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#ad Age has never bothered me but I can feel my body changing in more ways than one!

I am a woman that is ready to age with grace and comfort which means I need something to help me combat those menopause symptoms that can interrupt life's favorite moments!

Meet [@equelleofficial](#) ...my newest addition to my daily routine. EQUELLE is a hormone-free<sup>‡</sup>, non-prescription supplement that has been clinically shown to provide relief for menopause symptoms<sup>†</sup>. Ready to learn about its active ingredient? S-equol is a plant-based compound that mimics estrogen



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I cannot wait to see how EQUELLE can help me alleviate these symptoms that have decided to show up in the last few months. Being that I am in the early stages means I am just getting acquainted with the sleepless nights and hot flashes. Ugh! Hot flashes while I am trying to sleep are THE WORST!

Imagine what I could do with fewer hot flashes and more sleep!! Jumping right into this menopause game and taking two pills twice a day! Let's do this—check the link in my bio!

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