

21ST
CENTURY®



DIETARY SUPPLEMENT

Estro Support

Compare To Active Ingredients
In Estroven®†

60 Caplets

Directions: Take one (1) caplet daily before bedtime with food.

Keep out of reach of children. Do not take if pregnant, lactating or on birth control pills. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Warning: This product contains a soybean based ingredient and should not be taken by those with soy or soybean allergies.

Unconditionally guaranteed for purity, freshness and label potency. No Added Sugar, Salt, Yeast, Preservatives or Artificial Flavors.



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Vitamins, Minerals and Herbs to support the needs of menopausal women.*

†Estroven is a registered trademark of AmeriLit Nutrition, Inc., Bloomfield, CT 06002

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

21ST Century HealthCare, Inc.
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Estro Support

Supplement Facts

Serving Size: 1 Caplet

Amount Per Serving	% DV
Vitamin E (as d-alpha Tocopheryl Succinate)	30 I.U. 100%
Thiamin (Thiamin Mononitrate, B1)	2 mg 133%
Riboflavin (Vitamin B2)	2 mg 118%
Niacin (as Niacinamide)	20 mg 100%
Vitamin B6 (as Pyridoxine HCl)	10 mg 500%
Folic Acid	400 mcg 100%
Vitamin B12 (as Cyanocobalamin)	6 mcg 100%
Calcium (as Calcium Carbonate)	150 mg 15%
Selenium (as L-selenomethionine)	70 mcg 100%
Dateseed Extract (<i>Zizphus spinosa</i>) and Magnolia Bark Extract (<i>Magnolia glauca</i>)	150 mg **
Purified Isoflavones (from non-GMO standardized soybean extract)	55 mg **
Black Cohosh Extract (<i>Cimicifuga racemosa</i>)	40 mg **
Boron (as Boron Amino Acid Chelate)	1.5 mg **

** Daily Value (DV) not established.

Other Ingredients: Croscarmellose Sodium, Cellulose, Stearic Acid, Silicon Dioxide, Titanium Dioxide, Magnesium Stearate, Artificial Colors (FD&C Red #40, FD&C Blue #2, FD&C Yellow #5). Contains a soy ingredient. 0107