



**Overcoming Estrogen Dominance**

# Quick Start Guide

WELLENA.COM



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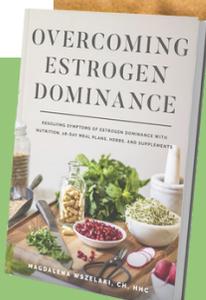
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## Well, hello there!

It makes me so happy you are reading this.

You are one of the smart, proactive and health-focused women who wants to take health into her own hands. You might have been fed up with your current doctor and how little help you got to balance your hormones. Your body might have stopped cooperating since you turned 40 and your hormones are running wild. You probably don't sleep as well as you used to. You may have a mom or sister who's had breast cancer and you don't want to go down that path. You believe food can be medicine when used properly. You may have been on many diets in the past and you just want a down-to-earth, non-dogmatic approach to eating that doesn't involve too many restrictions and must-get costly shakes. You may be fed up with spending a fat part of your paycheck on supplements that don't do much.

If any of that is you, well, hello there.

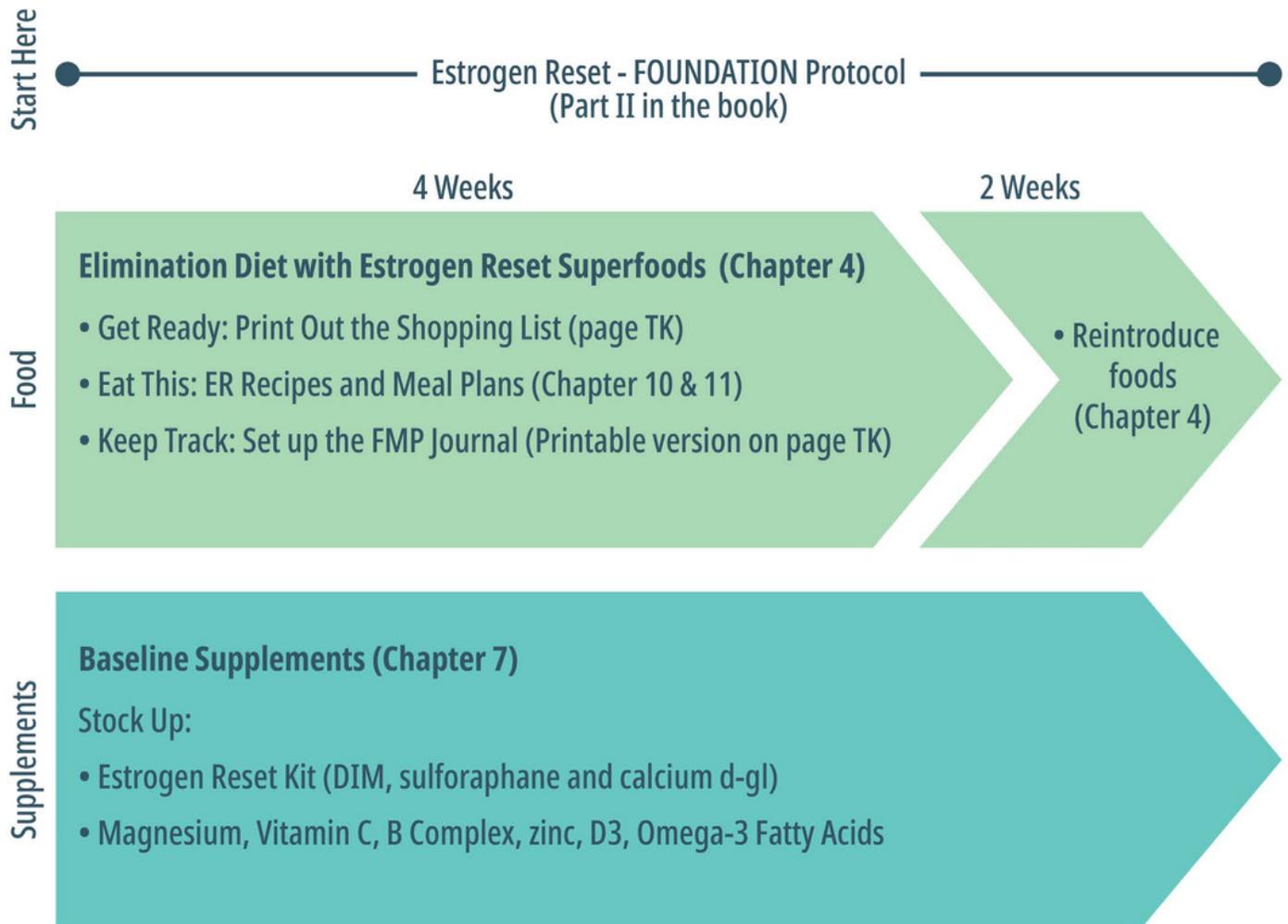
You are not alone and you will find many sisters-from-another-mother in the vibrant and mighty Hormones Balance community. If you haven't already, I welcome you to the Hormone Thrivers online community - a safe, private space to share, ask and rant.

