

equate®

Compare to
Estroven®
Regular
Strength
Ingredients***

Regular Strength

Estroblend™

A Natural Approach to Reducing
Menopausal Symptoms**

- Helps reduce irritability, hot flashes & night sweats**
- Natural

Dietary Supplement

**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.



Actual Size



30
CAPLETS **1**
PER DAY

Supplement Facts

Serving Size One Caplet

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha tocopheryl acid succinate)	30 IU	100%
Thiamin (as thiamin mononitrate)	2 mg	133%
Riboflavin	2 mg	118%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	10 mg	500%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	6 mcg	100%
Calcium (as calcium carbonate)	150 mg	15%
Selenium (as L-selenomethionine)	70 mcg	100%
Proprietary Herbal Calming Blend #2 Sour Date seed extract (Ziziphus spinosa) and Magnolia bark extract	150 mg	†
Isoflavones (from Kudzu (Pueraria lobata) root extract and Soybeans)	55 mg	†
Black Cohosh (rhizome & root) Standardized extract	40 mg	†
Boron (as boron chelate)	1.5 mg	†

†Daily Value not established.

Other ingredients: microcrystalline cellulose, croscarmellose sodium, acacia, dextrin, hypromellose, stearic acid, titanium dioxide, silicon dioxide, polyethylene glycol, caramel color, dextrose, lecithin, natural flavor. **CONTAINS: SOY**
This product contains no artificial preservatives or flavors, yeast, wheat, gluten or lactose.

DIRECTIONS: Adults, take one caplet daily before bedtime with food. It is recommended that you see your doctor on a regular basis as part of an overall health care program. Remember to discuss the supplements you take with your doctor.

WARNINGS: Do not use if pregnant, considering becoming pregnant or if nursing a baby. Consult your doctor prior to use if you have a liver disorder or develop symptoms of liver trouble such as abdominal pain, dark urine, or jaundice. Consult a doctor before use if you have any other medical condition, including a hormone-sensitive condition, low blood pressure or if you are taking any medication, including hormone therapy. Some consumers may experience gastrointestinal discomfort, but it should not be persistent. Discontinue use and see your doctor if discomfort persists or if any other side effect occurs, including dizziness, headache or visual disturbances. As with any dietary supplement, keep out of reach of children.

- **Black Cohosh and Isoflavones** help reduce hot flashes and night sweats**
- **Herbal Calming Blend and Black Cohosh** help reduce irritability and occasional sleeplessness**
- **10 essential vitamins and minerals**, including calcium, for women's health**
- **Vitamin D** supports strong bones and healthy immune system function**

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Take this product as part of a daily regimen.
This product has all natural herbs.
Store at room temperature (59°-86°F). Do not expose to excessive heat, humidity or direct sunlight.

Questions or comments? 1-888-267-1915

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