



FemmenessencePRO™ Dosing Guidelines for Clinicians

General Dosing Recommendations:

- The first dose is taken upon waking.
- The second dose is taken mid-afternoon, 1 hour before a drop in energy, if experienced, or by 3 pm.
- Both doses are taken with 8-12 ounces of water.
- Both doses are ideally taken away from food (30+ min. before or 60+ min. after a meal).
- Both doses are taken at least 1 hour away from medications (prescribed and OTC).
- FemmenessencePRO™ can be taken with other supplements
- For those who are sensitive to supplements, they can begin with half the recommended dose and increase within 1-3 weeks.

FemmenessencePRO™ HARMONY	
Amenorrhea	2 capsules BID
Dysfunctional uterine bleeding	2 capsules BID of FemmenessencePRO™ HARMONY or FemmenessencePRO™ PERI, depending on stage of life
Endometriosis & uterine fibroids*	1 capsule BID (never higher)
Infertility	2 capsules BID (See package insert for reducing schedule once pregnancy is achieved)
Mild-Moderate PMS/Menstrual irregularities, dysmenorrhea	1 capsule BID
Polycystic Ovarian Syndrome (PCOS)	1 capsule BID
Postpartum depression**	1 capsule BID
Premature ovarian failure	2 capsules BID
Reducing oral contraceptive (OCP) use	First month: 1 capsule daily for the first month Second month: 1 capsule BID Third Month: Can stop OCP as advised by prescribing physician
Severe PMS symptoms	2 capsules BID
FemmenessencePRO™ PERI	
Perimenopausal Symptoms	1 capsule BID* If needed, this dose can be increased to 2 capsules BID.
Dosing during this stage of life can fluctuate. For example, a woman may use 1 cap BID for a period, then need to increase to 2 BID and then reduce again, etc. Contact the medical team for additional guidance. A maintenance dose is 1 cap QD. *The clinical trial on perimenopausal women used the dose of 2 capsules BID, however, it has been found that for most women, the lighter dose of 1 capsule BID is efficacious.	
FemmenessencePRO™ POST	
Hysterectomy/Oophorectomy:	2 capsules BID
Postmenopausal symptoms:	2 capsules BID
Some women may use this before they are officially post-menopausal. Contact the medical team for additional guidance. A maintenance dose is 1 cap BID.	

Dosing Modifications:

Symphony Natural Health recommends the dosing of Femmenessence as suggested above based on clinical trials and years of experience working with women and practitioners. In general, we have found that inconsistent or unequal doses (i.e., 2 capsules in the morning and 1 capsule in the afternoon) may result in unexpected outcomes, with the exception of a maintenance dose of 1 capsule per day. Clinicians may consider alternate dosing based on clinical experience and judgment; however, if the patient is not achieving the desired results or has unwanted effects, we recommend resuming the recommended doses above.

Disclaimer:

This guide is provided for the educational purposes of healthcare professionals that work in clinics that stock or recommend the Femmenessence line. These protocols are not for patient view, use, or education. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Dosages of all products must be individually tailored to meet the patient's unique needs. Dosing Guidelines were established using the published clinical trials on Maca-GO® and have been used and modified by Symphony Natural Health's Medical team and many practitioners who have translated the science into clinical practice.

References for published articles using Maca-GO® (Femmenessence®):

PMID: 23674989; PMID: 23675006; PMID: 23675006; PMID: 23674952; PMID: 23674976; PMID: 23675005; 23674962; PMID: 34253105