

We're *closing* the women's health gap – for good.



Dr. Sarah Daccarett, MD FOUNDER & CEO

After giving birth to my son in my mid-30s, my hormone levels dropped, pushing me into perimenopause. I tried countless treatments to revive my hormones, but couldn't find any products that met the needs of women in my age group.

As a physician, I decided to create my own formula for hormone enrichment, and have never looked back. In 2023, I founded Inner Balance to make aging and hormonal health solutions accessible to women everywhere.

Our range of bioidentical products are made with one goal in mind: to help you feel your best at every age. We're excited for you to start your journey to feeling good again, and are here to support you at every step of the way.

Welcome to a *new age* of wellbeing. It's time to get the care *you deserve*.

If you have questions, simply contact our chat support team by logging into your account at [InnerBalance.com](https://www.InnerBalance.com).

I'm here on your journey, and I'm rooting for you.

## Inner Balance

### Potential rare adverse reactions

- 1 Heavier bleeding or extra period (less than 5%)** Heavier bleeding resolves after first period. For guidance and potential adjustments, please contact us.
- 2 Vaginal swelling or irritation (less than 0.5%)** Resolves within 1 hour. Reactions beyond this may be a sign of an allergic reaction. Discontinue if you experience any of these rare reactions: hives, rash, or severe swelling.

### More about getting started

Visit your account to learn more about how to get started if you have PCOS, endometriosis, fibroids, or if you're postpartum.

If you want to start at a lower dose, we recommend ¼-½ of a pump for 2-4 weeks before moving to 1 pump. This applies if you have fibroids to minimize excess bleeding & cramping within the first few weeks. Oestra™ doesn't shrink or treat fibroids. Periods on Oestra™ get lighter & shorter over 3-6 months.

If you have questions or concerns, please reach out to the Inner Balance care team by logging into your account at [www.InnerBalance.com](https://www.InnerBalance.com). For optimal care and response time, all questions should be directed to our care team, not our partner pharmacy.

#### UNDERSTANDING THE FDA BLACK BOX WARNING

The FDA requires a black box warning on all estradiol-containing products. However, this warning is based on older studies that used oral estrogen and synthetic progestins (like those in birth control)—not the bioidentical hormones in Oestra™. Oestra™ contains bioidentical estradiol and progesterone, not synthetic progestins. Newer research shows that when used correctly, especially with progesterone, estrogen does not increase the risk of heart disease or cancer—and may even offer protection. The black box remains for legal reasons, but it doesn't reflect modern science.

#### What the research really says:

- Estrogen should always be taken with progesterone if you have a uterus. This protects against endometrial (uterine) cancer.
- Estrogen alone or with progestin (synthetic) is not proven to prevent heart disease or dementia.
- The WHI estrogen-only study found a higher risk of stroke and blood clots (DVT). Taking estrogen with progesterone helps lower that risk.
- The WHI Memory Study (WHIMS) showed a higher risk of dementia in women over 65 who took estrogen alone. This means starting earlier and combining with progesterone is safer.
- The WHI estrogen + progestin study showed small increases in the risk of blood clots, heart attack and breast cancer: 1 extra case per 10,000 women.
- These risks were rare and often linked to older women starting HRT late, using synthetic hormones—not bioidentical estradiol & progesterone like in Oestra™.

\*Formulated without wheat, milk, egg, soy, fish (including crustacean), peanut, almond, pecan, macadamia, walnut, hazelnut & gluten. \*\*Statements have not been evaluated by the FDA. \*\*\*Individual results may vary. \*\*\*\*Information is provided by Inner Balance. Strive Pharmacy is not giving medical advice. Please contact Inner Balance with questions. \*\*\*\*\*Compounded medications are not reviewed or approved by the FDA for safety or efficacy. They are prepared by a licensed compounding pharmacy on a healthcare provider's prescription to meet the needs of an individual patient.

## Inner Balance

Welcome to care that believes you

Bioidentical

for women  
by

Nø synthetics



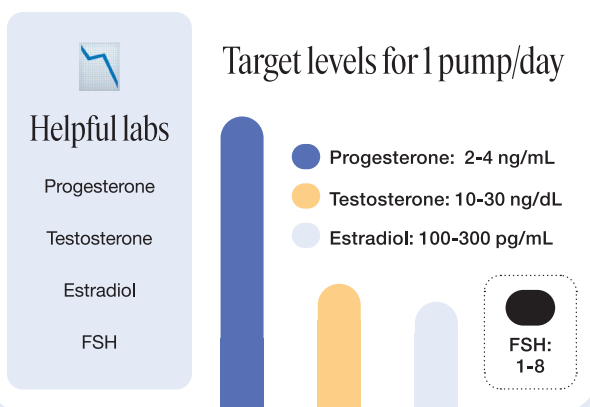
## Why vaginal delivery is a smart choice

- Systemic and highly bioavailable** • Vaginal delivery bypasses liver metabolism, allowing nearly full absorption of estradiol and progesterone—far better than oral (10-20%) or topical (3-20%). This leads to more stable hormone levels and better symptom control.
- More consistent, fewer unwanted effects** • It delivers consistent outcomes with fewer fluctuations and side effects. Hormone levels remain steady, improving your comfort. Clinical evidence—including 100+ studies—supports the effectiveness of vaginal delivery.
- Low risk delivery method** • Vaginal hormones don't raise clotting risks or estrone levels, and they protect the uterine lining. Clinical trials show vaginal delivery method has controlled absorption and a strong safety profile compared to oral forms.
- Endometrial protection** • Vaginal progesterone uses the “first uterine pass effect” to deliver high local levels directly to the uterus, maximizing protection and turn over of the lining, while reducing risks tied to oral forms.
- Clinically validated** • Multiple randomized trials confirm that vaginal estradiol and progesterone provide predictable hormone delivery and endometrial health.

