



MENOPAUSE DIARY



DISCOVER ESTROVERA™

Plant-derived relief from common menopause symptoms & support for perimenopausal women.

Scan the QR code or visit estrovera.com.au



ARE YOU SUFFERING IN SILENCE WITH MENOPAUSE SYMPTOMS?

Historically, menopause is not something that women talked openly about. But it is something that can significantly disrupt daily life and shouldn't be brushed aside.

What is menopause?

Menopause is the natural stage in a woman's life where she stops menstruating, typically around the age of 51.¹ Officially "menopause" refers to when a woman has not had a menstrual period for at least 12 months, but symptoms can occur long before this time in a phase known as perimenopause.

The Menopause Journey

Menopause spans an 8-10-year period, and the typical age varies depending on genetic, lifestyle & external factors.

45-50 Years

TYPICAL AGE

55-60 Years

Perimenopause

Body starts transition to menopause & onset symptoms occurs

Hormone levels gradually start to decline

Menstrual periods become

Menopause

Body is officially in menopause without a menstrual period for 12 months

Hormone levels decline rapidly

Postmenopause

Body starts transitioning out of menopause & symptoms begin to subside

Hormone levels stabilize

No menstrual period for more than 12 months

Perimenopause

Perimenopause, or the menopause transition, is the first onset of symptoms and the time leading up to menopause. It is when the ovaries are winding down and big hormonal shifts are occurring. This stage can feel erratic and chaotic. Many women will experience menopause symptoms for 5-10 years before their final menstrual period.¹

Common Symptoms

Most women will experience some symptoms and these vary greatly from one woman to the next. Symptoms may include:



Hot flashes & night sweats



Sleep disturbances & insomnia



Irritability & mood swings



Muscle tension & joint pain



Low libido & sexual dysfunction



Vaginal dryness & urinary changes



Fatigue & brain fog

¹ AMS, 2017, Menopause what are the symptoms, Accessed 18/02/2021, <https://www.menopause.org.au/health-info/fact-sheets/menopause-what-are-the-symptoms>

ETHICAL NUTRIENTS CLINICAL ESTROVERA™

A FRESH TAKE ON WOMEN'S HEALTH

Estrovera provides perimenopausal support & relieves a range of common menopause symptoms. It is an option for women looking to manage their menopause symptoms with a plant-derived alternative.



- Exclusive plant-derived, well-researched ingredient, ERr 731™
- Relieve common menopause symptoms
- Reduce hot flushes, muscle aches & mild joint pain
- Improve vaginal dryness and support healthy sexual function (incl. libido)
- Relieve sleep disturbances, fatigue and irritability
- Just 1 mini tablet daily
- 2-month supply

Estrovera contains an exclusive ingredient, ERr 731™, a unique rhubarb extract specifically researched to relieve a wide range of menopause symptoms. Through selective activation of oestrogen beta receptors in the body, ERr 731™ reduces hot flushes, relieves vaginal dryness, supports healthy sexual function (healthy libido), decreases irritability and restless sleep, relieves muscle and joint pain and reduces fatigue associated with menopause.

Active ingredients (per tablet)

Rheum rhabonticum, dry root extract	4mg
From dry root (ERr 731™)	84mg



Vegan
Friendly



No Wheat
or Nuts



No Dairy
or Eggs



No Artificial
Colours or Flavours



No Sugar
or Starches



No GMO

This is a practitioner only medicine. Please consult with a healthcare professional to ensure it is right for you. Always read the label and follow the directions for use. If symptoms persist, consult your pharmacist or healthcare professional.

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METICULOUSLY CRAFTED FOR IMPROVED RESULTS

Ethical Nutrients Clinical is a specialist range of evidence-based products, designed for use by healthcare practitioners to achieve therapeutic patient outcomes. As an advocate for high quality standards, our products are formulated with stringently-sourced, premium ingredients, and we offer you online visibility to quality testing information (TruQuality™) for every single formula we create.



Available behind the counter. **Ask your Pharmacist today.**

For more information, please speak with your Pharmacist
or visit ethicalnutrients.com.au

Certified



Corporation

This company meets the
highest standards of social
and environmental impact

Always read the label and follow the directions for use.
If symptoms persist, consult your pharmacist or healthcare
professional.

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MENOPAUSE DIARY - WEEK 1

Completing the one-month menopause diary allows you and your healthcare provider to track your symptoms and monitor your progress/ response to treatment.

Use it to track the days you experienced symptoms, what those symptoms were and their severity. At the end of each page, you can make notes on how you felt overall that week, treatments you tried, and any impact made on your day-to-day life.

How long you've been experiencing symptoms?

When your last period was?

Week commencing:							
Day of the Week	S	M	T	W	T	F	S
Are you on your period? Y/N							
SYMPTOM SEVERITY (Provide a rating between 0 and 3. i.e.: 0 = None experienced; 1 = Mild; 2 = Moderate; 3 = Severe)							
Hot flushes and/ or night sweats							
Struggling to concentrate/ forgetful							
Vaginal dryness or discomfort							
Low libido							
Headaches							
Anxious feeling and/ or irritable							
Depressed or low mood							
Heart palpitations							
Sore joints and/ or muscles or stiffness							
Tingly, dry or itchy skin							
Poor sleep quality or insomnia							
Light headed, dizzy or faint feeling							
New facial hair							
Memory problems							
Frequent urination							

If you had a period this week, was there anything unusual about it? E.g., unusually light or heavy, or ended sooner than expected

Did you take any medication/ have any treatment to try and help ease any of your symptoms? What was it and how did it affect you?

Did you experience any other changes that you think might be related to menopause e.g., breathing difficulty, backaches, pins and needles, etc.?

Additional Notes:

MENOPAUSE DIARY - WEEK 2

Completing the one-month menopause diary allows you and your healthcare provider to track your symptoms and monitor your progress/ response to treatment.

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How long you've been experiencing symptoms?

When your last period was?

Week commencing:							
Day of the Week	S	M	T	W	T	F	S
Are you on your period? Y/N							
SYMPTOM SEVERITY (Provide a rating between 0 and 3. i.e.: 0 = None experienced; 1 = Mild; 2 = Moderate; 3 = Severe)							
Hot flushes and/ or night sweats							
Struggling to concentrate/ forgetful							
Vaginal dryness or discomfort							
Low libido							
Headaches							
Anxious feeling and/ or irritable							
Depressed or low mood							
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Additional Notes:

MENOPAUSE DIARY - WEEK 3

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How long you've been experiencing symptoms?

When your last period was?

Week commencing:							
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MENOPAUSE DIARY - WEEK 4

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How long you've been experiencing symptoms?

When your last period was?

Week commencing:							
Day of the Week	S	M	T	W	T	F	S
Are you on your period? Y/N							
SYMPTOM SEVERITY (Provide a rating between 0 and 3. i.e.: 0 = None experienced; 1 = Mild; 2 = Moderate; 3 = Severe)							
Hot flushes and/ or night sweats							
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