Animal Alpha F: Because Alpha Women Demand Better Supplements

written by Mike Roberto | March 25, 2022

If one surveys the current state of the supplement market, they'll find lots of testosterone boosters and recovery aids aimed at *male* athletes – but not nearly as many well-formulated hormonal supplements made specifically for **women**.

Animal Alpha F: For serious women who need more

Animal Alpha F is a comprehensive women's support supplement for hormonal balance, mood / stress relief, bone / joint support, complexion care, and more!

Universal Nutrition has set out to rectify this imbalance with their ***Animal Alpha F***, a female-targeted comprehensive wellness supplement. All in one "Pak" (a nod to the legendary *Animal Pak* multivitamin packs), Alpha F provides the following complexes:

- **Hormone balance**
- **A premier form of collagen**
- **Mood & stress support**
- **Bone & joint health blend**
- **Complexion, hair, skin and nail care**
- **Absorption / bioavailability booster**

Women have many needs, and they can be addressed by numerous ingredients. The best way to do this is to *pack* them in – and that's with Universal Nutrition's famous "paks", which contain multiple capsules in one convenient serving.

The science of each ingredient is covered below, and you can check prices using PricePlow's price comparison tool:

Universal Animal Alpha F – Deals and Price Drop Alerts

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Animal Alpha F Ingredients

In a single, *one-pack* serving of Alpha F from Universal Nutrition, you get the following:

- **Hormone Balance Support**

AlphaF_B1522G

Supplement Facts

Serving Size 1 Pack — Servings Per Container 30

Amount Per Pack		%DV
Vitamin D (as cholecalciferol)	25mcg (1000IU)	125%
Vitamin K (as phytonadione, menaquinone)	120mcg	100%
Folate	400mcg DFE (240mcg folic acid)	100%
Biotin	300mcg	1000%
Calcium	30mg	2%
Chromium (as chromium chloride)	200mcg	571%
Sodium	15mg	<1%
Hormone Balance Support		
Calcium-D-Glucarate	250mg	**
Diindolylmethane (DIM)	100mg	**
Complexion & Joint Health Support		
BioCell Collagen® (Hydrolyzed Sternal Cartilage Extract) (provides Hydrolyzed Collagen type II, Chondroitin Sulfate, Hyaluronic Acid)	1000mg	**
Calm, Mood & Stress Support		
Ashwagandha Extract (leaf and/or root)	300mg	**
L-Theanine	100mg	**
Gotu Kola Herb Powder	100mg	**
Eleutherococcus senticosus Root Powder	100mg	**
Bioavailability & Absorption		
Panax notoginseng Extract (root), *Astragalus membranaceous* Extract (root) (as Astragin™)	25mg	**
Black Pepper Extract (fruit) (as Bioperine®)	5mg	**
Ginger Root Powder	250mg	**

** Daily Value (DV) not established.

OTHER INGREDIENTS: Gelatin (bovine), dicalcium phosphate, magnesium stearate. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

All of this in five capsules!

All of us—men and women alike—need *some* estrogen for optimal health[1] — and *in the right balance*. However, in some people, enzyme *aromatase*, which converts testosterone to estrogen, can become overly active, feeding into a syndrome called “estrogen dominance” where, you guessed it, you’re left with *too* much estrogen.

Estrogen dominance can be pretty bad news. Aromatase overexpression and estrogen dominance have been correlated with serious disease, including certain forms of cancer.[2]

One common cause of aromatase overexpression is *obesity*[3] — a very common condition in the United States, and other industrialized countries, too. The more body fat you carry, the more active your aromatase system will be.

When it comes to women’s health, *breast cancer proliferation* is perhaps the most infamous consequence of estrogen dominance.[4] In fact, pharmaceutical-grade *aromatase inhibitors*— drugs that prevent aromatase from producing estrogen—are one of the most common treatments for breast cancer.[5]

Aromatase inhibitors work because they decrease the amount of circulating estrogen in the body.[5]

Furthermore, the modern environment is loaded with xenoestrogens – compounds (usually synthetic) that mimic the action of estrogen closely enough to increase the body's overall estrogenic load for some people.[6]

The idea behind this two-ingredient *hormonal balance* blend is basically to *decrease* that estrogenic burden.

