

Menopause Support



Dr. Hyman's supplement stack recommendation for optimal healthy support

Recommended Usage and Benefits

Fem EstroPlex

Take 3 capsules daily.

Nutrients that support the adrenal glands' adaptive response.

Estrovera

Take 1 capsule daily. Relief for hot flashes, night sweats, sleep disturbances, menopausal anxiety, physical & emotional exhaustion, irritability, vaginal dryness, negative mood, sexual frustration, joint & muscular discomfort, urinary tract discomfort, menopausal headaches.

Black Cohosh Plus

Take 1 capsule twice a day (total of 2 capsules daily). Use to address menopausal nervousness, irritability, occasional sleep disturbances, and vasomotor symptoms, as well as help ease tension and support relaxation.

Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at support@drhyman.com or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.