



# Menopause Support Protocol\*

Objective	Product Recommendation	Dosage	Key Ingredients
Provides support for healthy levels of the critical hormone, cortisol, for a more balanced response to life's challenges**††	<b>Cortisol Stress Support**††^</b>	Women: 1 capsule, one to two times daily. Men: 1 capsule, one to three times daily, or as recommended by a healthcare practitioner.	Vitamin C (as ascorbic acid), Thiamin (B1) (from thiamin HCl), Riboflavin (Vitamin B2), Niacin (Vitamin B3) (from niacinamide and as niacin), Vitamin B6 (from pyridoxal-5-phosphate), Folate (from (6S)-5-methyltetrahydrofolic acid, acid glucosamine salt), Vitamin B12 (as methylcobalamin), Biotin, Pantothenic acid (from d-calcium pantothenate), DHEA (dehydroepiandrosterone)(micronized)
Promotes healthy estrogen and progesterone balance††, supports perimenopause and menopause symptom relief, and supports healthy metabolism and weight management**†	<b>DIM + Curcumin</b>	1 capsule daily with food. May increase to 1 capsule twice daily, 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, 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 hydrates mucosal tissues throughout the body*	<b>ProHydra-7™</b>	1 softgel daily. May take up to four times daily for advanced support, or as recommended by a healthcare practitioner.	Proprietary Blend containing Sea Buckthorn ( <i>Hippophae rhamnoides</i> ) Berry 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**††	<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**††	<b>Tri-Iodine®</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)