

Helen Pensanti M.D.

2012 Natural Hormone and Skin Care Catalog



Television and Radio Personality for 26 Years!!!

HOW TO CONTACT US

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Welcome To My Mail Order Catalog 2012

We are now in Our 19th year helping women through the passage of Menopause, Perimenopause, PMS and Osteoporosis! Here you will find plant based supplements as well as Vitamins and Minerals for the Best Of Health!!!

Helen Pensanti M.D. has been recommended by John R. Lee M.D. in all of his books since 1995!

You can write a personal e-mail to Dr. Helen at info@deardrhelen.com



Menopause: Phyto-Progesterone/Phyto-Estrogen Combination Products

Bio-Identical Diosgenin with Red Clover as Phyto-Estrogen
Transdermal Creme

Maintain Good Health during Menopause!!!

May Help Relieve:

- ~ Hot Flashes
- ~ Night Sweats
- ~ Insomnia
- ~ Depression
- ~ Vaginal Dryness
- ~ Low Sex Drive
- ~ Lack of Energy
- ~ Emotional Instability
- ~ Forgetfulness
- ~ Rapid Skin Aging
- ~ Loss of Tone in Breasts
- ~ Fuzzy Thinking



Herbal Phyto-Progesterone with Red Clover as Phyto-Estrogen

Ingredients:

DIOSGENIN (Micronized and Fermented Plant Derived), Wild Yam Extract, Red Clover Extract, Safflower Oil, Aloe Vera, Avocado Oil, Almond Oil, Lecithin, Chamomile Extract, Rheocare, Uniphen, Purified Water. The four estrogens from the Red Clover contain four isoflavones: Genistein, Daidzein, Biochanin and Formononetin. These give off estrogenic activity. Strength: 2 mg phyto estrogen and 33 mg phyto progesterone (Diosgenin) per 1/2 tsp daily dose.

Directions: 1/4 tsp. every twelve hours on inner arms, abdomen or thighs, behind the knees. Use 25 to 27 days per month. Rotate areas of application. For stronger symptoms use all month.

Meets The Standards Recommended by John R. Lee M.D.

BIO-P-E 2 oz Jar Price: \$23.00
BIO-P-E Case 12 / 2 oz Jar Price: \$230.00

OstaDerm™

Transdermal Creme

Phyto-Progesterone/Phyto-Estrogen Combination

Natural Herbal Support for Menopause.



May Help Relieve:

- ~ Hot Flashes
- ~ Night Sweats
- ~ Insomnia
- ~ Depression
- ~ Vaginal Dryness
- ~ Low Sex Drive
- ~ Lack of Energy
- ~ Forgetfulness
- ~ Loss of Tone in Breasts
- ~ Emotional Instability
- ~ Rapid Skin Aging
- ~ Fuzzy Thinking

"I strongly recommend this product for use while weaning off synthetic hormones."

Ingredients: Purified water, Aloe barbadensis leaf juice, Stearic Acid, Dioctyl succinate, Wild Yam Extract: Fermented Plant Derived Progesterone, Cetyl Alcohol, Wheat Germ Glycerides, Tocopherol, Ethylhexylglycerin, Polysorbate 60, Phenoxyethanol, Triethanolamine, Carbomer, Methylisothiazolinone, Soybean, and Licorice Root Extracts

Strength: 1920 mg Phyto-Progesterone (Micronized, Standardized) - in the 2 oz. tube. Using 1/2 tsp per day you will get 65mg Progesterone and 2mg Estrogen daily.

Directions: Apply 1/4 tsp twice a day and rub into the skin. The best places to apply are the inner aspects of the arms and thighs, the face and neck, upper chest, abdomen or behind the knee. Be sure to alternate sites on your body. Use 26-28 days per month. For those of you who get headaches when off 3-4 days, you may continue daily use.

Meets The Standards Recommended by John R. Lee M.D.

#101-A 2 oz. tube Price: \$32.00

Comparison Chart Combination

Phyto-Progesterone with Phyto-Estrogen Products

Name of Product	Product Form	USP Progesterone Per Jar / Tube	Wild Yam Per Jar/Tube	Wild Yam Herb	Phyto-Estrogen Per Jar/Tube	Price
Bio-Identical Phyto-Progesterone w/ Red Clover	Cream 2 oz Jar*	1000 mgs per jar 33mg per 1/2 tsp daily dose.	10%	Trace	40 mg per jar 2 mg per 1/2 tsp daily dose.	\$19.00
Ostaderm	Cream 2 oz Tube	1920 mg converted per tube 65 mg per 1/2 tsp daily dose.	3.5%	Trace	58 mg Bi-Estrogen per tube 2 mg per 1/2 tsp	\$32.00
Ostaderm V	Cream 2 oz Tube	1920 mg converted per tube 65 mg per 1/2 tsp daily dose.	3.5%	Trace	58 mg Bi-Estrogen per tube 2 mg per 1/2 tsp daily dose.	\$32.00
Phyto-B	Oral Caplets (240 per bottle)	1500 mg Converted per bottle 65 mg per 8 caplets daily dose	None	Trace	60 mg Bi-Estrogen per bottle 2 mg per 8 Caplets daily	\$37.00

*Buy 6 Bio-Identical Phyto-Progesterone (Diosgenin) GET 1 free!!!

*Buy 10 Bio-Identical Phyto-Progesterone (Diosgenin) GET 2 free!!!

*Buy 6 Bio-Identical with Red Clover get 1 free

*Buy 10 Bio-Identical with Red Clover get 2 free

Menopause: Phyto-Progesterone/Phyto-Estrogen Combination Products

Phyto-B

Oral Combination Tablets

Oral Herbal Support for Menopause

Oral equivalent of OstaDerm™

Not For Lactose Intolerant!



Don't Like Cremes?

Use These Oral Tablets Instead!

May be inserted vaginally.

