® Cranberry fruit (Vaccinium macrocarpon) (34:1) ..... 250 mg  
 Equivalent to 8,500mg cranberries  
 Bifidobacterium longum (100% BB536) ..... 2.5 billion active cells

**Suggested Use:** 2–4 capsules daily or as directed by a health practitioner.

VEGETARIAN CAPSULE



## ♥ VEINSMART™

**Reduces varicose veins, spider veins, hemorrhoids and edema**

### Each Capsule Contains:

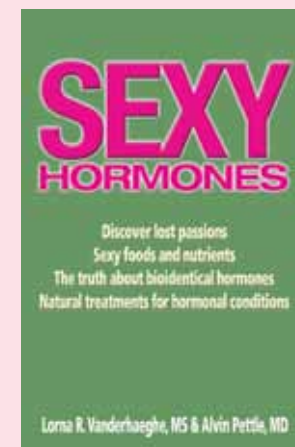
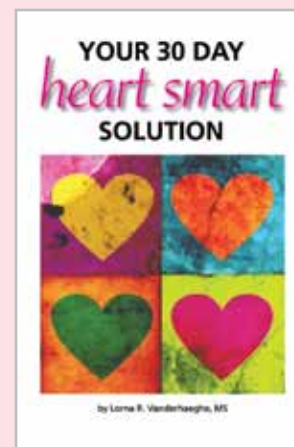
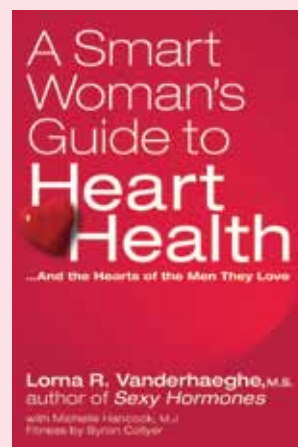
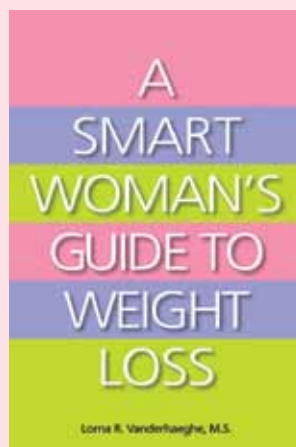
Diosmin micronized (Citrus sinensis)(peel) ..... 300 mg  
 Horse Chestnut Seed Extract (Aesculus hippocastanum) (20% aescin) ..... 167 mg  
 Butcher's Broom Extract (Ruscus aculeatus) (rhizome) (10% ruscogenins) ..... 33 mg  
 Hesperidin (Citrus sinensis)(peel) ..... 33 mg

**Suggested Use:** 3 capsules per day with food or as directed by a health practitioner.

VEGETARIAN FORMULA



Look for  
 these books  
 by Lorna  
 Vanderhaeghe!



look for our new  
 IPHONE APP

*Women Helping Women*



# Women Helping Women

[www.hormonehelp.com](http://www.hormonehelp.com)

## Help for Problem Period

I just wanted to thank Lorna for **Estrosmart**. I have been suffering with heavy periods for the last year and my doctor told me...that's life! I did not accept that and did some research. I found Lorna's product and after the first month of use that my life is back to normal. I can get out of bed without a flooding period and can go to the gym without worry that I might have an "accident". Thank you, thank you, and thank you.

♥ S.T., NS

## An Easier Menopause

Approximately two years ago, after trying several natural products for menopausal distress, I switched to **Menosmart Plus** and felt immediate benefits. Your products are remarkable, combining vibrancy with gentleness, unlike so many "revved up" preparations on the market. Thank you for developing such a superb collection (of products), of which I have used several besides **Menosmart Plus** with equally positive results, and for disseminating information through your excellent written materials.

♥ M.B., ON

## Weight Loss, Improved Thyroid Function

I heard your interview with Fanny Kiefer several months ago; you were taking about thyroid. I checked my past records and started to take **Thyrosmart**—2 a day. In 2007 my TSH was 3, in 2008 it was 3.4 and today it is 2.7!!!! I want to thank you! I feel better, my hands and feet are not cold as they use to be and I am losing weight slowly. I am 64 and in excellent health and hope to stay that way.

♥ T.V., BC