



# HerWellness™ Estrovera®

Hormone-free multi-symptom perimenopause and menopause relief designed to bring women's bodies back into balance.\* **Naturally.**

**Clinically proven** to reduce 12 of the most common perimenopausal and menopausal symptoms including hot flashes, by 83%<sup>††</sup>

**Contains ERr 731®**, a plant-based ingredient with a 2-year safety study<sup>1</sup>

**90% of women surveyed** noticed improvements in hot flashes after starting Estrovera<sup>†</sup>



# Whole-body, all-in-one perimenopause and menopause care.

One daily tablet relieves 12 perimenopause and menopause symptoms<sup>\*††</sup>

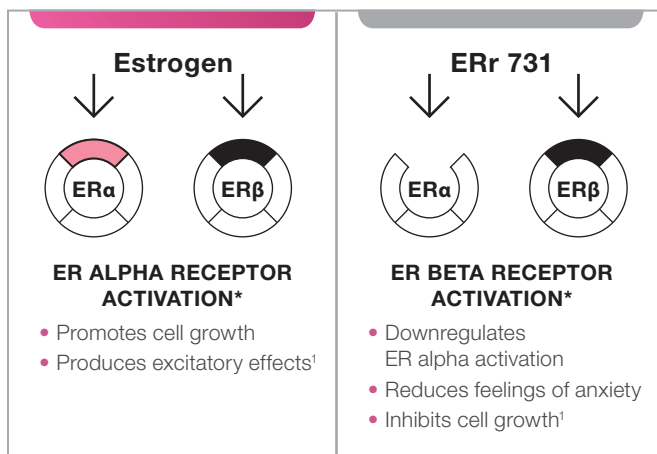
- HOT FLASHES
- NIGHT SWEATS
- SLEEP DISTURBANCES
- NEGATIVE MOOD
- MENOPAUSAL ANXIETY
- VAGINAL DRYNESS
- SEXUAL FRUSTRATION
- URINARY TRACT DISCOMFORT
- PHYSICAL & EMOTIONAL EXHAUSTION
- JOINT & MUSCULAR DISCOMFORT
- IRRITABILITY
- MENOPAUSAL HEADACHES

Estrogen has both alpha and beta receptors that are found in many tissues of the body.<sup>2,3</sup>

- Activation of ER alpha receptors might be involved in some side effects, such as proliferating growth in certain tissues.<sup>2</sup>
- Some phytoestrogens like red clover and soy isoflavones activate both estrogen alpha and beta receptors.<sup>4</sup>
- ERr 731 is a standardized extract obtained from the root of Siberian rhubarb and has shown to have preferential binding affinity to ER beta receptors.
- ER beta receptor activation inhibits ER alpha activation and thereby the cell growth in certain tissues, suggesting a safer option of using ERr 731 for peri- and postmenopausal symptoms.<sup>5</sup>

TISSUES WITH BOTH ALPHA OR BETA	
<ul style="list-style-type: none"><li>• Breast</li><li>• Ovary/testis</li><li>• Bone</li></ul>	<ul style="list-style-type: none"><li>• Central nervous system</li><li>• Cardiovascular system</li><li>• Uterus</li></ul>

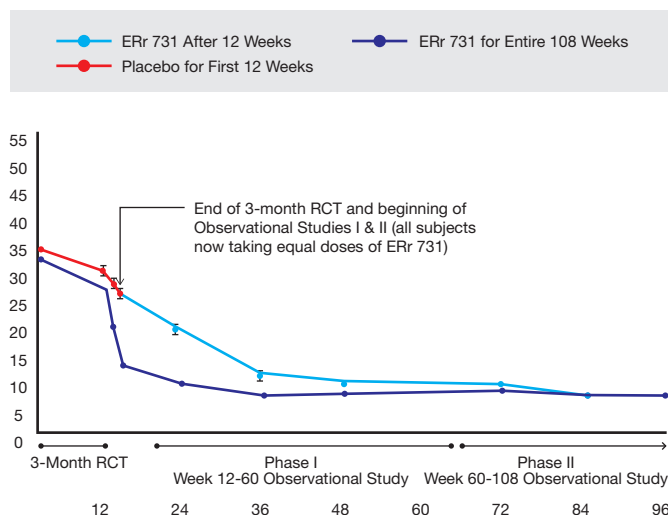
TISSUES WITH EITHER ALPHA OR BETA	
ERα	ERβ
<ul style="list-style-type: none"><li>• Liver</li><li>• White adipose tissue</li></ul>	<ul style="list-style-type: none"><li>• Vessels</li><li>• Lung</li><li>• Urinary tract</li><li>• Intestinal lining</li></ul>



# How effective is Estrovera?

Clinically proven to provide sustained relief for over 2 years with no change in safety parameters.

