Introduction to Women's Glandular Nutrition

The ovary and the uterus tissues, of course, are here for the same reason every other gland is in this glandular because ovarian and uterine tissue carry their own concentrated nutrients and peptide profiles.

And the idea is the supply of nutrition that supports a woman's own reproductive tissue and its normal healthy function. That's like supports like. Now, that's the principle that has been used in medicine for millennia.

And it makes perfect sense in both a women's and a men's formula. And this is about supporting the body's own tissues nutritionally. It's not a fertility product per se.

it's a hormone drug. However, everything having to do with hormones and having you with those tissues is supported better when they are nursed properly.

Welcome to Vitality Radio, the podcast that helps you make sense of natural supplements and thrive without pharma drugs. I'm Jared St. Clair. There's a gland in your body that holds the highest concentration of vitamin C of any tissue that you've got.

Higher than anywhere else, it's your adrenal gland. The little organ that sits on top of each one of your kidneys, you got two of them, that run the entire stress response.

And here's the part most people don't connect. When you're under chronic stress, the gland burns through vitamin c faster than almost any other nutrient in you body.

Now hold that thought because we're going to talk about a women's health supplement that I'm really excited about in this episode, a Women's Organ Formula or a Woman's Glandular Formula and that fact may actually explain a lot about why you may want to consider looking at glandular nutrition.

All right, so of course, I'm Jared St. Clair. Welcome back to Vitality Radio. I did an episode called Glandulars 101. We'll link to it in the show description just to talk about organ supplements.

This is part two of that Ancestral Nutrition series. There'll be a men's version coming right after this one, and then I'll do a liver version as well because the most popular organ supplement is liver.

But I wanted to get the women's and the men one out. first because the first ingredient in both is a liver glandular. And I thought it might make sense for you to be able to kind of understand all three and see what makes most sense.

For you. Now, this is not a folklore thing. It's real biochemistry. I'm going to explain why it makes sense, but it is very much a traditional ancestral thing if you've ever listened to guys like Paul Saladino, you'll hear about nose to tail eating these types of things.

The women's formula and the men's formulas, when I found out that these existed from Ancient Nutrition, a brand that I've trusted for a long time now, I got pretty excited about it because back in the day when i was a kid selling supplements and we're talking back-in-the-day like 30-40 years ago there were women and men glandular formulas on the market.

They were pretty typical and sold a lot of them and frankly back then I didn't really understand it that well. I was You know, far less well-versed in this stuff as I am now, but as times evolved and the supplement industry evolved, these things kind of disappeared and now they're back and I want to give them their proper due and that's why we're going to do this show.

So when it comes to glandulars, if you want understand the basic concept and we'll talk a little bit about it here.

Why Organ Supplements Make Sense

Go back to that first ancestral episode, which I said is gonna be linked. I'm not gonna repeat myself too much here, but let's talk about why a female specific blend might make sense.

And I want to specifically couch this in why it makes sense to talk it to you from my point of view right now, because Jen and I, my sweet wife, we've been working on hormone balance for the last two plus years.

That's been our primary focus, as you probably heard on other episodes of the show. I just did a show with Dr. Jabin Moore on his podcast all about this and detoxification of the endocrine system and the liver and making sure that the chemicals that are fighting against our proper hormone production are handled.

But we don't talk as much yet about supporting those systems from a nutritional standpoint as we have detoxifying those system. And that's really what this is about.

And so the combination of support and detoxification is of course really dials down all the way down to my basic philosophy, which is if you give the body the material that it needs and you remove from the the things that are damming up the works, then you give the body permission to do what it's supposed to in the first place, which is support and protect you and bring you back to optimal health.

So let's talk about this glandular thing from a female perspective. A beef adrenal supplement is not your adrenal gland in a capsule, it is a delivery vehicle.

It's a concentrated, biologically coherent package of vitamins, minerals, amino acids, peptides, and cofactors that specific tissue is naturally rich in.

the adrenal of a cow, the adrenaline of human basically run on the same materials. So you're giving a concentrated form of those materials to your body to help that particular gland do its thing more effectively.

So when a formula contains things like ovary tissue or uterine tissue, or mammary tissues, the goal isn't to do anything specific or dramatic like a hormone would or HRT or something like that.

