**Menstrual formula**

**CHANGE THE WAY YOU THINK
ABOUT YOUR PERIOD**

* Help reduce mild menstrual cramps\*
* Support healthy blood flow\*
* Support urinary tract health\*
* Support healthy libido\*
* Support hormones leading up to ovulation\*
* Support thyroid health\*
* Promote clear looking skin\*
* Reduce normal symptoms of PMS\*
* Reduce occasional stress\*
* Balance mood\*
* And more!

Scientifically formulated with:

* Menstrual D-Tox Complex™
* Bio-Optimal Pre-Ov Blend™
* Co-Active PMS Matrix™

**Formula #1 - Period: Days 1-4 (Release Phase)**

**BENEFITS**

**FORMULATED WITH INGREDIENTS SHOWN TO:**

* Help relieve mild discomfort associated with menstrual cramps\*
* Ease occasional and mild bloating, nausea, cramping and loose stools\*
* Support the body’s natural detoxification process\*
* Promote clear looking skin\*
* Support healthy blood flow\*
* Support iron metabolism\*
* Support liver health\*
* Support urinary tract health\*
* Support antioxidant capacity\*
* Support energy levels\*

**FEATURES**

* A proprietary blend of potent, synergistically paired herbs, essential nutrients, botanicals and antioxidants to support hormones during your period\*
* Clean label formula
* Hormone- and soy isoflavone-free
* Gluten-free
* Dairy-free
* Non-GMO

**Formula #2 - Follicular Phase: Days 5-16 (Renew Phase)**

**BENEFITS**

**FORMULATED WITH INGREDIENTS SHOWN TO:**

* Support hormones leading up to ovulation\*
* Improve feelings of wellbeing\*
* Support a healthy libido\*
* Support mental clarity\*
* Support thyroid health\*
* Help promote iron absorption\*
* Support antioxidant capacity\*

**FEATURES**

* A proprietary blend of essential minerals, potent herbs, inositol, antioxidants and a nature-identical alkaloid to support hormones pre-ovulation\*
* Clean label formula
* Hormone- and soy isoflavone-free
* Gluten-free
* Dairy-free
* Non-GMO

**Formula #3 - Luteal Phase: Days 17-START OF NEXT PERIOD (Balance Phase)**

**BENEFITS**

**FORMULATED WITH INGREDIENTS SHOWN TO:**

* Relieve mild discomfort associated with PMS: mood swings, abdominal cramps, bloating, breast tenderness\*
* Help enhance the absorption of key nutrients needed before menstruation\*
* Support a healthy inflammatory response\*
* Support the endocannabinoid system\*
* Promote clear looking skin\*
* Reduce occasional stress\*
* Support energy levels\*
* Support antioxidant capacity\*

**FEATURES**

* A proprietary blend of potent botanicals, polyphenols, micro-encapsulated melon concentrate, a highly bioavailable fatty acid amide and zinc to support hormones post-ovulation\*
* Clean label formula
* Hormone- and soy isoflavone-free
* Gluten-free
* Dairy-free
* Non-GMO
* The Modere Transparency Trust™ is our commitment to share meaningful information about our products. Going well beyond minimum industry requirements, our detailed transparency charts list our ingredients in plain English, how they’re sourced and the benefits they provide so you can make informed decisions about the products you invite into your home.

**FORMULA #1**

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| Clove flower bud extractSupport liver health and natural detoxification. Made from clover (Syzygium aromaticum). |
| Immortelle flowering top extractSupport liver health and natural detoxification. Made from immortelle (Helichrysum italicum). |
| HypromelloseCapsule. Made from plant sources. |
| Magnesium oxideSupport heart and muscle function. Magnesium made with compounding ingredients. |
| Cranberry fruit extractSupport urinary tract health. Made from cranberry (Vaccinium macrocarpon). |
| Sage aerial parts extractSupport antioxidant capacity. Made from sage (Salvia officinalis). |
| Chaste tree berry extractRelieve mild discomfort associated with PMS. Made from chaste berry (Vitex agnus-castus). |
| Potassium phosphatePotassium made with compounding ingredients. |
| NiacinamideSupport circulation. Form of vitamin B3 made with compounding ingredients. |
| Coenzyme Q10Support energy levels. Ubidecarenone made by fermentation. |
| Ginger rhizomes extractEase occasional bloating, nausea, cramping and loose stools. Made from ginger (Zingiber officinale). |
| Peppermint leaf extractEases occasional bloating, nausea, cramping and loose stools. Made from mint (Mentha piperita). |
| Dong quai root extractTraditionally used to reduce mild discomfort during menstruation. Made from dong quai (Angelica sinensis). |
| Silicon dioxideFlow agent. Made from natural sources. |
| Magnesium stearateFlow agent. Made from natural sources. |
| Copper gluconateSupport iron metabolism. Copper made with compounding ingredients. |

**FORMULA #2**

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| TheacrineSupport hormones. Made from natural sources. |
| InositolSupport liver health and natural detoxification. Made from immortelle (Helichrysum italicum). |
| HypromelloseCapsule. Made from plant sources. |
| Broccoli SproutSupport antioxidant capacity. Made from broccoli (Brassica oleracea). |
| QuercetinSupport antioxidant capacity. Made from Japanese sophora flower (Sophora japonica). |
| Maca root extractSupport libido. Made from maca root (Lepidium meyenii). |
| Ferrous bisglycinate chelateSupport wellbeing, source of iron. Made with compounding ingredients. |
| Magnesium stearateFlow agent. Made from natural sources. |
| Silicon dioxideFlow agent. Made from natural sources. |
| Potassium iodideSupport thyroid health and muscle function. Potassium salt of iodine made from natural sources. |

**FORMULA #3**

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| Palmitic acid monoethanolamide (PEA)Support the endocannabinoid system. Made with compounding ingredients. |
| HypromelloseCapsule. Made from plant sources. |
| Ancient peatSupport energy levels. Made from natural sources (humic shale). |
| Zinc gluconatePromote clear-looking skin and reduce mild menstrual cramps. Made with compounding ingredients. |
| Zinc oxidePromote clear-looking skin and reduce mild menstrual cramps. Made with natural sources. |
| Ginger rhizome extractSupport a healthy inflammatory response. Made from ginger root (Zingiber officinale). |
| Chaste tree berry extractRelieve mild discomfort associated with PMS. Made from chaste berry (Vitex agnus-castus). |
| Magnesium stearateFlow agent. Made from natural sources. |
| Silicon dioxideFlow agent. Made from natural sources. |
| Saffron extractHelp support healthy mood. Made from saffron (Crocus sativus). |
| Black pepper fruit extractEnhance absorption of key nutrients. Made from pepper (Piper nigrum). |
| Melon fruit juice concentrateReduce occasional stress. Made from melon (Cucumis melo). |
| Apple fruit extractSupport vitality. Made from apple (Malus spp.). |







\*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.