I plan to guide you through the process of balancing your hormones, especially estrogen dominance. If you apply the wisdom and protocols, you too will find many wins.

My mission is to help ONE MILLION women not ever experience the symptoms of estrogen dominance. I thank you for being a part of this mission and taking charge of your health. You can do this. We will do it.

With much love and gratitude,

# Estrogen Reset Foundational Protocol



# Week 1 Shopping Guide

## Common Items

*Before you go shopping - check your supply, you may have some of these staples in your kitchen.*

- 6 tablespoons ground cumin
- 5.5 tablespoons sea salt
- ½ teaspoon onion powder
- 26 cloves garlic
- 3 teaspoons dried oregano
- 2.5 teaspoons black peppercorns
- 2 bay leaves
- 1/4 cup ground coriander
- 1/4 cup ground thyme
- 1 teaspoon dried rosemary
- 5 cups extra virgin olive oil
- 1/3 cup tahini
- 1.5 cups ghee
- 4 tablespoons raw honey
- 1.5 cups apple cider vinegar
- 1 teaspoon aluminum-free baking powder

## Fruit

- 7 lemons
- 7 avocados
- 4 limes

## Vegetables

- 1/3 cup kalamata olives
- 2 sweet potatoes
- 4 red onions
- 4 cups microgreens
- 4 cups Brussels sprouts
- 2 cups butternut squash
- 5 carrots
- 4 celery stalks
- 3 cups kale
- 5.5 cups broccoli sprouts
- ½ pound greens (arugula, mizuna, baby kale, or baby spinach)
- 1/3 cup wakame
- 3 cups arugula or bitter greens
- 1 medium turnip
- 4 shallots
- 7 cups collard greens
- 6 cups baby arugula
- 2 medium heads cauliflower
- 2 cups broccoli florets
- 1 cup shiitake mushrooms
- 1 cup bok choy
- 1 small purple cabbage
- 2 cups sauerkraut

## Meat

- 1 pound 85% lean grass-fed ground beef
- 4 large pieces bone-in skin on chicken thighs
- 6 pounds beef, chicken, pork, or lamb marrow/bones/ knuckle bones/short ribs
- (2) 8 ounces bone-in pork chops
- 1 pound ground beef, lamb, bison, turkey or a combination of any
- 3 ounces pasture-raised uncured bacon
- (2) 6 ounces strip steaks
- 1 pound boneless skinless chicken thighs

