

Revive MD Women's Health: A Multifaceted Formula (Updated 11/2022)

written by PricePLOW Staff | December 1, 2022

For the last several years, we've been covering what the folks over at Revive MD have been coming out with, and we've been thoroughly impressed. Revive MD has made a name for itself by thinking beyond just sports nutrition and honing in on making the body function as a well-oiled machine – a whole, complete unit.



With products like *Revive MD Prostate*, *Revive MD Thyroid*, and *Revive MD GI+*, the company targets specific areas of bodily health and then puts the work in to find the best, most efficacious formulas to boost their performance.

One of the most impressive things about Revive MD is that it doesn't just pump and dump products. The team constantly revisits products – they add and subtract ingredients in order to constantly identify the best combinations for optimum, holistic bodily health.

In this article, we'll be running through another of Revive MD's home runs: **Revive MD Women's Health**. In typical fashion, this article was originally published in 2020, but Revive has updated and streamlined the formula since, with updates posted in November 2022. Let's dive right in:

Revive MD Women's Health: Optimize Your Hormones

Revive MD prides themselves on making the highest quality supplements for everyone from elite competitors to average gym goers. Women's Health is their first supplement geared strictly toward females.



Led by Dr. Domenic Iacovone and Matt Jansen, the team identified a major gap in the industry when it came to a well-formulated supplement for active women. That's why you'll find several ingredients in Women's Health that help optimize hormone levels, including *BioResponse DIM*, *Indole-3-carbinol*, and a solid dose of brain-supporting *inositol*.

In addition, for females who are concerned with healthy hair, skin, and nails, Revive MD added ingredients like vitamin E, stinging nettle root, and evening primrose oil powder. Lastly, they included potent antioxidants, including vitamin C and quercetin, along with a well known digestive enzyme, bromelain.

Quick summary of the changes

Since the original publication of this article Revive MD has added in three new ingredients: *myo-inositol*, *maca root*, and *chaste tree berry*. They removed *n-acetyl-cysteine* (NAC), *pregnenolone*, and *DHEA*.

Normally we'd be concerned about removing NAC, but it was only 25 milligrams per serving, and we generally suggest 600 milligrams per day (1200 if getting sick), so this wasn't a major loss and you'd still want a separate NAC supplement anyway.

It may have taken months to formulate, but Revive MD Women's Health is finally here! Before you read our ingredient breakdown, make sure to sign up for Revive MD deals and news alerts so you don't miss out on another product launch or sale!

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Revive MD Women's Health Ingredients

| SUPPLEMENT FACTS | | |
|--|--------------------|------|
| Serving size: 6 capsules Servings per container: 30 | | |
| | Amount per Serving | %DV* |
| Vitamin C (as Ascorbic Acid) | 150mg | 167% |
| Vitamin E (as D-alpha tocopheryl acetate) | 15mg | 100% |
| Myo-inositol | 1g | ** |
| Evening Primrose Oil Powder | 750mg | ** |
| Maca Root | 300mg | ** |
| Chaste Tree Berry | 200mg | ** |
| Stinging Nettle Root 20:1 | 200mg | ** |
| Quercetin Dihydrate | 200mg | ** |
| Indole-3-Carbinol | 100mg | ** |
| BioResponse DIM* (Diindolylmethane) | 75mg | ** |
| Bromelain [2,400 gelatin digesting units (GDU)/g] | 50mg | ** |

**Daily Value Not Established
OTHER INGREDIENTS: Hydroxypropyl Methylcellulose (vegetable capsules), Dicalcium Phosphate, Magnesium Stearate, Silicon Dioxide

Each bottle of Revive MD's Women's Health has 90 veggie capsules. The recommended serving size is 3 capsules per day, for a full 30 day supply.

Revive MD suggests taking a total of three capsules once daily, 20 to 30 minutes before a meal because the product works best on an empty stomach. It doesn't matter what time of day you take Women's Health – just be consistent!

As always, before taking any supplement, speak to a qualified healthcare professional to make sure there are no interactions with any medications you're taking or other adverse effects. Revive MD doesn't recommend taking Women's Health if you're pregnant, nursing, or under the age of 18.