May Help Relieve:

- ~ Hot Flashes
- ~ Insomnia
- ~ Vaginal Dryness
- ~ Lack of Energy
- ~ Forgetfulness
- ~ Loss of Tone in Breasts
- ~ Night Sweats
- ~ Depression
- ~ Low Sex Drive
- ~ Emotional Instability
- ~ Rapid Skin Aging
- ~ Fuzzy Thinking

Ingredients: Extracts of Barbosco, dioscorea quat. extract, 75mg fermented plant derived progesterone, soybean, and licorice root extract, fermented plant derived estrogens, crataegus oxycantha, medicago sativa, Camellia Sinensis, avena sativa prunus spp. extract., lactose, lactase. Do not use if allergic to milk products as it may cause nausea or vaginal itching.

Directions: Use 4 tablets twice a day, a total of 8 per day. You may insert the tablets into your vagina. Should not be used by women with a history of breast disease. Choose Osta B-3 instead.

#107

240 Tablets

Price: \$37.00

HOW TO CONTACT US

U.S. Mail: Helen Pensanti M.D.
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info@askdrhelen.com
Internet: www.askdrhelen.com



Estriol Vaginal Suppositories for Vaginal Dryness

Estriol Vaginal Suppositories

1 MG and 2 MG



ESTRIOL IS CONSIDERED TO BE THE FRIENDLY ESTROGEN!!!

COMES IN TWO DIFFERENT STRENGTHS!

14 Suppositories In Each Box!!!

Research shows Estriol may be used for a wide array of anti-aging and hormone therapy applications, including vaginal dryness, vaginal atrophy and urinary frequency. These problems are experienced during perimenopause, menopause, and other periods of estrogen decline. Estriol has a very robust local effect on the many estrogen receptors in tissues surrounding the vaginal area. This can be useful in reducing vaginal dryness and also thickening skin and mucosa in that area in a matter of a few days or weeks.

USING THESE SUPPOSITORES PUTS THE ESTRIOL DIRECTLY IN CONTACT WITH THE VAGINAL TISSUES. Studies show estriol also lowers vaginal pH, promoting a healthy environment for the growth of protective flora, which may then also help prevent urinary tract infections.

Ingredients: Estriol 1mg and 2 mg in individually prepared suppositories, Whipped Cocoa Butter and Beeswax, and Vitamin E.

Directions: Use one suppository nightly for 3 weeks. The second three weeks use every other night. After that use twice or three times a week to maintain healthy vaginal tissue. 12 suppositories per box.

HOW TO USE ESTRIOL VAGINAL SUPPOSITORIES with Vaginal Dryness Kit;

First Three Weeks: Use OstaDerm-V AM and PM daily. Use Estriol Vaginal Suppository at bedtime, and use Vital Vulva on the outside vulvar area.

Second Three Weeks: Use OstaDerm-V AM and PM daily. Use Estriol Vaginal Suppositories every other night at bedtime, and use Vital Vulva on the outside vulvar area. Use Vital Vulva inside the vagina at bedtime on nights you don't use a suppository.

Third Three Weeks: Use OstaDerm-V AM and PM daily. Use Estriol Vaginal Suppositories twice a week at bedtime for maintenance of healthy vagina, and use Vital Vulva on the outside vulvar area on those nights.. Use Vital Vulva inside vagina at bedtime on nights you don't use the Estriol suppository.

#EVS1 1 MG Price: \$15.00 (14 Suppositories Per Box)

#EVS2 2 MG Price: \$20.00 (14 Suppositories Per Box)

Estriol is used in many vaginal creams, especially in Europe.

Estriol has been shown in numerous studies to be very effective in treating vaginal dryness when inserted vaginally.

Vaginal Dryness

Ostaderm V

Vulvar & Vaginal Combination Cream

May Help Relieve:

- ~ Hot Flashes
- ~ Night Sweats
- ~ Insomnia
- ~ Depression
- ~ Vaginal Dryness
- ~ Low Sex Drive
- ~ Lack of Energy
- ~ Emotional Instability
- ~ Forgetfulness
- ~ Rapid Skin Aging
- ~ Loss of Tone in Breasts
- ~ Fuzzy Thinking



Having Problems with Painful Sexual Intercourse caused by Vaginal Dryness?

Ostaderm V Is Excellent for Maintaining Vaginal Health

This contains both Phyto-Progesterone and Phyto-Estrogen.

Ingredients: Purified water, Aloe barbadensis leaf juice, Stearic Acid, Dioctyl succinate, Wild Yam Extract: Fermented Plant Derived Progesterone, Cetyl Alcohol, Wheat Germ Glycerides, Tocopherol, Ethylhexylglycerin, Polysorbate 60, Phenoxyethanol, Triethanolamine, Carbomer, Methylisothiazolinone, Soybean, and Licorice Root Extracts

Strength: 1920 mg Phyto-Progesterone (Micronized, Standardized) - in the 2 oz. tube. Using 1/2 tsp per day you will get 65mg Progesterone and 2mg Estrogen daily.

Directions: Apply 1/4 tsp twice a day and rub into the skin. The best places to apply are the inner aspects of the arms and thighs, the face and neck, upper chest, abdomen or behind the knee. Be sure to alternate sites on your body. Use 26-28 days per month. For those of you who get headaches when off 3-4 days, you may continue daily use.

Can Be Used On Vulva Or Slightly In Vagina

Meets The Standards Recommended by John R. Lee M.D.

#103

2 oz. tube

Price: \$32.00

Vital Vulva

Vulvar Salve

Support for dry vulvar area



When we experience hormone imbalance (Menopause or Peri-Menopause) the delicate skin of the vulva area can become thin, dry and irritated. This soothing salve can help protect this very sensitive area. May help relieve painful vaginal dryness and support the thickening of vaginal tissue.

Now comes in Scent Free version!

