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#ad I'm pretty direct and to the point, right? So, when a hot flash decided to visit me, uninvited, (I know, so rude!) in the middle of a beautiful birthday lunch, I decided to talk about my menopause symptoms openly and take this bull by its horns.

Soon after, I heard about [@equelleofficial](#), a game changer that is now a new part of my daily routine. EQUELLE is a hormone-free[‡], non prescription supplement, taken twice daily, and clinically validated to provide REAL relief for menopause symptoms. [†] Plant-based S-Equol, is the active ingredient in EQUELLE, which mimics estrogen, thus helping ease menopause symptoms without hormones! [†].



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My primary symptoms are mood swings (hubby, kids and puppy really stay out of my way when that mood strikes) and those darned hot flashes, when I feel like someone's turned on a heater inside of me 🤯.

I am very eager to see how EQUELLE provides me relief from my symptoms. And in the process, makes me less of a heated, literally, and figuratively, person to be around 😊.

Pretty neat, right? Learn more by visiting the link in my bio 

#TryEQUELLE #sobiaashaikh
#menopause #menopausesymptoms
#hotflashes #moodswings
#womenshealth #plantbased
#hormonefree #supplement



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