

Why Estrovera: What do your patients have to lose besides hot flashes?*



- 1 Long-term compliance:**
- Patients who place subscription orders are 65% more likely to adhere to protocol.
 - Subscriptions get 10% off all future orders with free shipping; patients can add, skip, or cancel at any time.

- 2 Safety**
- ERr 731 has been studied in numerous patient groups and found to be safe and effective when used as intended.*

- 3 Quality**
- Our TruQuality™ transparency program provides you with purity and potency data on each lot produced so you and your patients know exactly what's in the bottle. Try it out at [Metagenics.com/truquality](https://metagenics.com/truquality) using lot #B04210355.

- 4 Money-back guarantee**
- If you try Estrovera and aren't completely satisfied with the results, complete our money-back guarantee form online at Estrovera.com to receive a refund.**

How to recommend

Estrovera is offered through MetaDirect™ mail order service by doctor or practitioner referral only. Send recommendations for your patients in these convenient ways:

-  **Fax: 1.855.704.4963**
-  **Phone: 844.966.3600**
-  **Electronic order:**
<https://meta.secure.force.com/?referral=> _____

**Money-back guarantee up to 90 days

References:

1. Kaszkin-Bettag M et al. *Altern Ther Health Med.* 2009;15(1):24-34.
2. Hasper I et al. *Menopause.* 2009;16:117-131.
3. Papke A et al. *J Steroid Biochem Mol Biol.* 2009;117:176-184.
4. Wober J et al. *J Steroid Biochem Mol Biol.* 2007;107:191-201.
5. Keiler AM et al. *J Steroid Biochem Mol Biol.* 2012;128:62-68.
6. Chang J et al. *Integr Med (Encinitas).* 2016;15(3):34-39.

Menopausal symptom relief that has helped over a million women*

Featuring ERr731®

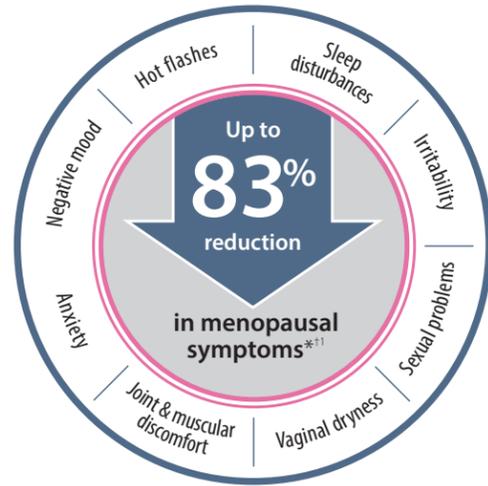
- ✓ Clinically shown to reduce 11 of the most common menopausal symptoms by up to 83%*
- ✓ Multisymptom relief in as little as 1-4 weeks*††
- ✓ Does not contain estrogen or progesterone



*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.



How effective is Estrovera?