The goal is to deliver the concentrated nutrition and the tissue-specific peptides that are native to those organs in the first place, it's all about support.

But support can be powerful. When the glands get what they need, they function better. And that's really the heart of this entire thing. For most of human history, Tradition told us to eat the whole animal.

The organs were actually prized, not thrown away. Liver, heart, kidney were on the table in ordinary households. And in nose to tail cultures, they really understood this.

the glands were eaten too, even things like adrenal and heart and so on. Nobody was reading the nutrition label back then. They ate this way because generations of observation told them that it worked.

long before anyone could explain it through biochemistry. Perhaps it was simply common sense. If I eat this gland from this animal, it would support my gland.

That to me actually is pretty simple, but now we know why it supports. And then over the last many generations, especially in the West, organs have fallen off the plate and an entire category of nutrition has gone with them.

What's happening right now is simply the tradition is coming back. And a formula like this is one of the easiest ways to bring it back without having to cook a plate full of liver and kidneys and uterus, right?

Things you probably don't want to cook and maybe things that you really don´t want eat. Our ancestors ate a little differently than we do. So, why a women's formula specifically?

Well, as I stated before, it's all of the glands and organs that need to be supported and of course women have different things than men have. The women´s formula is a bit more complex, a different than the women formula because of some of organs I´ve already mentioned.

But let's open up the bottle of the product specifically that I'm talking about today because this one I like more than anything I've seen on the market so far.

It's made by Ancient Nutrition. it's called the Women's Vitality Formula. You can't fault them for the name, right? Fantastic. And it is a blend of grass-fed bovine and ovine, that's beef and lamb, organs and glands, sourced from grass fed Argentinian cattle and wild, free-roaming New Zealand sheep.

I'll come back to why that matters in a moment. Now, a question that I get from time to time when a formula uses both bovine and ovine is why beef and lamb together?

Because most people are familiar with bovines, colostrum, bovein, collagen, and bovin glandulars, but they don't often see ovines. In fact, I mean, lot of people see it and don t even know what that means.

But it's a sheep or a lamb. Nutritionally, beef organs and lambs organs are pretty much the same. There aren't significant differences but there are a little bit of differences, different species.

Of course, both are exceptionally nutrient dense and the gap between them is modest for sure. Where beef liver tends to shine in B12 and a very specific form of vitamin A that is extremely useful and bioavailable to the body, lamb organs do the same thing.

So the real reason to use both isn't some dramatic nutrient difference or hormone difference, or anything like that. It's actually a sourcing thing.

Inside the Women's Vitality Formula

New Zealand lamb is about as clean a source as exists on the earth because these are genuinely wild and free roaming and blending it in raises the quality floor of the whole formula.

And second, The spectrum is going to be a little bit different. Different animals give you a slightly wider net of tissue peptides and cofactors than leaning on one species alone.

Think of it like eating a variety of whole foods instead of the same one every day. It's just a bit broader spectrum. This particular formula brings together 11 organs and glands, liver, adrenal, thyroid, pancreas, uterus, ovary, mammary placenta, pituitary, kidney, and heart.

That's a lot of territory. And let me start with the ones that make this a women's formula specifically, but we'll work through all of them. The ovary and the uterus tissues, of course, are here for the same reason every other gland is in this glandular, because ovarian and uterine tissue carry their own concentrated nutrients and peptide profiles.

and The idea is the supply of nutrition that supports a woman's own reproductive tissue and its normal healthy function. That's like supports like, that's the principle that has been used in medicine for millennia.

And it makes perfect sense in both a women's and a men's formula. This is about supporting the body's own tissues nutritionally. It's not a fertility product per se, it's a hormone drug.

However, everything having to do with hormones and having to deal with those tissues is supported better when they are nourished properly. The mammary tissue is there for breast tissue support in the same nutritional sense and placenta of course is one that people ask about a lot.

In fact, it's one You may be familiar with maybe you've actually encapsulated your own placenta. If you use the midwife delivering a baby, that's a fairly common thing now in more we'll say modern usage of very, very old cultural things that have been done for years.

And if you're a woman between 25 and 55 years old, you probably know that hormones start to shift and do some things that are a little bit different and supporting that hormonal picture can be extremely useful.