It is wonderful as a lubricant and safe for use during intercourse.

Ingredients: Wild yam, vitex and comfrey infused organic olive oil, organic coconut oil, vitamin E, beeswax, essential oils and flower essences.

Directions: Apply liberally, externally or internally to dry thinning vaginal tissue. Keep out of direct sunlight. Remove lid liner after opening.

#233-SF

2 oz. jar

Price: \$24.00

Menopause/Peri-Menopause/PMS Progesterone Only Products

Bio-Identical™ Phyto Progesterone (Diosgenin)

Transdermal Creme



May Help Relieve PMS Symptoms Such As:

- ~ Anxiety
- ~ Depression
- ~ Swollen Breasts
- ~ Fuzzy Thinking
- ~ Mood Swings
- ~ Low Libido
- ~ Irritability
- ~ Food Cravings

May Help Relieve Menopausal or Peri-Menopausal Symptoms Such As:

- ~ Hot Flashes
- ~ Emotional Instability
- ~ Depression
- ~ Loss of Tone in Breasts
- ~ Lack of Energy
- ~ Insomnia
- ~ Rapid Skin Aging
- ~ Low Sex Drive
- ~ Night Sweats
- ~ Forgetfulness
- ~ Vaginal Dryness
- ~ Fuzzy Thinking

Ingredients:

Progesterone (botanical plant name Diosgenin), Safflower Oil, Wild Yam Extract, Aloe Vera, Avocado Oil, Almond Oil, Lecithin, Chamomile Extract, Rheocare, Uniphen, Purified water, NO PARABENS!!!!

DIRECTIONS: PMS & Peri-Menopause: Use day 12-26 of your cycle. Count the first day of your period as Day 1. Then apply 1/4 tsp. twice daily on inner arms, abdomen, thighs, face or neck. Menopause: Apply 1/4 tsp. twice daily. Use 28 days per month. For stronger symptoms, use 30 days per month.

Meets The Standards Recommended by John R. Lee M.D.

#BIO-P

2 oz. Jar

Price: \$21.00

#BIO-P Case

12 / 2 oz. Jars

Price: \$210.00

Progonol™

Transdermal Creme

Progesterone Only

May Help Relieve PMS Symptoms Such As:

- ~ Anxiety
- ~ Depression
- ~ Swollen Breasts
- ~ Fuzzy Thinking
- ~ Mood Swings
- ~ Low Libido
- ~ Irritability
- ~ Food Cravings

May Help Relieve Menopausal or Peri-Menopausal Symptoms Such As:

- ~ Hot Flashes
- ~ Insomnia
- ~ Vaginal Dryness
- ~ Lack of Energy
- ~ Forgetfulness
- ~ Loss of Tone in Breasts
- ~ Night Sweats
- ~ Depression
- ~ Low Sex Drive
- ~ Emotional Instability
- ~ Rapid Skin Aging
- ~ Fuzzy Thinking

Meets The Standards Recommended by John R. Lee M.D.



Ingredients: Purified water, Aloe Barbadensis Leaf Juice, Stearic Acid, Dioctyl Succinate, Wild Yam Extract: Fermented Plant Derived Progesterone, Cetyl Alcohol, Wheat Germ Glycerides, Tocopherol, Ethylhexylglycerin, Polysorbate-60, Phenoxyethanol, Triethanolamine, Carbomer, Methyisothiazolinone.

DIRECTIONS: PMS & Peri-Menopause: Use day 12-26 of your cycle. Count the first day of your period as Day 1. Then apply 1/4 tsp. every twelve hours on inner arms, abdomen, thighs, face or neck. Menopause: Apply 1/4 tsp. twice daily. Use 28 days per month. For stronger symptoms, use 30 days per month.

#104-A

2 oz. Tube

Price: \$28.00

Menopause/Peri-Menopause/PMS Progesterone Only Products

BIO-IDENTICAL PHYTO-PROGESTERONE SUBLINGUAL DROPS

NEW!!!! Bio-Identical Phyto-Progesterone Drops
!!! This sublingual way to absorb the phyto-progesterone you need will be a good choice for all of you that don't like to rub on creams. Quick absorption via the mucosa of the mouth.



Meets The Standards Recommended by John R. Lee M.D.

Ingredients: Phyto-progesterone, micronized, fermented standardized, Vitamin B-12, Vitamin B-6, Citric Acid, Agave syrup, Potassium sorbate, Sodium Benzoate, Xanthan gum.

Directions for PMS and PeriMenopause=1 dropper full every 12 hours on Day 12-26 of Menstrual cycle.

Directions for Menopause= 1 dropper full every 12 hours everyday.

BIO-P-DROPS **2 .oz** **Price: \$18.00**

Progon-B™

Pellets

Progesterone Only



Try Our Progon-B Nutritional Herbal Phyto-Progesterone oral pellets to maintain good health during Menopause, Peri-Menopause and PMS

May Help Relieve Menopausal/Peri-Menopausal Symptoms Such As

- ~ Hot Flashes ~ Lack of Energy ~ Night Sweats ~ Emotional Instability ~ Insomnia ~ Forgetfulness
- ~ Depression ~ Rapid Skin Aging ~ Vaginal Dryness ~ Tone Loss in Breasts ~ Low Sex Drive ~ Fuzzy Thinking

May Help Relieve PMS Symptoms Such As:

- ~ Anxiety ~ Fuzzy Thinking ~ Irritability ~ Depression ~ Mood Swings ~ Food Cravings ~ Swollen Breasts ~ Low Libido

Oral Equivalent of Progonol!

Do Not Use If Lactose Intolerant!

Ingredients: Barbaco Extract, Dioscorea quatuorlobata Extract, Fermented Plant Derived Progesterone, Crataegus Oxycantha, Medicago Sativa, Avena Sativa, Prunus Spp. Other Ingredients: Lactase and Lactose.

