



**Standard  
Process®**

# Natural Solutions for Menopause

Discover great success by using herbal and whole food supplements to alleviate the symptoms associated with menopause.

## Wild Yam Complex:

- Provides relief from discomfort associated with menopause
- Maintains feelings of general well-being
- Balances and supports normal female physiology and function
- Calms the nerves and restores balance in temporary mood swings\*

Suggested use: 1 tablet 3-4 times daily, up to 6 tablets may be needed in severe cases

## Tribulus:

- Provides relief from discomfort associated with menopause
- Maintains feelings of general well-being
- Balances and supports normal female physiology and function\*

Suggested use: 1 tablet 2-4 times daily

## Chaste Tree:

- Promotes a natural, healthy balance within the female endocrine system
- Supports female reproductive system health\*

Suggested use: 1-2 tablets once daily on rising

## Other herbal products that can also be considered:

- **St John's Wort** provides a tonic for the nervous system  
Suggested use: 2 to 3 tablets or 4 mL 1 to 2 times per day of the 1:2 extract
- **Sage** provides relief from discomfort associated with menopause  
Suggested use: 4 mL per day of the 1:2 extract
- **Licorice High Grade** promotes healthy adrenal gland function\*  
Suggested use: 4 mL per day of the 1:1 extract

## Drenamin® supplies:

- Adrenal Protomorphogen™ extracts—adrenal support is important because of its role in estrogen and progesterone production in menopause
- Vitamin C complex—the adrenal glands store and utilize high amounts of vitamin C
- Specific B vitamins needed for optimal liver function—the liver has a central role in clearing exogenous hormones via the bile\*

Suggested use: 6 tablets per day



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## Symplex® F supplies:

- Support for the pituitary, thyroid, adrenals, and ovaries utilizing Protomorphogen™ extracts\*

Suggested use: 3 tablets per day

## Wheat Germ Oil or Wheat Germ Oil

### Fortified™ supplies:

- A rich source of fat-soluble vitamins, especially vitamin E, a source of sex hormone precursors\*

Suggested use: 6 perles per day

## Other whole food supplements that can also be considered:

- **Ovatrophin PMG**® supports the ovaries utilizing Protomorphogen™ extracts\*  
Suggested use: 3 tablets per day
- **Betacol**® provides nutritional support for the liver to optimize clearance of exogenous hormones, and it includes betaine hydrochloride, choline, inositol, and disodium phosphate to help facilitate bile flow and production\*

Suggested use: 2 capsules per day