

Take Our Menopausal Symptom Quiz

- Do you suffer from hot flashes and night sweats?
- Do you occasionally feel irritable, anxious, or moody?
- Do you occasionally feel physically or mentally exhausted?
- Do you have occasional sleep disturbances?
- Do you have age-related urinary tract symptoms?
- Do you have vaginal dryness?

If you are going through menopause and answered "yes" to any of the questions above, then ask your healthcare provider about Estrovera from Metagenics.*

* 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.

The Estrovera® Difference

Estrovera, recommended by your healthcare practitioner, provides ERr 731®, a special rhubarb extract that has been clinically shown to be a well-tolerated option for effective relief of bothersome menopausal symptoms.*

	Estrovera featuring ERr 731®	Leading Competitor
Clinically shown to dramatically reduce menopausal hot flashes.*	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Demonstrated to reduce the frequency of menopausal hot flashes from a median of 12 to 2 per day.*†	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Clinically demonstrated to relieve a wide range of other menopausal symptoms, including sleep disturbances, poor mood, and anxiety.*	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Effective, well-tolerated, natural relief with just 1 tablet daily.*	<input checked="" type="checkbox"/>	<input type="checkbox"/>

→ Ask about Estrovera today!
Learn more at www.WhyEstrovera.com

Triple GMP Certified



These certifications for Good Manufacturing Practices demonstrate the Metagenics commitment to purity and quality.

†Over a 12-week time frame.
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~75% Reduction in Daily Hot Flashes*††



*Percentages are estimated and not included in the studies. For more information please visit WhyEstrovera.com

Clinically shown to significantly reduce menopausal hot flashes & other menopausal complaints*



Genetic Potential Through Nutrition

Effective menopausal hot flash relief.*

Clinical studies suggest that ERr 731®, found in Estrovera, effectively relieves menopausal symptoms.*

- ERr 731® has been shown to reduce the median number of hot flashes vs. placebo by ~75% in just 12 weeks*†
- Demonstrated to relieve a wide range of other symptoms*
- Clinically effective dose in just 1 tablet daily*



Estrovera provides effective, reliable hot flash relief*

Estrovera provides a special extract of Siberian rhubarb—known as ERr 731®—which contains a unique selective estrogen receptor modulator (SERM) that has been clinically tested and shown to significantly reduce daily menopausal hot flashes from a median of 12 to 2 in just 12 weeks.*

Clinically shown to relieve common menopausal symptoms*

Recently published findings reveal plant-based therapies to be associated with the reduction of the frequency of hot flashes and vaginal dryness—offering many individuals a non-hormonal option for the treatment of uncomfortable symptoms associated with the menopausal transition.

The *JAMA* study included the assessment of ERr 731®, an extract of Siberian rhubarb (*Rheum rhaponticum* L.) and the key ingredient in Estrovera.

Exceptional Safety Profile

Unlike some approaches, ERr 731® does not contain estrogen or have very potent action on estrogen receptors in the body, making it a safe choice.* ERr 731® has a long history of successful, widespread use and has been recommended by healthcare providers in Europe since 1993.

In addition, *Integrative Medicine: A Clinician's Journal (IMC)* has published results from a comprehensive post-marketing and customer complaints survey that support the safety of ERr 731® as a non-hormonal therapy for the relief of common symptoms of menopause.*

Now available to you

Experience the dramatic benefits of ERr 731®—available in the US through healthcare providers exclusively in Estrovera.*

Guaranteed menopausal relief*

Visit www.WhyEstrovera.com to get additional menopausal tips and learn more about our Estrovera guarantee.

➔ **Talk to your healthcare provider today about Estrovera.**

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†This estimated ratio is not included in the publication of a 12-week, multicenter, randomized, placebo-controlled clinical study of 112 postmenopausal women. It is calculated from the median change of 9 daily hot flashes divided by the median baseline value of 12 daily hot flashes.