

Complete Multivitamin
+ Hormonal Support

RELIEVES HOT FLASHES,
NIGHT SWEATS, MOOD
SWINGS, DEPRESSION,
BLOATING, WEIGHT GAIN,
LOW SEX DRIVE, INSOMNIA
AND FATIGUE

she-ology.com

The statements herein have not been evaluated by the Food
and Drug Administration. This product is not intended to
diagnose, treat, cure or prevent any disease.



she-ology™



Women's Hormonal Supplement

FORMULATED TO EASE SYMPTOMS OF

Peri-Menopause^{Plus}

☑ COMPLETE MULTIVITAMIN + HORMONAL SUPPORT



Become Your
Most Vibrant Self

Recommendation: Take three (3) capsules twice daily with food.
Precaution: If reaction(s) occur, consult your physician. Do
not purchase this product if seal is missing or broken.
Consult your doctor before starting any dietary supplement
regime. This product is a dietary supplement not a
prescription drug. Keep this product out of reach of
children. In case of accidental overdose, call a hospital or
poison control center immediately.

Refrigerate after opening.

Quatrefolic® is a registered trademark of Gnosis SpA.

U.S. Patent No. 7,947,662

ChromeMate® is a registered trademark of InterHealth N.I.

Manufactured in a cGMP-compliant facility.

KSM-66®

ashwagandha

Quatrefolic®

CHROMEMATE®



NO GMOS



NO COLORANTS



MADE IN
THE USA



VEGAN

SUPPLEMENT FACTS

Serving Size: 6 Veggie Capsules
Servings Per Container: 30 (180 capsules per bottle)

	Amount per Serving	% DV
Vitamin A (100% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	90 mg	150%
Vitamin D3 (as cholecalciferol)	2000 IU	500%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU	100%
Vitamin K (K1 and K2 (MK7) Blend)	80 mcg	100%
Vitamin B1 (as thiamine HCl)	1.5 mg	100%
Vitamin B2 (as riboflavin)	1.7 mg	100%
Vitamin B3 (as niacin)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
(6S)-5-MethylTetraHydroFolate (MTHF)*	999 mcg (Quatrefolic®)	135%
	539 mcg (Folate)	
Vitamin B12 (as cyanocobalamin)	2.4 mcg	100%
Biotin	300 mcg	100%
Vitamin B5 (as pantothenic acid)	10 mg	100%
Calcium (as AlgaeCal®)	100 mg	10%
Iron (as ferrous fumarate)	18 mg	100%
Iodine (as amino acid chelate)	150 mcg	100%
Magnesium (as magnesium oxide)	320 mg	100%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as amino acid chelate)	70 mcg	100%
Copper (as amino acid chelate)	2 mg	100%
Manganese (as manganese citrate)	2 mg	100%
Chromium† (as ChromeMate®)	1000 mcg	833%
Molybdenum (as sodium molybdate)	77 mcg	100%
Proprietary Blend	942 mg	***

Passion Flower Extract (as in Graminex G63), Collective Low Molecular Weight
Marine Collagen, Cynatine HNS (soluble kestin), L-Theanine, KSM-66 Ashwagandha,
Ground Flax Meal, Coenzyme Q10, Ginkgo Biloba Leaf Extract, Royal Jelly, Polyphenol
(resveratrol), Chasteberry Fruit Extract, Fenugreek Seed Extract (Libifem®), Hyaluronic
Acid (as hyaluronan)

*** Daily Values not established Daily Values based on a 2000 calorie diet

*Quatrefolic®, equivalent to 916 mcg Dietary Folate Equivalent (DFE at 1.7x)

†ChromeMate® is a patented oxygen-coordinated niacin-bound chromium complex.

Formulated and Distributed Exclusively by:
Coast Science, LLC 4653 Carmel Mountain Rd
Ste. 308-123 San Diego, CA 92130
877.237.3748 | www.coastscience.com