



Medical Food



*Nutritional Support for Symptoms  
Related to Hormone Cycles*

*Patient  
Guide*

# Estrium Recipes

## & Mixing Instructions

### Tropical Mango Basic Recipe

2 scoops Estrium  
(using the scoop\*  
provided)



8 ounces of liquid  
(favorite unsweetened fruit  
or vegetable juice; soy, almond,  
rice, oat, or organic cow's  
milk; water)

Shake or blend the product  
until mixed.\*\*

\* 1 scoop is approximately  
1 level tablespoon

\*\* **Important:** Do not premix Estrium  
and save it for later consumption.  
Estrium should be consumed within  
30 minutes of mixing. Discard any  
unused portion.

### Smoothies

For smoothies, substitute 1-3 ice  
cubes and/or fresh fruit for part  
of the liquid, and blend in a  
blender until smooth. Frozen  
fruit may be used instead of ice  
cubes, but you may need to add  
a little extra liquid. Adjust the  
amount of liquid to suit your  
personal taste.

### Tropical Breeze

2 scoops Estrium

3 oz. water or  
pineapple-  
orange juice

3 oz. soy, almond, rice, oat,  
or organic cow's milk

1 slice pineapple

2-3 ice cubes



### Carb & Calorie Conscious "Basic Recipe" Mixing Variations

2 scoops Estrium

4 oz. water

4 oz. soy, almond,  
rice, oat, or organic  
cow's milk

or

2 scoops Estrium

4 oz. water

4 oz. unsweetened fruit juice



# Estrium Recipes

## & Mixing Instructions

### Tropical Nut

2 scoops Estrium  
8 oz. almond or soy milk  
1 Tbsp. almond butter

### Mango-Berry

2 scoops Estrium  
1/2 cup fresh or frozen blueberries  
6-8 oz. almond, soy, or rice milk  
2 ice cubes, optional



### Mango-Banana

2 scoops Estrium  
1/2 banana  
6-8 oz. almond, soy, or rice milk  
2 ice cubes, optional



### Creamy Fruit

2 scoops Estrium  
3 Tbsp. vanilla yogurt  
6-8 oz. almond, soy, or rice milk  
1 tsp. peach or apricot "all fruit" jam

### Other Options

To increase your intake of essential omega-3 fatty acids, you may add flaxseed oil or ground flaxseed before blending. If you add flaxseed, you will need to add more liquid before blending.

### Flax 'n Estrium

2 scoops Estrium Mango  
8-10 oz. liquid  
1-3 tsp. ground flaxseed  
Include an additional 2-3 oz. liquid for each teaspoon of ground flaxseed added.

**Important note:** If you choose to grind your own flaxseed into flax meal (we recommend using a coffee grinder), it should be used immediately or stored in the freezer due to its fragile oils. Defatted flax meal (found in health food stores) contains important phytonutrients and is more stable, but should also be stored in the freezer after opening.

Visit [www.metagenics.com/estrium](http://www.metagenics.com/estrium)  
for meal planning suggestions  
and exciting food recipes





## Personal Program Notes

Patient name \_\_\_\_\_ Date \_\_\_\_\_

Healthcare practitioner \_\_\_\_\_ Phone \_\_\_\_\_

**INSTRUCTIONS** (To be completed by your healthcare practitioner)

### Mixing Instructions

- Mix with water only
- Mix with rice or nut milk
- Mix with soy milk
- Mix with vegetable juice
- Mix with fruit juice
- Mix with other

### Estrium Recommendation

Product	Amount	Frequency	Duration

Additional dietary recommendations \_\_\_\_\_  
\_\_\_\_\_

Additional lifestyle recommendations \_\_\_\_\_  
\_\_\_\_\_

Exercise recommendations \_\_\_\_\_  
\_\_\_\_\_

Rest/relaxation recommendations \_\_\_\_\_  
\_\_\_\_\_



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**Disclaimer:** Metagenics, Inc. makes no representations or warranties, expressed or implied, regarding the use of the Estrium Program, other than those specifically set forth in the printed Patient Guide received with the purchase of the product from a licensed healthcare practitioner. Close supervision by a licensed healthcare practitioner is recommended before starting and during the use of this or any other nutritional intervention or dietary/medical food product. Consult your healthcare practitioner immediately if you feel any discomfort or suffer any adverse health effects during the time you are involved in this program.

**IMPORTANT WARNING:** This product has been formulated to support female patients who have been medically determined to have symptoms related to their hormone cycles. It has not been tested for interactions with oral contraceptive medications, and the effectiveness of oral contraceptives for birth control cannot be ensured during use of Estrium. Please discuss this important concern with your healthcare practitioner. For further detail, please refer to the Questions & Answers section in this Patient Guide.

**Allergy Statement:** This product is produced in a facility that produces other products containing soy, fish, tree nuts, dairy, and crustacean shellfish.



## What is the Estrium Program?

The Estrium Program consists of Estrium medical food and a specially designed dietary plan. Estrium is a powdered medical food that contains a combination of selected nutrients and phytonutrients that nutritionally support important metabolic (biochemical) functions in your body. The specific nutrients and food components in Estrium nutritionally support the recommended dietary changes and give your body additional help in achieving balanced hormonal cycles. You can use Estrium with the dietary plan described in this guide or with an alternative dietary plan individually tailored by your healthcare practitioner. In some cases, he or she may recommend additional nutritional support to meet your individual needs.

