



Menopause Support Protocol*

Objective	Product Recommendation	Dosage	Key Ingredients
Promotes healthy estrogen and progesterone balance ^{††} , supports perimenopause and menopause symptom relief, and supports healthy metabolism and weight management ^{*†}	DIM + Curcumin	1 capsule daily with food. May increase to 1 capsule twice daily, if needed, or as recommended by a healthcare practitioner.	Curcumin (<i>Curcuma longa</i>) Rhizome Extract (BCM-95 [®] /Curcugreen [®]) enhanced with turmeric essential oil and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), French Grape (<i>Vitis vinifera</i>) Seed Extract (VX1 [®]) standardized to contain ≥99% polyphenols and ≥80% OPCs (Tannin Free), BR-DIM [®] (a proprietary, enhanced bioavailability complex containing starch, a minimum 25% diindolylmethane [30 mg], Vitamin E, phosphatidylcholine, silica)
Supports elasticity and youthful appearance of skin, supports relief of vaginal dryness, and rejuvenates mucosal tissues throughout the body*	ProHydra-7™	1 softgel daily. May take up to 6 times daily for advanced support, or as recommended by a healthcare practitioner.	Sea Buckthorn (<i>Hippophae rhamnoides</i>) Berry Pulp and Seed Oil (SB-150™) via supercritical CO ₂ extraction technology containing: Omega-7, Omega-9, Omega-6, Omega-3, and delivering phytosterols, tocopherols, tocotrienols, and carotenoids
Supports sexual drive and function during menopause, healthy cortisol, serotonin, and GABA levels ^{††} , and daily energy*	Red Ginseng Energy	1 capsule daily. May increase to 1 capsule twice daily, or as recommended by a healthcare practitioner. Results improve with continued use.	Korean Red Ginseng (<i>Panax ginseng</i>) Root Powder (HRG80™) containing rare, noble ginsenosides
Boosts bone absorption of calcium for healthy bone structure and density, and supports collagen production for healthy skin, hair, and nails*	Silica-20™	1-2 tablets daily, or as recommended by a healthcare practitioner.	Vitamin D3 (cholecalciferol), Horsetail (<i>Equisetum arvense</i>) Aerial Extract standardized to 20 mg of Silica (per 2 tablets), with naturally occurring flavonoids
Provides three forms of iodine to support deep cellular health, healthy hormone balance ^{††} , thyroid hormone production, daily energy levels, and healthy metabolism*	Tri-Iodine[®] Available in two strengths: 6.25 mg total iodine and 12.5 mg total iodine per capsule.	1 capsule daily with food, or as recommended by a healthcare practitioner.	Iodine (as potassium iodide, sodium iodide, and molecular iodine [from kelp])
Supports vitamin D3 levels for healthy bone density and strength*	Vitamin D3 Chewable	1 tablet daily, or as recommended by a healthcare practitioner.	Vitamin D3 (as cholecalciferol, the body's preferred form)

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BR-DIM[®] is a registered trademark of and licensed from BioResponse, L.L.C., Boulder, CO. †In conjunction with a healthy diet and exercise regimen. ††Supports healthy levels already within normal range.
*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.