



SUPPLEMENT GUIDE

Low Progesterone (PMS)

Common Symptoms

- Breast tenderness
- Mood swings
- Fuzzy thinking
- Irritability
- Insomnia
- Water retention
- Weight gain
- Depression
- Over 150 symptoms

Low Testosterone (Sexual Dysfunction)

Common Symptoms

- Loss of sex drive
- Low sexual response
- Low sexual sensitivity
- Low energy
- Low sense of well-being
- Depression
- Loss of pubic hair

Low Combination (Peri-Menopause)

Common Symptoms

- Hot flashes/Night Sweats
- Vaginal dryness
- Irritability
- Depression
- Mood swings
- Dizziness / Headaches
- Acne
- Poor memory
- Weight Gain

Low Estrogen (Menopause)

Common Symptoms

- Hot flashes
- Vaginal dryness
- Depression
- Mood swings
- Dizziness / Headaches
- Poor Memory
- Incontinence
- Weight Gain

BASIC HORMONE BALANCING

PMS Survival Kit

- Progesterone Cream
- Evening Primrose
- 5-HTP
- L-Tyrosine

Sexual Healing Kit

- Progesterone Cream
- DHEA
- Intimate Pleasures

Peri-Menopause Kit

- Progesterone Cream
- Evening Primrose Oil
- L-Tyrosine
- Menopause Formula

Menopause Survival Kit

- Progesterone Cream
- Menopause Formula
- Black Cohosh
- DHEA

COMPLETE HORMONE BALANCING & SUPPLEMENT COMBINATIONS

*Basic Hormone Balancing plus a multiple vitamin/mineral supplement (for faster long lasting results):

Basic PMS Plan

- PMS Survival Kit
- Ultimate One Vitamin/mineral

Basic Sexual RX Plan

- Sexual Healing Survival Kit
- Ultimate One Vitamin/min

Basic Peri-menopause Plan

- Peri-meno Survival Kit
- Ultimate One Vitamin/min

Basic Menopause Plan

- Menopause Survival Kit
- Ultimate One Vitamin/min

*Basic Hormone Balancing plus a sexual enhancement supplement (for added sexual support):

Basic Plus PMS Plan

- PMS Survival Kit
- Ultimate One Vitamin
- Intimate Pleasures

Basic Plus Sexual RX Plan

- Sexual Healing Surv. Kit
- Ultimate One Vitamin/mi
- Intimate Arousal

Basic Plus Peri-meno Plan

- Peri-meno Survival Kit
- Ultimate One
- Intimate Pleasures

Basic Plus Meno Plan

- Menopause Survival Kit
- Ultimate One Vitamin/min
- Intimate Pleasures

*Basic Hormone Balancing plus the Foundation of Health Kit (best choice for fastest long lasting results):

Complete PMS Plan

- PMS Survival Kit
- Foundation of Health Kit

Complete Sexual RX Plan

- Sexual Healing Surv. Kit
- Foundation of Health

Complete Peri-meno Plan

- Peri Survival Kit
- Foundation of Health
- Intimate Pleasures

Complete Meno Plan

- Menopause Survival Kit
- Foundation of Health Kit

*Basic Hormone Balancing, Foundation of Health Kit plus a sexual enhancement supplement:

Complete Plus PMS Plan

- PMS Survival Kit
- Foundation of Health Kit
- Intimate Pleasures

Complete Plus Sex RX Plan

- Sexual Healing Survival Kit
- Foundation of Health Kit
- Intimate Arousal

Complete Plus Peri-meno plan

- Peri-meno Survival Kit
- Foundation of Health
- Intimate Pleasures
- Intimate Arousal

Complete Plus Meno Plan

- Menopause Survival Kit
- Foundation of Health
- Intimate Pleasures
- Intimate Arousal Gel