## Why is the Estrium Program Recommended for You?

Your healthcare practitioner has determined that some of your health concerns are associated with your hormone cycles, and has recommended that you use Estrium medical food with the dietary plan outlined in this Patient Guide. This comprehensive approach is designed to provide nutritional support for your body's production, use, and excretion of various hormones—but particularly estrogen. For more information on the importance of balanced estrogen metabolism, see **Questions & Answers** on pages 13-16.

## How to Use Estrium

Estrium should be used within a special dietary plan recommended by your healthcare practitioner. Estrium may be used as a meal replacement, snack, or meal supplement.

Mixing Estrium is as simple as combining 2 level scoops of powder with 8 ounces of liquid in a blender or shaker. Great-tasting beverage recipes and mixing instructions are provided on page 6. Based on the dietary plan you and your healthcare practitioner select, Estrium may be mixed with a variety of other liquids, fruits, or vegetables.

Everyone is different. Occasionally, some individuals experience gas, bloating, or loose stools, which typically disappear as your body adjusts. If you experience such symptoms, reduce your serving size to one scoop and build up slowly to the recommended two scoops.

**Notice:** *This product is to be used under the direct supervision of a physician or other licensed healthcare practitioner. Do not engage in any diet supplying less than 800 calories per day without medical supervision.*

**Important note:** *Your healthcare practitioner may suggest alternative dietary modifications or further nutritional supplementation. He or she will make these decisions based upon your health and your response to the program.*

# The Estrium Program at a Glance

**1** Consume 1 serving of Estrium for breakfast or as a mid-morning snack and another as a mid-afternoon snack daily. Choose recipes listed in the **Estrium Recipes & Mixing Instructions** on page 6. For your convenience, a tear-out list of Estrium recipes is also included in the front cover of this guide.

**2** Follow the **Estrium Dietary Guidelines** on page 3 as closely as possible. The table below focuses on foods containing nutrients that may affect hormone activity by influencing detoxification and/or excretion of various hormones. For best results on your Estrium Program, avoid the foods listed in the “Foods to Exclude” column. These may interfere with hormone detoxification or worsen hormonal symptoms.

Food Group	Foods to Include	Foods to Exclude
Legumes	All legumes and legume products, <i>especially</i> soy products	None
Vegetables	All, <i>especially</i> cruciferous <sup>1</sup> and sea vegetables (various seaweeds)	None
Fruits	All whole and dried fruits, <i>especially</i> citrus	None
Grains	All whole grains and whole-grain products, <i>especially</i> rye	Non-whole grains, refined flours and refined flour products
Nuts/Seeds	All nuts and seeds and their butters, <i>especially</i> flaxseed, walnuts, and pumpkin seeds	None
Fish	All, <i>especially</i> cold-water fish: salmon, sardines, tuna, and halibut are an excellent source of omega-3 fatty acids <sup>2</sup>	Salted or cured fish
Eggs	From organically raised hens	Non-organic eggs <sup>3</sup>
Poultry/Meat	Organic meats and poultry	Non-organic meats and poultry, salted and cured meats <sup>3</sup>
Dairy	Organic dairy products, and soy, nut, and grain dairy substitutes	Non-organic dairy products <sup>3</sup>
Oils	Cold-pressed unrefined seed and nut oils, <i>especially</i> flaxseed, walnut, sesame, canola, olive, and soy oils <sup>4</sup>	Refined vegetable oils, butter, lard, margarine, shortening, and saturated or hydrogenated fats
Beverages	Mineral or filtered water, herbal tea and decaffeinated herbal tea, fruit juice, and coffee substitutes, <i>especially</i> mint teas and decaffeinated coffee, black tea, cocoa, and beverages with lemon or lime juice soft drinks	Alcohol (beer, wine, spirits), coffee
Sweeteners	Brown rice syrup, fruit sweetener, molasses, stevia	Refined or artificial sweeteners
Spices and herbs	<i>Especially</i> nutmeg, anise, thyme, sage, fennel, caraway, and turmeric; and lemon and lime juice	Chocolate, high sodium foods, salt

<sup>1</sup> Cruciferous vegetables include: broccoli, cauliflower, all cabbages, Brussels Sprouts, kale, bok choy, arugula, mustard greens, and watercress.

<sup>2</sup> Omega-3 and some omega-6 fatty acids help to counteract symptoms associated with hormone imbalance and should be consumed daily.

<sup>3</sup> Non-organically raised livestock are often given hormones to improve their growth; unfortunately, these hormones can be passed on to the consumer and negatively influence hormone balance.

<sup>4</sup> Important: Do not cook with oils that are not specified for cooking or baking, such as flaxseed or walnut oils. Olive, canola, soy, and sesame oils are good choices for cooking or baking. Use flaxseed, olive, sesame, or walnut oils for homemade salad dressings. These provide valuable omega-3 and omega-6 fatty acids. Refrigerate all oils and dressings.



### 3 Estrium Dietary Guidelines

Build your daily menu around the following Daily Recommended Servings list. (Refer to **Food Lists** and **Suggested Serving Sizes** on pages 7-12 for approximate serving sizes and helpful hints.)

