

SPECIFICATION SHEET

MENOPAUSE SUPPORT

Hormonal, Emotional & Metabolic
Balance



CLINICAL APPLICATIONS

- Reduces hot flashes, night sweats, and vasomotor instability*
- Improves sleep onset, REM quality, and adrenal recovery*
- Supports emotional regulation, mood resilience, and mental clarity*
- Promotes detoxification of hormonal metabolites via liver support*
- Modulates estrogen and progesterone balance during perimenopause and menopause*
- Nourishes the HPOA (Hypothalamic-Pituitary-Ovarian-Adrenal) axis during hormonal decline*

PRODUCT OVERVIEW

MENOPAUSE SUPPORT is a comprehensive, multi-systemic formula that targets the full spectrum of menopause symptoms—from vasomotor instability and emotional reactivity to metabolic and cognitive changes. Designed by a practitioner who deeply understands the transitional hormonal terrain, this formula integrates clinically backed botanicals with essential co-factors to restore hormonal rhythm, reduce cortisol-driven stress, and support the body's natural hormone detoxification processes.*

Rather than isolating one symptom (e.g., hot flashes), MENOPAUSE SUPPORT addresses root causes: declining ovarian output, impaired hormone clearance, adrenal exhaustion, and neurotransmitter depletion. This is advanced hormonal care for the modern woman—focused on resilience, clarity, and vitality.

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving %DV

Magnesium (as Di-Magnesium Malate Granular) **50 mg 12%**

Hormone Balance Adaptogenic Proprietary Blend 786.8mg **

Red Clover Extract (Trifolium pratense) (flower)

Chaste Tree Berry Extract (Vitex Agnus-Castus)(std. to contain 0.5% Agnusides)

Rhodiola Rosea Extract (std. to 5% Rosavins)

Dong Quai Powder (Angelica sinensis)(root)

Passionflower Extract (Passiflora incarnata) (std to contain 5% flavones)

Motherwort Extract (Leonurus cardiaca)

Sage Powder (Salvia officinalis) (leaf)

Wild Yam Powder (Dioscorea Villosa) (root)

Black Cohosh (Cimicifuga Racemosa) (root)

Licorice Extract 4:1 (Glycyrrhiza glarba) (root)

Liver Support Blend

Milk Thistle Extract (Silybum marianum)(seed) 150 mg **
(Std. to contain a minimum of 80% Silymarin)

Inositol 62.5 mg **

Organic Turmeric Powder (Curcuma longa) (root) 50 mg **

Dandelion Extract (root)(Taraxacum officinale) 500 mg **

Broccoli Extract Powder (Brassica oleracea var. italica) (std. to contain 0.5% Sulforaphane) 50 mg **

** Daily Value (DV) Not Established 60 mcg **

Distributed by:

The Holistic Detox LLC – #1274

1401 Lavaca St

Austin, TX 78701

United States

www.wellhistic.com | www.theholisticdetox.com

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

CORE BOTANICALS & FUNCTIONAL BENEFITS (ORDERED BY IMPACT)



Black Cohosh (*Actaea racemosa*)

- Reduces hot flashes, night sweats, and sleep disturbances*
- Modulates serotonin receptors to stabilize mood and vasodilation*
- Clinical support for perimenopausal and postmenopausal relief*

Chaste Tree Berry (*Vitex agnus-castus*)

- Balances progesterone by modulating pituitary LH and prolactin*
- Reduces mood swings, breast tenderness, and irregular cycles*
- Supports libido and reproductive rhythm through HPO axis*

Red Clover (*Trifolium pratense*)

- Phytoestrogens reduce hot flashes and vaginal dryness*
- Promotes bone density and cardiovascular health post-menopause*

Milk Thistle (*Silybum marianum*)

- Promotes phase I & II liver detox of estrogen metabolites*
- Antioxidant support for hormonal and metabolic protection*

Magnesium (*Dimagnesium Malate*)

- Relieves tension, muscle cramps, and insomnia*
- Supports GABA activity and stress modulation*

Inositol

- Improves insulin sensitivity and mood regulation*
- Supports neurotransmitter balance for emotional resilience*

Dong Quai (*Angelica sinensis*)

- Nourishes blood, reduces uterine tension, and supports endometrial health*
- Improves circulation and hormone responsiveness*
- Synergistic with estrogen-modulating herbs for PMS and menopause*

Rhodiola Rosea

- Adaptogen for stress, fatigue, and emotional burnout*
- Enhances neurotransmitter sensitivity (serotonin, dopamine)*
- Boosts mental clarity and physical stamina during hormonal decline*

Wild Yam (*Dioscorea villosa*)

- Modulates progesterone pathways and supports uterine tone*
- Reduces abdominal cramping, tension, and mood irritability*

Turmeric Root Extract (*Curcuma longa*)

- Anti-inflammatory and neuroprotective*
- Reduces joint stiffness and cognitive fog during menopause*

Vitamin B6 (*Pyridoxal-5-Phosphate*)

- Cofactor for progesterone metabolism and serotonin synthesis*
- Reduces PMS-like mood symptoms and supports sleep*

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SYNERGISTIC CLINICAL PATHWAYS

Hormonal Rebalancing & Detox

- Vitex, Red Clover, and Wild Yam modulate estrogen/progesterone
 - Milk Thistle and Turmeric enhance liver detoxification pathways
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Vasomotor & Sleep Support

- Black Cohosh, Dong Quai, and Magnesium reduce hot flashes, night sweats, and night-time anxiety
 - Vitamin B6 supports melatonin and serotonin cycles for deeper sleep
-

