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Suggested Usage: As a dietary supplement, adults may take **2 capsules** each evening with food for 1 to 2 weeks or as directed by your healthcare professional.

The dose may then be increased to **4 capsules** each evening with food for 2 to 4 months or as directed by your healthcare professional.

After 2 to 4 months, dosage may be lowered back down to **2 capsules** each evening with food and may continue on that dosage as needed or as directed by your healthcare professional.

WARNING: Consult your healthcare professional before use if you are pregnant, nursing, taking prescription medications, have a liver disorder or develop symptoms of liver trouble.

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Manufactured by:

Douglas Laboratories

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Formula #201353

EstroMend™

Hormone Specific Formulation™

A Dietary Supplement



120 Vegetarian Capsules

Supplement Facts

Serving Size	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container	60	30

Amount Per Serving	%DV	%DV
Proprietary Blend.....	1,390 mg *	2,780 mg *
Pueraria root Extract (<i>Pueraria montana</i> , <i>Pueraria lobata</i> , standardized to 40% isoflavones), Red Clover Extract (<i>Trifolium pratense</i> , stem, leaves, and flowers, standardized to 8% biocannins), Bacopa Extract (<i>Bacopa monnieri</i> , aerial parts, standardized to 20% bacosides), Gotu Kola Extract (<i>Centella asiatica</i> , leaf, standardized to 10% asiaticosides), Hops Extract (<i>Humulus lupulus</i> , strobiles, standardized to 5% alpha bitter acids), Dong Quai root Extract (<i>Angelica sinensis</i> , standardized to 1% ligustilides), Schizandra fruit Extract (<i>Schizandra chinensis</i> , standardized to 9% schisandrins), Sage leaf (<i>Salvia officinalis</i>).		
Black Cohosh Extract	50 mg *	100 mg *
(Cimicifuga racemosa, root and stem, standardized to 8% triterpene glycosides)		

*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.