Category	Daily Servings Recommended
Estrium	2 servings
Legumes	1-2 servings, with 1 from soy
Vegetables	3-4 servings, with at least 2 from cruciferous or sea vegetables
Fruits	2-3 servings, with at least 1 from citrus fruits
Whole Grains	2-3 servings, with 1 from flaxseed or rye
Nuts/Seeds	1-2 servings
Fish	0-1 serving, from cold-water fish
Eggs (organic)	0-1 serving, strictly avoid if not organic
Poultry/Meat	0-1 serving, strictly avoid if not organic
Dairy (organic)	0-1 serving, strictly avoid if not organic
Oils	4-6 servings, with at least 1 from flaxseed oil
Beverages	6-8 glasses or more sugar-free, herb teas or water



## 4 Sample Menu when eating in or dining out:

### Breakfast

Oatmeal or cream of rye cereal with soy, nut, grain, or organic cow's milk, sweetened with mashed bananas or applesauce, sprinkled with cinnamon and ground flaxseeds (add stevia if needed)

Grapefruit and orange wedges

Decaffeinated herbal tea or grain beverage

### Snack

Estrium, 2 scoops, mixed as desired

### Lunch

Any bean soup (e.g., lentil, black bean) with rye crackers

Tossed salad with chicken or tofu chunks, topped with **Basic Salad Dressing\***

Mixed berries

### Snack

Estrium, 2 scoops, mixed as desired

### Dinner

Broiled salmon or cod

Baked acorn squash or sweet potato and steamed broccoli and cauliflower, tossed with olive or flaxseed oil and herbs of your choice

Tossed green salad with sliced cucumber, radish, and red onion, topped with **Basic Salad Dressing\***

### Snack

Hummus with raw vegetables (broccoli, cauliflower, cucumber, carrot)

#### \*Basic Salad Dressing

(about 3 servings)

**1/4 cup flaxseed oil (or 2 Tbsp. each flaxseed and olive oils)**

**1-2 Tbsp. vinegar (apple cider, tarragon, rice, red wine, balsamic, ume plum)**

**1 tsp. Dijon mustard (optional, but delicious)**

**Whole or minced garlic, oregano, basil, or other herbs of choice**

*Mix well and keep in a shaker jar.*

(store in refrigerator)

For more dietary plan details, refer to the **Food Lists** on pages 11-12. Recipes and additional menu planning ideas are available at [www.metagenics.com/estrium](http://www.metagenics.com/estrium)



## 5 Tips for Travel and Dining Out

If you travel or take Estrium to work, you can purchase a portable battery-operated mixer (found in many kitchen appliance stores) to use when a blender isn't available. An 8-12 ounce shaker cup with a secure lid is also convenient for mixing the product.

**Important note:** Do not premix Estrium and save it for later consumption. Estrium should be consumed within 30 minutes of mixing. Discard any unused portion.

If you are traveling within the country, you can pack pre-measured servings (2 scoops each) of Estrium into plastic sandwich bags. You can also pack or purchase bottled water to mix with the product. (Bottled or filtered water is preferable to tap water.) When traveling, Estrium makes an excellent breakfast beverage, a simple between-meal snack, or a bedtime snack. Just remember to consume 2 servings of Estrium daily.

When you know you will be eating meals away from home, it may be impractical to consume Estrium as part of the meal. It may be best to have the beverage before you go out, as you may not be hungry enough to consume Estrium on your return. You can consume Estrium earlier in the day if you anticipate eating out that day. Plan ahead.

## 6 Beyond this Program

When you complete the initial phase of the Estrium Program (generally 8 weeks), you and your healthcare practitioner should discuss your response. Your healthcare practitioner may suggest that you continue on the program, continue Estrium or the diet alone, or use some other combination of diet and nutritional supplementation. Depending on your response, he or she may suggest taking Estrium only in the second half of your menstrual cycle.

# Estrium Recipes & Mixing Instructions

## Tropical Mango Basic Recipe

- 2 scoops Estrium (using the scoop\* provided)
- 8 oz. of liquid (water; soy, almond, rice, oat, or organic cow's milk)

Shake or blend the product until mixed.  
Drink within 1/2 hour.

\*1 scoop is approximately 1 level tablespoon

**Important note:** Based on the dietary plan you and your practitioner select, Estrium may be mixed with a variety of other liquids, fruits, or vegetables. If you are restricting calories, you may want to consider diluting your choice of liquid 50/50 with water.

## Carb & Calorie Conscious “Basic Recipe” Mixing Variations

- 2 scoops Estrium
- 4 oz. water
- 4 oz. soy, almond, rice, oat,  
or organic cow's milk

or

- 2 scoops Estrium
- 4 oz. water
- 4 oz. unsweetened fruit juice

## Smoothies

For smoothies, substitute 1-3 ice cubes and/or fresh fruit for part of the liquid, and blend in a blender until smooth. Frozen fruit may be used instead of ice cubes, but you may need to add a little extra liquid. Adjust the amount of liquid to suit your personal taste.

### Tropical Breeze

- 2 scoops Estrium
- 3 oz. water or  
pineapple-  
orange juice
- 3 oz. soy, almond, rice, oat,  
or organic cow's milk
- 1 slice pineapple
- 2-3 ice cubes

### Tropical Nut

- 2 scoops Estrium
- 8 oz. almond or soy milk
- 1 Tbsp. almond butter

### Mango-Berry

- 2 scoops Estrium
- 1/2 cup fresh or frozen  
blueberries
- 6-8 oz. almond, soy,  
or rice milk
- 2 ice cubes, optional

### Mango-Banana

- 2 scoops Estrium
- 1/2 banana
- 6-8 oz. almond,  
soy, or rice milk
- 2 ice cubes, optional

### Creamy Fruit

- 2 scoops Estrium
- 3 Tbsp. vanilla yogurt
- 6-8 oz. almond,  
soy, or rice milk
- 1 tsp. peach or apricot  
“all fruit” jam

### Flax ‘n Estrium

- 2 scoops Estrium
- 8-10 oz. liquid
- 1-3 tsp. ground flaxseed
- Include an additional 2-3 oz.  
liquid for each teaspoon of  
ground flaxseed added.