Here's what one serving (3 capsules/1.57g) delivers:

Vitamin C (as Ascorbic Acid) – 150mg (167% DV)

At 150mg per serving, the RDA of vitamin C is exceeded with Revive MD Women's Health. Since vitamin C is water-soluble, the body uses what it needs and excretes the rest (fat soluble vitamins are stored in adipose tissue for later use).[1] Thus, it's crucial to get enough vitamin C on a daily basis to prevent adverse health conditions and ensure that your immune system is functioning on all cylinders.[1] Vitamin C takes on several roles, but it's known for being a powerful antioxidant that, protects healthy cells from free radical damage.[1-5]

Free radicals, also known as reactive oxygen species (ROS), are produced by the body during metabolism.[2] Due to an uneven amount of electrons, they are highly reactive. Therefore, ROS travel around the body preying on healthy cells. If a free radical reacts with a healthy cell, it can damage the cell's membrane, enzymes, and DNA.[2]



Vitamin C always gets tons of attention as a free-radical-destroying antioxidant... but that's not always the case. *Some* research has shown it to have *pro-oxidant* effects in certain situations! [<https://pubmed.ncbi.nlm.nih.gov/9600109>, <https://www.nature.com/articles/33308>]

Fortunately, antioxidants produced by the body or consumed via supplementation and/or diet, such as vitamin C, can help prevent this activity from occurring.[2] Studies show that there's a strong connection between high levels of oxidative stress and chronic diseases, like cancer, arthritis, autoimmune, neurodegenerative, and cardiovascular conditions.[2] Vitamin C helps combat developing some of these health problems.[2]

In regards to supporting skin, hair, and nail health, vitamin C assists in the production of collagen.[1,6] A recent systematic review found that vitamin C supplementation demonstrated a potential to accelerate bone healing after a fracture. The researchers said the vitamin stimulated type I collagen production and decreased oxidative stress.[6]

Collagen is one of the most abundant proteins in the human body and it's a

major component of connective tissues, including hair, skin, nails, cartilage, bones, ligaments, and tendons. If you want to maximize collagen production and improve the appearance of your skin, hair, and nails, then make sure you're taking the RDA of vitamin C every day. Vitamin C supports the immune system by enhancing phagocytic cell proliferation and activity, along with the differentiation of T cells and B cells.[3-5] In addition, it supports the epithelial barrier, facilitates apoptosis, and decreases tissue damage.[3-5] So you're getting a host of health benefits from this ingredient alone!

- **Vitamin E (as D-alpha Tocopherol Acetate) – 15mg (100% DV)**

Revive MD Women's Health provides 100 percent of the RDA of vitamin E, with just one serving. Vitamin E is fat soluble and there are a total of eight different types – beta, gamma, alpha, and delta variations of tocotrienol and tocopherol.[7] Revive MD uses a delta variation of tocopherol in Women's Health.

Vitamin E plays a key role in decreasing oxidative stress, protecting cell membranes, and regulating platelet aggregation and protein kinase activity.[7] Vitamin E is also heavily involved in the immune system since it enhances phagocytosis and immune system cell response.[7] It's commonly found in several types of foods, including coconut oil, olive oil, palm oil, and sunflower oil.[7]



Revive MD wants your entire body functioning at maximum capacity.

Vitamin E deficiency can lead to health problems, like muscular weakness, vision loss, poor immune system function, and difficulty walking.[7] On the other hand, vitamin E supplementation may reduce the risk of developing

