

Balance White Paper

Independent research summary. Written by an independent researcher; not published or reviewed by HealthyHome corporate. It summarizes published research on individual ingredients. Most studies cited tested an ingredient on its own, often at a different dose or in a different form, not the finished HealthyHome product. Not medical advice.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

About this product: Balance is a cream applied to the skin, not a swallowed dietary supplement. Product claims below are limited to HealthyHome's official Balance materials ("Transdermal Hormone Health – promotes healthy hormone balance"). The research described refers to individual ingredients, mostly taken by mouth; Balance itself has not been tested in published clinical trials.

Executive Summary:

Balance (Transdermal Hormone Health for Women): A botanical cream for women, formulated with plant extracts traditionally used during the menstrual cycle and menopause, in a NanoShield® skin-absorbing base. HealthyHome describes Balance as promoting healthy hormone balance.* Balance's formula (Wild Yam, Ashwagandha, Chasteberry (Vitex), Maca, Tongkat Ali, Flaxseed, Red Clover, Soy isoflavones, Blue Tansy, Clary Sage, Rosemary, Black Cohosh, plus a NanoShield carrier blend) contains no hormones – just plant-based ingredients.

Several ingredients have been studied, mostly in oral form, for menopausal comfort, mood and sleep. Results are mixed and Balance itself has not been clinically tested.

Why the Science Matters:

- **Research-Informed Formula:** Balance's ingredients were selected based on published research on individual botanicals. Most studies used oral forms and different doses.
- **Plant-Based Approach:** Balance uses plant extracts and adaptogens traditionally used to support women through hormonal life stages,* with no added hormones.

Areas of Ingredient Research:

The ingredients in Balance have been studied for a range of wellness areas – from menopausal comfort to mood, sleep and energy – summarized below.

Top 5 Research Highlights (ingredient studies):

1. **Menopausal Comfort:** Black cohosh has been studied for menopausal comfort, with generally favorable reviews (NCCIH summary of a 2023 review of 22 studies); evidence for wild yam cream is limited. (Human studies – ingredient, oral)

2. Monthly Cycle Comfort: Chasteberry (Vitex) has been studied for monthly cycle comfort.* (Human studies – ingredient, oral)
3. Healthy Stress Response: Ashwagandha, taken orally, has been studied for supporting a healthy stress response.* (Human studies – ingredient, oral)
4. Sexual Well-Being: Maca has been studied for women's sexual well-being.* (Human study – ingredient, oral)
5. Restful Sleep: Ingredients chosen to support restful sleep* (studied mostly in oral form). (Human studies – ingredient)

(Highlights are based on published ingredient research and customer reports; full references available on request. Labels: "Human study (ingredient)" = a published human study of an individual ingredient; "Lab study" = cell or animal research; "Customer reports" = individual experiences.)

Product Profile:

Balance's formula combines 14 botanical ingredients in a skin-absorbing base. Balance is a cream applied to the skin, formulated to support women through hormonal changes naturally.* It does not contain hormones; instead, it combines phytoestrogen-containing plants, adaptogens, and herbal extracts. NanoShield® is HealthyHome's carrier blend (jojoba, squalane, MCT) designed to help ingredients absorb into the skin. HealthyHome describes Balance as promoting healthy hormone balance and supporting women's comfort during menopause, perimenopause and the monthly cycle.*

Core Ingredients & Actions:

Balance contains plant-derived ingredients chosen to support different aspects of women's well-being.*

- Wild Yam Extract (Diosgenin): Traditionally used in women's creams. The body doesn't convert diosgenin into hormones, and a controlled study of wild yam cream did not find a difference from placebo.
- Ashwagandha Root (Withania somnifera): A well-known adaptogen that, taken orally, has been studied for supporting a healthy stress response, healthy cortisol levels, sleep and well-being.*
- Chasteberry (Vitex agnus-castus): A traditional herb for the monthly cycle. Vitex has been studied for monthly cycle comfort.*
- Maca Root Extract (Lepidium meyenii): A Peruvian adaptogenic root studied for mood and sexual well-being in menopausal women (Brooks et al., Menopause 2008). Maca does not contain hormones.
- Tongkat Ali (Eurycoma longifolia): A Malaysian herb traditionally used to support energy and libido. In a study of moderately stressed adults, Tongkat Ali was associated with lower cortisol and improved mood.