### Other Options

To increase your intake of essential omega-3 fatty acids, you may add flaxseed oil or ground flaxseed before blending. If you add flaxseed, you will need to add more liquid before blending.

#### **Important note:**

If you choose to grind your own flaxseed into flax meal (we recommend using a coffee grinder), it should be used immediately or stored in the freezer due to its fragile oils. Defatted flax meal (found in health food stores) contains important phytonutrients and is more stable, but should also be stored in the freezer after opening.

- 1 *Eat foods from the suggested list that you like.*
- 2 *Experiment. Challenge your palate. Try one new food weekly.*
- 3 *Increase your intake of vegetables and legumes (soy, beans, lentils) by eating homemade or low-sodium soups and drinking fresh-pressed vegetable juices.*
- 4 *Try ethnic cuisine when dining out. Many Middle Eastern foods (like hummus) are tasty, low in fat and calories, and hormone-friendly—in addition to being widely available.*
- 5 *Learn to visualize serving sizes so that no matter where you go, you will always know how to eat healthy portions of the right foods (see pages 9-10).*
- 6 *Talk to your healthcare practitioner if the amount of food you eat is an issue. Your healthcare practitioner can work with you to determine how many servings make up a portion size for your individual health needs.*

## What does an appropriate serving size look like?

### Here are some examples:

Food
<i>Legumes</i>
<i>*Root vegetables</i> Raw carrots Sweet potatoes
<i>Fruit</i> Apple Orange Grapes
<i>Whole Grains</i> Cooked grains/rice
<i>Nuts/Seeds</i> Raw nuts Nut butters
<i>Fish</i>
<i>Eggs</i>
<i>Poultry/Meat</i>
<i>Dairy</i> Cheese Cottage cheese
<i>Oils</i> Canola oil Salad dressing
<i>Beverages</i>



\*Green leafy vegetables

## ing Sizes

proximate serving look like?

ere are a few guidelines:



Servings/Day	Serving Size	Equivalent Size
1-2	1/2 cup	Tennis ball
3-4	1/2 cup 1/2 cup	7-8 baby carrots or carrot sticks Baseball
2-3	medium large 15	Tennis ball Baseball
2-3	1/2 cup	Full muffin wrapper
1-2	10-12 1 Tbsp.	Half a thumb
0-1 (2-3 per week)	3-4 oz.	Checkbook
0-1	2 whole	
0-1	4 oz.	Deck of cards
0-1	1 oz. 3/4 cup	Pair of dice Full 8 oz. disposable coffee cup
4-6	1 tsp. 2 Tbsp.	Thumb tip Ping pong ball
6-8	8 oz.	Full 8 oz. disposable coffee cup

Turn the  
page for  
more help



and vegetables that grow above the ground are unlimited.

# What does an approximate serving size look like?

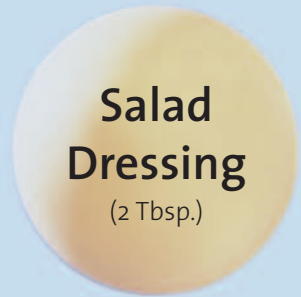


## Large Fruit

(e.g., orange)

## Vegetables

(e.g., salad)



## Salad Dressing

(2 Tbsp.)



## Beverages

(8 oz. liquid)

## Cottage Cheese

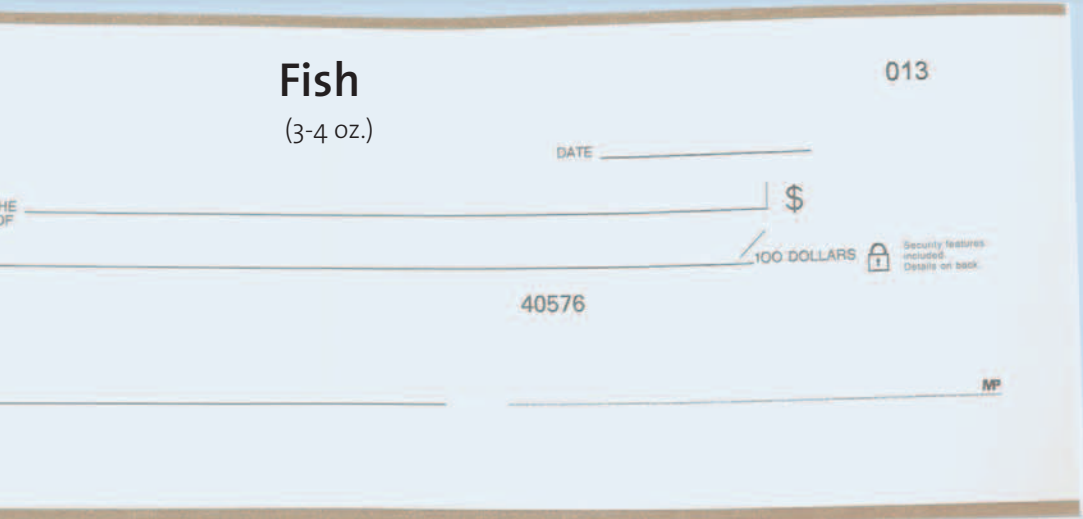
(8 oz. cup)



## Cheese

(1 oz.)

These pictures will help you estimate recommended serving sizes for a healthy, lifelong diet.