Directions for PMS and Perimenopause: Use 4 tablets twice a day, a total of 8 per day. You may insert the tablets into your vagina. Day 12 Through 26 of cycle.

Directions for Menopause: Use 4 tablets twice a day, a total of 8 per day. You may insert the tablets into your vagina.

Meets The Standards Recommended by John R. Lee M.D.

#105

240 Pellets

Price: \$32.00

Comparison Chart

Phyto-Progesterone (Diosgenin) Products

Name of Product	Product Form	Diosgenin (Progesterone) Per Jar / Tube	Wild Yam Per Jar/Tube	Wild Yam Herb per Jar/Tube	Phyto-Estrogen Per Jar/Tube	Price
Bio-Identical Phyto-Progesterone (BIO-P)	Creme* 2 oz Jar	1000 mgs per jar 33 mg per 1/2 tsp daily dose.	Trace	Trace	NONE	\$21.00
Progonol	Creme 2 oz Tube	1800 mg per tube 65 mg per 1/2 tsp daily dose	Trace	Trace	NONE	\$28.00
ProgonB	Oral Caplets 240 per bottle	1500 mg converted per jar 100 mg per 8 caplets daily dose	Trace	Trace	NONE	\$32.00
Phyto-Progesterone Sublingual Drops	Liquid	1000 mgs per bottle/33 mgs per whole drop-per full dose	Trace	Traces	NONE	\$18.00

*Buy 6 Bioidentical Phyto-Progesterone GET 1 free!!!

*Buy 10 Bioidentical Phyto-Progesterone GET 2 free!!!



Isocort™

Nutritional Support for Adrenal Glands

Stressed? Need Energy?

Nutritional Support For Adrenal Fatigue!!!

Excellent for maintaining health! If you are unable to sustain what little energy you have you might have adrenal fatigue.



Testimonial

I want to take this opportunity to thank you for responding to my email message two weeks ago. I thank the Lord for you because He used you as a vessel to bring healing to my body. The doctors here do not show concern. I had been bleeding after taking Depo-Provera shots since January 14 th, and they gave me Provera to induce a cycle to stop the bleeding. It did not work. I wrote you two weeks ago, received the Progesterone and Isocort, and started taking it last Monday. Praise God, the bleeding stopped on Saturday. Thank God and thank you! May the blessings of the Lord be upon you now and forever!

E. , GA

Ingredients: Freeze-dried Adrenal Cortex from sheep (soluble fractionation), Echinacea Extract, Prunus spp. and Lomatium Dissectum Root. Lactose and Lactase. NOT FOR LACTOSE INTOLERANT!

Directions: Take 1-2 pellets, 3 to 4 times daily; never more than 8 pellets daily. Can be increased if needed. Take with meals.

#109

240 Pellets

Price: \$29.00

Beta Glucan



Broad Spectrum Anti-Oxidant! Finest quality! Superior Formula!

Good For: Asthma, Allergies, Anemia, Impaired Immunity. Professional and Amateur Athletes, also those with a high risk of atherosclerosis, high cholesterol and plaque formation on the arterial walls.

A remarkable polysaccharide compound. Beta, 1,3 glucan. Nutritional Support for detoxification process.

Nutritional Support for normal aging of immune system.

Feeling Exhausted? Try Beta Glucan!
You will love the energy and feeling of well-being!

Helps Make Red Blood Cells!

Great Support For Anemia!!!

Ingredients: Beta 1, 3, glucan, micronized. (10 mg.)

Directions: 1-2 per day.

#BG

10 MG.

Price: \$20.00

Bone Health

Strontium Oral Capsules



Strontium is a trace mineral. The 15th most common mineral from the earth. It supports the function of Osteoblasts the cells that build new bone. Discovered in 1798, it wasn't until 1952 that studies were done showing an increase in bone density when used in conjunction with Calcium. Then in 1959 the world famous Mayo Clinic also confirmed bone strength with the use of Strontium added with calcium. Dr. Pensanti recommends that you do not swallow Strontium at the same time you swallow your Calcium as they compete with each other. **SWALLOW THEM AT LEAST 3 HOURS APART.**

*** Please note this is not Strontium 90 ,a radioactive material, nor is it Strontium Ranelate, a synthetic Strontium that causes blood clots....this is a mineral from the dust of the earth. Pure and natural!!!!**

Ingredients: Strontium citrate 1000 mgs

Directions: Take one capsule at breakfast. Wait three hours before taking calcium

#ST

100 capsules per bottle

Price: \$32.00

Osteo Support Oral Tablets

Get Serious About Your Bones!
This has everything but the kitchen sink.



Ingredients:

Calcium Citrate Ascorbate Complex 800 mg, Magnesium Aspartate Ascorbate Complex 400 mg, Ascorbic Acid (Corn Free), Cellulose Manganese Aspartate Complex, Zinc Aspartate Complex 20 mg, Manganese Aspartate Complex 15 mg, Niacinamide, Lemon Bioflavonoids, Hesperidin, Dong Quai, Licorice, Black Cohosh, Fennel, Bromelain, Selenium 200 mcg, Thiamine 50 mg, PABA (Para-Aminobenzoic Acid), Betaine HCl/Glutamic Acid HCl, Choline Citrate/Bitartrate, Biotin 300 mcg, Inositol, Pyridoxine HCl/Pyridoxal-5 Phosphate, Riboflavin 25 mg, Niacin 120 mg, Rutin, Copper 2 mg, Amino Acid Chelate, Boron Aspartate/Citrate, Kelp, Vitamin A 20,000 I.U., Vitamin C 1000 mgs, Vitamin D-3 50 I.U., Vitamin E 200 I.U. (Palmitate), Vitamin B-12 100 mcg (On Ion Exchange Resin), Molybdenum 50 mcg, Vitamin K 150 mcg, Proanthocyanidins, N-Acetyl-L-Cysteine/L-Cysteine HCl, L-Methionine, Vanadium, Folate 800 mcg, Magnesium Stearate (Vegetable Source), Silica, Chromium 200 mcg (Organically Bound with GTF Activity-Low Allergenicity), Folic Acid, Strontium Aspartate, Vitamin B-6 25 mg, Pantothenic Acid 150 mg, Potassium 75 mg

Osteo Support also contains

~ Hesperin

~ Rutin

~Proanthocyanidins from red wine grapes "bioflavonoid complex" supports joints and connective tissues.

