



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**††	Cortisol Stress Support***	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**	DIM + Curcumin	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)
Clinically studied to support hormonal balance, relieve common menopause-related symptoms such as hot flashes and mood changes, and promote overall comfort and well-being during the menopausal transition**††	Menopause Support*	1 capsule daily. For optimal support, may take 2 capsules daily or as recommended by a healthcare practitioner. Some women will experience relief in a short period of time, others may require a full 12 weeks for optimal results.*	Proprietary Complex: Rhodiola (<i>Rhodiola rosea</i>) Root Extract (EPR-7™) standardized to contain ≥ 3% rosavins and ≥ 1% salidroside, Black Cohosh (<i>Cimicifuga racemosa</i>) Rhizome Extract (EP40™)
Supports elasticity and youthful appearance of skin, supports relief of vaginal dryness, and hydrates mucosal tissues throughout the body*	ProHydra-7™	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 Pulp and Seed Oil (SB-150™) via CO ₂ extraction providing 150 mg of omega-7
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 twice 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. ^In vitro evaluation on cultured human bone. ^Occasional stress or anxiety. *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. EM248_0326