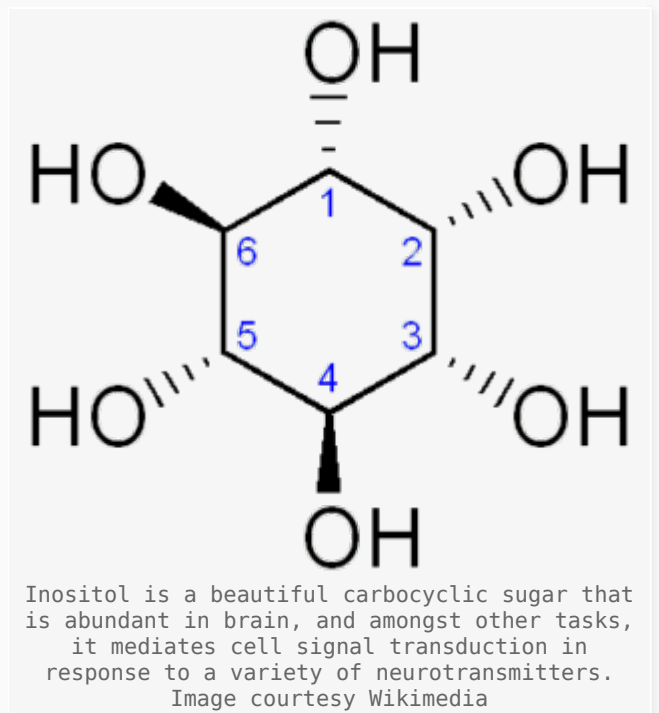
cardiovascular disease, Alzheimer's disease, cataracts, and other health conditions.[7]

Some studies suggest that because vitamin E has strong anti-inflammatory and antioxidant properties, it can help protect skin and repair damage from the sun's UV rays.[8,9] Experimental studies also show that vitamin E expresses antitumor and skin barrier stabilizing properties.[9] This is why vitamin E is in so many cosmetic products.

• Myo-Inositol – 1g

Myo-inositol, also known as *vitamin B8*, is a unique carbohydrate that serves a supporting function for neurotransmitter activity in the brain. Like choline, myo-inositol's key mechanism of action is in its maintenance of the integrity of cellular membranes.[10,11]

Inositol deficiency can lead to varying levels of cognitive dysfunction, whereas getting a sufficient amount of it through diet or supplementation can upregulate serotonin and dopamine[12], leading to mood-boosting effects. Multiple studies have shown that the supplementation of inositol can combat anxiety disorders like depression[13] and OCD. [14] Both studies found a significant effect in treating mental disorders by supplementing with inositol up to 16 grams per day – which far exceeds the 1g dose in this formula, but the results are promising nonetheless.



Inositol has also been studied quite extensively in the context of female health in particular. One meta-analysis found that the supplementation of

inositol is effective in the treatment of women with polycystic ovary syndrome (PCOS).[15] Researchers have found that inositol significantly decreased fasting insulin, as well as decreases in homeostasis model assessment (HOMA) index. In addition, a significant increase in serum sex hormone-binding globulin (SHBG) – which transports androgens and estrogens and is highly important in the overall regulation of sex hormones in men and women [16] – in the blood was observed, highlighting the beneficial impact of myo-inositol supplementation in “improving the metabolic profile of women with PCOS, concomitantly reducing their hyperandrogenism”.[15]

This is the largest addition to the 2022 version of Revive MD Women’s Health, and brings the serving size up from three capsules to six!

- **Evening Primrose Oil Powder – 750mg**

Evening primrose is a vibrant yellow flower that’s native to North America.[17]

At 750mg per serving, evening primrose oil (EPO) powder (also known as *Oenothera biennis*) helps improve the appearance of skin health.[17]

The EPO in Women’s Health is extracted from the flower’s seeds. It’s a rich source of gamma linolenic acid (GLA) – an omega-6 fatty acid – and it’s capable of improving skin health, reducing acne, and may help treat eczema symptoms.[17-19]



More *pain-fighting* GLA? Thanks, evening primrose!

A study published in the International Journal of Cosmetic Science found that oral supplementation with EPO for 12 weeks resulted in significantly improved skin moisture, firmness, elasticity, fatigue resistance, roughness and transepidermal water loss.[19] However, the dosage used in this study was 1500mg/day), which is twice as much EPO in Women's Health. [19]

The researchers theorize that because EPO supplies the body with GLA, the skin benefits from the extra source of fatty-acids.[19] Furthermore, since skin is unable to synthesize GLA, it's considered a conditionally essential fatty acid.[19]

Other studies report that as a precursor to anti-inflammatory eicosanoids, GLAs may contribute to the optimal functioning of human tissue.[17] Several skin conditions are caused by inflammation, so it would make sense that anti-inflammatory EPOs improve the appearance of skin .[17]

A recent systematic review found that EPO supplementation has beneficial effects on psoriasis, atopic dermatitis, asthma, Sjögren's syndrome, and in anti-cancer therapies.[17] Based on the researchers' collection of evidence, it's clear that EPO has potent anti-inflammatory and antiproliferative properties.[17]

- **Maca Root – 300mg**

Maca, or *lepidium meyenii*, is a root vegetable hailing from the high-altitude ecosystem of the Andes, that has been as a medicinal herb for over 2000 years.[20] This is one of the major additions to the updated formula released at the end of 2022.



