



# Menopause Support Protocol\*

Objective	Product Recommendation	Dosage	Key Ingredients
Promotes healthy estrogen and progesterone balance <sup>††</sup> , supports perimenopause and menopause symptom relief, and supports healthy metabolism and weight management <sup>††</sup>	<b>DIM + Curcumin</b>	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 <sup>®</sup> /Curcugreen <sup>®</sup> ) enhanced with turmeric essential oil and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), French Grape ( <i>Vitis vinifera</i> ) Seed Extract (VX1 <sup>®</sup> ) standardized to contain ≥ 99% polyphenols and ≥ 80% OPCs (Tannin Free), BR-DIM <sup>®</sup> (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*	<b>ProHydra-7™</b>	1 softgel daily. May take up to 4 times daily for advanced support, or as recommended by a healthcare practitioner.	Proprietary Blend containing Sea Buckthorn ( <i>Hippophae rhamnoides</i> ) Berry Pulp and Seed Oil (SB-150™) via CO <sub>2</sub> extraction providing 150 mg of omega-7
Supports sexual drive and function during menopause, healthy cortisol, serotonin, and GABA levels, and daily energy <sup>†††</sup>	<b>Red Ginseng Energy</b>	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*	<b>Silica-20™</b>	1-2 tablets twice daily, or as recommended by a healthcare practitioner.	Vitamin D3 (cholecalciferol), Horsetail ( <i>Equisetum arvense</i> ) Aerial Extract standardized to <b>20 mg of Silica</b> (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 <sup>†††</sup>	<b>Tri-Iodine<sup>®</sup></b> 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*	<b>Vitamin D3 Chewable</b>	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<sup>®</sup> 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.

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