## Seafood

- 1 pound salmon
- 2 ounces smoked salmon

## Herbs/Spices

- 4.5 cups cilantro
- 8 cups fresh parsley
- 5 sprigs fresh thyme
- 8 tablespoons fresh ginger
- 8 inches kelp strips
- 3 sprigs fresh rosemary
- 1/4 cup sumac or ground dried lemon peel
- 1 teaspoon smoked sea salt
- ½ cup fresh tarragon
- 1 cup fresh basil
- 1.5 pounds fresh turmeric OR
- 3 tablespoons dried turmeric
- 1 tablespoon chives
- 2 tablespoons fresh dill
- 2 tablespoons calendula
- 2 tablespoons peppermint
- 4 tablespoons chamomile
- 2 tablespoons plantain
- 3 teaspoons licorice
- 1 tablespoon California poppy
- 1 tablespoon passionflower
- 1 tablespoon skullcap OR lemon balm
- 1 teaspoon lavender buds
- 2 tablespoon red clover
- 2 tablespoons red raspberry
- 2 tablespoons nettles
- 1 teaspoon hibiscus
- 1 tablespoon dandelion OR burdock root
- 1 tablespoon milk thistle
- 1 tablespoon turmeric root
- 1 teaspoon schizandra berry

## Flour/Powder

- 1 teaspoon coconut sugar
- 1 teaspoon rice flour
- 1 cup gluten-free flour
- 2 cups sprouted or regular chickpea flour

## Grain/Lentils

- 4.5 cups raw buckwheat groats
- 1 can chickpeas
- 3 cups white beans (canned beans are OK if from non-BPA can or glass jar)
- 4 cups brown rice

## Seeds/Nuts

- 6 tablespoons pumpkin seeds
- 3 tablespoons ground fennel seed
- 9 tablespoons sesame seeds
- 1 tablespoon car seeds
- 2 tablespoons shelled sunflower seeds
- 1 cup pomegranate seeds
- 4 tablespoons fennel seeds
- ½ cup raw walnuts
- 7 tablespoon flax seed

## Other

- 2.5 cups mineral water

## Optional

- ½ unsweetened tart cherry juice
- 3 tablespoons kudzu root powder
- ½ teaspoon almond extract
- 9 tablespoons pure maple syrup
- 2 2/3 cups extra unsweetened almond milk
- ½ cup raw sliced almonds
- ½ cup pitted and halved cherries
- 1 cup dried figs
- ½ cup sunflower seed butter
- 3 tablespoons raw cacao nibs
- 2 tablespoons hemp hearts
- 1 cup blanched almond flour
- ½ cup extra gluten-free flour blend
- ½ cup unsweetened cacao powder
- 2 teaspoons extra aluminum free baking powder
- 2 teaspoons vanilla extract

# Week 2 Shopping Guide

## Common Items

*Before you go shopping - check your supply, you may have some of these staples in your kitchen.*

- 1 tablespoon ground turmeric
- 4 tablespoons sea salt
- 2 teaspoons ground black pepper
- 1 teaspoons ground ginger
- 28 cloves garlic
- 1 teaspoon dried oregano
- 1.5 teaspoons ground coriander
- 1/4 cup apple cider vinegar
- 7 teaspoons raw honey
- 2 cups plus 1 tablespoon extra virgin olive oil
- 2/3 cup ghee
- 1/3 cup tahini
- 4 teaspoons ground cumin

## Fruit

- 5 lemons
- 3 avocados
- 5 limes

## Vegetables

- 1/3 cup kalamata olives
- 10 carrots
- 1 bunch collard greens, kale or chard
- 6 ounces asparagus
- 5 cups arugula
- 3.5 cups broccoli sprouts
- 2 cups shiitake mushrooms
- 2 cups celery
- 2 cups white onion
- 1 red onion
- 2 cups kale
- 1/3 cup wakame
- 1 turnip
- 2 shallots
- 2 beets
- 1 can chickpeas
- 6 cups sweet potatoes
- 2 heads cauliflower
- 1 cup sauerkraut

## Meat

- 4 strips bacon
- 2 pounds beef stew meat
- 4 large bone-in, skin-on chicken thighs
- (2) 8 ounces bone-in pork chops
- (2) 6 ounces strip steaks

## Seafood

- 1 pound salmon
- (2) 6-ounces cod filets
- 6 ounces sockeye smoked salmon
- 4 anchovies