~Bromelain from pineapples is a proteolytic enzyme which lessens bone degeneration.

Note:

This cannot be used by people on Coumadin.

Can be used as your daily Multi-Vitamin!

Directions: As a dietary supplement, adults take 4 capsules daily or as directed by a physician. This product is best taken with meals. This product contains Vitamin K, which interferes with prescription drugs Coumadin and Warfarin. Do not take this product if taking either of these drugs.

#421

120 tablets

Price: \$30.00

Brain Health/Memory Support/Pre-Alzheimer's Support

Vitamind



VITAMIND IS A COMBINATION OF VITAMINS AND SUPPLEMENTS TO ENHANCE MEMORY.

Ingredients: Phosphatidylserine 200 mg; Acetyl-L- Carnitine 100 mg; alpha Lipoic Acid R form 60 mg; Resveratrol 60 mg; Vinpocetine 10mg; Vitamin B-6 5 mg; Folic Acid 3 mg; Biotin 3 mg; Vitamin B-12 300 mcg; WOW!!!! I love all these vitamins and supplements...and to think we have them all in one capsules is great!!!! \$27.00 for 60 capsules!

Directions: Can start with one a day and increase to 3 a day as tolerated.

#VM

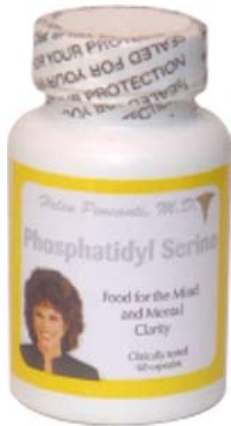
60 Capsules

Price: \$32.00

Phosphatidylserine™

Nutrition for the Brain

Testimonial



May help short term memory!!!

Good for maintaining brain health in adults age fifty or older. May help those with age-related decline in mental function such as memory loss.

Ours is of the finest quality.

Ingredients: 100 mg. Phosphatidylserine

Directions: 1 capsule daily. For M.S. 300 mg a day.

#PS

60 Capsules

Price: \$20.00

"I heard you discussing this on "Doctor to Doctor" and purchased a bottle. It really works"

H.P. Atlanta, GA

Doctor's Note

Phosphatidylserine (PS) belongs to a special category of fat-soluble substances called phospholipids. Phospholipids are essential components of cell membranes. Phosphatidylserine (PS) is found in high concentration in the brain. It crosses the blood brain barrier into the brain and feeds the cells.

Vinpocetine 20 Mg



Vinpocetine is derived from the Periwinkle Plant. According to my dear friend and researcher Ray Sahelian M.D., there have been quite a few studies with Vinpocetine.

Dementia Researchers at the University of Surrey in Guildford, England administered Vinpocetine to patients suffering from mild to moderate dementia (Hindmarch 1991). In a double blind clinical trial, Vinpocetine was shown to offer significant improvement in elderly patients with chronic cerebral dysfunction.

Ingredients: Each capsule contains 20 mg Vinpocetine

Directions: Take one capsule once daily with water. Take with or without food.

#VIN

60 Capsules

Price: \$20.00

Digestive Health and Colon Cleanse

Aloe Vera Capsules

Freeze Dried Whole Leaf



Helen Pensanti M.D.'s Aloe Vera Freeze Dried Capsules

Nutritionally Supports the Immune System

A formula you can trust!

Don't waste your money on cheap substitutes!

AT LAST! Dr. Pensanti's Freeze Dried Aloe Vera Capsules are the most potent form of Aloe Vera ever! Take advantage of the latest innovation in Aloe Vera processing: the freeze-dried process. The freeze dried process retains the

highest concentrations of polysaccharides from the whole leaves of the Barbados Miller plant. The benefits of capsules are: no preservatives, no need for refrigeration, convenient for travel, easy to swallow, no leaky bottles and the highest potency per ounce. 150-200 milligrams of MPS per cap.

Ingredients: 600 milligrams of whole-leaf freeze dried Aloe Vera

Directions: Take 3 to 6 capsules daily for optimal health.

#555

90 capsules

Price: \$32.00

Aloe's healing properties include:

A natural cleanser

Penetrates tissue

Anesthetizes tissue, relieving pain associated with joints and sore muscles

Bactericidal in high concentration with infectious bacteria - acts as strong antibiotic, destroying bacteria even when diluted

Virucidal when in direct contact for long periods

Fungicidal

Anti-inflammatory

Antipruritic - stops itching

Nutritional - provides vitamins, minerals

Dilates capillaries, increases circulation to area

Breaks down and digests dead tissue

Enhances normal cell proliferation, hastens healing

Moisturizes tissues

Antipyretic - reduces heat of sores

Unlike most drugs, it is extremely safe.



Dr Helen's Daughter Kathryn!!!

Essential Fatty Acids

Borage Oil Plus



1200 Mg Borage Oil!
20% Stronger than Primrose Oil!

The English jousting in the 14th century used "Borage Oil" because they said that it gave them "courage". I recommend it because there is evidence that it helps our plant derived hormones get into the cells. It is also very good for anxiety which is a major problem during PMS, Peri-Menopause and Menopause.

Nutritional Dietary Supplement for dry vagina and bladder linings as well as the skin and hair.

