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## Supporting Women's Health Through Integrated Physiology: The Science Behind MycoBenefits® PMS\* and Peri Meno\* Formulas\*

### How Can Integrated Physiology Support Women's Whole-Body Health?\*

Hormonal transitions are a natural and dynamic part of women's health, spanning both the monthly cycle and the midlife shift into perimenopause. These phases involve coordinated changes across endocrine, neurological, and metabolic systems—functions that can influence mood balance, natural energy, and overall well-being. Research continues to highlight the role of integrated physiology in supporting these natural processes.\*

A comprehensive approach to women's health recognizes these relationships and supports normal physiological function rather than targeting isolated outcomes. By combining functional mushrooms such as reishi and maitake mushroom mycelium with botanicals like vitex, maca, black cohosh, and ashwagandha, formulations designed for PMS support and perimenopause support can help maintain hormonal balance and overall resilience during monthly and midlife transitions.\*

### What Can Mushrooms Do to Offer PMS Support?\*

During the luteal phase of the menstrual cycle, fluctuations in hormones like progesterone and estrogen interact with neurotransmitters such as serotonin. These hormonal fluctuations can contribute to variances in mood balance, energy during PMS, physical comfort, and other natural sensations. Approaches that support some of the body's systemic functions—including neurotransmitter synthesis and endocrine signaling—may help support monthly cycle ease and women's whole-body health.\*

**MycoBenefits® PMS\***, produced by **Host Defense® Mushrooms™**, was designed as a hormonal balance supplement that helps promote comprehensive PMS support. It's a blend of beneficial mushroom mycelium, herbs, and vitamins carefully selected for women's cycle support—a formula targeted to aid in mood balance, emotional well-being, physical digestive comfort, natural energy during PMS, and healthy menstrual cycle regularity.\*

### What Does the Research Suggest About the MycoBenefits® PMS\* Formula?

Key ingredients in MycoBenefits® PMS\* draw from both traditional applications and scientific research, including reishi, maitake, vitex, ashwagandha, ginger, and vitamin B6

- **Reishi** (*Ganoderma lucidum*): studied for its role in supporting neuroendocrine balance and immune modulatory activity, with research suggesting benefits for stress response pathways.\*
- **Maitake** (*Grifola frondosa*): demonstrated support in metabolic and immune pathways, including a human clinical

study exploring support for luteal phase balance and healthy ovulatory processes.\*

- **Vitex** (*Vitex agnus-castus*): evaluated in randomized, placebo-controlled trials for its role in supporting menstrual cycle-related well-being and hormonal signaling pathways.\*
- **Ashwagandha** (*Withania somnifera*): demonstrated support for stress resilience and cortisol balance in human clinical trials, supporting emotional balance during periods of physiological stress.\*
- **Ginger** (*Zingiber officinale*): evaluated in a randomized, double-blind, placebo-controlled human clinical trial for its role in supporting comfort during the menstrual cycle, with findings showing benefits across physical and behavioral measures associated with premenstrual changes.\*
- **Vitamin B6**: evaluated in human clinical trials for its role in supporting neurotransmitter synthesis and monthly well-being, with studies suggesting it may help support breast comfort during the menstrual cycle.\*

Together, these ingredients aid in women's cycle support by promoting balance across the endocrine, nervous, and immune systems.\*

### How Can the Multi-Year Perimenopausal Transition Affect Women?\*

Perimenopause is often viewed as a brief phase preceding menopause. More accurately, it's a 4-to-10-year hormonal transition during which ovarian hormone signaling becomes increasingly variable. This variability can persist even after menses have ceased.\*

During this transition, estrogen and progesterone can fluctuate unpredictably rather than declining at a steady pace. These changes influence multiple physiological systems, including the body's natural process of thermoregulation, which can affect hot flash relief and night sweats. The transition can also impact systems of neurotransmitter activity related to mood balance and steady, natural energy.\*

### What Can Mushrooms Do to Offer Perimenopause Support?\*

Effective perimenopause support focuses on helping the body adapt to variability rather than replacing hormones. Nutritional and botanical strategies that support adaptive physiological responses may help maintain comfort and overall well-being in healthy individuals during this hormonal transition.\*

The MycoBenefits® Peri Meno\* formula was designed as a women's health supplement that helps promote natural hormonal transition support. It's a blend of beneficial mushroom mycelium and herbs carefully selected to aid women during natural midlife

Continued

changes—offering perimenopause support while also functioning as a menopause support supplement. The formula aids in the natural relief of occasional night sweats and hot flashes, while supporting mood balance, sustained energy, vitality, and whole-body health.\*

#### What Does the Research Suggest About the MycoBenefits® Peri Meno\* Formula?

Key ingredients in MycoBenefits® Peri Meno\* draw from traditional use and emerging scientific research, including mesima, maitake, maca, black cohosh, and vitex.

- **Mesima** (*Phellinus linteus*): investigated in both clinical research settings and preclinical literature for its role in supporting immune function and cellular health, with a randomized, double-blind clinical trial protocol evaluating effects on immune-related biomarkers and broader reviews describing its bioactive compounds and their involvement in supporting antioxidant, and immunomodulatory activity.\*
- **Maitake** (*Grifola frondosa*): supports women's whole-body health through metabolic and immune pathways, with human clinical research demonstrating biological support for reproductive and metabolic systems, including a study evaluating ovulatory function.\*
- **Maca** (*Lepidium meyenii*): supports energy, mood balance, and overall well-being during the menopausal transition, with a double-blind, randomized, placebo-controlled clinical study in early postmenopausal women demonstrating support for hormone-related biomarkers and well-being measures.\*
- **Black cohosh** (*Cimicifuga racemosa*): evaluated in randomized

clinical trials and systematic reviews for supporting thermoregulatory comfort and menopausal well-being.\*

- **Vitex** (*Vitex agnus-castus*): remains relevant in early perimenopause, supporting hormonal signaling while cycles are still present, with clinical studies in women during the menopausal transition demonstrating effects on endocrine-related parameters and overall well-being.\*

These ingredients work cooperatively to aid in women's hormonal transition support by promoting balance across the endocrine, nervous, and immune systems.\*

#### How Can a Whole-Body Approach to Wellness Support Women's Health?\*

Women's health is not defined by a single system or stage—it's an ongoing interplay that affects interconnected systems across the body, including endocrine, nervous, immune, and metabolic pathways. From monthly rhythms to midlife transitions, supporting these pathways can help promote balance, resilience, and overall well-being.\*

By combining mushroom mycelium with targeted botanicals and nutrients, formulations like MycoBenefits® PMS\* and Peri Meno\* offer a comprehensive approach to supporting wellness that's designed to work with the body's natural processes rather than against them. This integrated perspective reflects a deeper understanding of women's whole-body health—one that honors its complexity while supporting everyday wellness through each phase of life.\* 🌱🌿 —By Gina Rivers

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