FAQs:

What is The Menopause Support Bundle?

The Menopause Support Bundle includes 3 products: First, Hormone Focus which is a natural supplement that combines both DIM and Calcium D-Glucarate to balance and neutralize excess estrogen caused by hormonal imbalances.

Second, EstroGlow™ is a bioidentical topical estrogen cream specifically formulated to provide relief from the discomforts of hormonal imbalances associated with menopause, post-menopause, and a hysterectomy

Third, ProGestGlow™ is an effective concentration of bioidentical topical progesterone cream to relieve symptoms of hormonal imbalances. Progesterone plays an important role in balancing and neutralizing excess estrogen caused by Estrogen Dominance and Peri-Menopause; it supports the balance of your body’s hormone levels

This combination of products provides the maximum relief of hormonal symptoms and optimizes your body’s hormone levels. The goal is to help women feel more like themselves every day of the month.

What are the benefits of The Menopause Support Bundle?

Relieves hormonal symptoms associated with Menopause/Post-Menopause or a Hysterectomy, such as hot flashes, night sweats, mood swings, insomnia, headaches, fatigue, brain fog and other weight changes in the body

Who should take The Menopause Support Bundle?

Typically women ages 50-65+ with hormonal symptoms looking for relief from conditions such as, menopause and post-menopause. It can also be for younger women experiencing hormonal symptoms caused by a hyrestectomy

Why are natural bioidentical hormones better than synthetic hormones?

Bioidentical hormones are chemically identical to the hormones your body produces, so they can be absorbed easily and may have fewer side effects than synthetic hormones.

EstroGlow™ and ProGestGlow™ are considered Bioidentical Hormone Replacement Therapy (BHRT), which are plant-based hormones that are chemically identical to the hormones your body naturally produces. Traditional hormone replacement therapy (HRT) uses synthetic hormones that don’t possess the same structure as human hormones.

Bioidentical hormone therapy is often called “natural hormone therapy” because bioidentical hormones act in the body just like the hormones we produce. Technically, the body can’t distinguish between bioidentical hormones from the ones your ovaries produce. Bioidentical hormones are made from a plant chemical extracted from yams. These hormones then go through another process in the lab called micronization. ‘Micronized’ means that they are just finely ground in the laboratory for better absorption in the body.

*Note: The US Food and Drug Administration and The Endocrine Society say there is little evidence to support claims that bioidentical hormones are safer or more effective than synthetic hormones.*

How to take the Menopause Support Bundle?

EstroGlow™ and ProGestGlow™: Use as directed by your healthcare provider, typically once or twice daily. Dispense 1 pump of the cream per application. Apply the cream to areas of thin skin with minimal fat and visible veins, such as the inner upper arms, inner thighs, inner forearms, behind the knees, and back of the neck. You can also apply the cream to the inner wrist or inner elbow. Rotate application sites to avoid irritation and wash hands after application. For best results, use consistently at the same times each day to maintain balanced hormone levels.

Hormone Focus supplement: For optimal results, take 2 capsules with a meal and a glass of water or as directed by a healthcare professional. Some women who have trouble sleeping related to estrogen dominance, perimenopause or menopause find that taking Hormone Focus at night helps them stay asleep longer. It’s important to consult with a healthcare professional when making dosage adjustments.

Does the Menopause Support Bundle replace other Focus supplements?

The Menopause Support Bundle is designed to address hormone imbalances which cause more symptoms than weight gain, such as fatigue, mood swings, hot flashes/night sweats. While the Menopause Support Bundle works to balance hormone levels, it does not replace other FOCUS supplements that support weight loss and a healthy lifestyle; the FOCUS supplements include Liver Focus, Blood Sugar Focus or Tummy Focus. Each supplement has its unique purpose, and when used in conjunction, they can work synergistically to support various aspects of your health and healthy weight management.

How long should you take The Menopause Support Bundle?

The duration of use may vary based on individual needs and goals. Use as directed by your healthcare provider.

How quickly does The Menopause Support Bundle work?

The speed of its effectiveness can vary based on your current hormonal balance and overall health. Generally, it will take 30 days of consistent use to begin experiencing a reduction of symptoms; long-term use will help you achieve the benefits of hormonal balance.