Ingredients: Borage Oil (1200 mg.), Gamma Linolenic Acid (GLA) (240 mg., Linoleic Acid (LA) 431 mg., Oleic Acid (OA) 228 mg., Stearic Acid (52 mg), Hexadecenoic Acid (2 mg), Palmitic Acid (133 mg.), Icosenoic Acid (52 mg.), Docosenoic Acid (32 mg.), Tetracosenoic Acid (19 mg.) Encapsulated and sealed in a one-piece softgel.

Directions: Start with one daily and increase to 3-4 if needed.

112B

60 Capsules

Price: \$20.00

Omega 3-6-9



You've heard all about it!

Here it is - Your 3 essential fatty acids all in one capsule! Super Formula !!
Must be supplemented, your body can't make them!

Contains all the essential fatty acids necessary for optimum health. The plant oils are grown under organic conditions and certified free of pesticides and chemicals. No preservatives, sugar, starch, flavors, salt or colors added.

Ingredients: Each 3 softgels contain: Borage Oil 1200mg, Fish Oil 1200mg, Flaxseed Oil (organic) 1220mg. With Gamma Linolenic Acid 288mg, EPA/DHA (Omega-3 Fatty Acids) 360mg, Linolenic Acid 800mg.

Directions: Take three softgels daily.

369

60 Softgels

Price: \$20.00

Hair Health

Hair Health™

Nutritional Support for Hair



Customer Favorite!

Rave Reviews from Our Customers!

Kids can use it too!

HAIR HEALTH contains "Silica," the Miracle Nutrient, in a base of essential fatty acids. Contains a balanced variety of vitamins and minerals. Excellent for maintaining healthy hair.

Silica may be used as nutritional support during hair loss and during the regrowth phase.

Ingredients: Vitamin A (5000 IU), Vitamin B1 (3 mg.), Vitamin B2 (34 mg.), Vitamin B12 (100 mcg.), Niacin (20 mg.), Pantothenic Acid (50 mg.), Folic Acid (400 mcg.), Manganese 10 mg, Silica 20 mg, Iodine (Kelp) 3 mg, Zinc (Gluconate) 30 mg, Biotin 200 mcg, Choline Chloride 250 mcg, Inositol 50 mg, PABA 20 mg, Chromium (Picolinate) 20 mg,

Free of: Yeast, Corn, Milk, Egg, Glutens, Sugar, Starch, Artificial Colors or Preservatives.

Directions: Take one tablet with morning meal and one tablet with evening meal.

#111

60 Tablets

Price: \$18.00

**Dr Helen's Son
Ben!!!**



Sexual Fitness

Testosterone Cream for Men



Testosterone Cream for Men!!!!

Water, Mucuna Pruriens Seed Extract, Muira Puama Extract, Turnera Diffusa (Damiana) Leaf Extract, Tribulus Terrestris Extract, Serenoa repens (Saw Palmetto) Fruit Extract, Coco Caprylate/Caprate, Cetearyl Glucoside and Cetearyl Alcohol, Carthamus Tinctorius (Safflower) Oil,

Testosterone, Somatropin (HGH), IGF-1 Pituitary Extract, Dehydroepiandrosterone (DHEA), Liposome Carrier System, Beta Sitosterol, Diindolymethane, Polyacrylamide and C13-14 Isoparaffin and Laureth-7, Potassium Sorbate, Phenoxyethanol, DMDM Hydantoin, Diazolidinyl Urea.

Apply 1/2 teaspoon of crème or two pumps of our airless pump applicator on upper body daily for 21 days. Stop for 1 week. Start again for 21 days. Stop for 1 week. Start again for 21 days. This is referred to as "cycling". About 1 hour before exercise or sexual activity, apply 2 teaspoon on the body. Not to be used as a lubricant. Apply to skin with the least amount of hair. Choose skin areas that are relatively thin and well supplied with capillary blood flow, such as upper chest, neck, inner arms and inner thigh areas.

#TC-Men

2oz Airless Pump Bottle

Price: \$30.00

Testosterone Cream for Women



Testosterone Cream for Women!!!!

Damiana Extyract, Tribulus Terrestris Extract, Saw Palmetto Extract, Coco Caprylate/Caprate, Cetearyl Glucoside and Cetearyl Alcohol, Carthamus Tinctorius (Safflower) Oil, Testosterone, Somatropin (HGH), IGF-1 30x

Pituitary Extract, Liposome Carrier System, Dehydroepiandrosterone (DHEA), Chrysin, Polyacrylamide and C13-14 Isoparaffin and Laureth-7, DMDM Hydantoin, Diazolidinyl Urea.

Apply 1/2 teaspoon crème or two pumps of our airless pump applicator on upper body daily for 21 days. Stop for 1 week. Start again for 21 days. Stop for 1 week. Start again for 21 days. This is referred to as "cycling". About 1 hour before exercise or sexual activity, apply 1 or 2 teaspoons. Not to be used as a lubricant. Apply to skin with the least amount of hair. Choose skin areas that are relatively thin and well supplied with capillary blood flow, such as upper chest, neck, inner arms and inner thigh areas.

#TC-Women

2oz Airless Pump Bottle

Price: \$30.00

Pregnenolone™

FOR WOMEN ONLY!

May Increase Sexual Energy!!!



PREGNENOLONE 5% sublingual drops: May increase sexual desire, may increase production of hormones, may help against depression, may reduce age related stress, may activate immune cells. Pregnenolone serves as a precursor to other hormones, including dehydroepiandrosterone (DHEA) and progesterone.

Traditional & Current Uses: Pregnenolone is a powerful hormone precursor produced from cholesterol in our adrenal glands, liver, skin, testicles, ovaries and brain. In clinical studies, Pregnenolone was helpful in reducing stress and fatigue. It was also reported to have broad beneficial potential for joint and tissue function and to contribute to skin elasticity. Additional studies have shown that Pregnenolone inhibits the GABA receptors in brain cells, which may result in increased mental alertness and NMDA (N-methyl-D-aspartate) receptors, which influence learning and memory.