Maca Root has had some *serious* quality issues

the past couple of decades. That all changes right now.

Maca has been used extensively to treat sexual dysfunction, enhance brain performance, and even to protect the skin against ultraviolet radiation.[20] With the help of the modern scientific method and strictly-controlled research studies, a wide array of these benefits have been established with rigor.

The widest body of scientific evidence for Maca's efficacy for women is in relation to libido – it has additionally demonstrated a capacity to increase sexual drive in postmenopausal women.[21] In addition, maca can provide relief for menopausal symptoms.[22]

Beyond sexual benefits, maca has also shown mental benefits. One study found that a large 3.5g daily dose of maca led to decreased symptoms of anxiety and depression without affecting androgen or estrogen levels.[21]

- **Chaste Tree Berry – 200mg**

Chaste tree berry is an herbal ingredient, sourced from the Vitex agnus-castus plant that grows in the Mediterranean basin. It has been used for centuries to treat a range of ailments and symptoms.

Studies have shown that chaste tree berry displays a notable and beneficial effect on menopausal, PMS, and infertility symptoms.[23-25] A meta-analysis published in the Archives of Women's Mental Health examined eight different randomized and controlled trials that established chaste tree berry's efficacy in treating PMS symptoms.[25]

Research has found additional benefits in the treatment of fatigue, anxiety, irritability, bloating, cramps, and even migraines.[24,25]

We've seen chaste berry extract in a few other women's formulas, and are glad that it was added to Revive MD's Women's Health for the newer version at the end of 2022 – most women haven't explored its benefits, and it's generally not found in modern diets!

- **Stinging Nettle Root 20:1 – 200mg**

Stinging nettle root extract also known as Urtica dioica, has been used for hundreds of years for its medicinal properties.[26]



The incredible-looking Stinging Nettle (*Urtica Dioica*) plant with even more incredible effects. Image courtesy Wikimedia

Historically, stinging nettle was utilized to treat inflammatory conditions, including osteoarthritis and rheumatoid arthritis.[26] Today, it's commonly found in products geared toward men, such as Revive MD's Prostate, because it has shown great promise for treating benign prostatic hyperplasia.[27] But Stinging nettle has a lot more to offer, especially for females!

The stinging nettle plant is found in parts of Asia, Africa, and Europe. It's rich in beneficial nutrients, including fatty acids, vitamins, minerals, and polyphenols.[26] And it's known for its powerful anti-inflammatory and antioxidant effects.[26-28] Revive MD most likely included stinging nettle root extract in Revive MD Women's Health due to its ability to block DHT (dihydrotestosterone), which is a hormone that can cause hair loss.[27]

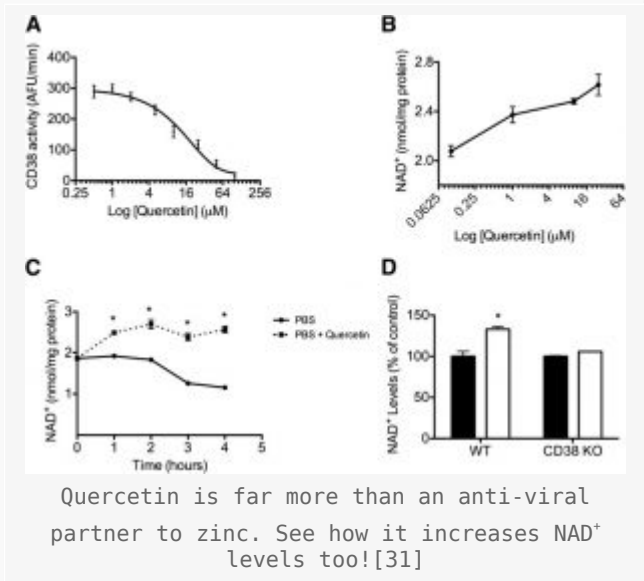
Studies show that because stinging nettle contains β -sitosterol, its able to stimulate angiogenesis, which leads to increased endothelial growth factor production and supports new hair growth.[28]

