

## PRODUCT INFO

# ESTRO-RHYTHM<sup>®</sup>

## SUPPORT FOR MENOPAUSAL SYMPTOMS

Estro-Rhythm is the world's first naturally based, single-use daily system for menopausal symptoms. Its superior formulation uses natural ingredients to help you get your rhythm back without the worries associated with synthetic solutions.

- The world's first precise daily system of its kind
- Helps relieve menopausal symptoms
- Safe, effective, and naturally based
- Simple, easy-to-use system

Estro-Rhythm is a two-part daily solution that includes a supplement and conveniently pre-measured, daily balancing cream application for no mess and no guess.

(30-Day Supply)



### US LABEL

#### Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin D (as cholecalciferol)	100 IU	25%
Calcium (as calcium carbonate)	250mg	25%
Wild yam root extract	50mg	**
Kudzu root extract	50mg	**
Black cohosh root extract (CimiPure®)	40mg	**
Chasteberry extract	15mg	**
Dong quai root extract	15mg	**

\*\* Daily value (DV) not established.

### OTHER INGREDIENTS

Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica, and film coating (hydroxypropyl methylcellulose, titanium dioxide, glycerine, carmine and maltodextrin).

**Cream:** Water, caprylic/capric triglyceride, Ricinus Communis (Caster Seed) Oil, Progesterone, Pentylene Glycol, Hydrogenated Lecithin, Butyrospermum Parkii (Shea Butter), Glycerin, Squalane, Phyto Estrogen, Ceramide 3

### DIRECTIONS

#### Estro-Rhythm Supplement:

Women take 1 tablet twice daily as a dietary supplement.

#### Estro-Rhythm Cream:

For best results apply Balancing Cream in the morning. Use the entire contents of one packet per day on any area of the body with fatty tissue. Start cream use on the day marked for the day you are at in your cycle and continue regular use going forward. If you are already in menopause, begin on day one, week one and continue regular use going forward. Estro-Rhythm Balancing Cream should be applied on clean, dry skin and should not be used with other creams.



# ESTRO-RHYTHM®

## SUPPORT FOR MENOPAUSAL SYMPTOMS

### FREQUENTLY ASKED QUESTIONS

#### What is Estro-Rhythm?

Estro-Rhythm is the world's first naturally based, daily solution for menopausal symptoms. Its superior formulation uses natural ingredients that are safe and effective without the worries associated with synthetic solutions. Estro-Rhythm is a two-part, daily system that includes a supplement and a premeasured, daily cream application. The supplement provides the nutrients your body needs for balance, and the cream helps protect your body through the outside care of your skin with phytoestrogens. There's no mess and no guess—just Mother Nature's relief for menopause.

#### What age is recommended to start using the Estro-Rhythm System?

The Estro-Rhythm System is recommended for perimenopausal, menopausal, and postmenopausal women. You can begin to use the system as soon as you see signs of perimenopause, which can begin as early as age 35.

#### How do I begin to use the Estro-Rhythm System if I am perimenopausal?

If you still have a regular menstrual cycle, begin using day one, week one of the Estro-Rhythm Balancing Cream on the fourth day of your period and continue regular use going forward.

#### How do I begin to use the Estro-Rhythm System if I have started menopause?

If you seldom or no longer have your menstrual cycle, you may begin using Estro-Rhythm immediately, starting day one, week one of the Balancing Cream. For all women: Begin using Estro-Rhythm dietary supplement on the same day you begin using the Balancing Cream, and continue regular use going forward.

#### Can I take the Estro-Rhythm System with my prescription HRT or does it replace it?

The Estro-Rhythm System is a natural alternative to synthetic hormone replacement therapy for a woman's unique aging process. The Estro-Rhythm System cannot be combined with any other hormone replacement.

#### Where should I apply the cream?

The Balancing Cream should always be applied to a clean, dry area of skin where fatty tissue is present, such as the inner thigh, stomach, or upper arm. Apply in about a four inch square area.

#### What time of day should I take Estro-Rhythm?

The Estro-Rhythm Balancing Cream is day specific and best if used in the morning. Take two supplements daily. Both can be taken together or use one in the morning and one in the evening. It is recommended you use it in the morning, due to the energy boost you may experience.

#### Since this is a 28 day system, what do I do on days 29, 30 & 31?

On day 29 you begin again with the day where you last left off. It is recommended that you place a second order along with the first or within two weeks of ordering your first supply so that you won't lose any days.



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### FREQUENTLY ASKED QUESTIONS CONT.

#### Why are there 60 supplements instead of 56?

These are bonus supplements. There are four extra per month that can be used if you need additional supplements to help alleviate symptoms. Some women may use them during the third week. A third supplement can be added as needed.

#### What should I do if I miss a day?

Just begin with the daily dosage you missed and go forward from there.

#### How soon should I begin seeing results?

Everyone responds differently to the Estro-Rhythm System. You can expect to see results almost immediately; however, it could take up to one month or more.

#### Can I use the Estro-Rhythm System with the Skin Care Line?

There is no reason that the skin care products would interfere with the Estro-Rhythm System. However, you will want to be certain to clean and dry the skin before applying the cream.

#### How long can I use Estro-Rhythm

You can use the system for the rest of your life as it is a combination of safe, natural ingredients.

#### What can I expect if I stop using the Estro-Rhythm System?

You will have no negative side effects, but your body will revert to the condition it was in before you began using the Estro-Rhythm System.