- Flaxseed Oil (*Linum usitatissimum*): A source of lignans (phytoestrogens) and omega-3 ALA. Flaxseed has been studied for menopausal comfort with mixed results. In Balance, flaxseed oil also nourishes the skin.
- Red Clover Extract (*Trifolium pratense*): Contains isoflavones. Red clover has been studied for menopausal comfort with mixed results.
- Glycine Soja (Soybean) Extract: Soy isoflavones have been studied, in oral form, for menopausal comfort with modest results.
- Blue Tansy Essential Oil (*Tanacetum annuum*): An aromatic oil prized for its calming aroma (rich in chamazulene). It soothes skin, and users find its aroma uplifting.
- Clary Sage Essential Oil (*Salvia sclarea*): An aromatic oil traditionally used in women's products. Clary sage aroma has been studied for relaxation.
- Rosemary Extract (*Rosmarinus officinalis*): Rosemary aroma has been studied for alertness and mood. Rosemary is also a natural antioxidant that helps keep oils fresh.
- Black Cohosh (*Actaea racemosa*): One of the most researched herbs for menopause. Black cohosh does not supply estrogen. Reviews of oral black cohosh products have generally found benefits for overall menopause symptoms, though results vary between studies.
- NanoShield® Proprietary Blend: A combination of jojoba oil, squalane, and coconut (MCT) oil that serves as the delivery base, designed to help ingredients absorb into the skin. The base oils are hydrating and, according to HealthyHome, free of parabens and sulfates.

Areas of Ingredient Research:

(15) Balance's ingredients span multiple facets of women's well-being. Below are grouped areas, each with the type of evidence available:

- Menopausal Comfort: (1) Hot Flashes & Night Sweats – ingredients studied for menopausal comfort; individual experiences vary. (2) Comfort – supports comfort during menopause.* (3) Mood – some women describe feeling more “emotionally level.” Clary sage aroma has been studied for relaxation.
- Monthly Cycle Support: (4) Cycle Comfort – Vitex has been studied for monthly cycle comfort in several trials.* (5) Cycle Support – supports cycle comfort.* (6) Comfort During Your Cycle – black cohosh and clary sage have been traditionally used for monthly comfort.
- Stress, Mood & Sleep: (7) Healthy Stress Response – adaptogens in Balance (ashwagandha, tongkat ali) have been studied orally for a healthy stress response.* Calming oils (blue tansy, clary sage) make it pleasant for an evening application. (8) Restful Sleep – ingredients chosen to support restful sleep;* many women report falling asleep easier. (9) Positive Mood – supports a positive mood.*
- Energy & Libido: (10) Energy – maca and tongkat ali are traditionally used for energy; better sleep also supports daytime energy. (11) Overall Wellness – when combined with diet

and exercise, supports overall wellness during menopause.* (12) Sexual Well-Being – maca has been studied for sexual well-being in women; individual results vary.

- Skin: (13) Skin Comfort – plant oils that moisturize and soften skin. (14) Healthy-Looking Skin – Balance’s rosemary and antioxidant oils help protect the cream’s oils and condition the skin.

- Overall Well-Being: (15) Comfort Through Life Stages – formulated to support women’s comfort through hormonal life stages.* Individual results vary.

These areas reflect a range of evidence – from human ingredient studies (mostly oral) to traditional use and customer reports. Balance itself has not been studied in published clinical trials.

Evidence Documentation for Key Outcomes

Below we summarize key areas with the supporting ingredient evidence and its type. Most studies used oral forms of individual ingredients, not Balance itself.

Testimonials are from HealthyHome customers and independent members, some of whom may earn commissions. Individual results vary.

Balance Outcomes – Evidence Summary:

1. Menopausal Comfort: Evidence: Reviews of black cohosh products (alone or with other herbs) found potential benefit for overall menopause symptoms (NCCIH, citing a 2023 review of 22 studies). Phytoestrogen studies show mixed results; a controlled study of wild yam cream found no difference from placebo. (Human studies – ingredient, mostly oral)
2. Overall Menopause Support: Evidence: Black cohosh has been studied for a range of menopausal symptoms; ashwagandha has been studied for a healthy stress response and sleep.* (Human studies – ingredient, oral)
3. Monthly Cycle Comfort: Evidence: Chasteberry (Vitex) has been studied in randomized trials for monthly cycle comfort.* (Human studies – ingredient, oral)
4. Cycle Support: Evidence: Vitex and maca are traditionally used for cycle support. Supports cycle comfort.* (Traditional use + customer reports)
5. Mood Support: Evidence: Ashwagandha has been studied for stress and mood; clary sage aromatherapy has been studied for relaxation. Many Balance users describe feeling more emotionally balanced. (Human studies – ingredient + customer reports)
6. Restful Sleep: Evidence: Ashwagandha has been studied for sleep quality; black cohosh studies have measured sleep as a secondary outcome. Balance’s calming oils make an evening application pleasant. (Human studies – ingredient, secondary outcomes)
7. Sexual Well-Being: Evidence: Maca root has been studied for sexual well-being in postmenopausal women (Brooks et al., Menopause 2008). Some users report renewed interest in intimacy. (Human study – ingredient + customer reports)