## Herbs/Spices

- 5 teaspoons whole cumin
- 2 cups fresh cilantro
- 2 sprigs fresh rosemary
- 3 sprigs fresh thyme
- 3 cups fresh parsley
- 1.5 cups fresh basil
- 3 tablespoons fresh ginger
- 3 tablespoons chamomile
- 1 tablespoon California poppy
- 1 tablespoon passionflower
- 1 tablespoon skullcap or lemon balm
- 1 teaspoon lavender buds
- 1 tablespoon dandelion root or burdock root
- 1 tablespoon milk thistle
- 1 tablespoon turmeric root
- 1 teaspoon schizandra berry
- 2 tablespoons red clover
- 2 tablespoons red raspberry leaves
- 2 tablespoons nettles
- 1 teaspoon hibiscus
- 2 teaspoons licorice root
- 1 tablespoon calendula
- 1 tablespoon peppermint
- 1 tablespoon plantain

## Oils/Vinegar/Sauce

- 1 quart + 3 cups chicken stock (or bone broth)
- 2 cups beef bone broth
- 1 cup coconut aminos
- 3 tablespoons toasted sesame oil
- 2 tablespoons rice vinegar
- ½ cup unsalted and unsweetened creamy cashew or almond butter

## Flour/Powder

- 3 tablespoons gluten-free flour
- 2 scoops collagen

## Grain/Lentils

- 1.5 cups red lentils
- 2 cups raw buckwheat groats
- ½ cup uncooked quinoa

## Seeds/Nuts

- 3/4 cup sesame seeds
- 5 tablespoons flax seeds
- 1 tablespoon caraway seeds
- 2 tablespoon sunflower seeds
- ½ cup cashews
- ½ cup raw walnuts
- 2 teaspoons fennel seeds

## Other

- 2.5 cups mineral water

## Optional

- Preserved lemon
- 4 cups unsweetened dairy free milk (like almond milk)
- 1/4 cup chia seeds
- 2 tablespoons pure maple syrup
- or extra raw honey
- 1 cup mixed berries (blueberries, blackberries, strawberries, raspberries)
- ½ cup unsweetened tart cherry juice
- 3 tablespoons kudzu root powder
- ½ teaspoon almond extract
- 3 tablespoons pure maple syrup
- 1 cup raw sliced almonds
- ½ cup pitted halved cherries
- 12 oz. dark chocolate chips (over 70% cacao)
- 1/4 ounces dried dong quai
- 1 tablespoon extra sesame seeds
- 1 tablespoon pumpkin seeds
- 2 tablespoons dried cherries or cranberries
- 32 ounces fresh strawberries
- 1 inch extra fresh ginger
- 2 extra limes
- 3 tablespoons gelatin

# Food List

This list will help you eat for Estrogen Reset beyond our recipes and meal plans.

Note:  = **Highly recommended and helps estrogen dominance**

Amazing Foods	Avoid These
<p><b>Vegetables and herbs</b>  <i>Cruciferous vegetables (detox estrogens)</i></p> <ul style="list-style-type: none"> <li>• Arugula</li> <li>• Bok choy</li> <li>• Broccoli</li> <li>• Broccoli sprouts</li> <li>• Brussels sprouts</li> <li>• Cauliflower</li> <li>• Cabbage</li> <li>• Collard greens</li> <li>• Kale</li> <li>• Kohlrabi</li> <li>• Mustard greens</li> <li>• Radicchio</li> <li>• Radishes (black, watermelon, red etc)</li> <li>• Turnips</li> <li>• Watercress</li> <li>• Pickles (lacto fermented; no sugar and vinegar)</li> </ul>	<p><b>Vegetables and herbs</b>  <i>Avoid non-organic as much as you can, especially:</i></p> <ul style="list-style-type: none"> <li>• Celery</li> <li>• Hot peppers</li> <li>• Kale</li> <li>• Potatoes</li> <li>• Spinach</li> <li>• Sweet Bell Peppers</li> <li>• Tomatoes</li> </ul>
<p><b>Allium vegetables</b>  <i>(high in sulfur, support the liver)</i></p> <ul style="list-style-type: none"> <li>• Chives</li> <li>• Garlic</li> <li>• Leeks</li> <li>• Onions</li> <li>• Scallions</li> <li>• Shallots</li> </ul>	

