

Hormone Balance Test for Women



**PRESCRIBED BY DOCTORS
RECOMMENDED BY PHARMACISTS™**

To maintain correct hormone balance, all women should take an omega 3 & 6 oil supplement. **Sol-Oil™** is a combination of both of these omega 3 & 6 oils. Take 1-2 capsules twice daily. It is also important to get enough calcium and magnesium. SOLAL's **Bio-CalMag™** contains both of these minerals, in the most absorbable and effective glycinate forms. Take 2 capsules twice daily. Both **Sol-Oil™** and **Bio-CalMag™** should be taken after meals.

Then, **in addition to these**, to get a better idea of your hormone status, it is important to identify and classify your symptoms. The following test will help you identify any hormone imbalances, and what additional nutraceutical supplements to take, to restore balance and alleviate symptoms.

Rate the following symptoms from 0-3: ▶▶

- 0 = does not occur;
- 1 = slight or occasional occurrence;
- 2 = moderate or common occurrence;
- 3 = severe and frequent occurrence

Interpreting your scores:

If you scored 8-21 points in any individual section, you most probably already have an established hormone imbalance in that area. If you scored 4-7 points in any section, your hormones may be headed towards imbalance. In either case you can help reverse the condition or trend with non-prescription nutraceutical supplementation and bio-identical Hormone Replacement Therapy (HRT). Below is the list of each hormonal imbalance, and what to take to correct it.

NOTE: Products may be combined if you have a hormone imbalance in more than one area.

Key:	What you need to take:
A Estrogen deficiency	Hormone Balance™ Natural HRT
B Estrogen dominance with progesterone deficiency	Progesterone Cream (Natural/Bio-identical)
C High blood sugar with insulin resistance	Glucose Regulating and Diabetes Formula
D Adrenal fatigue	Burnout™
E Low metabolism and subclinical hypothyroidism	Thyroid Support Formula
F Testosterone deficiency	Bio-identical HRT (<i>on prescription only</i>)
G Human growth hormone deficiency	HGH Advanced™

Note: none of the above products require a prescription, except Bio-Identical HRT (speak to your doctor or phone SOLAL Technologies for further advice about bio-identical HRT).



Symptoms	Severity (0-3)
A	
Hot flushes	
Night sweats	
Vaginal dryness	
Increased forgetfulness	
Foggy thinking	
Tearfulness	
Mood swings	
B	
Tender breasts	
Menstrual bleeding changes	
Uterine fibroids or ovarian cysts	
Water retention or bloating	
Depression	
Anxiety	
Moodiness	
C	
Acne	
Unwanted hair growth	
Scalp hair loss	
Increased sweating	
Short tempered	
High blood sugar (symptoms: frequent thirst, tiredness, increased urination, change in vision & yeast infections)	
Weight gain around middle	
D	
Morning fatigue	
Stress	
Difficulty sleeping	
Diminishing stamina	
Irritability	
Extreme alarm/startle response	
Sugar cravings	
Cold hands and feet	
Frequent low level headaches & slight feeling of nausea	
E	
Dizzy spells	
High cholesterol	
Constipation	
Brittle and breaking nails	
Dry skin	
Hair dryness, breakage, loss	
Swelling of eyes and face	
F	
Decreased sweating	
Decreased libido	
Allergy	
Decreased muscle size & strength	
Aches and pains	
Bone loss	
G	
Fibromyalgia	
Rapid aging	
Thinning skin	
Hearing loss	
Fatigue	
Joint and muscle pain	
Overall lack of vitality	

WHY SOLAL TECHNOLOGIES? Read the "Why SOLAL" section on each label to find out what makes each SOLAL product better than competitors.

Available from Doctors, Leading Pharmacies, Dis-Chem Pharmacies, Health Stores or from SOLAL Technologies.

www.solaltech.com

Visit our website for free downloads, comprehensive product information, booklet guide and chart, price list and to watch a free online video on how to use nutraceutical supplements safely and effectively

Tel: 011 783 3939

Fax: 011 783 3399

email: solal@solaltech.com

South African Pharmacy Council reg nr Y52793

SOLAL
TECHNOLOGIES
ANTI-AGING SPECIALISTS™