

PeriMenopause Support

Support for Balanced Hormones
During Perimenopause*

PeriMenopause Support Supplementation

PeriMenopause Support is a comprehensive herbal formula aimed at promoting healthy and balanced hormones during the time leading up to menopause.* Perimenopause can last for many years, with numerous symptoms leading up to permanent cessation of ovarian function.

PeriMenopause Support promotes healthy responses to the vasomotor, sleep, mood, and cognitive functions commonly experienced during this phase of mid-life.*^{1,2}

Supplementation with PeriMenopause 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 PeriMenopause Support Works

Perimenopause signals the end of the reproductive years for women. Progesterone and estrogen begin to wane while the menstrual cycle becomes irregular and hormonal responses increase.^{3,4} Hot flashes are the most common sign of this transition, but some women may experience sleep disruptions, concerns with cognitive performance, and mood disturbances.³

The foundational ingredients of PeriMenopause Support are 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 phenols 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 PeriMenopause Support Works Continued

The formula is complemented with ashwagandha root and milk thistle seed. Ashwagandha supports healthy stress response due to its adaptogenic activity and anxiolytic effect.*^{11,12} Ashwagandha contains constituents such as withanolides, siterosides, and alkaloids to support a healthy cellular oxidative stress response.*^{11,12} Silymarin-rich milk thistle also supports healthy stress response and may promote cognitive performance and brain health.*^{13,14}

Why Use PeriMenopause Support?

Research cited herein suggests that the nutrients in PeriMenopause Support may help support balanced female hormones leading up to a woman's time of reproductive transition and promote overall health and well-being.*

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

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