Now remember when I talked about vitamin C in the adrenal gland in opening it burns massive amounts of vitamin c when we're under stress. So the adrenal glands run with stress response and your cortisol rhythm, right?

And the thyroid, which sits in your neck, is essentially the thermostat for your whole metabolism. Energy, temperature, how fast everything runs. For a huge number of women in this the age range, 25, 30 up to about 55, 60. And sometimes before and sometimes after those ages as well, you may be feeling the fatigue, the stubborn weight distribution, this sense that the engine's just running slower than it used to, that your stress is out of control and you're having a hard time regulating it.

This is where nourishing those glands can make sense and may better for you, depending on the individual, than something like an herb like ashwagandha might be.

you know probably listening to the show I love Ashwagandha but it's not the right thing for everyone and in some cases it can actually be a great one-two punch things like our anxiety release formula our thyroid nourish formula from Ridgecrest herbals these can be very very useful tools but then when we also throw glandulars on top of them to cover all of those key nutrient dense areas, then you may get even a better result than you can from herbal things and targeted nutrient things that just have one or two or three vitamins or minerals.

Now let's connect the dots a little bit more on this. Your hormones don't come from nowhere, right? Every hormone in your body is manufactured by a gland.

estrogen and progesterone from the ovaries, thyroid hormone from your thyroid, your stress hormones from adrenals, and the whole orchestra that Jen and I talk about is conducted by the pituitary gland, the master gland which is also in this formula.

That's what the endocrine system is. It's a network of glands that don't work independently of each other. They are a net work that talk to each that communicate and if they are nursed correctly, keep each other essentially in balance, in tune, so that we don't have cacophony or noise coming from the orchestra.

We have beautiful harmonic music. So if these glands are running on empty, they're missing certain nutrients, certain peptides, things like that, then they may simply not be doing what they can do optimally.

Hormone production can suffer. That's not a controversial claim, it's just how it works. It's how the machine actually is designed to work. And it is one of the reasons why I'm so excited that things keep seemingly going backwards when it comes to nutrition in America in a good way, because we've gone so far.

I guess we can call it four words that we've lost the plot to a large degree. Our ancestors had some things figured out and in our, I don't know, arrogance and our desire to patent things and make massive quantities of money.

We've forgotten that maybe this stuff was already here for us all along. Now there's another half of the hormone story. And it's one that not everybody talks about, but that Jen and I have been focused on heavily over the last little bit.

We have production needs and then we also have things that disrupt that production, endocrine disrupting chemicals, plastics, pesticides, residues in our water, food packaging, personal care products, all those things you've heard about from me.

You've heard about from Carl in on the just ingredients podcast and so on your liver is on. The front line of

processing all of that right alongside your own hormones.

So real support for the glands that produce those hormones is awesome, but also supporting the liver that clears those. Hormones and clears. Those chemicals is massive as well.

This formula. that has the liver inside of it begins that conversation. But at the end, I'm going to talk about possibly stacking it to really support your entire endocrine system.

Now, let's talk the workhorse organs. We talked about the more female specific ones. Liver, of course, is the big one. I'm going to give liver its own full episode here in the next few weeks.

And so I won't go crazy on it right now, but it anchors the women's formula. Liver is the single most nutrient dense food in The Animal Kingdom. It's not close.

it contains more B12 per ounce than any other known food on earth.

Liver, Iron, and Mineral Support

Its extraordinarily rich in heme iron, which is most bioavailable form of iron that exists. far more usable than any plant or synthetic source, and it's loaded with pre-formed vitamin A, real retinol, the form your body uses directly, not beta-carotene that your has to try to convert.

Here's why that combination matters so much for women specifically. Women of reproductive age lose iron every single month, we know that. Low iron and low ferritin are dramatically more common in women than in men.

It's one of the most common deficiencies that we see in blood test results. So getting iron right matters and getting the right kind of iron matters even more.

Let me explain the two broad kinds of Iron because this is where whole food nutrition leaves the drug stored in the dust. Heme iron is the form found in animal tissue, including our tissue.

It comes wrapped inside the same molecule that carries oxygen in animals blood. Non-heme Iron is inorganic form. What you get from plants and from nearly every cheap iron supplement on the earth is not the same thing that the body is actually making and utilizing.