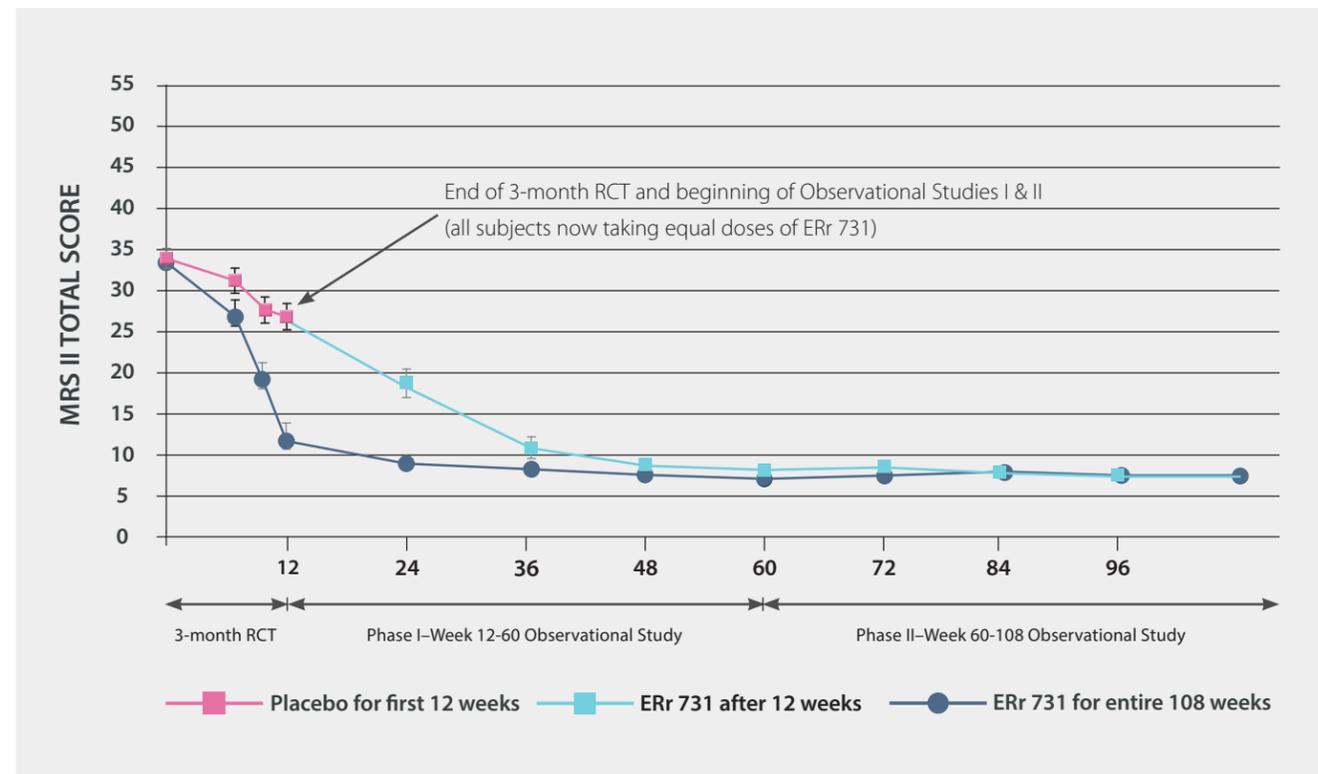


In a 12-week RCT study, ERr 731 reduced a wide range of menopausal symptoms by 83%, including:^{*1}

- ✓ Emotional stress
- ✓ Sexual problems
- ✓ Vaginal dryness
- ✓ Sleep disturbances
- ✓ Negative mood
- ✓ Urinary tract discomfort
- ✓ Physical and mental exhaustion
- ✓ Irritability

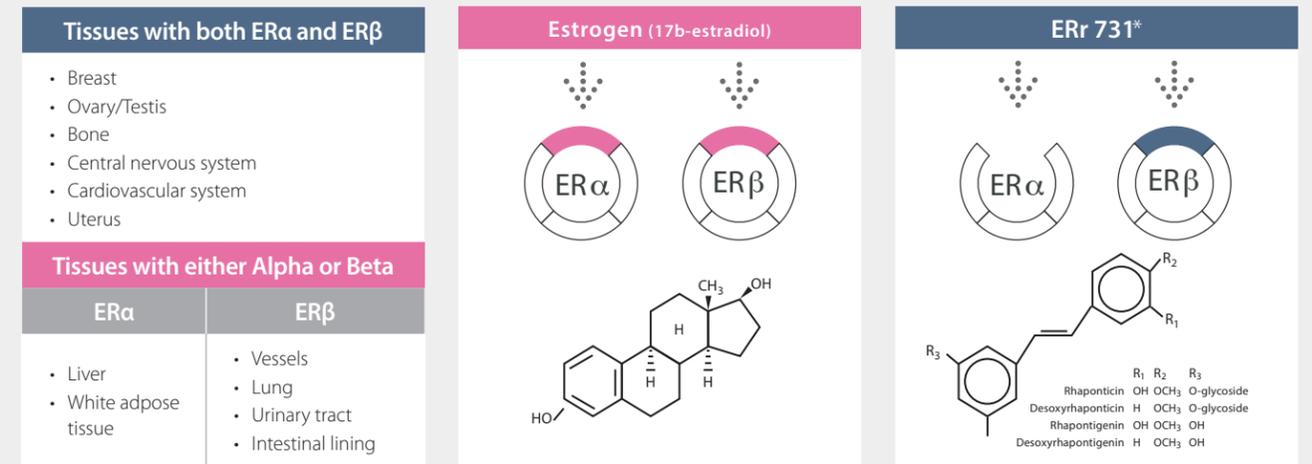
Long-term symptom relief*

- 12-week randomized, controlled trial followed by 96-week observational study of 109 perimenopausal women with hot flashes²
- ERr 731 arm showed a dramatic and statistically significant improvement in MRS total scores compared to placebo^{*2}



