

## TAKE CONTROL NATURALLY WITH TARGETED HORMONAL SUPPORT FOR WOMEN\*

Integrative Therapeutics™ features a special line of women's products that provide day and night therapeutic solutions for the uncomfortable symptoms associated with perimenopause and menopause, as well as for hormonal balance throughout every stage of a woman's life.\*

### AM/PM PERIMENOPAUSE FORMULA™

#### *Hormone-Free, 24-hour Perimenopausal Symptom Relief\**

Between the ages of 35 and 50, estrogen levels undergo changes and may result in symptoms such as occasional restless sleep, lack of energy, irregular periods, occasional hot flashes, and mood swings.

#### *AM Formula:*

- Green Tea—for energy and weight management\*
- Chaste Berry—for menstrual symptom relief\*
- Rhodiola—for concentration, mental alertness, and endurance\*

#### *PM Formula:*

- Black Cohosh—for relief of occasional night sweats and mood swings\*
- Valerian and Hops—for relaxation\*
- L-Theanine—to alleviate nighttime muscle tension and support sleep quality\*



### AM/PM MENOPAUSE FORMULA™

#### *Hormone-Free, 24-hour Menopausal Symptom Relief\**

Beginning in a woman's mid-40's to early 50's, the ovaries stop producing estrogen and progesterone. As these hormone levels decline, it may cause symptoms such as hot flashes, night sweats, lack of energy, mood swings and irritability.

#### *AM Formula:*

- Black Cohosh—standardized for relief of hot flashes and irritability\*
- Ginseng and Green Tea—for daytime energy\*

#### *PM Formula:*

- Black Cohosh—for relief of hot flashes, irritability and night sweats\*
- L-Theanine, Valerian and Hops—to help improve sleep quality\*