Your body treats these two like different nutrients. A heme iron has its own dedicated absorption pathway in the gut. It's taken up at a high steady rate, often several times better than non-heme iron.

And it barely cares what else you ate. Heme Iron is very, very gentle and because this particular form is coming with the entire liver, you get all of the cofactors that are naturally found with iron in animal tissue.

Non-heme iron is the opposite. It's absorbed very poorly and erratically and is blocked by things like coffee and tea and calcium. phytates in grains and legumes.

Now here's the part that nobody at the pharmacy will tell you and I want you to hear it loud and clear. The iron that they hand you at pharmacy that your doctor often prescribes is almost always ferrous sulfate, sometimes ferous fumarate or gluconate.

It's dirt cheap which is exactly why it's everywhere and it one of the most poorly tolerated supplements in the world most of it never gets absorbed and the large fraction that doesn't just sits in your gut and creates issues the absorbed iron is what causes constipation nausea cramping the iron pills are famous for.

And it's worse than just being uncomfortable. That leftover iron acts as a pro-oxidant in the gut. It can generate free radicals right there in intestinal lining and feed the less friendly bacteria in your microbiome.

So think about what that means. You're talking about an iron that your doctor's often prescribing that doesn't just poorly absorb, it irritates the guts and messes with your intestina flora all at once and can actually lead to iron toxicity as well.

If you do need to take an iron supplement in supplement form outside of food, outside heme iron, then you must get a chelated iron. Something bound to an amino acid in the very best form is known as Farakal.

It's an Iron bisglycinate. Same basic process they use for magnesium bis glycine. it's dramatically gentler on the stomach. It's much more bioavailable.

People almost never complain about any type of discomfort with it. And when someone needs a higher dose of iron, I will recommend that type. But what I am doing now that I didn't used to do because it was just hard to even come by is I'm recommending both in most cases.

If you need iron. I don't love just iron as a supplement, even good quality iron unless we absolutely get to the point where we need to supplement it.

But if you are going to get a bisglycinate form and have some liver or this women's formula that has the liver in it, it has all of those cofactors and the heme iron on board as well.

Or if you're not significantly under the limit or under level that you want to be at, just try the liver or the women's formula. They both have equal amounts of iron in them and see what that can do for you.

Because we're, not just getting the most bioavailable form of liver with the least potential for side effects, but we are also getting all of the rest of goodness in that liver there.

There's copper. Liver is one of the richest sources of it and copper is a non-negotiable for iron metabolism. I talked about the vitamin A that's in there.

The pre-formed vitamin, the best form of vitamin which is critical for the body's ability to utilize iron and keep iron levels where they need to be. You also have high levels of things like vitamin B2 which also supports how the handles iron and I already talked about B12 which is a major player in iron as well so the heme iron but not just the fact that it's heeme iron all the other good guys that come along with it that's why I love that and there's one more piece of this mineral story that I want to flag here it It's Shilajit that's been added to this formula, which I love because it's not just, and we'll get into it in just a moment, it is not a glandular formula.

They really thought through this form. I loved the way that they did it. Shilajit is a mineral-rich resin loaded with folic acid and dozens of trace minerals, and folac acid acts as a natural chelator and carrier.

It's long been understood to help shuttle minerals across membranes and into your cells, so the shilijit in this formula isn't just adding its own trace mineral to the mix, which it does, It's also very likely helping the rest of the formula, the iron, copper, and the whole mineral picture absorb better and actually get where it needs to go.

The human research on this is still a little bit limited, but it is definitely positive when it comes to fulvic acid. And the shilajit and fulsic acid picture is interesting because it's a two-way street.

It can help with absorption and can also help detoxification as well. Now, one last point on the iron, even if you've never been told you're anemic. A small dose of heme iron is usually a good thing anyway.

Anemia, low hemoglobin, is the last stage of running low, not the first. Your iron stores, measured as ferritin, drain long before hemaglobin ever drops.

So you can feel the fatigue, the hair thinning, workouts falling flat, and still be told your blood work is normal when it comes to iron especially if they're only checking hemogloban.

A modest food level dose of heme iron quietly tops up those stores without the overload risk of a therapeutic iron pill because your body regulates how much heem it pulls in based on what it actually needs.

There's really not a risk profile there either, which is amazing. Now, if you're a man or if your postmenopausal or you know your iron runs high, then more isn't better.