# Food List

Amazing Foods	Avoid These
<p><b>Herbs; fresh or dried</b>  <i>(support estrogen detoxification)</i></p> <ul style="list-style-type: none"> <li>• Basil</li> <li>• Burdock root</li> <li>• Caraway</li> <li>• Cilantro</li> <li>• Cumin</li> <li>• Dandelion root</li> <li>• Fennel seed</li> <li>• Gentian</li> <li>• Ginger</li> <li>• Maca</li> <li>• Milk thistle</li> <li>• Parsley</li> <li>• Red clover</li> <li>• Red raspberry leaf</li> <li>• Turmeric root</li> <li>• Vitex (chasteberry)</li> </ul>	
<p><b>Other herbs and vegetables</b></p> <ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Bamboo shoots</li> <li>• Beets</li> <li>• Black pepper</li> <li>• Carrots</li> <li>• Celery</li> <li>• Dill</li> <li>• Endives</li> <li>• Fennel bulb</li> <li>• Lettuce</li> <li>• Pumpkin</li> <li>• Spinach</li> <li>• Squashes</li> <li>• Sweet potato</li> <li>• Zucchini</li> </ul>	

# Food List

Amazing Foods	Avoid These
<p><b>Nightshades</b>  <i>Approach nightshades with caution</i></p> <ul style="list-style-type: none"> <li>• Ashwagandha</li> <li>• Eggplant</li> <li>• Goji berries</li> <li>• Peppers</li> <li>• Potatoes (white only)</li> <li>• Tomato</li> </ul>	
<p><b>Mushrooms</b></p> <ul style="list-style-type: none"> <li>• Button mushrooms</li> <li>• Chaga</li> <li>• Chanterelles</li> <li>• Cordyceps</li> <li>• Cremini</li> <li>• Enoki</li> <li>• Lion's mane</li> <li>• Maitake</li> <li>• Oyster</li> <li>• Porcini</li> <li>• Shiitake</li> </ul>	
<p><b>Seaweed</b>  <i>Best from Maine and California</i></p> <ul style="list-style-type: none"> <li>• Hijiki</li> <li>• Kelp</li> <li>• Nori</li> <li>• Wakame</li> </ul>	<p><b>Seaweed</b>  <i>Avoid seaweed from China</i></p>

# Food List

Amazing Foods	Avoid These
<p><b>Meat and Eggs</b></p> <ul style="list-style-type: none"> <li>• Pasture-raised meat (best)</li> <li>• Wild (best)</li> <li>• Grass-fed (great)</li> <li>• Organic (OK)</li> <li>• Beef</li> <li>• Chicken</li> <li>• Cornish hen</li> <li>• Eggs from chickens, ducks, quail*</li> </ul> <p>*after the Elim Diet, if you can tolerate</p> <ul style="list-style-type: none"> <li>• Elk</li> <li>• Lamb</li> <li>• Pork</li> <li>• Turkey</li> <li>• Venison</li> </ul> <p>Small amounts, pasture-raised, nitrate- and sugar-free:</p> <ul style="list-style-type: none"> <li>• Bacon</li> <li>• Ham</li> <li>• Salami</li> <li>• Sausage</li> </ul>	<p><b>Meat and Eggs</b></p> <p><i>Conventionally raised:</i></p> <ul style="list-style-type: none"> <li>• Beef</li> <li>• Chicken</li> <li>• Duck</li> <li>• Eggs</li> <li>• Lamb</li> <li>• Pork</li> <li>• Turkey</li> </ul> <p><i>Processed meats:</i></p> <ul style="list-style-type: none"> <li>• Conventionally-raised bacon</li> <li>• Deli meat</li> <li>• Hot dogs</li> <li>• Salami</li> <li>• Sausage</li> </ul>
<p><b>Fish</b></p> <p><i>Best from Maine and California</i></p> <ul style="list-style-type: none"> <li>• Anchovies</li> <li>• Octopus</li> <li>• Oysters</li> <li>• Sardines</li> <li>• Wild-caught cod</li> <li>• Wild-caught salmon</li> </ul>	<p><b>Fish</b></p> <ul style="list-style-type: none"> <li>• Anchovies</li> <li>• Octopus</li> <li>• Oysters</li> <li>• Sardines</li> <li>• Wild-caught cod</li> <li>• Wild-caught salmon</li> </ul>

