FOOD RESEARCH

SIMPLY FEMALE

100% *Food* supplement that is intended to supply nutrients needed to maintain and support female health. In addition to supporting the hypothalamic-pituitary-adrenal axis, this plural glandular supplement contains specific female reproductive gland peptides, enzymes and hormone precursors.

Women have unique organs and require special care. **Simply Female™** was developed to help naturally nourish and support a woman's organs by providing 100% glandular support.

The consumption of glandulars provides nutritional support to the corresponding gland in the human body [e.g. 1]. Glandular organs contain vitamins, minerals, and nutritional peptides, without sugar [2]. They also supply enzymes, and substances believed to be hormone precursors. Freeze drying results in a glandular that is the closest to 'whole food' [3].

Unlike plants, glands have most of the same biological materials (like enzymes and other peptides) that humans do [4]. It is now believed that there are as many as 75,000 different enzymes in the human body [5]. Consuming glandulars helps directly supply enzymes. Enzymes are biological catalysts that encourage metabolic, catabolic, and digestive processes in the body. They help rebuild and detoxify. Enzymes tend to be specific, such as thyroid enzymes tend to help the thyroid, but are ignored in the ear. Enzymes help the respective organs they are involved with function better.

Simply Female™ is intended to support the Hypothalamic-Pituitary-Adrenal (HPA) Axis as well as other systems in the female body. The HPA Axis is your body's main way of responding to stress. It consists of three organs that each release hormones to eventually raise cortisol level in your body. The HPA Axis is a communication system between three organs, it is crucial for your body's stress management [6]. These endocrine system organs create a feedback loop of hormones to enact and regulate your body's stress reaction.

Supplement Facts

Serving Size 1 Capsule **Servings per Container 90**

Amount per Serving		% Daily Value
Bovine Uterus/Ovary/Fallopian Tubes/ Cervix Combination Cytotrophin	220 mg	*
Bovine Hypothalamus Cytotrophin	80 mg	*
Bovine Pituitary Cytotrophin	80 mg	*
Bovine Adrenal Cytotrophin	60 mg	*
Bovine Thyroid Cytotrophin	60 mg	*

* Recommended Daily Intake has not been established

THE HPA AXIS IS COMPRISED OF THREE GLANDS:

Hypothalamus

The hypothalamus is a structure deep within your brain. The hypothalamus keeps your body in a balanced state (homeostasis). The hormones [it produces] can control body temperature, water balance, appetite, gastric activity, and the fear and rage emotions [7]. The hypothalamus can also increase feelings of tranquility [8].

Pituitary

The pituitary gland is a small endocrine gland located at the base of the brain below the hypothalamus. It makes several essential hormones and regulates other endocrine glands management [6]. The pituitary gland secretes human growth hormone, adrenocorticotrophin, thyroid-stimulating hormone, follicle-stimulating hormone, luteinizing hormone, antidiuretic hormone (also called vasopressin), and oxytocin [8]. Beef pituitary glandulars have been recommended for fatigue, stress intolerance, digestive complaints, metabolic disorders, headaches, obesity, delayed healing response, and nervous manifestations [9]. Some have also recommended it to help with sleep as well as seasonal affective disorders.

Adrenal

The adrenal glands secrete androgens, which in a woman's body can be converted into estrogen, along with cortisol (which controls aspects of metabolism) and aldosterone. They also produce mineralocorticoids (involved in electrolyte balance) and glucocorticoids (involved in blood sugar regulation). Adrenal glands secrete epinephrine and norepinephrine in response to sympathetic stimulation. "More than 30 steroids have been isolated from the adrenal cortex" [8]. Adrenal glandular support is often used by people who are under stress, fatigued, having difficulty getting up in the morning, who have adrenal stress headaches, or have an abnormal craving for salts [10].

In addition to supporting the HPA Axis, women may benefit from additional bovine glandular support of the reproductive organs.

Simply Female™ contains glandular support for the ovaries, fallopian tubes, uterus and cervix.