Low Sex Drive?
The Blues?
Try Pregnenolone!

Ingredients: 5 mg of Pregnenolone per drop

Directions: One drop under the tongue every 12 hours. You may use up to 4-5 times daily or as recommended by your healthcare provider.

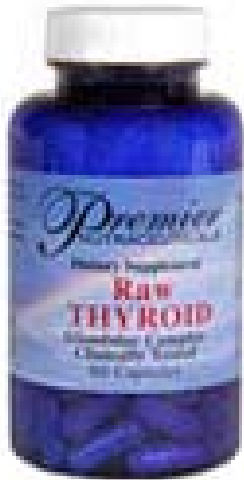
#PREG

5% sublingual drops 1 ounce

Price: \$25.00

Thyroid

Raw Thyroid



Glands are enormously powerful organs. They orchestrate physical development, set the pace of metabolism, determine the strength of the sex drive, maintain acid and mineral balance, and promote immunity, among other functions. They do this by producing hormones - specific chemical agents that act as messengers between organs. Science has discovered dozens of different hormones: no doubt others remain to be found.

Natural whole tissue concentrates from organically raised New Zealand bovine, specially processed to preserve all naturally occurring nutrients. No growth hormones, antibiotics or chemical additives are used on the animals, and the grasslands are free of pesticides. This special sustained-release formulation ensures maximum intestinal availability.

Ingredients: Thyroid Tissue 50 mg, Adrenal Tissue 20 mg, Pituitary Tissue 10 mg, Thymus Tissue 5 mg, Spleen Tissue 5 mg, Kelp 300 mg

Directions: As a dietary supplement take one or more capsules daily, or as directed by a physician.

#RT

60 Capsules

Unit Price: \$32.00



Dr. Helen's
daughter Sasha.

Visit her website at
www.happentolikeny.com

HEAR SASHA SING!!!

Go to this link.

<http://www.askdrhelen.com/about.html>

Scroll to bottom of web page and click on button to hear Sasha Sing!!!!

PROBLEMS WITH VAGINAL DRYNESS OR VULVAR DRYNESS AND IRRITATION????

1. OSTADERM V
2. VITAL VULVA
3. ESTRIOL VAGINAL SUPPOSITORIES

A diet low in oxalate salts has been suggested as treatment for women who experience unexplained vulval pain. The association of oxalates and vulval pain was highlighted in an article in an American medical journal in 1991 where a woman with vulvodynia was found to have abnormally high levels of oxalate in her urine. She was treated with a combination of a low-oxalate diet and given calcium citrate which removes the oxalate from the body. Vulvodynia is defined as long-standing vulval discomfort or pain, particularly that characterized by burning, stinging, irritation or rawness of the vulval area. Vaginal dryness is characterized by irritation, painful intercourse, and burning with urination.

CHOOSE FOODS LOW IN OXALATE

These are High In Oxalate *Foods to Avoid*

• Beans in tomato sauce • Beer • Beets • Blackberries • Black and red raspberries • Blueberries • Celery • Chard • Chocolate • Cocoa • Coffee powder (Nescafe) • Collards • Concord grapes • Crackers made from soy flour • Currants • Dandelion greens • Eggplant • Escarole • Fruit cake • Fruit salad (canned) • Green bell pepper • Grits (white corn) • Juices containing berries • Kale • Leeks • Lemon and lime peel • Nuts (especially peanuts and pecans) • Okra • Ovaltine • Parsley • Pokeweed • Rhubarb • Rutabagas • Spinach • Strawberries • Summer Squash • Sweet Potatoes • Tea • Tofu • Tomato soup • Wheat germ

These are Moderately High In Oxalate

• Apple • Apricots • Asparagus • Bottled beer (12 oz. [360 ml] limit/day) • Broccoli • Carrots • Chicken noodle soup (dried) • Coffee (8 oz. [240 ml]) • Cola beverage (12 oz. [360 ml] limit per day) • Corn • Cornbread • Cucumber • Lettuce • Lima beans • Marmalade • Oranges • Orange juice (4 oz. [120 ml]) • Parsnips • Peaches • Pears (canned) • Pepper (greater than 1 tsp. [2 grams] per day) • Pineapple • Plums • Prunes • Sardines • Soy products (most) • Sponge cake • Tomatoes • Tomato juice (4 oz. [120 ml]) • Turnip • Watercress

These are Low In Oxalate *Foods to Choose*

• Apple juice • Avocado • Bacon • Bananas • Beef (lean) • Bing cherries • Brussels sprouts • Cabbage • Cauliflower • Cheese • Eggs • Grapefruit • Green grapes • Jellies • Lamb (lean) • Lemonade or limeaid (without peel) • Melons • Milk • Mushrooms • Pork (lean) • Poultry • Preserves • Nectarines • Noodles • Oatmeal • Oils • Onions • Peas (fresh) • Plums • Radishes • Rice • Salad dressing • Seafood • Spaghetti • White bread • Wine • Yogurt

Vaginal Dryness

Ostaderm V



Choose this product if you have these symptoms: hot flashes, night sweats, insomnia, vaginal dryness, low sex drive, emotional instability, lack of energy, depression, rapid skin aging, lost of tone in breasts and forgetfulness or "fuzzy" thinking, especially if your symptoms are severe. "I strongly recommend this product or Ostaderm while weaning off synthetic hormones."