- **Calcium-D-Glucarate – 250 mg**

  Calcium D-glucarate is a combination of *glucaric acid* and *calcium*. It occurs naturally in the body in small amounts and participates in a process called *glucuronidation*, a detoxification process by which the liver eliminates toxic compounds from the body.[7]

  The steroid hormones, which include testosterone, estrogen, and their metabolites, are eliminated from the body via glucuronidation.[8]

  Calcium D-glucarate inhibits *beta-glucuronidase*, an enzyme that interrupts glucuronidation by breaking down glucuronic acid. High beta-glucuronidase activity is associated with hormone-dependent cancers,[9] such as breast cancer.

  When it comes to the estrogen system, beta-glucuronidase *reactivates estrogens*, which leads to the absorption of free estrogen by the body's tissues.[10]

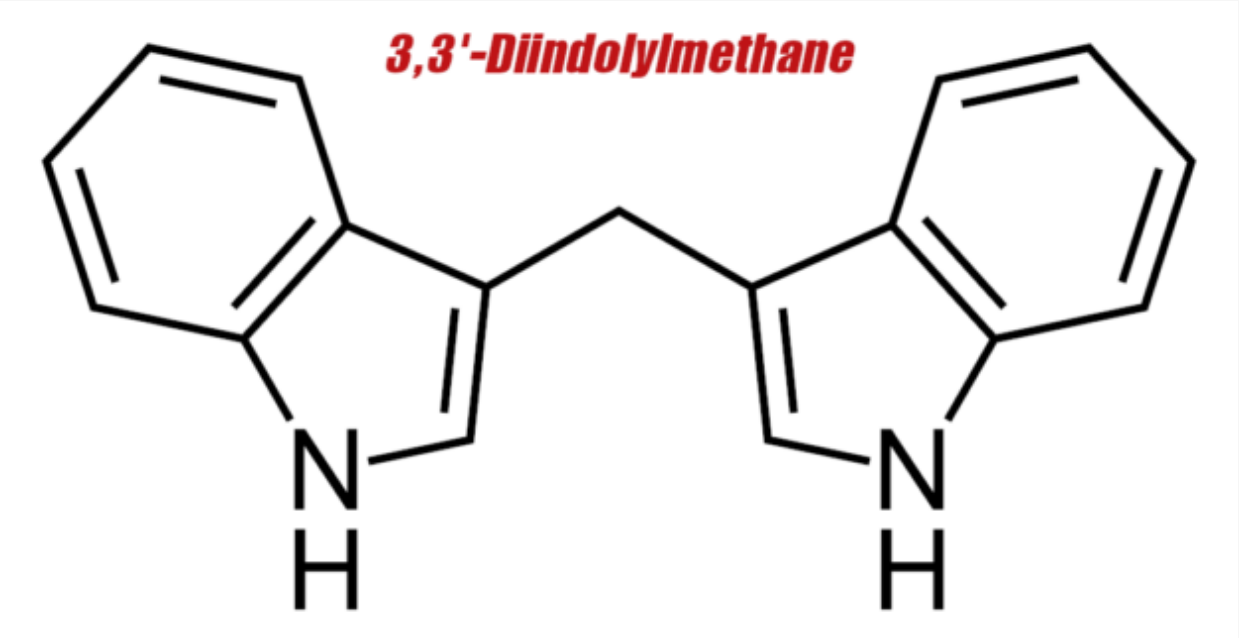
  So in other words, by inhibiting *beta-glucuronidase*, calcium D-glucarate encourages the glucuronidation of estrogen.

  Calcium D-glucarate synergizes with the next ingredient we'll discuss, DIM – whereas DIM helps reduce estrogen production, calcium D-glucarate helps the body efficiently dispose of whatever estrogen it's already produced.

- **Diindolylmethane (DIM) – 100 mg**

  Now that we know how aromatase works, we can discuss **diindolylmethane (DIM)**, a potent *aromatase inhibitor*.

  A preliminary body of research shows that DIM can impair the proliferation of estrogen-dependent breast cancer cells *in vitro*.[11]



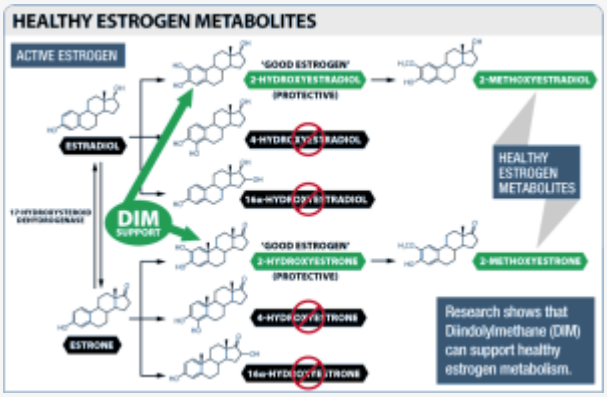
Balance your estrogen? Even the diindolylmethane (DIM) *molecule* is balanced!

