**More info**

**If you get irregular periods** and you’re in your 40s or older, it may be a sign of perimenopause. We recommend taking menopausal formula. If perimenopause is ruled out, take menstrual formula. Tap the FAQ button to see how.

**If you take hormonal birth control,** you can still take menstrual formula, but you may not notice as dramatic of results. If your birth control stops your period, like an IUD, tap the [FAQ button](https://images.modere.com/image/upload/v1677618828/Product/FAQ_OVA_OVA-m_US-EN.pdf) to see how to use.

**If your ovaries have been removed,** take menopausal formula. If you have ovaries but have had a tubal ligation, hysterectomy or uterine ablation, take menstrual formula until you experience symptoms of perimenopause. Tap the FAQ to find out how.

**If you have any symptoms of perimenopause** like hot flashes, night sweats or vaginal dryness, take menopausal formula, even if you still get a period. Perimenopause usually starts in your 40s or 50s. Want to see all the signs of perimenopause? Tap the FAQ button.

**If you’re in post-menopause,** but still experiencing unwanted symptoms like hot flashes, vaginal dryness, etc., take menopausal formula as long as symptoms persist.