## Understanding labs

You don't need labs to start or monitor Oestra™ but some women find them helpful to track progress or fine-tune your regimen.

**IMPORTANT:** Skip Oestra™ for 24-48 hours before testing. This gives you a “steady state” reading instead of a temporary peak right after application. *\*Wait 2-3 months before getting labs.*



## Oestra™

Third-party tested for potency, and quality.

### ONE PUMP CONTAINS:



- 3 mg Estradiol
- 100 mg Progesterone
- Cream base\*

\*MCT oil, hydrogenated vegan fat, polyoxyl stearate, glyceryl monostearate & ricinoleate, poloxamer 407 & polyoxyl 20 cetostearyl ether

### HOW TO USE OESTRA™

Apply vaginally once daily, in AM or PM. One pump is the measured amount. Do not use any other amount.

- Push down once on the top of the bottle until cream dispenses one pearl-sized dose. Shake the bottle if the cream doesn't dispense after the first few pumps. This is to remove any potential air pockets.
- Use your finger to apply to vaginal tissue, in the opening or underside of the labia (the mucosal tissue, not the skin).
- One pump lasts ~24 hours.
- Stop on day 27 of your 28-day cycle to have a period (if you have a uterus and want to mimic your natural rhythm). Do not use while bleeding. You can resume again once bleeding has stopped, or once 2 days have passed and there is little to no bleeding. Contact our care team if you don't want to have a monthly period.

**Storage:** Use and store at room temperature. Keep out of reach of children and pets. Dispose of in trash when empty or expired.

**If you miss a dose:** Resume when you remember. Missed doses can result in a withdrawal bleed.

### HOW OESTRA™ WORKS

- It is absorbed through the vaginal lining and goes into your bloodstream systemically.
- It bypasses liver metabolism to lower the chance of making unwanted liver byproducts.
- It helps keep hormone levels steady and reliable.
- It works throughout your whole body – not just the vaginal area.

## What to be mindful of

**Its purpose:** To address over 100 symptoms of low estrogen, progesterone and testosterone, such as:

- ✓ Heavy and/or painful periods, anxiety, depression, irritability, insomnia, vaginal dryness, low libido, hair loss, dry skin, dry mouth, dry eyes, fatigue, brain fog, joint and muscle pain, and more
- ✓ Symptoms of endometriosis, postpartum, PCOS, perimenopause and menopause

### Drug interactions:

- ✓ If you take any mental health medications, mood changes may happen at first but tend to level out. You may need extra monitoring or support, contact us if needed.
- ✓ If you're on thyroid medicine or have low thyroid (hypothyroidism), you may need extra monitoring or support, contact us if needed.
- ✓ Stop using hormone herbs or detoxers like black cohosh, chaste berry or DIM.
- ✓ Rifampin, phenobarbital, carbamazepine, and St. John's Wort can reduce the hormone's efficacy.
- ✓ Keto/itraconazole, clarithromycin, ritonavir, and grapefruit juice can slow how your body processes Oestra™.
- ✓ If you're taking warfarin, you may need extra INR blood tests.

**When it shouldn't be used:** As a contraceptive or to prevent pregnancy • During known or suspected pregnancy • When undergoing treatment for a blood clot • With severe liver disease • When undergoing dialysis • When undergoing treatment for cancer

## Possible side effects & how to reduce

*They're temporary and may arise during the first 4-6 weeks of use. If they persist, contact us.*

- Breast tenderness (80–90%)** Resolves within 4-10 weeks with iodine supplementation. Recommendation is: 1500mcg of iodine, 1-7 times per week. A temporary side effect of iodine may be fatigue.
- Uterine cramping (70–80%)** Resolves within 2 weeks. Recommendation is: magnesium and 800mg of ibuprofen every 12 hours.
- Bloating, gas, or intestinal cramping (10–15%)** Resolves within 2-4 weeks. Recommendation is: a low-fiber diet, 250mg of ox bile daily, and digestive enzymes taken when large meals are consumed.
- Spotting or breakthrough bleeding (10–15%)** Resolves within 3-5 days. If heavy, pause regimen and resume once bleeding stops.
- Water retention (less than 10%)** Resolves within the 4 weeks. Pre-existing low thyroid function, iron-deficiency anemia, or histamine intolerance may increase the likelihood of water retention. Symptoms can include weight gain, joint pain, and bloating.
- Vaginal burning or irritation (less than 10%)** Resolves within 1 hour after first application. This is often a sign of vaginal atrophy, which Oestra™ is designed to address. Symptoms generally improve within 7-10 days.
- Temporary increase of hot flashes, insomnia, flushing, or anxiety (less than 5%)** Resolves within 3-7 days. Often related to a short-term increase in histamine sensitivity. Recommendation is: antihistamines.