

# Estroven® SLEEP COOL® & CALM

## Safe Multi-Symptom Menopause Relief with:

- Naturally sourced **Black Cohosh Root Extract**, plus clinically proven **Soy Isoflavones** to help reduce the frequency and severity of hot flashes and night sweats\*
- Melatonin**, clinically proven to help you fall and stay asleep, so you wake up refreshed, when dealing with occasional sleeplessness\*

### Supplement Facts

Serving Size: One (1) Caplet

|                                  | Amount Per Serving | % Daily Value |
|----------------------------------|--------------------|---------------|
| Total Carbohydrate               | <1 g               | <1%**         |
| Calcium (as dicalcium phosphate) | 112 mg             | 9%            |
| Black Cohosh Root Extract        | 40 mg              | †             |
| Soy Isoflavones                  | 56 mg              | †             |
| Melatonin                        | 2 mg               | †             |

\*\* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established

**Other ingredients:** microcrystalline cellulose, stearic acid, coating (hydroxypropyl methylcellulose, titanium dioxide [color], medium chain triglycerides (safflower oil), inulin, vegetable juice [color]), croscarmellose sodium, silicon dioxide, magnesium stearate.

**Contains: Soy**

**Distributed by i-Health, Inc.** 55 Sebetha Drive, Cromwell, CT 06416

Made in the USA with US and imported materials.

Slight variations in caplet color may occur due to the naturally sourced colorants.

**Directions:** Take one (1) caplet per night. For best results, daily use for a minimum of 60 days is important.

For questions, concerns, or to report an adverse event, please call 1-877-ESTROVEN or visit [www.estroven.com](http://www.estroven.com)

†† Estroven® does not contain synthetic, animal or human derived hormones.

Estroven® SLEEP COOL® & CALM does not contain preservatives, yeast, wheat, gluten or lactose.

As with any dietary supplement, please inform your healthcare professional before taking. Do not take if pregnant, breastfeeding or intending to become pregnant. Keep out of reach of children. Do not operate a motor vehicle or machinery while taking this product.

**\*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.**

NO COATING

ENBM4971

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Store at room temperature. Do not expose to excessive heat, humidity or direct sunlight.

**Tamper Evident:** Product is sealed within blisters. Do not use if any part of the blister is torn, open or damaged.

TESTED FOR QUALITY & PURITY IN THE USA

Drug Free & Estrogen Free††

# Estroven®

## for Menopause Relief

### SLEEP COOL® & CALM

#### Safe Multi-Symptom Relief:

- Helps Reduce Hot Flashes & Night Sweats\*
  - Helps Relieve Occasional Sleeplessness
- For a Calm and Restful Sleep\*

30 CAPLETS

DIETARY SUPPLEMENT

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NO COATING

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for Menopause Relief  
SLEEP COOL® & CALM