# Food List

Amazing Foods	Avoid These
<p><b>Nuts, Seeds, and Tubers</b></p> <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Brazil nut</li> <li>• Cashews</li> <li>• Flaxseed (freshly ground)</li> <li>• Hazelnuts</li> <li>• Macadamia</li> <li>• Pecans</li> <li>• Pistachios</li> <li>• Pumpkin</li> <li>• Sesame</li> <li>• Sunflower</li> <li>• Tiger nuts (tubers)</li> <li>• Walnuts</li> </ul>	
<p><b>Grains</b></p> <ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Black rice</li> <li>• Brown rice</li> <li>• Buckwheata</li> <li>• Millet</li> <li>• Quinoa</li> <li>• Steel-cut oats (gluten-free)</li> </ul>	<p><b>Grains</b></p> <p><i>Gluten-containing grains:</i></p> <ul style="list-style-type: none"> <li>• Barley</li> <li>• Couscous</li> <li>• Farro</li> <li>• Rye</li> <li>• Spelt</li> <li>• Wheat</li> </ul>
<p><b>Beans and legumes</b></p> <ul style="list-style-type: none"> <li>• Beans, dried or in non-BPA cans</li> <li>• Chickpeas</li> <li>• Green beans</li> <li>• Green peas</li> <li>• Miso*</li> <li>• Natto*</li> <li>• Red lentils</li> <li>• Tempeh*</li> <li>• *after the Elim Diet, if you can tolerate soy</li> </ul>	<p><b>Beans and legumes</b></p> <ul style="list-style-type: none"> <li>• Avoid BPA cans</li> <li>• Avoid if you have an autoimmune condition, pre- or diabetes, IBS or digestive issues</li> <li>• GMO soy</li> <li>• Peanuts</li> <li>• Soybean oil</li> <li>• Soy milk</li> </ul>

# Food List

Amazing Foods	Avoid These
<p><b>Fats and Oils</b></p> <ul style="list-style-type: none"> <li>• Avocado oil</li> <li>• Chicken fat (from free-range source)</li> <li>• Coconut oil</li> <li>• Duck fat (from free-range source)</li> <li>• Extra virgin olive oil</li> <li>• Ghee</li> <li>• Lard</li> <li>• Tallow (from free-range source)</li> <li>• Walnut oil</li> </ul>	<p><b>Fats and Oils</b></p> <ul style="list-style-type: none"> <li>• Canola oil</li> <li>• Hydrogenated oils</li> <li>• Safflower oil</li> <li>• Soybean oil</li> <li>• Trans fats</li> <li>• Vegetable oil</li> <li>• Vegetable shortening</li> </ul>
<p><b>Fruit</b></p> <p><i>Organic as much as you can</i></p> <ul style="list-style-type: none"> <li>• Avocados</li> <li>• Berries</li> <li>• Coconut</li> <li>• Kiwi</li> <li>• Lemons</li> <li>• Limes</li> <li>• Olives</li> <li>• Pomegranates</li> </ul>	<p><b>Fruit</b></p> <p><i>Avoid or limit high-glycemic fruit, such as:</i></p> <ul style="list-style-type: none"> <li>• Bananas</li> <li>• Dates</li> <li>• Dried fruit</li> <li>• Fruit juice</li> <li>• Grapes</li> <li>• Mangos</li> <li>• Pineapple</li> </ul>
<p><b>Sugars and sweeteners</b></p> <ul style="list-style-type: none"> <li>• Coconut nectar*</li> <li>• Honey*</li> <li>• Maple syrup*</li> <li>• Monk fruit (natural sweetener)</li> <li>• Stevia (natural sweetener)</li> </ul> <p>*In great moderation</p>	<p><b>Sugars and sweeteners</b></p> <ul style="list-style-type: none"> <li>• Agave</li> <li>• Artificial sweeteners</li> <li>• Aspartame</li> <li>• Brown rice syrup</li> <li>• Brown sugar</li> <li>• Corn syrup</li> <li>• High fructose corn syrup</li> <li>• Saccharin</li> <li>• Splenda</li> <li>• Sucralose</li> <li>• Sugar cane</li> <li>• White sugar</li> </ul>

