# FIND YOUR FORMULA

# Menstrual

- Females experiencing normal menstrual symptoms
- Females ages 18+
- Females who menstruate regularly
- Females who have ovaries intact

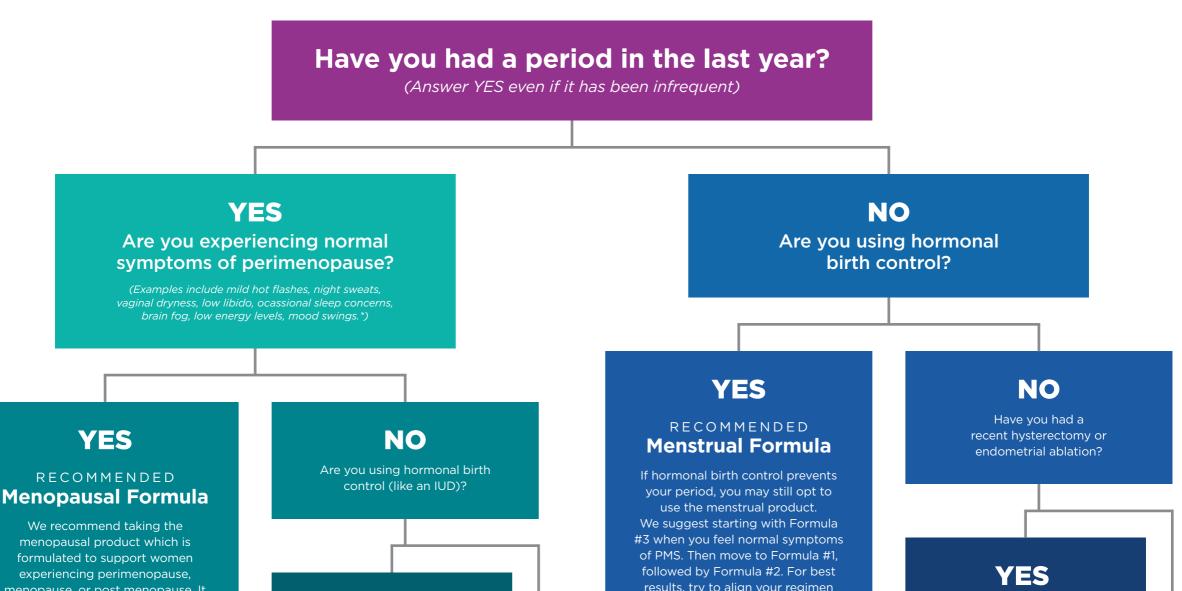
Helps relieve mild cramps, ease occasional and mild bloating, support energy levels, iron metabolism, healthy blood flow, hormones leading up to ovulation and a healthy libido, relieve mild discomfort associated with PMS, support the endocannabinoid system and so much more.\*

# **Menopausal**

- Females experiencing normal perimenopause, menopause or postmenopause symptoms
- Females who may not have ovaries

Helps reduce mild hot flashes, night sweats and vaginal dryness, while supporting your libido, sleep health, cognitive function, cardiovascular health, energy levels, mood and oxidative stress.\*

## **STILL HAVE QUESTIONS?**



with a 28-day cycle.

## YES

### RECOMMENDED Menstrual Formula

If hormonal birth control prevents your period, you may still opt to use the menstrual product. We suggest starting with Formula #3 when you feel normal symptoms of PMS. Then move to Formula #1, followed by Formula #2. For best results, try to align your regimen with a 28-day cycle.

## NO

#### RECOMMENDED Menstrual Formula

We recommend taking the menstrual product. Start the product on the first day of your period.

menopause, or post menopause. It is normal to have irregular periods during perimenopause. The menopausal product provides continuous support regardless of when or if you get a period.

#### RECOMMENDED Menstrual Formula

For recent partial hysterectomies or ablations, we recommend taking the menstrual product as hormones still fluctuate cyclically even though you may not get a period. We suggest starting with Formula #3 when you feel normal symptoms of PMS. From there you can move to Formula #1 and then Formula #2. For best results, try to align your pills with a 28-day cycle.

## NO

#### RECOMMENDED Menopausal Formula

Women who have not experienced a menstrual cycle within the last 12 months or longer can take the menopausal product.

Each woman's cycle is different, and results may vary. For menstrual and menopausal symptoms outside the normal range, medical conditions, or when taking medication, consult your health care provider prior to use. Not for use if you are nursing or pregnant.

\*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.

