

# Thriving Through Menopause

## Nutrition Support Guide



Watch the Webinar	Omega-III Salmon Oil Plus	Feminine Herbal Complex	Vitamin E Plus	Vegan D	Magnesium Complex	Glucose Balance	Full Motion	UpBeet	Elevate
Hot Flashes & Night Sweats*	✓	✓	✓						
Mood & Sleep*	✓	✓		✓	✓	✓			✓
Joint Comfort*	✓				✓		✓		
Sex Drive, Vaginal Dryness*	✓	✓		✓	✓	✓		✓	
Dry, Itchy, Aging Skin*	✓		✓				✓		
Fatigue*				✓	✓			✓	✓
Optimal Heart Health*	✓			✓	✓	✓	✓	✓	
Optimal Bone Health*			✓	✓	✓				
Optimal Blood Sugar*			✓	✓	✓	✓			
Optimal Cognition*	✓		✓	✓	✓			✓	✓

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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