



HerWellness™

Science-backed supplement solutions for a natural approach to balancing hormones*








Metagenics HerWellness™ is a comprehensive portfolio of premium science-backed supplement solutions that provide a natural approach to balancing hormones so women can feel like their best selves during every stage of life*.

The HerWellness™ Proprietary Blend is found in each product and features botanicals green tea extract and saffron with activated B6, uniquely formulated for Healthy Hormones™.

(Applies to all products within HerWellness except Estrovera)



	Menstruating Women		All Women		Reproductive Transition
Product	 Naturally Balanced	 Rapid Period Relief	 Recharge Overnight	 Rapid Stress Relief	 Estrovera
Key Benefit	Comprehensive solution for key hormonal symptoms [*]	Fast acting relief for common menstruation symptoms [*]	Enhances body's natural ability to rejuvenate [*]	Rapidly alleviates stress and irritability which may be related to hormonal fluctuations [†]	Helps relieve common symptoms of perimenopause and menopause [*]
Uses	Mood improvement, supports sleep quality, digestive issues (including abdominal discomfort, bloating, heartburn), metabolic health, sugar cravings, and appetite management	Cramps, musculoskeletal pains, and physical fatigue	Supports two important drivers of hormonal disruption (stress and sleep quality)	Acute stress	Perimenopause and menopause symptoms, including hot flashes, night sweats, sleep disturbances, negative mood, anxiety, vaginal dryness, sexual frustration, urinary tract discomfort, exhaustion, muscular discomfort, irritability, and headaches
Ingredients	Affron® (<i>Crocus sativus</i> L.), GutGuard® (<i>Glycyrrhiza glabra</i>), Chromax® chromium picolinate	Rhuleave-K® (Curcumin, Boswellia), enXtra (Alpinia galanga)	Holixer™ (holy basil), magnesium, zinc, vitamin C, thiamine	L-theanine, Lactium®	ERr 731® (Rhapontic rhubarb root extract)
Clinical Study Support	Ingredients backed by 16 clinical studies	Ingredients backed by 6 clinical studies	Ingredients backed by 4 clinical studies	Ingredients backed by 5 clinical studies	ERr 731® backed by 6 clinical studies



HerWellness™ Naturally Balanced

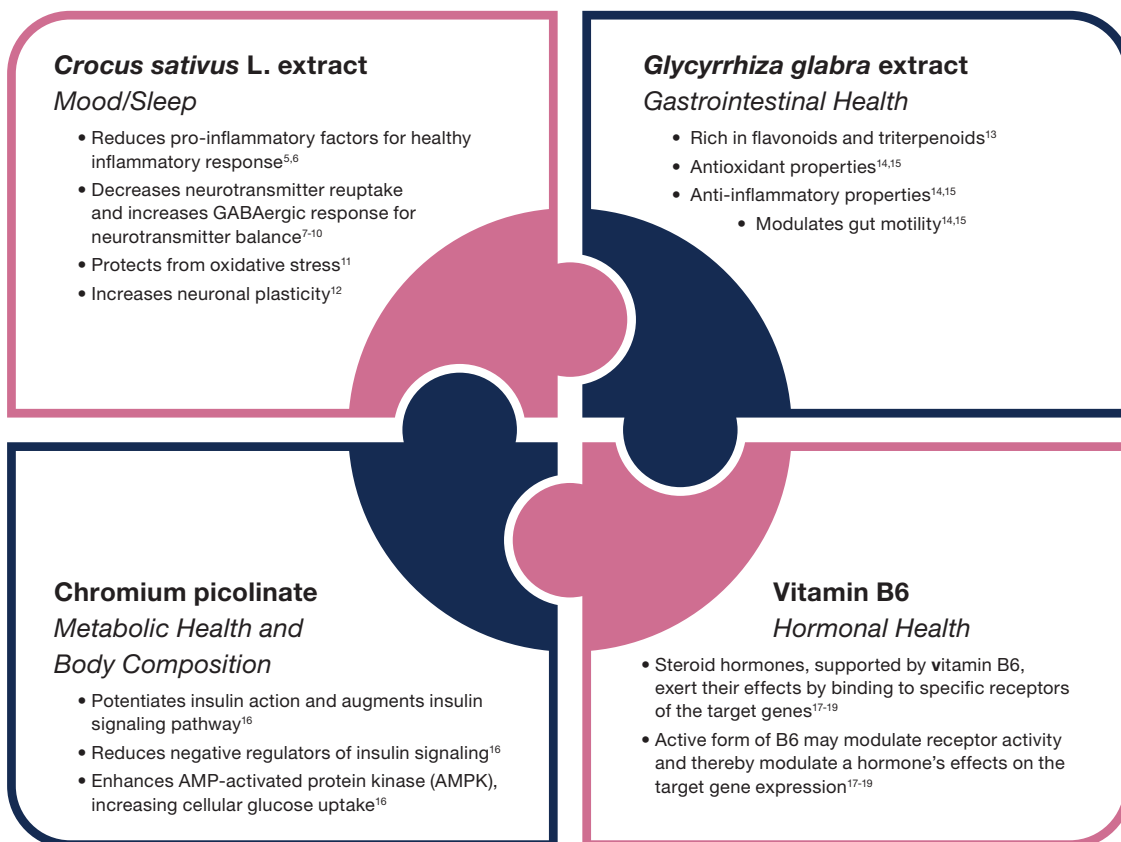
Balances hormone levels for mood, sleep, sugar cravings, and bloating support*

