

equelleofficial



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Today, I'm keeping it real here on the 'gram #ad: A few months ago, I shared that I am in the beginning stages of early menopause and am experiencing symptoms like weight gain, moodiness, irregular and diminishing menstrual periods and most significantly hot flashes

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For me, the hardest thing about dealing with hot flashes is constantly feeling uncomfortable and frustrated that I can't control my body temperature. That's why I was so happy to discover @EquelleOfficial, a new hormone free<sup>‡</sup> and naturally derived solution that has been clinically shown to alleviate the frequency of hot flashes and muscle



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been clinically shown to alleviate the frequency of hot flashes and muscle aches caused by menopause.<sup>†</sup>

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I began taking EQUELLE a few weeks ago and am already beginning to notice that I am having fewer hot flashes<sup>†</sup> and I am starting to feel like myself again 😊 I can't wait to report back in a couple of weeks about how EQUELLE has helped me manage my menopause symptoms and how it can help other midlife women like me continue to enjoy their lives despite hot flashes!

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EQUELLE is committed to providing women with alternative, non-hormonal<sup>‡</sup>



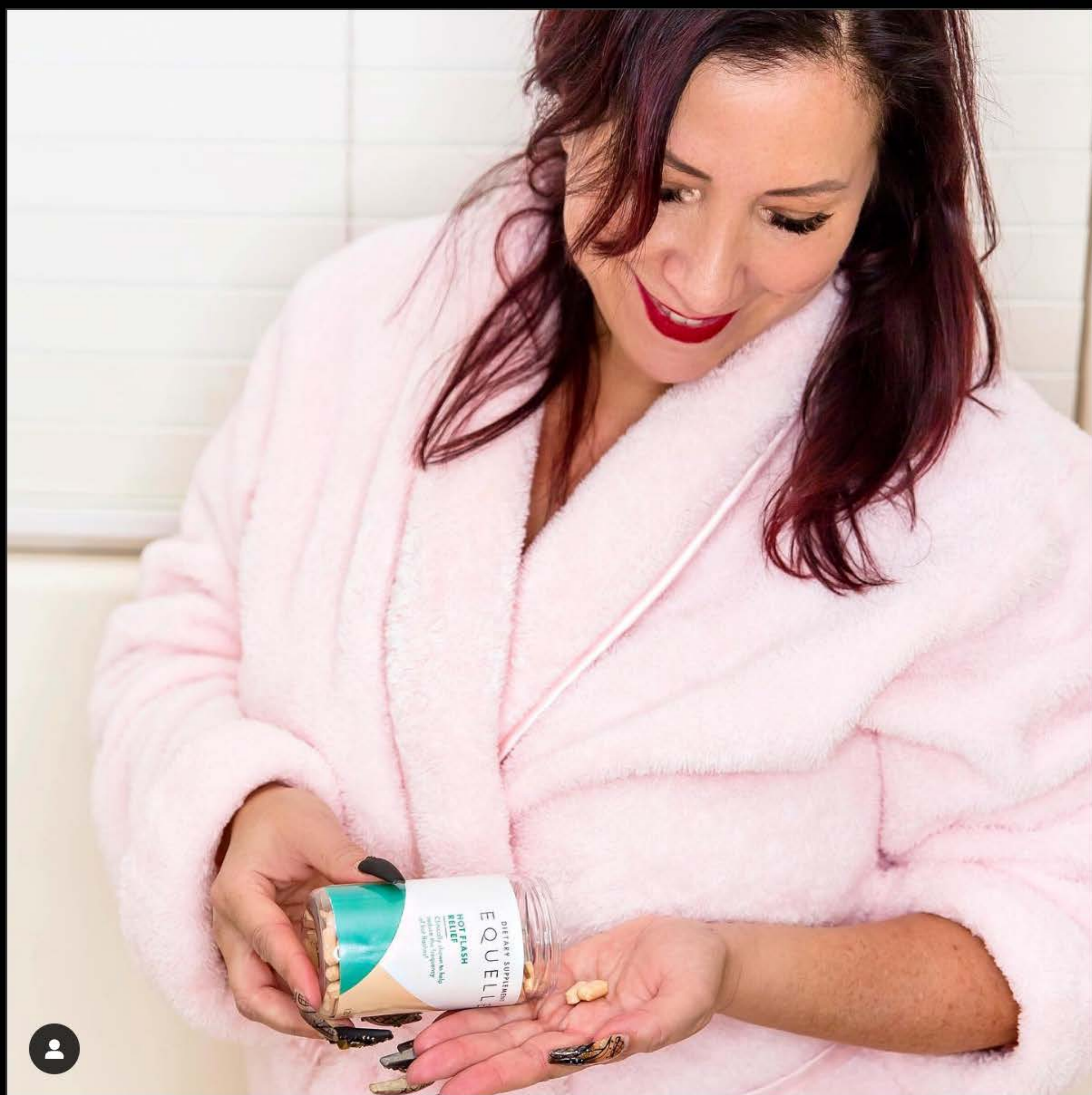
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EQUELLE is committed to providing women with alternative, non-hormonal<sup>‡</sup> solutions backed by scientific research to help them feel their best during this transition, and to normalize the conversation about menopause. Visit the link in my bio to learn more •

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#sponsored #menopause #midlife #hotflashes #menopausetreatment  
‡ Free from human or animal hormones. Contains trace amounts of isoflavones, a type of naturally occurring plant hormone

†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.



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iiAso T, Uchiyama S, Matsumura Y et al. A natural S-equol supplement alleviates hot flashes and other menopausal symptoms in equal non-producing postmenopausal Japanese women. *J Women's Health* 2012; 21(1):92-100;iiiOyama A, Ueno T, Uchiyama S et al. The effects of natural S-equol supplementation on skin aging in postmenopausal women: a pilot randomized placebo-control trial. *Menopause* 2012;19(2):202-210.



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