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#AD As you may already know, I'm in my third month of taking @equelleofficial, a hormone-free, non-prescription supplement, and I really see a difference for a lot of my menopause symptoms. † The biggest one for me was the sleep. My sleep was so disrupted, but now, I'm noticing improvements in the quality of my sleep. I'm so happy that I'm getting so much more rest now! Plus, my mood has improved, and I'm having fewer hot flashes. †

EQUELLE's active ingredient is S-equol, which is a plant-based compound that mimics some of estrogen's actions (without hormones) to deliver relief. As I've mentioned, it helps to ease menopause symptoms without hormones. ††



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Use code "MenoMyWay" at [Equelle.com](#) for 30% off your first order!

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