

Estera® Maintenance contains flax lignans and indoles that work with the liver to promote a healthy balance of estrogen metabolites. Estera® Maintenance supports cardiovascular health, muscle health, skin tissue appearance, healthy bones, and cognitive functions.*

DIRECTIONS FOR USE: As a dietary supplement, take two (2) capsules daily, preferably one with your morning and evening meals. Store in a cool, dry place.

WARNINGS: Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product. Discontinue 2 weeks prior to and after surgery. Discontinue use and consult a physician if any adverse reactions occur. Do not use if safety seal is broken or missing.

***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.**

BATCH NO.:

EXP. DATE:



 PHARMANEX®

 Estera®

Phase III
Women's maintenance
formula

DIETARY SUPPLEMENT
60 CAPSULES



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value
Broccoli Powder	300 mg *
Diindolylmethane (an indole)	100 mg *
Genistein (from Soy Isoflavone Ext.)	55 mg *
Pomegranate Fruit (<i>Punica granatum</i>) Extract	40 mg *
Lignans (from Flaxseed)	20 mg *

*Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

CONTAINS Soy.

 **QUALITY**

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