But for the menstruating women losing it every month, a small dose with heeme iron almost always your friend. And I'm not convinced that even a small dose for women who are not menstruating isn't fine.

You would want to keep an eye on your blood test results, make sure you're not getting too much. But again, your body basically regulates heme iron in a much more efficient manner than it does the others.

Now, we also have a few other things in this formula. Kidney brings selenium, which is one of the most important trace minerals for thyroid function and for the antioxidant defense system.

Selenum and the thyroid are deeply linked, so kidney quietly reinforces the thyroid story, even though it's coming from another part of body. Again, none of these glands work independently.

They all work in concert. CoQ10 is found in the heart. Beef heart is the most concentrated food source of Coq10, and it's in there as well. What does Co Q10 do?

Well, it is fantastic for mitochondrial energy. That's why I just recently added it to the new Vitality Ultimate Vitaly Multi. It helps you to make more energy, increase the natural production that tends to decline when we get into our 40s and 50s.

Extra Nutrients and Formula Design

Heart also brings carnitine, which shuttles fat into your mitochondria to be burned for fuel. Pancreas brings digestive enzyme cofactors and peptides that support pancreatic function which touches everything from digestion to blood sugar handling.

And pituitary, which is that master gland, the conductor of all of this is the kind of the pitutary is in the brain, but it's kind the the endocrine system.

It's the one that conducts all this, tells the thyroid what to do, what the adrenals what do do and we're supporting that Master Gland with pituatory tissue as well.

So step back and look at the architecture here it's not a random pile of organs it liver for iron and b vitamin density and all the other things that come along with that.

And all of the support for every other gland and organ well not every single one most of major glands and organs which. Keep this in mind too, even if you don't see a gland or organ in the mix, you're getting likely most of the things because the spectrum of all of this is so wide that it would be found in other areas of body as well.

And as I mentioned with Shilajit, it's not just glandulars. This formula also has whole foods, has an enzyme in there, and has a probiotic. You've got organic spirulina, organic chaga mushroom, two of the most antioxidant-rich superfoods on the planet for broad spectrum antioxidate and immune support.

There's organic fermented holy basil, a classic adaptogen for everyday stress resilience, which threads right back into the adrenal support that we talked about at the beginning.

There's beetroot for healthy circulation, there's fermented kelp, a whole food source of iodine that feeds the thyroid naturally, and of course the shilajit that I mentioned as well.

And they add one of my favorite probiotics to the mix, bacillus coagulans, at 2 billion units. This is a spore that

helps to nourish the entire microbiome.

So this is really well thought out formula. as a guy who formulates products for a living and frankly feels like he does a pretty good job of it. I oftentimes look at formulas and think, Oh man, I wish they would have done this.

Or I would say what had done that? I love this formula. It's really, really great. Don't think that I will change a whole lot. There's also a few added nutrients and the added Nutrients matter here because what ancient nutrition has done is they've looked at it and said, okay, we've got all of these glands.

and all these organs all this tissue and it's made up and and between all them we have all of these nutrients however there are some things that are a little light in here and so let's make sure that we get the proper amount of things added so that organ supplement for women that we possibly can.

They've added 200 micrograms of iodine. That's nearly double what the RDA says, but I think in almost every case we need more than what RTA says anyway.

But that matters because it's such a critical component of nourishing the thyroid and also helping to keep the and there's six milligrams of iron in the formula.

And then as we're talking about the iron, we have the naturally occurring heme iron here, and then they've added six kilograms of what they call enzyme-activated iron.

Basically, what take a inorganic iron and make it more like whole food iron. This is another way that works really, really well for iron delivery along with the bisglycinate form tends to not upset stomachs at all.

And they put what I consider to be a very reasonable dose in here, six milligrams along the heme iron that's already on board. So it's not an iron supplement for most people.

It's going to you know, well, it's not going to be nearly as strong as the 26, 27 milligrams you find in most iron supplements out there. But because of the absorption, because all the cofactors, I do think it is a good and logical place to start if you're a little low in iron and you feel like you need a lot of support.

In many cases, this could support you all by itself. They've also rounded it out by adding some vitamin D3 to the formula. which there isn't much of naturally occurring, some vitamin K2 as MK7, which I love because if you're going to put D3 in there, you better put K-2 in which they did.