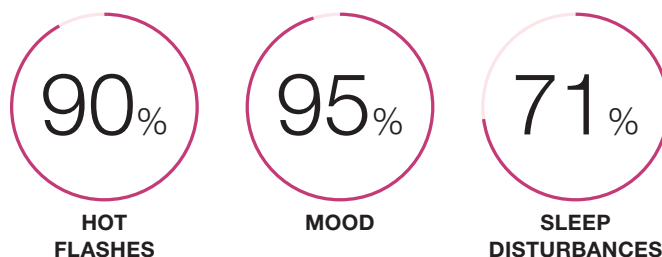
- 12-week randomized, controlled trial followed by 96-week observational study of 109 perimenopausal women with hot flashes.<sup>1</sup>
- ERr 731 arm showed a dramatic and statistically significant improvement in MRS total scores compared to placebo.<sup>1\*</sup>



Real women.  
Real results.

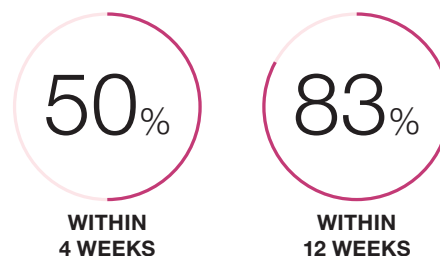
In a 2023 survey, women noticed improvements in the following symptoms after starting Estrovera<sup>†</sup>

These patient satisfaction survey results were the focus of the 2023 Menopause Society's annual conference poster session. Scan QR code for more details.



## Maximum bioavailability for rapid relief.

More than half of patients experienced relief from hot flashes and night sweats within 4 weeks, and an additional 83% felt relief within 12 weeks.<sup>\*‡</sup>



## ERr 731 vs Swedish pollen<sup>1,6</sup>

Comparing the 3-month effectiveness for the most common menopause symptoms.

Menopausal Symptom Measured*	Symptom Reduction (%) ERr 731	Symptom Reduction (%) Swedish Pollen <sup>6</sup>
Hot flashes	66%**	22%
Anxiety	74%**	No change
Vaginal dryness	45%**	No change
Sleep disturbances	69%**	No change
Mood	76%**	18.9%
Mechanism of action	ER beta agonist	Obscure
Safety documentation	2-year study	3 months

\*\*Percentages are extrapolated from data in Hasper 2009 study.



# Perimenopause and Menopause support that's safe, convenient, and accessible.



## 01. A proven safety profile

- A postmarketing surveillance study<sup>7</sup> demonstrated a low incidence of adverse events with ERr 731 (the main ingredient in Estrovera tablets) since its US introduction in 2009. This data supports the safety profile of ERr 731 when used as intended.
- In multicenter clinical studies<sup>8</sup> with ERr 731, safety is supported with no changes in gynecological findings including endometrial hyperplasia or abnormalities in breast tissues.\*

## 02. All-in-one solution

- One tablet addresses 12 common perimenopause and menopause symptoms\*
- Once-daily dosing

## 03. Care that's cost-effective

- Affordable cost per dose. Women who subscribe can save up to 10% and receive free shipping.\*\*\*
- Metagenics offers a money-back guarantee if your patients aren't completely satisfied with their results.\*\*\*\*

For more information visit [metagenics.com/en-us/product/herwellness-estrovera](https://metagenics.com/en-us/product/herwellness-estrovera) or call: 800.692.9400

### REFERENCES

1. Hasper I et al. *Menopause*. 2009;16:117–131.
2. Papke A et al. *J Steroid Biochem Mol Biol*. 2009;117:176–184.
3. Wober J et al. *J Steroid Biochem Mol Biol*. 2007;107:191–201.
4. Desmawati D et al. *Open Access Maced J Med Sci*. 2019;7(3):495–499.
5. Rizza P et al. *Breast Cancer Res*. 2014;16.
6. Winther K et al. *Climacteric*. 2005;8(2):162–170.
7. Chang J et al. *Integr Med (Encinitas)*. 2016;15(3):34–39.
8. Heger M et al. *Menopause*. 2006;13(5):744–759.

<sup>†</sup>Survey conducted online by Metagenics March 2023 with 424 women currently or previously taking Estrovera.

<sup>††</sup>Compared with perimenopausal women receiving placebo, those receiving ERr 731 (the extract found in Estrovera) experienced decreases in symptoms as indicated by the mean reduction in individual Menopause Rating Scale scores.

<sup>‡</sup>Survey conducted online by Metagenics September 21 to October 5, 2020, with 75 women currently taking Estrovera.

\*\*\*Additional terms and conditions apply.

\*\*\*\*Money-back guarantee up to 60 days

### Supplement Facts

Serving Size 1 Tablet  
Servings per Container 30

#### Amount Per Serving

Rhapontic Rhubarb 4 mg\*  
(*Rheum rhaponticum* L.) Root<sup>†</sup> Extract  
(ERr 731<sup>®</sup>) [Providing 2.2 mg rhaponticin  
and 1 mg desoxy-rhaponticin]

\*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid (vegetable), croscarmellose sodium, silica, and enteric coating (ethyl cellulose, hydroxypropylmethylcellulose, medium-chain triglycerides, ammonium hydroxide, sodium alginate, hydroxypropylcellulose, oleic acid, and stearic acid).



Gluten-free



Non-GMO



Vegetarian

Certified



Corporation

\* 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.