

**ABSOLUTELY
DELICIOUS**

TASTES LIKE A
HOT CHOCOLATE

Ora™

HORMONAL BALANCE

REDUCE HORMONAL IMBALANCE • REDUCE STRESS
INCREASE ENERGY • INCREASE SKIN HYDRATION



Features organic
Maca root to support
hormonal balance
and fertility



Features KSM-66®
organic Ashwagandha,
an adaptogen that
helps relieve stress



With organic Shatavari, an
Ayurvedic reproductive
tonic that supports libido
and fertility



With powerful Shilajit
rich in fulvic acid
to enhance energy,
cognition and
endurance



Contains organic
Tremella mushroom
to regenerate skin and
provide skin hydration



With organic Cacao
to support libido
and mood balance



"I'm about finished my second bottle across 2 full cycles and it has definitely made a difference to my energy levels, keeping me more even over the month instead of up and down. It's helped with my mood and anxiety also."

- Katie



"I've gone from struggling to wake up in the morning for the past decade to being wide awake at 6.30am chipper and ready for the day. I feel like a new human, bursting with calm consistent energy."

- Sacha

Size: 150g or 300g oral powder

Dose: 5g in plant-based milk/water once daily

Supply: 1 or 2 month's supply

- ✓ Made with high quality ingredients at clinically-validated, scientific doses
- ✓ Vegan and cruelty-free formulation
- ✓ No added sugar or gluten
- ✓ Seed-to-shelf transparency

NUTRITIONAL INFORMATION SERVING SIZE: 5g			
Average Quantity	per serve	% RDI	per 100g
Energy	77 kJ		1540 kJ
Protein	0.7 g		14.8 g
Fat, total – saturated	0.6 g 0.5 g		12.4 g 10 g
Carbohydrate sugars	2.3 g 0.4 g		45.7 g 8.7 g
Dietary fibre	1 g		20.8 g
Sodium	1 mg		28 mg
Pyridoxine (Vit B6)	8 mg	500%	160 mg
<i>Lactobacillus acidophilus</i>	3 Billion CFU		60 Billion CFU
Organic <i>Lepidium meyenii</i> (Maca)* root powder	1 g		20 g
Organic Green banana resistant starch powder*	500 mg		10 g
Organic Cacao powder*	500 mg		10 g
Organic <i>Asparagus racemosus</i> (Shatavari)* root ext. equiv. dry root	200 mg 1000 mg		4 g 20 g
Organic <i>Withania somnifera</i> (Ashwagandha KSM-66®)* root ext. equiv. dry root	200 mg 2500 mg		4.0 g 50.0 g
Organic Tremella mushroom* fruiting body powder	160 mg		3.2 g
Shilajit extra powder	20 mg		400 mg

KSM-66® is a registered trademark of Ixoreal Biomedical Inc

Find Out More

Ora Hormonal Balance™ contains a synergistic blend of adaptogenic and tonic ingredients which support the body's response to life's stressors, to support healthy hormonal balance, while also providing a good source of Vitamin B6 which contributes to normal hormonal activity, nervous system and psychological function, and the reduction of tiredness and fatigue.

Shilajit - is a natural plant-based substance formed over centuries by the gradual decomposition of certain plants by the action of microorganisms. Shilajit is composed mainly of humic substances and is particularly rich in fulvic acid (a substance with antioxidant, anti-inflammatory, cognitive enhancing and energetic balance restoring properties) which is thought to contribute to shilajit's health and wellbeing effects. Historically shilajit has been consumed by the people of Nepal and North India as part of their diet, with children usually taking it with milk in their breakfast.

Lepidium meyenii - or Maca root has been grown and consumed as a food crop and aphrodisiac in the Peruvian Andes for centuries. Maca root is traditionally used to enhance virility and fertility and to support energy, stamina and endurance.

Asparagus racemosus - the word Shatavari is commonly described as "the woman who acquires 100 husbands". It is a renowned reproductive tonic with a capacity to extend fertility and endurance. In Ayurveda this plant is also referred to as the "Queen of Herbs" as it is thought to encourage love and passion. It is the primary Ayurvedic revitalising herb for females.

Tremella mushroom - has been a staple in Chinese cuisine for centuries. Tremella is rich in dietary fibre, protein, minerals, antioxidants and also high in vitamin D. Tremella has also been traditionally used by Chinese and Japanese herbalists as a potent Qi tonic for thousands of years. It is thought to nourish the lungs, kidneys, heart, brain, stomach, and often taken as a tonic for the immune system. Tremella's polysaccharides have been shown to stimulate the production of the antioxidant enzyme superoxide dismutase (SOD) in the brain and liver. SOD helps to protect and regenerate and prevent wrinkling and sagging of the skin.

Traceable Ingredients

We take pride in selecting only the highest quality ingredients from all over the world and believe in being transparent about the ingredients we use. The ingredients in Ora Hormonal Balance™ are sourced from the following regions of the world:

Ingredient	Organic Certification	Location
Cocoa powder	Conventional grade	Switzerland
Organic <i>Lepidium meyenii</i> (Maca)	USDA, NOP, EU, JAS	Grown and sustainably harvested in the Andean highlands of Peru
Organic Cacao Powder	USDA, EU	Peru
Organic Banana Resistant Starch Powder	ACO, EU, USDA, NOP	Piura region – Peru
Organic <i>Asparagus racemosus</i> (Shatavari)	USDA, EU	India.
Organic (<i>Withania somnifera</i>) KSM-66® Ashwa-	USDA, Canada Organic	Cultivated on farms in the state of Rajasthan in India,
Organic Shilajit	USDA, EU	Wild collected - India
Organic Tremella Mushroom	NOP and EU	Grown on hardwood chips & organic rice, organic rice bran. Qingyuan County, Zhejiang Province - China
<i>Lactobacillus acidophilus</i>	Conventional grade	China
Chocolate flavour	Conventional grade	Switzerland
Organic Coconut milk powder	NSAA	Vietnam
Organic Stevia	Conventional grade	Cultivated on manufacturer owned and controlled farms- China. Extracted in Xián – China
Guar gum	Conventional grade	USA and India
Vitamin B6	Conventional grade	Produced in Shanghai – China at an EU and China GMP certified, CEP and US FDA approved facility

Co-Creating Wellness™

Ora recommends a holistic approach in combination with Hormonal Balance™. Try the following to enhance results:

- Read Lara Briden's 'Hormone Repair Manual'
- Support healthy hormone production with a B-vitamin complex and Magnesium when required
- Consume mineral-rich foods and healthy fats
- Ensure healthy thyroid function
- Maintain healthy weight

Combines Well With

- Ora Profound Sleep™
- Ora Cellular Longevity Complex™



Scan me to learn more about Hormonal Balance™