**Legumes**

(e.g., lentils)

**Medium  
Fruit**

(e.g., apple)



**Poultry/Meat**

(4 oz.)



# Food Lists

*Foods that are particularly recommended are indicated in bold print. Use the **Shopping Healthy** tear-out list from the back cover when grocery shopping.*

## LEGUMES



1-2 servings per day  
Average serving size =  
1/2 cup or as indicated

- Split peas, sweet green peas, snow peas, sugar snap peas, lentils**
- Beans—garbanzo, pinto, **kidney**, black, lima, cannellini, navy, **mung, green soy**
- Fat-free refried beans
- Tofu** or **tempeh**, 3/4 cup
- Miso**, 1 Tbsp.
- Hummus, 1/4 cup
- Soy milk, 1 cup
- Texturized vegetable protein**, 1/3 cup
- Soy burger**, 4 oz.

## VEGETABLES



3-4 servings per day  
Average serving size = 1/2 cup  
or as indicated

- Asparagus**
- Artichokes**
- Bamboo shoots
- Beets
- Bell or other peppers
- Broccoli**
- Brussels sprouts**
- Burdock root**
- Cabbage** (all types, including bok choy)
- Carrots**
- Cauliflower**
- Celery and celery root**
- Corn
- Cucumber
- Eggplant
- Fennel**
- Garlic and shallots
- Green and yellow beans
- Greens—kale, collard, mustard, beet, watercress, dandelion, chicory, turnip, romaine, red and green leaf, endive, arugula, radicchio, escarole, Swiss chard, spinach**
- Jalapeño peppers
- Jicama
- Juice—carrot, tomato, or vegetable blend
- Kohlrabi**
- Mushrooms
- Okra
- Onion, leeks, chives
- Parsnips**
- Plantains**
- Potatoes
- Radishes** (also daikon)
- Rutabagas**
- Salsa (sugar-free)
- Sea vegetables—nori, dulse, hijiki, kelp, kombu, wakame**
- Sprouts—alfalfa, bean, **broccoli**, clover, **radish**

- Shallots
- Sweet potatoes or yams
- Tomatoes
- Turnips**
- Water chestnuts, 5 medium
- Winter squash—acorn, butternut, delicata
- Zucchini, yellow or green summer squash, spaghetti squash

## FRUITS



2-3 servings per day  
Average serving size as indicated

- Apple**, 1 medium
- Applesauce, 1/2 cup
- Apricots, 3 medium
- Banana**, 1 medium
- Berries—blackberries, blueberries, raspberries, strawberries; 1 cup
- Cantaloupe, 1/4
- Cherries, 15
- Currants, 2 tsp.
- Dates, 3
- Fresh or dried **figs**, 2
- Grapes**, 15
- Grapefruit**, 1 whole
- Honeydew melon**, 1/4
- Juice, unsweetened (diluted), 1/2 cup
- Kiwis, 2
- Lemons**
- Limes**
- Mangoes, 1/2
- Nectarines, 2 small
- Orange**, 1 large
- Papaya, 1/2
- Peaches, 2 small
- Pear**, 1 medium
- Pineapple, 2-3 slices
- Plums**, 3 small
- Prunes, 3
- Raisins, 2 tsp.
- Tangerines**, 2 small
- Watermelon, 1 slice



## WHOLE GRAINS

2-3 servings per day  
Average serving size = 1/2 cup  
or as indicated (measure after  
cooking)

- ❑ Whole grains—rye, wheat, amaranth, teff, quinoa, barley, buckwheat, millet, triticale, spelt, kamut
- ❑ Basmati or other brown rice, wild rice
- ❑ **Bulgur** (cracked wheat), whole wheat berries
- ❑ **Oat bran, corn bran, wheat bran**, rice bran
- ❑ Cereals—low sugar, healthy brown rice, oat or wheat cereals
- ❑ Whole **oats**, raw, 1/3 cup; cooked **oatmeal**, 3/4 cup
- ❑ Cream of **rye**, rice, or **barley** cereal
- ❑ 100% whole-wheat, spelt, kamut, or rice pasta, 1/2 cup
- ❑ Whole-grain rye crackers, 2
- ❑ Bread/rolls—mixed wholegrain, sprouted grain, **100% whole-rye**, 1 slice
- ❑ Whole-wheat, spelt, or corn tortillas, 1
- ❑ Whole-wheat pita, 1
- ❑ Brown rice cakes, 2

## NUTS/SEEDS

1-2 servings per day  
Average serving size  
as indicated

- ❑ **Almonds**, cashews, **hazelnuts, walnut** or pecan halves, 8-10
- ❑ **Flaxseed, sunflower, pumpkin, sesame** seeds, 2 Tbsp.
- ❑ Nut butters, 1 Tbsp.



## FISH

2-3 servings per week  
Average serving size = 3-4 oz. or as  
indicated (measure after cooking)

- Grilled, baked, roasted,  
or poached
- ❑ Fish (especially cold-water) **cod**, flounder, halibut, **herring, mackerel, pollock, salmon** (fresh or smoked), **sardines, smelt**, snapper, tuna, trout, shellfish

## EGGS

0-1 serving per day (organic)  
Average serving size = 2

- ❑ Organic eggs, 2 whole
- ❑ Organic egg whites, 3,  
PLUS 1 whole egg

## POULTRY/MEAT

0-1 serving per day (organic)  
Average serving size = 3-4 oz. or as  
indicated (measure after cooking)

- Grilled, baked, or roasted
- ❑ Poultry—organic chicken, Cornish hen, turkey
  - ❑ Organic lamb, beef, pork
  - ❑ Wild game—venison, elk, buffalo, pheasant, quail

## DAIRY

0-1 serving per day (organic)  
Average serving size as indicated

- ❑ Organic yogurt, plain, 8 oz.
- ❑ Organic milk, 8 oz.
- ❑ Hard cheese, 1 oz.
- ❑ Cottage cheese, 3/4 cup
- ❑ Ricotta, 1/2 cup
- ❑ Parmesan cheese, 2 Tbsp.  
grated
- ❑ Tofu cream cheese, 2 Tbsp.
- ❑ Soy, almond, rice cheese, 1 oz.
- ❑ Soy, grain, nut milks, 8 oz.