Ovary: While ovaries are involved in reproduction and hormone production, bovine ovarian tissue has been advised to help women sleep at night, reduce the production of acne, improve mood, sometimes aid in menopausal issues and for some women, increase fertility [11].

Fallopian tubes: Fallopian tubes are a pair of hollow, muscular ducts located between the ovaries and uterus. Each Fallopian tube is a channel between the ovaries which are involved with reproduction and menstruation [8]. Estrogen causes the ciliated epithelial cells that line the fallopian tubes to increase [8].

Uterus: Bovine uterus containing supplements have long been used for women with leucorrhea, uterine cysts, fibroids, uterine displacement, excessive or scanty mense, some types of sterility, menstruation cramps, prolapse uterus [7, 12]. Some practitioners have found uterine glandulars to be helpful for female moods.

Cervix: The cervix is the lower, narrow canal part of the uterus, connecting it to the vagina. It plays a vital role in menstruation, fertility, pregnancy, and childbirth [13]. The cervix allows fluids to leave and enter the uterus.

Simply Female™ also contains bovine **thyroid** tissue (note: bovine thyroid glands are thyroxine-free, thus do not result in a shutting down of the thyroid gland when taken). Thyroid tissue is used by people with symptoms associated with low thyroid such as afternoon tiredness, poor circulation, poor temperature tolerance, headaches, low metabolism, diminished female libido, weight concerns, and sometimes dry skin [14]. After a short adjustment period many people will find that they crave less junk food, caffeine, and similar items but instead carve more water, fruits, and even vegetables.

Bovine animal glands have been consumed since the beginning of history [15], and glandulars have been part of the human diet for thousands of years. They were used for medicinal purposes in the USA in the 1800s [16] and were mentioned in *Merck's 1905 Manual of Materia Medica* [17]. Their long-term use in nutritional supplements began over a century ago [18].

Various studies and reports involving glandulars have been published [e.g. 19-26]. Interestingly, a study of Australian aborigines found that those that had obesity and diabetes who left Western diets and returned to a native diet that included consuming animal glands found that those diseases reversed [26]. Glandulars are "generally recognized as safe" [27]

New Zealand, Australian, and Argentinean farmers tend to raise their cattle more naturally than those raised in places that use a lot of genetically-modified grains like the USA. Cows in New Zealand, Australia, and Argentina are almost exclusively raised on unfertilized natural grasses which are found in the pastures of those lands. Neither New Zealand nor Australia, nor Argentina has ever had a case of BSE (bovine spongiform encephalopathy) nor scrapie, a similar disease found in sheep [28-30]. **Simply Female™** only provides glands from those southern hemisphere nations.

In summary, **Simply Female™** supports the HPA Axis, the reproductive organs and the thyroid gland. **Simply Female™** offers complete glandular support for the neuroendocrine system, the endocrine system and the reproductive system.

Women seeking relief from hormonal imbalances, as well as those ending hormone replacement therapy, can nourish and help stabilize their endocrine systems with glandular support, such as in **Simply Female™** [31].

References:

[1] Burns D. Accumulating scientific evidence supports glandular therapy. The Digest of Chiropractic Economics, Nov/Dec 1987: 74-79

[2] Basic Report: 13318, Beef, variety meats and by-products, brain, raw. National Nutrient Database for Standard Reference Legacy Release, April, 2019; Basic Report: 13325, Beef, variety meats and by-products, liver, raw. National Nutrient Database for Standard Reference Legacy Release, April, 2018

[3] The Difference Between Freeze-Dried, Dehydrated and Raw Foods. Trail Blazers Pets, December 13, 2017

[4] Hulsey MG, Martin, RJ. The role of animals in nutritional research. Nutr Today,1993;28 (5):1993

[5] The Handy Answer Book Series, 2nd edition. Visible Ink Press, 2014

[6] Hypothalamic-Pituitary-Adrenal (HPA) Axis, Cleveland Clinic, https://my.clevelandclinic.org/health/body/hypothalamic-pituitary-adrenal-hpa-axis, accessed 08/05/2025