Emotional & Cognitive Resilience

- Rhodiola and Inositol stabilize neurotransmitter tone under stress
 - Turmeric and Magnesium protect against neuroinflammation and fog
-



| Brand/ Product | Key Ingredients | Strengths | Weaknesses |
|--|--|---|---|
| HUM Nutrition – Fan Club | <ul style="list-style-type: none"> Siberian Rhubarb, Grape Seed Extract, Lactobacillus plantarum DR7™ | <ul style="list-style-type: none"> Supports hot flashes and estrogen pathways; includes gut + antioxidant support | <ul style="list-style-type: none"> Lacks adaptogens, liver support, and mood-stabilizing nutrients |
| Life Extension – Menopause Relief | <ul style="list-style-type: none"> 1. Siberian Rhubarb Extract (standardized to rhaponticin + desoxyrhaponticin) | <ul style="list-style-type: none"> Clinically researched estrogen receptor modulator; may reduce hot flashes and mood swings | <ul style="list-style-type: none"> No adaptogens, adrenal or neurotransmitter support; limited to estrogen pathway |
| Her Own – PMS, Mood & Relief | <ul style="list-style-type: none"> Chasteberry, Dong Quai, Ashwagandha, 5-HTP (proprietary blend) | <ul style="list-style-type: none"> Mood and hormonal combo with serotonin support | <ul style="list-style-type: none"> Underdosed due to blend; not menopause-specific; lacks detox/liver/adrenal support |
| Terra Origin – Estrogen & Menopause | <ul style="list-style-type: none"> Chasteberry, Dong Quai, Ashwagandha, 5-HTP (proprietary blend) | <ul style="list-style-type: none"> Strong estrogen detoxification support and phytoestrogens | <ul style="list-style-type: none"> Lacks adaptogens, emotional balance support, and full hormonal cycle coverage |
| Wellhistic – Menopause Support | <ul style="list-style-type: none"> Dong Quai, Chasteberry, Red Clover, Rhodiola, Motherwort, Wild Yam, DIM, Turmeric, Sulforaphane, Milk Thistle, Inositol, B6, Magnesium Glycinate | <ul style="list-style-type: none"> Most comprehensive formula: hot flashes, mood, sleep, memory, libido, and detox | <ul style="list-style-type: none"> No weaknesses noted—covers root causes and full-body shifts with clinical precision |

- **Adaptogens + hormone balancers + liver support + anti-inflammatory synergy**
- **Designed for women seeking clarity, calm, energy, and emotional strength during transition**

Supplement Facts

MENOPAUSE SUPPORT contains clinically relevant doses of standardized herbs, micronutrients, and adaptogens. Every ingredient is third-party tested and included for purity, bioavailability, and hormonal relevance.*

Directions for Use

Take 2 capsules in the morning with food. For acute hot flash or night sweat support, consider adding an evening capsule. Use consistently for 8–12 weeks for optimal results.*

Safety & Manufacturing

- Not for use during pregnancy or lactation
- Consult your provider if taking hormone-modulating medications
- Made in FDA-registered, GMP-compliant facility
- 3rd-party tested for potency and purity
- Non-GMO | Vegan | Gluten-Free | Soy-Free | Dairy-Free

MANUFACTURING STANDARDS

- FDA-registered, GMP-compliant facility 3rd-party tested for purity and potency Non-GMO | Vegan | Gluten-Free | Dairy-Free | Soy-Free



0% Toxins



Pure & Clean Process



No GMOs



No Green Sheen



3rd Party Tested



MADE IN USA FROM GLOBAL MATERIALS



DAIRY FREE



WOMEN OWNED BUSINESS



GMP



VEGAN FRIENDLY

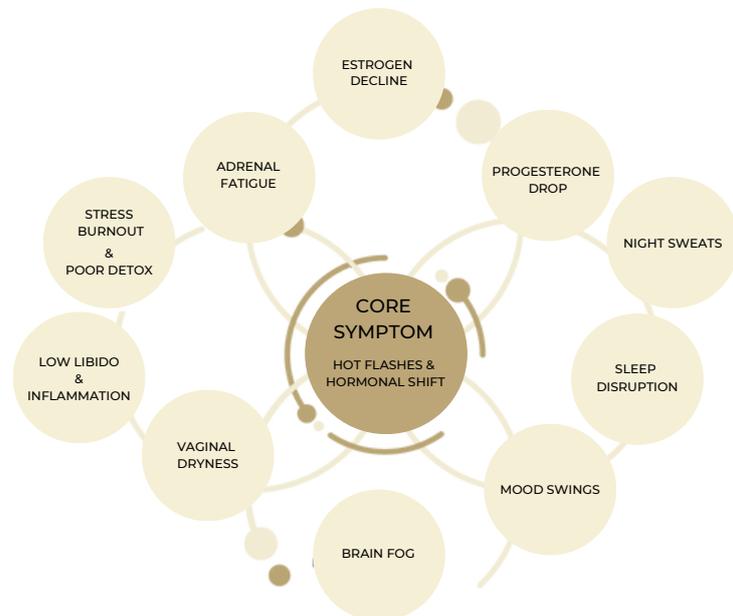


FDA REGISTERED FACILITY



GLUTEN FREE

HOW CAN CALM SUPPORT YOU?



XX to your **INVISIBLE BATTLES & UNSEEN STRENGTH,**



Carola Le-Wriedt, Founder
Wellhistic & The Holistic Detox

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Chaste Tree Berry (*Vitex agnus-castus*)

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Red Clover (*Trifolium pratense*)

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Rhodiola Rosea

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Milk Thistle (*Silybum marianum*)

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