One theory as to how DIM does this is that it has an affinity for the *aryl hydrocarbon receptor* (AhR), which, when activated, downregulates (decreases the density of) *estrogen* receptors.[12-14] By activating AhR, DIM basically makes estrogen less active in the body.[15]

But beyond its ability to prevent androgens (testosterone and its metabolites) from being converted into estrogen, DIM also shifts the body's balance toward less harmful forms of estrogen.

Three main forms of estrogen are found in the human body – estrone, estradiol, and estriol. Estradiol is the strongest, which means that it has the highest level of activity at the cellular estrogen receptor.[16]

When these three forms of estrogen are metabolized by the body, a few different estrogen metabolites are produced as a byproduct, including *estradiol-2-hydroxylase (EH)* and *16-alpha-hydroxyestrone*.[16]



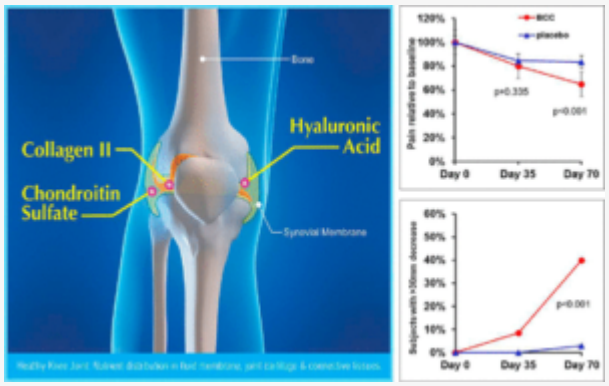
The estrogen metabolites affected by DIM (Diindolylmethane). Image courtesy HLHT

> Most researchers regard these *2-hydroxylated* forms of estrogen as being "good" estrogens because of their beneficial impact on human health.[17,18] In fact, the ratio of 2-hydroxylated metabolites to 16-hydroxylated metabolites is used as a measure of hormonal health.
>
> Having more "good" estrogen, i.e. more 2-hydroxylated estrogen, is correlated with higher amounts of muscle mass and lower levels of body fat.[19]
>
> So why is this important for us? In 2012, researchers found that **DIM affects the enzymes that convert estrone to hydroxyestrone,[20] *increasing* 2-hydroxylates while *decreasing* *4-hydroxylated* and *16-alpha-hydroxylated* estrogens**.[20-23]

- **BioCell Collagen – 1000 mg**

  The sole component of the Alpha F's **Complexion & Joint Health Support** section, **BioCell Collagen** is a trademarked blend of *collagen type II peptides, hyaluronic acid, and chondroitin sulfate* that's extracted from hydrolyzed sternal cartilage.

  Type II collagen is especially important for the health of joints and connective tissue – a big concern as we age, especially for those of us who wish to remain physically active. The *hyaluronic acid* and *chondroitin sulfate* are here as collagen and cartilage precursors, respectively.



BioCell Collagen is made of collagen type II peptides, hyaluronic acid, and chondroitin sulfate, giving it an incredible range of benefits.[24]

Human clinical trials of BioCell and similar collagen extracts (i.e. rich in type II collagen) have found that supplementation with these compounds leads to improved mobility, increased physical activity, and a reduction in chronic pain, particularly in study subjects' *joints*.[24-26]

Researchers have also found that BioCell *decreased* the recovery time needed after resistance training, and improved biomarkers for tendon and ligament health.[25]

But aging doesn't just reduce our mobility – it also changes our appearance. As we get older, decreased collagen and a shift in the *type* of collagen we produce often lead to wrinkles, crow's feet, and other skin features that many people wish to minimize wherever possible and as fast as possible.

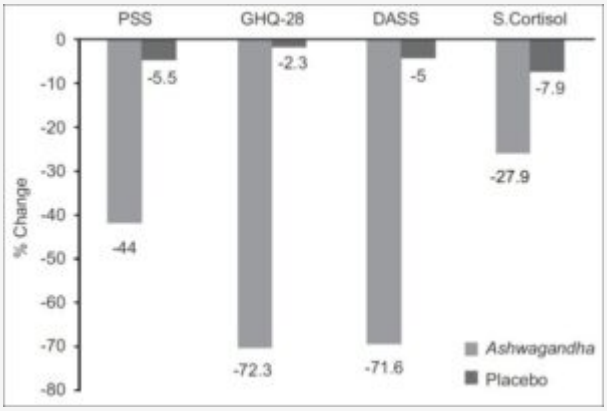
Fortunately for them, a 2019 study found that a collagen type II-rich extract (sourced from chicken sternums) improved the tone of facial epidermis in healthy adult women.[26]

