

Estrogen Reset **LIVE**

SUPPLEMENT SHOPPING LIST



A QUICK START GUIDE

SUPPLEMENT SHOPPING LIST

☐ **Estrogen Reset Kit (Recommended)**

Save \$14 when you buy the kit. [Buy now.](#)

- ☒ DIM
- ☒ Brocco Power
- ☒ Calcium D-Glucarate

☐ **Hormonal Foundation Kit (Recommended)**

Save \$14 when you buy the kit. [Buy now.](#)

- ☒ Magnesium Replenish
- ☒ B Maximus
- ☒ Essential Omegas

☐ **Estrogen Reset Super Kit (Nice to have)**

Save \$32.30 when you buy the kit. [Buy now.](#)

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|---|---|
| ☒ DIM | ☒ Magnesium Replenish |
| ☒ Brocco Power | ☒ D3 Maximus |
| ☒ Calcium D-Glucarate | ☒ Zinc |
| ☒ B Maximus | ☒ Vitamin C Burst |

GETTING STARTED

The **Estrogen Reset Kit** consists of DIM, Brocco Power (sulforaphane), and Calcium D-Glucarate. This powerful trio of supplements supports complete estrogen detoxification and elimination of estrogen from your body, and it saves \$14 when you buy the 3 supplements as a kit. We see women experiencing a quick lift of symptoms of Estrogen Dominance with this kit. [Buy now.](#)

Another popular and complementary kit is the **Hormonal Foundation Kit** consisting of Magnesium Replenish (made from magnesium glycinate, our favorite and highly bioabsorbable magnesium), B Maximus (essential B vitamins for liver detoxification, mood, energy, and thyroid function), and Essential Omegas (key in lowering inflammation). Save \$14 on this kit when you get the three products together. [Buy now.](#)

We also are offering a \$30 gift card for you that you can use with any supplement order (as well as the above kits). Just use the coupon code below to shop for any of our products at the Wellena store.

Remember: You get additional savings when you shop the kits. If you're not sure what you need yet, you'll be learning all about the different supplements that support hormonal balance in this program and the coupon code will stay active throughout the entire program.

\$30 OFF
USE CODE:
SPRING23ERL

ONE PURCHASE
PER CUSTOMER

\$30 GIFT TO YOU

Stock up on Wellena supplements for Estrogen Reset LIVE.
Use the below \$30 coupon towards your purchase.

\$30 OFF
USE CODE:
SPRING23ERL

ONE USE
PER CUSTOMER



GLUTEN FREE



DAIRY FREE



SOY FREE



NON-GMO



WOMEN OWNED

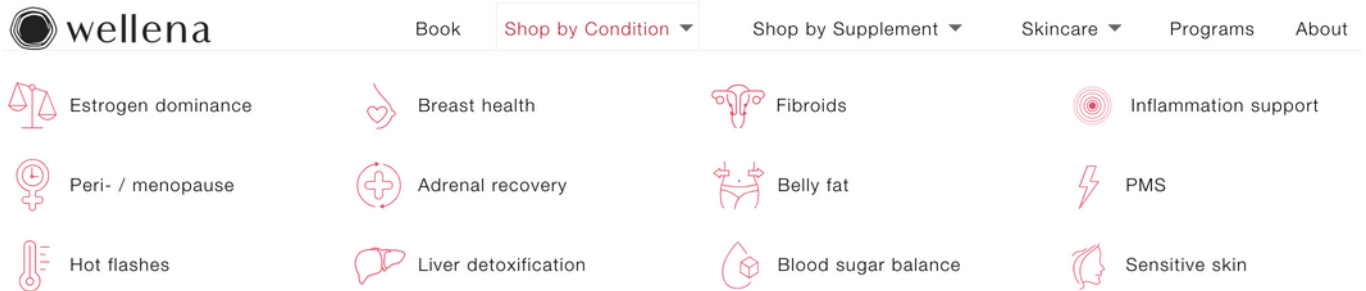


3RD PARTY TESTED

SHOP NOW

SHOP BY CONDITION

We recently upgraded our website to make it easier than ever to shop by specific hormonal conditions.



SHOP NOW



SUPPLEMENTS FOR ESTROGEN DOMINANCE

Key strategy:

An effective two-prong approach to Estrogen Dominance is about balancing the estrogen-to-progesterone ratio and supporting the body in producing more “clean” versus “dirty” estrogens.

Symptoms of Estrogen Dominance include:

Hot flashes, lumpy and fibrocystic breasts, thyroid nodules, fibroids, endometriosis, problems sleeping, period irregularities (spotting, too heavy, scanty, absent or irregular), cycle migraine, moodiness, stubborn hip and thigh fat and cellulite, and/or infertility and miscarriages.

The following supplement and kits will help to achieve both goals.

ESTROGEN RESET KIT

The [Estrogen Reset Kit](#) includes our 3 best-selling products for complete estrogen detoxification.