8. Energy: Evidence: Ashwagandha has been studied for fatigue scores in stressed adults. As sleep improves, women often feel more energetic. Some women say “I have my energy back.” (Human studies – ingredient + customer reports)
9. Healthy Weight Support: Evidence: Ashwagandha has been studied for a healthy stress response. When combined with diet and exercise, Balance supports overall wellness during menopause.* (Preliminary)
10. Joint Comfort: Evidence: Some Balance users mention feeling less stiff in the morning. (Customer reports)
11. Skin Comfort: Evidence: Plant oils in the NanoShield base moisturize and soften skin. (Cosmetic)
12. Hair & Nails: Evidence: Some customers report stronger-feeling nails. (Customer reports)
13. No Hormones: Balance contains no hormones. Safety in women with hormone-sensitive conditions is not established; consult your doctor.

Balance is designed to support comfort now and over time.* Individual results vary.

Balance Ingredients & Science:

- Wild Yam (*Dioscorea villosa*) Extract: Research: The body can't turn diosgenin into progesterone. A placebo-controlled crossover study of wild yam cream in 23 menopausal women (Komesaroff et al., Climacteric 2001) found no significant difference from placebo in symptoms or hormone levels. A 2005 study (Wu et al.) used a different, eaten yam species. Traditional use: wild yam has long been used in women's creams. Safety: Mild skin irritation is possible at application sites. Not for use in pregnancy.
- Ashwagandha (*Withania somnifera*) Extract: Research: Oral ashwagandha root extract (300 mg twice daily) in a 2012 double-blind study was associated with lower cortisol and stress scores vs placebo, and improved sleep and well-being. Transdermal ashwagandha has not been widely studied. Safety: Rare reports of liver injury; may affect thyroid levels and interact with sedatives, thyroid, diabetes, blood-pressure and immune-suppressing medications; avoid in pregnancy.
- Chasteberry (*Vitex agnus-castus*): Research: Vitex is one of the best-researched herbs for the monthly cycle, studied in randomized trials for cycle comfort.* It can take 1–2 cycles to notice a difference. Safety: Generally well tolerated; mild side effects (headache, stomach upset) are uncommon. Vitex may interact with birth control, hormone therapy and dopamine-related medications (e.g., Parkinson's medications or antipsychotics); consult your doctor.
- Maca (*Lepidium meyenii*) Root Extract: Research: A 2008 double-blind crossover study (Brooks et al., Menopause) found maca was associated with reduced psychological symptoms and improved sexual well-being in postmenopausal women; a 2022 systematic review called for larger trials. Maca does not contain hormones. Safety: A root vegetable; some people feel energized. Limited long-term safety data.

