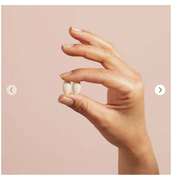


Menopause Multi-Symptom Relief

NON-HORMONAL · NON-PRESCRIPTION

★★★★★ (5)75 Reviews

A menopause symptom relief supplement with S-equol, a plant-based ingredient derived from soy that safely and naturally mimics estrogen- relieving hot flashes, improving sleep quality, and more. [1,2,3]

Choose an option:

Save 10%

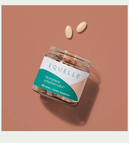
- **90-Day Subscription** – Save 30% — $37/mo — $111 paid quarterly
  - 3 bottles shipped every 12 weeks
  - Free 10-minute Health Coaching call
  - Free shipping, Delay or cancel any time
- **30-Day Subscription** – Save 20% — $40/mo — $40 paid monthly
  - 1 bottle shipped every 4 weeks
  - Free shipping, Delay or cancel any time
- **One Time Purchase** — $50/mo
  - A 30-day trial of Equelle

Add to Cart

90 Day Money Back Guarantee
Don't love it within 90 days? It's on us.

Simple, plant-based menopause relief. Guaranteed.

- **TWO PILLS, ONCE DAILY**
  Discover how 2 tablets, once daily can make all the difference in 90 days or less.
- **MADE WITH PLANT-BASED S-EQUOL**
  Equelle is powered by 10 mg of natural S-equol. [4]
  View Full Ingredients List
- **LOVE IT OR IT'S ON US**
  If Equelle doesn't work for you, we'll refund you in full with our 90 day money-back guarantee.



Achieve optimal results in 90 days or less

Here's what you can expect taking Equelle daily for 90 days

- **DAY 30: SIGNS OF RELIEF**
  You may be able to notice fewer hot flashes and improved quality of sleep.

  Your symptoms may continue to improve. If you're not feeling the full effect, hang in there!

- **MONTH 3: FEEL LIKE YOURSELF AGAIN!**
  You may be enjoying an additional 50 minutes of sleep per night, improved mood, improved vaginal symptoms, and up to 58% fewer hot flashes. [1,2,3,5]

Estrogen levels decline as we age.

As we age, our bodies gradually produce less of the hormone estrogen, leading to unwanted symptoms and long-term systemic effects.

Menopause relief starts with addressing the symptoms of estrogen decline.

Learn More

Equelle helps with naturally derived S-equol

S-equol is a metabolite of a soy isoflavone fermented from soy germ that shares a similar molecular structure to estrogen.

This allows it to mimic some of the beneficial effects of estrogen to alleviate some of the most bothersome menopausal symptoms.[1]

Try It Today

Results from women just like you

+50
More minutes of sleep per night [1,2,3,5]

-5
Fewer hot flashes per day [1]

92%
User satisfaction [1]

FAQs

Our 1:1 support team is available at any time for any additional questions

What is S-equol?

S-equol is the active ingredient in Equelle. It is a naturally derived compound produced through the fermentation of soy germ and is naturally produced by women in our gut in small amounts. The S-equol used in Equelle is developed using a patented fermentation process that simulates the specific gut conditions needed for certain bacteria to produce S-equol.

Is Equelle safe to take? Are there any side effects?

Equelle's key ingredient, S-equol, has undergone decades of clinical research and development. It has been shown to be safe and have no changes on sex or thyroid hormone levels, negative effects on endometrial health, and no association with breast cancer.

In general, taking botanicals or plant-based supplements may result in possible gastrointestinal upset. We recommend taking Equelle with food if you experience stomach sensitivity with supplements.

If you are experiencing any other adverse effects, we recommend discontinuing product use and consulting your physician or healthcare professional.

Should I avoid any foods, supplements, or medications when taking Equelle?

Equelle should not be taken if you have a soy allergy or soy sensitivity. The key ingredient in Equelle, S-Equol, does not have any known interactions with medications or supplements in a clinical setting.

Equelle's formulation contains calcium, which is recommended to be taken separately from both iron and thyroid medications for proper absorption. For specific guidance, we recommend the following: Iron Supplements and/or Multivitamins Containing Iron: take 1-2 hours apart from Equelle. Thyroid Medication: take Equelle 4 hours apart from your thyroid medication.

We always recommend you discuss any supplement use with your doctor.

How much soy does Equelle contain?

Only trace amounts of soy compounds remain in the final Equelle product. These amounts are significantly less than those present in a single serving of most common soy foods.

Can I take Equelle if I have a soy allergy?

No. During our fermentation process, only small trace amounts of soy compounds remain in the final Equelle product. These amounts are significantly less than those present in a single serving of most common soy foods. However, since there are still small trace amounts of soy compounds, Equelle should not be taken if you have a soy allergy or sensitivity.

What are the ingredients?

