



# 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, 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, BR-DIM <sup>®</sup> (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 <sup>†††</sup>	<b>Menopause Support*</b>	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 <sup>™</sup> ) standardized to contain ≥ 3% rosavins and ≥ 1% salidroside, Black Cohosh ( <i>Cimicifuga racemosa</i> ) Rhizome Extract (EP40 <sup>™</sup> )
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 Pulp and Seed Oil (SB-150 <sup>™</sup> ) 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 <sup>™</sup> ) 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 <sup>^^</sup>	<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)