- **Tongkat Ali (*Eurycoma longifolia*) Extract:** Research: Known as “Longjack.” A 2013 study (Talbot et al.) in moderately stressed adults found lower cortisol and tension scores with Tongkat Ali. Most other Tongkat Ali research was conducted in men. Safety: Can be stimulating for some. Not for use during pregnancy. If you have a hormone-sensitive condition, consult your doctor. Quality matters; HealthyHome states its ingredients are tested for contaminants.
- **Flaxseed Oil (ALA, lignan rich):** Research: Flaxseed has been studied for menopausal comfort with mixed results – a 2012 randomized trial (Pruthi et al.) found no significant difference vs placebo. Topically, flaxseed oil is an excellent carrier and moisturizer. Safety: Very safe topically. If you have a hormone-sensitive condition, talk with your doctor.
- **Red Clover (*Trifolium pratense*) Extract:** Research: Red clover contains isoflavones (biochanin A, formononetin). A well-known JAMA trial (Tice et al., 2003) found no significant difference vs placebo in hot flash frequency; a later review suggested a modest effect at most. Safety: May interact with blood thinners and hormone medications (including birth control and tamoxifen); consult your doctor. Women with hormone-sensitive conditions should consult their doctor.
- **Soy (Glycine Soja) Extract (Isoflavones):** Research: Soy isoflavones (oral) have been studied for menopausal comfort with modest results in some trials. Note: the SPARE trial (Levis et al., 2011) found 200 mg/day of oral soy isoflavones did not prevent bone loss or menopausal symptoms. Safety: Contains soy. Women with hormone-sensitive conditions should consult their doctor.
- **Blue Tansy (*Tanacetum annuum*) Oil:** Aromatherapy: Blue tansy’s primary component is chamazulene (which gives it the deep blue color), known for skin-soothing properties. Its aroma is calming and uplifting. Safety: Properly diluted in Balance. Rarely, allergic reactions can occur (as with any essential oil) – patch-test if you have very sensitive skin. Not to be ingested.
- **Clary Sage (*Salvia sclarea*) Oil:** Aromatherapy: Clary sage aroma has been studied for relaxation; it is traditionally used in women’s products. Safety: Pregnant women should avoid clary sage. Generally gentle on skin.
- **Rosemary (*Rosmarinus officinalis*) Extract:** Research: A 2003 study showed rosemary aroma was associated with improved alertness and mood in volunteers. Rosemary is also a natural antioxidant that helps keep oils fresh. Safety: Safe in small topical amounts; a few people may get contact dermatitis – test on the inner arm.
- **Black Cohosh (*Actaea racemosa*) Root Extract:** Research: One of the best-studied herbs for menopause. According to NCCIH, a 2023 review of 22 studies of black cohosh products found potential benefit for overall menopause symptoms and hot flashes, but not anxiety or depressive symptoms. Most studies used oral extracts. Safety: Rare cases of liver problems have been reported with black cohosh products. Stop use and contact your doctor if you notice dark urine, yellowing skin or eyes, or unusual fatigue. Do not use if you

have liver disease unless your doctor approves. Not for use in pregnancy or while breastfeeding. Do not combine with hormone therapy without your doctor's okay.

- **Transdermal Blend (Jojoba, Squalane, Coconut MCT):** Function: This blend is the delivery base. Jojoba oil closely resembles skin sebum and moisturizes the skin (so daily application also improves skin softness). Squalane (plant-derived) is non-comedogenic. Coconut MCT oil helps dissolve both water- and oil-loving ingredients. NanoShield® is designed to help ingredients absorb into the skin. Safety: Users should apply to clean skin. If you have a coconut allergy (rare), patch test.

Formulation & Use:

The ingredients in Balance are chosen to complement each other: phytoestrogen-containing plants (soy, red clover, flax); traditional women's herbs (black cohosh, Vitex); adaptogens (ashwagandha, maca, tongkat); plus wild yam and calming aromatic oils (blue tansy, clary sage, rosemary) in a skin-absorbing base. Follow the directions on HealthyHome's official label.

Safety & Contraindications:

Women who are on prescription hormone therapy or birth control should consult their doctor before using Balance – the combination hasn't been studied. Those with hormone-sensitive conditions (such as estrogen receptor-positive breast cancer) or a history of them should get medical advice before use. For adult women 18+. If you become pregnant, discontinue use (ingredients like Vitex and black cohosh are not recommended in pregnancy). Do not use while breastfeeding. Skin redness at the application site is possible (often due to essential oils) – apply to a different area or reduce frequency, and stop if irritation persists. Several ingredients may interact with medications (see each ingredient above); share the ingredient list with your doctor or pharmacist.

Scientific Validation & Quality Assurance:

- **Research-Informed:** Balance's ingredients have been studied in journals such as Menopause and JAMA, and in Cochrane reviews. Results are mixed, and most studies used oral forms of individual ingredients.
- **Quality & Testing:** According to HealthyHome, its products are made in cGMP facilities and tested by third parties; ask HealthyHome for Certificates of Analysis.

Talk with your doctor or other qualified healthcare practitioner before using this product, especially if you are pregnant, nursing, trying to conceive, under 18, have a medical condition (including a hormone-sensitive condition, liver disease, autoimmune disease or an organ transplant), or take prescription medication – especially blood thinners, blood-pressure, blood-sugar, thyroid, hormone or immune-suppressing medications. Do not stop or change any medication without your doctor's guidance. This information is educational and is not medical advice.

Testimonials are from HealthyHome customers and independent members, some of whom may earn commissions. Individual results vary.

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