Save \$14 when you buy the kit. [Buy now](#)

- ☒ DIM
- ☒ Brocco Power
- ☒ Calcium D-Glucarate



Supplement	How it helps	Dosage
<u>DIM</u>	• Step 1 in complete estrogen detoxification • Phase 1 liver detoxification • Breakdown of estrogen into “clean” estrogens • Healthy balance of testosterone and estrogen • Cell protection from damaging effects of oxidation	The recommended dose is 100 mg to 200 mg per day. Start with a lower dose (100 mg) if the supplement is suspended in oil and higher dose (200 mg) if in powder form (less effective).
<u>Brocco Power</u> (Sulforaphane)	• Step 2 in complete estrogen detoxification • Shrinkage of breast lumps • Protection from free radicals • Improved immune system	500 mg per day. 8% standardized extract, contains myrosinase (an enzyme that aid conversion to sulforaphane). Take with a meal for optimal absorption.
<u>Calcium</u> <u>D-Glucarate</u>	• Step 3 in complete estrogen detoxification • Liver detoxification • Removal of “dirty” estrogens • A strong immune system • Lower inflammation • Lower LDL (“bad”) cholesterol • Post-surgery and toxic exposure recovery	Ranges from 150 mg to 300 mg per day, taken with meals

ESTROGEN RESET SUPER KIT

Our **Estrogen Reset Super Kit** includes eight formulas to support healthy estrogen metabolism and elimination, with antioxidants for support during this process.

Save \$32.30 when you buy the kit. Buy now.

- ☑ DIM
- ☑ Brocco Power
- ☑ Calcium D-Glucarate
- ☑ B Maximus
- ☑ Magnesium Replenish
- ☑ D3 Maximus
- ☑ Zinc
- ☑ Vitamin C Burst



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<u>Calcium</u> <u>D-Glucarate</u>	• Step 3 in complete estrogen detoxification • Liver detoxification • Removal of “dirty” estrogens • A strong immune system • Lower inflammation • Lower LDL (“bad”) cholesterol • Post-surgery and toxic exposure recovery	Ranges from 150 mg to 300 mg per day, taken with meals
<u>Magnesium</u> <u>Replenish</u>	• Liver detoxification • Breast health (lumpy or fibrocystic breasts) • Bone health • Regular bowel movement • Resolves constipation • Cardiovascular health • Relaxation and sleep • Blood sugar balance • Kidney health	The RDA is 320 mg per day but you may need a higher dose. To determine the best dose for you, try the “bowel tolerance test” – up the dose until you get loose stool, then back off. I personally take 600 to 800 mg per day and more when stressed or traveling.
<u>D3 Maximus</u>	• Balanced endocrine system • Healthy bones and teeth • Strong immune, brain, and nervous system health • Blood sugar balance • Cardiovascular health	If your blood lab result shows a deficiency, 5,000 IU to 10,000 IU is necessary to replete the vitamin in your body.

Supplement	How it helps	Dosage
<u>B Maximus</u>	• Liver detoxification • Energy, brain, and nervous system health • Optimal mental health, brain activity, and feelings of wellbeing • A healthy metabolism • Estrogen balance • Production and maintenance of healthy blood cells and joints • A strong immune system • Blood sugar balance • Cell repair	Thiamine (B1): 25 to 50 mg Riboflavin (B2): 25 to 50 mg Niacin (B3): 25 to 50 mg Pantothenic Acid (B5): 25 to 50 mg Pyridoxine (B6): 25 to 50 mg, not to exceed 100 mg per day Biotin (B7): 30 to 100 mcg Folate (B9): 400 to 800 mcg Cobalamin (B12), in its most effective form, methylcobalamin: 50 to 100 mcg
<u>Zinc</u>	• Essential in estrogen and progesterone production • Cell growth and maintenance • Gut health and repair • A strong immune system	30 to 40 mg per day of zinc from both food and supplement sources.
<u>Vitamin C Burst</u>	• Liver detoxification • Progesterone production • A strong immune system	The RDA is 70 mg per day but you may need more, up to 2000 mg per day. To determine the best dose for you, try the "bowel tolerance test" – increase the dose until loose stool, then back off.

HORMONAL FOUNDATION KIT

The [Hormonal Foundation Kit](#) provides the three basic supplements that are proven to support women's hormonal balance.

Save \$14 when you buy the kit. [Buy now.](#)

- ☒ Magnesium Replenish
- ☒ B Maximus
- ☒ Essential Omegas



Supplement	How it helps	Dosage
<u>Magnesium Replenish</u>	• Liver detoxification • Breast health (lumpy or fibrocystic breasts) • Bone health • Regular bowel movement • Resolves constipation • Cardiovascular health • Relaxation and sleep • Blood sugar balance • Kidney health	The RDA is 320 mg per day but you may need a higher dose. To determine the best dose for you, try the "bowel tolerance test" – up the dose until you get loose stool, then back off. I personally take 600 to 800 mg per day and more when stressed or traveling.
<u>B Maximus</u>	• Liver detoxification • Energy, brain, and nervous system health • Optimal mental health, brain activity, and feelings of wellbeing • A healthy metabolism • Estrogen balance • Production and maintenance of healthy blood cells and joints • A strong immune system • Blood sugar balance • Cell repair	Thiamine (B1): 25 to 50 mg Riboflavin (B2): 25 to 50 mg Niacin (B3): 25 to 50 mg Pantothenic Acid (B5): 25 to 50 mg Pyridoxine (B6): 25 to 50 mg, not to exceed 100 mg per day Biotin (B7): 30 to 100 mcg Folate (B9): 400 to 800 mcg Cobalamin (B12), in its most effective form, methylcobalamin: 50 to 100 mcg
<u>Essential Omegas</u>	• Lower inflammation (essential for the endocrine system) • Improved mood • Improved bone and joint health • Better sleep • Supple skin and hair	A proper omega 3 supplement will have both EPA and DHA forms totaling about 1 gram of fatty acids per serving.

PROGESTPURE CREAM

ProgestPure Cream is Wellena's quick-absorbing bioidentical progesterone cream that offers 25mg of progesterone per serving. **Buy now.**



\$30 GIFT TO YOU

Stock up on Wellena supplements for Estrogen Reset Live.
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For Women, By Women

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