



HerWellness™

Estrovera®

Get to the root of perimenopause
and menopause relief.*

90% of women surveyed noticed
improvements in hot flashes after
starting Estrovera.†



1 daily tablet.
12 perimenopause
and menopause
symptoms.^{1*††}



Hot
flashes



Night
sweats



Sleep
disturbances



Sexual
frustration



Irritability



Menopausal
anxiety



Vaginal
dryness



Negative
mood



Menopausal
headaches



Physical &
emotional
exhaustion



Joint &
muscular
discomfort



Urinary
tract
discomfort

“

Started using product about
a week ago and my night sweats
and hot flashes have gone down
significantly.^{†††}

—Gene

What's in it?

Estrovera features ERr 731[®], a plant-based, nonhormonal extract and the #1 OBGYN-recommended ingredient for perimenopausal and menopausal symptom relief.*

What does it do?

This all-in-one formula is clinically proven to reduce 12 common symptoms of perimenopause and menopause without affecting estrogen levels.*

How long does it take to work?

Four out of five women surveyed reported improvements within three months.**

How long should you take it?

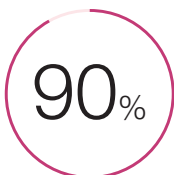
Estrovera's main ingredient has been clinically proven safe for long-term use and is most effective when taken for at least three full months.*

What happens if you stop taking it?

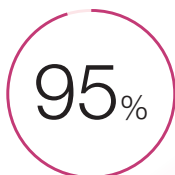
Stopping Estrovera may lead to the return of symptoms over time. However, since perimenopause and menopause are transitional phases, some individuals may be able to discontinue use without symptoms recurring.

Real women. Real results.

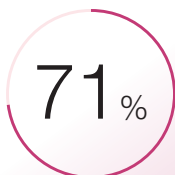
In a 2023 survey, women noticed improvements with the following symptoms after starting Estrovera:†



Hot Flashes



Mood



Sleep Disturbances

Ask your doctor if Estrovera is right for you.

Questions?



Call Metagenics at **800.692.9400**



Visit **metagenics.com/en-us/product/herwellness-estrovera**

Supplement Facts

Serving Size 1 Tablet
Servings per Container 30

Amount Per Serving

Rhapontic Rhubarb	4 mg*
(Rheum rhaponticum 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).



Gluten-free



Non-GMO



Vegetarian

Money-back guarantee

If you try Estrovera and aren't completely satisfied with the results, go to **metagenics.com/en-us/satisfaction-guarantee** to receive a refund.**

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

††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.

†††These reviews have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

‡Research conducted by IQVIA for Metagenics.

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

** Money-back guarantee up to 60 days.

References:

1. Kaszkin-Bettag M et al. *Altern Ther Health Med*. 2009;15(1):24-34.



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