



HerWellnessTM

Science-backed supplements
for a natural approach to
balancing hormones*



HerWellnessTM

When your hormones are out of sync, Metagenics HerWellnessTM provides a natural approach to balancing hormones by addressing the root cause. HerWellness supports whole body health through every stage of your hormonal journey – so you can feel like yourself again.

Powered by natural, clinically tested, high-quality, and ethically sourced ingredients from the #1 Doctor Recommended Professional Supplement Brand.*

Feel balanced. *Feel like you.*





HerWellness Recharge Overnight

Helps to recover overnight to wake up recharged, with magnesium glycinate, holy basil, and vitamin C.*

Enhances the body's natural ability to rejuvenate, promotes mental calmness and overall relaxation, and helps you wake up feeling refreshed with more restorative sleep. Supports deep sleep, muscle relaxation, reduced stress hormone levels, and detoxification to support mental clarity and focus when you wake up.*



HerWellness Estrovera

Relieves major perimenopause and menopause symptoms, with Siberian rhubarb extract (ERr 731®).*

Provides multi symptom relief by up to 83%, including significant reduction of hot flashes, night sweats, and anxiety in 4 weeks or less.*⁺⁵

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



HerWellness Rapid Stress Relief

Fast acting emotional support and stress reduction, with L-theanine and Lactium®.*

Rapidly alleviates stress and irritability caused by hormonal fluctuations, bringing mental calmness within one hour.^{6††} Non-drowsy, unique formula designed to decrease the stress hormone cortisol and promote hormonal balance.^{*7,8}



HerWellness Rapid Period Relief

Relieves menstrual cramps, back aches, and period discomfort, with tumeric, boswellia, and Thai ginger.*

A plant-based, drug-free solution for effective period symptom relief. Designed to work within 30 minutes (using SpeedTech™ technology), and last up to 6 hours, helping to relieve:⁹

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

The HerWellness™ Proprietary Blend is designed to provide a natural approach to balancing hormones.*

(Applies to all products within HerWellness Platform except Estrovera)

Proprietary blend of Healthy Hormones™ features botanical, decaffeinated green tea extract and saffron with activated B6 for hormonal balance.*



HerWellness Naturally Balanced

Balances hormone levels for mood, sleep, cravings, and bloating support, with saffron, licorice root extract, and chromium.*

All-in-one solution to help with 5 key hormonal symptoms and naturally promote hormonal balance.*

- Less bloating in 2 weeks*¹
- Calmer state of mind in 4 weeks*²
- Better sleep in 4 weeks*³
- Improved metabolism*
- Reduced sugar cravings in 8 weeks*⁴

**Ask your doctor about which
HerWellness products are right for you.**

Questions?

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

HerWellness™ Naturally Balanced

Visit [Metagenics.com/en-us/product/
herwellness-naturally-balanced](https://metagenics.com/en-us/product/herwellness-naturally-balanced)

HerWellness™ Recharge Overnight

Visit [Metagenics.com/en-us/product/
herwellness-recharge-overnight](https://metagenics.com/en-us/product/herwellness-recharge-overnight)

HerWellness™ Estrovera

Visit [Metagenics.com/en-us/product/
herwellness-estrovera](https://metagenics.com/en-us/product/herwellness-estrovera)

HerWellness™ Rapid Stress Relief

Visit [Metagenics.com/en-us/product/
herwellness-rapid-stress-relief](https://metagenics.com/en-us/product/herwellness-rapid-stress-relief)

HerWellness™ Rapid Period Relief

Visit [Metagenics.com/en-us/product/
herwellness-rapid-period-relief](https://metagenics.com/en-us/product/herwellness-rapid-period-relief)

References:

1. Raveendra KR et al. *Evid Based Complement Alternat Med.* 2021;2012:216970.
2. Lopresti AL et al. *J Menopausal Med.* 2021;27(2):66-78.
3. Nishide A et al. *Jpn Pharmacol Ther.* 2018;46:1407-1415.
4. Docherty JP et al. *J Psychiatr Pract.* 2005;11(5):302-314.
5. Hasper I et al. *Menopause.* 2009;16:117-131.
6. Nobre AC et al. *Asia Pac J Clin Nutr.* 2008;17(1):167-168.
7. Evans M et al. *Neurol Ther.* 2021;10(2):1061-1078.
8. Kimura K et al. *Biol Psychol.* 2007;74(1):39-45.
9. Agarwal D et al. *J Clin Med.* 2023;12(12):3968.

†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.)

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

*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.



***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.**