Key Ingredient: S-equol
Inactive Ingredients: Dicalcium Phosphate, Fermented Soy Germ, Silicon Dioxide, Croscarmellose Sodium, Magnesium Stearate, Coating (Hypromellose, Glycerin, Hydroxypropyl Cellulose), Microcrystalline Cellulose.
Contains Soy

View More FAQs

Real reviews from real women.

This area allows women like you to express their own opinions and comments about Equelle. We stop cut of if these reviews are unfiltered and uncurated.

4.2 ★★★★½
Based on 2,380 Reviews

5 ★	63%	1499
4 ★	14%	336
3 ★	9%	231
2 ★	5%	120
1 ★	8%	195

Write a Review

Filter Reviews:

Search Reviews

SABRINA T. Verified Buyer — 07/10/2024
United States
★★★★★
What is your age?
50-54
Miracle Working Product
Absolutely love love love Equelle! All of my menopausal symptoms are gone. No more hot flashes, night sweats and vaginal dryness! I have raved about it to my friends and family about how life changing it has been for me.

DEBRA L. Verified Buyer — 07/12/2024
United States
★★★★★
What is your age?
65+
Great
Equelle is the 5-est

STACEY Verified Buyer — 07/11/2024
United States
★★★★★
What is your age?
60-64
Life changing
This is the only thing that has been able to nearly stop my night sweats and hot flashes. I started taking it about 3 months ago and it made a tremendous difference in my life. These are even not severe than they used to be. My sleep is better which means my daily mood is better. It also doesn't interact with my prescription medications. I highly recommend!!!

KIM Verified Buyer — 07/08/2024
United States
★★★★★
What is your age?
60-64
Great
Great experience with these pills. Has helped me with no feeling so hot at night. I would take an allergy pill once a day and stopped when I started taking this pill. Nothing to say I do not need that allergy pill anymore. I have recommended this pill to many friends and family. Helps with pizzes as well!

« 1 2 3 4 5 6 7 8 9 10 »

Our promise

We're committed to helping you find relief – every step of the way. If Equelle doesn't work for you, we'll make it easy and refund you in full with our **90 day money back guarantee.**

Try It Today

Stay in touch.

Enter your email — Sign Up

Shop	Learn	Contact
Shop Equelle	About Us	Manage Subscription
How It Works	About Menopause	Contact Us
Reviews	Menopause Learning Center	Accessibility
FAQs	Healthcare Professionals	Site Map
		Careers

EQUELLE

We're based in La Jolla, CA
4250 Executive Square,
La Jolla, CA 92037

* 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.

† Free from human or animal hormones. Contains trace amounts of plant isoflavones. ‡ Supports vascular health as you age

1. Menopause Multi-Symptom Relief Pre Pillsbury! Sleep Quality Index (PSQI), which is a 19 item questionnaire measuring 7 dimensions sleep disturbance. A higher score on the PSQI indicates greater sleep disturbances.
Sleep inclusive were calculated using the Actiwatchpage Micro Watch (a wearable sleep tracker) that patients wore at home for a week at a time to measure changes in sleep. 2. Pillsbury Menopause Multivitamin Supplement Study. Effectiveness of a multivitamin/mineral women were randomized to receive EQUELLE or placebo for up to 12 weeks
§ Data on file. Immune Image Test. Pharmavite LLC.
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15% OFF
Bri
Hi there, I'm Bri! Do you have any questions about Equelle? Happy to help!
Click to reply

MONTH 2: BUILDING MOMENTUM

Your symptoms may continue to improve. If you're not feeling the full effect, hang in there!

MONTH 3: FEEL LIKE YOURSELF AGAIN!

You may be enjoying an additional 50 minutes of sleep per night, improved mood, improved vaginal symptoms, and up to 58% fewer hot flashes. [2,4†#‖]

MONTH 4 & BEYOND

Consistency is the key to success! Remember fluctuations in symptoms is normal and can be triggered by changes in lifestyle. Stick with it to maintain optimal results!

All-in-one

SYMPTOM RELIEF

Fewer hot flashes

More sleep

Alleviates mood swings

Reduced vaginal symptoms

Relieves muscle aches

Reduces neck & shoulder stiffness

Additional benefits with continued use

Supports vascular health as you age

Supports healthy bones

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30

	Amount Per Serving	% DV
Calcium	240 mg	18%
S-equol	10 mg	*

*Daily value (DV) not established

Ingredients: Dicalcium Phosphate, Fermented Soy Germ, Silicon Dioxide, Croscarmellose Sodium, Magnesium Stearate, Coating (Hypromellose, Glycerin, Hydroxypropyl Cellulose), Microcrystalline Cellulose.

Hormone-free*

Non-prescription

Plant-based
S-equol

"I'm sleeping so much better and the hot flashes are so much less frequent. Mood swings are better too.

I am so happy to have found something that works."

JESS, EQUELLE CUSTOMER

★★★★★

EQUELLE®
Menopause
symptom relief†
60 tablets | Dietary Supplement