And they've also put a little bit more B12 in their to support what's already naturally found in the formula as well. You got 3.7 grams of actual glands and organs per serving and the serving is six capsules.

Now let's talk about that for just a moment here as because I get this question constantly and you might be wondering it right now after I just walked you through all of the added vitamins and minerals and everything else.

Is this a multivitamin? And I'm gonna say kinda, but not exactly and explain to you why you want to consider one or the other as far as how you're doing your health, your supplement regimen we'll say.

Let me start with where a glandular actually beats a multi-vitamin. because there are things that are found in a glandular, you're not gonna find anywhere else.

I talked about the amino acid peptides. Those are not going to be found on a multivitamin. Lots of micronutrients that not are gonna be in multavitamins.

A ton of little tiny co-factors that aren't found, in multi-vitamines. And then you do get a lot of the vitamins and minerals that you would normally find in, a multi vitamin, but in much, much less concentrated forms, But in whole food forms.

So a little more, bioavailable for sure because it is whole food, even then a great multivitamin. But here's the flip side. Get all that stuff in a glandular, but at lower concentrations when it comes to vitamins and minerals and a multavitamins is engineered to give you this broad, predictable coverage across the whole spectrum of nutrients.

on purpose to fill the gaps that are in a typical American diet. And I can't tell you how many months of my life probably I've spent formulating and reformulating seven times the Ultimate Vitality Multi to try to make it the most incredible gap filler that I could make.

A glandular gives you whatever nature packed into those glands and organs. It's awesome, but it's gloriously uneven. Some nutrients are super high, some nutrients or super low.

Ancient nutrition recognized this and tried to tweak a little bit with adding some of the things back in to try and balance things out. But it's hard to call it a complete multivitamin.

Now, I would tell you this, and this is easy for me to say, compared to most multitamins on the market, things like centrum, one a day, whatever you're buying it, Costco or Walmart or anything like that.

Oh my gosh, yes, take this instead. A way better multivitamin, not even close, better for you, probably more potent, definitely more broad spectrum. None of the crap that's in some of those mult vitamins.

How to Stack and Use the Products

But when we start stacking it up against a really good, solid, high potency mult vitamin like mine that I'm obviously a bit proud of, the Ultimate Vitality Multi, but even other great mult vitamins from great brands, then it's a little bit more difficult.

And the best thing I can say is your body is the judge of these things. If you're taking a multivitamin and you are not sure it is doing anything for you, maybe do a month or two on this women's glandular formula or if you a man on the men's formula that we are going to talk about in the next episode where we discuss why that one is unique and special.

But give those a shot independently. See how your body does. And then the other thing you could consider and what I actually have quite a few people doing now is take the three capsules a day of the ultimate vitality multi.

Then if you feel you need additional support, especially hormonal support take two or three capsules a day, more of a supportive dose of the women's vitality formula or the men's performance formula from ancient nutrition.

That gives you this really incredible broad spectrum of nutrition and it makes a lot of sense to me to potentially pair these things together if you are not sure which direction to go.

But ultimately, your body is the best judge. Now, who should consider A product like this, I already talked about people that need additional support, specifically hormone support that kind of thing, but there is added iron in here, like I said, so if you're already on an iron supplement, be cautious about that.

If you are on a prenatal that is very high in iron, you probably don't need to use the two of them. NHN nutrition specifically talks about if your on SSRIs or MAO inhibitors, which hopefully we are trying to find ways to eliminate from our systems.

It is recommended you talk to your pharmacist or your doctor about that. If you're pregnant or nursing, it's always recommended to talk your health care professional on that as well.

And then let's talk about one last thing. So this is a supportive product that makes sense. Consistent daily use is not something you are taking for any kind of symptom relief or any of that kind stuff.

A real daily dose of just amazing glandular nutrition. Ancient nutrition is pulling from all the right places, New

Zealand or Australia, and also Argentinian cattle, grass-fed, hormone-free, antibiotic- free, all of those things.

You're getting what you want as far as that goes. But as for as, should I take it in the first place or what should take with, well, let's talk about that.

If you need more general support in that hormone picture, then I want to talk about a potential stack that might make sense. Now, if you haven't listened to these episodes, there's three that we did.

