

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
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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

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	<p>1.Siberian Rhubarb Extract (standardized to rhaponticin + desoxyrhaponticin)</p>	<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	<p>Underdosed due to blend; not menopause-specific; lacks detox/liver/adrenal support</p>
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	<p>Lacks adaptogens, emotional balance support, and full hormonal cycle coverage</p>
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	<p>No weaknesses noted—covers root causes and full-body shifts with clinical precision</p>

- 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



GOOD MANUFACTURING
PRACTICE



VEGAN
FRIENDLY

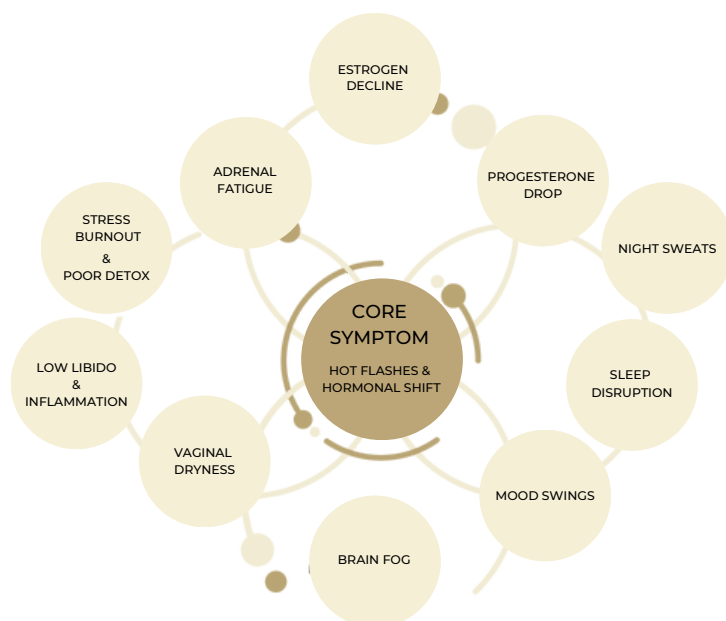


MANUFACTURED IN A
FDA
REGISTERED FACILITY



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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Black Cohosh (*Actaea racemosa*)

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Chaste Tree Berry (*Vitex agnus-castus*)

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Dong Quai (*Angelica sinensis*)

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