

Menopause Support

Support for Balanced Hormones
During Menopause*

Menopause Support Supplementation

Menopause Support is a comprehensive herbal formula aimed at promoting healthy and balanced hormones during menopause.* Menopause is determined when ovarian function permanently ceases. Menopause Support promotes healthy responses to the vasomotor, sleep, mood, and cognitive functions commonly experienced during and after menopause.*^{1,2}

Supplementation with Menopause Support may include these benefits:

- Support for balanced hormones*
- Support for healthy vasomotor response*
- Support for balanced moods*
- Promotes cognitive performance and brain health*
- Supports restful sleeping habits and patterns*
- Supports healthy bone metabolism*
- Promotes healthy stress response*



How Menopause Support Works

Menopause is the end of the reproductive years for women. Progesterone and estrogen levels are low, which may impact hormonal responses.^{3,4} Vasomotor responses such as hot flashes are the most common sign of this transitional period, but some women may experience sleep disruptions, concerns with cognitive performance, and mood disturbances.³

The foundational ingredient of Menopause Support is a proprietary herbal blend known as EstroG-100® containing *Angelica gigas nakai* root, *Cynanchum wilfordii* root, and *Phlomis umbrosa* root. The coumarin compounds in *Angelica gigas nakai* root help support healthy stress responses and may promote healthy nerve and cognitive functions.*^{5,6} The high contents of total phenol and total flavonoids found in *Cynanchum wilfordii* root support healthy vasomotor responses.*^{7,8} The phytoestrogens found in *Phlomis umbrosa* root help support healthy bone metabolism.*^{9,10}

How Menopause Support Works Continued

Ashwagandha and black cohosh round out the Menopause Support formula. Clinical research demonstrates their combined effects on healthy vasomotor response.*¹¹ Ashwagandha supports healthy vasomotor response due to its adaptogenic activity and anxiolytic effect.*^{12,13} The phytoestrogens in black cohosh promote healthy vasomotor response without binding to estrogen receptors or having estrogenic effects.*^{14,15}

Why Use Menopause Support?

Research cited herein suggests that the nutrients in Menopause Support may help support balanced hormones and vasomotor response during menopause while promoting overall health and well-being.*

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 90

	Amount Per Serving	%DV
Estro G-100® Blend (<i>Angelica gigas nakai</i> root extract, <i>Cynanchum wilfordii</i> root extract, <i>Phlomis umbrosa</i> root extract)	500 mg	*
Ashwagandha Root Powder	250 mg	*
Black Cohosh Root Powder	80 mg	*

Other Ingredients: Microcrystalline cellulose, vegetable stearic acid, dicalcium phosphate, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, resin.

EstroG-100® is a registered trademark of Helios Corp.

Directions: Take one tablet daily with food at the same time of day or as directed by your healthcare practitioner.

Caution: Do not use if pregnant or nursing. This product is not recommended for individuals with known or suspected estrogen-dependent cancer. If taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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