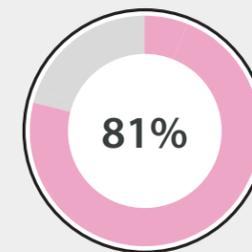
¹Compared with perimenopausal women receiving placebo, those receiving ERr 731 (the extract found in Estrovera) experienced decreases in symptoms as indicated by the mean reduction in individual Menopause Rating Scale scores.

Estrogen has both alpha and beta receptors that are found in many tissues of the body³⁻⁵

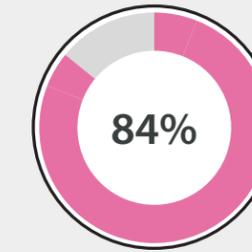


Scientifically sound and patient approved

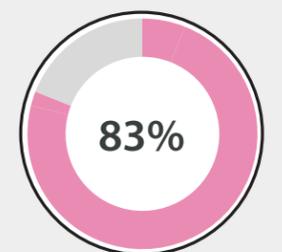
Data from a 2020 survey^{††} of patients taking Estrovera found:



81% say their overall quality of life has improved after taking Estrovera*

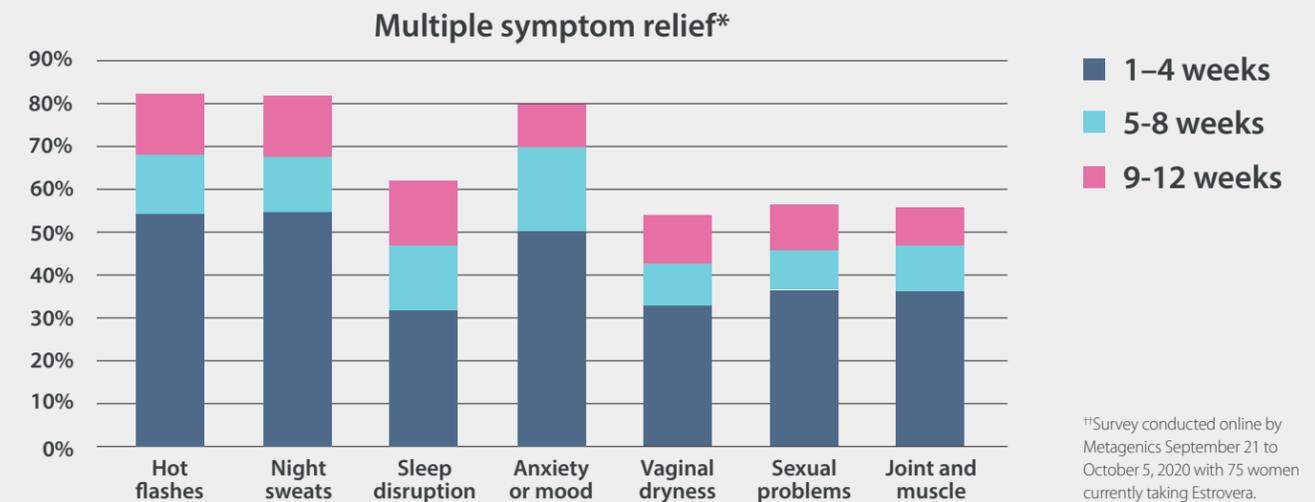


84% say they would recommend Estrovera to friends



83% say they experienced relief from hot flashes in as little as 12 weeks*

More than half of patients experienced relief from hot flashes, night sweats, and/or anxiety within 4 weeks^{*††}



^{††}Survey conducted online by Metagenics September 21 to October 5, 2020 with 75 women currently taking Estrovera.