

Balance: A Women's Hormonal Health Supplement

An overview of a botanical supplement some clients ask us about.

Balance is a dietary supplement formulated around traditional botanicals that have long been used to support women's hormonal wellness. Clients sometimes ask us what it is and what is in it, so we have put together this plain-language overview. It is informational only — it is not a recommendation, and it is not medical advice.

What It Is Marketed to Support

The product is positioned as general support for a regular menstrual cycle and for the body's own hormonal balance during the reproductive years. Marketing language for supplements like this typically references cycle regularity, mood comfort in the days before menstruation, and overall hormonal wellness. These are wellness claims, not treatments for any diagnosed condition.

Key Ingredients

Chaste Tree Berry (*Vitex agnus-castus*)

The signature ingredient in this type of formula. Chaste tree berry, often called Vitex, has a long history of traditional use for menstrual and premenstrual comfort. It is the component most associated with cycle-related support in the herbal literature.

Licorice Root (*Glycyrrhiza*)

A botanical traditionally paired with other herbs in women's formulas. Licorice root is also commonly discussed in the context of adrenal and stress-response support. Note that concentrated licorice can affect blood pressure and potassium levels in some people, which is one reason a provider's input matters before regular use.

Peony (*Paeonia lactiflora*)

Frequently combined with licorice in traditional preparations. Peony root is included in many women's wellness blends and is valued in herbal traditions as a complementary botanical alongside the other ingredients.

Things to Keep in Mind

- Herbal supplements can interact with prescription medications, including hormonal and blood pressure medications.
- If you are pregnant, trying to conceive, or breastfeeding, talk to a healthcare provider before use.
- Individuals with hormone-sensitive conditions or ongoing medical concerns should consult a provider first.
- Supplements are not a substitute for evaluation, diagnosis, or treatment by a qualified professional.

This overview is provided for general educational purposes by Hayat Wellness Center. It is not medical advice and does not diagnose, treat, cure, or prevent any disease. Statements about dietary supplements have not been evaluated by the Food and Drug Administration. Please speak with a licensed healthcare provider before starting any new supplement.