



Product Information Page

## InnerCHI® HER Harmonizing Cream

InnerCHI HER Harmonizing Cream is specially formulated for women of all ages to support hormonal balance through every phase of a woman's cycle and life's natural changes. With wild yam and other natural ingredients, extracts, and essential oils, this formula encourages hormone harmony, youthful skin, and a healthy mood—from first cycles to PMS to perimenopause to menopause—and everything in between. \*

### PRODUCT DESCRIPTION

InnerCHI HER Harmonizing Cream supports hormonal balance in women of all ages experiencing hormonal fluctuations related to life transitions, stress, and aging. This nourishing cream is formulated with ingredients like wild yam and non-soy phytoestrogens (plant-derived compounds with estrogen-like activity) to encourage hormonal harmony. Vitex agnus-castus, commonly known as chasteberry, helps stimulate  $\beta$ -endorphins and DHEA for additional hormonal support and skin density.\*

InnerCHI can also help support healthy, youthful skin at any age. Balanced hormones help maintain skin vitality, while helichrysum protects the skin by countering the effects of cortisol and supporting the skin barrier and elasticity. An essential oil blend works synergistically to support skin health and a positive mood. When used daily, Harmonizing Cream may help promote a more harmonious sense of comfort and well-being in women.\*

### DIRECTIONS

► Massage ¼ to ½ teaspoon (1.25 to 2.5 mL) into areas of soft skin, such as inside upper arms, inner thighs, or abdomen. Alternate application among different soft skin areas.



Each month, use one to two times daily for 21 consecutive days, then discontinue use for the remaining 7 consecutive days to align with your natural cycle.



### INGREDIENT FEATURES & BENEFITS

- **Hormone & Cycle Balance:** Wild yam root and a blend of non-soy, plant-based phytoestrogens and essential oils help support the body's natural hormone balance. These ingredients work together to promote overall well-being. Designed to complement your body's natural rhythm, this formula helps support a smoother, more consistent monthly cycle.\*
- **Healthy Skin:** Vitex agnus-castus fruit extract helps stimulate the activities of  $\beta$ -endorphins and DHEA to effectively promote improved skin tone, elasticity, and hydration. Helichrysum helps protect the skin from environmental and stress-related factors.\*
- **Mood Support:** An essential oil blend, including ylang ylang, chamomile, lavender, and geranium, helps support a calm balanced mood.\*
- **Natural Ingredients:** This cream has no added dyes or fragrances. The scent is a combination of the natural botanicals and essential oils, and the beautiful purple-red color comes from the Chinese herb lithospermum erythrorhizon.\*

*\*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.*



### HORMONE SUPPORT

Provides hormone support and balance.



### CYCLE HEALTH

Supports balance throughout all phases of a woman's cycle.



### SKIN HEALTH

Promotes positive skin density, tone, and elasticity.



### BALANCED MOOD

Encourages a healthy and balanced mood.

## INGREDIENTS

Net Weight: 2 oz (60 mL)

Purified Water, Butylene Glycol, Vitis Vinifera Oil (Grapeseed Oil), Dicaprylyl Carbonate, Maltodextrin, Cetearyl Oliviate, Sorbitan Oliviate, Propanediol, Ylang Ylang Oil, Lavender Oil, Geranium Oil, Chamomile Oil, Sodium Polyacryloyldimethyl Taurate, Cetearyl Alcohol, Oryza Sativa (Rice) Bran Extract, Cetyl Palmitate, Caprylic/Capric Triglyceride, Tocopherol Acetate, Bisabolol, Sorbitan Palmitate, Hydroxyacetophenone, Chlorphenesin, Dioscorea Villosa (Wild Yam) Root Extract, Sorbitan Oleate, Helianthus Annuus (Sunflower) Extract, Dimethicone, Rosa Canina Oil, Tetrasodium Glutamate Diacetate, Tocopherol, Rosmarinus Officinalis (Rosemary) Leaf Extract, Allantoin, Vitex Agnus-Castus Fruit Extract, Lithospermum Erythrorhizon Root Extract, Punica Granatum Fruit Extract, Ziziphus Jujuba Fruit Extract, Trifolium Pratense (Clover) Leaf Extract, Papaver Rhoas Petal Extract, Dioscorea Japonica Root Extract, Cimicifuga Racemosa Root Extract, Phenoxyethanol, Helichrysum Italicum Extract.

## WARNING

For external use only. Avoid contact with eyes. If product gets into eyes, rinse thoroughly with water. If irritation occurs, discontinue use. Keep out of the reach of children.