- **Quercetin Dihydrate – 200mg**

Quercetin is a polyphenol and flavonoid that's found in a variety of foods, such as berries, apples, tea, onions, and even red wine.[29] There are several

forms of quercetin available by the dietary supplement industry. This Revive MD formula contains quercetin dihydrate.

Quercetin's pharmacological properties range from antioxidant to anti-inflammatory, antiviral, anti-platelet, anti-carcinogenic, and anti-allergenic.[29,30] It can also reduce lipid oxidation and capillary permeability.[29,30] Several studies have shown that quercetin supplementation can boost immune function, reduce inflammation, and may decrease allergy symptoms.[29,30]

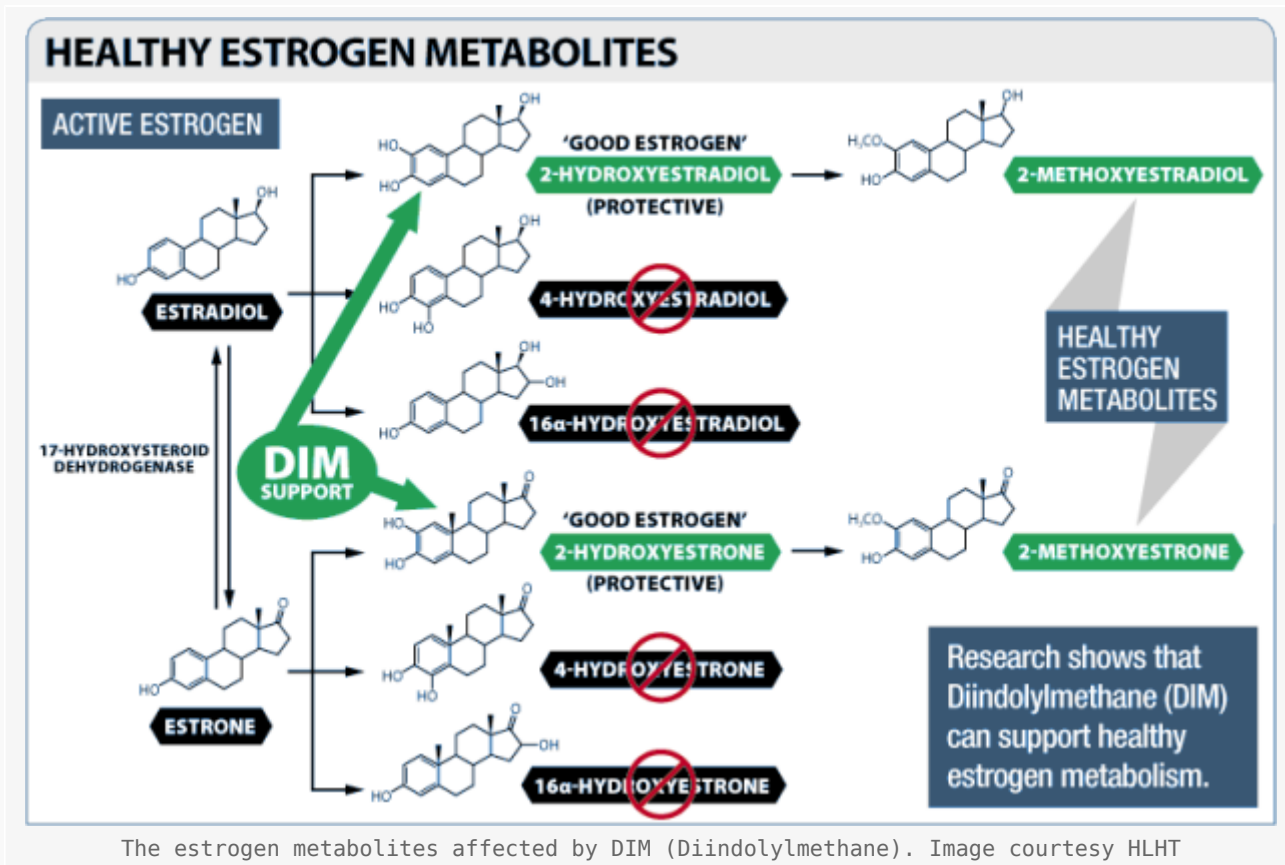


A recent study found that quercetin works by suppressing the release of histamine, pro-inflammatory cytokines, leukotrienes, and interleukin IL-4, all of which contribute to inflammation.[30] Other studies have shown that quercetin can reduce joint pain and improve functional movement affected by conditions like rheumatoid arthritis.[32]

There's preliminary evidence that suggests quercetin is beneficial for restoring aging cells, which could lead to improved skin appearance.[33] However, more research is needed to fully understand quercetin's potential as an antiaging agent.

• Indole-3-Carbinol – 100mg

Indole-3-carbinol (I3C) is a compound produced when the body metabolizes a type of glucosinolate called indole-3-ylmethyl glucosinolate. It's a TK primarily found in cruciferous vegetables – broccoli, cauliflower, brussels sprouts, and kale.[34] Interestingly, research shows a strong correlation between a diet rich in cruciferous vegetables and lower cancer rates.[34]

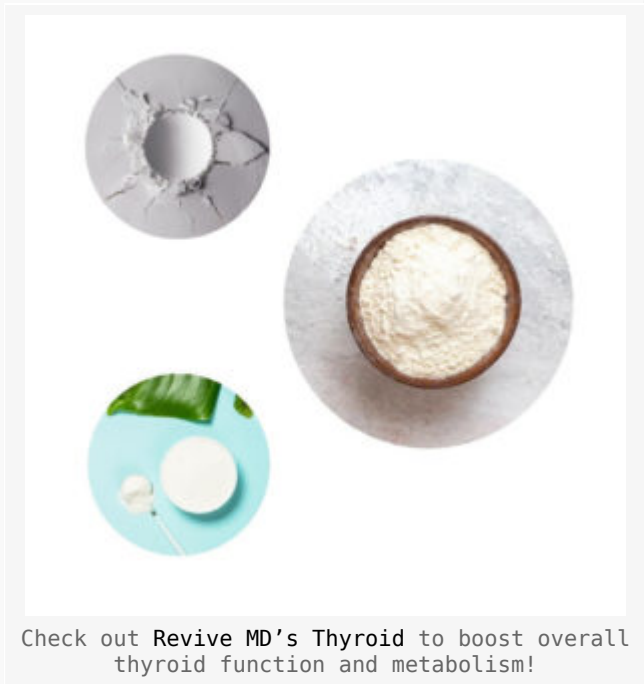