HerWellness Naturally Balanced is an all-in-one solution, featuring a proprietary blend of ingredients, for a natural approach to balancing hormones, healthy metabolism, and digestion – with ingredients backed by 16 clinical studies.*

Designed to target 5 key hormonal symptoms*

- ✓ **Less bloating in 2 weeks:** Relieves occasional digestion issues, including fullness, bloating, and discomfort*¹
- ✓ **Calmer state of mind in 4 weeks:** Positively impacts mood, relieving stress, nervousness, and irritability*²
- ✓ **Better Sleep in 4 weeks:** Improves sleep quality and deep sleep and reduces waking during the night*³
- ✓ **Supports metabolism:** Maintains healthy insulin metabolism, metabolic health, and body composition*
- ✓ **Reduced cravings by 2x compared to placebo over 8 weeks:** Helps to reduce hunger, decrease appetite, and lower cravings for carbohydrates*⁴

Research-Based Mechanisms for Key Ingredients





HerWellness™ Recharge Overnight

Helps to recover overnight to wake up recharged*

HerWellness Recharge Overnight enhances the body's natural ability to rejuvenate, with ingredients to promote mental calmness and overall relaxation, featuring a proprietary blend to promote hormone balance. It is designed for women for a natural approach to enhancing the body's restoration process as she sleeps, to wake up feeling refreshed.*

- ✔ Supports deep sleep and muscle relaxation*
- ✔ Improves sleep quality for increased mental clarity and focus*
- ✔ Reduces cortisol levels*
- ✔ Helps the body's detoxification system*

What Is In It?

Holixer™

A natural extract from holy basil plant shown to support improved sleep and mental calmness, reduce fatigue and cortisol, and enhance natural rejuvenation*²⁰

Magnesium Bisglycinate

A form of magnesium designed for better absorption and tolerance to support improved energy metabolism and muscle health*²¹

Zinc

An essential micronutrient that helps the body's natural detoxification process*²²