## OILS

4-6 servings per day  
Average serving size = 1 tsp.  
or as indicated

Oils should be cold-pressed

- ❑ **Flaxseed oil**
- ❑ Other oils—extra virgin olive oil, canola, soy, **almond**, sunflower, **sesame**, safflower, **walnut, pumpkin**
- ❑ Mayonnaise (canola oil-based)
- ❑ Ripe or green olives, 8-10 medium
- ❑ Avocado, 1/8



## BEVERAGES

6-8 glasses or more per day  
Average serving size = 8 oz.

- ❑ Decaffeinated green or herbal tea
- ❑ Grain beverages
- ❑ Mineral, filtered water
- ❑ Seltzer, plain or flavored
- ❑ Diluted fruit juices (1/2 juice, 1/2 water)
- ❑ Nut milks
- ❑ Rice, **oat**, or other grain milks

## CONDIMENTS/SPICES

Unlimited servings

**Anise, bay leaf, caraway, cardamom, carob, celery seed, coriander, fennel seed, mint, dry and prepared mustard, horseradish, kudzu, rosemary, sage, thyme, turmeric, vinegar**, saffron, tarragon, parsley, oregano, marjoram, garlic, ginger, cumin, dill, chives, cinnamon, chili powder, bonito flakes, basil



## Questions & Answers

### 1 Why is it important to support my body's ability to excrete or remove estrogen?

The ebb and flow of a woman's sex hormones have a natural rhythm, and a woman may experience as many as 500 menstrual cycles from puberty to menopause. A woman's menstrual rhythm may be influenced by factors that include her lifestyle, genetics, chemical exposures, current and past health, history of pregnancy and childbirth, and even her mother's health in pregnancy. The phases of a woman's menstrual cycle depend on certain hormones (such as estrogen and progesterone) triggering one another as their levels naturally rise and fall in a carefully orchestrated fashion.

However, in modern times of high stress, pollution, and unbalanced diets, many women's menstrual cycles lose their delicate hormonal balance.

### 2 Does estrogen balance effect how I feel?

For premenopausal women (generally under the age of 45), problems with estrogen balance may manifest as premenstrual syndrome, irregular menstrual cycles, fibrocystic breast disease, endometriosis, dysmenorrhea (menstrual cramping), and/or menorrhagia (heavy menstrual bleeding). During perimenopause (generally between the ages of 45 and 55) women can

also experience problems with estrogen balance, but at this time it may manifest as hot flashes, night sweats, anxiety attacks, and/or heart palpitations.

### 3 How important is my diet and regular exercise?

Estrogen balance is crucial in the cycle. Lifestyle and other previously mentioned factors can influence estrogens in various ways. Estrogens normally circulate through the body and influence various activities at a cellular level. After a time, they are broken down (detoxified) and excreted. The body can detoxify estrogens in various ways, which may increase or decrease their hormonal strength. A woman's diet, physical activity, stress level, and chemical exposures influence the way her body detoxifies estrogens. *Therefore, our lifestyle choices can influence our hormone cycles!*

A key example of a lifestyle choice is the consumption of foods or beverages that contain saturated fats, alcohol, pesticide residues, or hormones. These can overload our organs responsible for detoxification and excretion or increase our exposure to "foreign" sources of estrogen. However, we can eat in a way that helps us detoxify and excrete estrogens safely. For some women, supporting natural hormone balance through diet, nutrition, and lifestyle modification may provide many health benefits. That is what the Estrium Program is all about.

## **4** What are the best choices when eating out?

Eating out can be a challenge. Try to stick to organic dairy and meat because of the potential hormone residues. It can be difficult, although not always impossible, to find organic beef, poultry, eggs, and dairy products. Lamb, even when not organic, might be a safer option as it is often grass fed. Vegetarian meals are another healthy option. Ethnic Indian restaurants have many lamb choices and delicious vegetarian meals, as do many Asian restaurants. Seafood restaurants are easy to find and offer cold-water fish, such as salmon, as a healthy alternative. Fast food restaurants should be a last choice; salad bars would be a safer bet here.

## **5** Can men follow this program?

This program has been designed especially for women, but men may also benefit from following the Estrium dietary plan and/or consuming Estrium. Estrium and the dietary guidelines were studied in relation to women's health concerns, but some research suggests that they might also provide nutritional support for men's health. A man's healthcare practitioner should determine if he could benefit from the product or dietary plan.

## **6** Is this program safe for children and adolescents?

The nutritional content of Estrium is based on adult Recommended Daily Allowances, and it has not been tested with children or adolescents. However, under the supervision of a healthcare provider, Estrium may be appropriate as a supplement for adolescents. Your clinician must help you decide if and how the product may be used by adolescents.