Ingredients: Dioscorea from Wild Mexican Yam, Micronized, Standardized Progesterone Chemically Identical To That Excreted From Our Female Ovaries . This is a Bi-Estrogen product divided as 20% E2 and 80% E3 from Soybeans. Ingredients: Deionized Water, Aloe Extract, Stearic Acid, Dioctyl Succinate, Wild Yam Extract, Triethanolamine, Wheat Germ Glycerides, Carbomer-940, Diazonlidinyl Urea, Wild Yam, Soybean and Licorice Root Extracts, , Polysorbate-60, Fragrance. Strength:1920 mg Phyto-Progesterone Micronized, Standardized - in the 2 oz. tube. Using 1/2 tsp per day you will get 65mg Progesterone and 2mg Estrogen

Directions: Apply 1/4 tsp twice or three times a day directly onto your vulvar area or directly into your vagina. Use 26-28 days per month. For those of you who get headaches when off 3-4 days, you may continue daily use.

#103

2oz

Price: \$32.00

Vital Vulva



THIS NATURAL SALVE WILL HELP HEAL and soothe YOUR DRY VULVAR TISSUES AND CAN BE INSERTED INTO YOUR VAGINA FOR PAIN AND DRYNESS. Excellent lubricate and hormone free for Intercourse. Wild Yam not with diosgenin hormone free and comfy salve designed to relieve and heal vaginal dryness and thicken and soothe vaginal tissues

Now comes in scent free!!!

Ingredients: Wild Yam, Vitex and comfrey in olive oil, coconut oil, beeswax, Vitamin E oil, MSM, grapefruit seed extract, essential oils & flower essence.

Directions: Apply liberally, externally or internally to dry thinning vaginal tissue. This salve is also effective for the sensitive under-eye area.

#233sf (Scent Free)

2oz

Price: \$26.00

Estriol Vaginal Suppositories



Estriol is considered the friendly estrogen!!! Research shows Estriol may turn out to be the best Estrogen for a wide array of anti-aging and hormone therapy applications, including vaginal dryness, vaginal atrophy and urinary frequency. These problems are experienced during perimenopause, menopause, and other periods of estrogen decline. Estriol has a very robust local effect on the many estrogen receptors in these vaginal tissues and can be useful in reducing vaginal dryness and also thickening skin and mucosa in that area in a matter of a few days or weeks. USING THESE SUPPOSITORIES PUTS THE ESTRIOL DIRECTLY IN CONTACT WITH THE VAGINAL TISSUES. ESTRIOL DERIVED FROM A FERMENTED PLANT ESTROGEN WITH WHIPPED COCOA BUTTER, BEES WAX, AND VITAMIN E, GENTLE TO THE THIN VAGINAL TISSUES.

Ingredients: Estriol 1mg and 2 mg in individually prepared suppositories, Whipped Cocoa Butter and Beeswax, and Vitamin E.







Directions: Use one suppository nightly for 3 weeks. The second three weeks use every other night. After that use twice or 3 times a week to maintain healthy tissue.

#EVS1
#EVS2

14 - 1mg Suppositories
14 - 2mg Suppositories

Price: \$15.00
Price: \$20.00

How to Choose the Correct Progesterone Creme

<p>Are you between the ages 18-40? Yes</p>	<p>Are you between the ages 40-48? Yes</p>
<p>Have you ever had a hysterectomy? No</p>	<p>Have you ever had a hysterectomy? No</p>
<p>Do you have any of the symptoms: Irritability, anxiety, depression, mood swings, food cravings, breast tenderness 2 weeks before menses, menstrual cramps. Yes</p>	<p>Do you have any of the symptoms: Irritability, anxiety, depression, mood swings, food cravings, breast tenderness 2 weeks before menses, menstrual cramps. Yes</p>
<p>IF THIS IS YOU, CHOOSE THE FOLLOWING PRODUCT Bio-Identical Phyto-Progesterone</p> 	<p>IF THIS IS YOU, CHOOSE THE FOLLOWING PRODUCT Bio-Identical Phyto-Progesterone</p> 
<p>Are you between the ages 48-55? Yes</p>	<p>Are you between the ages 21-100? Yes</p>
<p>Have you ever had a hysterectomy? No</p>	<p>Have you ever had a hysterectomy? Yes</p>
<p>Do you have any of the symptoms: regular or irregular menses, irritability, anxiety, depression, mood swings, breast tenderness 2 weeks before menses, hot flashes, night sweats, insomnia, vaginal dryness, headaches, fuzzy thinking, short term memory loss, frequent urinal tract infections, dry hair or hair loss, low sex drive? Yes</p>	<p>Do you have any of the symptoms: hot flashes, night sweats, insomnia, vaginal dryness, anxiety, depression, mood swings, forgetfulness, short term memory loss, frequent urinal tract infections, dry hair, hair loss, rapid skin aging, loss of tone in breasts? Yes</p>
<p>IF THIS IS YOU, CHOOSE ONE OF THE FOLLOWING PRODUCTS</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>↓</p> <p>If you are still menstruating and If you need a progesterone only product</p> <p>↓</p> <p>Bio-Identical Phyto-Progesterone</p>  </div> <div style="text-align: center;"> <p>↓</p> <p>If you have stopped menstruating and If you have no history of reproductive cancer</p> <p>↓</p> <p>Bio-Identical With Red Clover</p>  </div> </div>	<p>IF THIS IS YOU, CHOOSE ONE OF THE FOLLOWING PRODUCTS</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>↓</p> <p>If you need a progesterone only product</p> <p>↓</p> <p>Bio-Identical Phyto-Progesterone</p>  </div> <div style="text-align: center;"> <p>↓</p> <p>If you have no history of reproductive cancer</p> <p>↓</p> <p>Bio-Identical With Red Clover</p>  </div> </div>

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Helen Pensanti, M.D.

P.O. Box 7530

Newport Beach, CA 92658

Toll Free: (800) 301-1982

(714) 542 - 8333

(949) 706 - 7740



"I predict that Phyto-Progesterone will be in every American's Medicine Cabinet by the year 2015 , just as Aspirin is in every medicine cabinet today!"

Senior and Widow Discounts Available!!

Senior Discount = 10%

Widow Discount = 20%

www.askdrhelen.com