# Food List

Amazing Foods	Avoid These
<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>• Black tea</li> <li>• Green juices (greens only, lemon, lime, ginger)</li> <li>• Green tea</li> <li>• Herbal teas</li> <li>• Matcha tea</li> </ul>	<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>• Flavored water</li> <li>• Fruit juices</li> <li>• More than 3 alcoholic beverages per week</li> <li>• Soda</li> <li>• Sugary beverages</li> </ul>
<p><b>Seasonings</b></p> <ul style="list-style-type: none"> <li>• Dressings (w/o sugar, canola oil)</li> <li>• Gluten-free soy sauce</li> <li>• Himalayan salt</li> <li>• Mustard (no sugar)</li> <li>• Sea salt</li> </ul>	<p><b>Seasonings</b></p> <ul style="list-style-type: none"> <li>• Dressings (with sugar, canola oil)</li> <li>• Kosher salt</li> <li>• Soy sauce</li> <li>• Table salt</li> </ul>

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# Supplements Checklist

These are baseline supplements that will help you achieve hormone balance a little faster. I see these supplements working really well when combined with the Estrogen Reset diet.

Here is the checklist of supplements I recommend (and personally use daily, too).

## Estrogen detoxifiers (Estrogen Reset Kit):

- DIM
- Sulforaphane
- Calcium D-glucarate

## Hormone foundational supplements:

- Magnesium glycinate
- Magnesium malate
- Vitamin C
- Vitamin B Complex
- Zinc
- Vitamin D3
- Omega-3 Fatty Acids

## How supplements can help

### **Estrogen detoxifiers (Estrogen Reset Kit)**

This powerful trio is a major help to clearing “dirty estrogens” that cause estrogen dominance.

These three formulas offer a complete estrogen metabolism and elimination, with antioxidants for protection during this process. Includes:

### **DIM**

Helps with estrogen dominance by eliminating “dirty” estrogens through Phase 1 liver detoxification.

Even though DIM got the name “estrogen buster” on its own, it is often not fully effective to fully reverse estrogen dominance. Phase II liver might be needed; therefore pairing DIM with sulforaphane and calcium d-glucarate offer “complete estrogen detoxification.”

### **Brocco Power (Sulforaphane)**

DIM has just helped you open up Phase I detoxification but if your Phase II isn't working as well (which in most people it isn't), you won't feel good. Open up Phase II liver detoxification with a beautiful substance called sulforaphane. I personally love sulforaphane because it's also a powerful antioxidant that supports estrogen detoxification in the liver and has anti-cancer properties. It supports Liver Phase II, sulfation pathway detox.

### **Calcium D-Glucarate**

Calcium d-glucarate helps the elimination of excess estrogen and other toxins, and protects against re-absorption. Supports Liver Phase II, glucuronidation pathway detox. (It's not the kind of calcium you take for your bones.)

At Wellena, we've formulated these supplements with the highest integrity and quality. Check out the [Estrogen Reset Kit here](#).

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Check out the [Estrogen Reset Kit here](#).





## How supplements can help

### Hormone foundational supplements

**Magnesium glycinate:** A highly-absorbable form of magnesium. Benefits include digestion and elimination; liver detoxification; cardiovascular health; sleep, and blood sugar balance.