- **Calm, Mood, & Stress Support**

  Most supplements like this simply opt for ashwagandha. Team Animal uses that, but thanks to the pak form factor, they've got room to add much more:

  - **Ashwagandha Extract – 300 mg**

    Famed for its abilities as an *adaptogen*, a class of compounds that can normalize the human stress response (turning it up when too low, and turning it down when too high), **ashwagandha** has been used for millennia all over the world to treat a wide variety of health conditions.



With *less stress* and a *healthier mentality*, ashwagandha helps users stay even-keeled on track with goals

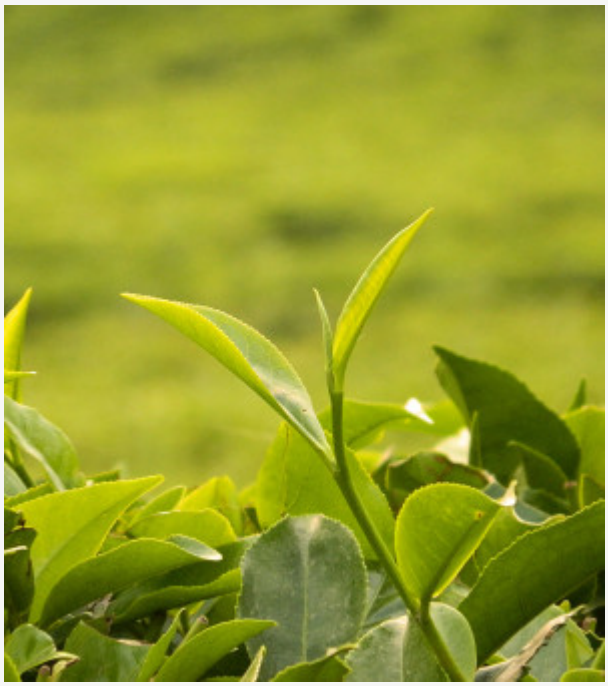
Recent research has borne this ancestral wisdom out, as scientists are finding more and more evidence that ashwagandha can help manage chronic stress, whether it's physical or mental.[27-30]

Ashwagandha works much of its magic by reducing our blood levels of *cortisol*,[27-30] the main human stress hormone, which leads to a corresponding decrease in anxiety, stress, and mood.

However, ashwagandha also has powerful antioxidant, anti-inflammatory, and even immunomodulatory properties.[27-30]

Since aging is associated with a rise in average daily cortisol levels,[31] keeping cortisol under control should definitely be a priority for anyone who is trying to age gracefully and slow typical sings of aging.

- **L-Theanine – 100 mg**



L-Theanine comes from tea leaves, and pairs very well with ashwagandha.

Theanine is an amino acid that's found in high concentrations in *tea leaves*. In the brain, theanine behaves like a neurotransmitter[32] and has calming, anxiolytic effects – without sedation.[33-35]

According to the research literature, theanine does this by increasing our levels of three key neurotransmitters that are essential for optimal brain function: dopamine, serotonin, and gamma aminobutyric acid (GABA).[36-40]

If you're a habitual caffeine user (as most of us are), you'll be happy to hear that L-theanine shows synergistic effects with caffeine.[41] In the research literature, people who take caffeine and theanine together consistently show better reaction times, working memory, and alertness.[42,43]

Research indicates that theanine supplementation can significantly improve sleep quality.[40]

- **Gotu Kola Herb Powder – 100 mg**

  Much like theanine, **gotu kola** is known for its substantial anxiolytic properties. But it also stimulates *neurogenesis*, the process by which the brain – *even the adult brain* – generates new neurons and dendritic connections between neurons.[44-47]

- **Eleutherococcus senticosus Root Powder – 100 mg**

  Much like ashwagandha, **Eleutherococcus senticosus**, also known as *Siberian ginseng*, is an adaptogen with a powerful ability to normalize and balance the stress response.[48] It works its magic mostly by increasing the

expression of *neuropeptide Y*, which helps reduce the symptoms of stress and anxiety.[49]

- **Bioavailability & Absorption**

Not one, not two, but *three* ways to boost absorption – and each one carries its own unique added benefits. We especially appreciate the adddition of *ginger* here:

- **AstraGin (Panax notoginseng & Astragalus membranaceus) – 25 mg**

  Ginseng is chock full of *ginsenosides* that have been shown to regulate *adenosine monophosphate-activated protein kinase (AMPK)*, an enzyme that catalyzes the the conversion of AMP to ATP, thus regulating overall cellular energy.[50,51]

  The ATP-producing ginsenosides increase bioavailability of ingredients by improving nutrient absorption in the intestine: because the absorption of nutrients is an energy-intensive process,[52,53] increasing the ATP available to intestinal cells also increases the quantity of nutrients that those cells are able to transport across the intestinal wall and into the bloodstream.