## **7** I am allergic to soy. Can I still follow this program?

Yes. Estrium is a rice-based medical food and is free of soy protein. The Estrium dietary plan can be adjusted to be soy-free as well. Estrium is manufactured without soy, wheat, gluten, dairy, egg, corn protein, artificial colors, and artificial flavors. This makes it useful for individuals with food allergies or intolerances.

## **8** I am allergic to rice. Can I still follow this program?

Possibly. The rice protein in this product is made through a patented process that appears to decrease the allergic potential of rice protein. Consult with your healthcare practitioner.

## **9** Does this program work if I am in menopause?

This program offers nutritional support for pre- and perimenopausal (before menopause) women when there are wide fluctuations in estrogen levels. Women in menopause have specialized nutritional needs that may not be fully satisfied by the Estrium Program. Your healthcare practitioner can determine if you could benefit from all or part of the program.

## **10** Can I use Estrium or this dietary plan as a preventive measure for maintaining hormonal balance?

Estrium and the Estrium Program have not been tested in this way. However, long-term use of either the product or the dietary plan may benefit women with these tendencies. Your healthcare practitioner should decide whether or not this is a good option for you.



## Questions & Answers

### **11** Should I take supplements during the Estrium Program?

Because this product contains therapeutic levels of carefully selected nutrients that provide strategic nutritional support, and because some supplements contain substances that could interfere with hormone detoxification, we suggest that you follow the recommendations of your healthcare practitioner.

### **12** For how long will I need to follow this program?

Clinical experience suggests that patients usually show benefits within four to eight weeks (or one to two menstrual cycles) on the program. Your healthcare practitioner may, after further assessment, suggest that you continue the program to obtain or sustain these benefits.

### **13** Can I follow this program if I am diabetic or hypoglycemic?

Probably, but Estrium has not been tested under these conditions. You should make this decision only with the guidance of your healthcare practitioner, discussing integration of this program into your prescribed diet.

### **14** Can I follow this program if I am pregnant or nursing?

No. Estrium has not been tested under these conditions and it is not recommended for use at these times.

### **15** I seem to experience increased gas or bloating while taking Estrium. Why is this?

Some patients experience minor symptoms of gas or bloating, which may be due to the fiber or mineral content of Estrium. Generally your body will adjust to this dietary change within one to two weeks. If you experience symptoms as you increase your serving size, you can return to your previous comfortable serving size for a few days before increasing it again. Be sure to drink additional water to help with the increased level of fiber in your diet, and bring any unusual symptom to the attention of your healthcare practitioner.

### **16** Do I need to follow this dietary plan or can I just use Estrium alone?

Estrium can be used without the accompanying dietary plan. However, for best results, they have been designed to be used together.

## 17 Why does this dietary plan specify organic meat and dairy products for those who choose to consume animal products?

Livestock that are not raised organically are often administered hormones to increase their weight more rapidly. Unfortunately, small amounts of these hormones may be passed on to those who consume these non-organic animal products. In women with symptoms related to hormone cycles, exposure to "foreign" (not naturally produced by the body) hormones may be undesirable. By consuming organic animal products, you may reduce your exposure to "foreign" hormones found in today's food supply.

## 18 What are the brown flecks left in the bottom of the glass after I consume Estrium?

This is ground defatted flaxseed, an important ingredient in Estrium. Be sure to drink all of the product.

## 19 My digestive system doesn't handle legumes very well. What can I do?

Legumes are high in protein and fiber and low in fat. To increase your tolerance for legumes, increase your intake slowly over the course of two to three weeks. You can try cooking the beans with one or two pieces of kombu seaweed, or try soaking the beans in water and discarding the water before cooking. You may also find that certain legumes work better for you than others. Experiment. Lentils and soybeans are generally easy to tolerate. Over-the-counter enzymatic aids can also be used.

## 20 I've heard that soy raises estrogen levels. Why is soy in this dietary plan?

Soybeans and soy products are often referred to as "phytoestrogens," though they do not raise estrogen levels. In the body, phytoestrogens ("phyto-" means plant) act as weak estrogens that, under some circumstances, compete with or complement the body's stronger estrogens in performing estrogen-related functions. Phytoestrogens can behave like the body's estrogens in some ways, but with a fraction of their strength. Therefore, phytoestrogens may actually decrease the "estrogen message" that the body receives. This may be beneficial for women with symptoms related to hormone cycles. Phytoestrogens found in flax, rye, kudzu, and in other legumes have similar properties. These foods nutritionally support hormone detoxification and excretion as well.

## 21 I take oral contraceptives (birth control pills). Can I use Estrium?

This product has been formulated to support female patients who have been medically determined to have symptoms related to their hormone cycles. Our clinical experience suggests that women who use oral contraceptives and have hormone cycle-related symptoms may benefit from using Estrium. However, in a clinical study we performed, some women using oral contraceptives while using Estrium experienced menstrual bleeding at times other than their usual menstrual period. This product has not been tested for interactions with oral contraceptive medications, and the effectiveness of oral contraceptives for birth control cannot be ensured during use of Estrium. If you are using oral contraceptives as a means of birth control, you may want to consider using an additional method of birth control while you are using this product and for one month after discontinuing use of this product. Please discuss this important concern with your healthcare practitioner.

# Shopping Healthy


Foods that are particularly recommended are indicated in bold print.