Vitamin C

Helps maintain good health and protects cells against free radicals*

Thiamin

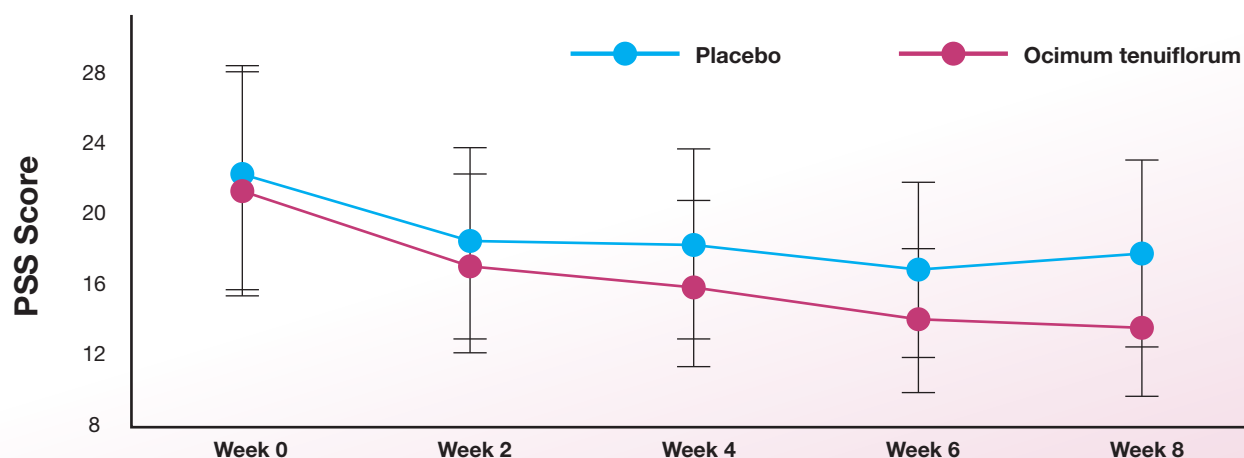
Aids the body in energy production*

Vitamin B6

Supports healthy hormones; helps regulate estrogen metabolism and detoxification mechanistically*

What does the science say?

In a study of patients taking Holixer over 8 weeks, there was a significant decrease in **perceived stress scores (PSS)**, as well as salivary cortisol levels, systolic blood pressure, diastolic blood pressure, salivary α -amylase, and VAS scores compared to placebo.





HerWellness™ Rapid Period Relief

Relieves menstrual cramps, back aches, and period discomfort*

HerWellness Rapid Period Relief is a drug-free, natural approach for effective relief from period symptoms, formulated with a proprietary blend to promote hormone balance.* Designed with ingredients backed by 8 clinical studies, it starts working in 30 minutes and lasts for up to 6 hours, targeting hormonal symptoms:†23

- ✓ Cramps*
- ✓ Head tension*
- ✓ Back aches*
- ✓ Tiredness*



HerWellness™ Rapid Stress Relief

Fast acting emotional support and stress reduction*

HerWellness Rapid Stress Relief rapidly alleviates stress and irritability triggered by hormonal fluctuations, bringing mental tranquility.†24 With clinically proven L-theanine dosage, it is designed to relax alpha-brain waves and decrease the stress hormone cortisol in 1 hour.†25,26 The formula is non-drowsy, proprietary, and designed to promote hormone balance.*



HerWellness™ Estrovera®

Relieves common perimenopause and menopause symptoms*

HerWellness Estrovera is an all-in-one natural approach to relieve discomforts from perimenopause and menopause, featuring ERr 731®, a plant-based ingredient with a 2-year safety study.†27 ERr 731 is clinically proven to relieve 12 major symptoms of perimenopause and menopause by up to 83%, including:††

- ✓ Hot flashes*
- ✓ Night sweats*
- ✓ Sleep disturbances*
- ✓ Negative moods*
- ✓ Urinary tract discomfort*
- ✓ Menopausal anxiety*
- ✓ Vaginal dryness*
- ✓ Sexual frustration*
- ✓ Physical and emotional exhaustion*
- ✓ Joint & muscular discomfort*
- ✓ Irritability*
- ✓ Menopausal headaches*

Explore the HerWellness™ platform of targeted solutions to help women feel like their best, balanced self.*

Call Metagenics at 800.692.9400 or visit metagenics.com/en-us/campaign/herwellness

HerWellness™ Naturally Balanced

Supplement Facts		
Serving Size 1 Capsule†		
Servings Per Container 30		
Amount Per Serving		% Daily Value
Vitamin B ₆ (as pyridoxal 5'-phosphate).....	2 mg	118%
Chromium (as chromium picolinate)†.....	600 mcg	1,714%
Licorice (<i>Glycyrrhiza glabra</i>) root extract**.....	150 mg	**
A Proprietary Blend of:.....	78 mg	**
Decaffeinated green tea (<i>Camellia sinensis</i>) leaf extract, Saffron (<i>Crocus sativus</i>) stigma extract, and Vitamin B ₆		
Chromomelic (<i>Matricaria recutita</i>) petal extract.....	50 mg	**
**Daily Value not established.		
Other Ingredients: Microcrystalline cellulose, capsule (hydroxypropylmethylcellulose), magnesium stearate (vegetable), and silicon dioxide.		

*Vegetarian capsule
†As Chromax®, a registered trademark of Nutrition 21, LLC
††"GulfGuard" is a trademark of Natural Remedies Pvt. Ltd. and is distributed exclusively by K2D, Inc.
***"Altrom" is a registered trademark of Pharmaceutics Biotech Products, S.L.U.
***"Altrom", "GulfGuard", and Chromax®.