How much natural hormones are in EstroGlow™ and ProGestGlow?

EstroGlow™: Each pump delivers an effective concentration of 2.5mg of bioidentical estrogen, consisting of 2000mcg of estriol and 500mcg of estradiol.

ProGestGlow™: Each pump delivers an effective concentration of bioidentical progesterone cream at 75mg per pump.

Why do we need the Hormone Focus supplement along with the natural bioidentical hormone creams (EstroGlow™ and ProGestGlow™)?

The Hormone Focus supplement is just the first step to balancing your hormones. Hormone Focus is a natural supplement that helps balance the hormones that your body is currently producing. It helps to metabolize excess estrogen and bring your hormone levels back into balance.

Between the ages of 40-60+ years old, both your progesterone and estrogen levels begin to decline. More specifically, your progesterone and estrogen levels begin to fluctuate around age 35 but in your 40s and 50s, they begin to decline more sharply, even producing little to no estrogen by post-menopause.

So for complete relief of symptoms, you can REPLACE those hormones that your body no longer produces with natural bioidentical hormones. So adding natural bioidentical hormone creams (ProGestGlow and EstroGlow) can bring about more complete relief to help you feel like yourself again.

So as you get in your 40s and 50s, the Hormone Focus Bundle, which includes natural progesterone (ProGestGlow) along with Hormone Focus can be helpful to bring your body back into balance and relieve symptoms of hormonal imbalances such as Perimenopause and Estrogen Dominance.

When you’re in your 50s and beyond, you produce little to no estrogen, so the Menopause Support Bundle, which includes a natural estrogen cream (EstroGlow), along with a natural Progesterone cream (ProGestGlow) and Hormone Focus can provide more complete relief of menopausal and post-menopausal symptoms.

Who should NOT use bioidentical hormones?

Hormone therapy may be considered helpful in certain women looking to balance hormonal imbalances, including estrogen dominance, perimenopause, and menopause/post-menopause. However, women with heart disease or who have had a heart attack or stroke; women with a history of certain cancers, such as breast and uterine; and women with liver disease or a history of blood clots are NOT ideal candidates for natural bioidentical hormones. So everyone should consult with their doctor before starting any new diets or supplement regimens.

Can I return the products if I’m not satisfied? What is the refund policy?

Here is our 60-Day Happiness Guarantee (Refund Policy): We encourage everyone to try our products for 2 months and we have a 60-day happiness guarantee (refund policy).

If you are not satisfied with our products, we offer a money-back guarantee for up to two bottles within 60 days of your purchase for those in the US. At this time, all international orders are final.

To initiate a return, you must contact [support@jsmithonline.com](mailto:support@jsmithonline.com) within 60 days to notify them of your refund request. Once the product is received, the refund will be issued for the amount you paid for the product to the form of payment used for the purchase. Note that shipping is non-refundable and refunds do not include the cost of shipping. Refunds will be issued by us in our sole discretion.

What are the ingredients in The Menopause Support Bundle?

EstroGlow™: Purified Water, Vegetable Glycerin, Aloe Vera Leaf Gel, Caprylic/Capric Triglyceride, Stearic Acid, Micronized Estriol USP, Micronized Estradiol USP, Olive Oil, Coconut Oil, Shea Butter, Sunflower Lecithin, Methylsulfonylmethane (MSM), Stearyl Alcohol, Isopropyl Palmitate, Allantoin, Carbomer, Sodium Bicarbonate, Herbal-Active® (Natural Preservative)

ProGest Glow™: Purified Water, Micronized Progesterone USP (Wild Yam), Glycerin (Plant souce – kosher), Aloe Vera Gel, Caprylic/Capric Triglyceride, Stearic Acid, MSM (Methylsulfonylmethane), Olive Oil, Coconut Oil, Isopropyl Palmitate, Stearyl Alcohol, Vitamin E, Herbal-Active®, (Natural Preservative), Carbomer, Allantoin, Shea Butter, Sunflower Lecithin, Retinol (Vitamin A), Sodium Bicarbonate

Hormone Focus Supplement: Unlike other brands which offer DIM only or Calcium D-Glucarate only, we combine both DIM and Calcium D-Glucarate, in a compact 2-capsule serving.

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