My wife and I did one of them, and did two of my own, all about endocrine disrupting chemicals, detoxifying from those chemicals. Opening up the liver pathways, the detox pathways and all of that.

I love the idea of a simple stack of daily use of the women's vitality formula every single day. Depending on if you're taking the multivitamin, maybe it's three a day.

If you are not taking multavitamins, it may be six a days. And again, let your body be the judge. Stacked with the endo-cleanse and the liver vitality formula.

Now, endocleanse and liver-vitality formulas are NOT designed to be daily used for the vast majority of people. There are some people that I'll have on them longer term for sure, particularly the Endo Cleanse, but that's a conversation, not a general recommendation.

In most cases, what we recommend is three months on the endo cleanse, twice a year. Three months, two capsules a day, 90 days. There's large bottle that has a 90 day supply.

That's cleaning the pipes, getting all of the stuff out of endocrine system or as much as we can. Some of those chemicals literally are forever. but as much as we can detoxifying the system allowing the body to get back in rhythm producing hormones neurotransmitters the way that it should liver vitality for two of those three months so the first two months you're on liver and Endo Cleanse and the third month you've dropped the liver vitality which comes in a two month supply and you're on just the Endocleanse.

You do that twice a year, you can do it January through March, July through September, however you want to do but that makes sense and that seems to be working really, really well for most people for helping to restore hormone balance.

What we haven't seen and what I'm really excited to see because we just brought these products in in the last couple of months and have just recently started recommending them is what happens if we also support those glands and organs specifically with the like treats like glands, and Oregon's from.

cattle and sheep. And I think it makes perfect sense that you take those daily while you do the periodic endocrine and liver vitality. Because I really want to see what can happen with this and I want encourage you to possibly give it a try, especially if you're struggling some of these hormone departments.

I wanna see you give this a a nice discount to try and make it more economical for you. If you use the code WOMENS3, that's W-O-M-E-N-S, so women like plural with an S, Womens3 is the in the show description for the collection okay so you'll go to that collection you see the three products there and if you get all three product the women's vitality product be sixty days supply liver vitaly and the ninety day supply and no cleanse you're gonna get twenty five percent off.

Every single day the women's performance formula, the Women's Vitality Formula is already about 20% off or pretty close. So you're going to stack those discounts and we're gonna let you do that on your first purchase of these three products when you buy them all together with the code WOMENS3.

That code is gonna stick around for a long time. I don't plan to take it away. It might go away at some point for reason I can't foresee right now, but whenever you hear this episode in most, it's most likely that that code will be effective.

Women's three, 25% off the entire stack. It's going to save you like 50 bucks and it is going give you 30 day supply or 60 day, supply of the women's vitality.

Cause if you're taking the multivitamin with it, the ultimate vitalty multi, I think you can get away with just three capsules per day. And it going, to give, you a 90 day of deindo cleanse.

a 60-day supply of the liver Vitality, and I think you're absolutely gonna love this stack. And then I wanna hear back from you about how it was, how work.

You can leave that feedback with us by phone, 801-292-6662. you can hit us up online, vitalitynutrition.com, you hit on Instagram, You go to YouTube and leave a comment on this episode or even on Spotify, any of those places work, And if this show was useful for you, if you felt like it beneficial, i wanna know i want you to know that one of the reasons i rushed the show out a little quicker than i was going to is because i had one you listening tell me.

They want to show on this topic so i produced it the next week so am a few weeks ahead so if you're the one that asked i apologize it's actually probably a month from when you asked because record these out of time but still as quickly as i could i got this show done.

If you've got a show topic you're interested in, if you want me to talk about something specifically, I'd love to hear from you. Leave a comment in any of those places and I will do my best to take care of you on that.

Thank you so much for your time, for you attention. If this show was useful for any one of my episodes are, please send them to friends, family members.

Let's grow this audience. Lets get more people, more vital every day through natural means. My name is Jared St. Clair and this has been Vitality. Thanks for listening to the Vitality Radio Podcast.

If this episode helped you, follow the show, share it with someone, and explore trusted education and resources at vitalitynutrition.com. See you next time.

Hello, everyone. I hope you enjoyed this week's episode of Vitality Radio. Just a reminder that this podcast is for educational purposes only. This podcast has not been evaluated by the FDA.

Thank you.