**Magnesium malate:** A highly-energizing form of magnesium. Best taken in the morning.

**Vitamin C:** Vital in keeping the inflammation down, helps with progesterone production and supports a healthy immune system.

**B Complex:** Benefits from B complex are countless; more energy, liver detoxification, sharper mental functions, stronger immune system and even better hair health. We recommend getting B12 and B6 in a methylated form.

**Zinc:** Key in supporting immune function, blood sugar levels, progesterone production, enzyme function, and skin. Best absorption is in the form of picolinate and bi-glycinate.

**D3 Maximus:** Contains highly bioavailable vitamin D3, which is accompanied by vitamins K1 and K2 for best absorption. Research shows a correlation between low levels of vitamin D3 and autoimmune conditions, depression, and inflammation.

**Essential Omegas:** Omega 3 fatty acids play a role in reducing inflammation and modulating immune function, reducing your risk of chronic diseases. They've also been found to help fight autoimmune conditions, reduce symptoms of metabolic syndrome, and reduce rates of depression. Ours is a high-potency fish oil delivered in the natural triglyceride form. This formula also contains lipase for additional support with digestion and absorption.

## Supplement quality checklist

Here are a few factors you can look for when evaluating good quality supplements.

Given that the supplement industry is not regulated by the FDA, supplements can vary from excellent, mediocre to outright harmful. We've had many women tell us that they had been supplementing with Brand X and had little to no results but started feeling better using our Wellena products.

As you can tell, our supplements aren't cheap - and that's because they are made with top ingredients, in highly- controlled facilities that extensively test for contaminants and allergens. With the likely results you will get from them, I'm confident to say that the investment you make in yourself with these supplements will be well worth it.

### AVOID

- ⊗ Folic acid
- ⊗ B12 as cyanocobalamin
- ⊗ B6 as pyridoxin
- ⊗ Magnesium oxide
- ⊗ Titanium dioxide
- ⊗ Calcium alone
- ⊗ Vitamin E derived from wheat or soy
- ⊗ Fish oils distillation not specified (risk of toxins)
- ⊗ GMOs, gluten, dairy, soy, corn
- ⊗ Testing standards not shown
- ⊗ Exceptionally low price

### CHOOSE

- ✓ Methylated folate
- ✓ B12 as methyl cobalamin (activated, methylated form)
- ✓ B6 as pyridoxal-5-phosphate (activated, methylated form)
- ✓ Magnesium glycinate, malate, or citrate
- ✓ Naturally-derived colorants
- ✓ Calcium + co-factors (magnesium, D3, K2)
- ✓ Vitamin E free of wheat, gluten, soy
- ✓ Fish oil molecularly distilled and filtered (to ensure purity)
- ✓ No allergens
- ✓ GMP, NSF stamps
- ✓ Price comparable to leading brands

## Brands we recommend

We created the Wellena supplement and skincare line to be able to offer truly clean and highly efficacious products to our Hormones Balance community.

I, Magdalena, use these supplements on a regular basis as well. As my gift to you for joining our community, I offer you \$20 off into our store.

### Our Refund Policy

We want you to be confident with your purchase and be able to return the product if it doesn't work for you. We will either fully refund you or give you store credit - it will be your choice.

### International Shipping

At the moment, we are not able to ship internationally. However, we've got you covered, the best we can. Try MyUS.com to ship our products to your country; it's tax-free, and they ship worldwide.

### How this works:

**Step 1:** Set up and account with them to get a US shipping address.

**Step 2:** Purchase supplements from our store and ship to that address.

**Step 3:** Enjoy and let us know how they worked for you.

**Caution:** You will be responsible for the shipment and we won't be able to refund you if customs stops the package (so far, we haven't had this issue). Our topical progesterone, ProgestPure isn't available for international shipping.

Other brands that we would recommend

- Designs for Health
- Pure Encapsulations (now owned by Nestle, so check formulations according to the "quality checklist" we provided above in this document)
- Thorne
- Seeking Health (Dr. Ben Lynch's line)



One purchase per customer