

Perimenopause Support Bundle

Daily comprehensive support for women navigating perimenopause. This physician-formulated combination addresses hormonal changes while supporting sleep, stress response, and cognitive function.†

EstroProtect



Supports estrogen metabolism and cellular health.†

How to use: Take 2 capsules once daily, or as recommended by your healthcare practitioner.

Adrenal Support



Contains micronutrient-building blocks of adrenal hormones to promote a balanced stress response.†

How to use: Take 3 capsules once per day with a meal, or as recommended by your healthcare practitioner.

Rest and Restore with Melatonin



Supports deeper, more restorative sleep.†

How to use: Take up to 2 capsules an hour before bed, or as recommended by your healthcare practitioner.

Perimenopause Support



A blend of mood-supporting herbs women have relied on for centuries, now physician-formulated into one daily capsule to help promote hormonal balance, emotional stability, restful sleep, and everyday comfort throughout the transition.†

How to use: Take 1 capsule per day, or as recommended by your healthcare practitioner.

Perimenopause Support Bundle

Daily comprehensive support for women navigating perimenopause. This physician-formulated combination addresses hormonal changes while supporting sleep, stress response, and cognitive function.†

Sample Supplement Schedule

This is a sample schedule of when to take all of the supplements included in your bundle. You do not have to follow this exact schedule, just make sure you take the supplements as directed.

	Morning	Afternoon	Evening
EstroProtect	2 Capsules		
Rest and Restore with Melatonin			2 Capsules (1 hour before bed)
Adrenal Support		3 Capsules (with meal)	
Perimenopause Support	1 Capsule		