

PHARMANEX® STANDARD: Estera® Transitions contains a patent-pending blend of phytoestrogens. Phytoestrogens are plant based compounds that bind to the body's estrogenic receptors. They should be incorporated into a woman's diet for benefits throughout life. Estera® Transitions also contains flax lignans and indoles that work with the liver to promote a healthy balance of estrogen metabolites. Black cohosh works with Estera® ingredients to help relieve common symptoms associated with menopause. Studies have shown these ingredients can help relieve common symptoms including hot flashes, occasional anxiousness, and mild mood swings.*

DIRECTIONS FOR USE: As a dietary supplement, take one (1) capsule with eight (8) ounces of liquid daily. Store in a cool, dry place.

WARNING: Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using 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.

Do not use if safety seal is broken or missing.



Batch No.:

Exp. Date:

 PHARMANEX®



ESTERA®

PHASE II

women's transitions formula
DIETARY SUPPLEMENT

30 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value
Broccoli Powder	150 mg *
Diindolylmethane (an indole)	100 mg *
Black Cohosh (<i>Cimicifuga Racemosa</i>) Extract Roots 2.5% Triterpene Glycosides	40 mg *
Pomegranate Fruit (<i>Punica Granatum</i>) Extract	40 mg *
Lignans (from Flaxseed)	20 mg *
Genistein (from Soy Isoflavone Extract)	15 mg *

*Daily Value not established.

Other Ingredients: Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

Mfd. in the U.S.A. exclusively for NSE Products, Inc., Provo, UT 84601

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