Non-GMO



Plant-based



Gluten-free

HerWellness™ Rapid Stress Relief

Supplement Facts	
Serving Size 1 Soft Chew Servings Per Container 30	
Amount Per Serving	% Daily Value
Calories.....	25
Total Fat.....	0.5 g1%**
Total Carbohydrate.....	4 g18%**
Total Sugars.....	2 g4%**
Includes 2 g Added Sugars	
Vitamin B ₆ (as pyridoxal 5'-phosphate).....	2 mg118%
Sodium.....	10 mg<1%
L-Theanine.....	200 mg***
Milk Protein Hydrolysate.....	75 mg***
A Proprietary Blend of:.....	3 mg***
Decaffeinated green tea (Camellia sinensis) leaf extract, Vitamin B ₆ , and Saffron (Crocus sativus) stigma extract	
***Percent Daily Values are based on a 2,000 calorie diet. ***Daily Value not established.	
Other Ingredients: Tapioca syrup, raw cane sugar, palm oil, gum arabic, natural flavors, sunflower lecithin, citric acid, fruit and vegetable juice (color), and sea salt. Contains: Milk	

Made in a facility that processes peanuts, tree nuts, soy, dairy, eggs, wheat, fish, gelatin, and shellfish.



Non-GMO



Milk based



Gluten-free

HerWellness™ Recharge Overnight

Supplement Facts	
Serving Size 2 Tablets Servings Per Container 30	
Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid).....	100 mg111%
Thiamin (as thiamine hydrochloride).....	1.1 mg92%
Vitamin B ₆ (as pyridoxal 5'-phosphate).....	2 mg118%
Magnesium (as magnesium bis-glycinate).....	100 mg24%
Zinc (as zinc bis-glycinate).....	10 mg91%
Holy Basil (Ocimum tenuiflorum).....	250 mg**
leaf extract	
A Proprietary Blend of:.....	10 mg**
Decaffeinated green tea (Camellia sinensis) leaf extract, Vitamin B ₆ , and Saffron (Crocus sativus) stigma extract	
***Daily Value not established.	
Other Ingredients: Microcrystalline cellulose, hydroxypropylcellulose, coating (hydroxypropylmethylcellulose, hydroxypropylcellulose, and medium-chain triglycerides), magnesium stearate (vegetable), and silica.	

***Daily Value not established.

Other Ingredients: Microcrystalline cellulose, hydroxypropylcellulose, coating (hydroxypropylmethylcellulose, hydroxypropylcellulose, and medium-chain triglycerides), magnesium stearate (vegetable), and silica.



Non-GMO



Plant-based



Gluten-free

HerWellness™ Estrovera

Supplement Facts	
Serving Size 1 Tablet Servings per Container 30	
Amount Per Serving	% Daily Value
Rhapontic Rhubarb.....	4 mg*
(Rheum raphanistrum L.) Root† Extract (ERr 731®) (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).	

†Also known as Siberian rhubarb root.



Non-GMO



Plant-based



Gluten-free

HerWellness™ Rapid Period Relief

Supplement Facts	
Serving Size 2 Softgels	
Servings per Container 10	
Amount Per Serving	% Daily Value
Calories.....	10
Total Fat.....	1 g1%**
Vitamin B ₆ (as pyridoxal 5'-phosphate).....	2 mg118%
A Proprietary Blend of:.....***	
Black sesame (<i>Sesamum indicum</i>) seed oil, Turmeric (<i>Curcuma longa</i>) rhizome extract, and Indian frankincense (<i>Boswellia serrata</i>) gum resin extract† [providing 260 mg curcuminoids and standardized to 1% (10 mg)	

†As Rhuleave-K®, Rhuleave-K® is a trademark of Arjuna Natural, LLC.
††As enXtra™, enXtra™ is a licensed trademark of OmniActive Health Technologies Ltd.



Non-GMO



Gluten-free



Drug-free

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*By improving alpha-band wave activity which is linked to a relaxed but alert mental state.

††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.

*Disclaimer: Based on 2024 study data from independent US survey showing which professional supplement brands are most recommended or sold by healthcare professionals. Professional-grade supplements are those typically sold through HCPs.

Certified



* 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.