Although cruciferous vegetables contain a wide array of nutrients and phytochemicals, their anticancer properties are largely attributed to glucosinolate content.[34] Furthermore, another study suggests that the metabolites, which are produced by breaking down glucosinolates like I3C, are primarily responsible for the anticarcinogenic effects.[34]

Several studies show that I3C suppresses cancer cell growth in the colon, prostate, breasts, and uterus.[34] The majority of cancers that I3C helps with are associated with high levels of estrogen, which is much more common in females than males. Research has reported that since I3C is a negative regulator of estrogen, it's able to decrease the growth of tumor cells induced by estrogen and also promote apoptosis of cancer cells.[35]

- **BioResponse DIM (Diindolylmethane) – 75mg**

In order to keep estrogen levels in check and to balance hormone levels, Revive MD added 75mg of **BioResponse DIM**, which is a trademarked form of *diindolylmethane*. One way DIM can be created is through the metabolism of I3C from cruciferous vegetables or other sources. But in order to have any noticeable effects, supplementation is important.



There are generic forms of DIM but Revive MD specifically chose BioResponse DIM because it's the only microencapsulated formulation backed by multiple studies.[36] Microencapsulation means that the DIM is surrounded by a protective coating so it can be properly absorbed and utilized in the body.[36]

DIM is known for supporting healthy estrogen levels in both women and men, which is why Revive MD also included it in Prostate. Men and women can take DIM to achieve optimal balance between estrogen and testosterone levels, which is key to overall health.

