

VITALITY  
FOR LIFE®



# EstrAval®

Natural Support  
for Menopause\*

DIETARY SUPPLEMENT  
60 CAPSULES



**DIRECTIONS:** Take two capsules daily. Capsules can be taken either with meals or on an empty stomach.

Consult your physician before taking this product if you are pregnant, planning to become pregnant, nursing, under a doctor's care, taking any medications, or administering to children under the age of 18. Keep out of reach of children. Tamper-evident inner seal; if broken, do not accept. Store in a cool, dry, dark place. Made in a facility that also processes dairy, shellfish, tree nuts, and soy.

## SUPPORT FOR CHANGING NEEDS THROUGHOUT MENOPAUSE\*

A 3-in-1 herbal supplement that helps naturally promote women's health.\*

- Soy: Supports bone health and helps relieve hot flashes\*
- Dong Quai: Helps promote uterine health and a healthy menstrual cycle\*
- Black Cohosh: Promotes hormone balance\*

## Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

|                                                               | Amount Per Serving | % Daily Value |
|---------------------------------------------------------------|--------------------|---------------|
| Soy Concentrate ( <i>Glycine max</i> ) (bean)                 | 150 mg             | †             |
| Dong Quai Extract ( <i>Angelica sinensis</i> ) (root)         | 100 mg             | †             |
| Black Cohosh Extract<br>( <i>Cimicifuga racemosa</i> ) (root) | 50 mg              | †             |

†Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline cellulose†, capsule (bovine gelatin), magnesium stearate†.

† Plant derived

\* 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.

GLUTEN-FREE