## Whole Grains

- Whole rye**
- Whole wheat
- Barley**
- Oats**
- Whole corn
- Brown rice—all varieties
- Amaranth
- Millet
- Teff
- Quinoa
- Buckwheat
- Triticale**
- Spelt
- Kamut
- Bulgur** (cracked wheat)
- Brans—**corn, oat, wheat,** and rice
- Brown rice cakes
- Brown rice pasta
- Whole-grain pasta
- Cream of rice
- Cream of rye**
- Cream of barley**
- Puffed rice
- Whole-grain **rye** or wheat crackers
- Breads:
  - Sprouted grain
  - 100% rye**
  - 7-grain
  - Whole-wheat, spelt, or corn tortilla
  - Whole-wheat pita
  - Whole-wheat, **rye,** or spelt rolls

## Nuts/Seeds

- Almonds** 
- Cashews
- Flaxseed or flax meal
- Hazelnuts
- Pecans
- Pine nuts
- Pumpkin seeds**
- Sesame seeds**
- Sunflower seeds
- Walnuts**
- Nut butters

## Fish, Eggs, Poultry/Meat, Dairy

- Organic eggs


Organic dairy, including:

- Organic milk
- Organic cheese
- Cheese substitutes from soy, rice, or almonds
- Organic yogurt
- Organic chicken or Cornish hen
- Organic turkey
- Organic pork
- Organic lamb
- Organic beef
- Wild game

Fish (especially cold-water fish):

- Cod
- Flounder
- Halibut
- Herring**
- Mackerel**
- Pollock**
- Salmon—fresh or smoked**
- Sardines**
- Smelt**
- Snapper
- Tuna
- Trout
- Shellfish

## Oils

- Almond oil** 
- Avocado
- Canola oil**
- Flaxseed oil**
- Hazelnut oil**
- Mayonnaise (canola oil-based)
- Olives—black or green
- Olive oil
- Pumpkin seed oil**
- Safflower oil
- Sesame oil**
- Sunflower oil
- Walnut oil**

## Beverages

- Mineral water
- Filtered water
- Seltzer—plain or flavored
- Herbal teas
- Decaffeinated tea
- Fruit juices,

unsweetened (diluted)

- Rice, **oat,** or other grain milks
- Nut milks

## Sweeteners

- Brown rice syrup
- Molasses
- Stevia

Fruit sweeteners, including:

- Apple and grape juice concentrates
- Other natural mixed fruit sweeteners

## Condiments and Spices

- Chicken and vegetable broths (low-sodium)
- Anise**
- Bay leaf**
- Basil
- Bonito flakes
- Caraway**
- Cardamon**
- Celery seed**
- Chili powder
- Chives
- Cinnamon
- Coriander** (cilantro)
- Cumin
- Dill
- Fennel seed**
- Garlic
- Ginger
- Horseradish**
- Kudzu** (thickener)
- Marjoram
- Mint**
- Mustard, dry or prepared
- Nutmeg**
- Oregano
- Parsley
- Rosemary**
- Saffron
- Sage**
- Tarragon
- Thyme**
- Turmeric**
- Vinegar

# Shopping Healthy

Foods that are particularly recommended are indicated in bold print.



## Legumes

- Dried beans and peas, including:
  - Garbanzo
  - Pinto
  - Kidney**
  - Black
  - Lima
  - Cannellini
  - Navy
  - Mung**
  - Split peas**
  - Lentils**
  - Refried beans (fat-free)
  - Sweet green peas
  - Sugar snap peas
  - Snow peas
  - Single-serving bean soups



### Soy foods, including:

- Tofu
- Tempeh
- Miso
- Soy beans—green and black
- Soy milk
- Soy yogurt
- Texturized vegetable protein
- Soy burgers
- Soy nuts
- Tofu cream cheese
- Carob
- Hummus

## Vegetables

- Artichokes
- Arugula
- Avocado
- Asparagus**
- Bamboo shoots
- Bell peppers—red, green, orange, yellow
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Burdock root
- Cabbage—red, green, Chinese, Savoy
- Carrots
- Cauliflower
- Celery



## Vegetables

- Celery root (celeriac)**
- Chives
- Corn
- Cucumber
- Daikon radish**
- Eggplant
- Fennel**
- Garlic
- Green or yellow snap beans
- Greens, including:
  - Beet**
  - Chicory**
  - Collard**
  - Dandelion**
  - Endive
  - Escarole
  - Kale
  - Lettuce—romaine, red or green leaf
  - Mustard**
  - Radicchio
  - Spinach
  - Swiss chard
  - Turnip**
  - Watercress**
- Jalapeño peppers
- Jicama
- Juice—tomato, carrot, or blended vegetables
- Kohlrabi**
- Leeks
- Mushrooms, fresh and dried
- Okra
- Onions
- Parsnips**
- Plantains**
- Potatoes
- Radishes**
- Rutabaga**
- Salsa (sugar-free)
- Sea vegetables**, including:
  - Nori**
  - Dulse**
  - Hijiki**
  - Kelp**
  - Kombu**
  - Wakame**
- Shallots

## Vegetables

- Sprouts, including:
  - Alfalfa
  - Clover
- Onion
- Radish**
- Mung bean**
- Spaghetti squash
- Summer squash—yellow and green
- Sweet potatoes
- Taro root
- Turnips**
- Water chestnuts
- Winter squash
- Yams



## Fruits

- Apples**
- Applesauce
- Apricots
- Bananas**
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Currants
- Dates
- Fresh and dried figs**
- Grapes**
- Grapefruit**
- Honeydew melon**
- Juice, unsweetened (diluted)
- Kiwis
- Lemons**
- Limes**
- Mangoes
- Nectarines
- Oranges**
- Papaya
- Peaches
- Pears**
- Pineapple
- Plums**
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines**
- Watermelon



**Medical Food**

Researched, developed, and manufactured  
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