DIM increases the conversion of estrogen to 2 hydroxyestrone and 2-methoxyestrone – both beneficial metabolites for overall health.[36-39] Research also shows that DIM acts as an aromatase inhibitor and activates aryl hydrogen receptors, meaning that it can limit the conversion of testosterone to estrogen and decrease excessive estrogen absorption.[37-39]

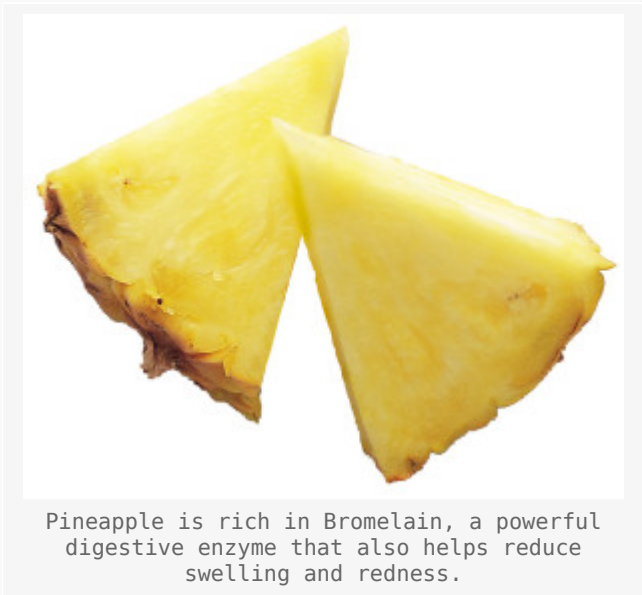
Overall, DIM is a great ingredient for preventing high levels of estrogen and supports healthy estrogen metabolism.

It's interesting that Revive MD used both I3C and DIM in the same formula. It's more common for companies to just use DIM. But it turns out that both compounds have their own unique health benefits. The body likely converts some portion of I3C into DIM, which further helps balance hormone levels.

- **Bromelain (2400 GDU/G) – 50mg**

Bromelain is a digestive enzyme that's found in high concentrations in pineapple stems. Since we don't consume that part of the fruit, supplements

are the best way to get bromelain.[40]



Digestive enzymes help the body break down and absorb nutrients. There are different kinds of enzymes and each one works on a specific substrate. For example, lactase helps metabolize lactose (a sugar found in milk), whereas bromelain assists in the digestion and absorption of protein.[40,41] This is incredibly important for overall health, since protein is crucial for several physiological functions, especially maintaining lean muscle mass.

Bromelain supplements are measured in gelatin digesting units (GDU) per gram, which is a measure of protein digestion or enzymatic activity.[40] There are varying strengths of bromelain on the market and as you can see from the label, Revive MD is using one that's 2400 GDU/G.

Research shows that bromelain has potent anti-inflammatory, decongestant, immunomodulatory, and anticancer properties.[40-43] There's even some evidence that suggests supplementing with protease enzymes, such as bromelain, can help enhance recovery after eccentric exercise via regulating inflammation and leukocyte activity.[41]

Revive MD Continues To Lead The Way

Although we've covered hundreds of supplements on the PricePlow Blog, it's rare that we highlight one that's specifically designed to optimize women's health. That's because a majority of brands we cover launch products that optimize sports performance, not holistic health. However, in the past year, we've witnessed a shift in the supplement industry. Many companies are starting to place a much larger emphasis on enhancing overall health.

This year PricePLOW has covered more greens powders, multi-vitamins, gut health, and immune support supplements than pre-workouts or protein powders. And it's just what the industry needs. One reason why Revive MD was founded in the first place is because too many supplement companies were focused on formulating the next best pre-workout, opposed to offering a wide selection of products geared toward health and wellness. We think that's more important than getting in an extra rep in the gym.



If you're not healthy, then your performance will suffer. Revive MD has paved the way for how athletes can address health and wellness supplements. And other brands are starting to follow suit. If you're looking to optimize your health and performance, Revive MD can help. And they have a lot more on the way, so make sure to subscribe down below!

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