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#ad Beautiful People, the holidays are coming and thanks to [@EQUELLEofficial](#) I'm feeling extra good and ready for all that the season has in store!

Since I started taking my twice-daily dose of [@EQUELLEofficial](#) as part of my menopause relief journey a couple months ago, I've seen noticeable, positive changes. I'm happy with the quality of my sleep and I'm dealing with fewer hot flashes. I can't wait for more holiday party invitations to start rolling in now that I don't have to worry about being tired or sweaty in my party attire!
+

For all my ladies who are also struggling



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For all my ladies who are also struggling with menopause symptoms this holiday season, EQUELLE can help make a positive change! + Use the code "MenoMyWay" at the link in my bio to receive 30% off your first order.

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