[7] Profiles in Nutritional Progress. Rubicon Productions, Bakersfield, 1993

[8] Guyton AC, Hall JE. Textbook of Medical Physiology, 9th ed. WB Saunders, 1996

[9] Lee R. Pituitary Cytotrophin. Product Bulletins, circa 1950

[10] Lee R. Adrenamin. In Product Bulletins, circa 1950

[11] Lee R. Ovary Cytotrophin. In Product Bulletins, circa 1950

[12] Lee R. Uterus Cytotrophin. In Product Bulletins, circa 1950

[13] Prendiville W, Sankaranarayanan R. Anatomy of the uterine cervix and the transformation zone. Colposcopy and Treatment of Cervical Precancer, International Agency for Research on Cancer, 2017

[14] Neumann C. Serious Nutrition: Incorporating Clinically Effective Nutrition Into Your Practice. Source Graphics, Kelowna (B.C.), 2005

[15] Dunbar R. Foraging for nature's balanced diet. New Scientist August 31, 1991:25-28

[16] Isaacs LL. A Brief History of Glandular Therapy: More Than Just Thyroid. Integr Med (Encinitas). 2023 May;22(2):26-31

[17] Merck's 1905 Manual of the Materia Medica: A Ready-reference Pocket Book for the Physician and Surgeon Containing Names of the Chemicals and Drugs, 3rd ed. Merck & Co, 1905, p. 114

[18] Harrower H. Practical Organotherapy. 3rd ed. W.B. Conkey Co.: Hammond (Indiana): 31-36, 1921

[19] Shamberger RC, Hendron WH, Leictner AM. Long-term nutritional and metabolic consequences of pancreaticoduodenectomy in children. Surgery, 1994;115(3): 382-388

[20] Thiel R., Fowkes S.W. Down syndrome and thyroid dysfunction: Should nutritional support be the first-line treatment? Medical Hypotheses, 2007; 69:809-815

[21] Thiel R. Might disorders of calcium cause or contribute to myoclonic seizures? Medical Hypotheses, 2006; 66(5):969-974

[22] Thiel R. Thiel R. CHARGE (Hall-Hittner) Syndrome and Nutrition: A novel case report, 2006

[23] Thiel R. Might disorders of calcium cause or contribute to myoclonic seizures? Med Hypo. 2006; 66(5):969-974

[24] DeCava JA. Glandular supplements. Nutrition News and Views 1997; 1(3):1-10

[25] Thiel R. Efficacy of Glandulars and Herbs: The Result of 945 Cases. The Original Internist, Volume 19 (1), March 2012, 7-11

[26] O'Dea K. Traditional diet and food preferences of Australian aboriginal hunter-gatherers. Philos Trans R Soc Lond B Biol Sci. 1991 Nov 29;334(1270):233-240; discussion 240-241

[27] Generally Recognized as Safe (GRAS). USFDA, https://www.fda.gov/food/food-ingredients-packaging/generally-recognized-safe-gras accessed 02/07/20

[28] JOINT STATEMENT FROM THE NEW ZEALAND FOOD SAFETY AUTHORITY AND MINISTRY OF AGRICULTURE AND FORESTRY. BSE in the US has no food safety impact in New Zealand or threat to our animal health status. 24 December 2003

[29] New Zealand's Scrapie Freedom. New Zealand Food Safety Authority. Nzfsa.gov 2/16/06

[30] Scudel A.A, et al. Analysis of risk factos and active surveillance for BSE in Argentina. Siiap.sagyp.mecon.ar 02/16/06

[31] Clinical Reference Guide, Revised April 2018

Some of these studies (or citations) may not conform to peer review standards, therefore, the results are not conclusive. Professionals can, and often do, come to different conclusions when reviewing scientific data. None of these statements have been reviewed by the FDA. ***All products distributed by Doctors' Research, Inc. are nutritional and are not intended for the treatment, prevention or cure of any medical conditions.***

DOCTORS' RESEARCH

PHONE: (805) 489-7185 · FAX: (805) 489-0334 · WWW.DOCTORSRESEARCH.COM

1036 W. GRAND AVENUE, GROVER BEACH, CALIFORNIA 93433