



equelleofficial



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A couple of weeks ago, I shared that I began taking @EquelleOfficial #ad, a hormone free[‡] and naturally-derived* solution that has been clinically shown to alleviate the frequency of hot flashes and relieves muscle aches caused by menopause.[†] Now that I've been taking EQUELLE® supplements for about six weeks, I am happy to share that I am having much fewer and less intense hot flashes[†] and it has really made me feel more like my youthful self again

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The secret behind why #EQUELLE works so well is S-equol. This active ingredient is naturally derived* from a plant compound, and shares a similar structure to estrogen that binds to



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compound, and shares a similar structure to estrogen that binds to select estrogen receptors in the body. With this bond, S-equol helps alleviate the frequency of hot flashes and relieves muscle aches associated with menopause[†]

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In all honesty, I am really surprised by how well EQUELLE has helped me manage my menopause symptoms and I totally feel so much better overall since I began taking it. Because my results have really altered my quality of life, I feel really good about sharing this solution with other midlife women because I want them to know that they can get back to enjoying their lives in spite of menopause



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EQUELLE is really committed to providing women with alternative, non-hormonal[‡] 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 #livehotstaycool
#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



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‡ 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

*The active ingredient in Equelle, S-equol, is a plant based, naturally derived compound



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