

She + Menopause, Meet Your Match

SLEEP • MOOD • ENERGY • HOT FLASHES • DIGESTIVE WELLNESS*

Meet the delicious daily jelly stick designed to support women through the many ways menopause can show up.

Multi-Symptom Support • Plant Derived • No Added Sugar



Women Noticed the Difference

WEEK 1

59%

noticed changes within the first week.^{1*}

DAY 10

96%

reported perceived improvement.^{1*}
47% described their changes as "very noticeable."^{1*}

DAY 30

93%

reported overall satisfaction.^{1*}

78%

reported improvement in sleep disruptions.^{1*}



WHAT'S INSIDE?



BLACK COHOSH

Hot Flashes + Better Rest*

One of the most studied botanicals for menopause, with research supporting hot flashes, sleep and emotional wellbeing.*



RED CLOVER

Mood + Mental Clarity*

Its naturally occurring isoflavones have been studied for emotional wellbeing and certain aspects of cognitive function in women during menopause.*



GINGER EXTRACT

Digestive Comfort + Cognitive Wellness*

Known for digestive comfort, with emerging research exploring its role in memory, attention and cognitive function.*



Not Your Mother's Menopause Supplement

	She+	Traditional
Approach	Multi-symptom*	Varies / More targeted
Key botanicals	Black Cohosh + Red Clover + Ginger	Varies / Typically one
Format	Delicious on-the-go jelly stick	Capsule / tablet varies
No added sugar	✓	Varies

Comparison is based on general characteristics of supplement formats and is provided for informational purposes only. Product formulations vary by brand. See product labels for complete ingredient and product information.

One Less Complicated Thing

Tear. Enjoy. Keep going.

One delicious jelly stick makes daily menopause support easy to fit into your routine.*

Natural Apple + Blueberry Flavor



No Added Sugar



Gluten-Free



Dairy-Free



Soy-Free



No Artificial Colors



LET'S GET SOCIAL



Menopause talk without the awkwardness.

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*Based on a 30-day SHE+ consumer experience. Day 10 survey: 34 participants. Day 30 survey: 27 participants. Results were self-reported. Individual experiences may vary. *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.