

BUILT ON TRUST. Crafted with Care.

ESTRO-AID

MAY HELP SUPPORT



HOT FLASHES*



MOOD HEALTH*



HORMONE BALANCE*

Suggested Use: Take 1 capsule daily with food or as directed by a healthcare professional.

CAUTION: Consult your healthcare provider before using this supplement especially if you are pregnant, intend to become pregnant, nursing, taking medication, or have a medical condition.

Keep out of the reach of children. Contains desiccant packet for freshness. Do not eat packet. Do not use if safety seal is damaged or missing. Store in a cool, dry place.

* 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.

MANUFACTURED FOR:

SMOKY MOUNTAIN NUTRITION

P.O. BOX 101335, NASHVILLE, TN 37224



FIND US ON:



ONCE-DAILY CAPSULE

SM Nutrition

ESTRO-AID

MENOPAUSE SUPPORT COMPLEX

DIM, BLACK COHOSH, COQ10, RED CLOVER, & MUCH MORE

60 CAPSULES



DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Capsule • Servings Per Container: 60

Amount Per Serving	% Daily Value	
Folate (as calcium L-5-methyltetrahydrofolate)	680 mcg	170%
Vitamin B-12 (as cyanocobalamin)	25 mcg	1042%
Red Clover 2.5% Extract (aerial parts)	400 mg	†
Black Cohosh Root Powder	170 mg	†
DIM (Diindolylmethane)	100 mg	†
Turmeric Root Powder	50 mg	†
Citrus Bioflavonoid 50% Complex	50 mg	†
Chrysin Powder (from Passion flowers)	30 mg	†
Wild Yam 16% Extract (root)	25 mg	†
Coenzyme Q10 (as ibidicarenone)	15 mg	†
Polygonum cuspidatum 50% Extract (root)	15mg	†
BioPerine® (black pepper fruit extract)	2.5 mg	†
Raspberry Extract (berry)	50 mg	†
(Rubus crataegifolius) (standardized to 20% ellagic acid)		
† Daily Value not established.		

Other Ingredients: Vegetable Cellulose, and organic Nu-FLOW® (Organic Rice Concentrate).
BioPerine® is a registered trademark of the Sabinsa Corporation.
Nu-FLOW® is a registered trademark of RIBUS, Inc.

Lot # and Best By Date Printed on Bottom of Bottle