AstraGin is a combination of Astragalus and Panax Notoginseng that's been shown to increase ingredient absorption

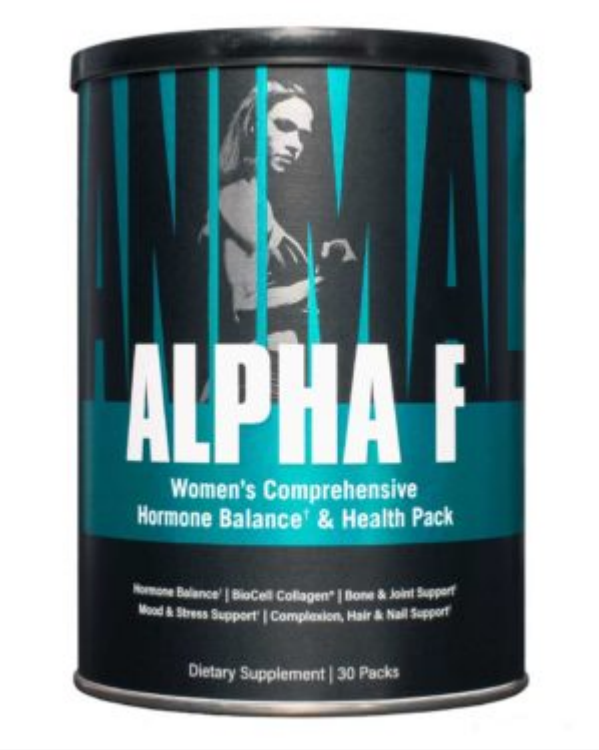
The **astragalus** half of this blend is rich in *astragalosides*, bioactive compounds that have been shown to improve heart health, increase collagen synthesis, improve metabolic function and neurological health, and improve the function of the liver.[54-61]

Astragalosides have similarly beneficial effects on intestinal function.[62]

When tested in a research setting, AstraGin has been found to significantly increase the bioavailability of *amino acids, nutrients, water-soluble* and *fat-soluble vitamins*.[63]

- **Black Pepper Extract (BioPerine) – 5 mg**

  Like AstraGin, **BioPerine** is famed for its ability to increase the bioavailability of supplements. It inhibits the stomach enzymes that break your supplements down before they can reach the intestinal wall, where they are absorbed into the bloodstream.[64]



But BioPerine has some other good effects – the piperine in BioPerine increases GLUT4 activity,[65] the transporter that moves glucose out of the bloodstream and into muscle tissue where it can be used for growth and repair.

BioPerine also has some activity against insulin resistance and fatty liver,[66] and is a powerful antioxidant.[67]

- **Ginger Root Powder – 250 mg**

  Ginger is well-known to help with nausea.[68-78] But even better, it has powerful anti-inflammatory properties[79-81] and has been shown to alleviate symptoms of osteoarthritis.[82,83]

  Beyond that, there's even a study showing that high-dose ginger can prevent muscle pain 24-48 hours post workout![84]

  Like BioPerine and AstraGin, **ginger root powder** helps increase the efficiency of digestion and nutrient absorption, by stimulating the release of gastric and pancreatic enzymes.[85] But as you can see above, it provides so much more than faster gastric emptying, and is a perfect way to end such a supplement.

Dosage and Directions

Take one pack (which has five capsules) once daily. Animal Alpha F will usually be best taken with food.

Takeaway: The women at Animal get what they've needed

Animal Alpha F is wellness and balance from the alpha female.

By optimizing the body's estrogen balance and supporting collagen and cartilage synthesis, Animal Alpha F paks from Universal Nutrition is a powerful tool in the arsenal of any female athlete.

This is an incredible stack that can be added to numerous Animal supplements, *Animal Immune Pak*, *Animal Greens*, and *Animal Flex*. It can also be combined with tried-and-true pre-workouts like *Animal Fury* and *Animal Pump Pro*.

Universal Animal Alpha F – Deals and Price Drop Alerts

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